

April. 2020.

DG Wayne Tieman



1...2...3...ROAR from Lion DG Wayne and Lion Lenay

“Together WE SERVE with an Attitude of Gratitude”

April 15, 2020

I grew up on a large small grain and livestock farm in Northwestern Minnesota. It was a good life. We had many tasks to do, including tending the livestock and planting and harvesting the crops. My parents, brother Elwood, and I had to stay on task to get the work done. A farmer's worst enemy is bad weather, especially at harvest. I remember times when my brother was combining on Thanksgiving Day (4th Thursday in November) and eating his dinner in the field. We had to get the crop off. Our livelihood depended on it.

As 5M10 District Governor, I still have “crop” left in the field to harvest. A District Governor's worst enemy is not getting around and visiting with the Lions of his district. We have had many successes over the year, but now I am limited in travel. I have had “official” DG visits in 38 clubs; there are eight more to visit. I have Leadership, Membership, and Service goals to complete. There are donations to be made to LCIF. But there is still time.

I will try to complete the 2019-2020 DG Team goals, including the eight club visits that are left. These DG Visits may go into the next Lions year. ROAR!!

1. Leadership:

- a. The 2020-2021 ZC/RC training is scheduled for Friday, April 24th 6:00 – 9:00 pm, via Go to Webinar. Packets are in the mail. Registration is required.
- b. The 4th Cabinet Meeting is scheduled for Saturday, April 25th 9:00 – 12:00 Noon, via Go to Webinar. The agenda has been “dropped in” into the Drop Box. Please get your reports in by Tuesday, April 21st.
- c. As you probably know, the International Convention in Singapore; the MD5M Convention in Rochester, dog walks for Dog Guides of Canada, walks for hearing and sight, have been cancelled. Of course, regular club meetings and events have been cancelled or postponed, but there is communication being done.
- d. I applaud the many clubs who have held virtual meetings or done volunteer service from your home. The DG Team is here to help you set up virtual meetings, if you choose. It's a very useful tool for communication.
- e. Officer training is scheduled via Go to Webinar in mid-May and into June. More information is coming.

- f. Dr. Choi will continue as International President through 2020-2021.
- 2. Membership:
 - a. The district membership numbers are 1247.
There was little activity in March: four new members, four deceased members; zero drops.
Make every effort to retain our members and to recruit new ones.
 - b. Have your club elections now and report the new officers by May 15th.
- 3. Service:
 - a. Twenty-three clubs have reported Service activities.
 - b. In 5M10, 54,301 people have been served. There have been 389 Service activities reported.
There have been 13, 349 volunteer hours reported and \$193, 958 donated back to the communities that WE SERVE.
- 4. LCIF:
 - a. Thirty-eight clubs have donated to LCIF for the 2019-2020 year.
 - b. \$22,224.08 US has been sent in by clubs and individuals so far this year to LCIF.

Millions of Thank Yous to the Lions of 5M10. Nothing is impossible in Mighty 5M10. ROAR!!

"Alone We can do so little, but together we can do so much."

1...2...3...ROAR!! from Lion District Governor Wayne. Lion Lenay and I wish you a happy and safe Easter in these uncertain times.

Even though we Lions of 5M10 cannot hold meetings or do in-person Service activities, the work of the Lions goes on. Double Thumbs up for clubs who have held virtual meetings or volunteered in various ways to serve from home. ROAR!!!

Many Lions events have been cancelled or postponed. Here's just a few of them:

- 1. The Lions International Convention in Singapore June 26-30, 2020, has been canceled. Dr. Jung-Yul Choi will remain as International President for 2020-2021.
- 2. The MD5M Convention in Rochester, MN, May 1-2-3, has been cancelled.
- 3. The LCI HQ in Oak Brook is closed temporarily with all personnel working remotely during regular hours to respond to the needs of Lions.
- 4. Club Officer Elections should be held and the PU 101 form should be submitted to LCI HQ by May 15th.

Even with the cancelled events and social distancing ordered by the authorities in the US and Canada, the business of 5M10 is being done. ROAR!!

The DG Team and Global Action Team has organized two Go to Webinar meetings to carry out the training and the business of 5M10.

- 1. 2020-2021 Zone and Region Chair training will be held Friday, April 24th 6:00 - 9:00 pm. Training materials are mailed out, along with these documents on the website.
- 2. The 4th 2019-2020 Cabinet meeting will be held Saturday, April 25th 9:00 - 12:00 Noon. The agenda will be "dropped" into the Drop Box next week. Reports are due Tuesday, April 21st in Drop Box. In order to participate in these two Go to Webinar sessions, you must be registered. This information will be emailed to you next week. I encourage all 5M10 Lions officers to participate. ROAR!!

Thank you. Together WE SERVE with an Attitude of Gratitude. Keep safe and healthy.

More from DG Wayne

I hope that all members of our 5M10 Lions family are safe. Events in the past two weeks have moved very fast and we know that the COVID-19 pandemic have created much uncertainty here and around the world. I appreciate your courage and patience as we go through these troubling times. . .

In communication with Lions around the district, all clubs have canceled their regular face-to-face meetings and events. We will have to wait for better times before we can go back to our regular routines.

