

District 5M11 Newsletter

November 2015





DIGNITY THROUGH SERVICE



Lac du Bonnet Lions let new members run with ideas

Want to do something new and exciting? WELCOME NEW MEMBERS INTO YOUR CLUB AND GIVE THEM THE FREEDOM TO DO IT THEIR WAY. The Lac du Bonnet Lions Club has inducted 7 new members since June 2015. Within a month of joining, several of the new members, planned and



Lion Darryl Popowich - sponsor, Lion Lisa Plischke - new member, Lion Becky Laba - new member, Lion Brandi Habing – new member, Lion Greg Short – sponsor, Lion we are together that it doesn't matter Pamela Habing – new member, Lion Bonnie Popowich – sponsor, Lion Barry Richardson – new member, Lion Mike Roy - sponsor

organized a very successful Bud, Spud and Steak fundraiser. This function, held on October 9, 2015, made approximately \$1900. Afterward, the event chair said "it was so wonderful to see Lions who have been members for so long, actually sitting down for once and enjoying the evening instead of simply doing all the work." Of course, she and her group enjoyed doing "all the work" too, so now they fully understand one special benefit of being a Lion...i.e. we all have so much fun when whether we are working or simply attending!





Lion President Mike Roy - sponsor, Lion Nora Roy – new member



Lion Bonnie Popowich - sponsor, Lion Haifa Selo – new member

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In support of another community initiative, 14 of the Lac du Bonnet Lions volunteered at the *Mrs. Lucci's Resource Center and worked from* Sept 28 through Oct 10. *Mrs. Lucci's* has been a part of the community of Lac du Bonnet since August 1998 and provides residents in the community and surrounding area with a variety of free services and social assistance programs. Mrs. Lucci's was developed through the identification of various unmet needs within the region and has become a vital part of our community.

The Lions Fall Food Drive took place on Oct 06th 2015. 1318 pounds of food were collected and \$851 in cash donations was received. We were very pleased to have 6 of the Beausejour Air Cadets and 4 of their parents join us on this occasion. Their assistance was invaluable and especially appreciated All told, there were 24 volunteers who turned out to canvas, which included members from the Knights of Columbus, the Lions Club, and a group of volunteers from the Food Bank Board worked all evening receiving and sorting the donations at the food bank facility. In the end we collected. Thanks once again to the people of Lac du Bonnet for their support. We spearhead a food drive each Spring, in early May, and each Fall, in early October. The totals collected on this occasion are about average for the Fall food drives.

With the help of Lions Clubs International Foundation (LCIF) and many (non-Lion) community volunteers the Lac du Bonnet Lions have completed the installation of their accessible park play structure, located



Park in process Buddy Bus

in the Town of Lac du Bonnet. The various pieces of equipment and play structures are all completely installed and in use. We expect that the remaining landscaping restoration work and some minor completion items will be finalized soon. Thank goodness children don't depend on the "ribbon cutting" ceremony to take place before they start having lots of fun. God Bless Children.



Kids playing in park

We were very happy to donate a silent auction prize for the 5M11 Midwinter fundraiser scheduled for October 29 in Winnipeg and 11 of us are looking forward to attending the event.

Preparations for our annual Seniors Christmas Dinner are underway and pictures will be included in a future Newsletter.



Park in process - from left to right people are: Lion Rolly Simard, Wayne Ewasco, MLA Lac du Bonnet, Lions Greg Short, James Bezan, MP Selkirk Interlake, Lion Gerry Kacher







DG Gerald's Report

Greetings Lions,

Well, our Canadian Federal Election is finally behind us. The vote was held on October 19th. I say "finally" because it is always a bit trickier to organise and run events in the midst of election campaigns as they are usually divisive and occupy a large number of volunteers in all camps.

On Sept 22, I enjoyed visiting the Whitemouth & District Lions Club. I had the pleasure to induct three new members into the club and to present a Hope Medal. Lion Zone 9 Chair Bill Myskiw accompanied me on this visit.

I also had fun working the food line at the West St. Paul Lions Club Annual Fall Supper on Oct 4th and, of course, I was treated to a delicious Roast Beef Dinner. The West St. Paul Lions sure know how to run a well organised kitchen.

I attended the MD5M Council of Governors meeting at Mahnomen on Oct 16 and 17.

Then, District 5M 11 held its Cabinet meeting at Red Lake Falls on Oct 24th. The next Cabinet Meeting will take place at the Mid-Winter Convention which will be held in Winnipeg Feb 19th to the 21st. 2016.

I am looking forward to the Bud, Spud and Steak Fundraiser for the 2016 Mid-Winter Convention on October 29th. Lots of beautiful prizes have been gathered for the raffle.

The 2016 Mid-Winter Convention Committee is working hard to prepare the convention.

International Director Lion Jerome Thompson from Moulton Alabama will be our guest at the Saturday night banquet.

Don't forget to book your District Governor Visit or to register for the 2016 Mid-Winter Convention.

I look forward to visiting with you and your club.

In Lionism, Lion Gérald Fontaine—DG 5M 11



We added 16 new members this month (October)

while losing 34 bringing us to 1913 this month with a –18.

For the year, we have added 63 members and dropped 73 for a -10.

Worldwide membership is at 1,385,375





District Governor Schedule				
Nov 17	Ste. Anne's Visit Ste. Anne			
Nov 18	Beausejour Visit	Beausejour		
Dec 2	Barnesville Clubs Visit	Barnesville		
Dec 7	Crookston Visit	Crookston		
Dec 9	Winger Visit	Winger		
Dec 17	Riverside Visit	Winnipeg		

Did you ask someone to be a Lion today?

2015-2016 Cabinet Meeting Schedule

Cabinet Meeting Schedule for the 2015-2016 year is February 19 in Winnipeg at the Mid Winter Convention in Winnipeg, and May 14 in Red Lake Falls.



1st Vice District Governor Mike's Report



Greetings Lions!

First off my apologies for not having an article in last month's newsletter. My wife had major surgery and I was in no shape to deal with anything but that at the time. Although she will be off work until January things are getting better around here and life is hopefully returning to normal. I have attended the DGE training and Council of Governors Meeting as well as some of the Zone meetings over the past month.

I do continue to encourage the clubs to keep working on those club projects and get our Lions name out there.

