



L10News

March, 2019.



Greetings from 1st Vice-District Governor Elect Lion Shirley.

Our Club Officer Training Webinars are now complete and were very successful. Thank you to everyone that participated as an attendee, presenter or facilitator.

If you were unable to attend the Webinars due to a scheduling conflict, they are now available on our website at <http://www.5m10lions.org/training/training.php> or by simply visiting our homepage at <http://www.5m10lions.org/> and selecting the Training menu. The accompanying handouts are also available for download at this same location.

My Vice-District Governor training is ongoing and I'm looking forward to my First Vice-District Governor Elect training at the Multiple Convention in Mahanomen the weekend of April 26th to 28th. That upcoming convention will be the 100th annual convention and is shaping up to be a great time. If you haven't registered yet, it's not too late.

The District Governor Team continues to work on boosting Membership and, at the time of writing this report, our membership was up to 1230. Congratulations and thank you to everyone for their hard work in their recruitment and retention efforts. We have made great gains this year but still have a long way to go. Keep up the good work.

82% of clubs in our district have reported service activities during the current Lions' year. Congratulations to those 37 clubs. It is an impressive figure, but we would love to see it reach 100%. We know that all our clubs are doing service activities but, if they aren't reported, you aren't getting credit for them.

If anyone needs assistance with reporting or simply has a question in the use of MyLCI, please do not hesitate to contact me at koroniak@gmail.com.

MD5M Lions Children's Cancer Foundation of Minnesota and MD5M Lions Children's Cancer Foundation of Canada

You may or may not already be aware of this but the MD5M Council of Governors approved the above 2 sister foundations at their last meeting. To kick off the fundraising efforts of these foundations, there will be a "hair razoring" event at the upcoming Multiple Convention.

As a founding director on both foundations, I have agreed to participate as a victim in this death-defying head shave. I am, therefore, reaching out to all clubs and members in District 5M10 to sponsor me for this sacrifice.

If you would like to make a donation, you can send it to me at 252 Suomo Road, Waldhof, ON P0V2X0 or bring it to the convention. Canadian residents can e-transfer their donations to koroniak@gmail.com.

All US donations will go to the US Foundation and all Canadian donations will go to the Canadian Foundation. Cheques from Canada should be made payable to MD5M Lions Children's Cancer Foundation of Canada and checks from the US should be made payable to MD5M Lions Children's Cancer Foundation of Minnesota.

Thank you for your generosity in supporting this newest and worthwhile Lions Global Cause.

If you have any questions, please don't hesitate to contact me at this email address or (807)220-1818.

Lion Shirley Koroniak
1VDGE District 5M10 and
Director, MD5M Lions Children's Cancer Foundation

The Council of Governors has made the Woofaroo a Lions supported project for this year and all clubs are being asked to make a donation, in addition to their normal support of Can Do Canines. Each club that donates will be recognized in the Woofaroo promotional materials. The message I received states as follows: "That at the last Council of Governors meeting on Saturday, March 9th the current District Governors and District Governors Elect voted to support the WOOFAROO as a Lions event and help us to encourage clubs to donate over and above their normal donation to support Can Do Canines between \$12,000 and \$14,000 to sponsor the 2019 WOOFAROO.

We encourage you to assist them by asking clubs to donate over and above their normal giving for the purpose of sponsoring the WOOFAROO.

Those clubs donating for this purpose will be named on the material that is used to advertise and promote the event no matter how large or small the donation is. We have not set a date by which the donations need to be made. I will let you know as soon as we decide that. "

Important dates to keep in mind:	March 21	Tails to Tell Presentation
	March 30	Winter Graduation
	April 13	Tails to Tell Presentation

YIS

Lion Bob Woodke

TRAVELS OF LION WAYNE





"Catch the Sweet Deal" and join us for the 100th Birthday Party of MD5M
100th Annual MD5M Multiple Convention
 April 26th, 27th & 28th 2019, Mahanomen, MN, USA



Your District & Club Name: _____

Lion ____ Lioness ____ Leo ____ Guest ____ **1st TIMER** ____

Title & Name _____

Address _____

City/Town _____

State/Prov. _____

Zip/Postal _____

Phone (w/area code) _____

Email _____

Registration form also on
<http://www.lionsmd5m.org>

"Will you require Braille
 Documents at the convention?"

