



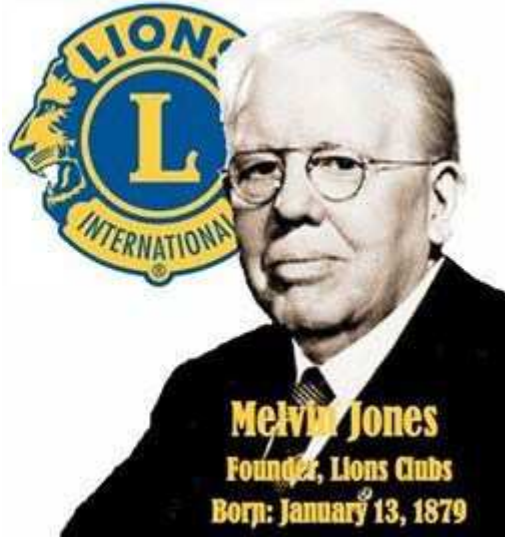
5M3 Lions Den

January 2021
Edition 12 Volume 6

www.lionsclubs.org

www.e-district.org/sites/5m3/

Lions Den District 5M3



January 11-18 NATIONAL LCIF WEEK

VISION



We are a world leader in the effort to prevent avoidable blindness, and we're diligently working with Lions clubs and local partners to help provide the local capacity building, training, medications and treatment needed for those with eye diseases and to provide disability rehabilitation and education for all.



DIABETES

We are providing support to help Lions educate the public and establish programs around one of our new global focus areas: diabetes.



HUNGER

We help provide healthy meals for the hungry and work to establish strategies and greater capacity for communities in which food is scarce.

HUMANITARIAN

Lions take action in their communities, working face-to-face with the people they serve. We support the wide variety of humanitarian efforts implemented and coordinated by Lions and give grants to increase their scale and effectiveness.



**Lions Clubs International
FOUNDATION**

Happy Birthday Melvin Jones!



CHILDHOOD CANCER

Across the globe, too many children are being affected by cancer. We're helping Lions establish programs and provide greater service and access to care for those diagnosed—giving hope to them and their families.



ENVIRONMENT

We are working with Lions to preserve our planet, knowing that the health of our local communities and environments affects us all. Our goal is to help establish a sustainable future for generations to come.

YOUTH

We are committed to providing youth and young adults with opportunities to succeed. The Lions Quest program provides young people and their educators with tools to make positive choices, resist drugs and alcohol, learn through service and become healthy young men and women.

District Governor:

Lion David Janssen
105 Swanson Dr
Sherburn MN 56171
davidjanssen1947@hotmail.com

1st VDGE:

Lion Gordon Mulder
1631 175th St
Luverne MN 56156
gordonmulder@yahoo.com

Secretary:

Lion Diana Kuehl
141 Second Ave
Jackson MN 56143
507-847-3126
DianaKuehl5@gmail.com

Treasurer/Dist Admin.:

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

Newsletter Submissions:

lion5m3@hotmail.com

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5M3 District Governor

~David Janssen~

Greetings Lions of 5M3

We are at the end of 2020 and everyone is glad to put the year to rest. There have been tough times for all the Lions Clubs in District 5M3. A couple of the clubs have disbanded in the last couple of months. The Walnut Grove Lions and Hills Lions have decided to turn in their charter. Something we hate to see is a club shut down, after all the great work they did for their communities and surrounding area.

Activities have slowed some in Lions projects and the meetings that are taking place. Some clubs are meeting under social distancing and masks. Some Lions Clubs are doing projects and fundraisers and getting along very well. I have said before it is up to the individual club how they want to handle the Corona virus. We wish the best for everyone and to stay healthy.

The Mid-Winter Convention meeting was held this week and it went very well. Discussion was held and the committee decided to go with a Virtual Convention that will be taking place on Saturday February 20 starting at 9am. A link will be sent out in the newsletter and it also will be sent to the Lion's Club President's and Secretary's. The committee thought it would be the best thing to do for the best interest of 5M3. A decision had to be made and that looks like the best way to go. Let's hope for nice turnout for the first virtual convention for 5M3. This will be different way to do the convention, so there might a few technical glitches. If we have patience, we can make it through.

There will be a cabinet meeting on Friday February 19 at 7 pm. A link will be sent to the cabinet members that are involved in the meeting.

Here is agenda. It could change:

1. Business "Go-to-Meeting" Saturday Morning 9 till 12 (noon)
2. Schedule
 - a. Pledge
 - b. Opening Remarks by DG David
 - c. ID Billy Blankenship (15-20 Minutes)
 - d. Business Meeting
 - I. Election of Officers
 - II. Convention Bids 2023
 - III. Other
 - e. Awards
 - f. Closing
 - I. Handing the Gavel to DGE Gordon (Symbolic over the meeting)
 - G. Adjournment DGE Gordon

Due to low registration numbers, 14 out of 72 slots filled, and the continuing impact of COVID-19 we will be postponing the Regional Lions Leadership Institute (RLLI) scheduled to be held on March 18-21, 2021. RLLI will be moved to a date to be determined in the Fall of 2021. Please notify your Lions who have registered of this change.

Still looking for a 1st Vice District Governor. It would be nice if someone would step forward to fill this position. If interested, contact DG David at 507-236-2480. Looking back at a few of the clubs I have visited with, the fun part is meeting the members and seeing how their Lions Clubs operate and some the activities that they are doing. A lot of Lions Clubs have done great work during the Covid crisis, with drive up fundraisers and food drives.

Also, we are now looking for the 2nd Vice District Governor. We have two spots to be filled for the upcoming year. We are looking for someone to be on the MN Lions Diabetes Foundation Board. This position could be filled as soon as possible. If someone would step forward it would be really nice.

KidSight screening is taking place in the district. There are new guidelines that need to be followed and they are on the KidSight website. For more information contact Chairperson Cindy LaBrie and she will answer your questions.

I would like to thank the zone chairs for getting in touch with the Lions Clubs that are in their zone. It is interesting to see what some of the clubs have been doing during this time of the Covid 19 Virus. Meetings are not taking place, but clubs are still doing some activities which is great to see. Read about what the clubs are doing and maybe in the near future things can start up again.

101st Annual MD5M Lions Convention will take place at Mayo Clinic Health System Event center in Mankato Mn. The dates are April 30, May 1-2. If you haven't been to a Multiple Convention, here is your chance to attend one that is very close this year. More details for the MD5M Lions Convention will be in the next newsletter.

This is all I have for now and we hope in the next month or so Lions meetings and service projects will start happening again. Tune into the MID-WINTER CONVENTION that will be held on Saturday, Feb. 20 at 9:00 am. ID BILLY BLANKENSHIP will be speaking at the convention about membership and leadership and it should be a very good presentation. The business meeting will be after the International Director. We will miss not being together as Family and Friends but we will make the best of the situation. Have a good week. Ask someone to be a LION.

Peace Posters Contest Winners 2020

- | | |
|-----------------------|--------------------|
| 1. Piper Kapolczynski | New Ulm Lions Club |
| | New Ulm Mn. |
| 2. Deanna Crowley | Hadley Lions Club |
| | Slayton Mn. |
| 3. Allie Adams | Tracy Lions Club |
| | Balaton Mn. |
| 4. Natalie Illg | Tracy Lions Club |
| | Garvin Mn. |

BRINGING GROWTH TO LIONS
DG DAVID J.



1st Vice District Governor

~Gordon Mulder~

From the desk of 1VDG Gordon Mulder, a look back, a look forward.

Covid still seems to have a virtual strangle hold on everything, and yet our help is needed more than ever. Despite the challenges of staying home and trying to stay healthy, Lions have continued to help their communities. Some clubs have had drive-by sub sales, or roast beef dinners. Sometimes it is a fund raiser, sometimes drive-by is a service project. Our own club has helped pack food boxes for the local food shelf.

LCIF Campaign 100 is still going strong. Campaign 100 has about 18 months left in its' major fundraiser. The need is great. Diseases like childhood cancer and diabetes continue to devour peoples lives. Research on treatment and for cures goes on. Disaster relief for natural disasters seems to be never ending. The environment still needs cleaning and protecting. Hurting and hungry people still need help. The club donations and your personal donations are most welcome and needed. Donations given to your club treasurer will be forwarded to the district treasurer, which will then be forwarded onto LCIF. Donations will enable LCIF to make more grants possible, and they will count for your own club Melvin Jones award.

