

## District 5M11 Newsletter May/June 2017



## **BOILER ROOM**



ND5A



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## PDG Dave Hollyoake honored with MD5M Hall of Fame award

Past District Governor Dave Hollyoake received the Hall of Fame Award at the Multiple District 5M Convention in Bemidii on Saturday, April 22, 2017 at the Noon luncheon. The award was presented by Past International President Wayne Madden, Past International Director Mike Molenda and Council Chair Todd Neumann.



PDG Hollyoake was sponsored by the Winnipeg West Lions Club at the Mid Winter Convention where he was elected by the delegates to receive this honor from District 5M11. This award is given to an individual who has been active in their clubs, districts, multiple district, community and church.

PDG Dave Hollyoake is a member of the Winnipeg West Lions Club in Winnipeg, Manitoba. He has been a Lion since 1974 when he and his father, PDG Roly Hollyoake, were charter members of the Wheat City Lions Club in Brandon, Manitoba. Lion Dave was also a charter member of two other Lions clubs, one in Yorkton, Saskatchewan and the Winnipeg South Lions Club where he was also the Charter President and his father Roly, was the District Governor. His oldest Son Chris was also a member of the new Winnipeg Fort Gary Gates Lions Club, this made 3 generations of Lions in the family that year. He has served in all club level offices and on district cabinet level as e-clubhouse chair, zone chair, 2nd, 1st VDG and District Governor of District 5M11 for the year 2012/2013. Lion Dave was the district newsletter editor for 7 years. He has also assisted in mid winter convention planning for several mid winter conventions. He is currently the key planning coordinator for the 2018 MD5M Multiple Convention to be held in Winnipeg in April 2018 and the District 5M11 Webmaster. Lion Dave has twice been a moderator at the USA/Canada Forums in Alaska and Overland Park, Kansas. He has been a moderator and presenter at several mid winter conventions and at the Northern Pride Leadership Forum held in November 2016.

Lion Dave is most dedicated to the Lions motto, We Serve and shows this in his every day actions. He is always the first to champion a service project, chair a committee or volunteer for any community service even if it involves several road trips to the city to accomplish. Without Lion Dave's dedication to Lions and his devotion to the Lions Foundation of Canada Dog Guides there would be a lot of Lions in Winnipeg and Manitoba and the rest of the District for that matter without an amazing mentor and guide. Lion Dave is the epitome of a Lion, giving of himself and his talents for any cause or function.

Lion Dave was employed by Sears Canada for most of his career and now does smaller home renovations, decks, garages etc. He enjoys travelling with his wife of 46 years Barb, golfing, biking and of course woodworking. Dave and Barb have 2 sons and 4 grandchildren.



The Fosston-Lengby Lions Club received the Lions Multiple District 5M Centennial Public Relations Award at the MD5M Lions Convention in Bemidji on Saturday, April 22, 2017. The award was for "Hunger"- Pumpkin Growing Contest/Food Shelf Holiday Donation- The person to grow the largest pumpkin chose where the club would make a donation to. The winner chose "Loaves & Fishes". This donation made it possible for approximately 60 families to receive their Christmas meals. The Fosston-Lengby Lions Club competed with 65 Lions Clubs in their district to win this honor. Pictured: Past Lions Clubs International President Wayne Madden, Lion Brook Burggraf, Club Treasurer and MD5M Council Chair Lion Todd Neumann.



Lion Stacy Kleinwachter received the International President's Certificate of Appreciation Award from the Multiple District at the MD5M Convention in Bemidji on Saturday, April 22, 2017. Lion Stacy received this award for her work with on the newsletter for the multiple district and helping get information to the local district newsletter editors. Pictured: Past Lions Clubs International President Wayne Madden, Lion Stacy Kleinwachter and MD5M Council Chair Lion Todd Neumann.



Lion Mark Spielman of District 5M11, received the Melvin Jones Fellowship award from the Multiple District at the MD5M Multiple Convention in Bemidji on Saturday, April 22, 2017. Lion Mark was honored with this award for his dedication to his club, his district and the multiple by the giving of his time and talent with woodworking. Presenting the award were from left, Council Chair Todd Neumann, Immediate Past Council Chair Kathy Jensen, Past Council Chair Earl Orvik, Lion Mark Spielman, Past International President Wayne Madden, Past International Director Brian Sheehan, Past International Director Mike Molenda and Past International Director Maynard Rucks.



## **DG Mike's Boiler Room Report**



District Governor Mike Janssen

As of May 13th—First of all I would like to thank everyone that agreed to take on and manage a district position.

Without your support I would not have been able to manage the duties of District Governor. I would like to tank the Past District Governors that have been my advisors. Your guidance and willingness to be candid was very appreciated.

I have attended 53 club DG visits and have another 6 confirmed visits. I have reached out the remaining 6 clubs and feel confident that I will get to visit them. One of our clubs is in financial suspension and due to membership numbers and ages wishes to hand in their charter. They have wished to close for the last three years and we have done our best to help maintain them. Another club while in good standing financially is also experiencing difficulty. I have reached out to offer assistance to them but with some prevailing attitudes this could prove difficult. I ha

I have attended the Multiple Convention and was quite honored when one of our, Lion Mark Spielman, was awarded a Melvin Jones by the Multiple and when PDG Dave Hollyoake received his place in the

hall of fame. I have been taking in zone and Centennial meetings where possible. I have attended a cancer benefit in Sabin to present \$500.00 from the CancerCare Initiative as well as another \$200.00 from others in the district. Sitting on the Lions Foundation of Manitoba and Northwestern Ontario has proven to be interesting, with concerns of its own.

The district membership count is currently sits at 1,894 which puts us at a net loss of 9 members to date. The net hours for Lions service to date is 30,672, so while our district remains healthy there are some areas we need to focus on. While we added 125 new members throughout the year, we lost 134 and about 35 were due to passing. It is hard when we lose members through passing and all we can do is to mourn their passing, but what about the 101 members we lost due to lost interest? We still need to work on this. We should strive to maintain or perhaps build our membership as we approach the end of the year. While we have identified district leaders for next year, we need to continue to work at identifying potential leaders and ensuring that they are well trained to step up and lead when required. We had four candidates complete RLLI training and need to encourage others to attend.

Jenifer Spielman, District Administrator, has proven to be an invaluable resource for me and the district.

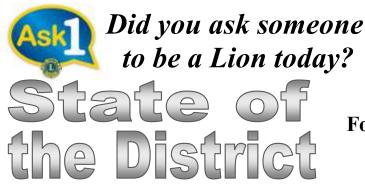
While we had Deanne Williams step up to the position of 2nd Vice District Governor for next year, we need to identify persons willing to step up for the position of 2nd Vice District Governor in the years to come.

