



5SW LIONS Pride

District Governor's Message



In January, the Cabinet met twice to discuss the growth of 5SW and the urgency with which Lions must meet the challenge of falling membership numbers. Since 2010, 410 Lions have disappeared from our ranks, leaving 5SW with a total of 626 Lions—a 50% drop since 1998.

Four alternatives were discussed to meet this crisis

head on: Throw in the towel/quit, combine with 5SE and make the state into one district, keep doing what we are doing and hope things improve, or deal with the problem directly with positive, progressive change to head off the current course.

Several closed clubs were discussed, as was the possibility of re-igniting them: Mobridge, Piedmont Valley, Wall/Wasta, Boxelder & Elsworth, and Faith. Ten additional communities with no formal clubs were also thrown into the mix.

Those in attendance expressed their gratitude for “Grand Old Lions” who are club mainstays and keep clubs active and moving. Without these dedicated Lions, many clubs might already have folded.

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...And more!



DG Ron Bunnell has been on the road enjoying the sites of South Dakota. He shares this photo of Dignity from his travels near Chamberlain.

SWOT/HOW TO ATTRACT MEMBERS

A successful gameplan requires a roadmap for success. The DG and Cabinet members who met in January discussed the results of the SWOT analysis and what they told us. There are several areas of promise for change and growth, bringing new vitality to Lions Clubs around western South Dakota.

1. Increased visibility: Change the face of Lionism by becoming the face of service in the community. Find high visibility projects that offer hands on opportunities for Lions to engage in service.
2. “Lionize the Community” Become the go-to for other clubs looking for help. Contact your city and Chamber of Commerce and establish leadership in service by being the organization everyone knows they can count on.
3. Promote our Efforts: Get our names and pictures in the paper, contact the press and share those newly visible and meaningful projects.
4. Get the Leos involved! Leos and their parents become future Lions. Get them excited and involved early and watch them grow into the Lions of tomorrow.
5. Look at our core values and traditions. Our values are important and will not change, but are there some traditions that may be outdated or off-putting to potential members.
6. Keep it economical: try to keep dues and costs as low as possible to make it affordable to be a member. Offer special dues rates to Leos, spouses, and students.

Key Words: ENGAGEMENT, COLLABORATION, EXPOSURE.

INTERNATIONAL PRESIDENT'S CORNER



Do you have big dreams for your club? Do you want to grow your membership, get young people more involved, or expand the kinds of service projects you do? When you dream big—and I know Lions like to dream big—it can feel overwhelming and hard to know where to start.

But here's the big secret of Lions—you don't have to do it alone. The Global Action Team can help energize your efforts. We have a global foundation, LCIF, that's here to empower you with financial support. And there are more than 48,000 clubs around the world who are trying to do exactly what you are—build the club of their dreams. So go to local conventions and meet the Lions in your district. Trade ideas, get phone numbers, make connections.

The Seal Beach Lions Club in

California didn't become North America's largest club by accident. They recognized they wanted to grow, and they wanted a membership that reflected their community—a diverse range of ages and life experiences. But rather than begin a heavy recruitment plan, they focused on building the kind of club that others would want to join. And it worked. You can do it, too.

Decide what is important to your club and then go after it. Build it. The results will come.

Make a great day,

Yours in Service, Brian Sheehan

LEADER DOG LINKS

Leader Dogs for the Blind maintains a page of links on its website specifically for Lions Clubs to use in their outreach, fundraising, and news efforts. There are videos, Power Point presentations, newsletters, and ambassador packet downloads.

Please visit <https://www.leaderdog.org/lions-club/resources/> to view what is available.

Lion Beth Slade is the Director of Lions Engagement. Questions or comments can be sent to her at (888) 777-5332 or Beth.Slade@leaderdog.org

DIABETES AWARENESS

In 1923 Canadian scientists Frederick Banting and John Macleod received a Nobel Peace Prize for their discovery and identification of the hormone insulin. That led to a proper diagnosis and better treatments of diabetes. Patients would no longer die from the condition, but could take insulin and lead normal lives.

What is diabetes? Diabetes is a chronic condition that occurs when the body cannot produce enough insulin or use available insulin properly. Glucose remains in the blood, which can ultimately lead to nerve, organ and blood vessel damage.

