



5M7 GRAM



June 2015

Lions, Lioness & Leos of 5M7,

As I write this the new club and district officers for 2015-2016 have been elected. The new PU-101's should be on file with Lions Clubs International and the District Leadership Training Sessions in Buffalo and Blaine were recently completed. The club officers who attended those sessions will be familiar with the procedures and protocol for their office. If not, please ask someone who is familiar with your office for advice or contact your District Governor's team. We want your term as club or district officer to be enjoyable and productive as possible.



I sincerely hope to see many of you at the upcoming **Year End Celebration and Awards Night** on Monday, **June 8th**. We will meet at 6pm for a social time with dinner set for 7pm. The location is Broadway Pizza, 8298 University Avenue in Fridley. Please RSVP to 1st VDGE Lion Steve Linder or Lion Kathy Linder (see the flyer in this issue of the Gram).

I look forward to a pleasant, low-key evening with good friends. I heard from a reliable source, a certain Zone Chair may try out a "mini-roast" of the outgoing Governor. If so, I look forward to my rebuttal points!

Lion Tom Fiecke, your incoming District Governor, is in the final stages of preparing for his year. He will be introducing his District Cabinet at the Year End Celebration. Please try to attend and help DGE Tom and Lion Jenny get a rousing start to his upcoming term as your District Governor.

My goals I set for District 5M7 this past year will be discussed at the June 8th party, both the successes and the not-so-successful. But I feel my main goal of improving the communication within our district has come a long way and I am pleased about that. As I look at the membership numbers for the year thus far, we stand at a plus 17 overall. My goal of 20 is in reach and I will have a surprise induction at the Awards Night!

I am not going to fade away come July 1st. I will be serving on the 5M7 District Cabinet in the capacity of LCIF Co-Chair as well as Conventions & Forums Chairman. In addition, I will serve as I-PDG on the 2016 - 5M7 Mid-Winter Convention Committee.

I am really looking forward to getting active with my own Blaine Central Club again. They have done so well and have supported me greatly over these last three years. A simple "Thank You" seems not enough. My year as your Governor has been a memorable one. I have enjoyed the meetings, projects, fundraisers, food events and conventions. Through it all, I did not gain the 30 lbs some un-named PDG warned me about. I have made life-long friendships with Lions throughout Multiple District 5M that I intend to continue. I want to thank the 5M7 cabinet and committee members for their commitment and service. Most of all, I want to thank the Lions of 5M7 for allowing me to serve as your District Governor!



Now if the rain would stop, I can attend a few Lions functions and car shows with the '54 Coupe.

Yours in Lionism,
DG Lion Terry Wold
"Serve the Need"



Hello Lions, Lioness and Leos —

Boy, I don't know where the last two years went, as being your 2nd VDG under Gov. Norman Kelzenberg and 1st VDG under Gov. Terry Wold. I know that Gov. Norman, worked hard to get the Grant for Hospice House in Buffalo, and Gov. Terry, worked hard to get the Grant for True Friends .

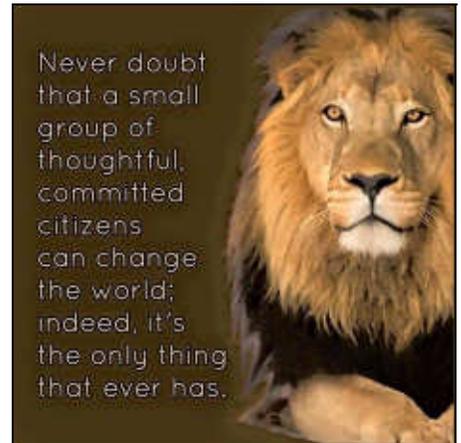
I would like to thank all Lion members, who are serving on my 5M7 District Cabinet for year 2015-2016; and special thanks for a couple Lions, who came through at the last minute. They have served on the District Cabinet throughout the years. As motto for Lions, "We Serve."

Please plan on attending the [Year End Party, for Governor Terry Wold](#) on [June 8, 2015](#), at [Broadway Pizza in Fridley](#), starting at 6:00 PM.

I and companion Lion Jenny Long, will be leaving for the **Lions International Convention**, to be held in Honolulu, Hawaii on June 18, and will return on July 2.