I extend all my wishes for a great Lions year next year.

Thank you all for what you do.

Mike Janssen District Governor





We added 58 new members this month (April/May/June) while losing -77 bringing us to 1879 this month with a -19.
For the year, we have added 157 members and dropped 183 for a -26.
Worldwide membership is 1,449,987



## DGE JOHN'S KNORTHERN KNIGHTS

### KNORTHERN KNIGHTS AND KNIGHTIES!!

Transition time for Lions Clubs-it happens every April, May, and June. Changes are made in Leadership people and styles, but one thing does not change-WE SERVE. We serve in our communities and throughout the world. Where there is a need, there is a Lion!

LET'S TALK ABOUT TRANSITIONS FOR A MINUTE.

- Club officer elections shoul d have taken place by now. Hopefully, the new officers took advantage the Club Officer Workshops organized by PDG Joanne Swanson and held at Twin Valley, Thief River Falls, and Ste Anne. On line help is available to officers unable to attend.
- Zone Chairperson workshop will be held in Thief River Falls at the Americian starting at 6:00 Friday, May 12. We will wrap up Saturday morning in time for some folks to make it to the District Cabinet meeting in Red Lake Falls.
- Club Secretaries-HAVE YOU SUBMITTED THE 'PU101' FORM TO LIONS CLUB INTERNATIONAL (LCI)? THAT'S THE FORM FOR LISTING 2017-18 Club Officers. Needs to be in by May 15. Courtesy copy to Lion Vickie Violet, MD5M Executive Secretary, would be nice. Also remember to submit monthly membership reports and monthly activity reports.



DGE John Wollenzien



a new wrinkle! LCI is now asking us to have a club LCIF Coordinator. This

person will be responsible for sharing with your club, information about the work of <u>LIONS CLUBS INTERNATIONAL FOUNDATION</u> and for encouraging your involvement with LCIF. Individual financial support of LCIF is encouraged as well as club support. I would be tickled pink if 100% of District 5M11 clubs made a contribution to LCIF in the coming fiscal year 2017-18.

- Have you taken a minute to thank your club leaders for their efforts during the past year? MEETINGS AND SERVICE PROJECTS DON'T JUST HAPPEN. BE GENEROUS IN YOUR THANKS.
- Speaking of Thanks. Let's give a 'shout-out' to District Governor Mike Janssen! He's spent a Lot of time on the road visiting clubs. He is passionate about the 'Pediatric Cancer Initiative'. Thanks, Mike!
- Dee and I will be wrapping up our District Governor Training in Chicago prior to the International Lions Convention. Thanks for the opportunity to serve with you in 5M11.

ALL kinds of transitions, but our focus is on serving. WE SERVE!!!

Work Hard! Have Fun! Do Good!

Lion John, DGE 5M11







## **1st VDG Elect Report**



1st VDGE **Bill Myskiw** 

Spring is finally here and the days are just flying extremely fast. I've met a tremendous amount of members during the month of April. My report is as follows:

Mar 30-Apr 2, 2017: attended the Regional Lions Training session in Mahnomen, MN over 642 members were in attendance. An excellent job done by all.

April 6<sup>th</sup>: attended the planning session meeting at Riverside Lions Club for the Mid-Winter Convention being held February, 2018 in Winnipeg, MB

April 12th: attended the Wpg. West Lions Club Elections were held . Elected as 2<sup>nd</sup> Director

April 20-23rd attended the Bernidiji, MN. Lions Training session for 1st Vice District Governor

I look forward to meeting the Lion members in Thief River Falls, MN on May 12<sup>th</sup> and the Cabinet meeting at Red Lake Falls on May 13<sup>th</sup>.

Take Care. 1<sup>st</sup> vice district governor elect, Lion Bill Myskiw

# Multiple Convention in Bemidji



Some of the delegates of District 5M11 at the Governor's Banquet Saturday, April 22, 2017 at the MD5M Multiple Convention in Bemidji: Front—Stacy Kleinwachter, Dee Wollenzien, Norma McDougall, PDG Jeannine Windels, Mickey Wharton, Jen Spielman, Pat Barnard, Tamny Janssen, Barb Hollyoake and Carol Opperman. Back: PDG Dennis Olsen, PDG Jim Aasness, DG elect John Wollenzien, 1st VDG elect Bill Myskiw, Russ McDougall, Jan Strandlie, PDG Jim Strandlie, PDG Gerald Fontaine, Mark Spielman, PDG Chris Barnard, PDG Wayne Swanson, District Governor Mike Janssen, 2nd VDG elect Deanne Williams, PDG Dave Hollyoake and PDG Doug Wiens.

Also attending the Multiple Convention but not pictured include PDG Gary Olson, Becky Olson, PDG Joanne Swanson, Kevin Reich, PDG Gunter Zionn and Kim Peters.



5M11's Kevin Gamble



5M11's Betsy Anderson, Dean Anderson, Tamie Rue, Brook Bruggraf, David Bruggraf and Connie Hagen.



5M11's Darryl and Bonnie Popowich







### DREAM CATCHER NEWS MN Lions Diabetes Foundation, Inc. "Catch the Dream" Life Without Diabetes!



www.mnlionsdiabetes.org 2017 Summer

www.facebook.com/MinnesotaLionsDiabetesFoundation

Lion Eileen Schirer Editor

#### **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.

### MLDF Diabetes Research Update Recap

Despite the tempting spring weather, more than 100 Minnesota Lions and their guests came to the University of Minnesota Twin Cities campus for the Eight Annual Lions Diabetes Research Update. This year, Lions enjoyed boxed lunches and catching up with one another in the McNamara Alumni Center.

The program formally began at 11:30 am with remarks from Chairperson, Lion Judy Loken. Judy formally presented a \$75,000 check to this year's research grant recipients: Dr. Bernard Herring for his work towards developing a vaccine to prevent the body from rejecting transplanted pig islet cells; Dr. Brian Fife for his work on blocking the immune pathway in order to prevent the immune system from attacking islet cells; and to Dr. David Bernlohr for his research on the role of calcium in insulin to develop a Tcells that are inadvertently killing the insulin new drug for the treatment of type 2 diabetes. Lion Judy also presented a \$500,000 check as a symbol of the final payment on the Lions half million pledge for the Minnesota Lions Islet Imaging Lab to Dr. Michael Garwood.

