

Welcoming new members

Lions' Spirit 2022-10-24

GROWING THE PRIDE

Welcoming new
members



What a beautiful Fall we are experiencing.

Thank you to all Lions making the journey to Rapid City for the South Dakota State Lions Convention. Our district 5SW hosts provided motivation, opportunities to learn, great entertainment, fellowship, and most importantly FUN!

Several clubs reported at the recent cabinet meeting that they have welcomed new Lions into their pride in the past few months. This is great news! Let's remember to orient them to Lions and invite them personally to all events.

Also, remember to appreciate and honor our long-time Lions while being flexible in welcoming the new members. What a great opportunity to have those who are tiring of involvement in ALL activities to serve as mentors to the new Lions.

Passing on the history and pride of service is very important to the club and community. Be flexible and open to new ideas, as we want our clubs to stretch and grow; not break because of stiffness and unwillingness to explore different projects or ways of doing things.

Remember our goal is to continue our legacy of service and to gain new members while keeping the current ones. Let's take time to find out why members are leaving our clubs and invite them to reconsider or encourage them to stay.

November is National Diabetes Month and Nov. 14 is World Diabetes Day. Clubs are encouraged to participate in a project such as disseminating information about the risk of diabetes to people in their communities, hosting a club program about Diabetes, or making a donation to improve the lives of those living with diabetes in their community.

Finally, thank you for all you do to serve your clubs and communities. I look forward to an invitation to visit your club so I can meet you and experience how Lions live in your town!

Lion Robyn Tyler
5SE District Governor



STATE CONVENTION

A recap in pictures



Those arriving Friday evening were treated to bar snacks and music by the JJ Kent ensemble.



Lion Doug Scheller was awarded a certificate of appreciation from the South Dakota Lions Foundation.



Kate Kosier, editor of the District 5SW, was honored with a New Voices recognition.



Past District Governor Ray Schley was awarded the Howard Hanson Memorial Award from the South Dakota Lions Foundation. He's pictured with Jennifer Sigette, left, executive director of the foundation.



Lion Kay Thomas was awarded with the Robert Tyler Memorial Award.



Lion Tom Grimmond was inducted into the South Dakota Lions Hall of Fame at the banquet.



The littlest Lion in attendance was Cameron Ashby, son of PDG Krisha Ashby.



Lions Donna Adrian and Katherine Grandstrand were honor with New Voices awards. Pictured is PID Pat Vannett, PID Gus Brown, Adrian, Grandstrand and MD5 New Voice Coordinator Crystal Dueker.



Col. Derek C. Oakley, 28th Operations Group Commander at Ellsworth Air Force Base provided an update of the changes happening at the air force base as it gets ready for its new mission.



Scott Landguth, executive director of the South Dakota Ellsworth Development Authority, spoke about how that organization provides community support for Ellsworth Air Force Base.



Former Rapid City Mayor Don Barnett spoke about his experience as mayor during the tragic 1972 flood. He was 30 at the time. The first LCIF grant of \$5,000 was given to help the recovery efforts from that flood. That's about \$35,000 in today's dollars.



PID Gus Brown, keynote speaker for the Saturday banquet, spoke about changes that need to happen in Lions Clubs for the organization to survive. He also spoke about the puppy he's helping raise through the Leader Dog program, which is why his wife was unable to attend. She was back home in Cape Vincent, N.Y., with the dog, that couldn't travel or be boarded because it was too young to have all of its shots.



Lion Jackie Cerkwoniak was honored by LCI for her hard work and dedication. She's pictured here with PID Gus Brown.

Lion Katherine Grandstrand
District 5SE Newsletter

A BIG DEAL

Who have you
asked to be a Lion
today?



Have you asked someone to be a Lion today?
Have you asked your:

- Faith leader or pastor.
- Son or daughter.
- Niece or nephew.
- Neighbor.
- Veterinarian.
- Clinic nurse.
- Eye doctor or their receptionist.
- The person you get your eyeglasses from.
- Dentist.
- Your child's teacher.
- Grocery store clerk.
- Postmaster or main carrier.
- Plumber.
- Electrician.
- Carpenter.
- Anyone else you see In your community.

Has your club canvassed local businesses lately asking them to join or to sponsor an employee or two by paying their dues? Explain how this encouragement of employees joining a Lions club promotes community involvement and commitment and may increase business through word of mouth.

