



District 5M3

District Governor:

Lion Patty Peterson
2353 205th Ave
Tracy MN 56175
LionPatty8791@gmail.com

Vice District Governor:

Lion Deb Rasset
309 W. Van Dusen St.
Springfield MN 56087
debbirasset@gmail.com

Secretary:

Lion Deloy King
Windom MN 56101
507-831-5706
deloyellen@yahoo.com

Treasurer/Dist Admin.:

Lion Denise Nelson
405 S Street
Morgan MN 56266
507-227-1712
dlnelson0714@hotmail.com

Newsletter Submissions:

Lion Lisa Saner
1768 101st Street
Slayton MN 56172
507-227-7685
5m3lionsmn@gmail.com

Passing of the gavel!



DG Patty Peterson passed the gavel to DGE Deb Rasset during 5M3 Mid-Winter Convention in Fairmont, MN.

Page Inside this issue:

- 2. DG Patty article
- 2. VDG Deb article
- 3. Convention Speakers
- 4-5. Convention Awards
- 6-7. Convention Photos
- 8. Mid-Winter Memorial
- 9. PDG Dennis Kelly III for ID
- 10. ELLI
- 11. Leader Dogs for the Blind
- 13. Zone Meetings
- 14-16. Upcoming Events
- 17. 5M3 Happenings
- 18. 2024 Parade of Green
- 19. MD5 Needs You!
- 20. Sponsor Page

CABINET MEETING

When: March 21, 2024

Where: Slayton Pizza Ranch

Time: 5:15 meal

6:00 meeting



**The first couple of 5M3:
DG Patty & Lion Gary Peterson**



DG~Patty Peterson



March 2024 Newsletter Article
Hello Lions,

A huge “Thank You” to all who helped in any way with or attended our Mid-Winter Convention. I received so many compliments from our visitors. If you are interested in helping plan 2025’s convention, let me know. We usually have our first planning meeting in early fall. The 2025 Mid-Winter is scheduled for February 21-23 at Everspring Inn in Marshall. Mark your calendars now and please plan to attend. Again, thank you to everyone.

Congratulations to our leadership team for 2024-2025!!
DGE Deb Rasset, 1VDGE Tom Haag, 2VDGE Greg Janachovsky. Thank you for saying “yes.”

Club Presidents: Please plan to attend your next zone meeting. International President Dr. Patti wants everyone to do environmental service projects. One is being planned for May, to plant trees. We will have more information on this project at the zone meetings.

Our next cabinet meeting will be on Thursday, March 21, at the Pizza Ranch in Slayton. Meal at 5:15, meeting at 6:00.

Keep on “Making a Difference.”
DG Patty

DG Patty’s Schedule

March 8-9 CoG meeting in Roseville

March 11 Jackson Lions Club Visit

March 14 Wabasso Lions Club Visit

March 21 Cabinet Meeting

March 26 Zones 2 & 5 Meeting

March 31 Happy Easter!!



DGE~Deb Rasset

Hello Lions of 5M3,

WOW?

Thank you DG Patty for an amazing Mid-Winter Convention. It was a wonderful weekend. A huge Thank You to ID Marie Cuning and her travel companion PCC Rosemarie Gabriel from Arizona. They braved the cold temperatures to attend our convention. And they had very inspiring messages of Lionism for us. We enjoyed getting to know both of them. Please keep them in our prayers for continued safety on the remainder of their Lions journey. All of the programs were awesome. The entertainment was great. And getting to visit with the Lions of 5M3 is truly the best. Also the numerous guests from other districts in our multiple. Thank you for showing your support for the Lions in our district. Hopefully, next year we can all talk a few more Lions into attending. Also, if you are interested in helping with next year’s Mid-Winter Convention, please inform DG Patty or myself.

Next week I will be in St. Charles, IL. Touring the Lions International headquarters and a few more training sessions from International. The following week I will be in Roseville, MN. Touring our MD5M Foundations and a little more training. The current District Governors will be hosting a Friendship Banquet for all of the DGEs. I’m sure it will be interesting and a lot of fun.

Mission 1.5 and the GMA process will be one of the most talked about things in the future. Growing our membership is necessary. The needs are always growing, therefore we need to grow. More hands make more service available. Our GAT team leaders will be looking for members that are willing to help on their team. Remember we are all on the same team. Please be willing to help out. It will benefit our team.

One last item. I still have a few cabinet positions open. If you are interested in serving on the cabinet for 2024-2025, please reach out to me. I will be reaching out to fill those positions.

Thank you for all that you do,
Make it a great day,

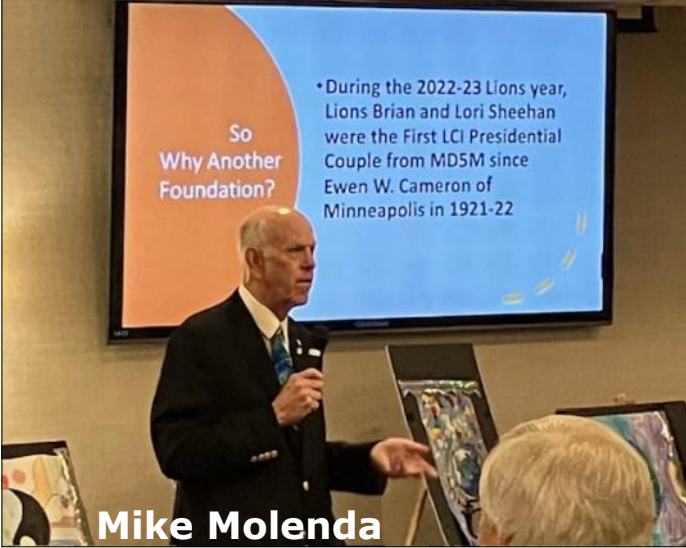
DGE Deb



“Tuck Them In” service project was spearheaded by **Tracy Lions**. Over 60 beds have been built and delivered to children in need of a bed so far. Above: Award given to Tracy Lions for their innovation in bringing this project to the district.