In the meantime, there are other ways of communication available to us as "WE SERVE", such as the phone, Skype, Facebook, and email. But we also have access to Go to Meeting. If this is something that your club may be interested in, please contact a member of the 5M10 District Governor Team to gain access. We are here to help

Many Lions events have been cancelled, postponed, or rescheduled. Here are the ones that I know about:

1. The Lions International Convention in Singapore June 26-30, 2020, has been cancelled.
2. The Lions MD5M Convention in Rochester, MN, May 1-3, 2020, has been cancelled.
3. The Northern Pride Leadership Forum in St. Cloud, MN. March 27-28, 2020, has been postponed to a later date.
4. The US/Canada Lions Leadership Forum in Louisville, KY, September 17-19, 2020, is still on.
5. The Duluth Lions Pancake Day has been rescheduled to Thursday, September 10, 2020.
6. The Grand Rapids Cap Baker Lions "Fun Night" has been rescheduled to Friday, September 25, 2020.
- 7 All 5M10 District Governor Club Visits and DG attendance at club events in March and April, 2020, have been either cancelled or postponed. I hope to get back on the road, visiting clubs and attending events in May and June. We'll have to wait and see.

If you have any questions or concerns, please let me or any member of the DG Team know.

Thank you. Together WE SERVE with an Attitude of Gratitude.

District Governor Wayne Tieman

Greetings from District Governor Elect and Technology Chair, Lion Shirley.

This past month can't be described as anything less than challenging and trying. I hope everyone had an enjoyable Easter and celebrated it virtually with family.

As much as everything we are normally accustomed to doing has been pretty much shut down along with the rest of the world, we are Lions and, taking a page out of DG Wayne's book, continue to **ROAR!**

Has your club found a way to serve during this crisis, while still maintaining your physical distancing? If so, we would love to hear your stories. Later in this newsletter, you will find an extensive list that was compiled by Lions from districts across North America with ideas of how you can still serve. If you're struggling to find ways in which you can help, perhaps that list can spark some ideas.

Although it may be difficult to recruit new members when we don't have the ability to meet in person, what you do now may encourage individuals to join once the crisis is over and life returns to somewhat normal.

I've also included a list of how we can continue to communicate. Who knows, you may have a better turnout to your meetings by using one of these methods when members can attend from the comfort of their homes.

Don't forget those that aren't computer savvy, however, and ensure you keep them up to date with everything you discuss.

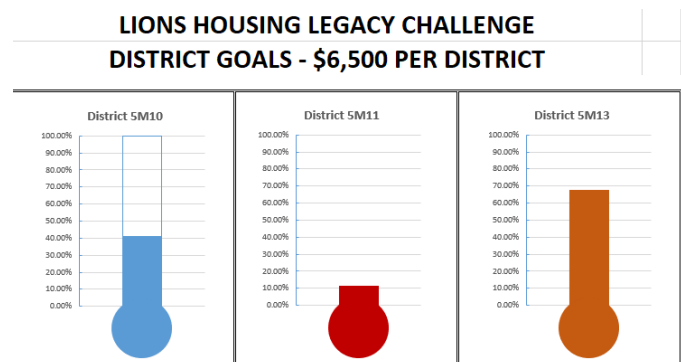
We will still be holding Region and Zone Chair training on April 24th and the Cabinet meeting will go ahead on April 25th. Both of these meetings will be held over GoToWebinar and are open to any member to attend. If you are interested in attending but did not receive a message to register, please contact me at koroniak@gmail.com and I will send you the details.

Are you suffering from convention and Lions learning withdrawal? Consider registering for the Lions Virtual Symposium being held on April 25th at 1 pm EST. Please see the poster on the following page.

We also cannot forget the Canadian Centennial Celebration and Challenge. We have had good participation for the challenge but are lagging behind District 5M13. The goal is to raise \$6,500 CAD to be eligible for the maximum matching grant. If your club hasn't participated, please see the poster later in this edition on how you can donate.

Stay safe, everyone.

DGE Lion Shirley



HOW DO WE SAFELY SERVE DURING THE CORONAVIRUS PANDEMIC?

This list has been compiled by a group of Lions representing Districts across North America

Caveats/Notes

- Many of these needs (such as food insecurity) will last long after the pandemic due to the economic strain this episode is placing on people/communities/businesses
- Many of “our own” are in the most threatened category-be sure to serve within as well, as one member put it: “we can't give what we don't have...” if our members aren't able to come out whole, they won't be able to serve later. “We need to show the same compassion and care for those that serve beside us every day”-well said, ZC Keith of 14C, PA.
- CHECK WITH THE GROUPS YOU ARE HELPING-protocols are changing as quickly as the virus is morphing and as new information is discovered (for instance the virus was first thought to live 8-12 hours on a surface, now it's known that time is closer to 72 hrs). Regular communication is essential. Know the latest protocol.
- Think also of other future needs to be met during the sequelae following this pandemic
- Collaboration with other agencies (as always) increases impact and reduces duplication of effort
- Directing those in need to existing services (such as mental health support) is also service
- Keep in mind those businesses-restaurants etc.-that support us and regularly donate to our causes. Find ways to support them-maybe coordinate a gift card purchase, etc.
- Wear clothing, vests, etc. easily identifying you as Lions while you do these services. Not only for great PR, but so people in need can identify a group to seek out should they need something else
- Your Lions and Clubs can also use this time to create/plan future service projects that have maybe been placed on the back burner due to time constraints. Ex: complete vision screening certification online in prep for the return to screening programs....
- Many items you may get wish lists for can be safely and remotely ordered and delivered (Amazon, Grubhub, etc.) vs touching more hands
- Volunteering to help “undo” the many canceled events-facilitating returns, making calls, etc. is also a needed service

FOOD INSECURITY

- Support local pantries with collections, stocking, packing, delivery. Lions in Indiana are serving as “runners” for their local pantry and using other ways to bridge the gap between food sources and those in need. Lions in 33K, MA are serving as replacement volunteers for their local pantries and school packing programs as many of their typical volunteers are sequestered
- Support school meals programs such as backpacks-many students and families are dependent upon school to get at least 2 of their daily meals, as well as snacks
- “Home shoppers”-offer shopping and porch delivery of groceries for those who cannot get out or at most risk 14B in PA, the Pleasant Hills Lions Club is taking payment and doing just this. Clubs set up with Venmo, credit card billing, PayPal etc. would be well suited to do this
- Local shelters and other agencies are absolutely dependent upon regular support from others, some of their resources will be reduced/absent during this time-check and see what they need like food, diapers, formula, personal care products, transportation/delivery

