

## 5M10 - LIONS NEWS - MERRY CHRISTMAS



To say the first half of this year has been a challenge, would be an understatement. But we haven't let that hold us back in District 5M10.

Although we have still had member drops, we have grown our membership since the start of the year and added the 1<sup>st</sup> Cyber Club in District 5M10. This is a new concept for us but one that has garnered a lot of interest.



For the first time in twenty-four years, we will have the opportunity to elect an International Director candidate to represent Canadian Lions from MD5M for the term 2023 to 2025. District 5M10 is thrilled to have a candidate vying for this position. Good Luck PDG Lion Joanne Ogden. To learn more about PDG Joanne, visit our Facebook Page at <https://www.facebook.com/5m10lions>.

In my last newsletter, I announced that our 2<sup>nd</sup> VDG had resigned. I am happy to announce that Lion Kathryn Smith stepped up to fill that vacancy. Lion Kathryn will make a great addition to our District Governor Team. Welcome, Lion Kathryn.

With Lion Kathryn stepping up to 2<sup>nd</sup> VDG, that left a vacancy for Cabinet Secretary. We were truly fortunate to have another great Lion step up to that position. Welcome, Lion Jessica Minske from Bemidji Lions.

There is a lot happening in January and you will find detailed information in separate articles in this newsletter.

My last article of 2020 wouldn't be complete if I did not reflect on some of the great Lions throughout our district finding ways to serve safely and recognizing other Lions throughout this pandemic. I wish I could include them all, but that would require an entire newsletter on its own.

*Wishing everyone a Merry Christmas, Happy Holidays and a safe and healthy 2021*  
*District Governor Shirley*





Lion Susan Winner, First Vice District Governor

December 11, 2020

Today the United States FDA will approve the first Covid19 vaccine in the United States. It is already approved in Canada. Although it will take a few more months before this pandemic is over, we can finally believe that we are on a pathway to the end. Our members and clubs have done an amazing job staying connected. They have chosen to continue doing service and figured out a way to do it safely. Many of our great Lions have lived safely choosing to remain in their homes. follow the rules and not to contribute to the passing of the virus.

Soon we will be "out of our Bubble". It is time to start thinking "outside of this bubble". Planning for future meetings and future projects. Making our Lions feel safe in a new environment. Searching for Leaders for the future.

Are you one of those Leaders? Do you remember the pledge you made when you were inducted into your Lions Club? *To the best of your ability will you abide by the Lions Code of Ethics, attend meetings whenever possible and contribute your share to the programs of your club, district and Lions Clubs International?* To the best of your ability and whenever possible are you contributing? We need you as a Lion to step up and be a Leader, whether in your club or in your district. Maybe it is an idea for a service project, a position on a board or a position in our district.

Many of our service projects and fundraisers have been cancelled this year. Can we get them back? Will they look different? Do you have ideas to help your club **"think outside the bubble"**?

Can you make the effort to serve your club by being on a committee? Can you fill a position as an officer in your club? Let your current President know, clubs will be looking for new officers soon.

DG Shirley has asked me to start filling the cabinet for the next fiscal year now, especially since we will not be meeting in person at our District Convention. We need a committed cabinet to move us forward and to bring us **"out of the bubble"**. Are you willing to help? What is your passion? If you are interested or have ideas, send them to me: [spb0301@gmail.com](mailto:spb0301@gmail.com). There are exciting things going on in our district. Figure out how you can help!

In Lionism,

Lion Sue



*Catch the Dream...*  
*...a world without Diabetes!*  
**& Catch some Ca\$h**



A Minnesota Lions Diabetes Foundation cash raffle.

**Minnesota Lions Diabetes Foundation will donate  
net proceeds from this cash raffle toward research  
to treat and cure Type 1 and Type 2 Diabetes.**

**10 Winning Prizes! Tickets \$10**

**2 \$1,000 winners   2 \$500 winners**

**2 \$200 winners   4 \$50 winners**

**Minnesota Permit # X-93230-21-003**

**Drawing   7:30 a.m. Saturday, May 1, 2021**

Ticket holders not required to be present to win. Winners will be notified.

**Contact your District Diabetes Foundation Trustee  
for tickets & information!**

**Trustee Lion Kevin McNichols at [Kevinm@Meds-1.com](mailto:Kevinm@Meds-1.com)**

**Trustee Lion PDG Mark Eyre at [eyremark2672@gmail.com](mailto:eyremark2672@gmail.com)**

**Executive Secretary Lion PDG Larry Winner at**

**[lrrywnnr@gmail.com](mailto:lrrywnnr@gmail.com)**

**[Visit MnLionsDiabetes.org](http://MnLionsDiabetes.org) for more information and contacts**

# CAN DO CANINES

“The people who you support through the work of Can Do Canines need your help. I’m writing you today to ask you to [send in a special year-end gift](#) before December 31.

Your gift will provide an assistance dog to someone who needs one now. Like Emily, who has Ehlers-Danlos Syndrome and needs a Mobility Assist Dog to tug open doors or drawers when she is alone. Or someone like Preston, who needs an Autism Assist Dog to keep him calm on bad days, and sleep through the night in his own bed. Or Lyndsey, who needs a Diabetes Assist Dog to sniff out low blood sugar on her breath, especially while she is sleeping, before it become dangerous.

Just \$18 will cover the costs for one day of final, specialized training at our facility for a dog who is almost ready to work.



Kids just like Preston are waiting for their assistance dog right now.

Here’s why your help is needed today:

- The COVID pandemic means that the people waiting for an assistance dog now need a dog's help more than ever. For someone using a wheelchair it

may be that their Personal Care Attendant's hours are limited and they have longer periods without someone checking in on them, or for a child with autism it may be that their special services and therapies were run through the school which is closed now and they are struggling with the change in routine.