MID-WINTER CONVENTION SPEAKERS

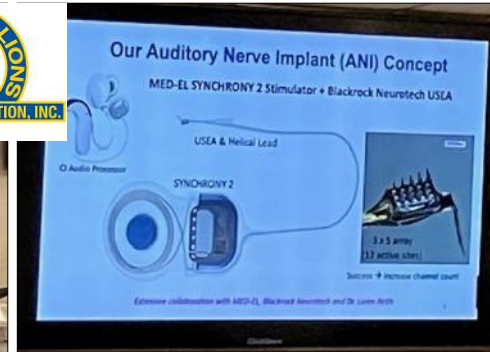
The Sheehan Foundation



Mike Molenda



Dr. Samir Khariwala



Jo and Gladys

29 Years of Partnership

Lions Clubs of Minnesota have given nearly \$3.7 million since our partnership began in 1995



Sheila Ross

About Can Do Canines

- Established in 1989
- Over 800 graduated teams
- Nonprofit relies on individual contributions
- Dogs always provided free of charge to clients
- About \$45,000 to train a single assistance dog

The 6 Types of Dogs We Train:

- Hearing Assist Dogs
- Mobility Assist Dogs
- Seizure Assist Dogs
- Diabetes Assist Dogs
- Autism Assist Dogs
- Facility Dogs (new program!)



Robert Midtovne



ID Marie Cunning



Fred MaGuire



MID-WINTER CONVENTION AWARDS



1. Leadership-Delbert Skoblik
2. Progressive Dream Catcher—
New Ulm Lions Bonnie Schirlinger:
Catch the Dream—Glen Setteraad
3. Club Excellence—Marshall
4. Club Excellence-New Ulm
5. Club Excellence-Lucan
6. Presidential Awards- PDG Vicki
and PDG Wayne Radloff
7. Peace Poster—Paige Schuur
(Hadley Lions)
8. Peace Poster Chair-Ryan Břnks

MID-WINTER CONVENTION AWARDS



1. Certificate of Appreciation—Lois Mulder and Diana Kuehl
2. Certificate of Recognition—Gary Peterson
3. Certificate of Recognition—Wayne Radloff
4. Certificate of Recognition—Tammy Horner
5. Certificate of Appreciation—Denise Nelson
6. IPDG Plaque—Don Kuehl
7. Project New Hope blue-Lakefield Lions
8. Project New Hope blue-Marshall Lions
9. Project New Hope blue-Sleepy Eye Lions
10. Melvin Jones Fellow—Denise Nelson
11. Presidential Award—Deb Rasset



DGE Deb Rasset acceptance speech



2VDGE Greg Janachovsky acceptance speech



PDG David buying back his phone from tailtwister Lion Doug Rosenberg...again.





*Rest
in
Peace*

5M3 Mid-Winter Convention

Lions who are gone, but not forgotten...

Lion George Rysdahl	Clarkfield Lions Club
Lion Ron Arens	Fairmont Lions Club
Lion Gunval "Gunny" Knutson	Granite Falls Lions Club
Lion Ronald Muller	Jasper Lions Club
Lion Mary Stegemann	Lakefield Lions Club
Lion Eldon Hammerschmidt	Lucan Lions Club
Lion Curt Kenyon	Marshall Lions Club
Lion Mark Dolan	Milroy Lions Club
Lion Brian Harder	Mountain Lake Lions Club
Lion James Harder	Mountain Lake Lions Club
Lion Terrance Dempsey	Lions Club of New Ulm
Lion William Carlson	Tracy Lions Club
Lion Deb Chukuske	Tracy Lions Club
Lion Darrel Janssen	Tracy Lions Club
Lion Dale Rykhus	Tracy Lions Club
Lion Ron Thooff	Tyler Lions Club
Lion Gary Hindt	Wabasso Lions Club
Lion Scott Jenniges	Wabasso Lions Club
Lion John Rupp	Westbrook Community

Memorial Program

Greeting DG Patty Peterson

Reader 1VDG Deb Rasset

*Family members and club representative(s),
please stand when your Lion's bio is/are being read.*

Candle Snuffer Lion Gary Peterson

Ringing of the Bell DG Patty Peterson

Prayer DG Patty Peterson

"Amazing Grace" Lion Al Lang

"Taps"

*At conclusion of program, family member or
Lions Club representative, please take a flower and
candle in remembrance. Please leave the candle holder.*

Out of respect, please exit in silence.

*Thank you to PDG Wayne Radloff
for compiling the Memorial presentation.*

*in
Loving
Memory*

**Eldon "Butch" Fluck
(Redwood Falls Lions)
June 1, 1958 — February 2,
2024**

E-mail condolences may be sent
via www.nelson-hillestad.com.



PDG Dennis Kelly III for International Director

Hello Lions,

I am not very comfortable talking about myself. My passion is to motivate, inspire, and challenge Lions to be the best that they can be.

But I am asking for your vote, and I have an obligation to you to show that I am qualified and worthy of that vote.

Let's talk about impact.

In 2016 we started KidSight as a Multiple District program.. I was appointed by the Council of Governors as the program manager, tasked to get the program up and running. Within a year we had raised over \$250K, bought 32 systems, and trained hundreds of Lions. I continue to lead a team of dedicated Lions as the Chair of the Board of Directors. To date, you, and your fellow Lions in our Multiple District, have screened over 178,000 kids with over 21,000 referred for follow up by an eye care professional. This program has changed thousands of lives in and out of Lions, and that is impact.

In 2019 I was selected as the Multiple District Global Leadership Team Coordinator, responsible for all the leadership training and development for our multiple district.

We now offer 2 Leadership Institutes each year rather than 1 every other year. ELLI, Emerging Lions Leadership Institute, designed for Lions who have not been a club president to help build stronger clubs. And RLLI, Regional Lions Leadership Institute, designed to give our Lions enhanced leadership skills. RLLI is truly a "leadership incubator". Since 2011, the earliest year that I have records for, 502 Lions have attended of that number 100 or 20% have been or will be a District Governor. That's impact.

So, that is some of what I have accomplished in our multiple district.

Outside of our multiple I have:

Facilitated 6 RLLIs, 4 Advanced Lions Leadership Institute (ALLI), 4 Faculty Development Institute (FDI), plus one local FDI in California and Wisconsin.

I have earned the Lions Certified Instructor designation (LCIP), the highest instructor qualification awarded by Lions International and have facilitated 2 LCIP Institutes.

I have been entrusted by the last 3 International Presidents, Doug Alexander, Brian Sheehan and Dr. Patti Hill with the training of their incoming District Governors as a District Governor Elect Group Leader, one of 30 Lions from around the world, tasked with this important responsibility.