Special Dietary Needs: Vegetarian, Gluten Free, Allergies _____

I am attending the convention, but NO meals are required, \$10.00 cost to attend ____ (Name Tag & Pin)

Full Hospitality Book (Includes Friday night Social, Saturday Breakfast, Lunch, Banquet & Sunday Brunch)

EVENT	<u>Before March 1, 2019</u>		<u>After March 1, 2019</u>		<u># ATTENDING</u>	<u>\$ AMOUNT</u>
Full Hospitality Book	\$ 95. USD	\$ 120. CDN	\$ 105. USD	\$ 130. CDN	_____	_____
Friday Night Social	\$ 15. USD	\$ 20. CDN	\$ 20. USD	\$ 25. CDN	_____	_____
Saturday Breakfast	\$ 20. USD	\$ 25. CDN	\$ 25. USD	\$ 30. CDN	_____	_____
Saturday Lunch	\$ 25. USD	\$ 30. CDN	\$ 30. USD	\$ 35. CDN	_____	_____
Saturday Banquet	\$ 40. USD	\$ 45. CDN	\$ 45. USD	\$ 50. CDN	_____	_____
Sunday Brunch	\$ 30. USD	\$ 35. CDN	\$ 35. USD	\$ 40. CDN	_____	_____
NO Meals available after April 22, 2019					Totals	_____

Make checks payable to: **Vergas Lions** Memo: 2019 MD5M Convention

Mail form & payment to: Linda Norby, 1021 5th Avenue NW, Perham, Mn. 56573

For Convention Information contact: PDG Rodger Palmer, repotter@eot.com or phone 218-841-0302 or PDG Jay Norby, linorbs@eot.com or phone 218-298-1041.

Check our website for information & updates on the 2019 MD5M Convention, lionsmd5m.org

0" K Penguin walk

Fundraiser for 3rd International Vice President Brian Sheehan

Can't make it to the Convention and you would like a shirt, we can mail one to you. For 1 to 3 shirts please add an additional \$5.00 to your order for shipping.

Deadline for ordering shirts and getting them at the Multiple Convention is April 1st, 2019.

Orders received after that date will not be guaranteed to be at the Convention and shipping fees will apply.

\$20.00

Name _____

Address _____ City _____

State/Prov. _____ Zip Code _____

District _____ Club _____

Size: Medium _____ Large _____ X-Large _____

2X-Large _____ 3X-Large _____ 4X-Large _____

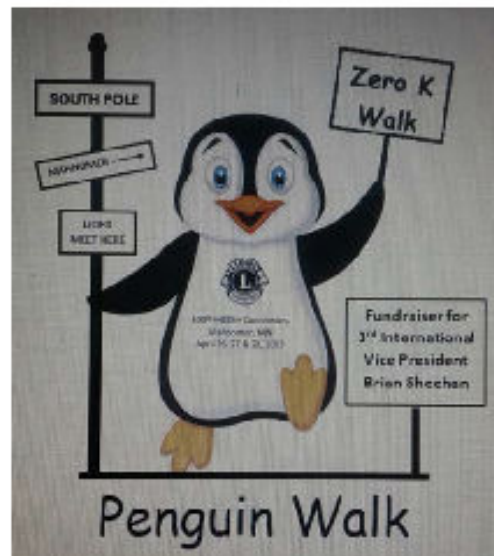
of Shirts ordered _____ X \$20.00 = _____

Make Checks payable to: Vergas Lions In Memo put: T-Shirt

Mail To: Linda Norby, 1021 5th Ave NW. Perham, MN USA 56573



Convention Pin



T-Shirt Design

Rock Painting



Class size will be 24 Lions
(all materials will be provided)
Friday, April 26th at 1:00 pm

\$25.00/Person

Name _____

Address _____ City _____

State/Prov. _____ Zip Code _____

District _____ Club _____

Make Check To: Vergas Lions

In Memo put: Rock Painting

Mail To:

Linda Norby

1021 5th Ave NW.