I hope you as Lions, Lioness and Leos; all had a good Memorial Day weekend with your families and remembered the ones who went before us. Especially, all the ones that served in the military branch.

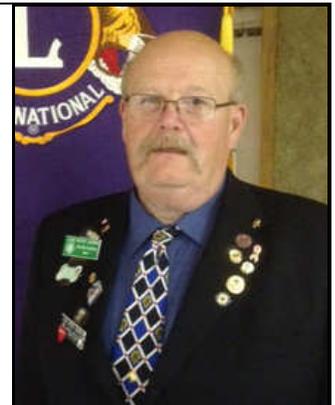
DGE Tom Fiecke
Service from the Heart



Lions, Lioness, & Leos --

Like the old saying goes, "*Time flies when you're having fun.*" The last year has been a blast! — meeting new friends, greeting friends I had known for years, and just being able to see what other clubs are doing. I can only hope that clubs will advertise more on the web page and in the Gram. It just takes a few minutes, but a lot of us can visit your club's project.

I was told in my training that this year I was to observe what was going on in our District. Like a sponge, I was to take in all the information I could. This year I had the privilege to work closely with Lion Governor Terry. Governor Terry had me partake in many different parts of his Governor's Nights, but also invited me to attend different Districts Mid-winter Conventions with him and his wife Donna. It was great to see what goes on at other Mid-winter Conventions.



I'm looking forward to traveling to Hawaii with Lion Kathy in June for the International Convention.

- This year I have the privilege to shadow DGE Tom and Lion Jenny. To be able to enjoy the speakers and different activities, to be able to watch as DGE Tom becomes Governor Tom. We do have some down time before the Convention for some "tour time."
- I hope a lot of Lions from District 5M7 are able to attend Governor Terry's Springtime Awards Night of June 8th at Broadway Pizza in Fridley. Please RSVP to me as soon as possible to attend. My cell is 612-382-2236 or you can email me at slinder71@usfamily.net.
- This week is the Spring Training for Club Officers. I know 2nd VDGE Dan has done a great job of putting this program together.
- Looking forward to meeting new Lions, greeting Lions I've known for years and being able to get out and visit your clubs.

Thank you for all you do.
1st VDGE Lion Steve



DG Terry's Calendar:

June

- 02 - Otsego Lions Awards Night
- 06 - D-Feet Hearing Walk
- 07 - Military Appreciation Day - North Branch
- 08 - District Awards Night - Tentative - Loc. TBD
- 09 - New Member Induction - North Branch
- 11 - Blaine Central Lions - Regular Meeting
- 13 - Ft. Lyons Park clean-up - Blaine
- 13 - Mulroy 50th Anniversary - Elk River
- 14 - Pancake Breakfast & Fly-In - Rush City
- 25 - Blaine Central Lions - Regular Meeting

5M7 District Cabinet Meetings for 2015-16



The 5M7 District Cabinet Meetings will be held at the [St. Francis Legion](#), 3073 Bridge St NW, St. Francis, MN 56070, on Thursday's:

- July 30, 2015
- October 29, 2015
- March 31, 2016

Social and meal 6:00-7:00 PM and meeting at 7:00 PM. I would like to take group picture at the First Cabinet Meeting.

DGE Tom Fiecke

Our New 5M7 Gram Editor

Editor's Note — **Lion Gabe Licht** is a member of the Delano Lions Club and will be taking over as the new **5M7 Gram editor**. Please send your articles and photos to glicht@heraldjournal.com.



Wellness Program Update...



The Wellness Program has moved from Mercy Hospital to the Lyric building on the Unity Hospital campus. Our address and phone numbers have changed and we have a new manager!

Angela Colvin – Wellness Program Manager,
612-863-7818

Dawn Prince – Wellness Program Coordinator,
763-236-3810

New address:

Wellness Program
Unity Hospital Lyric Building
7590 Lyric Lane
Fridley, MN 55432

Zone 1 News

The City of Maple Lake and the Maple Lake Lions will be hosting the towns **125th Anniversary** on **June 6th, 2015**. Lions will be selling food during the day.

