

Lions' Spirit
10-30 2023

Service continues as the weather chills



Happy Halloween



IN THE REAR VIEW

The 2023 State Lions Convention

The South Dakota Lions State Convention 2023 is now part of the history of Lions in South Dakota. There are so many people who need to be thanked for making every piece of the convention a success — International Director Joanne Ogden, the various dignitaries from our multiple district, District Governor Treloar and his team, past district governors, cabinet members, club members of Zone 8, break-out session presenters, vendors, sponsors, hotel staff, and most of all you, the people who attended the convention.

The convention attendance came in at 124 people. Each person brought fresh ideas, invigorating discussion items, thought-provoking questions, fun personalities, and genuine care for their fellow Lions.

That list is what makes a convention or any Lions gathering a success. Yes, we must go about the business of the district and state at conventions, but we must also take time to talk and laugh with our friends.

It would not be truthful of me to say I was able to relax and enjoy the company of many of you at the convention — my time was occupied with protocol and working details of the convention. However, as my year as district governor continues, I will get to meet most of you at your club meetings where we can spend time forming what I hope will be a lifelong friendship through service.

Each year at the South Dakota Lions State Convention, the districts of 5SE and 5SW are tasked with electing the district governor team for the following fiscal year. Each candidate is brought forth by a nominating committee who has confirmed that each is highly qualified for the position (served as club president and zone chair) and is in good standing and recommended by their club.

It is my honor to introduce the 5SE Lions District Governor Team for 2024-2025:

- District Governor Elect: Lion Dennis Bohmont
- First Vice District Governor: Lion Darlis LaBahn
- Second Vice District Governor: Lion Jackie Cerkowniak

This team has a wealth of knowledge and unstoppable enthusiasm for Lions. Our district will be in great hands.

This year at the convention, we also had a privilege that has not been afforded us for many, many years. We had the privilege of endorsing a candidate for International Director: Lion John Emmett.

John's resume in Lions is extensive and impressive. He has served as our district governor; he has trained vice district governors; he has trained club members for all cabinet positions; he has presented at conventions; he has been acting treasurer at the multi-district level for a few years; he vision screens hundreds of children each year through the South Dakota Lions Foundation; and he is always willing to listen when I ask him crazy questions.

We wish him the best as he moves from the district level to the multi-district level of endorsement.

One last note and a request — the silent auction portion of the convention was able to raise over \$1,100.00 for the South Dakota Lions Foundation. The Foundation needs our support to continue providing vision screening for our children and other programs. Please continue to give generously.

And finally, please send me feedback on the convention. What did you like/dislike and how can it be improved?



5SE District Governor

STATE LIONS

Photos from the
2023 convention























DIABETES

Not just an adult
disease

We ask our kids what they see for themselves in the future, they ask in school what a child wants to be when they grow up. When my daughter announced at age 4, "Mom I want to grow up and be like Karen," it was both a proud and sad announcement for our family.

Karen is my daughter's endocrinologist who helps her manage her diabetes and the person that has taught my daughter so much about living with diabetes. It was proud because this was my daughter announcing that she wants to be a nurse or physician and help people like her, it was a sad announcement because at age 4 my daughter had already had to learn and live with a disease that some adults don't even understand.

We have always stuck with the motto "kid first diabetes second" and by living this way my daughter has not let diabetes slow her down or stop her from doing what she chooses to do. I am a nurse and when my daughter was diagnosed at age 2 with diabetes, I was caught off guard, the symptoms were there, I just didn't recognize them as being diabetes symptoms.

I was hard on myself for a while because I was a nurse, I should have recognized the signs, but then I realized that even in nursing school we were not taught enough about diabetes. The education that I had been provided was not for Type 1 diabetes, we were focused on Type 2 diabetes.

My daughter has done more education with the adults in her life along with the children in her class than I feel like I received in nursing school. With Type 1 diabetes the body's immune system has attacked the pancreas causing it to stop making insulin and usually develops in children and young adults but can occur at any age.

In Type 2 diabetes the pancreas makes less insulin than it used to, and the body becomes resistant to that insulin. It is more likely to occur in people over the age of 40, overweight, and have a family history of diabetes.

Carbohydrates in the food we eat are broken down into glucose, insulin is the hormone that allows glucose to turn into energy. Symptoms of diabetes are caused by increased blood sugar, or the inability of glucose to be utilized causing the blood sugar to rise.

Symptoms include increased urination, increased thirst, unintentional weight loss, increased hunger, blurry vision, and increased fatigue. Although more common in Type 1 diabetes, DKA or diabetic ketoacidosis can occur if your body doesn't have enough insulin to allow blood sugar into your cells for use as energy.