Perham, MN USA 56573

ORDER FORM



ZOO TOUR - \$30.00

April 26, 2019

Depart Mahnomen at 11:00 am and return at 3:00 pm

Depart Mahnomen 20 people per tour

Two times

Friday at 12:30 pm and return at 4:30 pm

Name _____

Address _____ City _____

State/Prov. _____ Zip Code _____

District _____ Club _____

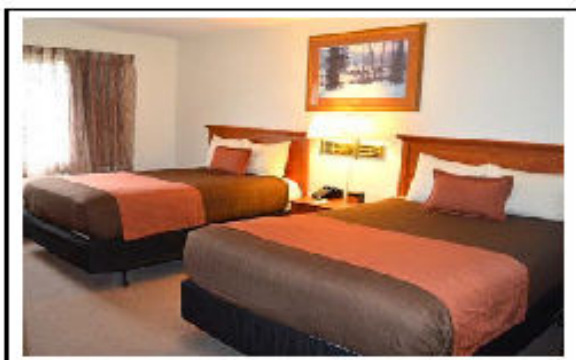
Make Checks payable to: Vergas Lions In Memo put: Zoo Tour

Mail To: Linda Norby, 1021 5th Ave NW. Perham, MN USA 56573



Hotel & Event Center
777 Casino Road, P.O. Box 418
Mahnomen, MN USA 56557
April 26, 27 & 28, 2019
1-800-453-7827

WHEN MAKING YOUR RESERVATION PLEASE USE CONFIRMATION NUMBER 5381



\$65.00/Night + Tax

This room features two full beds.

Amenities: Refrigerator, microwave, coffee maker, TV



\$70.00/Night + Tax

This room features two Queen beds.

Amenities: Refrigerator, microwave, coffee maker, TV



Park Your Wheels & Enjoy Some Thrills.

Shooting Star's on-premise RV park. With a five-star rating from Woodall's Campground Directory, our paved park offers 47 deluxe sites complete with water, sewer and electric hookups, plus shower and laundry facilities. Call (800) 453-7827(STAR).



Four Restaurants to choose from.

2 ONE 8 – Fine Dining

Traditions Buffet

MINO WIISINI – Eat Well Cafe

SMOKE Barbeque & Brew



Juvenile Diabetes Research Foundation

Join Us

JDRF is the leading global organization funding type 1 diabetes (T1D) research and is currently funding 70 human clinical trials of potential T1D therapies. JDRF's vision is to achieve a world without T1D and to turn type 1 into type none. We are the largest non-profit funder of T1D research in the world, with a mission to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications.

When you raise funds for research through events like the **2019 Sun Life Walk to Cure Diabetes for JDRF**, you enable us to support the best and brightest scientists in the field. JDRF strives to help people at all ages and stages of the disease to live better, longer, healthier lives. These people are the reason JDRF exists, and remain at the forefront of everything we do.

There are an estimated 300,000 Canadians living with type 1 diabetes – and this number is increasing at an alarming rate.¹ In fact, Canada has one of the highest rates of type 1 diabetes for children under 14 years of age.² Dollars raised through this event support remarkable research projects including a 3D-printed bio-artificial pancreas, stem cell technology, exercise and T1D, transplant advances, and smartphone apps.

We hope that you will join us by registering today!