As we head into winter it is important to consider the health of our clubs, to ensure that our clubs stay strong and grow. we must seek out and induct new members and nurture and teach them about lions. We must get them involved as soon as the join and keep them active. The same goes for our existing members we must ensure that they have a voice and a purpose in our clubs. As we all know there is strength in numbers, strength to do what we as individuals would find difficult alone. This applies to clubs as well, if one club cannot achieve a goal alone pair up with another club or even clubs within your zone to make your plans come to fruition. working together

can be very rewarding.

I am also asking all members in our district to consider attending this year's Midwinter Convention on February 19, 20 21, 2016. It promises to be a very exciting time with new speakers and new topics. I for one will be speaking on Lions clubs working together and visiting one another creating a network to achieve our goals. With a theme like Polar Bears & Poutine it will also be exciting and fun, you never know what may happen this year. Since joining Lions I have never missed a Midwinter Convention whether it is North or South of the boarder. It's not difficult you just need a passport or an enhanced drivers license and a willingness to attend, and there is no better time to cross that boarder with the exchange be as it is. For anyone from South of the boarder attending the exchange rate means you will be paying about 30 percent less to attend the convention. Please give it you serious consideration. We do not attend our conventions as Americans or Canadians, That is our proud heritage and our citizenship, We attend as LIONS, that is our passion.

The Lions 100th, anniversary challenge is still going strong. We as Lions need to help service 0ne hundred million people worldwide in the areas of Youth, Vision, Hunger, and the Environment. Should you have any questions, Need me to visit, or I can be of assistance please do not hesitate to contact me. My email address is mjanssen@shaw.ca, my home phone number is (204) 669-0473 and my cell number is (204) 330-3802.

Yours in Lionism

Lion Mike Janssen, Vice District Governor



LIONS 5M11 CancerCare Initiative



I am available for speaking engagements on both sides of the boarder, you know the one that Lions tend to blur as we fulfill our passion. I am still volunteering at some of my time to CancerCare Manitoba although my time will be more limited now that our Lions year is in full swing. The medal I had been designing is now available for clubs who support the Lions 5M11 CancerCare initiative. The pin was approved by International and for every \$400.00 donated to the Initiative the club will be given one to present to a member who has personified service in the area of cancer support. I am looking for someone to take on the American side of the Initiative. Any monies from the U.S clubs would go to support cancer issues in The U.S. side of the district I need to let the clubs know about this so that the Initiative gain funding and support. This would go a long way in helping individuals dealing with cancer. At this point we have 2 clubs eligible to receive 2 medals, 1 club eligible to receive 1medal, and 4 clubs working on funding for a medal. Once publicized I hope to see more medals being awarded. I am keeping records and the donations are cumulative. Please consider donating, now or at the parade of green at our Midwinter convention. Should anyone wish to know what our money and efforts have already done please ask and I will be happy to talk with you together we can make a difference.

Lion Mike Janssen, Chairman
LIONS 5M11 CancerCare Initiative



The American Diabetes Association® Launches "Eat Well, America! sm."

Campaign Helps People Put Good Food and Good Health on the Table

This November during American Diabetes Month®, the American Diabetes Association® will launch Eat Well, America! sm, a campaign to show our nation how easy and joyful healthy eating can be. Diabetes affects nearly 30 million children and adults in the U.S., or nearly 10 percent of the population. The Association will help those with or at risk for diabetes—and others who want to lead a healthier lifestyle—choose, prepare, serve and eat healthy food that is both delicious and nutritious.

Each week during November, the Association will share nutritious recipes selected by noted chefs and cookbook authors for every meal of the day, including snacks and special occasion treats. From tip sheets to shopping lists, the Association will help make healthy eating a fun and easy part of daily life.

The Association will spotlight what healthy, simple and enjoyable meals look like on National Healthy Lunch Day, on Nov. 17. On this day, the Association will teach Americans to "Lunch Right with Every Bite" and make better food choices to counter expanding waistlines, whether they are packing a lunch at home or purchasing lunch on the go. Participants are encouraged to share photos of their healthy plates on social media using the hashtag #MyHealthyLunch to join the national conversation and inspire their friends and families to "Lunch Right" too.

Eat Well, America! Calendar

Week One (11/1 – 11/7): Breakfast

Delicious breakfast recipes that motivate you to get your busy day off to the right start.

Week Two (11/8 – 11/14): Snacks

Easy and satisfying snack recipes that make the walk past the vending machine a breeze.

Week Three (11/15 – 11/21): Lunch, Including National Healthy Lunch Day

Lunch recipes that get you through the midday hump and keep you on track through the rest of the day.

Week Four (11/22 – 11/28): Dinner

Seasonal dinner recipes that ensure you don't miss out on the autumn and holiday flavors you love.

Week Five (11/29 – 12/5): Special Occasion Foods

Healthy special occasion options, including sweets, so you never feel deprived of your favorite treats and stay on track with good nutrition.

Visit the Association at <u>diabetesforecast.org/adm</u> or call 1-800-DIABETES for meal planning, shopping tips, grocery lists, chef's preparation secrets and delicious recipes.

American Diabetes Month Facts and Figures

Prevalence

Diabetes affects nearly 30 million children and adults in the U.S. today—nearly 10 percent of the population.

Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes.

Recent estimates project that as many as 1 in 3 American adults will have diabetes by 2050 unless we take steps to Stop Diabetes[®]. Every 19 seconds someone in the U.S. is diagnosed with diabetes.

African Americans and Hispanics are almost twice as likely to have diabetes as non-Hispanic whites.

The Toll on Health

Diabetes nearly doubles the risk for heart attack and for death from heart disease.

Diabetes is the leading cause of kidney failure.

Diabetes is the leading cause of new cases of blindness among working-age adults.

The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.

Roughly 60 to 70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

Cost of Diabetes

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the U.S. is \$245 billion.

Direct medical costs reach \$176 billion and the average medical expenditure among people with diabetes is more than two times higher than those without the disease.

Indirect costs amount to \$69 billion (disability, work loss, premature mortality).

1 in 10 health care dollars is spent treating diabetes and its complications.

1 in 5 health care dollars is spent caring for people with diabetes.

About American Diabetes Month

November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications.

About the American Diabetes Association

The American Diabetes Association is leading the fight to Stop Diabetes and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both these sources is available in English and Spanish.