Covid-19 vaccines are coming, ever so slowly. Too slow for those who have already had it, and not fast enough for those waiting and wanting not to get it. Strange disease. Some people get it, some do not. Some are affected a little, some are affected a lot. Some people get over it, some people die from it. The long term effects remain to be seen. Happy New Year and in this coming year, may your 'good wolf' be well fed.

Remember, it is a 'Good day to be a Lion! Serve with pride, with the Lion Pride.'

Lion Gordon Mulder

IMPORTANT INFORMATION!!

5M3 Mid-Winter Convention

“VIRTUAL”

(Go to Meeting)

Greetings Lions of 5M3. We are planning a “Virtual” Mid-Winter Convention this year due to COVID restrictions and issues.... Please note the “link” below to sign in for the convention. Every Club should designate who they plan to have on the meeting as voting delegates. A roll call will be taken to identify delegates. Also, please note that if you do not have a computer or a camera on your computer you can call in via your phone to participate. The convention is scheduled for Saturday February 20th from 9:00 am till noon, or unless we finish earlier. Our ID will be scheduled to speak during this time so you will want to hear what he has to say from LCI. Please watch for additional information in the newsletter as we get closer to the convention date. If you have any questions or need the link, please give DG Dave or me a call. Looking forward to seeing everyone during the convention.

IPDG Don

5M3 Mid Winter Convention
Sat, Feb 20, 2021 9:00 AM - 12:00 PM (CST)

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/858069245>

You can also dial in using your phone.

United States: [+1 \(571\) 317-3116](tel:+15713173116)

Access Code: 858-069-245

More phone numbers:

Canada: [+1 \(647\) 497-9373](tel:+16474979373)

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/858069245>



5M3 District 2021

Mid Winter Convention

**BRINGING
GROWTH
TO LIONS!**



Friday, February 19, 2021

7:00-8:30 p.m. Go-To Cabinet Meeting

Saturday, February 20, 2021

Go-To-Meeting

(see previous page for instructions)

9:00 a.m.-12:00 p.m.

Call Mid-Winter "Virtual" Convention to Order	DG David Janssen
Pledge	DG David Janssen
Opening Remarks	DG David Janssen
ID Comments	ID Billy Blankenship
Presentation of Deceased Members 2019/2020	PDG Wayne Radloff
Business Meeting	
Roll Call of Members Present and Voting Delegates	Lion Diana Kuehl, Secretary
Secretary's Report/Minutes from Last Convention	Lion Diana Kuehl, Secretary
Treasurer's Report	Lion Denise Nelson, Treasurer
Election of Officers	DG David Janssen
Convention Bids 2023	IPDG Don Kuehl
Parade of Green Report	Lion Denise Nelson, Treasurer
Awards	
Peace Poster	Lion Deb Rasset
IPDG Awards	IPDG Don Kuehl
ID Awards	ID Billy Blankenship and DG David Janssen
ID Gifts	DG David Janssen
Ceremonial Presentation of Gavel to DGE Gordon	DG David Janssen
Closing Comments and Adjournment	DGE Gordon Mulder



**BILLY J. (B.J.) BLANKENSHIP
INTERNATIONAL DIRECTOR**

Billy J. (B.J.) Blankenship, from Lafayette, Tennessee, USA was elected to serve as international director of Lions Clubs International at the association's 101st International Convention, held in Las Vegas, Nevada, USA, June 29 through July 3, 2018.

Director Blankenship is currently a member of the Macon County Board of Education – Transportation Department. He is a retired Tennessee Army National Guardsman having last held the position of Maintenance Control Sergeant.

He has been a part of the Lafayette Lions Club since 1994 and has held many positions within the association including district governor and district GLT coordinator. He has also served as LCIF multiple district coordinator, district leadership development chairperson and multiple district GMT coordinator. Director Blankenship has also served as Sergeant-at-Arms at International convention from 2015-2017.

In recognition of his service he has been awarded three International President's Awards, an International President's Leadership Award and nine International President's Certificates of Achievement. He is also a recipient of the association's highest recognition, the Ambassador of Good Will award.

Director Blankenship is a Progressive Melvin Jones Fellow. His wife, Carolyn G. Blankenship, is Melvin Jones Fellow and longtime Lion.



5M3 Past District Governors

Don Kuehl (Diana)	2019-2020
Richard Kelly	2018-2019
Dan Jones (Terri)	2017-2018
Larry Muenchow (Sue)	2016-2017
Steve Collins (Rae)	2015-2016
David Laechel (Lynda)	2014-2015
John Myers (Connie)	2013-2014
LeRoy Levorson (Mary Jo)	2012-2013
Vickie Radloff (Wayne)	2011-2012
Wayne Radloff (Vickie)	2010-2011
Mike Appel (Cheri)	2009-2010
Dan Snobl (Mary)	2008-2009
Virginia Spicer (Eugene)	2007-2008
Darwin Raddatz (Marie)	2006-2007
Daryl 'Barney' Olson (Ann Marie)	2005-2006
Bob Thoma (Sally)	2004-2005
Steve Swantz (Shirley)	2003-2004
Allen Struck (Karen)	2002-2003
Terry Hughes (Jeff)	2001-2002
Raymond Herman (Lola)	2000-2001
Harold Wohlford (Joanne)	1999-2000
Rodger Bosshart (Eunice)	1998-1999
Darlys Paxton (Doug)	1997-1998
Doug Paxton (Daryl)	1996-1997
Robert Maras	1995-1996
Marcel Reisch (Ilene)	1994-1995
E J Honetschlager (Irene)	1993-1994
John 'Jeff' Hughes (Terry)	1992-1993
James Krueger (Coralee)	1991-1992
Alson D Husfeldt (Arlys)	1990-1991
Thomas L Scott (Carol)	1989-1990
Daryl J Faragher (Dorothy)	1988-1989
Alvern Nelson (LaVonne)	1987-1988
Mervin Nosbush (Shirley)	1986-1987
Larry Ludtke (Carol)	1985-1986
Martin Aaser (Dorothy)	1984-1985
Richard Herman (Clarice)	1983-1984
Curtis Frazier	1982-1983
Henry Medill (Mable)	1981-1982
Erwin Wieben (Kay)	1980-1981

2021 5M3 Peace Poster Winner

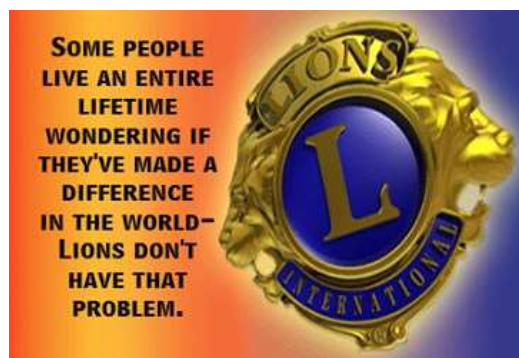


Piper Kapolczynski
of New Ulm



Thank you to every member of District 5M3 Lions Clubs.

- | | |
|-------------------|------------------|
| Canby | Madelia |
| Clarkfield | Milroy |
| Comfrey | Morgan |
| Echo | Mountain Lake |
| Fairmont | New Ulm |
| Fulda | Pipestone |
| Granite Falls | Redwood Falls |
| Hadley | Sherburn |
| Hills | Sleepy Eye |
| Jackson | Springfield Area |
| Jasper | St. James |
| Jeffers Community | Tracy |
| Lake Benton | Truman |
| Lake Wilson | Tyler |
| Lakefield | Vesta |
| Lamberton | Wabasso |
| Lucan | Walnut Grove |
| Luverne | Westbrook |
| Marshall | Windom |



HELP WANTED!!



