



DECEMBER 2022

SM7 GRAM

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HELLO FELLOW LIONS AND LEOS,

Thanksgiving has come and gone. I love Thanksgiving. It's the start of my favorite time of the year. Give thanks, eat turkey, watch football and be with family. Then it turns cold, starts snowing, the lakes freeze enabling us to ice fish. We are a big outdoor winter family. This part of the year also brings back fond memories of Lions Mid-Winter conventions I have attended over the years.

I believe our Mid-Winter Planning Committee has put together a wonderful convention. We are opening Friday evening with a flag ceremony similar to what International does; they bring in a flag for all 202 countries that have joined Lions. We only have 68 flags and our ceremony will be less than 30 minutes long. The entire program on Friday evening will be about one hour long. Then the fun begins.

Hospitality rooms will open and Lion members can visit, and share with other clubs what they have been doing. Eat, drink and have fun. The following clubs have spoken for a hospitality room at the Mid-Winter: Ham Lake 2, Centerville, Columbus, Monticello, Albertville, St. Michael, Anoka, Zimmerman, Cambridge, and Spring Lake Park. If your club would like to have a hospitality room and are not on this list, **please contact me soon.**

There will be a Corn Hole tournament poolside, that all Lions are invited to participate in. Hospitality rooms will stay open until 11:00 P.M. or longer. On Saturday morning we are offering six different seminars. Two at nine, two at 10:00 and two at 11:00. During lunch we will have the Parade of Green. A Memorial Service will follow; followed by a town hall meeting with our International Director (ID) Ken Iberra. The business meeting will wrap up the afternoon.

PDG Judy Herrala is scheduling the foundations and other display tables in the hallway at our convention. ID Ken Iberra will be speaking at our banquet on Saturday evening. When the banquet wraps, we are having a rock band play from 9-11 and a Blackjack Tournament for whoever wants to play. You have to buy a banquet ticket to get into the Blackjack Tournament. There will be donated prizes (no cash) for the winners. On Sunday morning there will be a brunch with a guest speaker, followed by an awards and closing ceremony.

Our convention committee did a wonderful job of getting full meal packages reduced from \$130 (last year price) down to \$99 (this year price). Please come to the Mid-Winter, enjoy the fellowship and learn more about our foundations.

I have asked club presidents to schedule a governor's visit before our Mid-winter. I have meetings on the following dates:

- December 1, 2, 8, 14, and 21st.
- January 3, 10, 11, 16, 19 and the 27th.

DG Mark Landwehr

LEADERSHIP MESSAGES



Hello Lions and Leos

It is now December. Have you got the shovels out? Is the snowblower tuned up and ready to go? Is the bucket of deicer handy? Are there bags of sand in your trunk sitting beside the winter roadside emergency kit? Living in Minnesota is a challenge that most of us never think twice about.

It is sort of like being a Lions member. When we are out and about we have a member application or two in the glove compartment, our Lions story at the ready if anyone asks what we do in our spare time, and a willingness to serve when the need arises. We have our network of Lions at the ready for larger projects when needed.

Like items in your roadside emergency kit need to be changed out, your Lions story might need some new, more updated items. Since we all learn new things and experience new things and our service projects are different every time we do them, we can change or update our stories. The stories from those projects can be exciting or heartwarming, but they are your stories as only you could tell them.

And like the old gas and oil in your snowblower, you may need to change the member applications in your glove compartment (you know their getting crinkled, frayed, and barely readable).

When an event occurs, such as a community members house fire, you can be there to be of service. A little like when it snows, your shovels are there, ready to be put to use.

Thank you Lions for being there when needed, for your stories, and for that fresh member application in the glove compartment.

1VDG Peter



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Fellow Lions and Leos,

I recently helped perform KidSight Vision Screenings on fifth graders at a local intermediate school. The classroom bulletin board displayed thought provoking quotes. I was drawn to this one: ***"Compassion is an action word with no boundaries."*** -Prince. My first thought was 'Wow, this is us-LIONS; we show compassion in all we do'.

