



*We Serve*

[www.5m7.org](http://www.5m7.org)

FB: 5m7Lions

# The Gram

*August 2025*

The latest news, views and announcements for District 5M7

**2025—2026**

**5M7 Cabinet**

DG: Deb Weston

1VDG: Nancy Johnson

2VDG: Joel Anderson

Secretary: Stefanie Nelson

Treasurer: Theresa Goff

PDG: Mary Curtis

#### **Zone Chairs**

Zone 1: Josh Gunderson

Zone 2: Glen Nemic

Zone 3: Eric Kronenberg

Zone 4: Kevin Beatles

Zone 5: Steve Asplund

Zone 6: Pete Yelle

Zone 7: Open

Zone 8: Mike Gray

Zone 9: Bob Olson

#### **Inside this Issue**

DG Message

1 VDG Message

2 VDG Message

5M7 Picnic

MN 5tate Fair

2026 MD5M Convention

Project New Hope

LCI Convention Highlights

Club Events



*Growing Our Pride*

#### **Greeting Lions and Leos,**

I am truly honored and excited to serve as your District Governor. I recently returned from the Lions International Convention in Orlando, and it was an incredible experience. Over 8,000 Lions from around the world came together to celebrate service, leadership, and fellowship.

Our new International President, A.P. Singh of India, shared his message: **"Lead to Serve, Serve to Lead."** He reminded us that we are all committed to leaving the world better than we found it. He also emphasized the importance of growing our membership so that we can serve the increasing number of individuals who need our help. President Singh shared that becoming a Lion helped him become a better human being — a sentiment I believe many of us share. He is an exceptional speaker, motivator, and humanitarian.

We were also fortunate to hear from legendary Olympian and mental health advocate Michael Phelps, this year's Humanitarian Award recipient. He spoke candidly about his personal battles with ADHD, depression, and anxiety — even experiencing suicidal thoughts. Michael stressed the importance of seeking help, supporting one another, and breaking the stigma around mental health.

President Singh issued a challenge to all District Governors: to start a new club between July 1–15, 2025. If successful, we would be recognized onstage at the 2025 Convention. I'm thrilled to share that we achieved this goal! We chartered a new **Join Together Club at Guardian Angels Senior Community - Riverview Landing**. The club, now proudly named the **Otsego Angels Lions Club**, includes vibrant members aged 25 to over 85, who have already identified several exciting service projects. I was honored to be recognized onstage among 120 International District Governors — and proud to represent one of only six U.S. DGs recognized, four of us from MD5M! Congratulations to my fellow DGs: Mike Lunde (5M1), Cathe Picek (5M9), and Jan Nazarko (5M11).

As I shared in the July Gram, my theme for this year is **"Growing Our Pride"**, which aligns perfectly with Lions International's **Mission 1.5** — to grow our global membership to 1.5 million by June 30, 2027.

#### **Here are our District Goals:**

**Membership:** Each club achieves a net gain of 3 members.

**Officer Training:** Train over 50% of club officers and 100% of Zone Chairs.

**Service:** Each club adds at least one new service project aligned with our global causes.

**LCIF:** Meet Lions International's giving goals and increase club and individual giving by 10%.

**Marketing:** Enhance club and district-level marketing efforts.

Lions International has also designated **three Global Service Weeks**:

**Mental Health & Well-Being:** October 4–12

**Hunger:** January 3–11

**Environment:** April 18–26

I encourage every club to plan a service project during each of these weeks. I also hope to launch a **district-wide service project**. I would love to hear your ideas! Each District Governor was asked to select two Global Causes to support. I've chosen Vision and **Humanitarian Efforts**, including disaster relief, support for refugees and displaced persons, and access to health care. It was a difficult choice because all our causes are important. I personally donate monthly to LCIF, which supports all our global initiatives, and I encourage every Lion and club to give what they can — every gift makes a difference.



I'm already scheduling club visits and look forward to connecting with many of you soon. If your club hasn't scheduled a visit yet, please head to our **District 5M7 website** under "Forms and Awards."

Thank you for your continued service and dedication. I know this will be a **fantastic year** of Growing our Pride!

Together in Service, DG Deb Weston

Hello Lions All!

July has come to a close and August is up next! So many activities happened in July; it opens with a holiday and fireworks, BBQ's, pool parties, week vacations to the cabin, and so much more.