- There are \$49,000 in matching funds available, thanks to an anonymous donor, but only until December 31. So, your gift today will have double the impact!
- After a difficult fiscal year for us, it's so important to start next year on the best financial footing possible.

[Your gift](#) will help someone with a disability who needs an assistance dog by sponsoring the final, specialized training of an assistance dog. And you'll support all the work of Can Do Canines.

I know you care about people with disabilities and children with autism who need an assistance dog now, and I'm so thankful I can write to you about this. You'll love going into the holidays knowing you've already helped someone who needs an assistance dog!

Please, will you [send a year-end gift](#) by midnight, December 31, to help someone who needs an assistance dog?

Sincerely,

Alan M. Peters  
Executive Director

P.S. Remember, only \$18 covers a day of final training for a dog who is almost ready to work for someone like Emily, Lyndsey or Preston! "I encourage all clubs to consider making a gift during this period where there are matching funds available.

Thanks! Lion Bob Woodke

District 5M-10 Can Do Canines Chair

"Thank you for your interest in participating in the Tinnitus Research Study with the Otology research team at the University of Minnesota! This is a research study to examine how tinnitus or 'ringing in the ears' affects brain signals, and how these brain signals can be used to help researchers develop better tools to diagnose people with tinnitus. A research coordinator from our research team will contact you in the near future and provide you with an online eligibility questionnaire, as part of the screening process.

If eligible, there will be a remote consent meeting and a total of three separate appointments: hearing test and neuropsychological questionnaires, magnetoencephalography (MEG) scan appointment, and a magnetic resonance imaging (MRI) scan appointment. The MEG machine works like a very sensitive microphone to detect the magnetic activity of brain cells (neurons). The MRI machine works like a camera to record the structure of your brain anatomy. There is no treatment or intervention in this study. There will be no direct benefit to the participant. Two of the appointments will take place on campus, and the MEG appointment will be in St. Paul at United Hospital. Participation in the study is voluntary. Eligible participants will be compensated for their time, and are paid based on completing the three appointments. Total compensation can be up to \$300.

Please note, to reduce the risk of COVID-19 transmission, participants are discouraged from bringing visitors to study visits. While on campus, research staff and participants will adhere to University policies and practice social distancing of six feet apart, hand hygiene, and will be required to wear masks at all study visits. We may have longer waiting times.

As openings become available, we will email you a link to our secure online eligibility questionnaire that you can complete at your convenience. Upon completion, you will receive a follow-up email regarding your eligibility with next steps."

Anyone interested in our study can contact our study team through this email to receive additional information."

A flyer for the Tinnitus Research Study at the University of Minnesota. It features a woman holding her head in her hands, looking distressed. The text includes the study title, eligibility questions, a description of the study, a list of participation details, and contact information.

**TINNITUS RESEARCH STUDY**

Are you between 18-75 years old?  
Do you experience ringing in your ears?  
Or want to help people who do?

Help us study how tinnitus affects brain signals!

- Participation involves questionnaires and brain imaging (MRI and MEG)
- Compensation will be provided

Contact: [ENTSTUDY@umn.edu](mailto:ENTSTUDY@umn.edu)

## JANUARY WILL BE A BUSY MONTH

This information was provided to all clubs in the form of email. I am repeating it here in case anyone missed it.

### VIRTUAL CONVENTION (see poster in this newsetter):

This is a reminder about our upcoming Virtual Convention. The convention will take place January 22<sup>nd</sup> and 23<sup>rd</sup>. You must register for each of these dates separately. The links for doing so below.

On Friday evening, we will have 2 speakers. Mikayla Ansley is from Blyth, Ontario and was the winner of the International Peace Essay Contest in 2019. She lost her sight at an incredibly young age as a result of Childhood Cancer. Her story covers two of our Global Service Areas. Mikayla's presentation will be followed by a presentation by two members from District 5M10, Lion Eric Schlacks from Duluth Lions and Lion Andrea Hatton from Vermilion Bay Lions. Lions Eric and Andrea are passionate about the environment and I'm sure you will enjoy their presentation. Finally, there will be an opportunity for all attendees to ask questions of the presenters. This part of the convention will last for approximately 1 hour.

Saturday will begin at 10 am and should end around noon. This part of the convention will include a presentation from International Director Allan Hunt. You will hear the results of all elections, including the District Governor, 1<sup>st</sup> Vice-District Governor, 2<sup>nd</sup> Vice-District Governor as well as the winner of the International Director election. You will learn about Lionism, there will be a memorial service and many special announcements, and you will have FUN!

When you register for the Saturday portion of the convention, you will be given the opportunity to order a convention pin. Since there is no charge to attend the convention, we need to charge for the pins. They are \$5 CAD or \$4 USD. You do not need to pay when you register. We will make arrangements for that later. Supplies are limited so, if you are interested, please ensure you request your pin at the time of registering.

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You are invited to a Zoom meeting.

When: Jan 22, 2021 07:00 PM Central Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/join/zoom/register/tJEvce-oqz4vEtL5bUdnArJEzbfGcYFwYtkE>

After registering, you will receive a confirmation email containing information about joining the meeting.

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You are invited to a Zoom meeting.

When: Jan 23, 2021 10:00 AM Central Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/join/zoom/register/tJAocuiqqT4pEtEV3rExjbncT9vLj8j7qWX8>

After registering, you will receive a confirmation email containing information about joining the meeting.

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## DISTRICT SERVICE PROJECT:

We're asking you to make an easy tied fleece blanket in support of Childhood Cancer. These blankets will be showcased at the convention. After the convention, the blankets will be collected and shared with health-care facilities throughout Northeastern Minnesota and Northwestern Ontario.

If you can use a pair of scissors and tie a knot, you can do this. We had originally planned on doing this project at the convention when it was being planned as an in-person convention. We had to alter our plans to accommodate a virtual convention so are asking members to make their blankets ahead of time and share their projects online at the convention.