- The above is also true for those who are homeless-support local street feeding programs, see if your local soup kitchen is operating in a modified way and could use some help. Lions in Ontario are following up with needy residents they have helped in the past and are providing care packs of snacks and personal care products, etc.
- Many of the most at risk and remaining home are typically dependent upon their local Senior Centers for meals, transportation, medications, etc. -see what needs can be met here
- Meals on Wheels-many of these groups are in need of replacement/additional drivers, packers, etc.
- Lions in Ontario who own their own club house/hall have turned it into an emergency food distribution center for their small rural community. They are partnering with their local schools, as well as the Health Unit and Food Bank from a larger neighboring community. They are able to accept donations from a local grocery store and the food bank for local residents in need to pick up. Logistics for the program are developing ongoing <https://www.ckdr.net/2020/03/27/food-distribution-centre-at-vermilion-bay-lions-hall/>
- Some of our local restaurants are offering specially priced care packages/meals for a nominal amount (\$5 for most) they will reserve/send a meal to a person in need. Lions can offer to help supplement these programs. A pizza shop is placing meal “tickets” at their door, no questions asked, for people in need to bring inside and exchange for a meal. Again- Lions could supplement
- Pet food and supplies needs are also a concern, especially as some of the people we serve are VI. In District 33A there is a VIP (visually impaired persons) Lions Club. One of their 33A Lions took a service animal to the Vet and shopped for food.
- Lions in Iowa are partnering with Volunteer Story County to man the local food pantries that are overloaded with trying to hand out food curbside (in most cases). The soup kitchen in Ames is still operating on a take-out basis, but that means volunteers are needed to receive take-out containers from the public and sanitize them in the kitchen, cooks are needed, servers, people to hand out the food containers, and clean-up crews; Lions are helping with these roles. This soup kitchen feeds many of the area’s homeless population. There is likely at least one operation like this in Polk County (Des Moines) to help that populated area. Food insecurity is high in this particular district (9MC) and will be a focus during my District Governor year and as soon as I’m given permission to run with it.
- NJ Lions are delivering meals for healthcare workers in our local hospitals.

MEDICAL SUPPORT

- Clubs that provide eye/health screenings or go on missions may have some much needed medical supplies on hand-masks, gloves, cleaning supplies, etc. that can be used in hospitals and care facilities; donate them and replace later (Our 33K Eyemobile did just this and the supplies were much appreciated by our local medical center)
- Facilitate the collection and delivery of these needed supplies from others (voc schools, nail/beauty shops who use gloves and masks, local residents who no longer need them, etc.) and get them to where they are needed
- Diabetics supplies-again many of the older and so most at risk are homebound and might be unable to access getting their supplies-help coordinate the purchase/delivery
- People in need of regular medical care-dialysis and such-may be without their regular transportation and need assistance
- Provide a special treat, food delivery, flowers, thank yous, etc. to support local first responders, hospitals and other essential care workers putting in LONG stressful days. If

these can't be accepted now, then plan a great thank you for afterward. Ordering these items from those businesses that have helped us kills two birds with one stone ;)

- Some UK Lions organized a "Clap for Our Carers" a set time when all residents were encouraged to stand on their steps and clap for all those serving on our front lines
- Working off the clapping idea...cow bells? Many cross country and other sports parents already have them. Ring/bang on your cow bell at shift change time to show your support for the healthcare workers. Shift change will allow the greatest opportunity for them to hear the cow bells. Organize it via Facebook and news media. Talk to a TV station to get it on the air as a "feel good" story.
- Some local disaster relief agencies are in need of volunteers and services
- Another possible idea for "after" but can certainly use this down time to organize and plan, is establishing a local disaster response team if your area doesn't have one. Lions have a program (Lions Alert) and grants for just such programs
- Mental health concerns may be intensified during this time of extreme worry. Establish phone chains and friendly caller programs with neighbors, elders, your own members. Keep privacy in mind
- Regarding the above: create a virtual page of local services that people in need of emotional support can access-call in services, etc. Use "Call Em All" or other automated phone dialing services to provide helpful support from a distance
- Create and maintain a virtual page of information on the virus/directing persons to pages like CDC, local DPH etc. who have important information and resources. Be sure this is regularly updated, things change quickly
- Ames, Iowa has a Facebook group named Ames Area Community Support for COVID-19 to stay connected to resources and information. You can offer to help, provide information, or request help from this Facebook group. It is very helpful for Lions and other service-minded people.
- Volunteer some time (calls can be routed to home phones in some instances) with such agencies to provide support. NB: training is typically required so be aware
- Sew protective masks. Many hospitals and care facilities are in dire need of masks and mask covers to extend the life of their N95 masks. Some local fabric/craft stores are donating supplies and even precut material (some of the Joann Fabrics in MA are participating) or there are directions readily available online. This might be a great program to collaborate with our shut in but still sew crafty older neighbors
- Creating a distant "alert" system for those in need to place in their windows-i.e. the green card/ red card system many local areas have adopted
- Facilitate virtual contact-supply hardware like Echo Show units or lap tops, or projection screens, maybe even loan them from your local GLT supplies-and offer tech support to set up Skype, Zoom, Google hangouts, etc. for contact and/or gathering and playing recorded family messages, for these Nursing home/facility/hospital in patients who are separated from their families-some/many of them in memory/Alzheimer's units in need of regular orientation and emotional support-for the duration