The 4th of July is more than fireworks and parades—it's a day rooted in the ideals that shaped our nation. We honor the values that continue to guide us; freedom, unity and civic responsibilities. These are things we need to nurture, protect and contribute to, every day. For those of us involved in Lions International, the 4th of July carries an even deeper message. It calls us to serve our communities not just in July but each and every day we are called upon to help.

July is also the month my club has our annual summer city festival. As we all know, these events take months and months to plan, hours and hours on our feet, minute by minute changes, snags and issues that arise. With all the hard work, we keep coming back year after year and do it all over again. What keeps this drive alive? The residents in our city, yes! The visitors that come from miles around, yes! The kids that enjoy the rides, games and fun food, yes! The community involvement, most definitely yes! We were fortunate enough to have two of our neighboring Lions clubs come out and help with the festivities. Shout out to Hugo and Columbus for the assistance. As we all understand, sometimes even when you have all hands on deck, you still need more hands. It's a pleasure working together to bring a bigger sense of community together when we can join efforts.

To quote our new International President, A.P. Singh "When we act as servant leaders, we act with purpose. As the largest service organization in the world, Lions are already leaders in service, yet we have so much more to do. We need to grow our clubs so we can serve more people, have more impact and create a better world for us all".

Have a great month and be sure to reach out to your leadership team for anything you need. We are here to help! Together we serve!

1VDG Nancy Johnson

It was fun seeing many of you at Big Lake for the Year End picnic PDG Mary Curtis put on for the District. The weather was questionable but didn't bother us as we had the fantastic shelter to hold our picnic in instead. Our DG Deb Weston was recently in Orlando, FL at the Lions International Convention for her inauguration as DG. I am sure she has been having a great time learning, sharing, meeting, and hugging! I know she is looking forward to club visits as Governor. Please send in your Governor's Night request ASAP!

I have noticed Lions Clubs all over the District are busy with summer and Independence Day activities. It takes planning for all these events that clubs are doing this summer. Beer Tents, Bags Tournaments, Parades, Chicken Feeds – well, the cabinet is busy planning also. We are already planning the 2026 Midwinter Convention! You will find some changes, the biggest one -- a new location. But it will still have values, enjoyment, and camaraderie as always. Be on the watch for details!

I am definitely into this trip now as 2VDG. I appreciate all of those that have helped and encouraged me thus far. Special thanks to PDG Mary, DG Deb, and 1VDG Nancy. I look forward to the training I have heard about, and most importantly, meeting YOU!

Lion Joel Anderson, 2VGD

[Lionjoela5m7@gmail.com](mailto:Lionjoela5m7@gmail.com)

*"Be the Light"*



**Lions  
KidSight**

### **Lions KidSight USA has gone international and is now called Lions KidSight!**

The new logo reflects this exciting change. Moving forward, please use the updated branding. Here is the link to the Lions Member Resource Center with more information <https://www.lionsclubs.org/en/member-resource-center/service/programs/lions-kidsight>

### **STATE FAIR VOLUNTEERS ARE STILL NEEDED!**

We need your help to provide free vision screening at the State Fair!

Please sign up and help. Ask a friend or family member to volunteer with you.

- Get FREE entrance into the fair
- Receive mileage reimbursement
- Volunteer a shift, then enjoy the fair!

District 5M7 Days: Monday, August 25 & Tuesday, August 26 (but feel free to sign up for any day that works for you!)



**SIGN UP HERE:**

<https://www.signupgenius.com/go/5080D45ADAC2FA7F58-56251349-state#/>

Or scan this QR Code:

***Let's support our youth and ensure every child can "see clearly"!***

### **QUESTIONS? CONTACT US**

Email: [5m7lionskidsight@gmail.com](mailto:5m7lionskidsight@gmail.com)

Call: Lion Deb Johnson at 612-810-2119 or Lion Beth Holmquist at 763-234-4718

## TEAM SHEEHAN CHARITABLE FOUNDATION UPDATE

JULY 23, 2025

Our board meeting will be held next week. At that time, the next group of grant recipients will be determined. I'll include that information in the August newsletter.

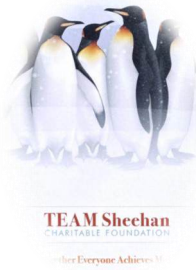
If you have any plans for a community project, the deadline for this quarter is due **September 30, 2025**. The grant application can be downloaded from the [www.TEAMSheehan.foundation](http://www.TEAMSheehan.foundation) website.