The gift of compassion moves people to action on behalf of those in need. Those with this gift rarely ask "should I help," but instead focus on how to help; you're putting yourself in someone else's shoes and really feeling for them.

I am impressed with the dedication of our 5M7 clubs and everything that is done to SERVE our communities. It is obvious the gift of compassion is at the center of our hearts and clubs. Your continuous effort in our communities is paramount to enhancing future generations. I am extremely proud of everything you do in the community; I hope that this compassion continues into the new year.

May you all have a blessed holiday season.

2VDG Lion Mary

Hello Lions and Leos,

Here it is December already! Our **Midwinter Convention** is next month! Can you believe it? Don't forget to register, in fact, do it now even before you finish reading this article before you forget. You're not going to want to miss this years event.

The 2023 5M7 Midwinter Convention committee has an exciting lineup of speakers for the seminars on Saturday morning. Bio's of the speakers will be in future 5M7 Grams so stay tuned.

Our Saturday night's entertainment will be a local rock band "Lawless". There will also be several blackjack tables setup and even a few Jenga games thrown in, for good measure. The floor will be open for dancing, should you feel the urge, and there will be a cash bar there to serve you. This is your time to have fun and to develop new friendships and to strengthen existing ones.

I want to give a shout out to all that were on this convention committee! You all were awesome and fun to work with! Looking forward to partnering with you on future projects.

Lion Peter Lendway

Dear Lions and Leos,

How are you doing on your **UPDATE** of your current club brochure –OR– your **NEW** club brochure? Reminder that I am holding a brochure contest at convention and our membership will choose their favorite brochure from all of our clubs. I will have these brochures at convention for all members to see and choose at the Membership Table.

Have you seen the 1st, 2nd and 3rd place prizes for the best brochures?

- ◆ 1st Prize-Club Dinner with the Governor Team!
- ◆ 2nd Place-a Deluxe Party Pack, Snacks, Chips, Dip, Chocolate, Drinks, plates, napkins, etc. All the stuff needed for a club gathering!
- ◆ 3rd Place-a smaller version of the Party Pack.

The display tables will be set up right near the registration table at the Mid-Winter convention and that is where all the brochures that I get will be displayed. **If you have any questions about this contest, or creating a club brochure please let me know.**

Did you know that our District has a **goal of one new club this year?** That's it. Just one. We can do that, 5M7! I know we can. Please share with me **YOUR IDEAS** for where you would like to see a new club in our district. Last year we got a new club in Zimmerman. I had been on the community Facebook page there for several years and found that they had many people in that community who were wanting to help others and volunteer. We went to work and had a new club in approximately one month. Do you have reasons that you think a club would thrive in a certain community? Please share that with me. I would love to help you make that a reality. I will have a table for membership at our mid-winter. Find me and share your ideas! **You may also email or call with your ideas.**

Next month I will discuss ideas of how to market your club. We have a club which has found a great way to do this. I have followed this club on Facebook for several years and they really are working on membership and they have great ideas. How does **YOUR** club work on membership? Share your ideas with me and I will share those also in next months newsletter.

Please let me know how I can assist your club with all things membership.

Lion Judy Herrala (h)763-753-6962 (text)763-229-9005 JLHBELL@earthlink.net



5M7 Brochure Contest!!

Update your club brochure and win!

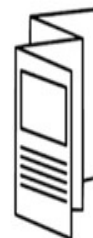
- ◆1st place-a club dinner with the Governor Team! Costs covered.
- ◆2nd place-a deluxe snack pack for your club.
- ◆3rd place-a snack pack for your club.

Contact Lion Judy Herrala (GMT) for more information:
Email: JLHBELLS@earthlink.net
Phone: 763-753-6962

Join me in making sure that our club information is up to date for each of our communities.

Make arrangements with Lion Judy to get your club brochure to her on or before Friday opening of convention. It will be displayed so members can vote all day on Saturday. You may also send it via snail mail by January 15, 2023. Results will be announced on Sunday morning with prizes awarded.