- A small group (family unit) in MA assembled their 3 dogs outside a large windowed, group gathering room of a local nursing home for the residents to see and enjoy, even at a distance
- You could work to beautify an area outside such a windowed room with plantings, raised gardens, bird homes/feeders if you are in an area where the weather supports this. This project will be a great one to maintain and build upon even after this threat
- Lions Club Paris Helen Keller donated clocks with sweep second hands to the infectious disease department to a hospital to aid in determining the respiratory rate of patients
- There is a huge shortage of blood around the world. NJ Lions are working with the Red Cross to motivate young and healthy to go to local hospitals and donate blood.
- NJ Lions are hosting a weekly “talk to a doc” webinar to answer the questions of the Lions and community.
- Check with local First Responders (Paramedics/Fire Departments) to see what supplies they need. Sponsor a drop off day where residents can drive up and drop off needed items. Advertise these needs on the local government webpage and your club/district Facebook pages. Wear your vests on drop off day and use safety precautions (gloves and masks.)
- Many first responders and medical personnel are having to work long shifts and may have to remain where they are. Check to make sure they have plenty of food and drinks. Have your club send pizzas or subs to them so they have a change of diet. This also helps local pizzerias and sub shops with needed income.

COMMUNITY

- Many schools are closed, and teaching is taking place distantly. Check with your schools to see if they have the necessary infrastructure and technology (laptops, internet access, software, licenses, etc.) to do this
- See if your school or community may want virtual community readers-Lions could read books live or recorded for these teachers to use in their lessons. Check with schools, libraries
- Sandwell Lions Club in the W Midlands, England is holding regular story hours with members and LEOs reading a variety of children’s selections
- Maybe other lesson support could be useful-virtual career day or a mini distant “what’s my Line?” kind of lesson where you could show a uniform, or tools of your trade, etc. as the students try to guess what you do. Communicate with the schools to see what their needs are
- Beautify an area. Being outside in small groups maintaining social distance still allows for some outside service to take place. One note, please be sure your area has had a series of 50+ degrees F (10+ C) days. Many pollinators and other helpful insects overwinter in brush and would be killed if disturbed
- Along the same lines-yard clean ups in such areas might also be welcomed by those unable to do so
- Most/all local day cares are shuttered, but many essential personnel are still in need of childcare. Check to see which of your local groups may be approved to provide such care on an emergent basis and see if they need help. Again-be aware that these protocols will change, communication is key
- Organize a virtual or distant scavenger or themed drive by “fun”. For instance, residents in Medway, MA had people create chalk designs on their walks, fences, drives, etc. for others to enjoy as they drove around. They did the same for St Patrick’s Day, placing shamrocks in windows. Attention to logistics on locations, not

creating unsafe traffic patterns, etc. is necessary, but this works well in a small rural area

- Fund a local performer providing a virtual enrichment program, maybe coordinated through your local school or library. Something like a bubble show, science show, magic, balloons, songs and movement, etc. These performers (maybe some have donated their services in the past for your events too) have lost bookings and shows
- Do you have a local distillery that is volunteering their facility to create much needed hand sanitizer (some of them are)? Maybe coordinate its distribution-being sure to follow local protocols
- Organize a virtual contest of some sort-recycled art, how I can show I Care for Others (or other feel good topic) Poster contest, thank you greetings, etc. and encourage participants to upload their creative submission to an online page for voting and awards. Take care with privacy and safety of the minors
- Organize home bound students in making cards for homebound seniors, others or maybe thank you cards for front liners
- KOPE Cyber Lions (Delaware based) are hosting online Lions Quest programs
- NJ Lions are hosting a Leadership training for Leos delivered by Leos.
- NJ Lions hosted a youth chat to understand feelings, fears, concerns and expectations of our youth.
- Support local restaurants by ordering takeout (if offered) Clubs in Galesville, Wisconsin are holding a "Takeout Challenge" and are offering tickets for raffle prizes to people who submit take out receipts. Remember, Lions, these are the business we ask for donations, now we can return the favor.
- Send cards and letters to elderly care facilities. These residents have been cut off from normal family visitation and need to know they are still cared for. (Be sure to check with the facility for their guidelines)
- Krispy Kreme Donuts is offering a free dozen donuts when you buy a dozen. You're supposed to give the donuts away to your neighbors (at a safe distance) to encourage community happiness during our time of social distancing, which has an emotional toll on many. This promo runs through mid-May (at least).

MILITARY

- Many military units-both deployed and at "home"-are further isolated from family and support during this time, especially as many groups cannot currently assemble and mail much needed care packages. I know one local group is supporting a soldier from town who is serving here but their base has zero access internally for TP (many of us can sympathize with that) and these soldiers cannot just go to the store repeatedly in hopes they've stocked up. If it isn't on the shelves of the PX, they don't get any. The group is having a "Can you Spare a 'Square'?" (or two) for our military and coordinating a local drive to ship to this soldier and his compatriots.

COME JOIN US IN
THE HEART OF
THE NORTH



MIDWINTER CONVENTION 2021

January 22, 23, 24, 2021

HOSTED BY

Dryden Lions

Dryden Trillium Lions

Vermilion Bay Lions

at



Best Western Plus Dryden Hotel & Conference Centre, 549 Government St. Dryden, ON
(507) 823-5801



Lions District 5M10 2021 Midwinter Convention

Come Join Us in The Heart of The North

January 22-23-24, 2021

Best Western Plus Hotel and Conference Centre

349 Government St., Dryden, ON P8N 3L3

Registration Form



Name (including title if applicable):

(Please check all that apply)

☐ Lion ☐ Lioness ☐ Leo ☐ Spouse ☐ First Timer ☐ New Member

Name (including title if applicable):

(Please check all that apply)

☐ Lion ☐ Lioness ☐ Leo ☐ Spouse ☐ First Timer ☐ New Member

Address:

Phone:

*Email:

Club Name:

District:

HOSPITALITY BOOK (Includes all convention meals): Please Indicate the Number of Hospitality Books Required.