The Foundation relies on monetary donations to continue awarding matching grants. Pins are given for individual monetary donations of \$100 and medals for \$1,000 donations. If you would like to donate, please make a check payable to Team Sheehan Charitable Foundation and mail it to this address:

Spring Lake Park Lions Club  
PO Box 32955  
Spring Lake Park MN 55432

Thank you for your consideration. Please contact me if you have any questions.

Lion Toni Mortensen  
Spring Lake Park Lions Club



**CHOPPER**  
MEMORIAL PARK  
HOWARD LAKE

**MUSIC IN THE PARK**  
Bring your lawn chair  
Free will donation for the meal

HOWARD LAKE LIONS CLUB  
WE "GET TO" SERVE

Serving Hamburgers, Sweet Corn and Lemonade.

Music by **CHOPPER**  
Sweet Corn donated by Untiedt's Vegetable Farm.  
Sweet Corn steamer provided by American Pressure Inc.  
Hamburger Buns donated by North Fork Custom Meats

Adult beverages will be available for purchase from the Howard Lake Orphans

Root beer floats available for purchase from the Howard Lake Royalty

Friday, August 15th  
4:30 p.m. – 7:00 p.m.

American Pressure Inc. NORTH FORK CUSTOM MEATS WE GROW FOR YOU Untiedt's





## Vision Foundation Welcomes New Directors

The Minnesota Lions Vision Foundation welcomed 3 new members to their board of directors in July! As the oldest sanctioned project in the Multiple, a Vision Foundation director post is a prestigious appointment for any Lion, and the foundation is proud of our Lions representatives and grateful for their work.

### Lion Ron Tiernan

612-462-2651

[ronalddtiernan@gmail.com](mailto:ronalddtiernan@gmail.com)

### Lion Steve Linder

612-382-2236

[Slinder71@usfamily.net](mailto:Slinder71@usfamily.net)

Directors oversee Lions funding for the Lions Gift of Sight eye bank and report on eye bank activities to the Lions of Minnesota. They promote the eye bank to fellow Lions club members and the general public. Directors also work to raise funds for other Vision Foundation initiatives, such as the Lions Children's Eye Clinic, the Lions Macular Degeneration Center, used eyeglass collection, and the Lions Eye Surgery Center. Minnesota Lions have donated tens of millions to the people of Minnesota through sight-related endeavors at the University of Minnesota.

Invite your directors (contact information at left) to your club for an update!

## DISTRICT WIDE EYEGLASS COLLECTION CONTEST RESULTS



The winner of the Eyeglass Collection Contest is Spring Lake Park Lions. They knocked it out of the park with a total of **4,025 eye glasses collected!**

Grandy Lions came in 2<sup>nd</sup> with an impressive 3,726!

In total, 18 clubs collected over 21,500 eyeglasses. A very impressive total count for our fabulous District 5M7!



Have you started working on your application for Club Excellence? The deadline for submitting your application is **AUGUST 31, 2025**. The application can be downloaded on the page from this link:

<https://www.lionsclubs.org/en/member-resource-center/grants-and-awards/association-awards/club-excellence-awards>

While you're on the Lions International website check out the criteria for next year's award. Remember to keep your membership, service, leadership, marketing and donations in your club discussions and planning throughout the year.

Please get your applications to DG Deb Weston – [dweston2217@gmail.com](mailto:dweston2217@gmail.com) no later than August 30, 2025. The form is available on the Lions International website. If you need help locating it or have questions, please don't hesitate to contact DG Deb at [dweston2217@gmail.com](mailto:dweston2217@gmail.com).

## 5M7 YOUTH EXCHANGE REPORT

Submitted by: Lion Wendy Graves 5M7 Youth Exchange Chair 25-26



### Calling all Lions and Leos!

I would like to share some of the pictures from our Youth Exchange. We hosted Ahmed from Tunisia and Javier from Spain. We spent the first week in Fort Myers, FL boating and celebrating July 4th! Then back home to Minnesota to visit Duluth, Knife River, Minneapolis, & St Paul. We tubed Sunrise River and we visited the Osceola, WI waterfalls. It has been a lot of fun getting to know these two smart and funny young men.