Judy also presented two Dream Catcher Awards to ward to Bonnie Schirlinger and Thomas Johansen for their work as serving as the faces of our foundation. Lion Judy then presented the new informational video cells causing diabetes.

about the Minnesota Lions Diabetes Foundation entitled Catch the Dream: Living Without Diabetes which features Bonnie and Thomas. You can watch the video here:

https://www.voutube.com/watch?v=f8KibORhoP4 &feature=em-share video user

During the research update section of the program, the Lions were able to learn more about the research projects currently receiving funding.

\*First to present was Dr. Herring, who provided a general overview of diabetes including the difference between type 1 and type 2. In type 1 the body can no longer produce insulin because the insulin producing islet cells in the pancreas have been destroyed. In type 2, the body becomes insulin resistant. Dr. Herring, whose research is focused on type 1 diabetes, has had much success reversing type 1 diabetes with the transplantation of pig islets into monkeys. Monkeys receiving transplanted cells demonstrate a long-term diabetes reversal and extended survival rates. Dr. Herring's next goal is to create a vaccine that prevents the body from rejecting these transplanted islets. These vaccines remove, with the precision of a laser, the tiny part of the immune system that is activated by foreign antigens from the pig donor. When fully successful, the vaccines will eliminate the need for chronic immunosuppression otherwise required to prevent rejection of transplanted islets. Dr. Herring concluded with," Science is no longer limiting us. It is a very exciting time in diabetes research."

Next to present was Dr. Fife, an immunologist, whose work is focused on targeting the immune cells that cause type 1 diabetes. In order to cure type 1 diabetes, we must identify, remove or control the producing islet cells. With funding from the Lions, Dr. Fife has developed a way to identify, track and interrogate these T cells in both mouse models and humans. Considered as Phase One of the project, Dr. Fife's team is now generating novel antibodies that can limit these T cells and prevent them from becoming activated in the first place. If the T cells are blocked and cannot from become activated, beta cells will not get destroyed and thus neutralize the T

Dr. Paul Wang, an MD and PhD candidate and advisee of Dr. Michael Garwood of the Center for Magnetic Resonance Research, spoke next about the research at the Minnesota Lions Islet Imaging Center. Dr. Garwood, Paul and others are working on a cure for type 1 diabetes by implanting a bioartificial pancreas, which they created, into a person's forearm. This bioartifical pancreas, after being implanted, replaces and restores the function that the person's own islet cells that have been destoyed due to type 1 diabetes, thus curing their disease. Supplemental oxygen is critical for implanted islet survival inside a bio-artificial pancreas. They have developed an oxygen delivery system for use with rats and are in the process of developing a miniaturized oxygen delivery device for human use.

Last to present, was Dr. Bernlohr, who spoke about his research on the role of calcium in insulin as a new drug for the treatment of type 2 diabetes. Bernlohr's lab is using the newly discovered SERCA activator as a new drug for the treatment of type 2 diabetes. SERCA is a calcium pump and Dr. Berhnlohr has discovered that calcium is misregulated in the context of diabetes. Using obese insulin resistant mice, the SERCA activator drug (CDN1163) has successfully lowered cytoplasmic calcium in fat cells which protects those cells from dving, thereby improving their metabolism. This has the effect of increasing insulin action and reducing insulin resistance. All of the mnarcheri expressed their gratitude to the Lions for their critical support that has made a tremendons difference in the lives of so many.

### reTHINK your drink - every sip counts!

How much sugar is in you drink? One sugar drink alone can max your daily limit!

https://rethinkyourdrink.minneapolismn.gov/ FACT: Your body needs Zero sugar. -Find the sugar on the label -Locate the serving size. If container has more than 1 serving, multiply sugar by number of servings.

-Total grams of sugar divided by 4 = teaspoons of sugar in that drink.

Maximum daily sugar limits: Age 2 - 18 or Adult Woman is less than 24 grams, Adult man is 36 grams





## Goodridge Lion Tamers and Greenbush-Badger Lions



The **Goodridge Lion Tamers Lions** club Spring Opener which took place March 25th. The Spring Opener is our annual fundraiser where we raffle off gun, trips, bacon, coolers, and a silent auction. It's a fun night with all you can eat food and drink!



**Greenbush-Badger Lions** Club Members Sander Tureson and Ellis Waage visiting with Larry and Carla Rislov of Badger, MN. The Greenbush-Badger Lions hosted a pancake breakfast benefit for Larry to help with medical expenses. The Lions served over 600 breakfasts and raised \$ 12,455.71 after expenses for Larry.







The **Goodridge Lion Tamers** provide trees to the Goodridge 4th grade class every year. This is our 4th grade Foresters project. Pictured is Mrs. Loberg's 4th grade class with Goodridge Lion Tamer Faye Wold.



Greenbush-Badger Lions Club Past-President Joe Burian presenting a check for \$ 12,004.87 to Pete & Paulette Christianson of Badger, MN. The Lions raised the funds for Pete's medical expenses, serving 760 meals to hungry community members.



## **Dilworth and Dilworth Loco Lions Clubs**



**Dilworth Lions** took part in LIONS DAY at the new Sanford Hospital in Fargo. Sanford held tours for LIONS on April 12th. At the end of the tour, the Dilworth Lions Club presented a check for \$500 to Sanford Children's Hospital. Dilworth Lion members included Jim McLaughlin, Charles Cox, Bryan Swenson, Brian Norberg, Brent Kangas, Dave McLaughlin and Kevin Spaulding.



The city of Dilworth recognized community volunteers of the year at the council meeting in April. It was a packed house! From the **Dilworth Lions Club** we have President Lance Tollefson on the right and Mayor Chad Olson (also a Lion) on the left, who presented the award to Lion Brent Kangas. Congrats to Brent and we are proud to serve with you.



**Dilworth Loco Lions** hosted a Easter Ham Bingo on April 2 at the Dilworth Community Center. All had fun playing bingo. One of the younger ham winners was Delaney, daughter of Lion Kevin Spaulding of the Dilworth Lion Club. Her words after winning were, "I never win anything but now I feel tingly".

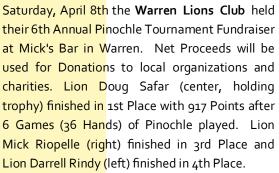


The city of Dilworth recognized community volunteers of the year at the council meeting in April. It was a packed house! From the **Dilworth Loco Lions Club** we have President Jen Herbrandson on the right and Mayor Chad Olson (also a Dilworth Lion) on the left, who presented the award to Lion Julie Norman. Congrats to Julie and we are proud to serve with you.