	CAD \$			USD \$		
	QTY	PRICE	TOTAL	QTY	PRICE	TOTAL
Early Bird (By December 15, 2020)		\$145			\$120	
After December 15, 2020		\$175			\$150	

OR Please Indicate Your Individual Meal Preferences if not purchasing a Hospitality Book *(In CAD \$ Only)*:

Friday Night Mixer

@ \$30 CAD \$

Special Dietary Requests

Saturday Breakfast

@ \$30 CAD \$

Saturday Lunch

@ \$30 CAD \$

Governor's Banquet

@ \$53 CAD \$

Sunday Brunch

@ \$35 CAD \$

Total For Meals Only

CAD \$

Friday am – Egli's Sheep

Farm manufacturing plant

tour/shopping followed by

a horse-drawn sleigh ride at

JS Farms

☐ \$25 CAD

Or

☐ \$20 USD \$

Please register early for this excursion -
space is limited

Total Enclosed (non-refundable)

☐ CAD or ☐ USD \$

Make cheques payable to Vermilion Bay Lions Club. Mail completed registration form along with payment to:

Vermilion Bay Lions Club P.O. Box 314 Vermilion Bay, ON P0V 2V0

Note: You may choose to send money via PayPal to vbaylions@gmail.com but must choose the option of sending to Family or Friends. US residents sending money this way will incur additional charges from PayPal. PayPal does not charge fees if transferring within the same country. Cdn residents also have the option of sending an e-transfer to vbaylions@gmail.com.

Convention Hotel (CAD Funds) – Ensure you request the convention rate:

Best Western Hotel – (807)223-3201 – Convention Room Rate – \$134.95 CAD – TAXES EXTRA

There are several other local hotels and smaller hotels available (no convention rates negotiated)

Questions or comments?

Contact Lion Wendy Wiedenhoef

wendyparkin@shaw.ca

(807) 937-6574

***Please provide your email address if available. This information will allow for efficient and timely communication regarding the 2021 Midwinter Convention and will be used solely for that purpose.**



Greetings fellow Lions from Can Do Canines:

In this new reality of COVID-19 clubs are not meeting, district events are going virtual or being cancelled altogether, and for the safety of their animals, staff and clientele, Can Do Canines has temporarily closed their doors to the public. They have some virtual training going on, and some significant need for volunteer help. Because of COVID they are down to two prison programs and may be asked at any moment to discontinue those and retrieve the puppies in training. They are in need of foster families for the puppies they own and if you have family or friends in or near the twin cities that would be willing to care for and train a puppy, they could sure use the help.

They also have ongoing overhead and payroll that must be met so financial assistance would be most welcome.

Please stay safe during these perilous times.

Robert Woodke

5M-10 Can Do Canines Chair

Brouse, Woodke & Hildebrandt, PLLP

312 America Ave. NW

P.O. Box 1273

Bemidji, MN 56619-1273

Phone: 218-759-1673

Fax: 218-444-4014

www.bwhlawpllp.com



Minnesota Lions Diabetes Foundation Update COVID-19 and Diabetes

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

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

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

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

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

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

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

Your 5M10 MLDF Trustees – PDG Lion Larry Winner (lrrywnnr@gmail.com) and Lion Kevin McNichols (kevinm@meds-1.com).

Lions Legacy Project

Lions Foundation Rural Housing

Calling on districts: 5M10, 5M11 and 5M13!

Lions Foundation Rural Housing needs an update, we hope you can help us refresh and rejuvenate with Lions Pride!

The suites are available for both short and long term stays for medical related needs.

(Example: appointments, pre-post surgery, place for support family/friends to stay while someone is in hospital)

Suites are located in Winnipeg, MB.

The rooms had been assembled with some very aged and mismatched items.

Let's refurbish & modernize the rooms.

LET'S CHEER THEM UP! Medical stays are dreary enough!

Please help us in celebrating Canadians Lions Centennial by joining Legacy Challenge of
Lions in Canada for 100 years!

THE CHALLENGE:

For every club in each district to raise a minimum of \$200.00 each. Once this is in a holding account (min of \$6500.00) for each district, a grant can then be applied for a match.

This can total \$13,000 for each district!

There will be enough money to furnish the suites in a more cohesive, friendly, homey atmosphere, which can help bring comfort to everyone who stays.

THE BASIC NEEDS:

ENTIRE suite: Paint and touching up scratched walls.

Bedroom Furniture: Beds and all bedding, nightstand, dresser and floor rug, lamps etc

Bathroom: towels, over the toilet shelving, bath mat and shower curtains, shower soap dispensers and other basic toiletries etc

Living Room: Sleeper sofa, TV, end tables floor rug, wall art, pictures, phone table, cork/whiteboard, Calendar, lamps, LIONS colouring pages etc

Kitchen: table and chairs, microwave, pot and pan set, utensils, dishes, flatware, tea towels, coffee cups, drinking glasses etc.

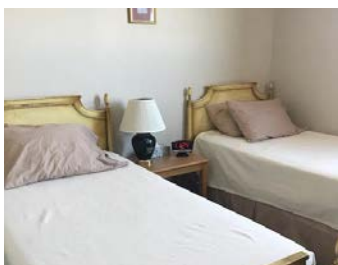
General: mop and pail, coffee (single packs for full pots), salt and pepper shakers, cleaning supplies, rooms accessories, etc

LONG TERM: dollars for days! Offsetting the cost of the room leases for people where accommodation brings a financial burden.

