

June. 2020.

DG Wayne Tieman



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

June 11, 2020

A favorite quote of mine is from Football Coach Lou Holtz: *"I follow three rules: Do the right thing, do the best you can, and always show people that you care."*

Lion Lenay and I decided several years ago that we wanted to serve as the DG Couple of 5M10. When the time came, we were confident that we would be ready. We had the life experiences and the training to do the job. This year, we were "all in" and totally committed to the mission of Lions. Our theme for the year says it all about our DG Journey: *"Together WE SERVE with an Attitude of Gratitude"*.

We did the right thing by "stepping up" to serve you as DG Couple.

5M10 has had numerous achievements and challenges. We got the job done on most of our goals. Here are a few of the highlights:

1. District Governor Visits in person and using Zoom.
2. The DG Team and Global Action Team—working together to improve 5M10.
3. The 5M10 Midwinter Convention in Bemidji.
4. Membership and participation with the two Lions Clubs in Bemidji.
5. Enhanced Communication through use of virtual means, such as Go to Meeting and Zoom. Also, DG Team and club leaders used email, social media, and the L10 News to get the message out.
6. Participation in Lions club activities: for example, the Polar Plunge with 29 fellow jumpers on New Year's Day into Rainy Lake.
7. The first ever Virtual 5M10 Cabinet meeting and Zone Chair training on May 1- 2, 2020.
8. Recruiting and induction of new Lions into membership.
9. Recognizing great achievements for 5M10 Lions at the midwinter and club meetings.
10. Increased club and individual donations to LCIF—over \$25,000 US raised.
11. Club Officer and Guiding Lion Training.
12. Our financial support to LCIF, the 5M10 Lions Legacy project, and Childhood Cancer.

There have been challenges and obstacles along the DG Journey. They are familiar to all of us:

1. Membership retention and recruiting new Lions.
2. Doing Service and reporting it on My Lion.
3. The need to recruit and to support new Lions leaders at both the club and district level.

We have done the best job for you that we could.

From the LCI website: "When people join together, roll up their sleeves and take action to make their community (and the Lions District) better, it's a beautiful thing—and an incredible feeling for everyone involved. That's Lions. Being a Lion is about leading by example, building relationships and improving the world through kindness. It's about

1.4 million caring men and women serving together so that they can have a lasting impact and change more lives. Kindness matters."

Lenay and I are grateful to all of you in 5M10 for your encouragement and support. We celebrate and give thanks for this great Lions opportunity. ROAR!!

A huge thank you goes to our 5M10 DG Team and Global Action Team. Your 2019-2020 leaders have been DGE Shirley Koroniak, FVDGE Sue Winner, SVDGE Jodi Caul, Cabinet Treasurer Barb Tanski, Cabinet Secretary Kathryn Smith, GLT PDG Angela Sharbot, GMT PDG Joanne Ogden, and GST PDG Larry Winner. What a caring group of Lions leaders! Well done. ROAR!!

DG Team and GAT: you have done an exceptional job. Your dedication and leadership for our district is AWESOME! The concept of TEAM—enthusiasm-integrity-service to Lions and community-- will continue to build and grow into future Lions years. Once again, thank you Lions leaders of 5M10. Well done. ROAR!!

We would like to thank and recognize another Lion for his contributions this past year. Lion Dave Quam is a relatively new member of the Bemidji Lions Club. He is a master at video production. Projects have included the videos of the 2020 midwinter convention at Bemidji and the "Shave for the Brave" fundraiser which raised almost \$18,000 to assist in the fight against childhood cancer. Well done. ROAR!!

After some rest and travel during July, Lion Lenay and (soon to be Lion PDG) Wayne will be back at it again with Lion DGE Shirley and the 5M10 Lions DG Team for the 2020-2021 Lions Year. It will be another awesome Lions year! ROAR!!

We Lions care.