## Warren Lions and TRF Moonlighters Lioness







Miss Thief River Falls Ashley Myers was driven by **TRF Moonlighters Lioness** member Brent Fuller and President Sherry Sorenson in a 1994 Ford GT convertible in the Erskine parade on June 4, 2017.



The Warren Lions Club had their regular monthly meeting held at the Uptown Café on Wednesday, April 12th. Special Guest Speaker at the Meeting was Lions 5M11 District Governor Mike Janssen from Winnipeg, Manitoba. Also attending were representatives from the Alvarado, Oslo and Argyle Lions Clubs.



Lions 5M11 District Governor Mike Janssen speaks to the Warren, Alvarado, Oslo and Argyle Lions Clubs at the regular meeting of the **Warren Lions Club** held at the Uptown Café on Wednesday, April 12th. Warren Lion's President Rick Schmiedeberg (L) and Secretary Jim Duckstad (R) flank the District Governor.



**Warren Lions Club** Member Doug Safar receives the 30 year Membership Pin from Lions 5M11 District Governor Mike Janssen at the regular meeting of the Warren Lions Club held at the Uptown Café on Wednesday, April 12th.



## West St. Paul Lions Club





## Fosston-Lengby Lions Club



The Fosston-Lengby Lions are proud to report a successful community service project completed on April 7th. The Fall Risk Assessment was held at Nords Pharmacy & Gifts, screening 38 people throughout the day. Of those screened, 6 were identified as having a greater risk and received a referral. Lion Jacob Vossler (Physical Therapist) says "it was great to see seniors in our community take initiative and come out to have their risk of falling assessed. Falling is not an inevitable part of aging but it is one that is far to common." One thing to note, if anyone is interested in the preventative bone builders exercise class, materials and class lists are still available at Nord's. The Fosston-Lengby Lions would like to thank everyone in the community who supported and participated in this event, as well as a big thank you to Evan and Ruth for hosting!

Pictured, L to R Lion Jacob Vossler, Evan Fonder of Nords Pharmacy, and Lion Tamie Rue.



Fosston Lengby Starting the kids young to help the environment

As Benjamin Franklin said "Tell me and I forget. Teach me and I remember. Involve me and I learn". The Fosston-Lengby Lions did just this with their kids during the Family Fun Ditch Cleaning they held to celebrate Earth Day. With 19 adults and 17 children (future lions) participating they cleaned nearly 4 miles of the Columbia Road ditch. Collecting a truck bed and trailer load worth of garbage bags, all were amazed at how much garbage was in the ditches. Pictured is just a few of the helpers; L to R- Norah Marquis, Kellen Vossler, Claire Burggraf, Sawyer Marquis, Kelby Marquis, and Malachi Vossler.





The Fosston-Lengby Lions were happy to recently donate \$500 to the Fosston Golf Association. The Lions were very grateful to use the clubhouse during the winter months for their meetings and wanted to show their appreciation. Pictured L to R, Randy Landsverk- Fosston Golf Association President, and David Burggraf- Fosston Lengby Lions President.



## **Red Lake Falls and Dilworth Loco Lions Clubs**

Lattended the May meeting of the Red Lake Falls Lions Club representing LCIF and presented a Melvin Jones Fellowship Award to Lion Richard Thompson, who has been a member of the club for close to 40 years. Lion Richard and his wife Carol have been personal friends of mine since about 1968, so it was even more meaningful to me to do this recognition for his dedicated service to humanity, the Lions and the community of Red Lake Falls. The Red Lake Falls Lions also had their District Governor's Visit with District 5M-11 District Governor Mike Janssen sharing his wisdom on "New Mountains to Climb". By Lion John Vik





Melvin Jones Recipient Lion Richard Thompson and his wife Carol.

Red Lake Falls President Lion Allen Bertilrud, Melvin Jones recipient Lion Richard Thompson, District Governor Lion Mike Janssen and LCIF chair Lion John Vik.



The Dilworth Loco Lions Club members, Kris Johnson, Jodie Schimek, Vicki Hailer, Deanne Williams, Diane Hauglid, Julie Norman and Lori Hawk cleaned a 2-mile stretch of highway in the drizzling rain.



Participants at the Zone Chair Training held in TRF on May 12. Front Row: Kevin Reich, John Wollenzien, Karen Hagen, Mike Hagen, Bill Myskiw. Back Row: Gladwin Lynne, Roger Grundhaus, Brian Nazarko, Brian Norberg, Kevin Gamble, Larry Crose



## Plummer, Riverside and Fertile Lions Clubs



**Plummer Lions** hosted District Governor Mike Janssen, second from right, for Governors Night. Zone 5 Chair Deb DuChamp was there was well as the Canine Unit who was a featured speaker.



Fertile-Beltrami seniors in National Honor Society were guests of the Fertile Lions Club at a supper May 10 at Erickson's Smokehouse in Fertile, MN. From left in front were Quin Hasler, Anna Olson, Ginnie Sannes and Aerielle Capes. Back: John Larsen, Grant Kaste and Carter Mosher. Each of the students told a little about themselves and their plans following graduation.





### Riverside Lions Champagne Breakfast was May 28th 2017.

The club is very happy with the outcome as \$ 3500.00 Cdn. were raised for club charities.

Our Featured Speaker was ID Lion Bruce Beck. He did a fantastic job of informing the many guests of the work of Lions and Lions Clubs International. Many guests present were not aware of the many things that our Organisation does throughout the world as they are not Lions Members. This was a great opportunity to educate them and to refresh the memory of Lions as well.

DGE Lion John Wollenzien of District 5M11 also attended the brunch.

This date was a busy one as there were other Lions functions also occurring at other locations in Winnipeg such as the Dog Walk and the Centennial Birthday Celebrations. Our event finished early enough that those attending were invited to take in the other events being held at Kildonan Park.



PDG Gerald Fontaine introducing the speaker at the **Riverside** Lions Champagne Brunch.





## **Warren Lions Club**

Warren Lions Club Members taking a break during their Ditch Cleaning Project held on Tuesday, May 23rd. Since 1990 the Warren Lions Club has annually cleaned the north and south ditches of Highway #1 running 3 miles east of Warren. Also assisting the Warren Lions Club with this year's ditch cleaning project was the Warren Boy Scouts Troop 50.







Left: Warren Lions Club Members (L-R) Kade Sveen, Jim Duckstad and Darrell Rindy pose by the Warren Lions Club's Adopt-A-Highway Sign 3 miles east of Warren along Highway #1.