LEGACY AND LIONS NEVER LOOKED BETTER!

Possible ideas below.... So many available!

The Current room vs. what it could be!



We **need** all clubs and the three districts

5M10, 5M11 & 5M13

involved here for a successful outcome!

SHOW OUR LION PRIDE here and let's get these somewhat gloomy rooms more representative of the Lions Code of Ethics.

This Housing Legacy Project will continue to represent our 3 (three) districts many years to come and will create a light in the times of those who will need it most, when they are facing uncertain days.

The project will benefit everyone when in Winnipeg for medical accommodation but will be available to ALL Lions *when the rooms aren't needed for medical assistance*. Medical assistance takes precedence; however, it may be an option and helps to keep the suites rented as often as possible!

Please join us in encouraging all clubs join in and look to the launch of the project!

We will be forwarding an outline as soon as we have one and sharing ideas throughout!

This PRIDE OF LIONS PROJECT will leave a legacy of compassion and empathy as we team up for this one!



WHO's IN???

PLEASE CONTACT:

ED Lions Foundation, Tammy Bach, Committee Chair

204.722.1899 or

tammy.bach@lionsfoundation.org

Lion Joyann Woolsey, Committee Co-Chair: 807.276-

6974 or woolseyjo@gmail.com

A committee will be formed, the above ideas are by no means in stone! We will need more items than mentioned above and will be welcoming ideas and planners and designers! Let us know if you have a hidden talent. We hope to work with a furniture company (recognition provided). There will be a report sent to DG's from the 3 districts, Zone Chairs, information as well as online meetings to get this project underway.

**Legacy and Lions
never looked better!**



Lions 2020 Golf Shirts Information Summary



All shirts will have the Lions 2020 Logo on the front and your Club Name on the right sleeve
Minimum Order of 12 each per Club
(Smaller orders will be accepted with No Club Name)
Cost per Shirt - \$45.00 (including Tax) Plus Shipping

Join The Canadian Lions Centennial Celebration

For Further Information Please Contact

Arthur Woods

MAIL: Box 216, Elmira, Ontario N3B 2Z6

E-MAIL: lawoffice@woodsclermens.ca

CELL PHONE: 226-972-0983

HOME PHONE: 519-669-8091

Let's CELEBRATE !



Lions 2020 Golf Shirts FOR CLUB USE ONLY



Club Member Name	Colour	Style		Size						Quantity	Cost Each	Total Cost
		Ladies	Mens	Small	Medium	Large	X-Large	XX-Large	XXX-Large			
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
	Green										X \$45.00	
	Gray											
Total Cost of Order/Page												

Forward This FORM and CHEQUE To: Arthur Woods P.O. Box 216 Elmira, Ontario N3B 2Z6



Lions 2020 Golf Shirts

OFFICIAL ORDER FORM



Available in GREEN or GRAY

LADIES Golf Shirts			
	Total Club Quantity	Cost Each	Total Cost
GREEN – Small		X \$45.00	
GREEN – Medium		X \$45.00	
GREEN – Large		X \$45.00	
GREEN – X-Large		X \$45.00	
GREEN – XX-Large		X \$45.00	
GREEN – XXX-Large		X \$45.00	
GRAY – Small		X \$45.00	
GRAY – Medium		X \$45.00	
GRAY – Large		X \$45.00	
GRAY – X-Large		X \$45.00	
GRAY – XX-Large		X \$45.00	
GRAY – XXX-Large		X \$45.00	
Total Ladies Shirts:			

MENS Golf Shirts			
	Total Club Quantity	Cost Each	Total Cost
GREEN – Small		X \$45.00	
GREEN – Medium		X \$45.00	
GREEN – Large		X \$45.00	
GREEN – X-Large		X \$45.00	
GREEN – XX-Large		X \$45.00	
GREEN – XXX-Large		X \$45.00	
GRAY – Small		X \$45.00	
GRAY – Medium		X \$45.00	
GRAY – Large		X \$45.00	
GRAY – X-Large		X \$45.00	
GRAY – XX-Large		X \$45.00	
GRAY – XXX-Large		X \$45.00	
Total Mens Shirts:			

Total Number Golf Shirts:	
Total Club Order Cost: \$	

Cost per Shirt - \$45.00 (including Tax) Plus Shipping

Cheque Payable to; "LIONS CENTENNIAL FUND" MUST Accompany Order

INFORMATION REQUIRED: (Please Print)	
Name: _____	
Mailing/Delivery Address: _____ _____ _____	
E-Mail Address: _____	Phone Number: _____
Club Name: _____	
<small>"Club Name" as above will appear on the shirt – Please Keep Short (Club Name Examples - "ELMIRA" "WOOLWICH")</small>	

Greetings From Your Second Vice District Governor Elect

Hello Lions! My name is Jodi Caul of Emo and District Lions Club, along with the rest of the DG Team, I am looking forward to representing the Lions of 5M10 in the coming years! Just a little bit about me -- I am a single mom of two young boys, my oldest Tucker is 5 and his younger brother Gavin is 3.

Together as a family, we enjoy all things Lions and consider our local club Family. I became a Lion in 2015, held a position of Club president for two years, and am the current Zone Chair of Region 1, Zone2.