Thank you. *Together WE SERVE with an Attitude of Gratitude. 1...2...3...ROAR!!*





THANKS FOR THE MEMORIES

Greetings from District Governor Elect, Lion Shirley.

With this being the final month before I take over as District Governor, it seems appropriate that I share some reflections from the past year.

We are excited to have chartered a new club last fall, the Rainy River Baudette Border Lions Club. They got off the ground running and are in the midst of a raffle for a 21 Foot Pontoon Boat package valued at \$50,000. Check out their Facebook page at <https://www.facebook.com/rribborderlions/> for a chance to purchase a ticket.



And we are also very proud that we established the Silver Bay Branch Club as a branch of the Grand Marais Lions Club. We are looking forward to seeing that club establish their own charter as well.

Welcome to our 2 newest clubs.



Also, last fall, Lions of Canada kicked off their centennial celebration. They turned 100 on March 12, 2020 and the celebration will continue until June 30, 2021. As part of that celebration, LCIF is offering a matching grant of up to \$6,500 to districts for a legacy project. To kick off that project, we challenged Districts 5M11 and 5M13 for all 3 districts to raise \$6,500 each. The funds will be used to renovate 3 Rural Housing units at the Lions Manor in Winnipeg owned by the Lions Foundation of Manitoba and Northwestern Ontario. 5M13 has reached their goal and we are lagging with \$3,777 donated to date. If you would like to participate in this project, please visit <http://lionsfoundation.org/>.

January saw another great 5M10 district convention, this time in Bemidji. DG Wayne and his crew put on a super event. Lions from District 5M10 elected me as District Governor Elect. I am humbled by the overwhelming support I have received up to this point. You also elected Lion Susan Winner from Duluth as 1st Vice-District Governor Elect and Lion Jodi Caul from Emo as 2nd Vice-District Governor Elect. We will make a strong team and are looking forward to serving with you over the next year. My theme will be "Our Clubs The Heart of District 5M10". We also have a great GAT with (soon to be PDG) Wayne Tieman as GLT, PDG Joanne Ogden as GMT and PDG Larry Winner as GST. We also have many new Zone and Region Chairs. I'm very much looking forward to COVID-19 travel and distancing restrictions to be eased so I will have the opportunity to visit all our clubs and meet as many 5M10 Lions as possible.



PDG Joanne introduced me to the theme F.O.C.U.S.

- ✓ F – Find your passion
- ✓ O – Overcome the obstacles
- ✓ C – Have courage to make a change
- ✓ U – Utilize your strengths
- ✓ S – Share the stories

That describes Lions so well. I'm working hard on finding my FOCUS. I think I'm close and encourage you to find your FOCUS as well.

Have a great and safe summer everyone and I look forward to serving as your District Governor next year.

DGE Lion Shirley

DISTRICT 5M10

MEMBERSHIP CHALLENGE

The membership challenge is quickly coming to a close. Following are the rules as previously shared. If you haven't added your new members to MyLCI, they won't be counted so please ensure they are there. If you need any assistance, please contact Lion Sue Winner at spb0301@gmail.com.

We are awarding 3 amazing prizes to Lions members who:

1. Sponsor the most new members
3. Sponsor the most new members under the age of 30
2. Sponsor the most new female members

Now here's the fine print.

1. This contest is retroactive to July 1, 2019 and ends June 30, 2020
2. The new members must remain a member through to June 30, 2020
3. One prize will be awarded to each category
4. No Lion will be eligible to win more than one prize
5. Clubs must keep their membership reporting up to date on MyLCI as we will be
6. monitoring MyLCI to determine qualifying sponsors
7. This contest is open to all Lions members in District 5M10 with the exception of any
8. current members of the District Governor Team
9. Winning sponsors will be announced early in July 2020 and awarded by the incoming
10. District Governor during her club visits

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, 349 Government St. Dryden, ON
(807) 225-5801