They will also have: (all FREE except the Beer Fest)

- Beer Fest from 2:00-5:00 pm
- Wine Tasting
- 2 Free Bands during the day
- 2 Free Kids Shows
- All City Garage Sale
- All City Class Reunion
- Fireworks to begin at 10:30 pm

Zone 6 at FMSC





2015-2016 DISTRICT GOVERNOR CLUB VISIT REQUEST

Type of Visit: Attend Regular Club Meeting _____
Awards Banquet and /or Celebration with Governor Talk _____
Working Meeting to Address Specific Club Issue _____

Club: _____ Dinner? Yes _____ No _____
Preferred Date: _____ Alternate Date: _____
Social Hour Time: _____ Dinner/meeting time: _____
Contact Person: _____ Phone: _____
E-mail: _____ Cell Phone: _____
Meeting Location _____
Address _____ City _____ State _____
Directions: _____

Will this be a joint meeting with another club or clubs? _____
If so, list the other club(s): _____

Additional requests of Governor during visit?
(Install officers, induct new members, present awards, or other):

1st Vice District Governor invited? Yes _____ No _____ Spouse? Yes _____ No _____
2nd Vice District Governor invited? Yes _____ No _____ Spouse? Yes _____ No _____
Zone Chair invited? Yes _____ No _____ Spouse? Yes _____ No _____

Please return this form to me ASAP so I may get the visits scheduled. The sooner I get your form back, the better chance you have of getting your 1st choice of dates. I will get in touch with you to let you know what date will fit with my schedule. I am looking forward to visiting your club.

Approximately 7 - 10 days before your Governor's Night, I will reconfirm the date and find out if you have any special requests.

Please mail form to:

District Governor Lion Tom Fiecke
7303 235th Street
Silver Lake, MN 55381

H. 320-327-2837
C. 612-310-6235
Lionfiecke@yahoo.com



5M7 Governor Terry Wold

**Invites you to the
Year End Celebration and
Awards Night**

June 8th, 2015

6:00 pm Social

7:00 pm Dinner

Location: Broadway Pizza

8298 University Ave. Fridley

Cost: \$16 per person

Menu: Pizzas, Salad Bar, Sub Sandwich, and Desert Pizza.

RSVP to: 1st VDGE Steve Linder before May 31st

slinder71@usfamily.net or 763-572-9348

Payment will be accepted at the door.

Please call or email with a club count,
you will be charged for the count reserved.





4th Annual Donation Drive

With summer just around the corner, it is time once again to help True Friends prepare for the Campers! Your small gift makes **MANY** Campers Happy!

ARTS & CRAFTS is the theme this year!



Items on the list that I am collecting are:

Tempra Paint (all colors)

Paintbrushes (all colors)

Face paint

Pom-poms

Foam Shapes

Small colorful tiles

Fuse Beads

Jewelry making supplies: Beads, bead cord, charms

Watercolor paints

Plastic paint palettes (20)

Tie Dye Colors to mix

Pipe cleaners

Grout

“Remember that the happiest people are not those getting more, but those giving more.” –H. Jackson Brown, Jr.

BRING TO: the 5M7 Year End Party or contact me to make other arrangements.

I need to collect all donations no later than June 15th.

Thank you in advance!!

Lion Theresa Goff

t-m-goff@hotmail.com

763.754.8921

Lions Children's Hearing Center



D-Foot Hearing Loss

2015 Fourth Annual Walk

With your \$25.00 registration/donation you receive:

- Free entrance to the Landscape Arboretum for the day
- Free event t-shirt
- Free Lunch (including root-beer floats)
- Featuring the Teddy Bear Band
- Lots of children's activities, games & prizes
- Fun for families of all ages
- A chance to change a child's life through your \$25.00 registration/donation

Children ages 12 and under get in free. Bring the whole family for a day of fun for all ages!!!!

Visit us for more info at: www.5mhf.org

Event Details:

- **Date: June 6, 2015**
- **Time: 9:30 a.m.**
- **Place: Landscape Arboretum, Chaska, MN**
- **Kids 12 & under get in free!!**

FEATURING:

**MARK
YOUR
CALENDARS!**

June 6, 2015



TEDDY BEAR BAND

**DON'T MISS YOUR CHANCE TO PARTICIPATE IN
THIS GREAT EVENT!**

Sign Up Online <https://secure.qgiv.com/event/604228/>

OR go to www.5mhf.org
and follow the links

Or Register By Mail

Buffalo Days 2015
*Home-Made / Hand-Crafted**

CRAFT FAIR

Date: Sunday June 14th

Time: 9:00 AM - 3:00 PM

FREE ADMISSION!