You will gain ideas for your own club brochure by seeing all brochures displayed. Your club can share with others.



Need help to create a club brochure? Contact me for ideas.

GST Coordinator

Lion Cathy McCauley
phone: 612-219-1006
[email: lionsclubcathy@gmail.com](mailto:lionsclubcathy@gmail.com)



YOUR TECH-BIT NEWS...

Hey Lions of 5M7!

Our facebook page is now back! Our other one had been deleted by facebook and is gone. Our 5m7 Secretary/Treasurer Lion Jim has started this new one for us. Lion Jim and I are administrators of this new page as we were the previous one. If you have things to put on our 5m7 page please let either of us know. Our page name: "Lions of 5M7"

Please like the new Facebook page. You will find it here:
<https://www.facebook.com/profile.php?id=100088377420735>

Lion Judy Herrala 5m7webtech@gmail.com

Greetings 5m7 Lions and Leos,

October and November were busy months for the MN Lions Diabetes Foundation. The MN Lions Diabetes Foundation had a board meeting in October. We worked with Lions International guests to create 2,000 Hypoglycemic Diabetes Kits to give away in our communities throughout Minnesota. Our kits in 5m7 have been given away to school districts, small businesses, daycares, and more. Some clubs have inquired about doing this project in their own clubs. If your club is interested, please let us know and we can help you get started.



Lions Mike Edwards and Judy Herrala would like to ask that you **share your diabetes projects with us**. We would like to share them around our district and others so that ALL can share and we can gain ideas from others.

We would like to say **THANK YOU** to all of our clubs and individuals for your donations so far for the MN Lions Diabetes Foundation. The support that you give to this Foundation is amazing. The dollars that you give supports our mission.

Please remember the MN Lions Diabetes Foundation when you are discussing the Parade of Green with your clubs. The MN Lions Diabetes Foundation is funded by donations like ours in partnership with other entities. The Lions have given over 2 million dollars to this foundation since 2008 and we will continue toward our goal to do all the things that our mission states above.

We sincerely hope that you will be attending Mid-Winter Convention where you can learn more about Diabetes by visiting our Diabetes display and also by hearing the story of David Thoen at our Sunday morning brunch. Dave Thoen was diagnosed with Type I Diabetes age the age of 23, what he considered the "prime time of his life." The diagnosis was a huge surprise that brought many changes to his life, but he was extremely diligent at trying to take the best care possible of himself.

Over the years, Dave did not let the disease control his life, as he is a husband, father, has a career, was a frequent traveling sports coach, board member, and volunteer in his community, has run close to 30 marathons, and with his family has done significant fund-raising for diabetes-related causes. Several years ago, Dave became a Lion in Bloomington and is a former trustee on the Minnesota Lions Diabetes Foundation.

Dave qualified for a clinical trial at the Schulz Diabetes Institute in 2006, and in 2008 and 2009, Dave was the recipient of two islet transplants. These transplants have changed Dave and his family's life significantly as it relates to the care, treatment, and living with (actually without) diabetes.

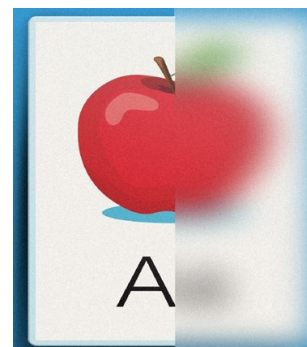


Dave and his wife of over 33 years, Denise live in Bloomington and have two sons, Reese (wife Sara), an IT specialist at a pharmaceutical company, and Riley, a Plant Sciences PhD candidate at the University of Georgia.