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 Wiedenhoeft

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.**

June 5M10 Newsletter

Lion Susan Winner 1VDGE

Our District Governor team had an assignment this week. We divided up our Lions Clubs and each of us reached out to the clubs on our list. Yes, I internally groaned. Calling strangers is not on the top of my list of things to do. However, I was surprised how much I enjoyed these conversations. I have always known our clubs are each different in their unique ways and that makes them so special. Each club leader I talked to wanted just a couple of things. The first thing they all said was that they wanted to be able to meet again and were anxious to use Zoom or had already started. They also wanted ways to do service safely and effectively. And of course, they want new members. Members that bring new ways to serve and new friendships. Thank you to all of our district Lions for all you do and continue to do during this global pandemic. May we come out better on the other side.

This week we have all watched as the suffering in Minnesota has spread out across the United States and the world. We realize how we have failed some of our citizen's needs. The question is how do we change the way we think and how do we act about fixing our societies. This year, Lions Club President Chou's theme was Diversity. I believe his theme for next year will be Diversity with Kindness. How do we in Northern Minnesota and Northwestern Ontario support this theme? One way is to challenge the systems that make us different. Feed the hungry children. Support our food banks. Support vision and hearing programs for children and adults; support their differences. Bring Quest programs to schools. Continue to support diabetes research and programs, diabetes hits lower income families the hardest. Keep our environment safe. Remember Kindness Matters.



Global Service Team News

Is your club looking for ways to safely serve your community during the Coronavirus Pandemic?

PDG Larry Winner

MD5M and District 5M10 GST Coordinator

HOW DO WE SAFELY SERVE DURING THE CORONAVIRUS PANDEMIC?

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 everyday”-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
- 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

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 Lion's 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
- Some local disaster relief agencies are in need of volunteers and services- see attached images of example of a webinar info from MA response agencies looking for volunteers-collaborate with your local response authority to see if they have similar programs
- 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
- 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 pre cut 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-ie 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 inpatients 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 yous 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)

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 sympathise 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 uare’?” (or two) for our military and coordinating a local drive to ship to this soldier and his compatriots. ple of a group looking for volunteers in MA. Your area may have similar:

DIABETES CANADA D-CAMP UPDATE

One of Diabetes Canada’s most cherished programs is [D-Camps \(This link opens in a new window\)](#), which allows thousands of kids with type 1 diabetes to connect with other kids with diabetes at summer camps while under expert medical supervision.

The health and safety of everyone involved in this inspiring program is of paramount importance to Diabetes Canada.

Due to the uncertainty of the current COVID-19 pandemic, coupled with the advance planning and training required for us to deliver our exceptional camping program, we made the very difficult decision to put our D-Camps on hold this year. We have offered all camp families a full refund.

The cornerstone of our camping program is the personal interactions between our campers, staff and volunteers. And while the face-to-face experiences is limited *for now*, we’re already planning some innovative ways to stay connected with our D-Camps community this summer.

Diabetes Canada remains fully committed to offering D-Camps again. We wish all our supporters a safe and healthy summer and look forward to reconvening next year.

LIONS CLUBS INTERNATIONAL FOUNDATION

LCIF TRUSTEE REPORT – May 21, 2020

Lions of Canada!

We just completed the final meeting of the Board of Trustees for Lions Clubs International Foundation. The meeting was conducted on-line over a two-week period.

Highlights!

- To date for the year, Lions have contributed over \$42 million (US) for the year, bringing a total for Campaign 100 to over \$152 million. Canadian Lions have donated \$568 232 for this year, for a Campaign total of \$1.75 million. Campaign 100 will be extended until June, 2022 due the COVID-19 pandemic.