I am on the faculty of Lions University and have presented at 7 USA/Canada Leadership Forums.

But what do I offer you and the International Board as a member?

There are 10 major committees where a director can serve. I believe, based on my business and Lions experience, that I can add value to 6 of these committees.

Finance, Leadership Development, Marketing, Membership Operations and Services, Membership, and Service Activities,

But these are not the most important reasons I would like to serve on the board, I want to serve to represent you. To be your voice, to carry your questions and concerns to the highest levels of our association. To be able to help our districts solve local problems and provide guidance and motivation to our Lions and our leaders.

I would not have been able to accomplish any of this without a dedicated service partner, a Lion who can hold her own on any stage, the love of my life, my Lion Cheryl. Together we will work hard to make you proud as your representative on the International Board.

We need your support. Please plan on attending the Multiple District Convention in Winnipeg April 19-21 as a voting delegate.

Together we can make our association the envy of all other service organizations in the world.



Jersey Mike's Month of Giving!

March is Jersey Mike's Annual Month of Giving. All 54 Jersey Mike's locations in Minnesota will be encouraging customers to donate to Special Olympics Minnesota throughout the month.

Save the date: Jersey Mike's Day of Giving is Wednesday, March 27. 100% of sales (not just profits!) support Special Olympics Minnesota on this day. Eat some sandwiches and support SOMNI



Jersey Mike's Locations in Minnesota

You can help Special Olympics by visiting any of the following Jersey Mike's location during the month of March. And even more so if you go on March 27th! Thanks for supporting Special Olympics athletes. MD5M Special Olympics Chair Lion Laura Maki

- | | |
|---------------|--------------------|
| Albert Lea | Mankato x 2 |
| Alberville | Maple Grove |
| Apple Valley | Maplewood |
| Baxter | Minneapolis |
| Blaine x 2 | Moorhead |
| Brooklyn Park | North Oaks |
| Burnsville | Owatonna |
| Champlin | Plymouth |
| Chanhassen | Richfield |
| Coon Rapids | Rochester x 2 |
| Cottage Grove | Rogers |
| Duluth x 2 | Rosemount |
| Eagan x 3 | Roseville |
| Eden Prairie | Savage |
| Edina x 2 | Shakopee |
| Fergus Falls | St Cloud |
| Fridley x 2 | St Anthony Village |
| Golden Valley | St. Louis Park |
| Hastings | St. Paul |
| Hopkins | Vadnais Heights |
| Lakeville | W. St. Paul |
| Lino Lakes | Waconia |



EMERGING LIONS
LEADERSHIP INSTITUTE
ELLI

MD5M Mahnomen March 14-17, 2024

Thursday 3-14	Friday 3-15	Saturday 3-16	Sunday 3-17
	Breakfast	Breakfast	Breakfast
Arrival at host venue	8:00-8:30 am Late Registration	8:00-10:00 am Communication	8:30-10:00 am Creative Thinking
	8:30-10:00 am Opening Session		
	10:00-10:15 am Break	10:00-10:15 am Break	10:00-10:15 am Break
	10:15 am-12:15 pm Lions, Past, Present & Future	10:15 am-12:15 pm Conducting Effective Meetings	10:15 am-11:45 pm LCIF
	12:15-1:15 pm Lunch	12:15-1:15 pm Lunch	11:45-12:45 pm Lunch
Faculty Prep Day	1:15-2:45 pm Change Management	1:15-2:45 pm Diversity	12:45-2:15 pm Ensuring Club Success
	2:45-3:00 pm Break	2:45-3:00 pm Break	2:15-3:00 pm Closing
	3:00-4:30 pm Supporting Lions Teams	3:00-4:30 pm Lions Mentoring Program	3:00 pm Departure
	4:30-5:30 pm LCIF Topic Preparation	4:30-5:30 pm Focused Discussion	
	Dinner	Appreciation Dinner	

VOL. 1 ISSUE 1 - JAN 2014

LEADING THE WAY

Leader Dogs for the Blind - Lions Newsletter



A Lion Led Me to Leader Dog

A CLIENT STORY - LION COUNCIL CHAIR BJ

Before coming to Leader Dog, BJ met a person who was a Lion who talked to him about Lions, Lionism and Leader Dog. After spending many hours together, they created a bond. Later, the Lion told BJ that his Lions Club would help BJ get services from Leader Dog. BJ's response, "No, thank you. I'm not that blind, and how would a dog change my life?" But with encouragement from his family, BJ decided to go for it.

When BJ returned home with his first Leader Dog, Diesel, he met a family whose son was blind. BJ took the time to speak with them and was able to help them with an issue the family was experiencing. "I felt pretty good about myself for the first time in years," said BJ. "On that day, I thought back to the Lion who talked about Lions, Lionism and Leader Dog, and this was why I joined the Lions Club, because I enjoy helping those in need."



Upcoming Events

LEADER DOG
EXPERIENCE FOR
LIONS

MARCH 16 | 1 - 4 P.M.

JULY 20 | 1- 4 P.M.

OCTOBER 19 | 1 - 4 P.M.

EACH EXPERIENCE OFFERS AN IN PERSON TOUR OF THE CANINE CENTER, A PRESENTATION FROM A CLIENT AND A CHANCE TO PARTICIPATE IN SOME ACTIVITIES WHILE WEARING A BLINDFOLD.

SCAN TO REGISTER FOR
A LIONS TOUR
EXPERIENCE



Lions Clubs International – Marketing matters!

“The Lions are the best kept secret in our community.”

How many times have you heard this comment? Did you hear it from your fellow Lions club members? How about from your family or friends? Your Co-workers? Local Business and community leaders? Have you ever uttered this statement yourself?



Marketing can help you raise the visibility of your club and achieve better outcomes for the great things you're already doing. So, whether you're recruiting new members, promoting a project or a fundraiser, or even just sharing your club's incredible service stories, marketing can help you shine a light on your club and your service.



Your club needs to have an active marketing team. Teams should consist of multiple members, each assigned to a specific assignment or task. These assignments/task should cover the following forms of marketing:

- Print (Newsletters, event flyers, banners, signage)
- Social Media (Website, Facebook, X (formerly Twitter), Instagram, Threads)
- Media (newspapers, billboards, radio, television, internet advertising)

Your club should search for club members with some working knowledge in these marketing areas. If the club member with this knowledge is unwilling to be a part of the marketing team, see if they can be a resource or advisor for your team. You can also reach out to your district to see if there are Lions with connections to promotional items manufacturing, public relations firms, social media outlets, and other companies affiliated with advertising & promotions.