2nd VICE DIST GOVERNOR FOR 5M3

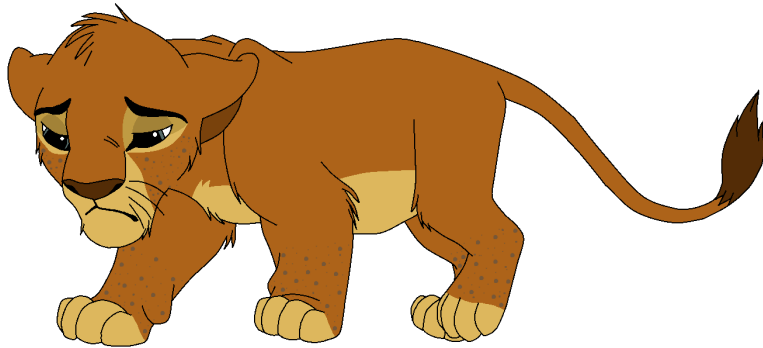
WE ALSO NEED CHAIRS FOR:

- DIABETES FOUNDATION
- INTERNATIONAL EXCHANGE
- PUBLIC RELATIONS
- SPECIAL OLYMPICS



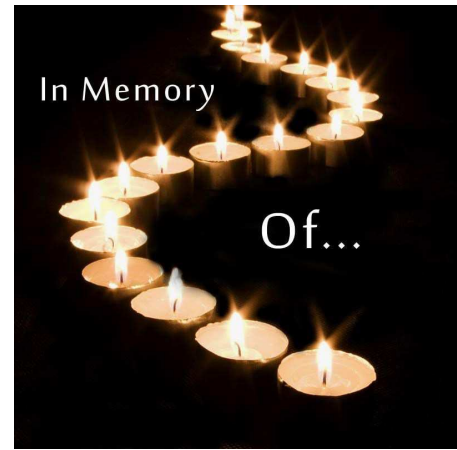
CONTACT DG DAVID IF INTERESTED.
davidjanssen1947@hotmail.com
507-236-2480

PEACE POSTER KITS GO ON SALE JANUARY 15



Hills Lions Club

Thank you for your
25 years of service



Have any of your club members passed away since February 2020's Mid Winter Convention? If so, Please send a photo of the deceased member along with their name, club name and a paragraph of information about the member to **PDG Wayne Radloff** with names: Wayne.radloff@yahoo.com

5M3 MEMORIAL SERVICE LIST

- Lion Irv Johnson—Fairmont Lions Club
- Lion William "Bill" Christianson—Fairmont Lions Club
- Lion Lloyd Duane Bennett—Hadley Lions Club
- Lion Arnold "Arnie" Callsen—Jasper Lions Club
- Lion Bill Madetzke—Jasper Lions Club
- Lion Bill Vollbrecht—Morgan Lions Club

MEMBERSHIP UPDATE

Oct 31, 2019.....1,125

Nov 30, 2020.....1,085

YTD Members Added: 8 YTD

Members Dropped: ... -36 YTD

Net Loss/Gain: -28

37 clubs

Retention is the key to keeping your membership numbers. You cannot run your programs without your members. Talk to them, see what keeps them and what makes them leave. Meet their needs.



Twelfth Annual Minnesota Lions Diabetes Research Update

Hosted by the University of Minnesota Foundation and Minnesota Lions Diabetes Foundation, Inc.

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

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

**Thursday, March 18, 2021
6 to 6:45 p.m.**

RSVP online at www.rsvp.umn.edu/Lions2021

Faculty Research Presentations:

- **David Bernlohr, Ph.D.**, *Targeting Adipose Tissue to Treat Type 2 Diabetes*
- **Brian Fife, Ph.D.**, *Curing Diabetes by Stopping the Immune System*
- **Michael Garwood, Ph.D. and Paul Wang, M.D./Ph.D. candidate**, *Desktop MRI Oxygen Scanner for Assessing Islet Oxygenation in the Bioartificial Pancreas*
- **Bernhard Hering, M.D.**, *Transplants of Insulin-Secreting Islet Cells Without Anti-Rejection Drugs*
- **Steve Koester, Ph.D.**, *A Novel Breath Sensing Device for Early Detection of Diabetic Ketoacidosis*

Please contact Caitlin Ochtera at ochte001@umn.edu with any questions.

You will receive an email confirmation, including a link to the virtual gathering, prior to the webinar.

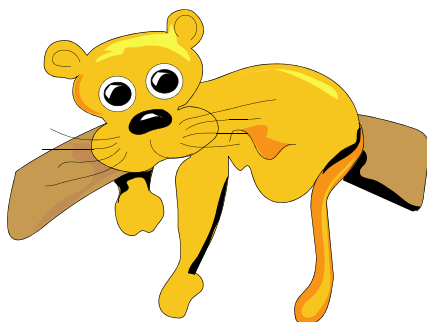


HALL OF FAME NOMINEES NEEDED

DEADLINE: JAN. 20, 2021

SEND APPLICATION AND FEE TO:

DG David Janssen
105 Swanson Dr
Sherburn MN 56171



LOOKING TO DO GUIDING LIONS TRAINING

Guiding Lions Training is helping clubs be successful and help clubs with:

1. Low membership
2. Improve their clubs
3. Motivate and support club growth
4. Club development
5. Locate resources available to assist the club.

Please let GLT Wayne or DG David know if you are interested in this training. We will set this up as go-to meeting or do it in person and see what the interest is in what the members want.



LITPC YOUTH SCHOLARSHIP INFORMATION



The Lions International Trading Pin Club (LITPC) has announced for the 2020-2021 school year that there will be 3 US \$2,500 scholarships awarded. Graduating Leos OR graduating sons/daughters, grandsons/granddaughters of Lions or Lioness are eligible to apply for the LITPC Youth Scholarship. The LITPC goal is to help our future leaders and give students a financial helping hand. This program started in 2012. Recipients have been from Georgia, Iowa, Louisiana, Minnesota (2), New York (2), Ohio (3), Oklahoma (2), Pennsylvania (2) and Virginia (3). The 2021 recipients will be announced at the LITPC Pin Traders Annual Breakfast in June, 2021.

Selection of the scholarship recipients will be based on academic achievement, an essay stating the student's goals, a statement of reason(s) for applying and an overview of work, community and school service, and letters of recommendation.

The current forms for the scholarships are available on line at www.litpc.org In the right column, **click on LITPC Scholarship Information**. Then **click on Scholarship Application Form**. Please follow the instructions, fill out **ALL** the forms neatly and correctly which includes the 4 essay questions (in 350 words or less) and the question about scholarships that you have been offered along with submitting a certified copy of your high school transcript including activities. Plus you also need to attach recommendations from 2 persons (i.e. teacher, coach, clergy, employer, etc.) **AND** attach a recommendation letter from a Lions Club member indicating the name of the Club and state/province and country in which the Club is located.

ALL forms and letters are to be submitted by **MARCH 1, 2021** to:

Lion Bill Guthrie, Scholarship Chairman bmguthrie9@q.com #763-786-8072

You can either email me your application OR call me and I will give you my mailing address. Thank You and Good Luck to all!!

The LITPC takes great pride in fulfilling the motto of Lions Clubs International,

"WE SERVE"

IMPORTANT INFORMATION!!

Calling all Club Presidents!

This is your opportunity to nominate and award your members for their service in your community, District, and Multiple District. Here are some awards that you should be considering: Melvin Jones Fellowship, one award for each donation of \$1000 to LCIF. Plus if anyone already has a MJF, they are eligible for a Progressive Melvin Jones Fellowship. Any questions let DG David Janssen know or call our District LCIF chair, 1VDG Gordon Mulder.

Next, is the Al Jensen Leadership Award. (page 10-11) Each District Governor can nominate one Lion who has been a member for five years or more and has served at the District or Multiple District level. This nomination has to be submitted no later than March 1st of each year. For award criteria see the MD5M website or give me a call.

MD5M Hall of Fame Award. (see following page) Each District can award one Hall of Fame Award at the MD5M convention each year. This award honors those Lions who have demonstrated the highest level of commitment and dedication to the efforts of their club, district, or multiple district and the motto of our association, "We Serve". Nominees must be a member in good standing for at least 15 years and must be at least two years removed from the Council of Governors if a PDG. A candidate can be nominated by any Lion, or Lions Club. This nomination must be received by the District Governor at least 30 days prior to the Districts Mid-Winter Convention. Nominations will be voted on at the Mid-Winter Convention each year. A \$150 check is needed with the application to cover the cost of the award.

Club Sponsor Page

If your Club is not listed on the sponsor page, be sure to send in your \$40.00 to District Treasurer, Denise Nelson at 405 S St, Morgan MN 56266. Memo line: Newsletter Sponsor. NOTE: Clubs can sponsor more than one time!