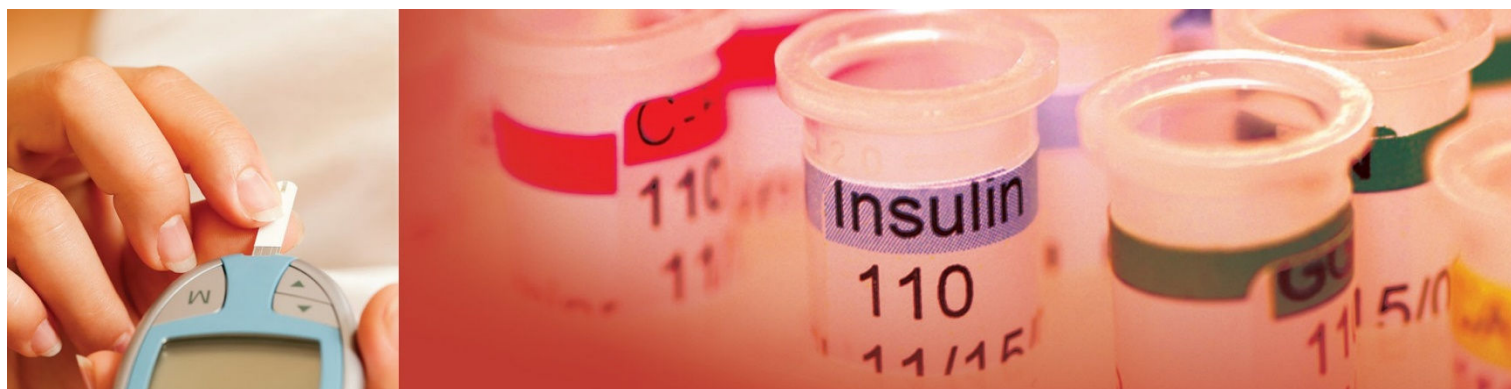
(National Partner)

2019 Sun Life Walk to Cure Diabetes for JDRF are taking place in:

Winnipeg on June 9 at [Assiniboine Park, Lyric Theatre](#)

And Thunder Bay on June 2, 2019 at [Mariners Hall–Marina Park](#)

**Send interested members from your club and raise money to
Find a cure for Type 1 Diabetes!**



Minnesota Lions Diabetes Research Update **Celebrating our tenth anniversary as a Foundation!** **March 23, 2019**

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.

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

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.

Saturday, March 23, 2019

11 a.m. Registration

11:30 a.m. Lunch and program

1 p.m. Meet and greet with scientists

McNamara Alumni Center

University of Minnesota

200 Oak Street SE

Minneapolis, Minnesota

Faculty Research Presentations:

David Bernlohr, Ph.D., Research on the role of calcium in insulin action that could lead to a new drug for treating type 2 diabetes

Brian Fife, Ph.D., How blocking the body's immune pathway could stop the immune attack on islet cells

Michael Garwood, Ph.D., Advances in viewing transplanted islets inside the body pre- and post-transplant

Bernhard Hering, M.D., Discoveries in pig islet research that could lead to a cure

RSVP by Wednesday, March 13:

RSVP online at www.rsvp.umn.edu/Lions2019

Please contact Rachel Miller at ramiller@umn.edu or 612-626-8537 with any questions.

A confirmation letter, including parking information, will be sent prior to event.



NYGARD
SLIMS
BY
PETER NYGARD

SPRING TEA
NYGARD FASHION SHOW
AND SHOPPING
BAKE SALE

Vermilion Bay Lions Hall

Saturday, April 6, 2019

2:00 pm

\$10/person

Welcome
Spring

Proceeds support Childhood Cancer

Welcome spring and help support this worthwhile cause



Childhood
Cancer
Awareness



VERMILION BAY LIONS CLUB
INVITES YOU TO
PARTY LIKE THE IRISH

DATE: SATURDAY, MARCH 16TH

TIME: DOORS OPEN AT 5:00, DINNER AT 6:00

COST: \$15 PER PERSON

CHILDREN 6 AND UNDER EAT FREE

VERMILION BAY LIONS HALL
76 SPRUCE STREET, VERMILION

PROCEEDS TO HALL UPKEEP

TICKETS AVAILABLE AT THE DOOR

Join us June 1, 2019 for the Eighth Annual D-Feet Hearing Loss Fundraiser Walk



Event Details:

June 1, 2019

9:30 a.m.