Following is a set of written instructions for making these blankets. A group of Dryden Trillium Lions also put together an entertaining video with instructions. You can view that video here

<https://youtu.be/oWFOrAko5OQ>.

### No Sew Tied Fleece Blanket

You will need 2 pieces of polar fleece, 40" x 60". You can make smaller or larger blankets.

Square off your fleece so they are the exact same size and take off the selvage edges.

With the two pieces laying on top of each other, wrong sides together, cut out the four corners. This is done by cutting a square out of each corner. Depending on how long you want your ties, your square should be either 5" or 6".

You can stabilize the blanket for cutting by putting some pins or masking tape along your 5" or 6" cutting line.



Cut your ties all around the blanket. Ties can be whatever width you like, i.e. 1 1/2", 1" or 3/4".

The blanket is finished off by then tying the top and bottom ties together in a knot.

You are done!!!

P.S. Making these blankets with a few friends, a beverage (or 2) and some good snacks, makes for a fun project.

## **Progressive Helen Keller Sight Award to Lion Jim Molde**

**Lion Jim Molde of the Bemidji Lions Club and Lions District 5M10 has been awarded the Progressive Helen Keller Sight Award from MD5M.**

**Each of the District Governors in MD5M could submit a nominee for this high honor. Lion Jim was nominated by 5M10 District Governor Wayne Tieman.**

**Lion Jim was chosen for this award by his Lions peers. He has served as a member of the Bemidji Lions Club, a board member of the Minnesota Lions Vision Foundation, and 5M10 Kid Sight Coordinator.**

**In 1925, Helen Keller challenged the Lions of the world to become Knights of the Blind. Since 1960, the Lions of Minnesota have continued to meet the challenge of Helen Keller by establishing and supporting the Minnesota Lions Eye Bank.**

**Through the efforts of the Lions of Minnesota, research breakthroughs in diseases of the retina, macular degeneration, cataracts, glaucoma, and other blinding eye diseases and infections are making a difference in the rest of the world.**

**Lion Jim Molde has a passion to serve those with vision impairments.**

**Thank you and congratulations, Lion Jim, for your leadership and dedication as a Knight of the Blind.**





## **Update from your District Global Leadership Team Coordinator:**

I just wanted to bring a couple of things to your attention in this month's newsletter around Leadership as it relates to training opportunities and the needs for the members of our District.

First, the Faculty Development Institute (FDI) that was scheduled to be held in Los Angeles, CA, USA on February 20-22, 2021 has now been cancelled. Lions Clubs International made this difficult decision because the safety of the Lions participants, faculty, and members of LCI staff is their priority.

Secondly, we have also just been informed that the Regional Lions Leadership Institute (RLLI) that was scheduled to be held on March 18-21, 2021 in Detroit Lakes has been postponed until a date in the Fall of 2021 can be determined. The continuing impacts of COVID-19 have been making it difficult to be able to host these very important Institutes in a Face-to-Face venue. As safety continues to be the priority for Lions Clubs International, a suitable date in the Fall of 2021 will be determined and the new application process will be communicated with all members.

Thank you for your continued support of these very important opportunities for our Lions. I would also like to take this time to wish everyone a safe and restful holiday season! I look forward to working with the District members on some other Leadership projects in the New Year!

Your District Global Leadership Team Coordinator,

Lion Doris St. Jules



## KidSight Update

KidSight MD5M has a new web address where all screening documents and forms can be found.

Go to: [www.kidsight5m.org](http://www.kidsight5m.org)

Also KidSight has available the **Sight Saver** award that can be given to deserving Lions or community members who have been instrumental in the promotion and success of the KidSight program.

This is similar to the Helen Keller and Melvin Jones awards where a club is entitled to present 1 award for every \$1000 contributed to the KidSight Foundation.

The **Sight Saver** award is also available for every \$1000 donated to the Lions Foundation of Manitoba and NWO for sight as well.

Contact either Lion Jim Molde or PDG Joanne Ogden with any questions. Thank you for making KidSight one of our premier service projects!

[nortoneye@gmail.com](mailto:nortoneye@gmail.com)

[wwaogden@jam21.net](mailto:wwaogden@jam21.net)

## E- VISION

November 2020  
Vol. 9, No. 11

### FACULTY & STAFF HIGHLIGHTS

**Sandra Montezuma, MD**, participated in the ASRS (American Society of Retina Specialist) Preferences and Trends (PAT) Survey roundtable discussion. This was Published in the PAT Survey supplement to the 2020 fall Retina Times magazine.

**Andrew Harrison, MD**, organized and moderated a cosmetic plastic surgery meeting in Shanghai, China for Global Specialty Medical Education on Saturday, November 7, 2020 for over 100 Chinese plastic surgeons. The speakers included plastic surgeons from Beverly Hills, CA and Taiwan.

### INCOMING FELLOWS

Neuro Ophthalmology

Fellowship Casey Judge, D.O.

Medical Education: Lake Erie College of Osteopathic Medicine – Bradenton, Lakewood Ranch, FL

Transitional Year/Neurology Residency, Post Graduate Training: Lehigh Valley Health Network - Allentown, PA



### UPCOMING EVENTS

**Knobloch Visiting Professor/Retina Virtual Symposium**

**Friday, December 4, 2020**

**5:00-8:00 p.m.**



**Donald J. D'Amico, M.D.**

Dr. D'Amico has published over 175 articles on vitreoretinal diseases and has co-edited two books covering comprehensive retinal themes. He has participated as a principal investigator or co-investigator in many clinical trials and laboratory

investigations. His major interests include: vitreoretinal surgery; diabetic retinopathy; macular degeneration; experimental lasers and other technologies for the surgical treatment of vitreoretinal disorders such as retinal detachment, macular holes and epiretinal membranes; and endophthalmitis and intravitreal drug therapy. As attending physician specializing in the care of patients with vitreoretinal disorders at the Weill Cornell Department of Ophthalmology, Dr. D'Amico also provides direct instruction of medical students, ophthalmology residents, and retina fellows. In this role, he has twice received the Teacher of the Year Award given by the residents of the Massachusetts Eye and Ear Infirmary.