Remember that it's never too early to start thinking about hosting with Youth Exchange, could next year be the year your family hosts? If you would like to consider hosting, I am available to answer any questions potential hosts may have about the program. If you are interested in getting more information about hosting a youth or two, please do not hesitate to contact me. Have a wonderful summer!

Lion Wendy Graves lionwendygraves@gmail.com 612-296-8879







# Help Wanted

## **5M7 Lions experienced with Social Media and Website design/hosting & Graphic Design**

The District 5M7 marketing team is looking for Lions who have knowledge in posting on and managing social media sites, designing and hosting websites, and graphic design.

The plan is to tap this knowledge to help improve our district's online presence and marketing opportunities. Your help will benefit not only the district but would also translate down to the clubs in 5M7. By improving our visual presentation and expanding our social media outreach, the entire district can benefit.

- If you have the skills the 5M7 marketing team is looking for, we want to hear from you.
- If you don't have the skills but know someone who does, we want to hear from you.
- If you are interested in becoming a member of the District 5M7 Marketing Team, we want to hear from you.
- If you aren't able to commit to being a part of the team but have the skills we are looking for, we would love to have you as an advisor to the 5M7 marketing team.

For those with questions or who wish to provide their knowledge and skills in some manner, please contact 5M7 Marketing Chair  
Lion Lyle Goff @ [gofflt@msn.com](mailto:gofflt@msn.com)



# QUESTIONS ABOUT DUES??

## 2025-2026 Dues Basic Information:

❖ **Invoices:** International & District dues invoices are sent out twice per year.

- **International** dues are paid to: via credit/debit card upon logging into Lions International or via check to Lions International 300 W 22nd Street Oak Brook, IL 60523-8842.
- **District and Multiple District** dues are paid to: Lions District 5M-7 and mailed to the Cabinet Treasurer. Clubs are **NOT** able to pay via credit/debit card at this time.

❖ **Members:** There are different types of Members and different dues for each member type

- **Active:** A member entitled to all rights and privileges and subject to all obligations which membership in a Lions club confers or implies.
- **Associate:** A member who holds their primary membership in another Lions club but maintains a residence or is employed in the community served by this club.
- **Privileged:** A member of this club who has been a Lion fifteen or more years, who, because of illness, infirmities, advanced age or other legitimate reason, as determined by the board of directors of this club, must relinquish their active status.
- **At-Large:** A member the club who has moved out of the community, or because of health or other legitimate reason, is unable regularly to attend club meetings and desires to retain membership in this club, and upon whom the board of directors of the club desires to confer this status.
- **Family Members:** Spouse, Children or extended family that live with a Lion.
- **Life Member:** Any member of the club who has maintained Active membership as a Lion for 20 or more years and has rendered outstanding service to the club, their community, or the association; or any member who is critically ill; or any member of this club who has maintained such active membership for 15 or more years and is at least 70 years of age may be granted Life Membership in this club upon certain conditions.

## Breakdown (Annually)

- **Active, Associate, Privileged & At-Large Members:**

International Dues:	\$50.00
District & Multiple:	\$17.80
- **Family Members:**

International Dues:	\$25.00
District & Multiple:	\$17.80
- **Life Members:**

International Dues:	\$ 0.00
District & Multiple:	\$17.80





To all the **AWESOME** clubs that have paid your dues!!!

For those who have not,



Did not receive your invoice or have questions? Please contact me!

SM7 Treasurer  
Theresa Goff  
[SM7Treasurer@gmail.com](mailto:SM7Treasurer@gmail.com)  
612.799.2770



## 2025 MN State Fair

Dates: Aug. 21 to Labor Day, Sept. 1

START PLANNING for this wonderful opportunity to earn money for your club, gain FREE entry into the state fair and be part of a STATE-WIDE EVENT.

Questions or updates?

**Email:** [mnstatefairlion@gmail.com](mailto:mnstatefairlion@gmail.com)

2025 Guidelines, last page, April 2025 Gram

### **CLUB HOLDS**

May 10 - July 1

### **OPEN SCHEDULING**

July 1- Last Sunday of Fair

### **CALENDAR**

May 10 - Volunteer request email sent to all clubs

July 1 - Unrequested or unnamed volunteer shifts  
rollover to open scheduling

Aug 1 - Non-district worker request email sent, if needed

Aug 9 - Club schedules emailed for verification

Aug 11 - Passes mailed

Aug 18 - Club schedules emailed



**Volunteer requests for the 2025 MN State Fair have been emailed!! This is a wonderful opportunity for Lions to earn money for your club. DON'T MISS OUT! Reserve your shifts!!**



SPECIAL OLYMPICS  
**USA GAMES**  
MINNESOTA 2026

On June 20-26, 2026, the brightest beacon of inclusion is coming to Minnesota.

