



Give the **Gift**
of Service



5M4 Newsletter



How is your club getting by?

Spring has *FINALLY* arrived and with it comes the promise of a new growing season and the feeling that the world has re-freshed itself after a long winter.

This year, unlike any other, also brings the feeling of concern and worries about our health and the health of our friends, family and neighbors. I don't know about you, but I am proud of the way Minnesota has handled everything and the fact that we have one of the lowest infection rates in the country. In fact, not to jinx things, but we live in a county that so far has had not cases of the COVID-19 virus. (Knock on wood).

I'm hoping that you and yours all stay healthy and are able to get out and enjoy the warm weather – while staying socially distanced of course.

There's a new word in our language – ZOOM! And not because we're going anywhere fast. It's the new internet sensation for getting together with friends and family and even other Lions. Consider using this as a method for your next club or zone meeting. We may even try and have a Cabinet meeting using Zoom if the restrictions haven't been lifted by that time. Lion Sue just had a "meeting" with a group of Lions friends on Saturday night – though it sounded more like a happy hour to me. Either way, it was Lions getting together to check on each other and see how the others were doing. Let us know if we can help get you set up for a Zoom meeting.

How is your club getting by? Are you contacting each other? Are there elders in the club that don't have access to social media and are feeling isolated and lonely? Are there families with children that could use a hand with a food donation? Are there club reports that need to be completed – even though meetings may not be happening?

I am back in the truck this spring, delivering fertilizer to farmers in their fields – now *THAT* is social distancing! Many times throughout my day, I hear comments about the feeling of unease which comes from simply not knowing what to expect next. Please continue social distancing, wearing the masks if needed (supplying them to others if needed), and let's hope and pray this ends very soon.

Take Care, District Governor Bob Kulbeik

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Donates to COVID-10 research

INTERNATIONAL DATES AND LOCATIONS:

NOTE: THESE MIGHT BE CANCELLED:
JULY 1-5, 2022 NEW DELHI, INDIA
JULY 7-11, 2023 BOSTON, MAS
JULY 4-8, 2025 MEXICO CITY, MEXICO



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Things are changing in our world



**DG Elect
Kellie Knudson**

I hope everyone is staying safe and healthy during these trying times. It's changing the way we live, work and serve. During this stay at home order, many clubs are able to virtually meet on Zoom and Go To Meeting. I want to remind you to get your 2020-2021 officer elections complete and report them to LCI in a timely manner. Please share your success stories and how your clubs are meeting during these times! The newsletter is always looking for photos of your members, service projects or community events and any club information you'd like to share! Send newsletter info to: Anne O'Flynn at gcanne@runestone.net

As many of you heard, the MD5M Multiple convention in Rochester has been cancelled for May 1st-3rd, 2020 due to the Coronavirus (Covid-19). Convention fee refunds will be getting mailed, via check. Please allow some time for the committee to process everyone's return payments. Also, the board of directors have voted to cancel the International convention in Singapore for the end of June due to Covid-19. The executive officers and international directors will stay in their current roles until the 2021 Montreal International convention. The GAT Summit has been postponed and I will advise when a new date has been set. Northern Pride has been re-scheduled for October 30th-31st at the St. Cloud River's Edge and Convention Center. A book of hotel rooms has been blocked at the Kelly Inn. If you were registered for Northern Pride previously your registration will roll over to this new date. If you want a refund, you need to request it from the Northern Pride committee. KidSight vision screenings have been postponed during this time as well. Lastly, the Lions International Youth Exchange, Camp Spicer, is cancelled, due to the Covid-19 outbreak, for this year. This is always a fun event to attend and hopefully it will return next year.

Lion William "Billy" Thompson from Milan was well known by most Lions in 5M4. He was a Lions member for well over 50 years. He always had a story to tell if you had a few minutes to spare. Over the years he attended many Lions conventions and town celebrations. He died Friday, April 17th at the age of 91. A memorial service will be held at a later date.

Thank you to everyone for your service to your club and community. Stay well and safe!