Landscape Arboretum

Chaska, MN

With your \$25.00 registration/donation you receive:

- ♦ Entrance to the Landscape Arboretum for the day
- ♦ Event t-shirt
- ♦ Lunch (including root-beer floats)
- ♦ Featuring the Teddy Bear Band
- ♦ Lots of children's activities, games & prizes
- ♦ Fun for families of all ages
- ♦ Great Club Activity Event
- ♦ A chance to change a child's life through your \$25.00 registration/donation

**Kids 12 &
Under get
in free!**

**MARK
YOUR
CALENDARS!
June 1, 2019**

Bring the whole family for a day of fun for all ages!!!!



FEATURING:



**Dance to the
Teddy Bear Band
while having fun
with Goldy!!!**



Visit us for more info at: www.5mhf.org

Save the Date!

June 1, 2019

9:30 a.m.

Bring the whole family for a day
of fun and help us raise money
to D-Feet Hearing Loss!



Join us in Chaska and enjoy
free entry to the arboretum
with registration!

**Lions
Children's Hearing Center**

Get info & register:

www.5mhf.org

D-Feet Hearing Loss

2018 Seventh Annual Walk

The Duluth
Centennial
Leo Club
collected over



Books
For St. Mary's Hospital
Pediatric unit!!

CLUBS

Bemidji Lions



(1) Kidsight screening at Ponemah Elementary School (2) Contribution to Boy Scouts
(3) Sorting of Eye Glasses. Secretary Nelson (Bemidji Lions Club)

The Bemidji Lions Club awaits the arrival of Spring and as they wait, club members have been involved in several activities beneficial to the community. On February 16th, the annual Finlandia Ski Race took place and Lions were there to help monitor parking for the participants and the spectators. The last thirty days has been busy with several vision related activities. Several Lions drove to Ponemah Elementary School (located on the Red Lake Reservation) and performed KidSight screening to 45 students. Of these students, 18 were referred for additional testing. Lions also set up shop at the Red Lake School system earlier in the month and screened numerous students for vision defects. Later last month, Dr. Jim Molde coordinated a session in which several Lions sorted and categorized hundreds of donated eye glasses. These will be shipped for distribution at a later date. Donations over the past weeks included a \$750 dollar check to the Boys Scouts and a check for \$500 to the Bemidji Public Library. This is Food Shelf month and at our last meeting the coordinator of the local Food Shelf gave an interesting presentation on the current status of the facility. This week the club will be accepting donations (non-perishable foods/checks) which will be turned over to the organization. Lots of activities scheduled for the next two months as the club continues to address the needs of the community.

Cap Baker Lions



Cap Baker Lion President Debbie Vergin receiving the **International President's Certificate of Appreciation** Award from Cap Baker Lions Club 2nd VP Mark Lallak. This award was presented at the Mid-Winter Convention by District Governor Joanne Ogden.

Cap Baker Lions Club donated \$500.00 to the HONOR FLIGHT during the VFW Post 1720 Fundraiser. Photo Ken Hurlbut, Chairman of Honor Flight fundraiser, Cap Baker Lions Club President Debbie Vergin and Don Mayo, Co-Chair of Honor Flight fundraiser.

Cap Baker Lions Club President Debbie Vergin presented Gold Centennial Award pins to Lions Aimee Ross and Cordell Bennett during the February meetings.