Above: Warren Lions Club Members (L-R) Rick Schmiedeberg, Mike DuBore and Nate Wozniak take a break from ditch cleaning and pose by the Warren Lions Club's Adopt-A-Highway Sign along Highway #1 on the east edge of Warren. Missing from the picture is Lion Al Roley.

Warren Lions Club Members are shown working as Timers at the Finish Line of the annual Warren Lions Club W-A-O Invitational Track Meet held on Friday, May 12th at the W-A-O Track.

Warren Lions Members getting ready to punch their timers are (On Left in Ascending Order) Mick Riopelle, Darrell Rindy, Mike DuBore and David Durand, and (On Right in Ascending Order) Wade Johnson, Rick Schmiedeberg, Jim Myrfield and Robb Leach. Other Warren Lions Club Members working but not in the picture were Kevin Johnson and Tony Gullikson.



## **Hitterdal Lions Club**

### The **Hitterdal Lions** worked concessions and breakfast during HitterFest in June.



Serving hamburgers and hotdogs at the Hitterfest festivities. Life Flight helicopter was there so everyone could check it out



DG Mike Janssen in Hitterfest Parade







Hitterdal Lions Gayle, Julie and Val working Hitterfest Concession.





## Fertile Lions Club





We had our Annual Memorial Day Dinner May 29th, and had about 150 people stopping by after the Memorial Program at the High School. This was part of the crew that helped with our dinner. Front row Sheldon Larson, Sue Ackre, Mavis Werner, Sylvia Nelson, Jenni and Dean Radke, Chairman of this project, back row, George Ackre, President Paul Borslien, Ray Nelson, Dorothy Roof, and I'm (Norma Erickson) always taking the picture.



Arthur Gredvig, left, and Marlyn Sandness were among about 140 people who had lunch on Memorial Day at the Fertile, MN, Community Center following the program at the Fertile-Beltrami School. The annual luncheon, put on by the Fertile Lions Club, raised about \$600 was raised for the Lions Fertile-Beltrami Scholarship Fund.



Wes Olson, right, was among about 140 people who attended the Memorial Day luncheon at the Fertile, MN, Community Center following the program at the Fertile-Beltrami School. The annual luncheon, put on by the Fertile Lions Club, raised about \$600 was raised for the Lions Fertile-Beltrami Scholarship Fund. Servers, shown from left, were Sylvia Nelson, Dorothy Roof, Paul Borslien and Mavis Werner.



Gary Reitmeier chatted as he waited for an ice cream sundae served by Lions Club members Jean Wright, center, and Norma Erickson. The Fertile Lions Club provided free sundaes or root beer floats to about 500 people at the Fertile, MN, Car Show on June 10. Youngsters were also given balloons. The club was celebrating its 60th anniversary and the centennial of Lions



## Gary Lions Club





On May 18, members of the Gary Lions were busy planting trees in their new Gary Lions Memorial Forest. This a new long term project for the Gary Lions. So far we have planted 37 trees in memory of past Gary Lions and past members of the Gary community. Trees are donated by the families or friends and planted by The Gary Lions. Pictured from left to right are Norman Gullingsrud, Gary TeHennepe, Merlyn Meyer, Ray Larson and Mike Nelson. Not pictured is our camera person and fellow helper Lori Gullingsrud At the Gary Lions Club meeting on May 22, Ken Bauer, Leader Dog Co-Chair of District 5M-11 presented the Gary Lions with the LIMITED EDITION Centennial Founders Tribute Plaque for their donation of \$500.00 to The Leader Dogs For The Blind. Lion Ken gave a very interesting and informative presentation while at our meeting and the Gary Lions hopes to stay a strong supporter of Leader Dogs and other Lion Programs. Pictured is Lion Ken Bauer, on the left, presenting Gary Lions President Gene Hanson with Founders Tribute Plaque.



June 25th, first day of Kamp KACE and the Lions finished it off with an ice cream social. Lions from Lake Park, Perham, Thief River Falls and Underwood helped in keeping the 150 plus campers & staff enjoy the end of their 1st day.

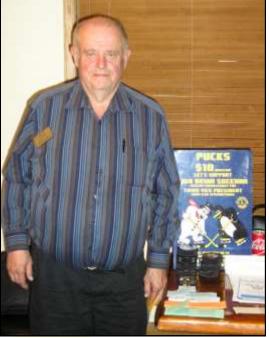
Thief River Falls Lion Richard Reger, fourth from left, and Thief River Falls Noon Lioness Judy Reger, far right, helped at Kamp Kace.



## Zone 3 Meeting Recap

On Tuesday the 9th of May, the Lions Zone 3 Meeting was held at Moran's and hosted by the Winger Lions Club. After opening remarks by Zone Chair Kevin Reich, the main program speaker was PDG Jim Aasness with the Minnesota Lions Hearing Foundation followed by PDG Jeannine Windels and Lion Russell Mc Dougall with the Minnesota Lions Vision Foundation and the new Kids Sight Program. I, Lion John Vik, gave a report on my work with Lions Clubs International Foundation (LCIF) and my work with Leader Dogs for the Blind. Following that were reports and updates by District Governor-Elect John Wollenzien and District Governor Mike Janssen. After club president reports about current and future activities of each club, Zone Chair Kevin had a trivia contest with Brook Burggraf and David Burggraf taking home 2 of the door prizes for their ability to come up with the right answers. A great looking couple from the Fosston-Lengby Lions Club and smart.....very smart !!! Those were very difficult questions for a trivia contest. *By Lion John Vik.* 









## **Officer Training**

The 2017 Club Officer Trainings were held in three different locations on 3 separate dates. Thief River Falls on April 27, Twin Valley on May 3 and Ste. Anne on May 4.

Thank you to all the instructors who were all experienced and talented Lions: DGE John Wollenzien, 2nd VDGE Deanne Williams, Lion Jenifer Spielman, PDG Dave Hollyoake, Lion Pat Barnard, Lion Nadine Meyers, PDG Chris Barnard, PDG Joanne Swanson, PDG Doug Wiens, and PDG Wayne Swanson.

21 Lions Clubs were represented out of 65 in the district as well as 2 Lioness Clubs were represented for a total of 60 participates.

Between the three sites, at 22 members attended the President/VP training, 12 attended Secretary training, 4 attended Treasurer training, 3 received Membership training while 9 got new member orientation.