Lions "Go Blue" for World Diabetes Day

November 14 is World Diabetes Day – a chance to show your club's support in the fight against diabetes. Gather your club, family and friends, dress in blue and form a human circle – the international symbol of diabetes. Consider organizing a diabetes screening, a <u>Diabetes Strides event</u> or a "Go Blue" project at the nearest diabetes camp or school. Or, light up a city monument in blue. For other ideas,

refer to <u>LCI's 25 Project Ideas for Diabetes Awareness and Action</u>. Give your community the education and resources they need to lead healthier lives. Whatever you decide to do, don't forget to <u>report your service to MyLCI</u> and <u>submit your photos</u>.



Unite For Diabetes—November 14th

Lions, join us on Saturday, NOVEMBER 14th to "Unite for Diabetes – Act Today for Change Tomorrow", and participate in the International Diabetes Federation's World Diabetes Day!

The MN Lions Diabetes Foundation, Inc. is partnering with four other statewide partners including: the American Diabetes A ssociation, Novo Nordisk, Stratis Health and Walmart to sponsor a **Diabetes Awareness Day** in eight cities across Minnesota to participate in this important worldwide event!

Our goal is to create awareness for pre-diabetes, provide diabetes education, blood glucose screenings and to promote available area resources for consumers. Lions Club members in the Zone associated with the host city locations of Bemidji, Brooklyn Center, Dilworth, Duluth, Mankato, Marshall, Rochester and St. Cloud are being asked to help promote Lionism as greeters and volunteers for this Year One MLDF event.

Walmart stores will host our event where consumers will receive a passport to visit five kiosks with fun interactive demonstrations and educational activities to earn a great nylon back pack gift filled with a water bottle, pedometer, jump rope and stress ball!

Each club in MN is being asked to send a representative to the nearest event location and get ideas for next year when Zones in each MN Lions' District will be encouraged to sponsor a Diabetes Awareness Day. Our Year Three goal is to have every club in MN host a Diabetes Awareness Day in your community to celebrate the 100th Anniversary of Lions with this great community service project!

Please mark your calendars and plan to join in the FUN! 1 in 4 of us is at risk for being diagnosed with diabetes. Learn how you can prevent it from being you or someone you love...we CARE!



The Minnesota Lions Diabetes Foundation invites you to

World Diabetes Day Saturday, November 14

Unite for Diabetes - Act Today for Change Tomorrow

10 AM - 2 PM at participating Walmart Stores

- Learn if you're At Risk for Diabetes
- Healthy Eating
- Fun Ways to Add Physical Activity
- Food & Exercise Demos
- Immunizations Available
- Kid's Zone
- · Free Gifts

www.mnlionsdiabetes.org

Sponsors









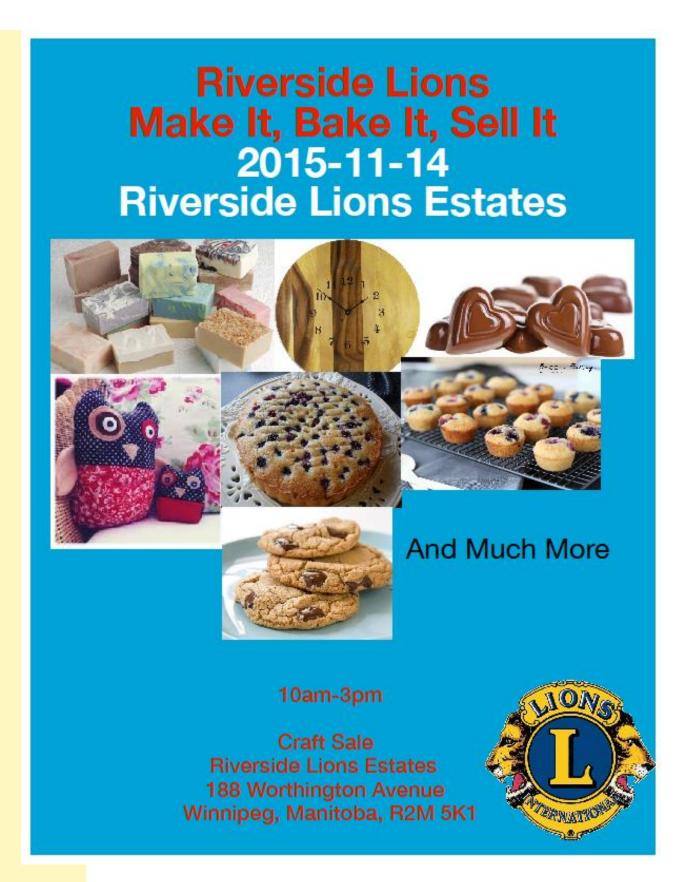




LOCATIONS: Bemidji · Brooklyn Center · Dilworth 2025 Paul Bunyan Dr NW 1200 Shingle Creek Crossing

Duluth · Mankato · Marshall · North Rochester · Sartell

21 Cty Rd 120



Save Sight! Promote Cornea Donation

Lions Eye Bank Week (December 6-12) is an ideal opportunity for Lions to promote the importance of cornea donation to save sight. Increased awareness leads to more tissue donations, which helps eye banks give the gift of sight to even more men, women and children each year. Contact an eye bank near you to explore volunteer opportunities. For more information, visit the Lions Eye Bank Week page.

Zone 3 Meeting Notice

Tuesday, November 18, 2014

Hosted by Gonvick Lions

At Pine Lake Sportsman's Lodge – Gonvick

Social – 6:00, Meal – 6:30

Program to follow:

LCIF – Lion John Vik

Diabetes Foundation – Lion Jim McLaughlin

Minnesota Lions Vision Foundation – PDG Jeannine Windels

Choice of broasted chicken or prime rib, asparagus wrap—\$12.00

Please RSVP to Lion Kevin Reich by November 12 for an attendance count

Off On The Right Foot: Steps To Creating A Successful Orientation Program

Wed, Nov 18, 2015 2:00 PM - 3:00 PM CST

Join guest panelists Past Council Chair Elisabeth Haderer (GMT Area Leader 4D, Netherlands) and Past District Governor Sandro Castellana (GLT Area Leader 4F, Italy) as we provide all Lions with a better understanding of the importance of New Member Orientation and how to best conduct a training at the club level using resources provided by Lions Clubs International.