Due to the continued guidance from the Minnesota Department of Health and the CDC, we have made the difficult decision to cancel our D-Feet Hearing Loss Walk on June 6, 2020. We appreciate your support and understanding and hope you will join us next year on June 5, 2021. Although our walk is cancelled, our mission to promote hearing health and The Lions Children's Hearing Center continues. Do-

nations can be made on our website at <https://www.5mhf.org/> or by mailing a check to:

PCC Kathy Jensen

32549 Co. Rd. 11, Wendell, MN 56590

Please make checks payable to: MN Lions Hearing Foundation

Sincerely, Kathy Jensen and Barry Erdahl-

Trustees, MN Lions Hearing Foundation



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The Heart of the Lion Award Application



District 5M4 is initiating a new award. Any Lion member is eligible to apply. The club member can apply or the club can apply for the member. It can be turned in throughout the year and the award will be presented at the next Mid-Winter Convention. It is an accumulative award meaning that not everything needs to be accomplished in one year.

The Lion member must MEET 5 of the 8 CRITERIA listed below to RECEIVE the AWARD!
(It is retroactive to July 2015 and progressive over several years.)

The Lion member: _____ Club: _____
(Name of Lion Member)

___ Sponsored a New Lion _____
Name of new member _____ Date: _____
(Signature of club president or secretary)

___ Attended a Zone Meeting _____ Date: _____
(Date and Zone # meeting attended) _____ Date: _____
(Signature of a Zone chairperson)

___ Attended the 5M4 Mid-Winter Convention. _____ Date: _____
(Signature of convention chairperson)

___ Served as a Club Officer or District Chairperson. _____ Date: _____
(Office or Committee Chaired) _____ Date: _____
(Signature of club president, secretary or DG)

___ Chair or Co-Chair of a club or District project. _____ Date: _____
(Name of Project) _____ Date: _____
(Signature of club president, secretary or DG)

___ Attended one training event: 5M4 Forum, Officer training, Leadership training or other Lions Clubs International sponsored class. _____ Date: _____
(Training attended and date) _____ Date: _____
(Signature of District officer, trainer or copy of certificate of completion)

___ Attended one of the following: USA Canada Lions Leadership Forum, International Convention or Multiple Convention. _____ Date: _____
(Event attended and date) _____ Date: _____
(Signature of District officer, Council Chairperson or Convention Chairperson)

___ Promote a new idea, service project or fundraiser that is adopted by your club or District that meets the mission of LIONS. _____ Date: _____
(Promotion Idea and Date) _____ Date: _____
(Signature of club president, secretary or DG)

Original to be completed and turned in to the DG or District Secretary

Signature of DG or District Secretary _____ Date: _____



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Update COVID-19 and Diabetes

Happy Spring from the Minnesota Lion's Diabetes Foundation (MLDF)! For the MLDF, like other Lion's events, and almost everything else, everything was cancelled or delayed. And while it would be nice to discuss other items, COVID-19 is the forefront of everyone's actions and needs to be discussed as it relates to diabetes. Therefore, this month's article will focus on the risks and facts around diabetes and COVID-19. Please note that the items contained with this article come directly from the American Diabetes Association (ADA) and in no way should be considered medical advice. This is a small sampling of questions posted by the ADA.

Are People with Diabetes More Likely to Get Coronavirus? There is not enough data to show whether people with diabetes are more likely to get COVID-19 than the general population. The problem people with diabetes face is primarily a problem of worse outcomes, not greater chance of contracting the virus. In China, people with diabetes had much higher rates of serious complications and death than people without diabetes.

Do people with diabetes have a higher chance of experiencing serious complications from COVID-19? People with diabetes do face a higher chance of experiencing serious complications from COVID-19. In general, people with diabetes are more likely to experience severe symptoms and complications when infected with a virus. If diabetes is well-managed, the risk of getting severely sick from COVID-19 is about the same as the general population. When people with diabetes do not manage their diabetes well and experience fluctuating blood sugars, they are generally at risk for a number of diabetes-related complications. Having heart disease or other complications in addition to diabetes could worsen the chance of getting seriously ill from COVID-19, like other viral infections, because your body's ability to fight off an infection is compromised.