Thank you for the following clubs for participating in the training: (in no particular order) Wannaska, Grygla, Red Lake Falls, TRF Moonlighters Lioness, Thief River Falls, Crookston, Karlstad, St. Hilaire, Lake Bronson, Fosston-Lengby, Fertile, Twin Valley, Hitterdal, Flom and Area, Glyndon, Dilworth Loco, Dilworth, Moorhead Midday Central, Winnipeg West, Ste. Anne, West St. Paul, and East Kildonan.

Zone Chair Training took place on Friday, May 12 at the AmericInn In Thief River Falls with eight out of the 10 z zone chairs in attendance. (Picture is on page 14.)









## Last Cabinet Meeting for 2016-2017

The Lions of District 5M-11 got together in May in Red Lake Falls for the final Cabinet Meeting with District Governor Mike Janssen serving his year of 2016-2017. We are an International District and it was very fitting to discuss our roles in the 100 year Centennial Celebration this Summer. Shown are some of the Banners to be used in the Centennial Celebration Events to commemorate our service to our District and the people of the world. District Governor Mike Janssen thanked all of the Cabinet Members for their service and presented a Certificate of Appreciation to Lion Stacy Ruth K for her hard work on publicity and the District Newsletter along with her work with the MD5M newsletter. Another photo shows the District Governor with Lion Jenifer Spielman , who serves as District Administrator for the District.



## New Lion Members to 5M11

5M11 is so excited to add so many new Lions to help us "SERVE" our communities. Thank you for taking the time out of your busy schedule to be a part of this hard working service organization. We look forward to working with you, side by side and strive to make a difference in a community or world-wide project to help "a person in need". THE FOLLOWING LIST IS AS FROM LIONS CLUB INTERNATIONAL. So if your new members are not on this list yet, it is due to when we get the confirmation from International.

Kris Benlioglu – Dilworth Lions Club **Michael Mikkelsen** – Dilworth Lions Club Jacky Wolfe – Dilworth Loco Lions Club Justin Billing – Fertile Lions Club Michael Larson – Fertile Lions Club John Walters – Fertile Lions Club Lori Walters – Fertile Lions Club **Rachel Danielson** – Flom & Area Lions Club Angela Dueck – Flom & Area Lions Club Mark Dueck – Flom & Area Lions Club Jonathan Dufault – Fosston-Lengby Lions Club **Evan Fonder** – Fosston-Lengby Lions Club **Ruth Fonder** – Fosston-Lengby Lions Club Augusta Maruska – Fosston-Lengby Lions Club **Robert Staehnke** – Fosston-Lengby Lions Club Mark Worshek – Fosston-Lengby Lions Club Keith Kilen – Greenbush-Badger Lions Club **Ronald Waling** – Grygla Lions Club Kjirsten Holte – Hitterdal Lions Club Michael Lorenson – Karlstad Lions Club **Nancy Lysford** – Karlstad Lions Club June Minske – Karlstad Lions Club Mitch McKay – Lac du Bonnet Lions Club Loren Abrahamson – Lake Bronson Lions Club **Pat Simpson** – Plummer Lions Club

Jesse Belschner – Sabin Lions Club Todd Breidenbach – Sabin Lions Club Tracy Breidenbach – Sabin Lions Club Stephen Dorsey – Sabin Lions Club Allan Hoehn – Selkirk & District Lions Club Nancy Higgins – Ste. Anne Lions Club Guy Levesque – Ste. Anne Lions Club Dave Nelson - Ste. Anne Lions Club Elaine Webb – Ste. Anne Lions Club **Connor Ruff** – Thief River Falls Lions Club Dan Buckle – Twin Valley Lions Club Bonnie Merkens – Twin Valley Lions Club Marvin Merkens – Twin Valley Lions Club Dawn Kofstad – Wannaska Lions Club Tracy Kofstad – Wannaska Lions Club John Johnson – Warren Lions Club Jeffrey Ploof – Warroad Lions Club Joanne Knudsen – Winnipeg Lions Club Andrew Murphy – Winnipeg Lions Club Claudette Match – Winnipeg South Lions Club John Norget – Winnipeg South Lions Club Tami Norget – Winnipeg South Lions Club Kevin Richard - Winnipeg South Lions Club Irene Shaw – Winnipeg South Lions Club Debbie Young – Winnipeg South Lions Club

### Arthur Deacon – Winnipeg West Lions Club

Larry Post - Winnipeg West Lions Club

Kelley Post – Winnipeg West Lions Club



Clubs, as you add new members, please e-mail Lion Stacy, Newsletter Editor, to be included in the next newsletter. (E-mail is skleinwachter@yahoo.com or specialk.stacy@gmail.com)



New member to the Hitterdal Lions is Lion Kjirsten Holte with her sponsor Lion Raymond Solum. DG Mike was there to perform ceremony. Welcome Kjirsten.



Lions that have also passed in the 2016-2017 year: Ralph Hanson—Alvarado Lions Allen Chesley—Crookston Lions Vic Kalinowski—Thief River Falls Lions Walter Wilk—Winnipeg Lions



Leroy Larson Bagley Lions 06/20/1918-05/28/2017



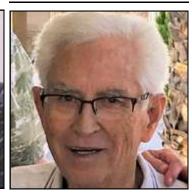
Norman Arneson Crookston Lions 05/30/1928-05/16/2017



Leroy Burnside Hawley Lions 06/04/1947-02/24/2017



Jerry Gerardy Plummer Lions 09/18/1938-02/21/2017



Merle Jesme Plummer Lions 07/15/1941-03/11/2017



Jacques Roberge Riverside Lions 08/19/1939-06/13/2017



Fred Dallmann Thief River Falls Lions 07/10/1933-03/17/2017



Allen Jevning Warren Lions 02/08/1938-12/16/2016



John Heneman Warroad Lions 06/13/1924-06/20/2017

# Winnipeg West New Members





Top two pictures: Left picture is PDG Dave (far right) with the help of PDG Bob Robinson (shown (right picture) handing one of the certificates out to Art Deacon) they inducted the 3 newest members of the Winnipeg West Lions Club. L-R are Art Deacon, Larry Post, Kelley Post and PDG Dave Hollyoake

Bottom Picture is the Winnipeg West Lions Club New Members & Sponsors. L-R Joe Hardy, Sponsor of Larry Post, Bea Barnard, Sponsor of Kelly Post & Art Deacon who was sponsored by Gord Kalian



# MD5M Council of Governors Meeting

The MD5M Council of Governors met in Minneapolis MN on Saturday, March 11, 2017 and in Bemidji MN on Friday, April 21, 2017. We will address **March's meeting** first- Council Chair Todd Neumann reminded us of the "Community Peace Project Challenge". District 5M4 had a community discussion with police officers. Can Do Canines are in need of more funding because of a 12% increase in their graduation of more dogs. GMT announced that in 8 months, 5 new clubs have formed, 6 districts are in the plus, 5M5 is at +87, 5M3 +12. Texas membership is at 24,938 with a loss of -606; MD5M- 21,482 with a loss of -31; California 20,531 with a growth of +444.