Topics will include: The Importance of Orientation, LCI Resources Available To You, Important Curriculum Topics Not To Miss, and Steps To A Successful Orientation

Register here: https://attendee.gotowebinar.com/register/3593151592912284930 (If link doesn't work, copy and paste this address)



Ste. Anne Christmas Fundraiser



Silent Auction 100% of proceeds will go to Knights of Columbus for Christmas Hampers in the Ste. Anne Area

Bring a tin for the bin! Saturday, November 28 9:00 am - 2:00 pm Club Jovial, 157 Centrale

Your one stop shop for all your Christmas Gifts

Info call Patricia at 204-290-5336 or email pmcpherson@hotmail.ca

Lions Club of West St. Paul is holding its' annual Applebee's Pancake Breakfast fund raiser

Date: Sunday, 10 Jan 16

Where: 1598 Regent Ave W.; Winnipeg, MB (Crossroads)

Time: 8:00 AM to 10:00 AM Cost: \$10.00 per person

Proceeds 100% to our Bursary Fund (3 high schools)



Lunch with Santa—West St. Paul



West St. Paul

Lions LUNCH WITH SANTA

DATE: 19th Dec. 2015





Barnesville, Hawley & Hitterdal Lions





The Barnesville Lions have been busy. Shown are Lions Chris Olson and Matt Bailey as they begin construction on the gazebo at Friendship Park. In the background is Lion Randy Bachmann, chairman of this project, talking with Main Street Director Bailey Holzbauer and her friend Tanner Thompson. Additional Lions members not shown but who assisted in this construction are Mike Starr, Jon Pauna, and Dean Ernst. It took the better part of a Saturday to complete construction.



The Barnesville Lions continue to exemplify the service club's international motto of, "We Serve." When the Barnesville Food Pantry required assistance in completely disassembling its current setup, the Lions answered the call. Shown in the picture, left to right, are Lion Pete Larson with his son Rylan, Lion Jim Hegewald, Lion Don Nasstrom, and Pastor Eaves. In the background looking on is Darlys Borgard, a volunteer coordinator for the food pantry. Her late husband Gale was a member of this service club. Lion Ron Johnson also helped but is not in this picture. The dismantling took an entire Saturday, but the job did get completed.



The Barnesville Lions clean a total of eight miles of ditches in the spring and again in the fall. Lions shown after completing this fall chore are, left to right, Matt Bailey, Ron Johnson, Jerry Feigum, and Jack Foster. "We Serve," the international Lions motto, was once again exemplified by the Barnesville Lions.



120 years of Service from Three Smiling Lions

From left, Lion John Anderson—Hitterdal, Lion Dale Skallerud—Hawley and Lion Russ McDougall—Hitterdal all received their 40 year chevron at the annual steak fry at Lion Merlin Peterman's residence. This has been an annual event since the two clubs hosted the 5M11 Mid-Winter Conventions in Mahnomen.





Warren and Fertile Lions



Lions Darrell Rindy (left) and Bob Mattson were recognized at the October meeting, each receiving the Key Award for sponsoring two new Lions members.



Bob Klade, of Thief River Falls (background/far right), speaks to the Warren Lions Club about his loss of vision and most of his hearing, along with his progress since his loss. Bob has received training in woodworking and leatherworking, and brought with him samples of his work with him to the Lions meeting. One of the major initiatives of Lions Clubs International is assisting those individuals with vision impairments. To the right of Bob Klade is Paul Olson, Superintendent of the North Dakota Vision Services/School for the Blind. Bob lost his vision and much of his hearing following surgery and an induced coma. Bob relayed his story of losing his sight and hearing, and his journey following this loss. Warren Lions members in the

foreground (L-R) are Mike DuBore, Chris Kirchner and Rick Schmiedeberg, along with Lion Al Roley in the far background (off of the mirror).





The Warren Lions Ditch Cleaning Crew. On Wednesday/10-14-15 a three-mile stretch of ditches east of Warren along Hwy 1 were cleaned by Warren Lions Club members. Lion members assisting on this Adopt-A-Highway Project were (L-R) Kade Sveen, Rick Schmiedeberg, Jon Holter, Jim Duckstad, Nate Wozniak & Darrell Rindy. As the Sign in the picture indicates, the Warren Lions Club has been cleaning this 3-mile stretch of ditches since its adoption in 1990.



The Fertile Lions Club donated \$5,000 to the Polk County Fair for improvements to the fairgrounds in Fertile, MN. On Sept. 28, Lions Club President Paul Borslien, left, presented the check to Danny Grunhovd, president of the Polk County Agriculture Fair Association Board of Directors. Grunhovd said the funds will go toward the more than 300 foot paved walkway connecting the north and south sides of the fairgrounds, 4-H building and bathrooms. The fair, which has been held for 115 years, is one of the largest county fairs in Minnesota and attracts thousands of people. The 2015 Polk County Fair ran July 8 through 12.



East Kildonan and Lake Bronson Lions



Lion Bob Mackentyre and 1st VDG Lion Mike Janssen took a trunk load of spaghetti squash from my garden to Silom Mission on Tuesday Sept. 22 on behalf of the Lions Club of East Kildonan and had our picture taken with head chef Chris, hopefully this will take care of our hunger portion of the four cornerstones of our centennial project for this year. The load was about 400 pounds and the tail end of my car was sagging a bit. Remember Lions, Vision, Youth, Environment, and Hunger. Get 'em done.



Lake Bronson Lions Purchase & Plant Trees

Lake Bronson Lions Club recently donated and planted several trees on the site of the new Kittson County Veterans Memorial. The Memorial is located adjacent to State Highway 59 in Lake Bronson. Much planning has occurred over several years in preparation for development of the site. Last summer the placement of brick walks and upright granite displays that feature the names of the areas honored veterans was created by various groups in the county. The Lake Bronson Lions club decided to help with the development by planting new trees for all to enjoy while visiting the site. The project was completed in late September at the end of the growing season.



Winnipeg West Lions honors and awards



Lion President / Treasurer Bea Barnard is presented with a Judge Brian Stevenson Fellowship Award, PDG Dave Hollyoake, with help from DG Gerald Fontaine, presented the award on behalf of the Winnipeg West Lions Club Members during the DG visit October 28th, 2015.

This award is presented not only for her work with the Purina Walk for Dog Guides and Lions Foundation of Canada but also for all the other community service work she does, this award was voted on unanimously by club members and it was a complete surprise to Bea as she is not only the acting club President but also the club Treasurer. This award

is very well deserved and we are proud to have Bea in our lions club. Shown in the picture is DG Gerald, President Bea and PDG Dave.