➤ Cumulative Leader Participation

○ International Director	Canada 100%	World 91%
○ LCIF Trustee	Canada 100%	World 100%
○ Council Chairperson	Canada 75%	World 62%
○ LCIF District Coordinator	Canada 83%	World 71%
○ LCIF MD Coordinator	Canada 100%	World 82%
○ District Governor	Canada 88%	World 74%
○ GAT Coordinator	Canada 57%	World 43%
○ Club President	Canada 7%	World 17%
○ Club LCIF Coordinator	Canada 17%	World 17%
○ Past International Director	Canada 68%	World 61%
○ Past International President	Canada 100%	World 83%

ARE YOU ON THE LIST? HAVE YOU MADE YOUR PERSONAL CONTRIBUTION?

➤ LCIF GRANTS

- Grants approved for 2019-2020—181 Grants for a total of \$38,593,669. In Canada, 10 Matching Grants were approved for a total of \$376 000. Grants were approved this week for applications from A3, U1 and U3. (Await final confirmation before taking action!)
- In addition, there were 7 COVID-19 Emergency Grants approved for a total of \$70000.
- It would appear that no District and Club Community Initiative Grants were applied for in Canada. Incoming Presidents and District Governors will be advised in July of their eligibility for 2019-2020 contributions.
- Very few Hunger Grants and Childhood Cancer Grants have been approved. If you could use one of these Grants in your District, check for the on-line Application Form.

➤ Consider the following:

- Saving money by not attending your Club Meeting or your District/Multiple District Convention? Make a donation to LCIF – the cost of a meal, or the cost of registration!
- Remember your club commitment to a Melvin Jones Fellowship, or Model Club, or Maple Leaf Club.

Executive Secretary

Lions Clubs International Multiple District 5M

Organization Summary

Multiple District 5M, second largest Lions Clubs International District in North America consisting of 20,400 members serving local communities in Minnesota, Manitoba and Northwest Ontario, while meeting humanitarian needs, encouraging peace, and promoting international understanding through 637 Clubs is seeking an Executive Secretary.

Location: Minnesota

Closing Date: July 15, 2020

Job Type: Part Time

Job Category: Administrative Support Services

Salary: \$30,000 - \$35,000

Primary Duties:

This position reports to the Council Chair with direction of the Council of Governors. Executive Secretary shall perform such duties as specified or implied by the Constitution and By-Laws of MD5M. This position provides direct administrative support to volunteers. These duties include but not limited to receiving correspondence, receiving and depositing funds, preparing checks, maintaining financial accounts, books, and records of MD5M, serve as an ex-officio member of standing and appointed committees of the Council of Governors and shall generally assist the Council of Governors in conducting the business of MD5M.

Qualifications:

The successful candidate will be a self-starter, extremely organized, have strong writing and verbal communication skills, Microsoft Office skills and have keen organizational and time management skills. This job requires local and international travel. Candidates must have the ability to lift up to 50 lbs. and must be bondable. The successful candidate must be able to pass a background check.

Experience:

The ideal candidate will have a track record of getting things done, experience with working with volunteers and boards, experience with QuickBooks and budget management. Work experience in Association management preferred but not required.

Additional Info:

For specific tasks and duties visit MD5M Bylaws and the MD5M Policy manual. Specific sections are available below and the entire documents are available from the MD5M Website:

[MD5M Bylaws Article 1 Section 4](#)

[MD5M Policy Manual Section VI, Chapter 7, Subsection A](#)

To learn more about MD5M and to download our job application, please go to our website at: www.Lionsmd5m.org

To learn more about Lions Clubs International, check out the website at: www.lionsclubs.org

How to Apply:

If this position excites you, send a cover letter with your resume and job application to: CC Rob Rand, 6600 Lyndale Avenue South #600, Richfield, MN 55423 or via email at robrandmn@gmail.com

Minnesota COVID-19 survivor: 'There's this narrative that it's just the flu. It's not'

Minnesotans need to understand the consequences, survivors say, particularly as many grow restless with restrictions designed to slow the pandemic.