Are the risks different for people with type 1 and type 2 diabetes? In general, we don't know of any reason to think COVID-19 will pose a difference in risk between type 1 and type 2 diabetes. More important is that people with either type of diabetes vary in their age, complications and how well they have been managing their diabetes. People who already have diabetes-related health problems are likely to have worse outcomes than people with diabetes who are otherwise healthy, whichever type of diabetes they have.

Will COVID-19 impact my access to insulin and other diabetes supplies?

Leading manufacturers are reporting that COVID-19 is not having an impact on their current manufacturing and distribution capabilities for insulin and other supplies at this time.

Please be safe, healthy, and follow all guidelines imposed by our governmental bodies. Also, please reach out to your health care provider for more specific answers to your COVID-19 questions. Finally, while we are all under social distancing guidelines, being outside doing yard work, walking, biking, etc. are all still valid activities we can continue to do to help stay healthy and keep blood sugar levels under control.

Your 5M5 MLDF Trustees – Lion Gary Stevens (EdenPrairie-Gary@gmail.com) and Lion Dave Thoen (DThoen@Deloitte.com).

MD5M PHOTO CONTEST

July 1, 2019 – June 30, 2020

"UNFORGETTABLE SCENERY – CITY OR COUNTRY"

RULES:

- Original work of a Lion or Leo Member
- Submit name, phone number, district, name of the subject, and city or town photo was taken
- Only one entry per member
- Submit photo by email in digital format, must be mini resolution of 300dpi, and in jpeg format to rosepuckett313@gmail.com
- No snail mail
- Entry will imply consent to use for promotional activities
- First Place \$50.00 or 11x17 Canvas
- Second Place \$30.00 or 8x10 Canvas



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Lions Children's Hearing Center
June 2020
 Info: www.5mhf.org
CANCELLED
 D-Feet Hearing Loss
2020 Ninth Annual Walk

PLEASE WATCH FOR UPDATED INFORMATION REGARDING THE SCHEDULING OF ALL EVENTS

ELBOW LAKE LIONS CLUB *Celebration*
6.6.2020

Please join us at Eagle View Winery
 15237 300th Street, Ashby, MN 56309
 5 P.M. to 7:30 P.M. SOCIAL TIME
 LIVE MUSIC • FOOD TRUCKS • CASH BAR
 Featuring tastings from:

- Eagle View Winery
- Panther Distillery
- Ashby Brewing Company

7:30 P.M.
 Short program -
 Speaker: IPID Bruce Beck

8-10 p.m. Live music: 'Salty Dogs'

Getting back to our roots

ANNIVERSARY
 SAT., JUNE 6, 2020



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LCIF = Our Lions Foundation - Donation Information Campaign 100 started July 1, 2018

- * Our district 5M4 targeted is to do our part for this 3 year campaign matching with the 100 theme:
- > 100 percent participation
- > \$100 average per club member per year with personal and club donations going into the average
- * Easy ways to donate are:
- > Go to web address: lcif.org and set up ACH bank account or credit card automatic giving
- > Go to lcif.org and donate with credit card

Mail with attached form to
Lions Club International Foundation, Dept 4547, Carol Stream, IL 60122-4547
or give to your president, secretary or treasurer
OR: Give or mail to: 5M4 Foundation District chair Craig Schellberg, 6233 97th Ave NE, Spicer, MN
56288. Phone/text: 320-894-6843 email: spicerlioncraig@gmail.com

For technical help: Phone 630-203-3836 or email: donorassistance@lionsclubs.org

Please Detach this form and include with donation

Date: _____

Name: _____ Member # _____

Address with town: _____

Donate to: ___ Empowering Service = Area of Humanitarian greatest needs
(pick one) ___ Disaster Relief
 ___ Half & half

Donation amount: _____ I plan to give this amount:
(pick one)
 ___ One time
 ___ Monthly
 ___ Yearly

I would like to receive a recognition pin (minimum \$50 donation): yes___ or no ___

Thanks for giving to Campaign 100 for others in need!



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GUIDE DOG
TRAINING

ORIENTATION & MOBILITY
TRAINING

SUMMER EXPERIENCE
CAMP

The Match Has Dropped!