Your marketing team should be engaging with your membership, project, and fundraising chairs. By being involved with your club events & activity planning, the marketing team can help make the public aware of what your club is doing in those areas. Nobody is going to do a better job talking about what your club is doing than your own marketing team.

Lions Clubs International has wonderful resources for your marketing team to utilize. Templates, boiler plates, social media kits, and many other items are all just a simple click away. Your link to the LCI club marketing center is below:

<https://www.lionsclubs.org/en/resources-for-members/resource-center/club-marketing>

Make sure to include your Lions' zone & region clubs, and your district secretary, newsletter, Facebook, and website chairs when sending out your events & activity announcements. Letting other Lions clubs know about your fundraisers and projects will give them an opportunity to help you promote the event, plus a chance to have your fellow Lions attend.

Please contact me with your questions and please also speak with your district marketing team about how they can help your club stop being an unknown community asset.

Yours in Lionism,

Lion Lyle Goff
MD5M Marketing & Lions Information Chair
gofflt@msn.com



Lion Deb Rasset visited Fountain Hills, AZ Lions Club and helped with their Eyesight testing. 50 students were tested. Pictured left to right: Lion Katie Beaulieu, Lion Don Wendel, 1VDG Deb Rasset and a student. Fountain Hills Community Lions Club is 4 years old and this was their first eyesight testing project.



DID YOU KNOW!—Lions in Minnesota will be able to purchase Lions license plates for their vehicles starting January 1st, 2024. The initial cost will be \$25.00 for the application fee, \$10.00 for the plates + your normal tab fees. Every year after that is \$5.00 + your normal tab fees.

2024-2025
Peace poster kits
available Jan 15-Oct 1
"Peace Without Limits"

MEMBERSHIP UPDATE

Dec 31, 2022.....1,024
Jan 31, 2024.....1,011



YTD Members Added: 39
YTD Members Dropped: -52 YTD
Net Loss/Gain: -13
35 clubs

Club Sponsor Page

NEW FEE!

To have your Club listed on the sponsor page, send **\$25.00** to District Treasurer, Denise Nelson at 405 S St, Morgan MN 56266 Memo line: Newsletter Sponsor.

NOTE: Clubs can be sponsored in more than one box.



ZONE MEETINGS!!



Lions District 5M3 Zone 2 & 5 Meeting

Tuesday , March 26, 2024

**The Caboose, Tracy MN
(Opens at 4:30 pm)**

**5:30 pm Meal
(Special: Burger & Fries)
May want to come earlier**

6:00 pm Meeting

**Lions Clubs in Zone 2:
Lake Benton, Lamberton, Marshall, Tracy, Tyler**

**Lions Clubs in Zone 5:
Lucan, Milroy Wabasso, Morgan, Springfield,
Redwood Falls**

All Lions Clubs and Members Welcome to Attend

District 5M3 Zone 7 Meeting

Thursday, April 4, 2024

JACKSON PIZZA RANCH

5:30 pm meal - 6:00 pm meeting

**Contact Zone Chair Lion Mike Sullivan if
questions:**

763-229-9895 or mssullivan8@gmail.com

District 5M3 Zones 3 & 4 Meeting

Thursday, April 11, 2024

SLAYTON PIZZA RANCH

5:30 pm meal (on your own)

6:00 pm meeting

GLT Report



Well another 5M3 Convention has come and gone. Congratulations to DG Patty, DGE Deb and IPDG Don and the committee for their work in doing a great job of running a great convention. Congratulations also to newly elected DGE Deb Rasset, 1VDGE Tom Haag and 2VDGE Greg Janichowski. Thank you to all for stepping up to serve next year. I am confident you will all do well.

For those of you who attended, I'm sure you came away inspired by the speakers and reenergized for the new year. For those of you who missed the Midwinter Convention, you missed some really good speakers and the fellowship of reconnecting with old friends and meeting new ones. I hope you consider attending next years Midwinter in Marshall.

DGE Deb is working on putting together the people for her Cabinet for next year. She still has some slots to fill. If anyone is interested in serving on Cabinet, I encourage you to contact DGE Deb. If not sure but you just want some more information on what the various positions are and what would be involved, feel free to contact DGE Deb or myself and we would be happy to answer questions.

Club Officer elections will be coming up soon. Please consider stepping forward to serve your club as an officer. I had a conversation with DGE Deb about Officer Training for the coming year and we will be looking at trying to make the training more convenient to attend. If you have any suggestions, please contact DGE Deb or myself.

At this writing, there are still openings at the Emerging Lions Leadership Institute class which will be held at Mahanoman. The application timeframe was planned to be closed by the time this newsletter is released unless it gets extended. I would also encourage people to think about attending the Regional Lions Leadership Institute to be held this coming October. In talking with PDG Dennis Kelly who attended our Midwinter, it is planned to be in southern Minnesota. This will be the first time that it will be held this close to our district. It is a tremendous learning experience. As more information comes out, I would encourage people to think about attending this class. You won't be disappointed.

Again, I want to offer my congratulations to the newly elected officers for next year and extend a thank you to all for stepping forward to serve.

First, THANK-YOU LIONS! Your contribution to the Sheehan foundation will help with many grants in the multiple districts. I hope when the applications come out, that you apply for matching grants for your community projects. This foundation is two-fold. It helps local Lions with projects and the projects give recognition to the Lions in your community. We need to let people know what Lions contribute to our town and that we are proud to be Lions.

Since this is coming out in March and Lion Brian IPIP is an Irishman, I will close wishing you good luck and good health! Yours in Lionism PDG Vickie Radloff



On behalf of the Minnesota Lions Cancer Foundation, I wish to thank- you for your contributions not just during the convention but through the last 4-5 years. Lions Doreen and I are willing to come and talk to your club about the foundation. Why should you invite us? I have had the privilege of giving out "BELEIVE" awards. This summer, part of the ticket sales from the Hamel Rodeo will go to MLCCF. I would also like to spread the word about Camp KACE.