For show or vendor registration info,
please contact Lee Ryan at the
Buffalo Civic Center at 763-682-4132, or
lee.ryan@ci.buffalo.mn.us

You may also go to the Civic Center page
on the City of Buffalo website at
www.ci.buffalo.mn.us



Proudly presented by:



*Art, craft and hobby work items of original design and handcrafted by the vendor are the only merchandise allowed to be sold.
No re-sell items. Upon discovery of non-qualifying merchandise, Fair Organizers will require vendor to remove items.



NEEDS



'S

TO



RAISE



Please have Alison & Jason out to your clubs to explain the importance of raising the \$100,000 for the Camp Courage Ropes and Challenge Course.

To schedule a visit or to learn more about how you can help, contact Alison at:
AlisonS@truefriends.org or 952.852-0101 x 310.

Please consider helping us achieve the \$100,000 goal!





Clear Lake Lions and Lioness

36th Annual

Chicken & Corn Barbecue

One Quarter Chicken - \$7.00

One Half Chicken - \$9.00

Children Under 12 - \$4.00

Meal includes....

Cole slaw, potato salad, rolls,

.....and all the sweet corn you can eat.

August 9th, 2015

11:00 a.m. to 6:00 p.m.

Chet Goenner Pavilion

Clear Lake Ball Park



**COME ONE
COME ALL**

Becker Lions



DG Terry addressing the membership.



DG Terry inducting Lions Abby Lindberg, Roger Aker, Rick Wallen & Jon Cox along with sponsors Lions Bev Gruber & Gary Kulkay.



DG Terry discussing his "Ask 1" presentation.

Big Lake Lions



DG Terry with the "Suits" at the head table.



The new Lions and Lioness Slate of Officers for 2015-2016.



Four Milestone Chevron Awards recipients.

Buffalo Lions



Pictured from L-R (front) Lion Bryan Berg, Lion "Jiggs" Hatcher, L-R (back): Bob Johnston, Keith Dickson, Lion Roger Krueger, PDG Gary D Johnson, PDG Clay O'Flanagan, Dawn & Richard Mohrmann (Home owners), and Kevin Dickson.

Thanks to financial support from the Buffalo Lions and a starter grant from Thrivent Financial, volunteers from the Buffalo Lions Club, Dickson Construction, and friends built a wheelchair accessible ramp for a local resident on May 2nd.

Circle Pines Lexington Lions

DG Terry with the newly-installed 2015-2016 club officers of Circle Pines Lexington Lions:

Lions Jennifer Black, Virginia Hestekind, Bob Doocy, Darlene Delaney and Ron Halland.



Pictured left to right: Lion Gov. Terry Wold, 1st Lady Donna Wold, Lions Jennifer Black, Virginia Hestekind, Bob Doocy, Darleen Devaney and Ron Halland.

Isanti Lions



DG Terry addressing the membership.



DG Terry inducting new Lion Bill Ubel with sponsor Lion Gordon Jacobson looking on.

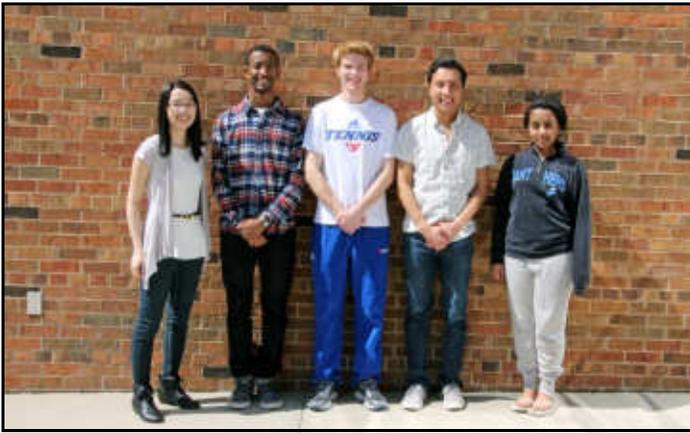
Spring Lake Park Leos

Seven Spring Lake Park High School seniors are the recipients of \$16,000 scholarships from Wallin Education Partners.