With one year to go, momentum is building. The 2026 Special Olympics USA Games will unite 3,000 athletes, 1,500 coaches, 10,000 volunteers, and 75,000 fans from all 50 states.

**MAKING A LOCAL IMPACT** This past year Lions have:

Volunteered at Special Olympics games in Minnesota.

Raised thousands of dollars to support uniforms, equipment.

Promoted Opening Eyes vision screening—part of Lions support for Special Olympics Health programs.

We are in need of lots of volunteers from 5M7.

As information about the Special Olympics USA Games Minnesota 2026, watch the 5M7 Gram and special emails sent to the Secretary of the clubs in District 5M7.

Thank you for all you do

PDG Steve Linder

[Slinder71@usfamily.net](mailto:Slinder71@usfamily.net) 612-382-2236



REGIONAL LIONS  
LEADERSHIP INSTITUTE  
Sept 25-28, 2025



## SAVE THE DATE

### REGIONAL LEADERSHIP INSTITUTE (RLLI)

**September 25-28, 2025**

Our district and our multiple, MD5M, strive to provide leadership training so our Lions can become leaders in their Lions Clubs and their personal lives.

The Regional Lions Leadership Institute (RLLI) will be held in Mankato on September 25-28. Not only will you receive excellent training but this a great networking and learning opportunity. We will be utilizing an online application with the ability to pay through credit/debit card. The application will soon be available on the 5M7 and MD5M website.

We are in the planning stages for an Emerging Lions Leadership Institute that will be held in March as well as a possible Regional Lions Leadership Institute (RLLI) to be held in Canada in the spring.

More information will be provided in our September Gram.



# 2026 Lions 5M7 Midwinter Convention

## SAVE THE DATE

JANUARY 23—24, 2026

Crowne Plaza Minneapolis West—Plymouth, MN

There is a lot that is new and exciting for 2026

**New location**—more equitable for the whole District

**New compact schedule**—no Sunday program

Costs, registration and more details will come out in September





2026 MD5M CONVENTION IS HAVING A...

# BEACH PARTY!

APRIL 24-26, 2026



Sheraton Minneapolis  
West Hotel  
12201 Ridgedale Drive  
Minnetonka, Minnesota 55305  
Hosted by District 5M-5

## Sign up today and save!

First 150 Receive a Free souvenir Beach Ball with early sign up.

<https://sites.google.com/view/md5m-multipleconvention/home>

Cost May 1, 2025 thru  
December 31, 2025  
\$185 US - \$266 CDN

Cost January 1, 2026 thru  
March 31, 2026  
\$195 US - \$280 CDN





Come celebrate with us!



Root Beer Floats in Lions Park  
served by the Montrose Lions

National Night Out

August 5th

"We serve"

Celebrate Montrose

August 15-16th



Want to make a difference everyday? We are always looking for new members!

Proceeds from these events will go back into our local community.



Find us on Facebook @ Montrose, MN Lions Club



**RED**  
**WHITE**  
& *brew*



**BEER | SELTZER | SOURS**

**AUGUST 17, 2025**

**TICKETS**

ONLINE ONLY  
LIONSBEWFEST.COM

**3-7PM**

**ELLISON PARK**  
913 E RIVER ST MONTICELLO

★ **\$5 OFF** ★  
with code 'RIVERFEST'  
now thru 7/13

**SHUTTLES RUN CONTINUOUSLY**  
**2PM - 8PM**

**MONTICELLO: LEGION, RIVER CITY, BWW**

**BIG LAKE: LUPULIN, TOOTSIE'S**

**BECKER: CHARLIE'S**

YOU'RE INVITED

9.25.2025

**50 YEARS**  
**BECKER LIONS**



THURSDAY

**25**

SEPTEMBER

**SNUFFY'S  
LANDING**

BECKER, MN

**PIG ROAST, PIER  
DEDICATION, &  
MORE!**

Join us for a wonderful evening at Snuffy's Landing. There will be a dedication ceremony for the new pier in honor of Jim Hazeltine. The City of Becker in collaboration with Becker Lions have spent a lot of time to upgrade all of the amenities and can't wait for everyone to come see them.