Lion Judy Herrala, co-trustee
MLDF JLHBELLS@earthlink.net

Lion Mike Edwards, co-trustee
MLDF mnedwards1@bellsouth.net

"My eyes
are my favorite
part of me-
not for how they LOOK
but for how they SEE"



Children don't know what they can't see

KidSight is a ready-made service project. The marketing materials, paperwork and equipment are ready for your use. KidSight Vision Screenings do not require the whole club to do a project. Depending on your event you can usually get by with a couple people. Collaborate with a neighboring club and provide screening events for each other. Your local childcare centers are always open providing the perfect opportunity to establish annual vision screening programs. Interested in learning more about KidSight. Send us a message. We'd be overjoyed to help you develop a program that works for your club.

Lion Mary Curtis and Lion Ann Kaduce, 5M7 KidSight Foundation Directors 5m7lionskidsight@gmail.com

Vision screening is not the goal, it is the method we use to reach our goal of every child seeing clearly!

MIDWINTER MEMORIAL SERVICE

We need clubs to provide biographical and service information including an original photo of our fellow Lions who have passed in the past year. The Memorial Service is planned for the Mid-Winter Convention on Saturday following the Luncheon. **Please send the information no later than January 1** to: PDG Lion Dan Kaiser
36455 Oasis Road, Lindstrom, MN 55045.
Contact him at: 651-583-3428 or danandcathy@frontiernet.net



If you have any questions whatsoever, please call Lion Dan.



Lions and Leo's

QUICK FACTS ABOUT HEARING LOSS:

- About 2 to 3 out of every 1,000 children in the United States are born with a detectable level of hearing loss in one or both ears.
- More than 90 percent of deaf children are born to hearing parents.
- Approximately 15% of American adults (37.5 million) aged 18 and over report some trouble hearing.
- Among adults aged 20-69, the overall annual prevalence of hearing loss dropped slightly from 16 percent (28.0 million) in the 1999-2004 period to 14 percent (27.7 million) in the 2011-2012 period.
- Age is the strongest predictor of hearing loss among adults aged 20-69, with the greatest amount of hearing loss in the 60 to 69 age group.
- Men are almost twice as likely as women to have hearing loss among adults aged 20-69.

Hearing effects everyone. It effects our ability to communicate and understand those around us. It effects our ability to learn, so please consider donating to the MN Hearing Foundation and Childrens Hearing Center on your Parade of Green form this Midwinter Convention.

Lion Mike Benedetto 612-735-5423
mbenedet@smumn.edu

LIONS AND LEOS



Veterans: Our next retreat will be on Dec 2-4 at Inspiration Point near Battle Lake, MN. This is for veterans and their families. If interested, sign up at:
ProjectNewHope.net



Lions of Multiple District 5M7



I hope all of you had a wonderful Thanksgiving i2022. Looking forward into 2023, the Minnesota Lions Vision Foundation (MLVF) wishes all of you the Happiest of Holidays.

The 2023 5M7 Mid-Winter Convention is set for Friday, January 27th through Sunday, January 29th, in St. Cloud, MN.. PDG Lion Steve Linder & myself are looking forward to meeting old & new Lion friends. We will be manning a MLVF table & will have some Vision Foundation giveaway's so please stop by. In getting ready for your Lions Club participation, please fill out the "Parade of Green" form recently sent out by 5M7 Cabinet Secretary/Treasurer Lion Jim Pokela. The Parade of Green will take place at the Saturday Noon Luncheon. If for some reason, your club cannot attend, please send your contributions to the Foundations & other 5M7 causes to Lion Jim Pokela, 5M7 District Secretary/Treasurer, 709 River Lane, Anoka, MN, 55303 no later than the 16th of January 2023. So, why donate to the Minnesota Lions Vision Foundation? Here are the facts:

- ◇ The MLVF is a 501c3 & is eligible for either gambling or project fund donations.
- ◇ Established in 1960, the Foundation has worked to help the blind and visually impaired.
- ◇ The Lions Gift of Sight (Eye Bank) provides corneas for transplants & eye tissue for research.
- ◇ The Lions Children Eye Clinic treats over 5,000 children each year, giving each child the best chance for a lifetime of sight. The Lions Macular Degeneration Center studies & treats
- ◇ Macular Degeneration - the leading cause of blindness in the USA. The MLVF has the following areas of focus: Minnesota Lions Gift of Sight (Eye Bank), Lions Childrens Eye Clinic, MN Lions Macular Degeneration Research and Rehabilitation Center, Ophthalmology, Research Support and Used Eyeglass Recycling.