Hall of Fame

Purpose

To honor those Lion and Lioness members of character and substance who have demonstrated the highest level of commitment and dedication to the efforts of their club, district or multiple district and the motto of our association, "We Serve."

Award

There shall be a maximum of one (1) recipient of the MD5M Hall of Fame Award per district, inducted into the MD5M Hall of Fame each year. The award may be presented posthumously. The MD5M Hall of Fame award recipients are to be inducted into the Hall of Fame at the annual MD5M Multiple District Convention during the Saturday noon luncheon. MD5M Hall of Fame recipients shall receive a MD5M Hall of Fame award plaque and a Hall of Fame lapel pin in recognition of their induction in the MD5M Hall of Fame. In addition, a complete listing of all MD5M Hall of Fame recipients shall appear in the annual MD5M

directory and a perpetual plaque, with the names of all inductees and the year of their induction inscribed thereon, shall be kept in a prominent place in the MD5M office, when available. The presentation of the MD5M Hall of Fame inductees shall be the responsibility of the current International Director from MD5M, if there is one and he/she is in attendance at the MD5M

Multiple District Convention. If not, then the most recent Past International Director having served from MD5M in attendance at the MD5M Multiple District Convention.

Criteria

A candidate may be a Lion or Lioness, must have been a member in good standing for at least 15 years, be at least two (2) years removed from the Council of Governors if a PDG, should have qualifications above and beyond the call of duty including social and human endeavors, and he/she should be of good moral character and have a good reputation in his/her community. A nominee must be a member in good standing of a Lions or Lioness Club, or must have been a member in good standing of a Lions or Lioness Club at the time of their death.

Process

A candidate may be sponsored by any Lion, Lioness, Lions Club, Lioness Club, Zone, or District. There shall be a nomination fee of \$150.00 per each candidate nominated. The nomination fee shall be returned to those sponsors whose candidates are not elected for induction into the MD5M Hall of Fame. The nomination fee for those selected for induction shall be sent to MD5M and shall be used to offset the cost of the award process, plaques and pin. Nominations, including the nomination fee, ***must be received by the District Governor at least 30 days prior to the District's Midwinter Convention.***

Each individual District shall annually hold an election at their Midwinter Convention to determine the candidate(s), if any, to be inducted into the Hall of Fame for that Lion Year. Each sponsor shall have an opportunity to give a brief presentation on the merits and biographical information of their nominee prior to the election. Those elected to be inducted into the MD5M Hall of Fame shall not be publicly announced until their induction at the MD5M Multiple District Convention.

All nominations shall use the standard form, no others shall be accepted. The nomination fee must be received at the time the application is received, otherwise the nomination shall not be considered. All successful candidates shall be inducted into the MD5M Hall of Fame at the next MD5M Multiple District Convention. The sponsor(s) and the respective District Governor shall ensure that the honoree or a suitable representative shall be in attendance at the MD5M Multiple District Convention Saturday Luncheon when the honorees are inducted. A brief biography of each inductee shall be announced to those in attendance during the induction ceremony at the annual MD5M Multiple District Convention.

MD5M Hall of Fame Nomination

District _____ Date _____

Nominee: _____

Name _____

Address _____

Club _____

Sponsor: _____

Name _____

Address _____

Phone _____

Club _____

Nominee's Biographical Information (Lions, Community Service, Family, Work – length of service, positions/offices held, committees, service projects, and awards. (Attach an additional sheet of paper if more room is needed.

Why is this person being nominated for the MD5M Hall of Fame?

Nominations must be received by the respective District Governor at least 30 days prior to the

District's annual Midwinter Convention. A nomination fee of \$150.00 must accompany this

form. Only this official form shall be accepted and the nomination shall only be accepted if

accompanied by the nomination fee. The cost of attendance at the MD5M Convention and Saturday Luncheon shall be at the expense of the sponsor or the individual, not MD5M or the MD5M Convention Host Committee

Appendix 26.0
LION AL JENSEN LEADERSHIP AWARD
Selection Criteria

Selection Process:

1. One or two awards may be presented annually to Lions who have been members for five years or more.
2. The candidates' selection must be based only on contributions at a District or Multiple level.
2. Each District Governor shall annually nominate no more than one Lion to receive the award.
3. The nomination must be on the official nomination form, signed by the District Governor and submitted to the Council Chair each year no later than March 1.
4. Final selection of the award recipients shall be made by a committee of the seated Council Chair and the two previous Council Chairs.

Selection Criteria:

The award shall be presented to the most qualified Lions nominated for the award, based on the following criteria:

Leadership Characteristics:

1. **Vision...** The ability to see or seek out new ideas and new ways to advance the humanitarian service of Lionism.
2. **Creativity...** Can see new ways to solve problems and to provide humanitarian service. Willingly solicits new ideas from others and helps implement the ideas without worrying about who shall get credit.
2. **Courage...** Follows through on commitments or a project no matter how difficult it may be. Openly accepts feedback, both complementary and critical, and is able to use the feedback to improve the overall success of the work.
3. **Initiative...** Willing to step up and make things happen. Accepts assignments when asked and volunteers where needed. Makes things happen and gets things done.
4. **Unselfishness...** Contributes without expecting something in return. Is most interested in the success of the work and the recognition of those who contributed to the success. Finds satisfaction in the success of the work and the people served, not in the power base that may be gained.
5. **Teamwork...** Success in organizing a team, delegating work within the team, assuring that all members of the team are informed and committed, and follows through to make sure that the work of the team is successful. Also the ability to listen, take suggestions or directions, communicate, and work successfully as a member of a team.
6. **Effectiveness in leading others...** Motivates others to be part of a project/ piece of work, gives them clearly defined recognition when the project/work is completed.
7. **Best exemplifies the leadership qualities of Lion Al Jensen.**

Possible Areas of Leadership Accomplishments:

1. Leading and/or performing leadership development activities.
2. Projects
3. New clubs started
 - a. Lions
 - b. Leo
4. Membership growth
5. Saving or strengthening of weak Lions Clubs

Appendix 27.0

Lion Al Jensen Leadership Award Nomination

Candidate must have been a Lion for at least five years prior to nomination

(Please type or carefully print)

NAME: _____ DATE JOINED LIONS: __/__/__

DISTRICT: _____ CLUB: _____

OFFICES HELD (Club, District, Multiple District, please list all):

How does this candidate qualify for the Lion Al Jensen Leadership Award? (Please refer to the MD5M Policy Manual Appendix 24.0 for criteria)



Bringing you up to speed as to what is going on at CDC.

Jeff Johnson joined the Can Do Canines staff on December 1. While Al Peters spends this last month as executive director, Jeff is busy learning all there is to know about our organization. That includes building relationships with staff members, familiarizing himself with our history, and gaining an understanding of not only what we're about, but also what our industry is about. Jeff will begin as executive director on January 1, 2021.

Can Do Canines is continuing to train assistance dogs and certify new teams, despite having the facility closed to the public. A multitude of volunteers have stepped up to offer additional space in their home while the prisons have been under quarantine. We are now in the process of gradually and safely getting the prison programs back up and running. We have at least some dogs in three of the seven prisons again, with more dogs being returned to their inmate trainers in some of those same facilities soon. Make a note on your calendar for the Can Do Canines Fetching Ball Gala, Saturday, February 20, 2021. KARE 11's Rena Sarigianopoulos will serve as the Master of Ceremonies, and stand-up magician Derek Hughes will dazzle you with his performance.

Can Do Canines is working hard on all the elements of this exciting event, and honestly, we think you're going to be amazed to see what we're putting together. Check out more details on our website, www.can-do-canines.org/fetchingball. Upcoming dates include Thursday, January 14, at 7 p.m. and Saturday, February 6, at 11 a.m. Each presentation will be led by a Can Do Canines staff member and will include testimonials from an assistance dog team and a puppy raiser, a photo tour of the facility and more. Attendees will also have the chance to ask questions. Those wishing to participate in a Tails to Tell session can register either at tailstotell.can-do-canines.org, or by calling 763-331-3000, ext. 152. Registrants will then be sent a link for accessing the online event. More information and additional dates can be found at can-do-canines.org/tailstotell.