AS always, if you have a child in your community who is fighting cancer and the family could use some help with expenses, let us know.

UPCOMING EVENTS



60th Annual Fulda Lions Breakfast

Fulda Community Hall

Sunday, March 24, 2024

9:00 am - 12:30 pm

Menu: French Toast, Pancakes, Sausage,
Scrambled Eggs & Beverage

IF YOU WOULD LIKE CARRY-OUT PLEASE
BRING YOUR OWN CONTAINERS

THE LION'S CLUB NEEDS
YOUR EYEGLASSES.

There will be a donation box at the
Lion's Breakfast for you to
drop off eyeglasses
you no longer use.



Everyone Welcome



Sleepy Eye Lions Club

Dad's Belgian Waffle Brunch

Sunday, March 17th, 2024
8:30 am to 12:30 pm

Snow date: March 24th



ALL-YOU-CAN-EAT
WAFFLES, SAUSAGES, FLAVORED SYRUPS,
SUGAR-FREE SYRUP AVAILABLE AND
WHIPPED TOPPINGS, COFFEE, MILK & WATER

- Adults (at the door) \$10.00
(In Advance) \$9.00
- Children 6-11 (at the door) \$6.00
(In Advance) \$5.00
- Under 6 FREE
- Take-outs available

Tickets available at the
Elementary Public School Office,
First Security Agency
or from any Lions member.

Sleepy Eye Public School Cafeteria
Use Elementary Wing Doors



Sponsored by Sleepy Eye Lions Club

Proceeds go to Lions Community Projects and
Minnesota Lions Eye Bank - In honor of Lion Bridget Hilleseim, Sleepy Eye Lions



YOU'RE INVITED!



The Redwood Falls Lions Club
ST. PADDY PARTY

Sat. March 16th, 2024
REDWOOD FALLS VFW

\$5 RAFFLE TICKETS
FOR A CHANCE AT THE
BOOZE WAGON
(VALUED AT \$500)!!
DRAWING AT 9PM



@RWFLions

SHENANIGANS START AT 7PM

MEAT RAFFLE AT 8:00PM

SPECIAL GIFT BASKET RAFFLES!



ALL PROCEEDS
BENEFIT REDWOOD
FALLS LIONS CLUB
PROJECTS &
COMMUNITY
ORGANIZATIONS



15th Annual Minnesota Lions Diabetes Foundation Research Update March 16, 2024

Hosted by the Minnesota Lions Diabetes Foundation, Inc.

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

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

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

Saturday, March 16, 2024

11 a.m. Registration and Social
12 p.m. Lunch
1 p.m. Program
2:30 p.m. Meet n' Greet with Scientists

Best Western Plus Kelly Inn

Sunwood/Congress/Senate Ballroom
100 4th Ave. S.
St. Cloud, MN 56301

Faculty Research Presentations:

- Development of a Next-Generation Approach to Fight Inflammation and Type 2 Diabetes - Dr. David Bernlohr
- Curing Diabetes by Stopping the Body's Immune System - Dr. Brian Fife
- Bringing Immune Tolerance to the Clinic for People with Diabetes and Kidney Failure - Dr. Sabarinathan Ramachandran and Dr. Brian Flanagan
- Production of Genetically Engineered Pigs as Donors of Organs for the Treatment of Diabetes and its Complications - Dr. Christopher McGregor

RSVP by Tuesday, March 5

RSVP via email to MNLionsDiabetesFdn@gmail.com

A Zoom Link will be emailed to those unable to attend in person.

Please request Zoom link by email above.

A confirmation email will be sent prior to event.



UPCOMING EVENTS

LCIF Gala

Paint the Town **RED GREEN!**

Sat, April 13, 2024
Prairie Event Center
Parkers Prairie, MN
10:30 am to 4:00 pm



You don't need to wait for someone to award you a Melvin Jones, though it is a nice surprise. You can join the Fellowship yourself! For every \$1000 that you donate to LCIF, you first receive a plaque, then progressive pins.

Check with your District LCIF Coordinator to find your personal balance that you have donated to LCIF. If you want to be presented with a MJF plaque or PMJF pin by PIP Brian Sheehan, then you will need to order your plaque/pin by Feb 29, 2024. You can contact LCIF Donor Services at 630-203-3836 to have the plaque/pin sent to you and bring it to the LCIF Gala if you are attending.

Tickets are now available through your District LCIF Coordinator for \$45 each or \$500 for a table of 8 (includes perks).

The Gala will begin at 10:30 am at the Prairie Event Center with Lion Lori Sheehan leading a Lions in Motion activity at 11:00. There will be a costume contest with a green theme. Dinner will start at 12:30. There will also be a Silent Auction.

If you need a place to stay before or after the gala, the Grandstay Hotel is located next door with rates starting around \$157.00. Their phone # is 1-855-230-2535. There are also hotels available in nearby Alexandria, MN.

Any further questions please contact:
Bert Nelson 218-298-0599 or lionbert.a.nelson@gmail.com

July 11th is

MN Lions Childhood Cancer Foundation

At the Hamel Rodeo!!

For every ticket sold for the July 11th show, MNLCCF will receive a portion of the ticket sales!

Rodeo starts at 7:30pm Gates open 2 hours before the show.

5 shows throughout the weekend.

Order tickets online: <https://www.hamelrodeo.org>

MN Lions Diabetes Foundation Physical Activity Challenge - 3rd Annual Fundraiser!

February-March-April 2024



Greetings, Lions of District 5M3,

The Minnesota Lions Diabetes Foundation is asking each Lions club within Minnesota and each lion within our clubs to join in this fundraising activity.

Your Health – Diabetes is often brought on by heredity and by individual lifestyle. Physical activity and food choices are key to preventing diabetes and improving health. Again, this year we are including a physical challenge to our annual fundraiser. You choose to do the activities that you enjoy. During these winter months we can all use a challenge to help get started and keep moving. You may go your own way or gather friends and family to share in your activities.

Your Financial Support – By registering/donating you will be helping finance the critical research being done to find a cure for Type 1 and Type 2 diabetes. Each day we see people in our community and around the world who suffer from the effects of diabetes. Imagine no diabetes in our world!