Checks should be written to Minnesota Lions Vision Foundation or Lions Gift of Sight. Earmark a specific use in the memo line of the check. Donated funds are recorded as a Helen Keller donation. For each \$1,000.00 donated, your Lions Club may present a Helen Keller Award in honor of those who have distinguished themselves on behalf of sight. Records of donations are kept by the MLVF. Any questions please contact either Lion Steve or myself.

PDG Lion Steve Linder at 612-382-2236,
slinder71@usfamily.net or myself,
 PDG Lion Terry Wold at 612-759-5433

Mid-Winter Convention

Minnesota Lions Vision Foundation will be collecting used eyeglasses at our Mid-Winter Convention. Please stop by and drop them off at our booth.





ALLIE AND FINLEY

Allie first knew something was wrong when she was in seventh grade. While in gym class, she was walking to pick up a volleyball. She says, "The next thing I knew, I was on the ground and in more pain than I'd ever been in." Her knee would not straighten until her dad helped release it later. Allie explains, "It popped, and that's when we realized that it had dislocated."

The incident wasn't an isolated one, and Allie kept experiencing joint dislocations, only to receive no helpful diagnoses. At age 16, she says she gave up, thinking, "I guess I'll never know what's wrong with me."

It wasn't until a few years later, while studying abroad in Spain, when she was watching an online video, that something clicked. Someone described their experiences with Ehlers-Danlos syndrome, and the story resonated with Allie. Once she was back home, a doctor confirmed her suspicions and recommended Can Do Canines to her.

At about that same time, her parents' dog ran into her and knocked her knee out of the socket. It took months to recover, and each new dislocation brings a fear of not fully healing. Allie shares, "That's when I first started to identify as being disabled because I was like, I can't walk anywhere without a cane. I can't go up and down stairs. This is more than just like a medical condition at this point. It's really impacting my day-to-day life."

Now, she has someone who is impacting her day-to-day life in a positive way. Finley, a 3-year-old yellow Lab, is ready to help anytime Allie drops something. She says, "Every time I bend over, it's very painful and there's a risk that I could slip something. So her being able to pick things up has really lowered my daily level of pain."

Allie recalls a specific, important moment with her new furry partner. Shortly after Finley moved in, Allie was having what she calls a "high pain day." She was on the couch but hadn't had any food yet that day. She explains, "I knew I needed to get up and eat, but I couldn't get up because I was in too much pain. I couldn't go get meds because they were across the room from me. And then I remembered that Finley could." Her new Mobility Assist Dog retrieved her medication, and after about a half hour, Allie was able to get up and make herself a meal. "It meant that I could eat that day," she states.

Living on her own means a lot to Allie. She says, "I want to be able to continue living alone and not have to rely on somebody else."

Finley brings that same independence to Allie's work life. A fifth-year middle school teacher, Allie has an additional body in her classroom "I don't have to rely on other people and especially on my students. They're very understanding and generous, but it's not their job to mitigate my disability. And so to be able to do that myself by using Finley really makes a big difference for me."

Allie sees the bigger picture too of what having Finley means in her life. "It allows me to stay in the job I have. Teaching is a pretty physically demanding job in a lot of ways. There's a lot of standing, a lot of walking. It's also just extremely exhausting, and having chronic pain is extremely exhausting. So I don't know how long I would last in the profession if I didn't have her."

Though Allie uses a cane when necessary and admits, "I've got a brace for like every joint," Finley's assistance will aid in preserving the health of joints, as well as Allie's confidence. "I'm more willing to try going on like a hike because she's there and can help me if I fall," explains, Allie. "I feel more capable. It's freeing."