There are three types of diabetes:

- Type 1 Diabetes occurs when the immune system destroys insulin-producing cells and the body cannot produce insulin. It usually develops in children and teens, but can happen at any age.
- Type 2 Diabetes occurs when insulin is produced but not properly absorbed by the body. It is on the rise in most countries, but simple lifestyle measures have been shown to be effective in preventing or delaying it. Worldwide education is desperately needed.
- Gestational Diabetes in pregnant women affects one in seven births. If not properly managed, women are at an increased risk of complications during delivery. Babies may be born with a high birth weight, breathing difficulties, or low blood sugar, and are at risk for developing type 2 diabetes in the future as well as their mothers.

Diabetes is one of the fastest-growing diseases in the world today, currently affecting 422 million people of all races, income levels, and ages, even children. As Lions, we are dedicated to fighting the diabetes epidemic to improve lives, strengthen families, and revitalize communities. By 2040 (less than 20 years from now), 642 million people will have diabetes. Diabetes is the 6th leading cause of death in the world, and the 6th leading cause of death among women. 1 person dies every 7 seconds from diabetes—5 million people die annually from this disease. 50% of people with diabetes don't know they have it. 77% of people with diabetes live in low-income and middle-income countries.

Chances are you know someone with diabetes. Or are you one of those who have diabetes and don't know it?

What can I do about diabetes?

Factors I Can't Change: Gender, Age, Family history, Race/ethnicity, History of gestational diabetes or having a baby who weighed more than 9 pounds

Factors I Can Influence: Your cholesterol, Your blood pressure,

Factors I Can Change: Quit smoking, get enough sleep, eat a healthy diet, get 30 minutes of physical activity most days of the week, keep a healthy weight for your body

Am I at risk for prediabetes? As you take steps to a healthier you, talk with your doctor to find out if you are at risk for prediabetes or take a 1-minute online test at www.cdd.gov/prediabetes/takethetest. If you find you are at risk, ask to get a blood sugar test done for type 2 diabetes. You can also call the Center for Disease Control (CDC) at 1-800-CDC-INFO (800-232-4636) for more information about preventing or delaying diabetes.

In my next article, I will provide some options for eating a healthy diet.

—Lion Jan Endes, 5SW Diabetes Awareness Coordinator

LCIF HONORS

Congratulations to PDG Lion Geraldine Ray of Pierre, who will receive a certificate of recognition of the fact that under her leadership, 100% of 5SW Lions Clubs supported the Lions Club International Foundation in 2022.

Way to go Lions of the Grand Old District 5SW!
THANK YOU, Past District Governor.

Geraldine Ray! THANK YOU Lions of Western South Dakota! Let's be sure to do it again in 2022 - 2023!



Lions Clubs International
FOUNDATION

Lions Clubs International Foundation
Hereby Awards This
Certificate of Accomplishment
To
District Governor
Geraldine Ray
District 5 SW

For outstanding efforts in attaining support of LCIF
from all clubs in district

Jung-Yul Choi

Chairperson
Lions Clubs International Foundation

6/30/2022

Date

NEWSLETTER SUBMISSION GUIDELINES

This year, the newsletter team is getting more organized! Please follow these guidelines to ensure your contributions make it into upcoming issues!

1. **All submissions should now be emailed to lions5swnewsletter@gmail.com**

Information that has already been sent to Lion Kate's personal email address will not be included in coming issues unless resubmitted to this email address.

2. Please send files of images, do not send PDF's or websites with images embedded in them. These images must be extracted from those documents and often show up at a very poor resolution. Please send original files whenever available.
3. Please check all spelling of names and locations. Lion Kate will not change these spellings.
4. Submissions will be edited for grammar, spelling, formatting, and content. Lion Kate has two English teachers for parents. It's second nature, no reflection on you!
5. Sometimes not everything fits in the available space we have. Articles may be shortened, some photos may not be used. We will do the best we can to put in as much content from as many clubs as possible.
6. Submission deadline is the 15th day of the month prior to the publication date. Proposed 2023 submission and publication deadlines: February 4, 2023 (DUE DATE: January 15, 2023); April 7, 2023 (DUE DATE: March 15); June 9, 2023 (DUE DATE: May 15, 2023). Distribution dates are approximate.

DISTRIBUTION NOTES:

Beginning with the December newsletter, the newsletter will be sent to one contact person in each club, as well as posted to the 5SW website. Each club will need to designate a contact to receive the newsletter via email. That person is then responsible for distributing it to club members as desired. Please send your club's designated contact and email address to lions5swnewsletter@gmail.com ASAP so a mailing list can be created.