To Register/Donate, go to <https://secure.qgiv.com/event/mlfdfstrides2024/> – OR – Checks/Money can be mailed to MLDF Treasurer, 11070 15th St NE, St. Michael, MN 55376

The University of Minnesota, with the help of Lions, is making progress. Humans have had eyelet transplants that have cured them of diabetes, and FDA approvals are progressing on research projects. But we have a way to go to make some of these incredible advances available to everyone.

GO THE EXTRA MILE – For Diabetes Awareness. We THANK YOU for your support.

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

Lion Bob Schiringer
bbschir@comcast.net
612-501-2719

Lion John Tirevold
tirejohn784@gmail.com
507-236-9313

Minnesota Lions Diabetes Foundation, Inc. EIN 26-3238179 is a non-profit tax-exempt corporation under Section 501(c)3 of the Internal Revenue Service Code.

MN Lions Diabetes Foundation Physical Activity Challenge - 3rd Annual Fundraiser!

February-March-April 2024



How To Participate:

- Choose your own activity
- Be active on your own
- Be part of a team
- Donate or register anytime between Feb 1 and April 30
- Commit to 15 miles of physical activity per month

How to donate/register:

Turn in the bottom portion of this flyer

- OR -

Register and donate online here: <https://secure.qgiv.com/event/mlfdfstrides2024/>

\$30.00 Registration fee

T-shirts available

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



Lions Club Name: _____ District: _____

Challenge Team Name: _____

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Donation Amount:

\$30 _____ \$50 _____ \$100 _____ \$250 _____ \$500 _____ \$1,000 _____ Other: _____

Mail to:

MLDF Treasurer, MN Lions Diabetes Foundation, 11070 15th St NE, St. Michael, MN 55376
(Net Proceeds benefit the Minnesota Lions Diabetes Foundation)

UPCOMING EVENTS



SPRINGFIELD AREA LIONS CLUB PRESENTS

The Fun Dueling Pianos Show

Friday, March 15, 2024 · 7:30 p.m.
Doors open at 6:30

Springfield Area Community Center
\$35/ticket - Advance Sales Only

Tickets available from any Lions Club Member
or at Red Rock Bank, Springfield Location

Bert Nelson for International Director

Pam and I have enjoyed meeting many of you at the Mid-Winter conventions. Our hope is that we will meet again at MD5M Convention in Winnipeg on April 19-21, 2024. There the delegates will vote for the endorsement of the International Director who will represent MD5M.

I feel I have the right qualifications to run for International Director which include:

Zone 6 Chairman
District 5M9 Public Relations Chairman
District 5M9 Newsletter Editor
Chairman of three 5M9 Mid-Winter Conventions
District Governor 2005-06
Council Chairman 2006-07
MD5M Long Range Planning Committee Chairman
MD5M Public Relations Chairman
MD5M Newsletter Editor
MD5M LCIF Chairman for past 11 years
Certified Guiding Lion
Global Extension Team
Global Leadership Team
Global Service Team
Training Instructor for six groups of incoming governors
Facilitator for 8 MD5M Regional Lions Leadership Institutes
Facilitator for 1 MD5M Emerging Lions Leadership Institute
Assisted on 5 International Director Campaigns for candidates from MD5M.
Campaign Chairman for IP Brian Sheehan
Planning Committee member of 2 USA/Canada Forums
Presenter at 5 USA/Canada Forums



Scan the QR code to listen to the endorsements by Lions from MD5M. Pam and I want to thank you for your consideration and continued support with my campaign for International Director. We plan to visit your Mid-Winter Conventions and we hope to see you in Winnipeg.

PCC Bert Nelson

lionbert.a.nelson@gmail.com

cell: 218-298-0599

Special Olympics

May 4 2024



Contact Lion Don Plahn
(Jasper) for details and
opportunities to help.

donplahn@yahoo.com
507-348-8605



Milroy Lions Club

50th Anniversary

April 14, 2024

5pm at Milroy Legion Hall

\$20 per person
(catered meal and social hour)

RSVP by April 7 to:

Dan Leach 507-530-2480

or

Jim Thalacker 507-530-0554

5M3 HAPPENINGS



Granite Falls Lions Annual Ole and Lena Buck tournament.



New Ulm Lions Screen Students Eyes

The Lions Club of New Ulm, under the direction of School Nurse Britta Romsdahl, RN, BSN, PHN and New Ulm Lions KidSight Chair, Annette Haynes, screened the eyes of 555 students. The students screened were from the 1st and 3rd grades of Jefferson Elementary School and the 5th and 7th grades of the Middle School. A total of 555 students were screened on Thursday and Friday February 8th and 9th. Of the 555 students screened, 56 will be referred to be seen by an eye care professional.

The device the Lions use to screen the students eyes is a Welch Allyn SPOT Vision Screener that is capable of screening for Astigmatism (blurred vision), Myopia (near-sightedness), Hyperopia (far-sightedness), Anisometropia (unequal refractive power), Strabismus (eye misalignment), Amblyopia (lazy-eye), and Anisocoria (pupil size deviations). The screening takes just a few seconds and is performed from a distance of about three feet.

The Welch Allyn SPOT Vision Screeners are owned by Lions KidSight District 5M3, which is part of Lions KidSight USA, a nation-wide program that brings Lions Clubs across the country together to ensure our children receive eye screenings and follow-up care when needed.



Winners of **Jackson Lions Club** Peace Poster Contest. 1st: Ethan Nam, 2nd Elyse Thurmer, 3rd Alexa Hanson.



Jackson Lions deployed a ramp in January in sub-freezing temps. They have deployed over 90 ramps.



2024 Parade of Green

Camp Confidence	\$ 1,326.85
Can Do Canines	\$ 3,244.22
MN Lions Diabetes Foundation	\$ 5,047.51
MN Lions Hearing Foundation	\$ 5,048.58
KidSight Foundation	\$ 2,689.06
Vision	\$ 5,548.17
Leader Dog	\$ 4,158.75
LCIF	\$ 5,243.64
Project New Hope	\$ 2,068.30
Quest, Youth Outreach, Peace Poster	\$ 914.00
Team Sheehan Foundation	\$ 1,712.00
Special Olympics	\$ 804.00
True Friends	\$ 1,551.22
Youth Exchange/Camp Spicer	\$ 684.00
Childhood Cancer	\$ 1,576.00
Tuck Them In	\$ 1,000.00
Sub total	<hr/> <u>\$ 42,616.30</u>
Tail Twisting	\$ 225.03
Raffle Room	\$ 1,357.00
Total this year	<hr/> <u>\$ 44,198.33</u>
Newsletter	\$ 330.00
	<hr/> <u><u>\$ 44,528.33</u></u>

MD5M GLOBAL LEADERSHIP TEAM NEEDS YOU!