Register: <https://z.umn.edu/2020KVP>

## FACULTY & STAFF PUBLICATIONS

*"Managing Photophobia with the Utilisation of Smart Light Bulbs."*

**Zhou Y, Wagley S, McClelland CM, Lee MS**

Neuro-Ophthalmology, 2020 DOI:

10.1080/01658107.2020.1835992

*"Hyperautofluorescence of sub-internal limiting membrane dehemoglobinized hemorrhage."*

**Mammo DA, Montezuma SR**

EyeNet Magazine, Mystery image. Blink.

October/ November 2020

*"Clinical Characteristics of a Case Series of Ocular Syphilis with three Cases Requiring Multiple Vitrectomies After Late Diagnosis."*

Nagarajan E, Mundae R, Tran T, **Mammo DA**, Murray J,

**Koozekanani DD, Montezuma SR.**

Journal of VitreoRetinal Diseases. 2020, Vol. 4(6) 509-514

*"Retinal and Vitreous Hemorrhage after a Dexamethasone Injection into a Vitrectomized Eye with Recovery of Vision to Baseline."*

**Elliott M, Montezuma SR**

Journal of VitreoRetinal Diseases. 2020, Vol. 4(6) 538-540

## AAO POSTER POSTERS

*"Ophthalmic conditions in people with cryptococcal meningitis: a prospective cohort study."*

Kwaga T, Tran T, Al-Ramady A, Nuwagira E, Ssemusu M, Kansime G, Idriss B, Bangdiwala A, Stadelman A, Meya D, Muzoora C, Boulware D, Arunga S, **Montezuma SR.**

Abstract presented at the AAO 2020 virtual meeting.

*"Comparison of Visual Evoked Potentials between Retina Prosthetic Vision, simulated low visual acuity and normal vision."*

**Montezuma SR, Sun S**, Caspi A, Arup Roy and **HeY.** Poster presented at the AAO 2020 virtual meeting.

## UPCOMING EVENTS

Oculoplastics Virtual Conference

January 8, 2021

Register: <https://z.umn.edu/21Plastics>

Neuro-Ophthalmology Wirtschafter Visiting Professor

February 5, 2021

Register: <https://z.umn.edu/21WVP>

## LIONS GIFT OF SIGHT

Two OVNS faculty members were featured at the 2020 EBAA Cornea and Eye Banking Forum. **Joshua Hou, M.D.**, Lions Gift of Sight Medical Director, presented on "Can SARS-CoV-2 be Transmitted through Donor Corneal Tissue? An in vitro Infection Study." Dr. Hou concludes that transmission of COVID-19 in donor ocular tissues is a legitimate concern based on the infection study showing that donor ocular tissues can be infected by SARS-CoV-2 virus. The virus also retains its infectivity under current corneal storage conditions.

**Stephen Kaufman, M.D., Ph.D.**, Lions Gift of Sight Associate Medical Director, is the recipient of the R. Townley Paton Award, and as such gave a lecture on the topic of his choice: "Reflections During Covid-19: My Important but Little Known Research and our Legacy." Dr. Kaufman's legacy is, indeed, long, and he has contributed valuable work to the areas of corneal preservation media, LASIK interface inflammation, cryopreservation of corneal limbal stem cells, and corneal collagen cross-linking, among others. He is a strong supporter of the International Journal of Eye Banking and community eye banks.

Also awarded to Dr. Kaufman's father in 1983, the R. Townley Paton Award is the EBAA's highest honor for corneal surgeons and is presented annually to an ophthalmologist in recognition of outstanding contributions to the EBAA's development and for exemplifying the precepts of R. Townley Paton, M.D., the father of modern eye banking and the founder of the first United States eye bank. Congratulations to Dr. Kaufman for this honor!

# Important Announcement

## NOMINATIONS FOR 2021-2022

The **2021 District 5M10 Convention** will be held virtually on **January 23, 2021**. More details can be found in this newsletter.

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### District 5M10 Constitution and Bylaws – Article 1 – ARTICLE II District Nominations, Elections and Appointments

A Nominations Committee has been appointed to manage the nomination process in the District according to District 5M10 Constitution and Bylaws. The deadline to file nominations is December 24, 2020 to Nominations Committee Chair Lion Steve Kajala at [stevekajala@hotmail.com](mailto:stevekajala@hotmail.com) with a copy to DG Shirley Koroniak at [lionshirleyk@gmail.com](mailto:lionshirleyk@gmail.com).

All details describing the nomination process for the offices of Governor, First Vice District Governor, or Second Vice District Governor, along with candidacy requirements can be found in the District 5M10 Constitution and By-Laws **ARTICLE II District Nominations, Elections and Appointments and EXHIBIT D, EXHIBIT E AND EXHIBIT F**. District 5M10 Constitution and By-Laws can be viewed on <https://5m10lions.org/> under Resources or by using this direct link <https://5m10lions.org/wp-content/uploads/2019/06/2019-Constitution-and-ByLaws-R4.23.19.pdf>.

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**Voting** for the 2021 5M10 Convention will take place by electronic ballot. Details have been sent to all clubs and appears in this newsletter. Please read that information carefully as it varies substantially from previous years.

**Article VII Section 2** provides details as to who can vote on any question on the ballot.

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Each chartered club in good standing in Lions Clubs International and its district shall be entitled in each annual convention of its district to one (1) delegate and one (1) alternate for each ten (10) members, who have been enrolled for at least one year and a day in the club or major fraction thereof, of said club as shown by the records of the international office on the first day of the month last preceding that month during which the convention is held. Each past district governor who is a member in good standing of a 5M-10 Lions Club in good standing is granted full delegate status independent of the club delegate quota established above.