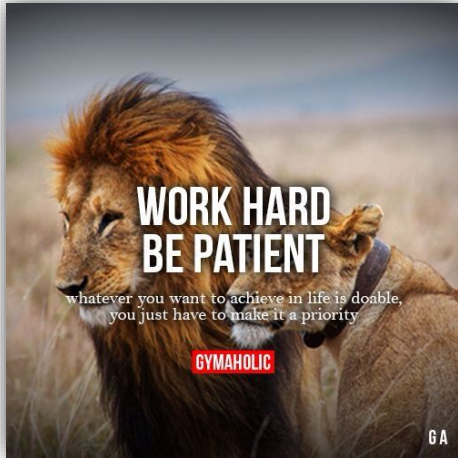
I hope you all are doing well during these uncertain times. I'm sure, I can speak for everyone when I say that our lives have been drastically changed in the past few weeks; being part of a social service club, it can be very challenging to be told to go home and STAY. We as Lions are out in our communities regularly, especially as the weather becomes nicer, BBQ's, Fish-fry's, hosting dog walks, having conventions, celebrating, training and ultimately, coming together. Times are different this spring and all we can do is responsibly ride it out.

I would like to praise those clubs that have found a way to contribute service to their communities during this isolation period. Some are helping local food banks, others are sewing masks, as well as other ways of aiding their communities, Thank you for your kindness and determination to help. It's great to see all that is being done around the district on each of your facebook pages!

I am looking forward to being in contact with all the clubs in our district over the next few years, building relationships and friendships. I may not be the 2ndVDG yet, but feel free to reach out to me if you have any questions about how to use resources online on the, MyLion, MyLCI, or the 5M10lions website. We as a team have goals of ensuring the district is comfortable submitting service and membership reports monthly. And just a reminder, please remember to "submit report" not just "save" your reports when submitting them on MyLCI.

Stay safe, stay home, and stay connected! The sooner we ALL take this seriously, the sooner we can all get back to normal. Reach out to those who are isolated alone, a call or video chat can make their day!

The Challenges to Membership



It's been a year of great challenge this year for membership and it seems just when we right the 5M10 ship we get thrown another challenge...COVID19....

February was an amazing month for 5M10...a great midwinter, the enthusiasm that we all found there...our membership was in the PLUS for the FIRST time this year!

March ended us with an even membership. We were then thrown the curve ball of COVID that left us all reeling as to how we were going to move forward in membership in our clubs much less on how to do SERVICE...the heartbeat of our clubs.

But in TRUE 5M10 fashion we look outside the box and we find ways to get things done. We are holding DG team meetings by Go to Meeting...We are holding our first Cabinet meeting in the Go to Webinar format. We are training our Zone and Region chairs in Go to Webinar and we are finding ways to do service that we would have never imagined only a few short months ago.

Vermillion Bay has turned their clubhouse into a COVID Emergency Food Relief site providing hampers to those in need, Emo and District Lions has members doing COVID Grocery Delivery as well as making cloth masks for Retail workers. Working together with other community members has them asking who we are...what an opportunity to ask them to be a part of this wonderful service organization and assist all year round...not just during a PANDEMIC!!



We had an awesome visit to Kakabeka Falls in March, lots of potential and meetings set up for April and May for a new club there...do we let this opportunity fade because of COVID or do we hold a VIRTUAL membership drive through Go to Meeting or Go to Webinar?

The choice is ours...

We can let this PANDEMIC beat us down or we can stare it in the face like a LION and find a new way to build our clubs, do our service and grow our leaders.

Your District needs you...each club **PLUS 2**...lets show the Multiple what 5M10 is made of and kick COVID's A\$\$!

In Service....

Lion Joanne and Lion VDG Shirley
5M10 ROARS!

Clubs

Carlton Area Lions

5M10 Lions All -- Lion President Gaylen Kaehler and the Carlton Area Lions Club brought this to my attention several days ago.

One of their members, Lion Bob Bureau, suffered massive heart failures during the past couple of weeks. Teams of doctors at both Essentia Hospital in Duluth and the University Hospital in Minneapolis did not give Lion Bob much hope for survival.

However, by God's grace he is improving. He is not out of the woods yet, but his prognosis has greatly improved.

The Carlton Area Lions are doing a fund raiser to help support Lion Bob and his family at this time of need. In normal times, the Lions club would organize an event to raise needed resources to help pay both medical and living expenses. But as we all know, we have to resort to different ways with the COVID-19 preventing us from assembling together.

On behalf of Lion Bob Bureau and the Carlton Area Lions Club, I am asking our 5M10 Lions for their financial support.. Lions can support Lion Bob by either making a contribution on the Go Fund Me site or by mailing the family a check. .

1. The Go Fund Me site is: <https://www.gofundme.com/f/packer-bob-medical-fund>
2. Donations can be mailed to Bob and Kitty Bureau, 2222 Oak Hills Trail, Carlton, Minnesota 55718.

Your donation is greatly appreciated. "Where there is a need, there's a Lion"

Thank you. Together WE SERVE with an Attitude of Gratitude.

District Governor Wayne Tieman

CAP BAKER LIONS

MEETING HIGHLIGHTS

Micki Norris and Jackie Heinrich of the Grand Rapids Police Department gave an interesting and informative presentation on scams and fraud schemes that circulate throughout our community as well as ways that we can protect ourselves.



MICKI NORRIS, LEFT, AND JACKIE HEINRICH, RIGHT

Lion Brian Bengston missed out on the Pot of Gold drawing in the amount of \$46.00 at the meeting held on March 3rd.

Due to the COVID-19 social distancing requirements, the March 17th meeting was cancelled.

Information on upcoming meetings will be sent to the membership via e-mail.

CLUB ACTIVITIES

Cap Baker Lions participated in the Grand Rapids Business District annual Frozen Fairway benefiting the Grand Rapids-Greenway Boys and Girls Club by sponsoring a hole. Members Kevin Geislinger, Kim Geislinger, Ann Smith and Mike Smith “golfed” with hockey sticks and celebrated the 40th anniversary of the US Olympic hockey championship team - “Miracle on Ice”.