The position of Global Leadership Team Multiple District Coordinator is open beginning July 1, 2024.

Attributes of a GLT Coordinator

Passion for Lions

Leads by Example

Motivator

Encourages Diversity

Effective Communicator

Ability to Mentor Others

Recommended graduate of FDI, LCIP Certified or a participant of an ALLI

Recruitment Period
January 1 - 31, 2024

Send a Resume and Letter of Recommendation to:
executivesecretary@lionsmd5m.org

For more information please visit the LCI website for the GLT Coordinator roles and responsibilities at: https://cdn2.webdamdb.com/md_YL1xSzh4U8n5.jpg.pdf?v=1



MD5M GLOBAL ACTION TEAM NEEDS YOU!

The position of Global Extension Team Multiple District Coordinator is open.

Attributes of a GET Coordinator

Passion for Lions

Committed to Mission 1.5

Motivator, Trainer & Collaborator

Understands New Club Development

Ability to Mentor Others

Technology Savvy



Mission 1.5 is well underway and to support our Districts GETs, filling the MD GET position is one step toward achieving our membership goals. Are you ready to join the MD GET? If so, please send a resume to executivesecretary@lionsmd5m.org.



For more information please visit the LCI website for the GET Coordinator roles and responsibilities at: https://cdn2.webdamdb.com/md_YL1xSzh4U8n5.jpg.pdf?v=1



One Hundred Service Ideas



Diabetes

1. Organize a "Strides: Lions for Diabetes Awareness" event.
2. Organize a community support group for parents of children with diabetes.
3. Volunteer to serve at a children's diabetes camp.
4. Invite a healthcare professional to speak about diabetes at your club or district meeting.
5. Partner with local healthcare providers to organize diabetes & vision screenings.
6. Distribute educational resources to increase diabetes awareness at a community health fair.
7. Organize a walking club for seniors with diabetes.
8. Provide a diabetes magazine subscription to your local library.
9. Sponsor a child in need to attend diabetes camp.
10. Donate diabetes books to your library with a bookplate to identify your club's donation.
11. Work with your local school to invite a health care professional to speak about diabetes.
12. Post monthly articles about diabetes on your club or district website.
13. Promote diabetes prevention through a radio public service announcement.
14. Sponsor a healthy cooking demonstration for people with diabetes.
15. Organize a school or community vegetable garden to encourage healthy eating.
16. Work with a community podiatrist or foot care specialist to provide foot screenings.
17. Partner with your local diabetes organization to offer programs & materials.
18. Promote community resources and online materials from LCI partners NDEP, DECA & IDF.
19. Promote the importance of an annual dilated eye exam to detect diabetic eye disease.
20. Provide educational materials to schools & physician offices.

Environment

21. Plant trees with the advice of a local environment organization on the best locations and varieties.
22. Clean up a beach, community space or roadside area monthly as a club.
23. Hold an environment-themed photo contest at a school. Plant a tree or another green form of recognition to honor the winner.
24. Challenge all Lions in your club or district to add one green habit to their daily lives.

25. Recognize a local organization or community leader for environmental conservation work.
26. Volunteer with your local park service to maintain trails. Help more people access and enjoy nature!
27. Commit to "Meatless Mondays" or not eating meat one day each week.
28. Collect used cellphones and donate them to individuals in need.
29. Lead an after-school nature walk.
30. Survey homes and community areas for leaks in sinks, communal spigots or water fountains. Contact relevant officials for repairs.
31. Work with city officials to paint "no dumping" signs near road drainage areas.
32. Identify where to recycle toxic items and share the collection schedule.
33. Organize a mural competition to promote environmental awareness. Paint the mural in a prominent community location.
34. Implement a recycling drive where people donate gently-used items to charity organizations.
35. Develop a demonstration garden or landscaping plot using native plant species to restore the habitat and conserve water.
36. Sponsor a training program for farmers on how to make and use organic fertilizers and pesticides.
37. Produce a monthly nature program on a local public radio station.
38. Partner with a local carpenter to build rain barrels. Hold a training session with community members to promote using them for watering and irrigation.
39. Organize an alternative transportation incentive program to encourage walking, biking, public transportation and carpooling.
40. Establish a school garden and composting program to improve school meals & reduce waste.

Hunger

41. Volunteer to deliver prepared meals to those who are elderly or visually impaired.
42. Organize a program at a local school to provide healthy, nutritious meals.
43. Prepare food baskets for families in need.
44. Volunteer at a soup kitchen or homeless shelter.
45. Take families in need shopping for fruits and vegetables.
46. Organize an event to benefit a food bank in your community; use cans of food as admission.
47. Hold a hunger walk and use proceeds to buy food for a children's center or a homeless shelter.
48. Create a cookbook of inexpensive, easy recipes.

49. Create healthy snack packages to be distributed to children in need.
50. Partner with local restaurants or food markets to deliver donations to a shelter.
51. Start a food co-operative to serve as a resource for healthy food at a more affordable price.
52. Collect infant formula and baby food for an organization serving young mothers at risk.
53. Work with healthcare professionals to provide free classes on nutrition & food preparation.
54. Provide fruits and vegetables as a healthy snack for children in childcare facilities.
55. Provide transportation for those who are elderly or visually impaired so they can shop for food.
56. Teach children to bake a loaf of bread they can take home to their family.
57. Invite a local food bank representative to speak at a club or district meeting.
58. Provide needy children with backpacks supplied with food for when school is not in session.
59. Host a picnic or BBQ at a park for the community.
60. Establish a community vegetable garden where local residents can grow their own food.

Vision

61. Organize a braille, large print and audio book collection to benefit a library or senior center.
62. Volunteer to create audio recordings of books & periodicals.
63. Work with local eye care professionals to provide community vision screenings.
64. Sponsor a World Sight Day event.
65. Sponsor visually impaired students through camps, contests or other activities.
66. Create a community arts program for children and adults who are blind or visually impaired.
67. Collaborate with an eye bank to promote the importance of corneal donations.
68. Develop a directory of community resources and services for those who are visually impaired.
69. Volunteer at a visual rehabilitation or vocational training center.
70. Organize an inclusive sporting event for children with and without visual impairment.
71. Host a fundraiser to purchase and donate white canes for those who are blind.
72. Work with local employers to develop an employee vision screening program.
73. Develop a discount voucher program with optical shops for underserved populations.
74. Design a transportation program for those who are blind or have low vision.