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Respectfully,

District Governor Shirley Koroniak

## MN Lions Childhood Cancer Foundation

Exciting happenings at the MN Lions Childhood Cancer Foundation! An account has been set up on Amazon which, if you use it, will result in a portion of your purchase being donated to the Foundation! No extra cost to you! If you order from Amazon anyway, it's a win-win! Please check us out at [Amazon.com: Online Shopping for Electronics, Apparel, Computers, Books, DVDs & more](https://www.amazon.com?ref=A_Lion_Cancer_Foundation)

The Masonic Children's Hospital is accepting fleece blankets again! If you have items to donate, contact Foundation Treasurer Lion Tom McCarthy at [tpmcc0526@yahoo.com](mailto:tpmcc0526@yahoo.com) and he'll put you in touch with the right folks at the University.





# 2021 Lions 5M10 VIRTUAL



## Midwinter Convention

### ***“Heart of the North”***

Election  
Results

Friday, January 22

7:00pm - 8:00pm CST

Guest Speakers: Mikalya Ansley  
Eric Schlacks & Andrea Hatton

District  
Updates

Saturday, January 23  
10:00am - 12:00pm CST

Guest Speaker: ID Allan Hunt  
DG Shirley Karoniak

Special  
Awards

Service  
Project

Pins  
\$5.00

## **District 5M10 Plastic Recycling Challenge**

### **Lions District 5M10 Newsletter Update December 12, 2020**

Lions Clubs in our District are collecting and recycling soft plastic. Seven clubs so far have accepted the challenge to see how much soft plastic they can recycle by the Midwinter Convention. Another campus club is considering taking up the challenge even though students have been disbursed far and wide to their homes to take their classes virtually. The campus clubs deserve a roar from the rest of the clubs in the District to recognize their efforts during the disruption caused by the Covid 19 pandemic.

The amount of plastic clubs have reported recycling as of December 1, 2020:

Club	Total Recycled	Amount per Member
Bemidji Lions Club	69 lbs	0.8 lbs/member
Bemidji First City Lions Club	62 lbs	2.2 lbs/member
Carlton Area Lions Club	120 lbs	6.7 lbs/member
Dryden Trillium Lions Club	148 lbs	4.2 lbs/member
Duluth Lions Club	155 lbs	1.8 lbs/member
Lakehead Campus Lions Club	No Report	No Report
Vermillion Bay Lions Club	49 lbs	1.1 lbs/member

These clubs have collected, weighed, and recycled a total of 602 pounds of plastic so far.

If your club isn't in the challenge, what are you waiting for? Participation counts. Get started by selecting a member to be your club's Recycle Coordinator, and have them contact Eric Schlacks, 5M10 Environmental Chair, to get into the competition!

What plastic can be recycled, you ask? You can recycle grocery bags, bread bags, bubble wrap, dry cleaning bags, newspaper sleeves, ice bags, plastic shipping envelopes, reclosable food storage bags, cereal bags, case overwrap, salt bags, pallet wrap & stretch film, wood pellet bags, and produce bags.

If your club recycles the most plastic per member by the Mid-Winter Convention, it will receive special recognition and an award from Lions District 5M10.

If you have any questions or want help getting started, contact Eric Schlacks, Lions District 5M10 Environmental Chair, via email at [desertswan1@gmail.com](mailto:desertswan1@gmail.com), or by phone at 218-269-6678 in Minnesota.



## ***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](http://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 [ochterc001@umn.edu](mailto:ochterc001@umn.edu) with any questions.

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



# LIONS CLUBS

## BEMIDJI LIONS

2020 Challenges Bemidji Lions to Raise Funds for Community Giving

Bemidji Lions Find a Way to Have a Covid Safe Fundraiser

Never Tried Raffle Fundraiser - Surpassed Sales from Previous Years

Bemidji Lions Club just ended a new Fundraiser, the raffle for an ATV or \$5,000 dollars. The ticket sales were from September to the end of November. There were a number of positive collaborations that contributed to the success of the project.

- Community Sports Business provided the ATV
- Three Grocery Stores allowed the ATV trailer setup at their locations for ticket sales
- Bemidji Lions included the First City Lions and Bemidji State NCT Campus clubs to participate in the raffle ticket sales as a fundraiser for their clubs
- Businesses throughout the community sold tickets for the raffle

To meet the challenges of Covid 19 protocols, Bemidji Lions used the State and National guidelines to develop a sales plan that supported health safety.



By volunteering to sell tickets, Lions were able to spend time together in a safe social distance setting. Not only did they have fun selling tickets and promoting Bemidji Lions, the time spent together at the event filled the greatest request from members.....the time to be together!!



To open the holiday season, the city of Bemidji sponsors a Night We Light parade each year. Here are our Lion and cub who sat on our ATV trailer to promote Lions and the raffle during the Night We Light "un parade" at the Bemidji Sanford

Center. For more than three hours, over 1000 cars wound their way through the un parade. Bemidji Lions were there to wave to the passers by and share information about Lions. At the end of the un parade, Bemidji Lions re located the ATV to the Statues of Paul Bunyan and Babe the Blue Ox for the winning ticket draw.



Our ticket winner decided on the

\$5,000 dollar option. Above see our winner from Northhome, her husband PDG Tieman who sold the winning ticket and Bemidji Lion President Kathryn Smith presenting the “BIG” check.

Bemidji Lions and First City Lions gathered to offer their support!



## SIoux LOOKOUT LIONS

### December 2020 Newsletter

The Sioux Lookout Lions Club had our very first virtual induction of 3 new members in November. DG Lion Shirley lit a virtual candle and led the new members through the ceremony. Although they did not get to light their own candles and their sponsors weren't physically there to present them with their Lion's pin, they all enjoyed the ceremony.