THANK YOU!

IMPORTANT

Club News & Photos



IPSWICH: Our club recently awarded the Melvin Jones Fellowships to Lester and Colleen Forkel. They are dedicated Lions with one of their big service projects being annual testing with the Kidsite van. They have tested over 1,000 kids in several area schools over the past few years.



NEWELL: The Newell Lions Club hosted their Leos for a "dining in the Dark" dinner where they experienced eating a meal blindfolded.



DG Ron Bunnell and his wife Donna visited the SD Braille and Talking Book Library and recording studios while in Pierre.



ONIDA: DG Lion Ron Bunnell visited several clubs this fall and enjoyed all his stops visiting 5SW Lions!



SPEARFISH: Lions on DG Ron's Visit



Members of the Pierre-Ft. Pierre Lions present a check to the Pierre Indian Learning Center staff in support of their holiday food drive for students



The Pierre-Ft. Pierre Lions entertained residents at Edgewood Nursing Home with a holiday caroling singalong.



The Pierre-Ft. Pierre Lions returned to the South Dakota Braille and Talking Book Library to finish recycling thousands of cassette tapes. There are still thousands of cartridges to be recycled. If your club would like to volunteer, contact Lion Josh Easter or Lion Kate Kosior at the SD State Library at 605-773-3131



LEAD DEADWOOD: Lion Sharon Martinisko in the Days of '76 parade; Lions Lisa Johnson and Sue Witt participate in a local Trunk N Treat



Members of the Rapid City Lions Clubs gather



DG Ron Bunnell with members of the McLaughlin Lions Club

Catch the Spirit!

In Spearfish at the MD5 2023 Convention.

Welcome and visit International Director Dianne Pitts and Immediate Past International Director Douglas Alexander.

ID Lion Dianne will have a message from International Director Brian Sheenan. IPID Lion Douglas is serving his year as Chairperson on LCIF, and will sharing the message of ways Lions throughout the world are using grants.

There will also be educational, informative sessions, and entertainment opportunities.

CATCH THE SPIRIT – May 25 – 27, 2023 – Spearfish, South Dakota. Reasonable registration and rooms rates. Spearfish Holiday Inn. See registration form for more details.





MD5 Lions

North Dakota - South Dakota - Saskatchewan



Catch The Spirit 2023 MD5 Convention May 25 - 27, 2023 Spearfish, South Dakota

Registrant 1 (please print)

Name: _____

___ Lion ___ Leo ___ Guest

Club Name _____

District

___ 5 NE ___ 5 NW ___ 5 SE

___ 5 SKN ___ 5 SKS ___ 5 SW

Other: _____

Address _____

City/Prov _____

Postal/Zip _____

Email _____

Phone No. _____

Dietary Needs

___ No ___ Yes List: _____

Saturday Eve

Main Meal Pref:

___ Chicken Breast

___ Roast Beef

___ Pork Loin

Questions?

email PCC Stan Smith: ssmith@midco.net

Registrant 2 (please print)

Name: _____

___ Lion ___ Leo ___ Guest

Club Name _____

District

___ 5 NE ___ 5 NW ___ 5 SE

___ 5 SKN ___ 5 SKS ___ 5 SW

Other: _____

Address _____

City/Prov _____

Postal/Zip _____

Email _____

Phone No. _____

Dietary Needs

___ No ___ Yes List: _____

Saturday Eve

Main Meal Pref:

___ Chicken Breast

___ Roast Beef

___ Pork Loin

Convention Registration - US \$155 Unless Early Registration (circle rate below)

Early No participants ___ X US \$140 [Postmarked on or before March 1, 2023]

Regular No participants ___ X US \$155

TOTAL Enclosed: US \$ _____

NOTE: Refund of registration is possible until April 15, 2023 by request in writing to above address.

Refunds will be considered after this date with a written approval by the Convention Committee.

ACCOMMODATIONS - Call

Spearfish Holiday Inn / (605) 642-4683

Standard room @ \$99.99 US / Suite @ \$129.99 US

<https://spearfishconventioncenter.com>

<https://visitspearfish.com/>

Register

Mail form and check payable in US funds to:

2023 MD5 Lions Convention
C/O Spearfish Lions Club
PO Box 503
Spearfish, South Dakota 57783

ACB LIONS CHAPTER

The American Council of Blind Lions (ACBL) gives Lions across the country who are blind and visually impaired a chance to share ideas and experiences. ACBL encourages people with low vision to become Lions and participate in service projects in their local clubs and communities.