The scholarship is based on college academic readiness as well as motivation and leadership. Wallin Education Partners promotes college and career success by providing not only financial aid, but active advising and guidance to the recipients.

Three of these students are members of the the Spring Lake Park Leos Club. Over 450 students applied and 123 scholarships were awarded.



The Leo recipients are:
Jennifer Duong (first on left); Eliyas Hassen (second on left); and Bethlehem Haile (on right).

Spring Lake Park High School senior **Leo Eliyas Hassen** is one of only 1,000 students nationwide to be named a *Gates Millennium Scholar*. More than 57,000 students applied for the scholarship, which pays tuition to any accredited four-year college in the United States. Not only does the scholarship pay for tuition, it covers books, fees and living expenses. If Hassen chooses to go onto graduate school, that tuition will be included as well.

“Ever since I started thinking about which college I would like to attend, I have been worried about how I would pay for the education,” Hassen said. *“Receiving this scholarship means I will be able to attend college without having financial burdens.”*

The scholarship was established in 1999 with the goal of developing *Leaders for America’s Future*. The program is funded by a \$1.6 billion grant from the *Bill and Melinda Gates Foundation* to provide outstanding low income African American, American Indian/Alaska Native, Asian Pacific Islander American and Hispanic American students with an opportunity to complete an undergraduate college education in any discipline they choose.

Leo Eliyas has been active in the Spring Lake Park Leo club for the past two years. He was appointed to the Leo Board of Directors this year and assisted with the planning and coordination of many Leo service activities. **Congratulations Eliyas!!**

Spring Lake Park Schools’ *Panther Pantry* was recently recognized by the Minnesota School Counselors Association (MSCA) with the **2015 Wellstone-MSCA Legacy Award**. The *Panther*

Pantry began in October 2013 and provides food, toiletries and other necessities to district families in need. The Spring Lake Park Leo Club has been one of the school and community organizations to actively collect food donations and assist with *Pantry* operations. Also, the Spring Lake Park Lions Club has financially supported the program and continues to be provide assistance.



The Transition school students make the *Pantry* operation run smoothly.

Along with the award, the *Panther Pantry* will receive \$500 to purchase supplies. Financial support of the *Panther Pantry* comes from the **Panther Foundation** as well as food donations from community members, businesses, local faith communities, students and staff.

The **Wellstone Legacy Award** was created in 2003 by MSCA to honor Senator Paul and Sheila Wellstone. To be considered for the award, an individual, organization or program must aspire to the high standards of public service in areas reflecting the work and legacy of Senator Wellstone. Relevant categories include education, mental health, violence prevention, assistance to immigrant cultures, and/or other public service relevant to improving the lives of children, adolescents and their families.



Lion Pete Yelle accepts the Award on behalf of the *Panther Pantry* Program.

Photos from the MD5M 2015 Leo's Leadership Conference



MD5M Leo Chair Pete Yelle introducing CC Earl Orvik.



Group picture.



PDG Al Bailey presenting the public speaking session.



CC Earl Orvik presenting the session on Lions structure.

St. Michael Lions



President Lion Paul Kocon, Lion Mark Gardner (15 year Chevron), DG Terry and Lion Brian Harding (10 year Chevron).



President Lion Paul bought my last District 5M7 "Raven" pin.



Thank you all for the hard work you've done this past year on your vision-related Club projects. Your

support has been invaluable in the fight against vision impairment and the promotion of proper eyesight. PDG Paul and Lion Lyle encourage all the Lions, Lioness and Leos of 5M7 to keep up their efforts in the coming year with their used eyeglass collecting, support of vision screenings for youth, providing free eye care for those in need and any other projects you happen to do concerning sight.

Due to the fact there was only one entry submitted to our eyeglass collection box contest, the contest has been cancelled. PDG Paul and Lion Lyle will attempt to come up with some other competition the Clubs of 5M7 can participate in for FY 2015-16.