**FREE** 4pm - 7pm  
All are welcome.



**THE FUTURE OF  
LIONS STARTS NOW**



Change doesn't come from waiting. It comes from showing up — with ideas, with courage, and with the willingness to do things differently.







# PROJECT NEW HOPE



Military Family Retreats  
at no cost to Veterans



*"At Project New Hope, we are driven by our mission - to provide education, training and skills necessary to manage their lives after wartime service."*



FOR MORE INFORMATION GO TO  
[WWW.PROJECTNEWHOPE.NET](http://WWW.PROJECTNEWHOPE.NET) OR SCAN THIS CODE:

**2025-2026  
MINNESOTA  
RETREATS**

**2025 OCTOBER 3-5**

Good Earth Village - Spring Valley, MN

**2025 DECEMBER 5-7**

Faith Haven Camp near Battle Lake, MN

**2026 MAY 1-3**

Camp Shetek near Slayton, MN

**2026 JUNE 5-7**

Osprey Wilds near Sandstone, MN





## **Application for the Dream Catcher Award Minnesota Lions Diabetes Foundation Inc. Eligibility:**

Starting July 1, 2014, to qualify for a Dream Catcher Award, a club or individual must have accumulated \$1,000 in donations to MLDF Inc. All accumulated donations in the past remain in effect for qualifying for the Dream Catcher Award. (10-5-13)

\*Name of Club or Individual to be on the award

\_\_\_\_\_  
\*Name of Club making the request\_\_\_\_\_

\*District Number \_\_\_\_\_

\* Club Name Giving Award\_\_\_\_\_

\*Name and address where to send the Dream Catcher Award

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Phone  
Number**

**email**

**Trustee making the request.**

**To be filled out by Trustee**\_\_\_\_\_

Has the person or organization received this award before

\*Required Fields

**This completed form should be sent to one of  
your two District Trustees.**

Updated 12-2017

## MN Lions Diabetes Foundation

Greetings 5m7 Lions and Leos,

### Welcome to the 2025–2026 Lions Year!

We are Lions Mike Edwards and Judy Herrala, your co-trustees for District 5M7 with the Minnesota Lions Diabetes Foundation (MLDF).



The **mission** of the MLDF is:

*"The Minnesota Lions Diabetes Foundation, Inc. is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education, and sponsoring preventative health activities."*

### What is our role as trustees of this important foundation?

We promote diabetes awareness among both Lions and the public.

We help raise funds to support the incredible research taking place at the University of Minnesota.

We coordinate fundraising efforts through the Parade of Green and other events throughout the year.

Every dollar raised brings us one step closer to our shared dream: finding a cure for diabetes.

### What can your club do to promote the Minnesota Lions Diabetes Foundation (MLDF) within your club and your community?

District 5M7 includes 52 communities—imagine the lives we could impact if we all worked together to raise awareness about diabetes! Some clubs are already leading the way, others are considering it, and a few may not know where to begin. That's where Lions Mike and Judy come in—we're here to help.

We can support your efforts to promote diabetes awareness. Here are a few ideas to get you started:

**Participate in local farmers markets or town celebrations.** We can join your event to provide diabetes awareness materials and offer risk-assessment surveys to the public.

**Share the diabetes risk survey at one of your club meetings** to educate your members and spark conversation.

**Set up a diabetes awareness display** at a local school, church, grocery store, or any location where you have permission. We'll help you with materials and information for your display.

Together, we can make a meaningful difference in every corner of our district. Let us know how we can support your club's efforts!

If your club or zone has done a project or a fundraiser for diabetes, please let us know. We want to share with our whole district and as we learn more ideas from other districts we will share with our 5m7 clubs. The MN Lions Diabetes Foundation offers the **Dream Catcher Award** – a meaningful recognition that can be presented to a club, an individual or community member who has made a significant donation or has demonstrated outstanding support for the Foundation's mission.

Does your club or community have someone who deserves this honor?

Since 2014, district 5m7 has tracked all donations made by our Lions clubs. For every \$1,000.00 donated to the MLDF, your club earns the opportunity to present a Dream Catcher Award. Some clubs make this a regular tradition while others have yet to take advantage of the meaningful recognition.