By [Christopher Snowbeck](#) Star Tribune

May 24, 2020 — 12:20pm



Jeff Wheeler - Star Tribune

Kelly Bort, with partner Richard Ekstrum, sat at the dog park at Lake of the Isles with their Corgis.
Text size

Bernie Goldblatt didn't think the lingering cough he developed back in March could be COVID-19.

But when it wouldn't go away and his condition took a sudden and desperate turn in early April, the 68-year-old retiree wound up in the ICU for weeks. Nearly two months later, he's still not home.

"I never thought what it's like to fight for your life," said Goldblatt, of Minnetonka. "When it happens, it's like you're living in a nightmare and you can't get out."

Most people sickened by COVID-19 survive, but in serious cases, the experience is harrowing, the effects linger and the long-term health risks aren't clear. Minnesotans need to understand the consequences, survivors say, particularly as many grow restless with restrictions designed to slow the pandemic.

"Please, please, please take it seriously," said Steve Soeffker, a 69-year-old McLeod County resident who spent 43 days in the hospital before returning home this month.

"I nearly lost my life. My wife nearly became a widow. My mother almost lost her son," said Soeffker, who is a retired sheriff's deputy. "You don't know where it's coming from."

More than 19,000 state residents have tested positive for the novel coronavirus. About two-thirds of them no longer require isolation, because 14 days have passed since the onset of symptoms.

Doctors don't know whether COVID-19 survivors will maintain immunity against the virus down the road, said Dr. Jeff Chipman, critical care leader for M Health Fairview.

COVID-19 patients might suffer blood clots after leaving the hospital, doctors say, and there are questions about long-term issues with the lungs, kidneys and liver in serious cases. Like others who need intensive care, some could experience post-ICU syndrome that includes nightmares and panic attacks, said Dr. Jack O'Horo, an infectious disease physician at the Mayo Clinic.

More than 2,500 Minnesotans have been hospitalized thus far with COVID-19; more than 800 of those have required intensive care. In the most serious cases, getting over COVID-19 is just the start of the struggle.

"It's one thing to recover from an acute illness," said Dr. Anne Tita, staff physiatrist at Courage Kenny Rehabilitation Institute in Minneapolis. "It's another thing to transition back into normal life."

Still out of breath

Kelly Bort wasn't too concerned when cold symptoms surfaced in March. Three days later, she woke with a fever and found "the world had completely changed."

Bort, 76, is an artist in St. Louis Park who regularly skis and bicycles despite asthma. During her first night at Methodist Hospital, she couldn't stop gasping for breath.

"I had this moment of total dread that came over me," she said, "as I realized I could possibly die."

Unable to sleep, Bort wrote letters to her children. She described things she treasured in her house and thought about who would take care of Little Girl and Bennie, her pet Corgis.

In time, Bort felt a degree of acceptance — but also a sense that life was ending too suddenly. And then, the next day, Bort started to experience a turnaround.

She returned home after four days. Life moved slowly in April, with Bort surprised by her fatigue walking up stairs. Now, she takes daily walks around Lake of the Isles but doesn't feel completely recovered.

"Two months later, I'm still out of breath — much more out of breath than I normally would be. So, I'm a little worried. ... Usually by this time of the year, I'd be riding my bike 10 or 15 miles a day."

When Goldblatt retired this winter as executive director of Adath Jeshurun Congregation, he joked that his next ambition was to take a long nap.

"Little did I know that that meant an induced coma," he said last week while in rehab at Abbott Northwestern Hospital in Minneapolis.

After landing in the hospital, Goldblatt spent about three weeks in the ICU and his memories are the stuff of piercing nightmares and dark visions. The distress is not unique to COVID-19 patients,

doctors say, but a function of intensive care that can leave patients disoriented as they try to cope with disrupted sleep, heavy medications and a devastating illness.

Goldblatt's wife has talked to him by phone every day, reading from hundreds of messages left by friends on a CaringBridge site. Caregivers have been "magnificent," he said, even arranging for a brief visit from family during what has seemed like an endless hospitalization.