Our Storage Wars fundraiser began at the end of June and continued throughout the summer and into the fall. To date, we have raised \$2533 in this on-line auction. Considering this was intended to be a short-term auction of Mandala painted rocks only, with the addition of donations of items from community members, it has turned into a lucrative, ongoing fundraiser.

Our new “Celebration Fundraiser”, also known as the “Smile Maker” is up and running and profitable. Lions members worked together to create a series of signs celebrating everything from birthdays to births. The signs, along with personalized age frames, message frames and extra decorations (hearts, stars, pompoms and honk signs) are booked through email by someone wanting to brighten someone else's day. Advertising went out on Sept. 20<sup>th</sup> and within minutes we had our first booking. Our first set up was on Sept. 22<sup>nd</sup> and since that time, we have had 43 bookings, with a total of

\$1645 raised to the end of December, although we are sure to have more bookings. We created stands to allow us to continue into the winter months and we have bookings into February at this point.

For our Lions Week of Service, we held an “On-line Halloween Costume Contest”. Donations from the community in the form of gift certificates, as well as local gift certificates purchased by us, were given as prizes. We asked businesses for a \$15 gift certificate donation in return for us purchasing a \$10 gift corticate, which made the outlay ultimately only \$5. Our purpose was two-fold – to purchase and support locally only, as well as to bring in two people to local businesses to spend their gift certificates. We had 4 age categories with 2 prizes within each (scariest and most original), and we also had the best incorporation of a COVID mask into a costume. We had some additional gift certificates that allowed us to do two random draws from all entries as well.

We purchased 30 calendars from the Green Capes Lions which helped them to raise funds for the Lions Foundation of Canada Dog Guides, and allowed us to raise \$300 to be put toward a future donation.

This year for World Diabetes Day, we decided to focus our efforts on an online campaign. Throughout the week, we posted various informative links on our Facebook club page, where our members from our Sioux Lookout community commented and shared their own experiences and successes living with diabetes. Our club also decided to conclude with a symbolic gesture. The blue circle has been the adopted symbol of diabetes awareness and prevention for many years. As a club, we decided to create a collage with either a photo of one of our members or an image of a lion with a blue circle displayed in the corner of the visual with the line “We Are United”.

Donations were sent in for our Parade of Green charities. \$250 each to the Canadian Diabetes Association, the Lions Foundation of Manitoba & NWO, the Canadian National Institute for the Blind – North Region and the Lions of Canada Fund for LCIF, as well as \$200 to the Canadian Lions Childhood Cancer Foundation, with \$50 being given previously in DG Lion Shirley’s name.

We donated twenty \$25 local grocery gift cards to the Nishnawbe Gamik Friendship Centre to add to their Christmas Hampers that are given out to those with food insecurity in our community.

Merry Christmas and here’s hoping 2021 brings us health and some normalcy back into all of our lives!



**WORLD DIABETES DAY**

## DRYDEN TRILLIUM LIONS

### DRYDEN TRILLIUM LIONS CLUB

#### NOVEMBER 2020 ACTIVITY REPORT

1. The Christmas Cheer Program was a success for the club: with membership donations of \$865.00, club donation of \$100.00 and one non-member personal donation of \$50.00 totaling \$1015.00.
2. Meeting have been moved back to zoom due to the pandemic
3. Collection of the soft plastic program is going well, we have collected 69.3 lbs more. To date a total of 147.4 lbs!!
4. Our annual Christmas party will be a zoom party this year on Dec 10.
5. We had guest speakers at our last meet Nov 12 Brayden Friesen a young man in town living with childhood diabetes.
6. We delivered meals on wheels 21 and 22 for a total of 20 meals and 3 hours of time for 2 of our members.

## ORR LIONS

Tom Antikainen and Heather Fealy getting ready to deliver Thanksgiving boxes to needy families



Heather Fealy packing Thanksgiving boxes for the needy

Sandra Bushnell packing food boxes for needy families for Thanksgiving



## **CAP BAKER LIONS CLUB - GRAND RAPIDS**

Cap Baker Lions was busy with a Fall Fundraiser Raffle. The raffle was a huge success with 1200 raffle tickets sold and 99% participation by club members. The drawing was held on September 25th via Facebook Live. PDG Lion Wayne Tieman won a kayak and paddle which he generously donated back to the club for a future fundraiser. Thank you PDG Wayne!!



The semi-annual roadside cleanup took place on a beautiful fall afternoon. Club members picked up garbage along a 2-mile stretch of roadway.

Lion Curt Firman was awarded a Diamond Centennial pin. Lion Cathy Kilpatrick was awarded a Silver award. Lion Pam Miner and Lion Jon Miner were each awarded 10-year pins.

Our first in-person meeting was held on October 6th which included a Zoom link for the members not attending.

A donation of \$500.00 was made to the Open Door Coat Rack for the purchase of new winter coats, snowpants, hats and mittens for children in need this winter season.



During the Lions' Week of Service, the Board of Directors held a special meeting to discuss the many local toy distribution programs being cancelled this year due to the COVID-19 pandemic and how we, as a club, can help. Also, Lion Ann Smith delivered children's face masks to the Infusion Center at the Grand Rapids Clinic and Hospital.

At our November 17th meeting, Lion Jim Molde gave a presentation on the Lion's Vision Foundation and the Lion's Gift of Sight.

Due to COVID restrictions, our Christmas party has been cancelled. In true Lions spirit, the club will continue its tradition of adopting Christmas families and providing Visa gift cards to 5 families in need. A Christmas fundraiser is being held challenging club members to make personal donations to our coffers to make this project happen. Any monies in excess of the funds needed for the family adoption will be donated to Toys for Tots.

Due to the COVID restrictions and many members heading south for the winter months, it was decided to hold only one meeting per month for the months of January, February and March. Meetings continue to be held via Zoom.