Lion Mike and I will be sharing with your club how many Dream Catcher Award credits your club has earned. This is a wonderful way to celebrate generosity and commitment to the cause – don't miss the opportunity to recognize those who deserve it!

Need ideas? **Need help considering what your club will do for the MN Lions Diabetes Foundation?** Please let us know. Lions international has a great list of ideas for diabetes projects, we can help you find it.

Please let us know if you have questions.

**Lion Judy Herrala, 5m7 Co-trustee**

MN Lions Diabetes Foundation

[JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)

**Lion Mike Edwards, 5m7 Co-trustee**

MN Lions Diabetes Foundation Co-Treasurer

[mnedwards1@bellsouth.net](mailto:mnedwards1@bellsouth.net)

**STOMP  
OUT  
SUICIDE**



**Saturday August 9, 2025**

**5 K walk/run**

**9:00 ~ 12:00**

Goodview Park, Wyoming Minnesota

[Canvashealth.org/stomp-out-suicide-volunteer/](https://Canvashealth.org/stomp-out-suicide-volunteer/)

**Please join us!**

It's a very sad subject but a very fun event!!

Forest Lake Lions have been helping with this event for many years!

**We look forward to another year helping with set up, parking, and take down.**

This is an amazing event for a really sad subject ~ that we need to keep talking about!!

Please join us, either to volunteer or come and walk/run! Either way, you will have big FUN!!!

Forest Lake Lions would REALLY love to see you there!!



The Residents of Forest Lake are a proud bunch, and we really love the parade that we hold every single 4<sup>th</sup> of July! The **Forest Lake Lions** were very excited to participate once again in this wonderful event! The pictures show our Team getting our carts ready for the parade! Lots of color, balloons, and of course candy to hand out! Next year please try and join us for this wonderful event ~ the more Lions the better!!



PIC•COLLAGE



**ELK River Lions** had a busy summer. We opened our food booth for the FFA Smokin Show, treated the Sherburne County Fair Volunteers to a prime rib dinner, worked at our booth at the Sherburne County Fair, participated in the parade, supported Elk River Fest by sponsoring the bouncy houses and attended the 5M7 picnic. We are filled with gratitude for all the volunteers and Lions from other clubs that took time out of their busy schedules to help us with these events. We couldn't have done it without all your hard work and dedication. Thank you all!



Lions Heather, Diane, Michele, DG Deb, Club President Kevin and Joy



Elk River Lions donate back packs for the kids



Lion Tyler grilling' those prime ribs for the Sherburne County Fair Volunteers



Elk River LION in the parade!



Inflatables sponsored by our club at Elk River Fest



Lion Heather, her son, & volunteer extraordinaire Brenden



Cub Scout Troop # 111 helped us hand out candy at the parade



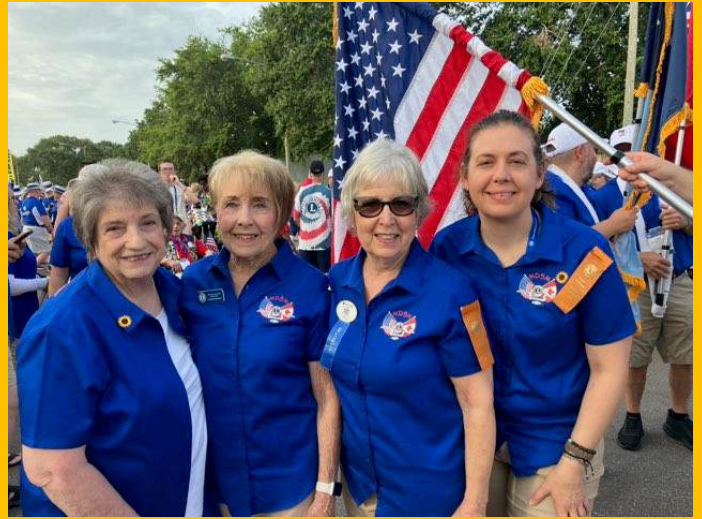
Club President Kevin



Lions Fred & Rhende



# Memories from the LCI CONVENTION 2025—ORLANDO



Our new DG Deb Weston on stage being recognized for starting a new club—"Super Heroes of Service"



Our Multiple District MD5M Lions







The Chisago County Fair is a huge fundraising event for the **Rush City Lions Club**. Members worked the Lions Corn Stand July 10-14. The sun was up, attendance was up, and corn on the cob sales was..... up!