Our used eyeglass collection site list project has been completed. There are 50 of the 52 Lions Clubs in 5M7 that have collection sites they maintain and the remaining two Clubs are actively looking for potential sites. Over 200 collection sites are on the list and the revised list will soon be posted on the District 5M7 and the Minnesota Lions Vision Foundation (MLVF) websites. PDG Paul and Lion Lyle would love to hear from any

Lioness or Leos Clubs on whether they have collection sites and, if so, where they might be. In addition, if your Club has any additions or changes to your list of collection sites please make sure to contact us with your information.

Don't forget to invite PDG Paul and/or Lion Lyle to speak at your Club or Zone meetings, dinners and functions. They would be happy to share the news about the latest advances made at the University of Minnesota's Department of Ophthalmology towards treating macular degeneration, childhood blindness and other vision afflictions, as well as the latest advances taking place at the Minnesota Lions Eye Bank. When your Club or Zone works on their plans for this next year, please include PDG Paul, Lion Lyle and the MLVF into your schedule.

Thank you all for continuing to be Knights of the Blind!

Yours in Lionism,

PDG Paul Hansen - West	Lion Lyle Goff - East
pjhansen@windstream.net	goffit@msn.com
H) 320-274-3234	H) 763-754-8921
C) 612-840-5960	C) 763-229-6145



Lioness Clubs

I do believe that summer, although creeping up slowly, may be just around the corner for us. After a not too cold winter and an early spring [with occasional frost] I think we've rounded the corner and can move into the next season with smiles, sunscreen and sighs of relief.

My thanks to the Lioness clubs who attended the **Leadership Forum** in Big Lake. We had all but one club in attendance. Also attending was DGE Lion Tom Fiecke who I think, garnered a new perspective on the Lioness organization.

This will be my last newsletter and so I wish to share my perspective on things. *Lions International* continues to face some difficult times and issues over the next few years. I continue to believe in the concept of the organization and its commitment to providing health and sight programs as well as various youth and community programs. I believe in the 'We Serve' to its fullest.

Somewhere along the way, in a male-dominated organization, someone decided that women belong in a subset role and are not to be rewarded for their successes, but rather ignored and shoved aside. As societal changes occurred, the organization slowly moved towards including women into the organization. This was the right move to make; what wasn't right was disbanding what the organization already had in place [the Lioness] that was a functioning and supportive unit and pushing them into this 'new' concept of men and women together to function as one. The concept wasn't new, as a matter of fact; it was a long time in coming. It's how it was done that set the stage for what should have been a successful partnership; not a disgruntled group of members who have been shown little or no respect in what they do and what they have to offer.

We Lioness have choices and those choices are ours to make. I believe we need to continue to support the services provided by *Lions International*. It's okay if we set our own meeting schedule; or only have a few members as long as what we do is fulfilling to us. It's okay if new members are older and not younger. But we need to do, is determine our own fate until it no longer is ours to do; or fits our needs as well as the needs of the communities we serve.

It has been a pleasure and an honor to serve as your Lioness Associate over the past five years. I will continue to support the Lioness Clubs of District 5M7 and assist where I can in the coming year. My best to you all!

Lioness Judie

Can Do Canines' Lions Newsletter Submission – June, 2015

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.

Attention Lions! Save the date for the **Can Do Woofaroo**. Our annual fundraising walk (with dogs!) will take place on **Saturday, September 12** at our facility in New Hope, MN. Keep an eye out for details on how to get involved in next month's issue!

In the meantime, here is a powerful story about a recent graduate, Sandy McKie, who was recently partnered with a Can Do Canines Hearing Assist Dog named Alea. And, thank you for your continued support of our organization!



Sandy McKie and Hearing Assist Dog Alea

A Little Bit of Comfort

One of Sandy McKie's favorite quotes is from Neale Donald Walsh, who states ... *"life begins at the end of your comfort zone."* Little did Sandy know that being diagnosed with degenerative adult onset hearing loss in both ears would make her live out of her comfort zone 24/7.

In the beginning, her life didn't change drastically. The hearing aids, amplified phone, and audio assistance devices she bought helped. She told family and friends, but not co-workers, about her condition and life went on.

However, through the years, each check-up revealed increased hearing loss, and everyday life became more difficult. Sandy, who works at a junior high school in Scandia, MN, found herself

relying on co-workers more and more to alert her to the bells, alarms, and announcements she could no longer hear.