DKA is a serious complication of diabetes and can come quickly. Symptoms may include increased thirst, increased urination, nausea, stomach pain, weakness, fatigue, fruity smelling breath, and confusion.

The only treatment for Type 1 diabetes is to take daily insulin. There is no prevention for Type 1 diabetes.

Treatment for Type 2 diabetes includes oral medications, diet, exercise, and insulin if needed. Type 2 diabetes is preventable by maintaining a healthy weight, exercising, eating a healthy well-balanced diet, and not smoking.

While you are unable to adjust your family history and genetics adjusting the other factors can help decrease the risk for developing Type 2 diabetes.

Lion Leanna Hedeem
Beresford Lions Club

ABERDEEN LIONS CLUB

March in the Gypsy Day Parade







Lion John Emmett
Aberdeen Lions Club



DELL RAPIDS LIONS

Kick off meat raffle season



Dell Rapids Lions Club members conducted the club's first meat raffle of the season on Oct. 6 at Norby's. An enthusiastic crowd bought up all 32 raffle tickets in each of the ten rounds.

In the first nine rounds, tickets sell for \$1 each and the winner gets their choice of meat packages. Tickets in the final round cost \$5. The final winner gets the last package of meat and half of that pot (\$80.)

Marc Michel generously donated several of his homegrown pumpkins for winners to choose from too. The Lions Club is very grateful to Norby's and County Fair for their support of this fundraising event.

Future Lions meat raffles will be held 5:30-7 p.m. on the first Friday of each month through April.

Lion Sue Hovey

Dell Rapids Lions Club

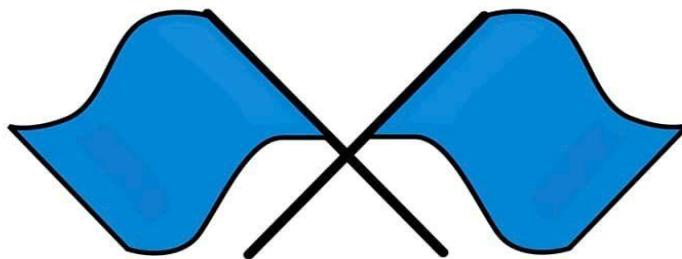
HUNDRED X

Still time to
participate in the
fundraiser



Have you completed doing your surveys to help the South Dakota Lions foundation? There is still time to knock out a few more. You can do 25 a day! Last day to complete is Tuesday!

Text "contribute" to 90412 to get started.



Woohoo!

You've hit the program's daily feedback max, and submitted 75 pieces overall. 75 pieces of Eligible Feedback generates \$150 of support for **Lions Club Foundation of South Dakota!***

Take a break and come back tomorrow to share more feedback.

Want to increase your potential impact for today? You can easily share this opportunity to support **Lions Club Foundation of South Dakota** with your friends!

[Invite Your Friends](#)



VIBORG AREA LIONS

Donate shoes to
St. Francis House



Viborg Area Lions

BROOKINGS LIONS CLUB

March in the Hobo Day Parade







Leon Paul Fixen
Brookings Lions Club



DISTRICT SERVICE PROJECT

Winter clothing drive



winter Clothing Drive

Lets get our schools prepared with warm clothing before the snow flies! Help your local schools and shelters get stocked up!



It may be fall, but winter is approaching fast. To get our schools and shelters stocked and prepared for the winter months, I am asking for clubs to donate and/or raise money for coats, gloves, and hats for students who may not have the means to keep themselves warm this winter. If you participate in this activity, please send a photo to the newsletter, our Facebook page, and to local media!

Lion Krishna Ashby

District Service Leadership Chair

VIBORG AREA LIONS

Donate park
benches





Viborg Area Lions



ALCESTER LIONS

Honor Cub's Closet volunteers

Alcester Lions appreciate our Hero Volunteers! Thank you for your hours of volunteer work at the Cub's Closet!



Lion LeeAnn Haisch

5SE District Governor

DISTRICT 5SE

Meet the leadership team



Wonder who's on the 2023-24 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

2024 District 5SE Spring Forum; April 5, Freeman.

- [More information coming soon!](#)

2024 MD5 Convention: May 16-18, Minot, N.D.

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

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

IN THE NEWS

Information from
around the multi-
district



[September Lions Pride from Saskatchewan](#)



SUBMISSIONS WANTED

Send your club
news to:

5seenews@gmail.com