At our December 1st meeting, two new members were inducted. Lion President Kim Geislinger inducted Lion Heidi Madsen, sponsored by Lion Aimee Ross, and Lion Bev Swenson, sponsored by Lion Ann Smith. Welcome to Cap Baker Lions Club!

As our "new normal" continues, Cap Baker Lions Club continues to focus on serving our community with continuing projects such as collection of eyeglasses while being diligent with safety measures during the pandemic.

**HAPPY HOLIDAYS LIONS DISTRICT 5M10 FROM ALL OF US AT CAP BAKER LIONS CLUB!**

## EMO AND DISTRICT LIONS

🎅 Emo and District Lions played Santa today! 🎅

The Residents at the Emo Heath Care Centre received a 50" TV, Hardware and Netflix for the year!

🌲 Merry Christmas from Emo and District Lions!



**Members of the club presented their donation to two of the residents of the Emo Hospital just before Christmas.**



## KENORA – LAKE OF THE WOODS LIONS

Greetings and Happy Holidays,

We are highlighting a lovely children's book, written by a Minnesota mother whose child has hearing aids. She struggled with helping her daughter wanting 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.

We also are including a photo with the author holding the book and the 5M10 trustee who has helped in promoting it, Lion Jerry Amiot,

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

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### "About the Book

The author Becky Cymbaluk 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:

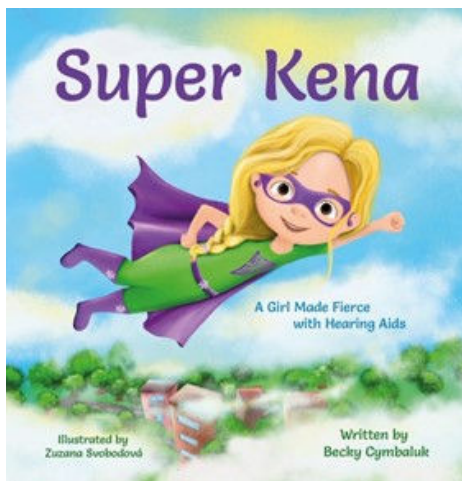
Cost: Hardcover - \$14.95 plus tax

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."

This is her grandchild that was born with a hearing loss, which inspired her to write this book. In addition, Jerry Amiot is a trustee for District 5M11, not District 5M10.



It has been a very quiet year for the Kenora Lake of the Woods Lions Club since the outbreak of COVID -19. Because we are an aging club, it was decided to cancel meetings until such time as it is safer to gather to plan activities, events and to once again share together fellowship and have fun.

In November we made a donation of \$500.00 to the Salvation Army's Miracle Marathon to help bring a more enjoyable Christmas to so many needy people.

We were saddened by the sudden passing of Karen, wife of Lion Jim Quinn our President. A donation in her Memory was made to the Lions Foundation of Canada Dog Guides as Karen was always a faithful supporter of the program and walked her dog every year. Our thoughts and prayers are with Jim and his family.

The "Tree of Life" has been an event of the local hospital for many years and our donation of \$500.00 will help turn on the lights that look very festive when the tree is completely lit up.

A donation of \$1,000.00 to the Lions Foundation of Canada Dog Guides. Each donation made before the end of December will be matched by two very generous donors and supporters of the program. A donation to this vital program is and has always been a part of our Parade of Green.

Lions continue to support Rotary with their Nutrition program to school children who do not have the advantage of a healthy diet.

While it will not be the same, we are hoping to participate in the virtual Mid Winter Convention. Thank you to District Governor Shirley and everyone who is working to make it possible.

It is our hope that there will be better and happier times ahead for all of us.

On behalf of Kenora Lake of the Woods Lions Club our very best wishes for a safe and enjoyable Merry Christmas to you and your families and good health and happiness in 2021.

## Duluth Lions Club



### District Governor Visit

INSTALLATION OF  
OFFICERS PRESENTATION  
OF AWARDS

Induction of New Members



Duluth Lion President Tom O'Brien welcomed those present as well as our Honored Guest, District Governor Shirley Koroniak. After listening to recordings of *the Star Spangled Banner* and *O'Canada*, Lion Mark Osthus gave the invocation.



DG Shirley presented District Awards to the following Duluth Lions: Progressive Melvin Jones Awards to Larry Winner and Mark Osthus and the Helen Keller Award to Jamie Rabold.

IPP Eric Schlacks presented the following Club Awards: Club President Appreciation Awards - Susan Winner, Daryl Harper, Bob Howe and Barb Oswell; Distinguished Service Awards - Jim Denney and Gail Tate; Pancake Chair Recognition - Pat Swenson; Leo Club Outstanding Advisor Award - Marie Pank; and Distinguished New Member Award - Nik Snyder. President Tom thanked Lion Eric for his leadership in 2019-2020.

District Governor Shirley installed our 2020/2021 officers and inducted our two new members. New members were Peggy Gall and Henry Banks.

Thanking the Duluth Club for her opportunity to visit, DG Shirley reminded us his year has been unlike others, yet we are fortunate to have access to technology which provides us the opportunity to "meet" online. DG Shirley stressed that Clubs are the heartbeat of our District, and she introduced us to some of the operations at the district level. Incoming district governors establish goals focusing on leadership, membership, service and the LCI Foundation. The Global Action Team assists the district governor in achieving their goals. We were reminded to feel free to reach out to the District if we have a need. Moving Forward: **FOCUS** = **F**ind Your Passion; **O**vercome the Obstacles; **C**ourage to Make a Change; **U**tilize Your Strengths; **S**hare Your Stories. Thank you, DG Shirley, for your insight into the Lions of our District and words of encouragement.

## Serving during the Holidays

### Plastic Recycling Challenge

Our Plastic Recycling Challenge continues. Thank you to Lions Eric Schlacks and Gail Tate for monitoring, collecting and transporting the plastic. We've collected over 150 pounds so far!