Now, he's starting to use his arms and legs again and can roll over a bit in bed. The next goal is standing.

"I think I was one of those people who was in complete denial — that that was never going to happen to me," Goldblatt said of COVID-19. "And I have to tell you — it could, and it did."

Soeffker didn't have a cough or fever when he went to bed one night in early April. Around 4 a.m., his wife found him collapsed on the floor and gasping for air. Paramedics drove Soeffker to a hospital in nearby Glencoe and then flew him to Abbott Northwestern.

"Basically, I came in as a corpse," he said. "I'm 6-foot-5 and at that time about 360 pounds. I left most of my weight back at Abbott."

Soeffker doesn't remember the next three weeks as he slowly fought off the infection. His first memory is of being taken by wheelchair from the ICU to a rehabilitation bed.

It took weeks to recover some of his strength and relearn with the help of therapists how to sit up, stand and walk. Before he was discharged in mid-May, Soeffker had to learn again how to eat food and drink liquids.

"This COVID is real. A lot of people are thinking it's not," he said. "Yes, I'm sympathetic for the small businesses, sympathetic for the people who are laid off and are losing wages. But they're in a position where they're still alive, still functioning."

Can turn quickly -- Doctors are still learning about COVID-19 and its long-term health impacts. Some of the early lessons have been humbling.

"One of the most shocking parts of this illness is how quickly people can decline — go from just feeling a little short of breath to not able to breathe at all," said Dr. Craig Marshall of Methodist Hospital. "It can happen very quickly, for some patients within six to eight hours."

In late March, Dr. Bevan Yueh was busy helping create Minnesota's only hospital dedicated solely to treating COVID-19.

In April, he became one of Bethesda Hospital's first patients — but only after his wife and colleagues helped him recognize the surprising depths of the disease.

"In 30 years, I've probably missed about six days of work," said Yueh, who is a surgeon, interim chief executive at University of Minnesota Physicians and chairman of the U's department of otolaryngology. "I'm somebody who is healthy."

Yueh has asthma and attributed a cough one day in March to missing a dose of medicine. The next morning, he woke with no sense of smell — an odd hallmark of COVID-19 for some patients. A test confirmed the diagnosis, but Yueh continued calling in for meetings at work.

Colleagues contacted his wife after one phone meeting to say Yueh didn't sound right. One sent a device to his home for checking Yueh's blood-oxygen level, but he downplayed the reading.

"My wife said: 'What does 86 mean?' And I said: 'Oh, it's actually fine. It's scored just like grades — this is actually a B-plus,'" he said. "Something about the way I said it made her know I was not telling the truth."

She got him to the ER and Yueh spent the next 11 days at Bethesda. At one point, his doctor said he might need a ventilator — a frightening prospect, Yueh said, that compelled him to work hard with respiratory therapists.

When he was discharged in mid-April, doctors said recovery would take six to eight weeks. Yueh said he stubbornly tried to push the timeline by joining calls at work within two weeks. But it was so exhausting that he became "almost a little bit despondent."

He talked to his doctor and slowed down. This month, Yueh started feeling better and is gradually returning to work.

"I think everybody who has COVID — there's this narrative that it's just the flu. It's not," he said. "One of my hopes is that we tell people: Hey, this is really serious. And here's a reasonably well-educated doctor ... who just didn't understand how serious it was."

Twitter: @chrisssnowbeck

Christopher Snowbeck covers health insurers, including Minnetonka-based UnitedHealth Group, and the business of running hospitals and clinics.



Dog Guides of Canada are holding Virtual Walks this year to help raise money. They are also looking for donations to the cause of training more dogs for people in need. If your club can help or you would like to make a private donation please contact the organization.

<https://www.walkfordogguides.com/locations/walk.cfm>

Together we can make a difference for so many people. Thanks!