Allie also appreciates how freely Finley offers love. Describing Finley as a "snuggle bug," she says the two of them have a favorite nightly ritual of "evening cuddles." Even Allie's cat benefits from Finley's companionship, as Allie notes, "They're like best friends."

Finley is equally passionate about caring for Allie, and jointly, they will work to keep Allie healthy and independent.





5m7 Leo Clubs

*Anoka, Andover, Blaine, Coon Rapids,
Rush City, and Spring Lake Park*

The Leo clubs of 5M7 came together to pack meal for Feed My Starving Children on Thursday, November 3, 2022. There were 40 Leo/Lions from the district that attended. The group packed 102 boxes, serving 22,032 meals feeding 60 kids for a year. It was a great time to talk about projects and get to know other Leos and Lions from their communities. Thank you to the Anoka, Coon Rapids, Blaine, Rush City and Spring Lake Park Leos. Thank you to the Lions that volunteered their time from those communities as well.



Lion Stefanie Nelson stefanieenelson@gmail.com
Lion Pete Yelle pete.yelle58@gmail.com

5M7 YOUTH EXCHANGE

Youth Exchange has started to take in applications for students to come to Minnesota this summer. Camp dates will be July 21-29, 2023. We are seeking host families will be needed for the month of July. If you are interested in hosting students, please do not hesitate to reach out.



Lion Stefanie Nelson 612-298-1523
stefanieenelson@gmail.com

Leo Camp will be February 24-26, 2023, at Camp Friendship in Annandale, MN. Leos will be participating some team building activities, leadership development workshops and service that the camp will benefit from.

Leo Conference

February 24-26, 2023
Camp Friendship, Annandale

Explore Resources

Have Fun!

Learn about projects from other Leos
around the state



Cost per Leo \$20

Fill out the form to register



Sponsor MD5M Leo to Attend Camp 2023

Camp Dates February 24-26, 2023
Camp Friendship



Lodging
\$79.00

Leo Meals
\$55.00

Team Building
\$34.00

Weekend Leo Member
Total Cost \$168



T-shirt Sponsorship \$200
District, club or individual
name on the back of the shirt



Checks made to 5m7 Leos
mailed to Stefanie Nelson
5019 Ewing Ave N Brooklyn Center, MN 55429



ENVIRONMENTAL NEWS...(takes a break)

Lion Judie Zaske

HOLIDAY STRESS can quickly become overwhelming to make every meal award-worthy and every wrapped gift look perfect. Finding the time to attend every party or feeling like you haven't been invited to enough parties can also cause stress. There's also a desire to cram in every tradition and event to make sure each day is memorable. When you add in the financial burden, travel, and visiting family members, stress can pile up quickly. The holidays can also be a difficult time of year for people who have lost friends and family members. The memory of the loss can make it harder to cope with holiday season stressors. There are ways to deal with holiday stress, but first, you need to understand your triggers.

PLAN AHEAD: Finding time for all of your holiday activities can be tricky. On top of holiday commitments, you may also have to deal with increased traffic. Or you may feel extra pressure to get ahead of work so you can take time off to travel. Write down all the things you need to do so you can prioritize the things that are most important. A list also makes it harder for things to slip your mind.

PUT YOURSELF FIRST: The act of giving gets so much attention during the holidays it can be easy to forget to give back to yourself. Taking care of yourself can help make it easier for you to take care of others.

Set aside some time to do things you enjoy. Find time to exercise, plan a dinner out, or just get a few minutes of fresh air. And don't forget the importance of a regular good night's sleep.

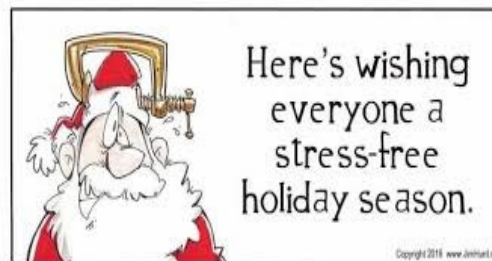
KEEP FINANCES IN CHECK: If you're worried about spending and how it will affect you after the holidays are over, be realistic about what you can afford. The sentiment behind a gift is more important than the cost. Spend only what you can afford, and if you don't have the ability to spend anything, bake a treat or offer your talents and time to your friends and loved ones.