The Judge Brian Stevenson Fellowship Award is given out to recognize outstanding Lions and other deserving recipients, PIP Brian Stevenson has endorsed this fellowship.

This recognition for community involvement or great achievement is one of the greatest honours that can be bestowed in Lionism. This personally designed presentation of a certificate, pin and medal honours the chosen person and their accomplishments.

President Bea Barnard from the Winnipeg West Lions Club presented, on behalf of Lions Foundation of Canada, PDG Bob Robinson with a LFC Patron award, A very well deserved award to a GREAT LION.

His continued support for Lions Foundation of Canada Dog Guide programs is very much appreciated. Pet Value of Winnipeg received the Corporate Patron Award, They have contributed to several service programs and they deserve this recognition.

Shown is 5M1 DG Gerald Fontaine, PDG Bob Robinson and President Bea Barnard.



"Patron" is the highest honour and is presented each year to a maximum of three individuals and one corporation.



Flom, Whitemouth, St. Hilaire Lions





Flom and Area Lions picked road ditches by Flom as part of the Centennial Challenge. We had great help from the granddaughters of a couple of Lions members. Future Lions?



On September 22nd, District Governor Gerald Fontaine visited the Whitemouth & District Lions Club and inducted 3 new members. Our new members are Brandie and Jason Gustafson and Samia Akhnoukh. Pictured are: Lion Debbie Sutton, Lion Jason Gustafson, DG Gerald Fontaine, Lion Samia Akhnoukh, Lion Shannon Malkoske and Lion Amy Kirby.



Sept 2, I attended a picnic put on by the St. Hilaire Lions Club where I gave a presentation on LCIF and part of my presentation included honoring a 10 year member of the club for her years of dedicated service by presenting her with a Melvin Jones Fellowship Award. Lion Jan Strandlie was the recipient of the award and she and her husband PDG James Strandlie did a bunch of the work at organizing the picnic outing and Jim was busy grilling the steaks. Later in the evening PDG James Strandlie did an induction ceremony for new members and welcomed 2 new LIONS members. Lion Jan is a Past President, Secretary, Former Zone Chair, Zone Chair Mentor, and currently represents with Jim the Centennial Service Challenge Chairman position for the District.

Submitted by John Vik



Lions Club of Winnipeg Happenings in Cabinet

Another interesting month is coming to a close. Gordon Bell, our local high school – held a walk-a-thon on Thursday, October 8th from 4:30 p.m. to 8:00 p.m. to continue to fund-raise to pay to light their athletic field. A number of our Lions members raised money for this cause. And 1 of our Lions entered the walk. As well as having a Lion walk in the event, Lions members gave out bottled water and power bars to all the participants. The Lions Club also provided a \$50 gift card for the junior high youngster who raised the most money for their walk-a-thon.

At our lunch meeting on October 15th, we were fortunate to have Mrs. Jane Burpee as our guest speaker. She is an advocate for mental health particularly for children and is both knowledgeable and passionate on this topic. In the time she had available, she barely scratched the surface of this topic, SO it is our club's intention to invite her back. Many of the children she deals with are youngsters who have a family member who suffers from a mental health issue.

Our October 22nd lunch meeting centred around the cabin we have at Camp Manitou and the need to scrape, sand and paint it. It is in good condition but needs some T L C. We have struck a committee to plan for this, in the spring of 2016.

October 29th, will see a number of our members at the Bud, Spud, and Steak fund-raiser for the district convention at Canadalnns on Regent

Finally, the money is in (I think), the bills are paid (I know) and it looks promising that our 100 Hole Golf Tournament made a profit of about \$5,000.00. We dedicate this profit to the Lions Hearing Foundation, knowing it will be used to benefit children in our community.

Submitted by Lion Ernie Jones





A gavel made by PDG Wayne Swanson presented to the new District Governor of District 5M-11, Gerald Fontaine.



Lion Gunter Zionn receiving a Certificate of Appreciation from LCIF from Dist. Governor Gerald Fontaine.



PDG Dennis Olsen receiving a Dreamcatcher Award from the Minnesota Lions Diabetes Foundation from Lion Jim McLaughlin.



International News



Join Us for Diabetes Awareness Month

Every November, Lions organize projects to raise awareness about the global diabetes epidemic and to recognize World Diabetes Day (November 14). Begin planning your diabetes service project today to ensure a successful event; a Strides activity, free diabetes screenings at a community center, or a healthy eating event at a local school are a few ideas to consider. For more ideas, see 25 Project Ideas for Diabetes Awareness and Action.

New Centennial Video: Knights of the Blind

The latest video in our Lions Centennial series is now available to view and download from the LCI website. Watch how Lions became known as Knights of the Blind, serving blind and visually impaired people around the world for the past 100 years. Lions Centennial videos include rare images and footage that offer a peek into the association's rich history of community service. <u>Visit the Lions100 website</u> for the entire Centennial series, and be sure to share the videos and your Centennial activities on social media using the hashtag#LIONS100.

A Message from Bill Gates

LCIF has committed to raising US\$30 million by 2017 to improve access to vaccines through Gavi, The Vaccine Alliance. The funds raised will be matched by the United Kingdom's Department for International Development and the Bill & Melinda Gates Foundation, bringing the total to US\$60 million. Bill Gates, co-chair and trustee of the Bill & Melinda Gates Foundation, has an encouraging video message for Lions.





LCIF Receives Another 4-Star Rating

LCIF has earned its fourth consecutive 4-star rating from Charity Navigator for its effective fiscal management and its commitment to accountability and transparency. Receiving four out of a possible four stars indicates that LCIF adheres to good governance and other best practices that minimize the chance of unethical activities and consistently executes its mission CHARITY IN a fiscally responsible way. This means you can be confident your donations to LCIF are NAVIGATOR being used in support of the programs for which they are intended.

Give Back to Your Community in the New Year

This January 10-16, give back to your community by joining the Lions Worldwide Week of Service to Fight Hunger and Poverty. This special international event is designed to bring dignity to the nearly 800 million people in our communities and around the world who go to bed hungry every night. Make a difference by hosting a project impacting hunger and poverty in your community, and you'll help us reach our Centennial goal of serving 100 million people. <u>Visit the Worldwide Week of Service page</u> for more information and start planning your project today!