"And at home, I wasn't doing much better." Sandy says. "I burned meals, had an oven fire—due to not hearing the timer—and was late for work because I couldn't hear the alarm."

After expressing her frustrations, her audiologist suggested applying for a **Hearing Assist Dog** with **Can Do Canines**. Almost a year later, Sandy met Alea, a terrier-mix, adopted from the Animal Humane Society and trained by **Can Do Canines**. Sandy says that Alea has transformed her life in so many ways by alerting her to sounds both at work and at home.

"At home, Alea is able to alert me to alarms, timers and, because I live in a rural area, deer, crows and other critters," Sandy says "At work, she alerts me to bells, announcements and drills. I am confident that if any emergency situation should arise she will alert me to that as well."

When she's not working, Alea is like any other dog who loves to run outside, play and fetch. Sandy has begun having Alea pick up items such as keys when she drops them, because she can't hear the sound. As a result, Alea has begun to pick up everything for a reward. Sandy is hoping that housekeeping will be next!

Sandy says she is eternally grateful to **Can Do Canines** for this gift of an assistance dog. She no longer feels sad or anxious about her hearing loss.

"Yes, my life will continue to change as everyone's does," Sandy says. "But with Alea's help, she will push me past my comfort zone with confidence."



DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc.



“Catch the Dream” Life Without Diabetes!

www.mnlionsdiabetes.org

facebook.com/MinnesotaLionsDiabetesFoundation

Summer 2015

Volume 1:3

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

At the 2015 University of Minnesota Research Update -- Many “Thank You’s” were extended by the U of M Researchers for the generous donations made by Lions through the Minnesota Lions Diabetes Foundation (MLDF). MLDF has been a huge part of enabling these scientists to continue and further their diabetes research at the University of Minnesota.



There are a variety of research projects being conducted at the U of M. Though each scientist has his or her own unique approach, they all share one common goal to Prevent, Optimally Treat, and Ultimately Cure both Type 1 and Type 2 diabetes. Thanks to the Lions, we are helping them to move even closer to achieving those goals.

There are three diabetes research projects the Lions are currently supporting at the University.

- The first, Dr. Brian Fife’s immunology work is aimed at **preventing** diabetes.
- The second project, led by Dr. Elizabeth Seaquist is focused on **optimally treating** diabetes.
- The third project, transplanting islets into an encapsulation device, then oxygenating them and imaging the islets, led by Dr. Mike Garwood, is aimed at **curing** diabetes.

Dr. Brian Fife’s work:

In Type 1 diabetes, the body’s own immune system attack insulin-producing islet cells in the pancreas. Now that scientists have discovered the specific cells in the body that are present when someone has diabetes, Dr. Fife and his team have discovered ways to “find” those cells amongst

the millions of cells in one’s body. The next step in the process is to learn how to “silence”, or stop those cells from attacking the body. Dr. Fife’s long term goal is to develop a vaccine that will be given to high-risk individuals that will then prevent them from ever getting diabetes. He was able to comically demonstrate how the immune system works by sharing a video where a person in a car was under attack/ threatened by a car thief. The car owner received protection from a wrench wielding monkey hiding in the trunk, who jumped out and attacked the would-be car thief. Dr. Fife likened the human immune 2 system to the “trunk monkey” – always ready to fight off any foreign matter.

The second area of research the Lions support is the work led by Dr. Elizabeth Seaquist.

Dr. Seaquist is heading up a second phase of research to understand the long term effect of both low and high blood sugar on the brain of people with diabetes. She began this study with 25 diabetics and 25 controls in 2008. Seaquist and her team have focused their current investigation on the metabolic changes experienced by people who suffer recurrent hypoglycemia. The research being conducted should help investigators understand the risk of memory loss faced by some people who have diabetes – Type 1 and 2. It is with this understanding Dr. Seaquist and her team look to develop better treatment options.

The third area of research supported by the Lions involves imaging transplanted islet cells that are placed into a small mesh-like pouch known as a bio-artificial pancreas. This device is then implanted into the body. A major challenge in placing islet cells in this tiny device is the need for the islets to have a rich supply of oxygen in order to thrive. Dr. Garwood and his team are diligently working to develop an oxygenator that would push oxygen through the device thereby maintaining the life of the cells while keeping out any cells that might harm them.