## 5M7 PICNIC







**Spring Lake Park Lions** are volunteering to clean bikes at the organization to assist with their mission to getting refurbished bikes to kids and people in need.

**Bikes4Kids** was founded for the purpose of collecting recycled bicycles, refurbishing and redistributing them to kids and needy people of the world. The bikes we receive come from Recycling Centers, businesses and individuals in Anoka County and/or the Twin City Metro Area. Each bike is given away free of charge with safety and maintenance instructions and a helmet. The Foundation will purchase parts, service the bicycles and fund the expenses through fund raising and sponsors.

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**Bringing joy to a child in need is priceless.** We locate families locally and around the world who are in need and provide them with a near-new bicycle, something they might not otherwise be able to afford. To date, we have collected hundreds of bicycles. Located in the North Metro area, we have the workshop space and storage capabilities to bring joy to kids and people in need for many years to come.

In 2024 over 5300 bikes were donated to Bikes4Kids. Over 1,100 bikes were refurbished and delivered to kids and adults in the Metro area while over 1,500 bikes were donated to Africa. The Spring Lake Park Lions are delighted to help this organization to bring the joy of owning a bike to people in need.

Lion Pete Yelle



Lions Ken Wendling and Debbie Roberge scrub the tires.



Lions Pete Yelle and Jason Flakne clean a bike.



5M7 Lions volunteering at Opening day of Camp Sweet Life.

**Lions requested this recipe!**

## Grape Salad

Wash

2# green grapes

2# red seedless grapes

Mix together

8 oz. Philadelphia Cream Cheese

8 oz. Sour cream

Topping to spread over layers

1 Cup brown sugar

1 cup crushed pecans

Refrigerate -Fills a 9x13 cake pan





**The Andover Lions** served beer at the annual Andover Funfest. We all had a blast selling beer, meeting amazing people from the community and enjoying the energy of this awesome event. We also volunteered at ACBC Food Shelf. Very rewarding thing we just started doing each month. Lastly, a few Andover Lions attended the 5M7 Picnic and celebrated the outgoing and incoming DG's.







**Forest Lake Lions** helped 5th and 6th graders from Forest Lake and Wyoming Elementary schools plant trees for Arbor Day. They were joined by several Lion members and also Principal Neal Fox of Forest Lake. The kids enjoyed the planting and learning about the tree growing process. We look forward to spending time planting with the students again next year!



# SEASON OVERVIEW



2025-2026  
SEASON

Live on 65 Performance Series brings world-class entertainment to the North Metro. Premier artists will perform local and live at the Spring Lake Park High School Fine Arts Center. A big thanks to the SLP Lion's Club for their generous sponsorship to make this affordable performance series possible.



Scan QR code, visit website or call 763-600-5050

[SpringLakeParkSchools.org/Liveon65](https://SpringLakeParkSchools.org/Liveon65)



## M5 - THE MEXICAN BRASS *Monday, October 27, 2025 - 7 p.m.*

Celebrating 20 years as a brass quintet in 2025, M5 - The Mexican Brass, is a world-class ensemble seamlessly blending virtuosic musicianship, non-stop audience interaction, and showmanship to produce a great musical-theatrical experience every night! M5's program will mix classical with opera, jazz, & pop—a terrific blend for every audience.



## AFTER HOURS BIG BAND *Sunday, December 7, 2025 - 4 p.m.*

The After Hours Big Band is not your Grandma's Dance Band (sorry, grandma!) Created in 2008, the band features some of the best musicians the Twin Cities has to offer, coming together to leave audiences moving their feet, clapping their hands, and always wanting more.



## JOYANN PARKER *Thursday, March 19, 2026 - 7 p.m.*

With roots in the church and a solid foundation of musical education, Joyann Parker found her authentic voice later in life and created her own blend of roots music that combines soul, R&B, gospel, jazz and traditional blues styles. Parker has been a steadily rising star on the Midwest music scene and now brings her full range of talent as an accomplished singer, pianist, guitarist and songwriter to stages.



## THE SUITS *Monday, May 11, 2026 - 7 p.m.*

The Suits are comprised of four dynamic gentlemen performing four genres of hit music from the '50s through the '80s: Motown, Doo Wop, Pop and Rock. Fusing smooth choreography and tight harmonies with exciting showmanship and fun audience interaction, this production will give you a night to remember!