MEDICAL SCHOOL
UNIVERSITY OF MINNESOTA

**Department of Ophthalmology &
Visual Neurosciences**

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FACULTY & STAFF HIGHLIGHTS

Ray Areaux, Jr., MD recently joined the AAPOS Telemedicine Task Force to address the challenges and opportunities of this rapidly evolving medical frontier.

Andrew Harrison, MD and **Ali Mokhtarzadeh, MD** were panelists at the "Nashville Oculoplastics In the Round" meeting on Mohs reconstruction at Vanderbilt University.

Sandra Montezuma, MD will serve as a consultant for the development of PRIMA, the new retina prosthesis to treat AMD by Pixium Vision company.

FACULTY & STAFF PUBLICATIONS

"Investigating AKT activation and autophagy in immunoproteasome-deficient retinal cells."

Karim MR, Fisher CR, Kappahn RJ, Polanco JR, Ferrington DA.

PLoS One. 2020 Apr 10;15(4):e0231212

"Investigate Oral Zinc as a Prophylactic Treatment for Those at Risk for COVID-19"

McPherson SW, Keunen JE, Bird AC, Chew EY, van Kuijk FJGM

The pre-publication online version of the above editorial can be viewed [here](#).

FACULTY & STAFF AWARDS

Collin McClelland, MD, Karen R. Armbrust, MD, PhD and **Sasha Strul, MD** were selected as one of the The Mpls. St.Paul Magazine's 2020 "Top Doctors: Rising Stars". They were among 96 University of Minnesota Medical School doctors this year, across 18 departments.

STUDENT AWARDS

Future resident **Tu Tran** received the Medical Student Achievement Award. He is one of three fourth-year medical students who received this award.

You can read more about the award [here](#).

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CLUB NEWS

CAP BAKER LIONS CLUB - GRAND RAPIDS

Cap Baker Lions Club has continued to conduct virtual meetings via the Go-To-Meeting platform established by Lions District 5M10. We all look forward to future in-person meetings.

Cap Baker Lions Club continues to ROAR!! This Legacy Project began three years ago under the leadership and diligence of Past President Lion Debbie Vergin.

After many hurdles, the Lion water fountain has finally found a home at the Grand Rapids Visitor Center.



Pictured with the Lion are President Kim Geislinger, Past President Debbie Vergin, Lion Rodney Neururer and Lion Kevin Geislinger.

With the onset of warmer weather, a tree was planted in honor Lion Sherry Miner who passed away last fall. Lion Sherry was a valued member of Cap Baker Lions Club and served the club in many capacities.

A beautiful Autumn Blaze maple tree was planted on the grounds of the Judy Garland Museum in her memory. A formal dedication of the tree is planned when the COVID-19 pandemic restrictions are lifted.



Cap Baker Lions followed the lead of the Dryden Trillium Club with a Fun- Raiser in which club members could donate what they might have spent on dinners and drinks at an actual meeting vs. virtual meeting. To date, club members have donated a total of \$1,850.00.

Cap Baker Lions continue to support our local youth. A donation of \$250.00 was made toward signs produced to help make the Grand Rapids High School Class of 2020 graduation a special event in light of the COVID-19 pandemic.



Cap Baker Lions Club also completed our semi-annual roadside cleanup of a two-mile stretch of roadway.

As our “new normal” continues, Cap Baker Lions Club remains focused on serving our community.

DRYDEN TRILLIUM LIONS CLUB

MAY 2020 ACTIVITY REPORT

1. Donated \$ 200.00 to the Lions Foundation of Manitoba/Northwestern Ontario – District 5M10 Lions Legacy Project.
2. 2 members attended the KidSight webinars.
3. We have held 2 Zoom meetings each month for April & May. A wonderful opportunity to visit with our membership!