Changes to Grant Application Deadlines

Due to the restructuring of the LCIF Board of Trustees, boardmeeting times and some grant application deadlines have changed. After January 2016, applications for Standard grants are due no later than 90 days prior to the start of board meetings. Applications will now be reviewed in January, May and August.



LITPC Youth Scholarship Information

The Lions International Trading Pin Club (LITPC) awards annually a \$2,500 Youth Scholarship to a graduating Senior who is a Leo or a child/grandchild of a Lion or Lioness.

Four \$2,500 Youth Scholarships have been awarded so far. The first one was awarded to a Leo from Pennsylvania in 2012. The others have been from Virginia, Iowa and most recently from Virginia.



After November 1, 2015, the new updated forms for the Application for Scholarship will be on the website: www.LITPC.org to print them out. The deadline for submitting the completed LITPC Youth Scholarship application is March 1, 2016.

All completed Youth Scholarship applications should be mailed to:

Lion Bill Guthrie
5M Youth Scholarship Chairman
9-101st Lane NW
Coon Rapids, MN 55448

If you have any questions, please contact
Lion Bill Guthrie at 763-786-8072 or bmguthrie9@q.com.





OUR FOUNDATION

Dear Lions,

I recently attended the 2015 Special Olympics World Games in Los Angeles, California, USA. I learned the power of giving all athletes the opportunity to compete and the importance of inclusion. Watching them in action showed me that these athletes really blossom when given encouragement and opportunity.

I am so proud of the Lions of California for all of their volunteer efforts for the Healthy Athletes screenings, just like all of the other Lions around the world who have been instrumental in games and screening events over the last 14 years. I am also very thankful for the hospitality of our partners at Special Olympics.

Partnerships like this extend the reach of Lions Clubs International Foundation (LCIF), serving more people than any one Lions club could serve alone. That is why it is so important that we continue to grow and expand LCIF.

I promoted Ask One for membership last year, but that idea also applies to LCIF. This is OUR foundation. Every one of us is responsible for its growth and success. We need to make sure every Lion knows about our foundation.

I challenge each of you to ask one Lion to <u>make a gift to LCIF</u> this year. We are our own biggest advocates! Speak to your fellow Lions about what LCIF means to you and the impact it makes on millions of lives around the world every year.

Sincerely,

Joe Preston
Chairperson, Lions Clubs International Foundation



NOMINATION

FOR STEW PEEVER MEMORIAL AWARD 2016

To all Lions Club Members in Canadian Districts 5M-10, 5M-11, & 5M-13:

Send nominations to:

Lions Eye Bank
320 Sherbrook St.

Winnipeg, MB. R3B 2W6
Fax 204-943-6823

Email Ifmnoi@mts.net

Deadline: December 13, 2015

It's that time of year again! The Lions Midwinter Conventions are approaching and we at the Lions Eye Bank of Manitoba and Northwest Ontario Inc., are preparing to award a Lion or non-Lions member with a plaque that signifies his or her outstanding support to the Lions Eye Bank and its programs - this includes the annual fundraising event the Journey for Sight.

Enclosed you will find an application for nominations for the Stew Peever Memorial Award. This award is presented to those whom have provided outstanding service to the Lions Eye Bank and/or the Journey for Sight. One award for each district will be presented at the Midwinter Conventions.

SUBMITTING A NOMINATION:

Include the name and phone number of the individual or club representative submitting the nomination.

Type or print clearly on the nomination form.

Attach supporting documentation describing the volunteer efforts. Any additional information such as newsletters, press clippings, photos, letters, etc., to support this nomination would be useful and welcome. Materials submitted will be returned on request.

If your club had previously forwarded an application in a previous year, and would like to re-submit, please fill out the attached form.

DEADLINE FOR APPLICATIONS:

The deadline for the applications is December 13, 2015.

THE AWARD PRESENTATION:

A plaque will be presented to the selected recipient at the Lions Mid-Winter Conventions in all three districts.

If anyone has any questions contact your local Lions Eye Bank Director or call the Lions Eye Bank office @ 1-800-552-6820 or 772-1899 or e-mail Ifmnoi@mts.net. Thank you for your support.



NOMINATION FOR STEW PEEVER MEMORIAL AWARD 2016

Send nominations to: Lions Eye Bank 320 Sherbrook St. Winnipeg, MB. R3B 2W6

Fax 204-943-6823 Email lfmnoi@mts.net

NAME OF NOMINEE:		Deadlir	ne: December 13, 2015
ADDRESS OF NOMINE	EE:		
NOMINATING LIONS	CLUB:		
ADDRESS OF LIONS CI	LUB:		
PHONE # AND CONTA	ACT NAME:		
THIS APPLICATION HA	AS BEEN APPROVED BY MY LIONS CLUB: YES		ALIONS .
Please describe the co	ontribution of the nominee:		THE RIATION IS



5M-11 MID-WINTER CONVENTION 2016

Friday, Saturday, Sunday – February 19th, 20th & 21st, 2016

Location – CLUB REGENT CASINO HOTEL WINNIPEG, MANITOBA, CANADA

Hosted by Riverside Lions

REGISTRATION FORM (Please fill out 1 form for each attendee)

Please fill out this registration form and return with you cheque/cash/money order payable to 2016 5M-11 MID-WINTER CONVENTION

	LION	LIONESS	LEO G	UEST	1 ST	Timer		
Name			Title					
Address	Club							
City		State/Prov.						
Telephone								_
Email								_
NOTE: Please	indicate any	special dietary needs:						
	Includes Fr	HOSP iday Social, Saturday B	ITALITY BOOK reakfast, Lunch, Ba		l Sunday E	Brunch	\$110 US for E Bird Registra	-
Hospitality	Book (Postr	narked by January 1, 2	016)	\$130.0	O CDN			
Hospitality Book (Postmarked January 2, 2016 or later) \$140.00 CDN]			
Friday Night Social – Festival Du Voyageur Theme			\$20	0.00				
	Get read	ly for a FUN NIGHT	!					
		Saturday Breakfas	t	\$20	.00			l
	-1	Saturday Luncheo	turday Luncheon		\$30.00			
		Saturday Night Banquet		\$60.00				
		Sunday Brunch	inday Brunch		.00			
		que/money order p -WINTER CONVEN	-	тот	AL	\$		
		I	mail Registration to: VERSIDE LIONS					

For Convention Information, contact:

Lion Barb Shields

Phone: 204-957-4615 or 204-253-4240

Email: bms@aikins.com

Lion Jan Nazarko Phone: 204-233-2736 Email: jnazarko@mymts.net



188 Worthington Avenue

For Hotel Reservation Information, contact:

Room Rate \$119/night plus applicable taxes

Club Regent Casino Hotel 1415 Regent Avenue West Winnipeg, MB Canada R2C 3B2

Phone: 1-204-667-5560 Toll Free: 1-888-332-2623 Fax: 1-204-667-5913



Join Us at the "Bend in the River II"

97th MD5M Convention April 22, 23, 24, 2016 Verizon Wireless Center, Mankato, MN Hosted by District 5M-2



Registration Form Please print

ame			Name		3 <u>3 3 3 3 3 3</u>
ddress			Address		
CityProv/StateZip			City	Prov/State2	Zip
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itle:	Distri	ct:	Title:	Distr	ict:
lub:		<u> </u>	Club:	<u> </u>	47 - F- 18 18 18
Check if this is y	our 1st Multiple Co	nvention	Check if th	is is your 1st Multip	le Convention
lease specify any dieta	ry needs:		Please specify any d	lietary needs:	
'ill you need Braille coi	nvention material?	yes or no	Will you need Braille	e convention materi	al? yes or no
Meal	During 2015 MD5M Convention Only	Before March 1, 2016	On or after March 1, 2016	# Attending	Amount
Yes, I am coming to the	convention but not s	taying for the meals.	•		XXXXXX
Hospitality Book	USD \$90.00	USD \$100.00	USD \$110.00		
Friday night mixer	XXXXXX	USD \$15.00	USD \$15.00		
Saturday Brkfst	XXXXXX	USD \$ 20.00	USD \$25.00		
Saturday Lunch	XXXXXX	USD \$25.00	USD \$30.00		
Saturday Banquet	XXXXXX	USD \$40.00	USD \$45.00		
Sunday Brunch	XXXXXX	USD \$20.00	USD \$25.00		
ake checks payable to	: MD5M 2016 Conv	ention	Т	otal Submitted: \$_	
ail registrations to:	Lion Charlette Abl 312 Foothills Road PO Box 133			ention information: king70@frontierne	t net or

See separate information form for available hotel rooms and rates.





Join Us at the Bend in the River II 97th MD5M Convention April 22nd-24th, 2016 Verizon Wireless Center Hosted by District 5M-2

Hotel Information

Hotel Reservations can be made by calling or booking online to your hotel of choice. Rates will be guaranteed until March 21st, 2016 or until blocks fill up.

Hilton Garden Inn

Attached to Verizon Wireless Center

20 Civic Center Plaza

Mankato, MN 56001

Phone: 507.344.1111

Rate: \$90 +tax

Mankato City Center Hotel

Attached to Verizon Wireless Center

101 E. Main Street

Mankato, MN 56001

Phone: 507.345.1234

Rate: \$94.99 +tax

Holiday Inn Express

3.5 miles away

2051 Adams Street

Mankato, MN 56001

Phone: 507.388.1880

Rate: \$99.99 +tax

Best Western Hotel

1.5 miles away

1111 Range Street

North Mankato, MN 56003

Phone: 507.625.9333

Rate: \$94.99 + tax



Konnichiwa Lions! Register for LCICon Today

The <u>99th Lions Clubs International Convention</u> is in the city of Fukuoka, Japan, June 24–28, 2016. Fukuoka is in the southwest part of Japan and is home to the oldest Zen temple in Japan. Fukuoka is well known for its gourmet food, with an abundance of fresh seafood and the most yatai (street food stalls) in all of Japan.

The convention will include festivities that showcase our own culturally diverse membership, such as the International Parade of Nations in the heart of Fukuoka City. For up-to-date information about the convention, visit the LCICon website.

<u>Register today for the convention</u> to receive the \$130 early registration fee. Also, <u>book your hotel room</u> <u>with LCI</u> and stay with your delegation.

Cabinet Directory

District Governor

Gerald Fontaine (Eliane Carmel)

R. 204.433.7955

gerryfontaine@gmail.com

1st Vice District Governor and Cancer Care Initiative Mike Janssen (Tammy)

R. 204.669.0473

C. 204.479.1843

mjanssen@shaw.ca

Cabinet Secretary and Project New Hope Jenifer Spielman (Mark)

R. 218.567.8281

B. 218.567.8510

F. 218.567.8381

5m11cabsec@gmail.com

Cabinet Treasurer John Wollenzien (Dee)

R. 218.681.2117

C. 218.686.3316

deeandjohnwollenzien@mncable.net

Immediate Past District

Governor Dennis Olson

R. 218.483.3297

C. 218.790.1825

dwolsen@msn.com

GMT Leader PDG Doug Wiens (Kathryn)

R. 204.434.6042

B. 204.326.9844

B. 888.411.9311

doug@prudentialriverbend.ca or

djwiens@mymts.net

Zone Chair Mentor (Zones 3, 5, 6, 7) Jan Strandlie (Jim)

R. 218.681.2116

janstrandlie@mncable.net

Zone 1 Chair Deanne Williams (Dave)

R. 218.790.3715

williams.deanne77@gmail.com

Clubs: Barnesville, Barnesville Thursday Nite, Dilworth, Dilworth Loco Ladies, Dilworth/Glyndon/Felton Leos, Glyndon, Glyndon Lioness, Moorhead, Moorhead Midday Central, Sabin.

Zone 2 Chair Kim Peters (Kevin)

R. 218.584.8364

C. 218.556.6972

kpeters@arvig.net

Clubs: Ada, Flom and Area, Gary, Hawley, Halstad, Hitterdal, Twin Valley, Ulen.

Zone 3 Chair Kevin Reich (Sheila)

kwrrlf@yahoo.com

Clubs: Bagley, Fosston-Lengby, Gonvick, Winger.

Zone 4 Chair Gerald Amiot

R. 218.289.8889

jerry.amiot@hotmail.com

Clubs: Crookston Noon Day, Crookston Leos, Fertile, Red Lake Falls, UMC.

Zone 5 Chair Deb DuChamp (Jim)

R. 218.465.4239

d duke50@hotmail.com

Clubs: Alvarado, Oslo, Plummer, Plummer Too, Thief River Falls, TRF Moonlighters Lioness, TRF Noon Lioness, St. Hilaire, Warren.