DRYDEN LIONS CLUB

FEBRUARY ACTIVITIES

1. Feb 5. Two Dryden Lions collected, sorted and delivered 160 pr. of glasses. 55 pr. of lenses to the Eye Bank in Winnipeg.
2. Feb. 11. The Dryden Lions paid out a Bursary of \$500 to a student returning for 2nd semester.
3. Feb. 13. Five Lions made *healthy* Candy Floss for students at Open Roads Public School's Math Carnival. Lions Ken, Dave, Trevor, Todd & Arnold handed out candy floss to 200 students.



4. Feb. 13. We held our first 200 Club draws. Two individuals won \$200 each.
5. Feb. 17. Family Day Weekend. Eight Dryden Lions drilled 70 holes, cooked hot dogs and brewed hot chocolate for the Lions Fish Derby. \$1000 in prizes was handed out. At last count, 78 kids received individual prizes just for entering. \$137.42 was raised for the local Food Bank.
6. Feb. 21. Four Lions worked at New Prospect school doing Kids Sight Screening. 34 students were screened with 3 referrals.
7. Feb. 25. The second drawing of the 200 club took place. Once again two individuals won \$200 each.
8. At the Mid Winter Convention 2019, the Dryden Lions donated to the Parade of Green as follows:
 - \$500 to the Lake Joseph Transportation
 - \$500 to the MD5M Canadian Division Hearing Foundation
 - \$500 LCIF Canadian Division
 - \$500 Lions Foundation Man. N/W Ont. Medical Assistance
9. Dryden Lions also contributed a \$50 gift for the Mid Winter.

DRYDEN TRILLIUM LIONS CLUB

February 2019

1. Dryden Food Bank – Our committee picked up \$ 90.00 worth of frozen hamburger from Vermilion Bay and delivered it the next day. The burger weighed \$ 28.2lbs and will feed 70 clients.
2. Two Trillium Lions delivered Meals on Wheels on February 3rd, 23rd, & 24th to 26 clients.
3. Two Trillium Lions participated in Project Pride on February 15th, Canada's National Flag Day. They visited six Grade 1 classes in 3 schools and handed out 116 flags and certificates and talked about our country's flag as well as our Trillium Lions Club and what we do.
4. A memorial donation of \$ 40.00 was sent to the Dryden Regional Health Centre-Palliative Care.

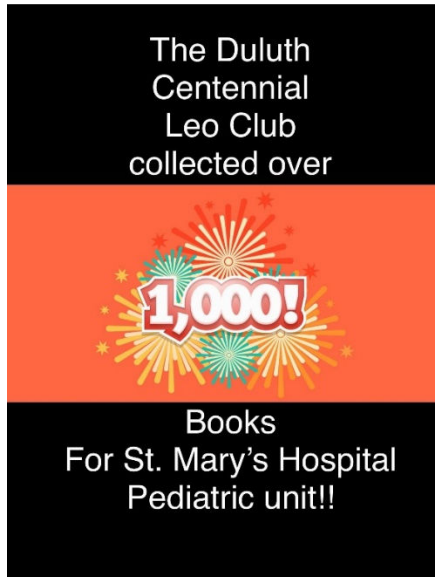
DRYDEN TRILLIUM LIONS CLUB – PROJECT PRIDE

Lions Maureen & Kathy visited Grade 1 students on February 15th and celebrated National Flag Day. The children were so pleased to each receive a certificate and a flag acknowledging their role as CANADIANS!



Duluth Lions Club February Activities

Congratulations Duluth Leos!



Guest Speakers Enhance Our Weekly Meetings

Within the Duluth community as well as our own club, our speakers offer new ideas for future activities, validation of our Lions mission and comradery among fellow Lions.



President Sue & Speaker Bryan French

Duluth Lions Welcome New Members

We welcomed two new members in February, Shirley Sullwold and Faye Joki. Both will be inducted at our District Governor visit later this fall and have already been busy volunteering on a variety of club projects.