### Salvation Army - Ringing Bells!

#### Distributing Toys and Food

Lion Bob Howe set up an account for Lions to register to ring bells for the Salvation Army of Duluth. This year, we were able to choose our day, location, and the shift we wish to schedule. Ourclub gets credit for the hours we work and the amount of money that we collect.

A *second opportunity* for the Salvation Army is their toy and food distribution during the week of December 14 – 18<sup>th</sup>. Duluth Lions will be helping families select toys and packing boxes of food for those in need.





## Volunteering at Bentleyville Collect Gifts and Tend Firepits



We're volunteering at Bentleyville Tour of Lights, an outdoor, drive-by, magical display of Christmas lights for visitors and the Duluth Community. In addition to collecting food and toys for the Salvation Army from the families that drive by, Duluth Lions can tend the fire pits. The process is COVID safe. The staff were wearing masks and visitors were restricted to their cars.

## Service Completed

### The American Red Cross Thanks the Duluth Lions and LEOs!

#### Serving the Military during the Holidays



Lion Shirley Sullwold, who spearheaded our participation for the American Red Cross Holidays for Veterans Service Project, reports we gave 373 cards and 30 pair of socks to the Veterans!

Dan Williams, Executive Director for the American Red Cross in our area, was sincerely grateful and amazed with all the cards and socks that were donated by the Duluth Lions and LEOs.

His message to our club:

*Thank you to the Duluth Lions Club for the support of the Red Cross 'Holidays for Heroes' project. As with many things, we have had to adapt to the environment we are all experiencing, and so will be hyper-focused on supporting our Veterans who are living in a nursing home setting this year. The cards from the Lions members will hopefully show our Veterans that the community is appreciative of their service, and wishing them a happy Holiday season.*

*Dan Williams Executive  
Director*

*American Red Cross Serving Northern Minnesota*



Top Left: Lion Shirley and Dan Williams of the Red Cross receiving our Lions Club donations

Top Right: Lion Shirley at the Red Cross Veteran Service Project.

Bottom: Lion Shirley & Champ at the Red Cross Veterans Day Blood Drive.

## Union Gospel Mission – Fund the Van!

**We're helping the Union Gospel Mission cover the cost of a new van!** The van is used to pick up food supplies from area food sources. For every dollar received by UGM from members of our club, the club donated a

matching dollar, up to \$500. **We've reached that goal! (\$1,000)** Duluth Lions continue to donate cash and canned goods.



## Duluth Lions Show Off Their Holiday Spirit in the Christmas City of the North Parade!

Several Lions and family wore their masks and took part in the virtual 2020 Christmas City of the North Parade. No crowds, no kids to high five, no family and friends to wish happy holidays, but we spread the Lions message of "We Serve" and announced our 2021 Pancake date.

Lion Larry Winner drove his pickup with colored net lights draped over the hood and tailgate with a lit tree placed in the box. Bob Howe's generator lit our lights. Lions Jim Denney and Joel Braun carried our club banner.



Bob Howe and President Tom O'Brien donned the Lion costumes with Pat Swenson and Gail Tate working as handlers to make sure the Lions stayed on track.



Ellie Braun and Lions Peggy Gall, Eric Schlacks, Ron and Nancy Stanius and Sue Winner carried Pancake signs and waved to the KBJR cameras. We were the 24th out of 30 units so we spent a couple of hours waiting for our moment with the cameras. The Parade wound around the DECC with cameras by the Irvin. A special moment was when the Paul Tregurtha slowly moved its way toward the Aerial Lift Bridge - very close to our staging area (only in Duluth).

***We Wish You a Very Merry Christmas and Happy New Year!***

**Wishing all our fellow Lions a wonderful holiday and a Happy New Year.**



## **CARLTON AREA LIONS CLUB EVENTS**

November & December 2020

All business has been conducted on line

\$400 was donated to Carlton VFW Auxiliary to help provide Veterans Day Dinner on November 11<sup>th</sup>

Lions helping with dinner Gaylen, Jim V, Chuck and Guest Mary. Around 140 meals were served take out style with the help of the Carlton VFW Ladies Auxiliary. Lion Gaylen's wife Linda chaired for VFW.

\$500 donated to HDC Outreach Center, Cloquet MN to help pay for food to provide meals for people in the area with special needs.

\$500 donated to IFCC in Carlton to help provide Holiday cheer to Veterans and other elderly residents.

Dec 5<sup>th</sup> Lions installed garland and lights to decorate main street of Carlton MN for the holidays

Lions working on project Joel, Jim L, Chuck, Becky, Patty and Guest Smitty, also a special Thank You to Lion Becky's partner Wes who provided his mechanical lift and helping hands.

Bell Ringing for the Salvation Army Dec 15<sup>th</sup> at Super One Foods, Cloquet

11am -1pm	Lion Sue Z
1pm – 3pm	Lion Janelle
3pm – 5pm	Lion Larry
5pm – 7pm	Lion Patty

Dec 16<sup>th</sup> at L&M, Cloquet

11am- 3pm	Lion Jim V
5pm – 7pm	Lion Betsy

In Conjunction with Virtual 5M10 Midwinter Convention, Carlton Lions will help to make Tied Fleece blankets in support of Childhood Cancer

Lions Participating, Joel, Betsy, Patty, Sue, Linda. Blanket kits can be purchased at Joanne's Fabrics in Duluth (2for \$10}and need to be Photographed and submitted to DG Shirley by January 12th

3 Lions members have volunteered to serve as Carlton voting delegates at Midwinter Lions Betsy, Gaylen and Rita

Also ongoing since Sept presentation by Duluth Lions on plastic recycling project is Lion Rita Chairing this project with about 4 more months to achieve our clubs 500# goal. Contact her if you have plastic.

Lion Jim Vnuk

Carlton Area Lions