One Hundred Service Ideas



75. Host a "Beep Baseball" game or tournament.
76. Support a guide dog training program through fundraising or voluntary labor.
77. Develop an assistive technology library so people can access resources as their needs change.
78. Create a sensory garden that engages the senses of touch, smell, hearing & taste. Provide braille or audio recordings of signage.
79. Partner with a school for the blind to support assistive technology & maintenance needs.
80. Partner with an orientation and mobility specialist to provide ongoing support to teachers and employers of inclusive classrooms/workplaces.

Childhood Cancer

81. Provide craft materials, puzzles, books & games to children receiving treatment.
82. Prepare meals for families with children undergoing treatment.
83. Donate gas, parking & food gift cards to families in need or a childhood cancer center.
84. Provide cancer support books and magazines to your local school.
85. Write cards full of well-wishes and share them with a local cancer center.
86. Make or buy new hats, caps, head scarves and blankets to donate to children's cancer centers.
87. Coordinate travel arrangements to and from treatments for a family of a child with cancer.
88. Provide tutoring services to children with cancer and their siblings.
89. Organize a childhood cancer camp or sponsor a child to attend one.
90. Volunteer to assist a family in sharing their story through photography.
91. Sponsor an activity day for children with cancer.
92. Raise awareness through radio public service announcements or social media campaigns.
93. Provide children's entertainment at a hospital or treatment center for children with cancer.
94. Organize a weekend retreat for families with children in remission.
95. Remodel a children's cancer center.
96. Form a support group for those affected by childhood cancer.
97. Familiarize yourself with the bone marrow transplant registry.
98. Volunteer at a housing facility serving children with cancer.
99. Assist at camps for children with special needs.
100. Host a wellness and nutrition day advocating healthy living habits for young people.

Newsletters are available 13 months back at:

e-district.org/sites/5m3/

<p>Vesta Lions 1st Mon; 6:30 p.m. Vesta Café Lion Jim Penske, Pres.</p>	<p>Springfield Area Lions 2nd Thurs; 6:30 pm American Legion Lion Gilbert Anderson, Pres.</p>	<p>Sleepy Eye Lions 1st Tues; 6:05 p.m. Sleepy Eye Golf Club Lion Blair Folkens, Pres.</p>	<p>Jackson Lions 2nd Mon; 6:15 pm Jackson Golf Course Lion Mark Walter, Pres.</p>	<p>Tracy Lions 2nd Mon; 6:30 p.m. The Caboose Lion Dennis Fultz, Pres.</p>
<p>Westbrook Lions 1st Wed; 8 p.m. Senior Center Lion John Madson, Pres.</p>	<p>Redwood Falls Lions 1 & 3 Mon; 6:00 p.m. VFW-Redwood Falls Lion Chad Johnson, Pres.</p>	<p>Luverne Lions 2nd Mon; 6 p.m. Pizza Ranch Lion Lois Mulder, Pres.</p>	<p>Wabasso Lions 3rd Wed; 6:00 pm Community Center Lion Mike Eichten, Pres.</p>	
<p>Tyler Lions 4th Wed; 7:30 p.m. Kronborg Inn 101 Hwy 14 Tyler Lion Ted Kern, Pres.</p>		<p>Comfrey Lions 2nd Mon; 6:00 p.m. Comfrey Comm Ctr Lion Linda Wallin, Pres.</p>		<p>Morgan Lions 4th Mon; 6:30 p.m. Lions Community Ctr Lion Cheryl Gewerth, Pres.</p>
<p>Windom Lions 2 & 4 Wed; 6:30 p.m. Jack Slades Lion Eric Haken, Pres.</p>	<p>Bringing the District news to you with NEW FEE! If your Club is not listed, be sure to send in \$25.00 to District Treasurer, Denise Nelson 405 S St, Morgan MN 56266. Memo line: Newsletter Sponsor.</p>			

5M3 Lions Clubs Sponsor Page



<p>Lions of New Ulm 1 & 2 Thurs; 6 p.m. Turner Hall Lion Bob Schirlinger, Pres.</p>	<p>Granite Falls Lions 1 & 3 Mon; 6:30 p.m. Trolley's Bar & Grill Lion Amy Richter, Pres.</p>	<p>Jasper Lions 3rd Mon; 6 p.m. Stonewall Bar & Grill Lion Tim Houg, Pres.</p>		<p>Marshall Lions 2 & 4 Tues; 6 pm Wooden Nickel (2nd Tues only) Lion Jackie Meyer, Pres.</p>
	<p>Truman Lions 6:00 pm 1st Mon; Jan-May and Oct-Nov 2nd Mon Church of Christ Lion Lynn Brownlee, Pres.</p>	<p>Fairmont Lions 3rd Mon; 6 p.m. Pizza Ranch Lion Jim Davison, Pres.</p>	<p>Lucan Lions 2nd Thur; 7 p.m. Knotts Corner Lion Jeffrey Turbes, Pres.</p>	
<p>Sherburn Lions 2 & 4 Mon; 7 p.m. Sherburn Legion Lion Doug Rosenberg, Pres.</p>		<p>Jeffers Community Lions 1st Thurs; 6:30 p.m. Jeffers City Hall Lion Susan Goeman, Pres.</p>		<p>Lakefield Lions 1st Mon; 6:30 p.m. Multi-Purpose Bldg Lion Joel Poppe, Pres.</p>
<p>St James Lions 1st Mon; 6:00 pm Eagles Club #320 701 1st Ave S St. James Lion Stephen Ferazzano II Pres.</p>	<p>Hadley Lions 4th Wed; 6:30 p.m. Hadley Community Ctr Lion Robyn Moger, Pres.</p>		<p>Canby Lions 2nd Mon; 6:30 p.m. PK Egan's Lion Gene Bies, Pres.</p>	<p>Fulda Lions 3rd Mon; 6:30 p.m. Fulda Sr Citizens Ctr Lion Michael Schaffer, Pres.</p>