Lion Shirley



& Lion Faye

The Duluth Folk School reconnects people through traditions, community, and interests. Founder Bryan highlighted the skills, arts, and crafts the school offers that help build a healthier, sustainable community.



2nd VP Lion Tom O'Brien
& Speaker Linda Kalweit

Linda, Pediatric Audiologist with the MN Masonic Children's Clinic for Community Disorders spoke about hearing and the importance of early recognition for children.



Jay Hagen (Veterans Museum), Lion Jim Pratt, & President Sue

An interesting history about Robert Pratt, Lion Jim's grandfather, was shown through a PBS video. The film detailed Jim's grandfather's actions during the Civil War.



Lion Ron Roscoe & President Sue

Lion Ron presented a very informative cochlear implant video from the Mayo Clinic. Ron's wife recently received an implant.

Emo & District Lions

Welcome our newest and littlest lion...Rhett and his Mom and Dad, Ben and Tasha!!

Our April meeting will be a potluck starting at 6pm at the Devlin Hall...April 3rd and we will welcome visitors from Winnipeg to talk about Dog Guides of Canada...all welcome



Great day selling Lions Share grocery raffle tickets...with a couple of great Lions!

Did you know Emo and District Lions are helping to build a playground (accessible as well) at the Devlin Ballpark?

Lots of amazing projects in store...betcha we have one for you! We would love to have you join this community service inspired group!



Vermilion Bay Lions Club

Several of our members travelled to Tower and Fortune Bay Minnesota for the Mid Winter Convention in January. Lion's enjoyed the mine tour and the fellowship at the convention. Lion Shirley Koroniak is now First Vice District Governor elect for 5M10. Congratulations Lion Shirley on her new role. We participated in the Parade of Green with our donations totalling \$10,000.

Congratulations to Don Dickson of Fort Frances the winner of our 2019 Winter Draw. The Vermilion Bay Lions would like to thank all those who bought a ticket, your support is very much appreciated.

Thank you to all the snow machine riders who took part in the Family Derby during the Karnival weekend. We appreciate your continued support. Thanks to our Lions members and community volunteers who worked so hard to have the trail ready for over 150 riders this year.

March came in like a Lion, so we are having our St. Patrick's Day dinner on **Saturday, March 16**. Hope to see you all there. Doors open at 5:00 dinner at 6:00 \$15/person children 6 and under eat free. This is not a licensed event so bring the whole family. Costumes optional.

April 6 the Lions are holding a **"Spring Tea and Fashion Show"** The proceeds will go towards the new 5M Lion Childhood Cancer Foundation. The fashion show will be put on by Angela Voth with Nygard fashions.

May we will hold our annual Senior's Dinner. This is a wonderful tradition of serving the seniors in our area with a free dinner provided by the Vermilion Bay Lions and served by the Machin Air Cadets.

Our members continue to serve lunch at Lillian Berg School Mondays and Fridays. We are also going to participate in the Lions Peace Poster Contest with the school and Project Pride celebrating the Canadian Flag.

The Vermilion Bay Lions Club has their own website

www.vermilionbaylions.org.

Hall rentals contact Al Koroniak 220-1107

Use of medical equipment- hospital beds, stair climber, walkers, motorized wheel chairs etc. for information contact Gary Hutchison 227-2449

CONGRATULATIONS to Don Dickson of Fort Frances, ON. Don was the lucky winner of our winter raffle.

Vermilion Bay Lions
Winter Carnival Raffle

Name: Don Dickson

Address: Fort Frances

Phone #: [redacted]

Licence #: M587428

Draw Date: Feb. 23rd, 2019

#0161

Mac PRINT

The Vermilion Bay Lions would like to thank everyone for purchasing a ticket as well as the many local businesses that sell tickets for us at their locations. Your support allows us to support many local and Lions charities as well as the 906 Machin Air Cadets Squadron.