ACBL holds virtual meetings on the first Thursday of each month at 8:30 PM Eastern Time (5:30 PM pacific). Members join the call to discuss issues of importance to Lions, and there is usually time to ask questions and share ways we participate in our local clubs. Calls are held on the Zoom platform, so you can participate from any cell phone, landline or computer. Watch our email lists or the ACB Community Events schedule for ways to join the calls, or call (502) 897-1472 for dial-in information.

ACB Lions hosts outstanding programs such as "Lessons in Leadership" at the ACB national conference and convention. Speakers have included Past District Governors who are blind, an International Director, and an LCI Vice President.

ACBL sponsors two email lists. Join the acb-lions email list, open to all interested persons, by sending a blank message to acb-lions+subscribe@acblists.org. When you become a member of ACB Lions and share your email address with us, you will be subscribed to our members-only list.

If you are already a Lion, have been a Lion in the past, or would like to become a Lion, you are invited to be part of our organization. Membership is open to people who are blind, visually impaired or sighted. One-year membership is just \$15.00; life membership is \$150.00.

Pay dues and/or make a tax-deductible donation now and help us continue our good work. Pay by credit card by calling (502) 897-1472, or visit www.paypal.com and send money to lions.acb@gmail.com. Or you may choose to make a check payable to ACB Lions and mail to ACB Lions, 148 Vernon Avenue, Louisville, KY 40206.

Come roar with ACB Lions. We serve.

—Lion Ray Campbell, President and
Lion Adam Ruschival, Treasurer



MD5 CAMP MEDORA

MD5 INTERNATIONAL CAMP READY FOR CAMPERS

Plans are in the final stretch for the MD5 Lions International Youth Camp. Multiple District 5, (Saskatchewan, North Dakota and South Dakota) are in the final stages of planning for a great comeback. Campers will arrive July 16, 2023 and spend the next 6 days in a whirlwind of activities. You will depart on July 22, 2023. Camp will be held at Medora, North Dakota at the Badlands Camp just outside of Medora and next to the river and Bully Pulpit Golf Course.

Plans for the week are to attend the Medora Musical, Zip line, Horseback Riding, Mini Golf, Hiking in Teddy Roosevelt National Park, Wavy River, travel to South Heart, North Dakota Burgers in the Park. We will have night swimming in the river if the river has water. The Badlands Camp has HI and LO ropes to challenge the campers. This is really fun. This is a unique opportunity to meet student campers from the entire MD5 District. If you age 15-18 and wanting to meet others, have a great camp experience let your local Lions Club know of your interest.

The Cost of the Camp is \$400. US. This includes all food, lodging, and activities. Come be part of the adventure.

As you can see, we are planning a great time for our campers. We are asking each club in the MD5 District to sponsor one student. If you have more than one we would be so grateful. We did not invite foreign students this year as we still may have travel hiccups with International travel. Just North Dakota, South Dakota and Saskatchewan.

If you have questions about the camp please call Lion PDG Judy Beaudry at 701-220-4410 or email jbeaudry@westriv.com



Dakota Lions Sight & Health

Eye and Tissue Donation

The Restoration of Sight & Health Scholarship



Dakota Lions Sight & Health is proud to announce the availability of scholarships to students in our region. Qualified applicants must be pursuing an education in a field related to the Mission of Dakota Lions Sight & Health and attending a post-secondary educational institution (university, college, technical school, etc.) in the states of South Dakota or North Dakota.

Applications are accepted January through April each year!

To learn more about the scholarship, see if you qualify, and to apply:

- Scan the QR Code on this flyer
- Visit us online at dakotasight.org/scholarship



\$4000 in scholarships available!

\$1000 to an undergraduate student in South Dakota
\$1000 to an undergraduate student in North Dakota
\$1000 to a graduate student in South Dakota
\$1000 to a graduate student in North Dakota

**Save the
Date!**

Environmental Tour
Pete Lien & Sons
Rapid City Complex
April 21, 2023 at 10:00 AM
More Detailed Information To Follow

Ken Miller
5SW Environmental Chair