That 's it for this month. I am Wishing you all a Merry Christmas and a Happy New Year from all of us at Can-Do-Canines.

Can-Do-Canines chair

Lion Galen Engholm Cell 507-920-7129



2021 MD5M Convention

The 2021 MD5M Convention is just around the bend! District 5M-2 invites you to join the jamboree at the Mankato Event Center, Mankato, MN, April 30 through May 2nd, 2021.

Save the date, as District 5M-2 prepares for a weekend that is guaranteed to entertain you with festive music and inspire you with our speakers. District 5m-2 will also plan on a virtual convention as an alternative to unforeseen events.

More information on the hotels and registration form can be found on the 5M2 Lions Facebook page or at www.lionsmd5m.org. Registration and meal packages range from 0- \$130.00 per person. Information on the site will be updated periodically.

Along with all of the fun and festivities, a raffle room will be available and co-hosted by the MN Lions Childhood Cancer Foundation and the MN Lions Diabetes Foundation. There will be speakers from the University of MN on Childhood Cancer, Lions Gift of Sight, MN Lions Hearing Foundation, and a speaker from Leader Dogs.

In addition to the usual business happenings of the convention, service projects will be included. Your help is always appreciated in making Service Projects a success. The MD5M convention host committee plans to focus on a few projects of need. More information to come!

District 5M-2 hopes to see you at the Bend in the River III 2021 Convention!

Contact DG David Janssen to set up a visit with your club!

507-236-2480

Davidjanssen1947@hotmail.com

The district **Public Relations Kit** is available for clubs to use for special events and fundraisers. If your club would like to arrange to use a kit, please contact Lion Denise Nelson at 507-227-1712

dlnelson0714@hotmail.com



Above: "Presentation of a "Super Kena" book by Lion Jerry Amiot to Sheila Capistran, the Climax Branch Librarian, with the Lake Agassiz Library System based in Moorhead, Minnesota."

Greetings and Happy Holidays,

We are highlighting a lovely children's book, written by a Minnesota grandmother whose grandchild has hearing aids. She struggled with helping her to fit in but knowing that having a disability made her different. We are including a graphic of the cover of the book and a Word document that can be used however much you wish in your newsletter. We will include the total document information in this email as well in case you cannot open the Word document. It is a lovely book about children with many disabilities, not just hearing.

Thanks for your interest. If you have any stories in your district that you would like to share with others, please let us know.



Hearing Foundation Publicity Committee



About the Book



Click here for website:

[Super Kena](#)

Becky decided to write "Super Kena" when Kena was a toddler. She searched the internet to find a book about a child with hearing aids but they were hard to find. Most of the books had animals with hearing aids in them. So, she decided to write her own book for Kena and that's how *Super Kena – A Girl Made Fierce with Hearing Aids* came about! It's meant to empower children like Kena but also other differently-abled children who get teased and only want to fit in. The book touches on children with glasses, diabetes, who stutter, who have peanut allergies, with asthma and who are in wheelchairs. Together, they use their super powers to make a difference in the world by spreading understanding and acceptance . . . one classroom at a time.

Product Details:

Cost: Hardcover - \$14.95 plus tax
Ebook - \$2.99 plus tax

Description: 9"x 9" colorful hardcover book with heavy stock paper that make the book durable and child friendly; 32 pages of original illustrations with multicultural boys and girls; American Sign Language alphabet is included for children to learn and decipher a puzzle on the back cover.

Target Audience: *Super Kena – A Girl Made Fierce with Hearing Aids* is geared to children ages 4 to 8 years old. It would make a great ENT or Audiologist doctor's waiting room book, for anyone that knows some who's hard of hearing, or for differently-abled children that only want to be included and help others understand and accept them better.



The MN Lions Hearing Foundation partnering with Lions Clubs International Foundation enabled adding another hearing testing booth! Great Team work!



The Minnesota Lions Hearing Foundation gave \$200,000 to add a second hearing testing booth at the Lions Children's Hearing Clinic. Hearing Foundation Chair David Dominick and Vice Chair Bob Jechorek presented the final check to Dr. Jennifer Ward along with recognition plaques. We are thankful of Lions Clubs International Foundation for some matching funds. We are thankful of our Lions Clubs in MD5M for their support of this important project

\$\$ PARADE OF GREEN \$\$

“What is the Parade of Green? Why does my Lions Club need to give to this?” This is an annual event done at every Mid Winter Convention in our Multiple. It is the annual donations collection from clubs to the charities that Lions support throughout the year. It is very important that each club give to help keep them operational. We are half way through our Lions year (July 1– June 30). If you haven’t given already, this is your reminder to contribute. Since the Convention will be held Virtually this year and there won’t be an In-Person Parade of Green, **please send your donations directly to Lion Denise Nelson by Feb. 10** so they can be counted before the convention.

Charity donations are listed below. Please donate to as many as you can. Separate checks may be sent in one envelope to:

****Lion Denise Nelson, 405 S St., Morgan MN 56266**

- ~5M3 Special Olympics
- ~Camp Courage
- ~Camp Confidence
- ~Can Do Canines
- ~Childhood Cancer
- ~KidSight- ***MAKE CHECK PAYABLE TO: MD5M Lions KidSight Foundation**
- ~LCIF
- ~Leader Dog for the Blind
- ~MD5M Lions Hearing Foundation
- ~MN Lions Diabetes Foundation
- ~MN Lions Vision Foundation– *Eye Bank, MAC Center, Cornea Transplants, Children’s Eye Clinic*
- ~Project New Hope Lions Foundation of MN
- ~Quest/Youth Outreach/Peace Poster ***MAKE CHECK PAYABLE TO: District 5M3 Lions– Memo: donation area.**
- ~True Friends
- ~Youth Exchange– *Lions International Youth Exchange Camp Spicer* ***MAKE CHECK PAYABLE TO: District 5M3 Lions– Memo: donation area.**

*****Lions Den Newsletter IS NOT a Parade of Green donation– but you can donate to the newsletter.**

Make checks to: District 5M3– Newsletter \$40.00 per club is appreciated.





We're here to tell you a story. This one's about our buddy, Lucas, and his new pair of shoes.

53,711,645

Pairs of Shoes



You've saved them from going to waste.



We've put them to good use.

MEET LUCAS

Lucas is 11 years old, and he lives in the mountains of Guatemala. The terrain there is so rough that people hardly leave their community. And Lucas doesn't have shoes.

Well, he didn't, anyway. But we're getting ahead of ourselves.

Lucas and his family live in extreme poverty, struggling to survive on less than \$1.90 per day. His parents desperately want to provide for their kids, but basic necessities, like shoes, simply aren't in the budget.

Without shoes, kids can get stuck in the cycle of poverty. In Lucas' community, proper shoes are a required part of the school uniform. So, even though he's a bright-eyed, intelligent boy, his lack of shoes kept him out of the classroom.



All of that changed last year when Lucas received a pair of brand new shoes from Soles4Souls. He was so excited to receive them—so desperate to have them—that he walked 90 minutes through harsh conditions and an unbelievable amount of trash. Both ways.

The true gift wasn't the shoes; it was the chance to go back to school. To be with his friends. To learn and grow. Thanks to our amazing supporters, Lucas and thousands of other children around the world can get an education and begin to step out of poverty.



Thanks for being the kind of person who cares about kids like Lucas. Together, we can change the world.

[Click here for more information](#)

Here's how you can get involved.

give someone a life-changing opportunity.

Whether they are new or gently-loved, your shoes can help lift people out of poverty.

[Give shoes](#)



Start a shoe drive



Become an ambassador



Donate shoes



Brand partnerships



Volunteer



Fundraise

Here's how it works

Together, we can bring health and happiness to people around the world.



You donate.

Make a financial gift or donate your gently loved shoes.



We deliver.

Our team, partners and travel volunteers distribute shoes around the world.



Lives change.

Your donation provides an opportunity for someone in need.

ZONE REPORTS

ZONE 2

Most meetings have been put on hold. Executive members in one club meet to pay bills and others through phone and e-mail. Service projects include: Soles4Souls, student lunches/snacks packed, Trunk for Treat, Thanksgiving boxes, decorated virtual Christmas tree for museum, tied blankets. Donations of eyeglasses to individual with sight problems, funds for cancer blankets, funds for student lunches,

ZONE 4

Some meetings have been in person, others virtual and gaming happening as State allows. A few clubs are waiting until Feb to possibly meet. Some members don't have computers. Service projects include: ditch cleaning, meals on wheels, Santa day and books donated to library.