Finally, each Lion was able to visit both the imaging center and an immunology lab. In the imaging center we were able to see the world’s largest animal and human scanning devices. The 10.5 Tesla, whole-body human magnetic resonance imaging magnet is nearly 10 times stronger than most medical MRI scanners. We also saw the 16.4 Tesla animal magnet. As part of the tour we saw the magnets where Dr. Garwood’s islet imaging work is being conducted (the 16.4 Tesla magnet) and the magnets where Dr.

Seaquist studies brain metabolism in people who have diabetes.

In the immunology tour we saw the tools Dr. Fife and his team use to be able to “find” the correct immune attacking cells amongst the millions of cells in our body.

We are in awe of the great world-leading diabetes research taking place at the University of Minnesota. The morning of education affirmed our unwavering commitment to provide the financial resources to help these scientists advance our mutually agreeable goal in preventing, optimally treating, and ultimately curing diabetes.

If you would like more information regarding the research taking place at the University of Minnesota, please visit: <http://www.diabetes.umn.edu>.

Duluth Lions Club Supports the ADA in “STEP OUT WALK to Stop Diabetes”

Saturday, March 28th, in Duluth’s own Miller Hill Mall, the ADA held their annual Duluth fundraiser. The Walk has been at the Miller Hill Mall since 2004. Over 300 participants registered for the Walk and raised over \$50,000 (with money still coming in). Duluth Lions Club had their own team which raised over \$700 for the Walk and supported the event with a \$1,500 donation.

The event started with our National Anthem performed by The Sterling Strings from Duluth 3 East High School. This was followed by Duluth East High School Cheerleaders “cheering on” the start of the Walk. The first lap was started by 2015 Walk Ambassador, Britta Koski. Along the Walk course there was live music provided by Duluth East High School Jazz Band, Two Bridges String Quintet, Suzuki Music Students, and a duet called “Me & Paul”. Great fun was had by all.



Also along the walk were a “Kids Zone” with face painting, coloring and crazy hair plus individual massages and vendor/wellness expo displays. The Duluth Lions Club had a booth promoting our Club and our community involvement. Team photos were taken by John D’Auria. Door prizes and

\$1.00 prize drawing were available with donations from many local individuals and businesses. Healthy snacks were available before, during and after the Walk. The Walk was visited by a local clown, Tiki from Edgewater, Roary from Duluth Lions Club and UMD’s mascot Champ.

The event closed at 10:30am with announcements from event DJ’s from KDWZ 102.5 radio.

“Every 12 seconds someone is diagnosed with diabetes”.

Mark Your Calendars ----

Minneapolis Tour de Cure - May 5, 2015
ADA Expo in Minneapolis – October 10, 2015
World Diabetes Day – November 14, 2015
U of M Research Update – March 26, 2016

Camps Full of Adventure -

The purpose of **Camp Needlepoint** is to provide a fun and safe camping experience for children living with diabetes. It gives kids the opportunity to meet other kids just like them as well as help them gain confidence and independence in managing their diabetes. Camp Needlepoint is located at YMCA Camp St. Croix, south of Hudson, WI on a wooded bluff along the St. Croix River. <http://www.diabetes.org/in-my-community/diabetes-camp/camps/needlepoint-1.html>



Camp Sioux is held at Park River Bible Camp in Park River, North Dakota. Facilities include: a 24-hour health center, dining hall, crafts barn, pool, nature trails, basketball and 4-square courts, soccer fields, archery range, high ropes course and a gaga pit.



(If you don't know what a gaga pit is you'll just have to come to camp and find out!) - See more at:

<http://www.diabetes.org/in-my-community/diabetes-camp/camps/sioux-1.html>

Camp Sweet Life Adventures is

located at Kiwanis Camp Patterson near Madison, MN. It provided youth with Type 1 diabetes opportunities to connect with other kids with T1D, learn how to take better care of themselves, and have loads of fun in a carefree summer camp environment.

www.camppatterson.org

Take Care of yourself

Find time to enjoy this MN Season while incorporating more movement into your days.

Try something new - Walk, Swim, Garden, Dance, Play Ball, Bike, Fish, etc. Have Fun!