Zone 6 Chair Kami Underdahl

B. 218.426.2500

C. 218.689.2134

kunderdahl@wiktel.com

Clubs: Argyle, Hallock, Karlstad, Lake Bronson, Lancaster, Newfolden, Stephen.

Zone 7 Chair Scott Grove

R.218.386.2134

B. 218.386.1430

scottg@marvin.com

Clubs: Goodridge, Goodridge Lion Tamers, Greenbush-Badger, Grygla, Roseau, Wannaska, Warroad.

Zone 8 Chair Kevin Gamble (Andrea Kwasnicki)

R. 204.391.0644

kbgamble@hotmail.com

Clubs: South Junction and Area Pineland, Grunthal, Steinbach and Area, Ste. Anne, Winnipeg Transcona, Winnipeg South, Riverside, Winnipeg Asia.

Zone 9 Chair Wasyl (Bill) Myskiw

R. 204.339.1242

wjmyskiw@shaw.ca

Clubs: Lac du Bonnet, Pinawa,
Whitemouth and District, Beausejour, East
St. Paul, West St. Paul, East Kildonan, East
Kildonan Lioness.

Zone 10

Clubs: Winnipeg Beach/Dunnottar Lakeside, Selkirk and District, St. James, Winnipeg West, Winnipeg.

Club Excellence Process, USA and GLT Leader PDG Joanne Swanson (Wayne)

R. 218.281.5622

B. 218.281.4343

F. 218.281.1888

5m11pdgjoanne@gmail.com

E-Clubhouse and Technology/Webmaster PDG Dave Hollyoake (Barb)

R. 204.642.4650

C. 204.797.5930

dave@ibtraveln.com

Save the date: the Worldwide Week of Service to Fight Hunger and Poverty on January 10-16.

Volunteers are not paid, not because they are worthless but because they are priceless.



Newsletter needs club assistance -New info



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

Zone Chairs and Club Officers please make sure your members are receiving the monthly newsletters. Club Officers, if need be, please print at least one copy to pass around at your meeting. I pack a lot of information into each newsletter.

Thank you to all the clubs that put forth submissions this past year 2014-2015 as well as the cabinet members that sent me items. 40 out of 72 of the clubs had submitted something. That's almost 75% 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.

PLEASE HELP ME MEET THIS CHALLENGE FELLOW LIONS

Please send the information to me by the 25th of each month unless stated otherwise.

Upcoming deadlines for the newsletter:

November 25th — December Newsletter

December 20th — January Newsletter

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

Thanks to the following Lions and Lioness clubs for submissions: Ada, Argyle, Barnesville, Barnesville Thursday Nite, Crookston, Dilworth Loco Ladies, East Kildonan, East St. Paul, Fertile, Flom and Area, Greenbush-Badger, Grunthal, Hawley, Hitterdal, Karlstad, Lac du Bonnet, Lake Bronson, Moorhead, Oslo, Red Lake Falls, Riverside, St. Hilaire, Ste. Anne, Thief River Falls Moonlighters Lioness, Warren, Warroad, West St. Paul, Whitemouth & District, Winnipeg, Winnipeg Beach/Dunnottar/Lakeside, Winnipeg South and Winnipeg West.



Websites to Know



Lions Club International: www.lionsclubs.org

Multiple District 5M: www.lionsmd5m.org

District 5M-11: http://e-district.org/sites/5m11 *NEW*

Lions Program Sites: Can Do Canines: www.can-do-canines.org

Leader Dogs for the Blind: www.leaderdog.org

Lions Clubs International Foundation (LCIF): www.lcif.org/EN/

Lions Eye Bank of Manitoba and NW Ontario: www.eyebankmanitoba.com

Lions Foundation of Canada Dog Guides: <u>www.dogguides.com</u>

Minnesota Lions Diabetes Foundation: www.mnlionsdiabetes.org

Project New Hope: <u>www.projectnewhope.net</u>

USA/Canada Lions Leadership Forum: www.usacanadalionsforum.org

www.LionsUniversity.org *NEW* Check it out



Lions 5M11 District Governor Club Visitation Request Form 2015-2016

Today's Date_	Club:				
Preferred Date	e Alternate Date:				
	sting				
If more than one club will be attending, please include the names of all clubs:					
Meeting Time	: Social Time: Dinner Time:				
Location:					
	Person for visit:				
Phone:					
Cell:					
E-Mail:					
Special requests: (Ex. Special Speech, induction of new members, installation of officers,					

Please submit as soon as possible. I will confirm date with contact person either by phone or e-mail as soon as possible after request is received.

Please send this information to:

DG Gerald Fontaine 619 Jolys Ave East St. Pierre Jolys, MB ROA 1V0

present awards, etc.)

R. 204.433.7955

Email: gerryfontaine@gmail.com



VETERANS DAY / REMEMBRANCE DAY NOVEMBER 11TH 2015

RED, WHITE AND BLUE By Stacy Kleinwachter

Over the pond and a jump away, Our soldiers stay to fight for what is right. Is it right? We don't know. To defend us from those that want to hurt us. "Freedom isn't Free" is the famous quote, and our soldiers know this truth. Many have given the ultimate sacrifice, their lives, so we can be "Free." But in this day and age, What is free? While mothers, daughters, sisters and wives, Fathers, brothers, sons and husbands, Fight the neverending battle, Their loved ones worry and fear that they may never come home again. Back at home, the doorbell dings or the phone rings, Bearing that awful news, Your loved one has died. Tears and grief, sorrow and hurt, is what is left, as we try to remember how brave and noble and good the fallen soldier was. The red, white and blue covers you today. A final salute and 21 guns send you home. At last you have peace and a hero's honor. The family grieves, and they too, will find peace.

> The cycle will begin again. It will until we learn that "Freedom isn't Free."









We shall not sleep, though poppies grow In Flanders fields - John McCrae

HAPPY ANNIVERSARY TO THE FOLLOWING CLUBS

Fertile Lions	59 years	11/28/1956
Warren Lions	57 years	11/10/1958
Goodridge Lions	54 years	11/1/1973
Sabin Lions	42 years	11/15/1973
Oslo Lions	41 years	11/5/1974
Winger Lions	41 years	11/5/1974
Newfolden Lions	38 years	11/29/1977
Whitemouth and District Lions	32 years	11/11/1983