Leader Dogs for the Blind is excited to announce our 1st ever Spring Match Mail Campaign. It arrived in your club's mailbox within the past few weeks featuring Lion/client Wendi Simpson-Dyer and her Leader Dog, Lily (pictured right). While club meetings, fund raisers, and conventions have been suspended, our client needs, and the care of our canines never takes a hiatus.

"We want to pay it forward," explained St. Jacobs Lions Club (1-CN, IL) President Guideon Richeson of their \$20,000 match campaign donation. Combined with Ramsey Lions Club's (5M-7, MN) pledge of \$50,000 our spring mail campaign has a \$70,000 goal! Regardless of amount, every donation will provide twice the impact. Thank you to both clubs for their generous support.

Help us meet our goal either via mail or online:

A) A remittance slip is in the mailer. If that isn't available due to meetings cancellations, make sure you write "match campaign" in the memo or with a short correspondence. When mailing in your club's donation, please include your club's updated contact information including mailing address, contact phone and email and mail to:

Leader Dogs for the Blind Attn: Lions Team, 1039 S. Rochester Road, Rochester Hills, MI 48307

B) Gifts received online via this link will count as well! Give online at <https://www.leaderdog.org/lionsgive/>

The 3rd quarter donation reports will arrive in the next two weeks. As always, a complete list of club donations is available on our website: [leaderdog.org/lions-club/club-donation-reports](https://www.leaderdog.org/lions-club/club-donation-reports).

Attention club presidents/secretaries/treasurers: please take a few minutes to update your club contact information with us. Simply email Lion Kathy Gilchrist at KGilchrist@LeaderDog.org with your club name, mailing address, main contact phone and email address. This information allows us to quickly and accurately recognize each club's good work and continue to provide you with timely updates.

Together We Serve,

Lions Beth, Mike, Kathleen and Kathy

Your Leader Dog for Lions Engagement

PS: Keep us connected -please share our emails with your club, district members and newsletter editors!





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WANTED

's

MD5M heads and beards!

The time has come to sharpen those shears and lather up your faces for a good old fashion shearing contest to support:

Lions Childhood Cancer Foundations!

Canada & Minnesota

Please support this great cause by sending your candidates name for head shaving to:

Lion Tom McCarthy
tpmcc0526@yahoo.com

Deadline for participants is April 30, 2020!

More information to follow, after we receive all the participants names.

Shearing Date: May 30

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MINNESOTA LIONS
 VISION FOUNDATION

Vision Foundation Approves \$50K for COVID Research

The Minnesota Lions Vision Foundation is joining the fight against the COVID-19 virus by supporting research. On March 30, the Vision Foundation awarded \$50,000 to the Department of Ophthalmology and Visual Neurosciences at the University of Minnesota for research endeavors regarding COVID-19. Dr. Erik van Kuijk, ophthalmology chair, and his colleagues and team members have identified three research projects to help understand the deadly virus sweeping across the world.

COVID Detection in Donated Cornea Tissue

Joshua Hou, M.D., Principal Investigator

Dr. Joshua Hou is an Assistant Professor with University of Minnesota Department of Ophthalmology and Visual Neurosciences and the Medical Director for Lions Gift of Sight.

COVID-19 Detection in Tears

Hossein Nazari Khanamiri, M.D., Principal Investigator

Dr. Hossein Nazari Khanamiri is a Medical and Surgical Vitreoretinal Fellow with the University of Minnesota Department of Ophthalmology and Visual Neurosciences.

Zinc as Prophylactic Treatment for COVID-19

Erik van Kuijk, M.D., Ph.D., Principle Investigator

Dr. Erik van Kuijk is Professor and Chair of the University of Minnesota Department of Ophthalmology and Visual Neurosciences.

DEPARTMENT CHAIR ERIK VAN KUIJK, MD, PHD



The success of the Department of Ophthalmology and Visual Neurosciences is built upon the innovation and drive of every member of our team, from faculty to administrators to technicians. We are driven to provide the best eye care for our patients, discover new treatments, and educate the next generation of eye care professionals.