There is a new Mac Degeneration/Glaucoma- Age related website: MNEYELINK.org They are in need of donations for there is a waiting list for supplies. 90-92 cents of every \$1.00 donated goes for supplies. Link on the website for information. It was M/S/P to allow them to solicit donations from Lions Clubs.

The Redwing Lions Club is hosting a huge eye glass collection on June 25<sup>th</sup>. They would like to collect over 100,000 pairs of glasses so they are asking that clubs bring their glasses to the MD5M Convention in April or to Redwing on June 25.

Youth Exchange has added Foundation in their name. Leo's are celebrating 60 years since they formed in 1957 and will celebrating at the USA/Canada Leos Leadership Forum in NY August 2-6.

### MD5M- COG- Bemidji MN-

Lions Clubs International is looking to make a name change by removing Clubs from their title. They will be known as Lions International. This will be voted on at International Convention.

PID Brian Sheehan announced that he is seeking 3<sup>rd</sup> International Vice President position in Las Vegas. Nominations and Demonstrations were held. Voting was held by ballot with Lion Brian receiving 276 votes. PID Brian will not throw his hat into the ring for office until after the Chicago Convention so no endorsement for Lion Brian will be done at this International Convention. PID Brian will need help at the Las Vegas convention to win the vote.

International Convention hosting sites after this year will be: 2018- Las Vegas, 2019- Milan Italy, 2020- Singapore, 2021-Montreal Quebec, 2022- New Delhi India, 2023- Boston MA, 2024- Melbourne Australia. There has been an endorsement to make International Directors a 3 year commitment and not 2 year.

PDG Bill Michl will be running around Lake Superior this summer. The slogan of 2 million steps for 2 million dollars for LCIF. Due to circumstances, the MOA Centennial Celebration on June 3 has been postponed to Saturday, October 7 at the MOA. More details to come.

Can Do Canines Woofaroo will be held on September 16. Leadership Institute had 62 graduates. Lion Bert Nelson, LCIF Chair is donating \$100.00 to LCIF for every district who has 100% donations from their Lions Clubs. Minnesota Lions vision Foundation is building a new 4 story research building. Lions have the naming rights to this building and will need \$21 million donation to this project.

Winnipeg Manitoba hosts the 2018 MD5M Convention. Vergas Lions Club will host the 2019 MD5M Convention in Mahnomen MN.

Bemidji Convention had 448 full registrations, with 665 Lions participating at convention. 280 participated in the 0-K walk which raised money for Diabetes.





-Lion Cheri Appel, MD5M Public Relations



The Lions Eye Institute at



## Medical School Driven to Discover™

### **PROJECT VISION:**

The Minnesota Lions and the University of Minnesota have developed a unique partnership that spans six decades. Collectively, the Lions have raised \$25,000,000 to advance research in vision, hearing, and diabetes at the University of Minnesota. We, as the Lions of Minnesota, and the Knights of the Blind, are uniquely poised to generate a fundamental shift in the field of ophthalmology and visual neuroscience. The construction of the Lions Eye Institute at the University of Minnesota will create the optimal environment for clinical care, cutting-edge research, and training.

For the first time in the University of Minnesota's history, *Lions Eye Institute* will provide a single, centralized site that conducts groundbreaking vision research, translates discoveries to patients, and trains the next generation of ophthalmologists and physician-scientists. Centralizing the research faculty with the clinicians and eye surgeons in the stand-alone Lions Eye Institute will concentrate the University's intellectual energies and supercharge the pace of discovery of treatments and cures for blinding eye diseases of all kinds.

Only the Minnesota Lions are capable of making this happen. The *Lions Eye Institute at the U of M* will be the first major building project on campus to be done entirely with private funds; no tax-payer dollars will be used.

### PROPOSED LIONS EYE INSTITUTE:

### ADULT EYE CLINIC

Separate clinic areas for specialty care will include cornea, glaucoma, retina, oculoplastics and general ophthalmology. Patient care areas will be closely integrated with the clinical research and diagnostic center to support research studies.

### ADVANCED OCULAR IMAGING FACILITY

Our researchers will pair state-of-the-art instrumentation with unique imaging approaches to study ocular disease processes.

### **CLINICAL TRIAL CLINIC**

A new center for children's eye care will provide a subspecialty referral center for pediatric eye care and provide capacity for clinical research on pediatric eye diseases.

### **EDUCATION SPACE**

This space will be used for didactics, lectures, grand rounds and other activities involving our residents and fellows.

### **EYE SURGERY SUITES**

These outpatient surgical suites will allow for both routine and complex procedures.

### LOW-VISION CLINIC

In addition to a designated clinic for low-vision patients, new spaces will be designed to accommodate low-vision patients through improved lighting, reduced visual confusion, and improved safety features.

### OCULAR BIOMEDICAL ENGINEERING LAB

This lab would be the home base for experimental vision research projects.

### OFFICE SPACE

All of the University's ophthalmology researchers and faculty will be just steps from one another for easier collaboration.

### **VISUAL NEUROSCIENCES LABORATORIES**

These laboratories will be dedicated to the increasingly important field of neuroscience research related to the visual system, including molecular, cellular, and systems-level processes.

### Official Launch for Lions Eye Institute fundraising campaign will be in the fall of 2017!

### Individual Fundraising Campaign: 1+1=1+1

\$1 per Minnesota Lion per week (\$50 per year x 20K Lions = \$1 Million) for twenty (20) years equals one (1) Lions Eye Institute at the U of M and each participating Lion for the duration of the fundraising campaign receives one (1) Helen Keller Sight Award!

## Anyone interested in making a contribution towards this world-class educational, research & treatment facility can send their donations to:

Minnesota Lions Vision Foundation ATTN: Treasurer 1000 Westgate Drive, Suite 260 Saint Paul, MN 55114

Please mark '*Lions Eye Institute*' in the memo portion of your check.