Lion Robyn Tyler

5SE District Governor



ABERDEEN LIONESSE LIONS

Welcome new
members



On Aug. 22, PDG Joan Marlette installed three new members in the Aberdeen Lioness Lions club. Pictured are PDG Joan and new members Hilary Filler, Sara Shelbourn and Judy Abl. Phyllis Donat was not able to attend that evening.

Lion Rita Pond

Aberdeen Lioness Lions President

BRANDON LIONS CLUB

Members earn
Melvin Jones
Awards



The Brandon Lions club recently presented Sherry Stroh, George Martin and Alice Peiper with the Melvin Jones fellowship award by regularly attending meetings, actively participating in fundraising and service projects. They have taken a leadership role in making the Brandon Lions club a successful service organization.

Leon Sherry Stroh
Brandon Lions Club



SIoux FALLS LIONS

Vision screening partnership a success



Joint service is provided by the Sioux Falls Lions Clubs & Sertoma Club in performing hearing and vision screenings in all of the Sioux Falls Elementary Schools. Over 2,000 students have been screened; with over 5,000 screenings to be completed when finished at the end of October. Approximately ten percent of the students are recommended for follow-up with a Optometrist to determine proper treat for their vision needs.

Lion Jackie Cerkwinski

Sioux Land Lions

DIABETES SUPPORT GROUPS

Lions can help
support
community
members



There are 463 million people living with diabetes around the world. Diabetes peer support groups allow your club, district or multiple districts to actively support the diabetes community through hands-on service.

In the short term, diabetes peer support group participants establish connection and learn diabetes management skills from their peers. Over time, participants will feel a sense of community and acceptance that can lead to a better quality of life.

What are diabetes peer support groups?

Diabetes peer support groups are groups that encourage practical, social and emotional support exchanged between members of the community who are living with diabetes.

Did you know that in 2019, Lions and Leos reported over 1,100 activities to help increase or enhance diabetes peer support?

Diabetes peer support groups resources

The resources below feature everything you need to successfully start, run and improve a diabetes peer support group — including sample forms, group activities, frequently asked questions, surveys and more.

- [Diabetes Programs](#)

Additional resources

Use the resources below to help you make the most of your diabetes peer support group — from planning tips and fact sheets to resources on engaging your community and much more!

- [Diabetes fact sheets](#)

Lion Robyn Tyler
5SE District Governor



LEADER DOG

What about the White Cane?

For the last two months we have focused on Leader Dog's Orientation and Mobility program. The center of that is the white cane.

The white cane is a tool to get information about your surroundings when you can't see them. So, on Oct. 15, we observed White Cane Safety Day.

Most of us take the white cane for granted. At first glance, these canes may look the same. However, there are many variations on the simple white cane.

An all-white cane means that the user is completely blind and has no useable vision. A white cane with a red bottom means that the user has low, but some useable vision. A white and red striped cane means that the user is totally blind and/or deaf.

Canes can be made of aluminum, graphite, or fiberglass and can weigh as little as seven ounces. Some are made to fold, and some are not. While convenient and great for travel, folding canes tend to be less sturdy when compared to the straight, non-folding canes, and do not provide the same amount of sensory feedback.

In addition to the different canes, there are several different tips such as: pencil tip, roller tip, marshmallow tip, and the metal glide. Each has positives and negatives.

Pencil tip – gives good feedback, less stress on the wrist, but can get stuck in sidewalk cracks.

Roller tip – rolls over sidewalk cracks, but the extra weight causes more wrist stress and less feedback.

Marshmallow tip- thick tip won't get stuck in cracks but is heavy and causes wrist fatigue.

Metal glide – very light, glides easily over cracks.

To see examples of the different cane tips, click the following links:

["All About the White Cane Tip"](#)

["Demo of 10 popular White Cane Tips"](#)

"High Tech Canes of the Future – inventors in India, Great Britain, and France have equipped white canes with ultrasonic devices that detect obstacles up to nine feet away. Vibrations in the cane's handle warn users of potential hazards in their path."

Most people who are visually impaired do not use a white cane. It is estimated that only two percent to eight percent use a white cane. The rest rely on their useable vision, a guide dog, or a sighted guide.

White canes and dog guides – What's the difference?