ZONE 5

Some remote meetings, others just boards. A couple haven't met for several months and holding off until January. Some events are being planned.

ZONE 6

Most clubs have had in-person meetings with smaller attendance. A couple have not had meetings but continue business through e-mail. Some are planning future virtual meetings and a couple not sure.

Service projects include ditch clean-up, food shelf help, raffle, sale of popcorn at car drive-thru. Donations to library, Medical Center Foundation, fire department, individuals, MN Valley Environmental River, Can-Do-Canines, Women of Today, Toys for Tots, Christmas gifts to nursing home.

ZONE 7

Clubs are meeting sporadically. Lost a few members, but possible new recruits in future.

Service projects include: tie cancer blankets, gifts for sharing tree, gloves/mittens/sock for food shelf. Donations to Shop with Cops and Headstart program, poinsettias donated to Temperance Ridge.

5M3 NAMI INFORMATION

Greetings Lions of 5M3, by the time you are reading this a new year will be starting. I certainly hope that you had a safe and happy Holiday season. With the start of 2021 we can all hope for a return to a more normal life and back to our activities in service to our communities. I have said this before, but some of our clubs are thinking "out of the box" and continue to serve by doing things differently than before. That goes for "virtual" meetings. Has your club investigated that option? It can work. If you have questions on how to put one together give me a call. At our recent MD5M GMT (global membership team) meeting last week one item came through loud and clear. We are having trouble getting information out to our members. Communication with our Club members has dropped off since the pandemic started in March. This has resulted in back door losses of members (READ RETENTION ISSUES). Club Presidents and Secretaries need to make sure you are communicating with your members frequently. Check up on them, give them a call. Set up a "Zoom" or "Go to Meeting" if nothing more than to chat and encourage everyone. This is not just a 5M3 issue, it is over all MD5M. Districts are losing Clubs and retention is a problem. On a positive note, during a service project here in Jackson, we got a new member who liked what we have been doing for the community during this shut down. So, my takeaway is that what we do, service, is noticed by members of the community. We need to continue to ask folks to join us. Keep up the excellent work you do for your communities. Elsewhere in this newsletter is information on our Mid-Winter Convention. Please take note of that and get this information out to your members so they know what is going on, what is being planned. Getting this information out is important so do not sit on it....

Wishing you all an excellent 2021 and hope that we can get back to our normal meetings and service. Till then, let me know if you have any questions or need help.

IPDG Donald E. Kuehl, NAMI Chairman

507-841-4917

ddkuehl@msn.com

5M3 HAPPENINGS



Above and Below: **Jasper Lions Club** purchased Christmas lights for the City Park.

Granite Falls Lions President Doreen Velde presents a check to Billie Rillo for Santa Sleigh. Santa Sleigh is an organization throughout the country that helps children up to 17 years old receive gifts for Christmas. Taking donations throughout the year, they were able to help 221 children.



5M3 HAPPENINGS



Hadley Lions Club prepared goodie bags for Santa to hand out during drive-thru visit in Hadley. Santa greeted children and heard their Christmas requests.



Back row: **Hadley Lions** Al Husfeldt, Arlys Husfeldt, Sharon Lais, Santa, Lisa Saner, Darren Saner. Front row: **Hadley Lions** Brent Johnson, Robin Moger, Rick Like, Mark Schleisman



Fairmont Lion Roger Bloomgren presents Shop with Cops coordinator Jamie Bles a check for \$200 from the Fairmont Lions Club.

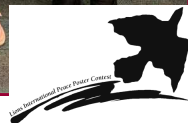
New Ulm Lions Peace Poster Contest

Piper Kapolczynski, a 6 grade student at New Ulm Public Middle School, won 1st place in the local competition of the Lions International Peace Poster Contest sponsored by the Lions Club of New Ulm.

Piper received \$50 for her first place entry. Mitchell Hopp received \$20 for his second place entry and Grace Barie received \$15 for her third place entry.

All winners received an Award Certificate along with their monetary prize from the Lions Club. The winners were chosen from 60 posters submitted by the Middle School 6 grade art students.

Pictured, L-R, Art Teacher Lorena Hannegrefs; First Place Winner, Piper Kapolczynski; Second Place Winner, Mitchell Hopp; Third Place Winner, Grace Barie and Teacher, Vickie Tambornino.





Service Ideas for Lions of 5M

9/26/2020

Here are projects that Lions can do in the 5 keys areas of service along with a few other ideas:

Vision –

- **Collect used eyeglasses** - give to your MN Lions Vision Foundation Trustee
- **Do KidSight Screening**
- **Hold event** - do an event that focuses on blindness and how a white cane supports independence. <https://www.nfb.org/programs-services/meet-blind-month/white-cane-awareness-day>.
- **Host a "Dine in the Dark"** meal in which people are blindfolded and eat a multi-course, elegant meal. The money raised will support Can Do Canines and the Leader Dog program or Canadian Guide Dog program.
- **Create a sensory garden** with plants, water features, and sculptures that engage the senses of touch, smell, and hearing. Provide Braille and/or audio recordings of signage.
- **Donate large print books** to your local library. Put donation labels (Donated by the _____ Lions Club with the month and year) in large-print books that are donated to local libraries. (Check with libraries first to see what books they want to acquire.)
- **Help make tactile baby blankets** for babies who are blind or visually impaired, including those with multiple disabilities or deaf blindness. <https://www.pathstoliteracy.org/blog/tactile-baby-blankets>. Donate locally, if needed, or to Perkins International. <https://www.perkins.org/>
- **Construct a Sorry game** for **visually-impaired** seniors at a nursing home. <https://www.perkinselearning.org/activity/adapted-sorry-board-game>
- **Adapt Connect Four** to be played by those who are visually-impaired at a nursing home: <https://www.pathstoliteracy.org/strategies/adapting-connect-four-players-visual-impairments>
- **Make a Christmas tactile book** for a nursing home: <https://www.pathstoliteracy.org/strategies/christmas-tactile-experience-book>
- **Low vision kits** - Create kits for people who have been recently diagnosed as low vision or who are blind: <https://carroll.org/product/mixed-bump-dots/>
<https://carroll.org/product/marinoff-low-vision-playing-cards/>
<https://carroll.org/product/bold-writer-low-vision-pens/>
<https://carroll.org/product/plastic-check-writing-guide/>
<https://carroll.org/product/2x-around-the-neck-magnifier-rectangular-5-5-x-4/>

These kits can be given to Lions members to begin with and then to people who are identified in the community.