"Our goal is to create a space for life-changing research and care that brings together our talent and expertise as a world-class (Lions) Eye Institute." - Erik van Kuijk, Professor and Chair, U of MM Department of Ophthalmology & Visual Neurosciences

Meet Our New Global Service Framework



On our way to serving 200 million people per year by 2021, Lions are working in their communities like never before. To help accomplish this incredible feat, we're introducing a new global service framework that focuses the efforts of Lions and Leos on five service areas: vision, hunger, the environment, pediatric cancer and diabetes. The service framework promotes new ways to meet emerging needs in our communities and around the world, but—as always—your club will decide how to best meet your community needs.

To learn more, watch our inspiring service framework video and visit the service framework webpage today!

## Acidic Beverages are Bad for Teeth

 Some beverages are almost as acidic as battery acid! Acidity is measured on a scale of 0 -14 where 0 is the most acidic and 14 is the least acidic. This is called a substance's pH. Battery acid has a pH of 1.00. Here is the pH of some common beverages:

		Sugar (teaspoons
	pH	in 12 ounces
Pepsi:	2.49	9.8
Coke:	2.53	9.3
Mountain Dew:	3.22	11
Orange Juice	3.30 - 4.19	
Apple Juice:	3.4	4.8
Water:	7.0	0
and the second		

 This acidity has harmful effects on teeth. It erodes the enamel and leaves teeth sensitive, discolored, and vulnerable to cavities.



- When acidic beverages also contain high amounts of sugar, the damage is even greater.
- Brushing teeth does not entirely prevent this damage!
- The best way to prevent tooth damage caused by acidic beverages is to give your child only milk and water to drink.
- If your child must drink acidic liquids, let them drink it through a straw so the liquid has less contact with the teeth.

To learn more, visit the

Minnesota Oral Health Project website minnesotaoralhealthproject.com and like us on Facebook.

Cavities can be prevented!



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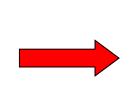
### Greetings Fellow Lions, Lioness and Leos of 5M-11!

Thank you to all the clubs that put forth submissions this past year 2016-2017 as well as the cabinet members that sent me items. 53 out of 70 of the clubs had submitted something. That's 76% of the clubs. This year, I want to see this number increase with the ultimate goal of getting every club to submit even ONE item, whether it be an awesome project, someone getting an awards or showing what you do in the community. We love to hear what you are doing and it may give other clubs ideas on what to do.



### LETS RAISE UP AND MEET THIS CHALLENGE

<u>Please send the information to me by the 25th of each month</u>



<u>unless stated otherwise.</u> Upcoming deadlines for the newsletter: August 20th — September Newsletter September 20th — October Newsletter



### Lion Stacy Kleinwachter, Newsletter Editor Email: skleinwachter@yahoo.com or specialk.stacy@gmail.com

Thanks to the following Lions, Lioness and Leo clubs for submissions: Alvarado, Bagley, Barnesville, Barnesville Thursday Nite, Beausejour, Crookston, Crookston Leos, Dilworth, Dilworth Loco Ladies, DGF Leos, East Kildonan, East St. Paul, Fertile, Flom and Area, Fosston-Lengby, Gary, Glyndon, Glyndon Lioness, Goodridge Lion Tamers, **Greenbush-Badger**, Grunthal, Hawley, Hitterdal, Karlstad, Lac du Bonnet, Lake Bronson, Moorhead, Moorhead Midday Central, Pinawa, **Plummer**, Red Lake Falls, Riverside, Sabin, St. Hilaire, Ste. Anne, Steinbach and Area, Stephen, **Thief River Falls, Thief River Falls Noon Lioness**, Thief River Falls Moonlighters Lioness, Twin Valley, Ulen, Wannaska, Warren, Warroad, West St. Paul, Whitemouth and District, **Winnipeg**, Winnipeg Beach/Dunnottar/Lakeside, Winnipeg Ma'di, Winnipeg South and Winnipeg West. **76% of the clubs (53) have submitted! Keep sending in items!** 





## Websites to Know

District 5M-11: <u>http://e-district.org/sites/5m11</u> \*NEW\* Multiple District 5M: <u>www.lionsmd5m.org</u> Lions Club International: <u>www.lionsclubs.org</u> *Lions Program Sites:* Can Do Canines: <u>www.can-do-canines.org</u> Leader Dogs for the Blind: <u>www.leaderdog.org</u> Lions Clubs International Foundation (LCIF): www.lcif.org/EN/



Lions Eye Bank of Manitoba and NW Ontario: <u>www.eyebankmanitoba.com</u> Lions Foundation of Canada Dog Guides: <u>www.dogguides.com</u> Minnesota Lions Diabetes Foundation: <u>www.mnlionsdiabetes.org</u> Project New Hope: <u>www.projectnewhope.net</u> USA/Canada Lions Leadership Forum: <u>www.usacanadalionsforum.org</u>

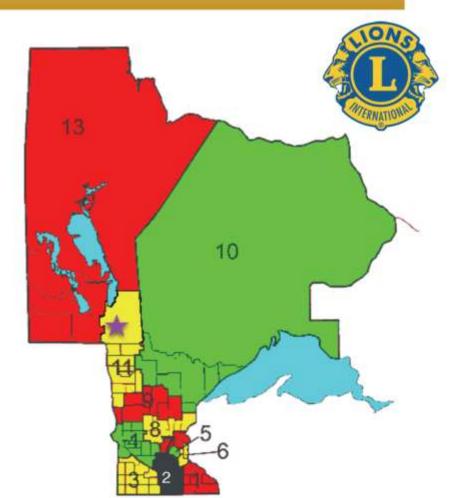
www.LionsUniversity.org \*NEW\* Check it out

# 99th MD5M Convention in Winnipeg, Manitoba, Canada

## April 13th - 15th, 2018 -Victoria Inn Hotel & Convention Centre



Lions Clubs -Serving your community & the world for over 100 years



Come to a "Sweet" convention in "Winnie-peg" and bring your "Hunny" I'm looking forward to

seeing you there, Winnie the Pooh

Contact PDG Dave Hollyoake at <u>dave@hollyoake.ca</u> or visit <u>www.MD5Mconvention.com</u> HUNN



## HAPPY ANNIVERSARY TO THE FOLLOWING CLUBS

Warroad Lions Winnipeg West Lions East St. Paul Lions Ste. Anne Lions Roseau Lions Flom and Area Lions Goodridge Lion Tamers Plummer Lions Too Dilworth Loco Lions Moorhead Lions

- 57 years 5/5/1960
- 43 years 5/29/1972
- 21 years 5/13/1996
  - 3 years 5/23/2014
- 66 years 6/6/1951
- 34 years 6/30/1983
- 18 years 6/16/1999
- 18 years 6/17/1999
- 13 years 6/22/2004
- 10 years 6/29/2007