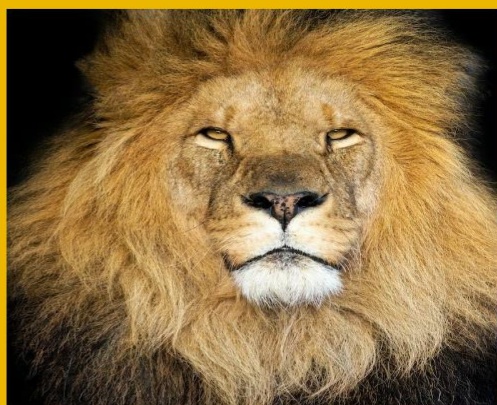
Erin explains, "The main difference in traveling with a dog versus traveling with a cane is the cane is an obstacle detector, and a dog is an obstacle avoider. The cane gives you a lot of information about your surroundings. With a dog, you do not get a lot of information, so a lot of trust needs to be placed in the dog."

This is just a brief overview of information regarding the White Cane.

Lions Myron & Bonnie Fuerst
District 5SE Leader Dog co-chairs

DRUG SAFETY DAY

Keep medications
safe



During Medication Label Safety Awareness Month, remind your family, friends, coworkers and clients about safe medication practices and accessible label options.

Here are some conversation starters:

Talk to your pharmacy about what accessible prescription label options they provide. Do they offer large print, Braille, audible or dual language?

Create a list of all the prescriptions, over the counter medications and vitamins that you are taking and make sure all your doctors, pharmacists and patient portals are up to date. If you use the ScripTalk Mobile app you can start with what is listed in the MyMeds section which records your Full Scan history (quick scans are not recorded).

If you are not really sure what a medication is for, ask your doctor or pharmacist to explain. Knowledge is power!

Go through your medications and get rid of anything that is expired or you no longer take. Saturday, Oct. 29 is the next National Drug Take Back Day.

Lock up opioids or addictive medications to prevent theft or misuse.

Sharla Glass
En-Vision America



TAX TIME

Reminder to file correctly

Please remember that all Lions clubs, districts and multiple districts with annual gross receipts less than \$50,000 that are not required to file Forms 990 or 990-EZ must file the e-Postcard (also known as the 990-N).

If your Lions club, district or multiple district has a foundation, which is a separate legal entity, the appropriate form will need to be filed as well.

Please review the Annual Tax Filing information below. Thank you!

[ANNUAL TAX FILING INFORMATION](#)

Leon Marie Anne Ben
Past Council Chair MD5

GRIDIRON TRADITION

Plains, Warner-
Stratford Clubs
raise funds for
football





Lions Jim Florence and Chuck Lefforge of the Plains Lions Club serve up brats at the annual cross-country football fundraiser.

The Plains Lions Club and the American Bank and Trust, along with the Warner-Stratford Lions Club, would like to thank the community for our cross-country football bowl fundraiser. The free-will offering meal brought in \$934, which the Northwestern junior class helped work as well.

The pot will be split between the Northwestern football team and the junior class.

The cross country football that was signed by the players from both teams was auctioned off for \$1,000; the Northwestern football team and the Warner football team will split the funds.

Thanks for the support.

Lion Dave Peterson
Plains Lions Club



ABERDEEN LIONS CLUBS

*Service with a
smile*









On Sept. 26, the Aberdeen Lions Club and Aberdeen Lioness Lions Club held a welcome back picnic for students at the South Dakota School for the Blind and Visually Impaired. The students (and Lions) gobbled up burgers, mac and cheese and cookies before heading out on a scavenger hunt throughout the playground of the school.



On Sept. 27, the Aberdeen Lions Club and Aberdeen Lioness Lions Club strapped on their boots, donned neon vests and took to the road.

The clubs picked up garbage from a two-mile stretch along U.S. Highway 281. The weather was perfect for this activity!

Leon Sari Merriman
Aberdeen Lions Club

DISTRICT 5SE

Meet the Leadership Team



Wonder who's on the 2022-23 District Leadership Team? Click the links to find out:

- [Officers](#)
- [Zone Chairs](#)
- [Committees](#)
- [Past District Governors](#)
- [Meeting minutes](#)



SAVE THE DATE

Important
meetings and
events

2023 Spring Forum, April 1, Brookings.

- [More information coming soon!](#)

2023 MD5 Convention, May 25-27, Spearfish.

- [Find the registration form here.](#)

Lions International Convention; July 11-17, 2023, Boston.

- [Find the registration forms here.](#)



SUBMISSIONS WANTED

Send your club
news to:

5seenews@gmail.com

Of note:

The next issue is a combined November/December issue and will come out in early December. Please submit items by Dec. 1.
Thanks!