Environment-

- **Clean up side of road and sidewalk** during your daily walks. Enjoy a diabetic-friendly lunch together after working. (Also addresses the Diabetic global cause.)
- **Adopt A Drain** - Clean leaves and other debris away from around and top of road drains to avoid water backup during heavy rain storms.
- **Plant small flower garden** in area in your community that needs enhancement. Planting gardens or putting **flower pots** around town.
- **Donate your newspaper and magazine** to others instead of throwing in the garbage.
- **Co-sponsor a recycling event** with a local city or town and a recycling facility to collect hazardous items that shouldn't go in the trash, paint, etc. Offer free paper shredding as well.
- **Make a decorative Winter container garden** or a container garden that feeds the birds. A Lions Club can partner with a local nursery and funds raised will be used to support the Lions' environmental projects.
- **Bird Feeders** - Make a variety of treats that will feed and sustain birds and wildlife throughout the winter including bird feeders using cookie cutters, suet-filled orange halves, popcorn and cranberry garlands, and more. These could be made at a Lions meeting just for the Lions or do a community event so more birds are fed in the community.
- **Collect used blue jeans**, wash them, and then cut out pieces using patterns supplied by Sole Hope. The pieces are assembled into "shoe kits" and then shipped to Sole Hope who then sends them in Uganda. In Uganda, seamstresses and cobblers create shoes that are given to children who suffered from jiggers and were treated for them. Jiggers are tiny parasitic insects that burrow into the feet, lay eggs that multiply greatly in size. They can cause pain, itchiness, swelling, infection, and even death. A pair of jeans - destined for the trash - literally can save a child's life! The Scandia-Marine Lions Club has done this project twice and each time it was very well received. <https://solehope.org/>
- **Collect t-shirts** that people no longer want to wear. Wash them and make them into diapers for newborns. The diapers are used as incentives in third-world **countries** so mothers get prenatal care and deliver their babies in hospitals or centers offering medical care. This is the link to the pattern: <https://74dc11f7-55e8-4d45-9c71-afd00e10b0fa.filesusr.com/ugd/d3b8d8-444e82d94fb4d17fa90b76569bb8a3c2.pdf>
- **Sponsor the design and painting of a mural** in your local town of city that focuses on nature and wildlife of the area, and that beautifies the community. Work with an artist who will create the design and create a "paint by number" mural that people from the community can help paint under the guidance of the artist.
- **Make tree trail** - work with local youth (elementary school and teens) to create a tree trail highlighting the diversity of trees that are growing in your community plus ones that will survive into the future with climate change.
- **Collect cans**. Turn these in afterward and use the proceeds to support an environmental project.
- **Collect Can tabs**: Clubs can collect tabs for a charity of choice. Just an easy project without investment. Collect for Shriners or they can also be collected for the Ronald McDonald House.
- **Recycle sneakers** so they can be transformed into Nike Grind material which is used in performance products and sport surfaces. The Reuse-A-Shoe program recycles athletic shoes at the end of their life, giving them a new life through Nike Grind. Bring shoes to the Lions event and they will be brought to the Nike store in Eagan, MN. Any brand of athletic sneakers is accepted. However, Nike is unable to recycle sandals, dress shoes, boots, or shoes with metal (like cleats or spikes).
- **Recycle medical equipment** (e.g., crutches, wheelchairs, scooters) to create a "library" of items that can be checked out at no cost and used until no longer needed. When done with the item, it should be returned to the Medical Equipment Library (MEL). Each club or zone could establish a MEL.
- **Have a plant swap**. People bring in their plants that they are dividing and/or no longer want. Each needs to be in its own container. They can also take a plant from the ones that are at the swap. If there are leftover plants, Lions and other volunteers can take them and plant them in their gardens.
- **Sand and varnish "tree cookies"** for use in classrooms throughout Minnesota. Help classroom teachers across Minnesota teach children how trees and other woody plants grow, factors that affect tree growth, and tree identification. Teachers love having sets of cookies like these in their classrooms but don't have time or tools to make them. The DNR needs volunteers to create "tree cookies" - slices of branches or trunks that show the rings of a tree. 100 cookies supplies three classes of students, so the more that can be made, the better: http://files.dnr.state.mn.us/education_safety/education/plr/activity_sheets/treeCookie.pdf
- **Build bluebird houses** or other types of birdhouses. Install these at a later date at a state park (with permission) or in a city park (again, with permission). The Lions would need to check on these feeders and clean them out unless someone from the state or city would do that.
- Recycles plastic bags and plastic packaging and gives back with a bench for communities. <https://www.trex.com/recycling/recycling-projects/>
- **Winterize** - plan outdoor activities like helping winterize gardens, plant something in a local park or clean up some trash in the parks.

Hunger –

- **Food for Seniors** - Shop and deliver food for at-risk seniors.
- **Prepare and/or serve food** at Loaves and Fishes - <https://www.loavesandfishesmn.org/>
- **Launch a food pantry** on a college campus during National Hunger Awareness Month.
- **Pack food** (purchase it as well) to create "Backpack Food packs" for youth in our community in need. Reach out to public, charter, and homeschool co-ops. Provide nutritious food (not typical food shelf macaroni and cheese, ramen noodles, etc. that promote diabetes).
- **Make "Blessing Boxes" for Thanksgiving** - include turkey, canned goods, produce, pie, etc. as well as Thanksgiving napkins, plates, and a centerpiece. Also, could include a gift card to a local store to get any other ingredients needed to make a recipe that is special to them.
- **Make "Blessing Boxes" for Christmas** - include ham, canned goods, produce, pie, etc. as well as Christmas napkins, plates, and a centerpiece. Also give a gift card to a local store to purchase gifts for the family.
- **Make placemats** for Meals on Wheels - sewn or colored. The colored placemats will be laminated so they can be reused. <https://meals-on-wheels.com/volunteer/families/other-family-volunteer-opportunities/>
- **Collect food for a local food shelf**. Emphasize that people donate:
 - o Whole grain products (with at least 16 grams or more of whole grains per serving)
 - o Food low in saturated and trans fats
 - o Food low in sodium
 - o Lean sources of protein (plant and animal sources; canned or dried)

- o Fruits that are minimally processed (canned or dried; whole, cut-up, or pureed)
- o Vegetables that are minimally processed (canned or dried; whole, cut-up, or mashed)
- o Dairy products or milk substitutes that are high in calcium
- o Beverages including 100% fruit or vegetable juice
- o Basic staple foods
- o Staple foods that encourage cooking and baking at home (e.g., broth, flour)
- **Create Blessing Bags**. These bags have a variety of non-perishable food, silverware, disposable plates, and napkins to give to people asking for money at stoplights. They also can be distributed to people who are near homeless shelters. <https://www.thriftynorthwestmom.com/blessing-bag-meals/>
- **Decorate lunch bags** for Meals on Wheels recipients. In addition to receiving the hot portion of the meal in a tray, Meals on Wheels recipients get the cold portion in a lunch bag. Add life to their meals by decorating lunch bags! Simply buy paper lunch bags and use your creativity, crayons, markers, stickers, or any art materials you have on hand.
- **Assemble food kits** with 14-days' worth of food for people who are at high-risk and can't go to grocery stores because of COVID-19. People are identified as recipients by self-identification or through local non-profits (e.g., churches, senior centers). More information is here: <https://extension.umn.edu/news/rural-grocer-networks-feed-those-isolation>. This is the list of suggested items for the kit and a note that explains the contents to the recipient: <https://conservancy.umn.edu/bitstream/handle/11299/212116/14%20Day%20Meal%20Kit%20Guide.pdf?sequence=1&isAllowed=y>
- **Assemble "Dinner's on Us" kits**. <https://b-inspiredmama.com/dinner-random-act-of-kindness/> to be distributed as determined by each Lions Club.
- **Assist any local free meal program** with shut-in deliveries.
- **Help with Meals on Wheels** and deliver meals.
- **Volunteer at a food shelf or pantry** - stock shelves, or help with the whatever is needed at the food shelf

Diabetes-

- **Collect recipes** - then create a diabetic cookbook
- **Take At-Risk Test** - Have group take Diabetes at Risk Test.
- **Start a walking group** - start with club members and ask community members to join you.
- **Canoe or kayak down a local river**. Get a great workout paddling down the river (exercise to help prevent diabetes and/or keep it in check). Have a diabetes-friendly lunch and pick up any litter along the way. (Also counts as an Environment project.)
- **Do a diabetes health fair** with free testing for Type 2 diabetes, free services and screenings, activities, and giveaways during November (Diabetes Awareness Month). Fruit and vegetable baskets for adults - giveaway or prizes during Diabetes Awareness Month's health fair.
- **Serve diabetic-friendly meals** at Lions meetings and/or events during November and have a speaker talk about preventing and/or managing diabetes.
- **Do a STRIDES Walk** for diabetes awareness. Prior to the STRIDES Walk (and working with the local city/town), place more permanent benches on walking trails and along the sidewalks to encourage walking and more active lifestyles.
- **Hold fun event** - raise money by doing a fun event at golf-driving field. Kids, adults, and families get a specific number of golf balls, healthy lunch, and can participate in other fun activities (bouncy houses). This crosses over into diabetes-prevention by having people of all ages being outside and active.
- **Collect non-perishable food** that is healthy for low-income people with diabetes (this also crosses over to be a hunger project): canned spinach, brown rice, whole-grain pasta, quinoa, millet, canned salmon, sardines, albacore (white) tuna in water, herring, no-salt kidney beans, no-salt pinto beans, no-salt black beans, walnuts, pecans, macadamia nuts, almonds, mandarin oranges in water, canned sweet potatoes, extra-virgin olive oil, and chia seeds.
- **Do testing for diabetic retinopathy** (which causes blindness) and test blood glucose or A1C levels. If people test positive for these problems, they will receive a referral to their doctor. The Lions also will mail them a link to get a free kit if they have Type 1 Diabetes: <https://www.jdrf.org/t1d-resources/newly-diagnosed/>. For those with Type 2 Diabetes, the Lions would create their own kit that they can mail based on what's in the JDRF kits.
- **Offer foot exams** to test for diabetes. Diabetes can slow circulation in the feet and legs and cause people to lose feeling there. The American Diabetes Association says everyone should get an annual foot exam.
- **Put donation labels** in books (Donated by the _____ Lions Club with the month and year) about diabetes (Type 1 and Type 2), healthy eating, and exercise/fitness that are donated to a local school and/or public libraries. (Check with libraries first to see what books they want to acquire.)