Duluth Lions Club - June

Visioning Virtually



Our Club held its first two virtual meetings recently via Zoom. Committed to service and maintaining member engagement, President Eric Schlacks brought the meetings to order and outlined the agendas. All went smoothly, and it was great to see everyone again. Many thanks to Lion Sue Winner for taking the lead as our Zoom host.

On Tuesday, May 19th, our meeting included a presentation from PID Lewis Quinn. We enjoyed a pre-recorded virtual symposium entitled "Thoughts on the Future", which reminded us to have an open mind during these times and invest now to empower new Lions. He challenged all Lions to look into the future and ponder acts of kindness. Commenting our world could use a little more kindness, PID Quinn suggested we think outside the box as we look for an epic program.

During our second virtual meeting, we watched a video, "The Impact of Melvin Jones", *The Original Lion*.



The Lions International Board of Directors officially designated Jones as the founder of Lions Clubs in 1958, more than four decades after Lions Clubs held its first meeting. But, no matter what his official title, Jones' impact on the Lions has been far-reaching. He provided the leadership, the organizational ability, the tenacity, and the muscle necessary to establish the foundation for Lions Clubs International to become what it is today (lionsclubs.org).

Our next virtual meeting will be held June 23rd, when we will install our 2020/2021 officers and introduce new members. We hope to hold a more formal event later this fall.

Duluth Centennial Leo Club

"A Summer of Ways to Help"



Hello Lions,

This summer your Leos are all about helping the local youth in need. Summer camps are cancelled. The aquarium and movie theaters are closed. You can't go in the library and even the playgrounds are closed off with police tape. Duluth has kids in various settings that need our help this summer.

All summer the Leos will be collecting art, craft and game supplies for Bethany Crisis Shelter, Safe Haven Shelter and the Boys and Girls Club.

Items, cash, or checks made out to the Duluth Centennial LEO Club can be mailed to: Marie Pank, 1919 Denim St., Duluth MN 55811.

On the 15th of each month, 1/3 of everything collected will be given to each of those 3 deserving organizations. Please help if you can.

Call or text Marie at 218-343-1207 with questions.

Duluth Lions Serve the Duluth Public Library System.

Duluth Lions received a note of appreciation from the Duluth Public Library for supplying the main library and branches with reading glasses for those in need. Though the library is currently closed, we hope to resume our service in the near future.



ATIKOKAN LIONS

The Atikokan Lions Club will be partnering with the local library. Starting today the library is offering curb side service and the Lions will be delivering the books to homes.

BEMIDJI LIONS

The Bemidji Lions Club remains active through the use of Zoom Communication Systems. Board members have met during April, May, and June utilizing this method. Membership meetings using the zoom service have taken place over the past several weeks and it has been proven to be quite successful. Members from out-of-state have been on-line and it is a thrill to see and hear how they are doing. Numerous donations were distributed to area charities during the month of May. Evergreen Youth and Family services received a check from the Bemidji Lions Club for \$750. Take a Kid Fishing was given \$500 to help fulfill their needs and Camp Confidence received \$500. During the first part of June the club will be issuing a check to Village of Hope for \$750 and Let's Go Fishing will be receiving a \$200 check. Club members performed their semi-annual service project of cleaning the highway south of Bemidji. Nearly a dozen members showed up to pick up trash from the road ditches. Club members will be clearing downed trees from the City Park during the third week of June. This is a new endeavor which will put smiles on Parks and Recreation officials. Future service and fundraising activities have been discussed by board members but with the next several months unsure, no definite planning is in place. The Lions Fare and the Fall Raffle are the two remaining fund raisers left and decisions on these two events will impact future giving to charities. A new slate of officers will take over on July 1st and the emphasis will be on membership growth, service to the community, and fundraising options. Lion Kathryn Smith will be our new president and Robert Dennistoun will take over as club secretary. The Bemidji Lions Club presently has 93 members on the books and the annual campaign to collect dues is now underway.

Have a great summer. See you in September. Hopefully by then, we'll be back to "normal".

Lion Dave -- the Editor