Lions Sara Procopio and Kelly Owens helped package meals for the Knock Out Hunger Event coordinated by the Grand Rapids, Greenway and Deer River FFA Chapters. Approximately 50,000 meals were packaged during this event. Lions Kim and Kevin Geislinger represented Cap Baker Lions Club at the Hunger Banquet organized by the Grand Rapids High School IB Diploma Candidate students held at the Timberlake Lodge in Grand Rapids. A



donation of \$250.00 was donated by the Club to help with the expenses associated with the dinners. These amazing students raised \$2,000.00 for the Grand Rapids High School Food Shelf.

Lion Deb Bounds assisted the Hill City Lions Club with vision screening at the Hill

City Health Fair. Our spot screener was used to screen 84 participants with 5 referrals made.



The Fun Night committee has been meeting regularly to coordinate our largest annual fundraiser. Unfortunately, due to the COVID-19 epidemic and social distancing, the event has been rescheduled for September 25, 2020.

BEMIDJI LIONS

The Coronavirus has put a halt to most of the planned activities for the Bemidji Lions Club. FlapJack Day, which was scheduled for April 23rd, has been cancelled, along with the annual “Spring Fling” which was slated for April 30th. FlapJack Day was one of the club’s major fund raisers so an emphasis will be placed on making the Fall Raffle and Lions Fare highly successful. Also cancelled were upcoming “Socials for the Club” and “Orientation” sessions for new members, and the weekly Wednesday meetings for the membership. Donations to local charities were abundant during the past month. The Bemidji High School “Sign Language” program received a check from our club for \$650 and Food Shelf received their annual donation of \$1600 dollars. Girls Scouts and Boy Scouts each received \$750 dollars so they could achieve their goals and objectives, and Youth Baseball of Bemidji was the recipient of a \$950 dollar check from the Bemidji Lions Club. The local 4H Club received \$750 dollars and “Fishing Has No Boundaries” also received \$750. The Track Team at BSU received a check for \$200 and the Legacy Project in Winnipeg was sent a \$200 dollar check. Board members met early this month via “Zoom” to discuss a host of subjects, including next year’s budget, dues collection, election of officers, and the new web site. The next “physical meeting” may be down the road a

distance, being all members of the board put the safety and well- being of all members foremost.

DRYDEN LIONS

M&A Report for the Dryden Lions for March, 2020

Dryden Lions made 4 draws for the 200 club, at \$200 apiece.

The Dryden Food Bank made a presentation requesting help in obtaining Freezers /Fridges to handle the frozen food or perishables. As a result Lion Doug Palson donated one for their use.

A donation of \$200 was given to the Lions Legacy project.

Three trees at \$150 each are to be planted in memory of 3 deceased Dryden Lions. Lions Tom Button, Earl Kellar, and Don Felske in the Guide Dogs Memorial Forest in Oakville.

Awards from Lions International went to Lion Bruce Petsnick (Diamond Centennial Membership), Lion Jim Croom (Gold Centennial Award) and Lion Todd Kropelin(Gold Centennial Award).

Dryden Lions have not met since the Isolation began.

DRYDEN TRILLIUM LIONS

MARCH 2020 ACTIVITY REPORT

1. Our Club provided 5 pairs of new glasses and fixed up a “back-up pair” of glasses for a single father family, costing \$ 1,509.00
2. Dryden Food Bank – At our March 12th General Meeting we collected \$ 95.00 from our membership.
3. Two members delivered Meals on Wheels on March 14th & 15th to 13 clients for 2 hours.

Activities have definitely slowed down in our club with a few cancellations of events and signature activities. Hope everyone is keeping safe and healthy!!!

DULUTH LIONS

Duluth Lions Club - March

Duluth's Original, Biggest and Best!

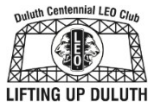
Lions Pancake Day Rescheduled



The Duluth Lions Club Pancake Day has become the quintessential "Great Duluth Get-Together." However, this year, because of the COVID-19 Pandemic, the Duluth Lions Club Pancake Day Committee Chair, Lion Pat Swenson, announced the club will reschedule its 63rd Annual Lions Pancake Day, traditionally held on the first Thursday of May, to Thursday, September 10, 2020.

Pancake Day brings over 9,000 community members together for a time of social interaction and providing financial support of Lions sight, hearing, diabetes, youth, hunger and environmental programs in the community.

Duluth Centennial Leos Update



In February the Leos collected 60 reusable tote bags for Ruby's Panty in Hermantown. They will be switching to a drive-through model this month so they were grateful for them.



For March they put together a couple "Day Care Packages" with toys, games, and crafts for 2 local childcare providers to thank them for helping extra families during this hard time.



Duluth Lions Club Staying Connected

Together, our club is working through the current health situation. Weekly updates, newsletters, and special announcements are sent to members through emails, phone calls, social media and snail mail. Virtual meetings serve our operational needs, as we work through committee chairs and board liaisons to ensure business and service continue to move forward.

President Eric Schlacks helped revamp and enhance our Visitation Committee to ensure all members have an effective and convenient means to connect and share ideas or needs.

Wishing you health, peace and courage.

Covid-19 UPDATE

5M10 Lions All--The current issue with the Covid-19 Virius is causing no end to the challenges that we Lions are having.

The MD5M Council of Governors met in Go to Meeting format this evening. The MD5M Convention which is to be held in Rochester, MN, May 1-2-3rd, will be canceled.

More details on this issue will be forthcoming.

Thank you. ---Lion DG Wayne Tieman

STAY STRONG

STAY SAFE - STAY HOME