Childhood Cancer –

- **Drive patient** along with family members to doctor visits.
- **Rake leaves** to help out family that has child with cancer.
- **Shovel snow** for help out family that has child with cancer.
- **Baby-sit** for parents who need to take a child to treatment.
- **Deliver meal** to family that has child suffering from cancer.
- **Donate gas card** to help with cancer patients, especially if they have to travel far for treatment.
- **Support Gilda's Club** - Collect money to support Gilda's Club Twin Cities and the teen program there. Money raised will purchase an item (or more) off of their Amazon.com list: <https://smile.amazon.com/hz/charitylist/1K1UNRCIDBUB>. The mission of Gilda's Club Twin Cities (GCTC) is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community. They aim to serve everyone impacted by cancer - those with a cancer diagnosis as well as their friends and family and those living with loss.
- **Set up a pediatric cancer fund** to which families with a child who has cancer can apply to help defray medical costs. Promote it on the club's Facebook page and website as well as through local media.
- **Sponsor C.C. Bears** through Children's Cancer Research Fund in Minneapolis. <https://childrenscancer.org/resources-for-families/c-c-bear/>. Purchase 20 bears at \$25 each so 50 children with pediatric cancer can receive a bear.
- **Create chemo care kits** for children. (Make sure to find a hospital or organization before we make the kits to ask if there are special requirements and/or items that are especially needed.) Here's a link for some ideas: <https://penniesoftime.com/service-project-for-kids-chemo-care-kit-for-kids/>
- **Help serve meals** to patients and families at the U of M Mason Children's Hospital.
- **Make fleece tied blankets** for children who have cancer and donate the quilts to Project Linus. <https://www.projectlinus.org/patterns/>
- **Make masks** for children with cancer at St. Jude Hospital or any of your local clinics.
- **Donate hair** - for those with 8" + of hair, they can get their hair cut by stylists who are donating their time. Donate the ponytails to Children with Hair Loss that makes wigs for children who have cancer and/or alopecia. <https://childrenwithhairloss.us/>
- **Make pillowcases** for A Case for Smiles. Finished pillowcases are distributed to 12 children's hospitals throughout the Twin Cities and Duluth <https://caseforsmiles.org/minneapolis/>
- **Knit caps for children** who have cancer. These can be done with knitting needles or round looms. People also can bring knitted caps they made at home to the event.
- **Make Tie blankets** for children in hospitals with cancer.
- **Donate car bags/backpacks** to those in the hospital.
- **Donate cleaning supplies** and make masks for at risk community members and hospitals during the pandemic.

Other Service Ideas:

- **Pen Pals for Seniors** - especially those in senior center. Seniors feel very isolated and many are very lonely during this coronavirus pandemic.
- **We Care Kits for Seniors** living in senior centers. Include small gifts, Hallmark cards so they can mail to friends, stationary, envelopes, stamps, pens, puzzles, poems.
- **Donate cleaning supplies** for schools.
- **Poinsettia Project**: Buy and donate to local senior center or business
- **Buy and donate a Christmas Tree** to a Small Business
- **Support local police & fire department** - make snack boxes and deliver to them.

Fundraising Ideas:

- **Have an On-Line Garage Sale** - have Lions and community members donate items.
- **Hold an On-Line Raffle** - raffle off item needed in your community
- **Drive-Thru soup or cookie fundraiser** - Have local restaurant make the soup or cookies and then drive by to pick them up

Other:

- **Find out what service is needed in your community** and then do that project!!!!!!
Ask your: mawar_coun@mn.gov members, fire chief, police chief, librarian, food shelf manager, school teachers



St James Lions 1st Wed; 6:00 pm Eagles Club #320 701 1st Ave S St. James Lion Dale Busch Pres.	Springfield Area Lions 2nd Thurs; 6:30 pm American Legion Lion Joel Pingeon, Pres.	Luverne Lions 2nd Mon; 6 p.m. Pizza Ranch Lion Steve Cattnach, Pres.	Walnut Grove Lions 2nd Thurs; 7:00 p.m. American Legion Clubhouse Lion James Hoyt, Pres.	Tracy Lions 2nd Mon; 6:30 p.m. Multi-Purpose Center Lion Gary Peterson, Pres.
	Hadley Lioness 2nd Wed; 6:30 pm Hadley Community Ctr Lioness Deb Helmke, Pres.	Sleepy Eye Lions 1st Tues; 6:05 p.m. Sleepy Eye Golf Club Lion Blair Fokens, Pres.	Wabasso Lions 3rd Wed; 6:00 pm Community Center Lion Tom Franta, Pres.	Jackson Lions 2 & 4 Mon; 6:15 pm Jackson Legion Lion Mark Walter, Pres.
Vesta Lions 1st Mon; 6:30 p.m. Vesta Café Lion Jim Penske, Pres.	Redwood Falls Lions 1 & 3 Mon; 6:30 p.m. American Legion Lion Teresa Rossow, Pres.	Comfrey Lions 2nd Mon; 6:00 p.m. Comfrey Comm Ctr Lion Karl Winderfeldt, Pres.	Hadley Lions 3rd Tues; 6:30 p.m. Hadley Community Ctr Lion Al Husfeldt, Pres.	Morgan Lions 4th Mon; 6:30 p.m. Lions Community Ctr Lion Alan Hillestead, Pres.
<p>Bringing the District news to you! If your Club is not listed, be sure to send in \$40.00 to District Treasurer, Denise Nelson at 405 S St, Morgan MN 56266. Memo line: Newsletter Sponsor. NOTE: Clubs can sponsor more than one time!</p>				

5M3 Lions Clubs Sponsor Page



Lions of New Ulm 1/2 Thurs; 6:15 p.m. Turner Hall Lion Diann Warta, Pres.	Marshall Lions 2/4 Tues; 6 p.m. Bello Cucina's Lion Jackie Meyer, Pres.	Jasper Lions 3rd Mon; 7 p.m. Stonewall Bar & Grill Lion Bob Quissell, Pres.	Lake Wilson Lions 4th Tues; 6:30 p.m. Lake Wilson Legion Lion Jack VanEck, Pres.	Westbrook Lions 3rd Mon; 7 p.m. Senior Center Lion Gprdpm Eichner, Pres.
Truman Lions 1st Mon; 6 p.m. Church of Christ Lion Brian Hendricksen, Pres.	Granite Falls Lions 1/3 Mon; 6:30 p.m. Trolley's Bar & Grill Lion Doreen Velde, Pres.	Fulda Lions 3rd Mon; 6:30 p.m. Fulda Sr Citizens Ctr Lion Dean McNeal, Pres.	Ganby Lions 2nd Mon; 6:30 p.m. PK Egan's Lion Gene Bies, Pres.	Lucan Lions 2nd Thur; 7 p.m. Knotts Corner Lion Joseph Plaetz, Pres.
Sherburn Lions 2 & 4 Mon; 7 p.m. Sherburn Legion Lion Mark Wohlhuter, Pres.	Fulda Wood Duck Festival  June 17-20, 2020			Lakefield Lions 2nd Mon; 6 p.m. Multi-Purpose Bldg Lion Dewayne Hage Pres.
Jeffers Community Lions 1st Thurs; 6:30 p.m. Jeffers City Hall Lion Ron Knoll, Pres.	Clarkfield Lions 3rd Tues; 7 a.m. Friendship Café Lion Jim Lynner, Pres.		Windom Lions 2/4 Wed; 6:30 p.m. Jack Slades Lion John Holt, Pres.	Fairmont Lions 3rd Mon; 6 p.m. Pizza Ranch Lion Roger Bloomgren, Pres.