DON'T BE AFRAID TO SAY NO: Understand that it's okay to say no. Try to say "yes" to the events and things you know will bring you joy. Say "no" to obligations you know will cause you heartache and disappointment.

If working a few extra hours of overtime will make you happy so you can treat someone you love, it may be worth doing. But if your boundary-crossing relative invites you to a holiday party, feel free to decline. You'll experience less stress and worry by saying no.

HONOR LOVED ONES: It may be difficult to celebrate the holiday season if you've lost someone dear to you or distance makes it difficult to spend time together.

Spend this holiday season reflecting on special memories of lost loved ones. Consider doing something meaningful in their honor. And if you're unable to spend time with loved ones, volunteer your time to a local organization where your smiling face could change someone's day.



LITPC YOUTH SCHOLARSHIP INFORMATION

The Lions International Trading Pin Club (LITPC) has announced for the 2022 – 2023 school year that there will be four (4) US \$2,500 scholarships awarded. Graduating Leos OR graduating sons/daughters, grandsons/granddaughters of Lions are eligible to apply for the LITPC Youth Scholarship. The LITPC goal is to help our future leaders and give students a financial helping hand. This program started in 2012. Recipients have been from Connecticut, Delaware (2), Georgia, Iowa, Louisiana, Minnesota (3), New York (3), Ohio (3), Oklahoma (2), Pennsylvania (2) and Virginia (5). The 2023 recipients will be announced at the LITPC Pin Traders Annual Breakfast in June, 2023. To obtain the current LITPC Youth Scholarship information:

1. Go to the LITPC website: www.litpc.org
2. In the left column, click on LITPC Scholarship Forms.
3. Then click on LITPC Scholarship Information.

4. When that page comes up, click on Scholarship Application Form. **Read and follow ALL directions.** Be sure to fill out ALL the forms neatly and correctly which includes the 4 essay questions (in 350 words or less) and the question about scholarships that you have been offered along with submitting a certified copy of your high school transcript including activities. Plus you also need to attach recommendations from 2 persons (i.e. teacher, coach, clergy, employer, etc.) AND attach a recommendation letter from a Lions Club member indicating the name of the Club and state/province and country in which the Club is located.

ALL forms and letters are to be submitted by MARCH 1, 2023 to: Lions Bill & Marcia Guthrie, Scholarship Chairman (c)763-786-8072 9 101st Lane NW, Coon Rapids, MN 55448 [email: bmguthrie9@q.com](mailto:bmguthrie9@q.com)

You can either mail us your application or email it to us.

THANK YOU AND GOOD LUCK TO ALL!!!

The LITPC fulfills the motto of Lions Clubs International –
"WE SERVE"

PEACE POSTER CONTEST WINNERS

Rush City Lions: Pictured are the 3 winners of the City Lions Peace Poster contest with Lion Nancy Schroeder. First Place is Cora Monson who is to my left with the crutches. 2nd place is Willow Stream who is to my immediate right. 3rd place is Autumn Steward who is to my far right. Cora's artwork was sent on to the District for the next level judging. They received money prizes from our Club; \$100, \$75 and \$50 respectively.



Spring Lake Park Lions President Stefanie Nelson visited Westwood Middle School on November 14, 2022 to meet with, thank, and present prizes to the school's three local winners of the 34th annual Lions International Peace Poster Contest, an international contest that encourages children ages 11-13 to creatively express what peace means to them. Athena Ku, age 13, was the first place winner and she received \$200. Second place winner was Autumn Huston and she received \$100. Third place winner was Reem Kemal and she received \$50.

Spring Lake Lion members, who served as judges, evaluated 12 posters on originality, artistic merit, and expression of the theme. Peace poster contest coordinator, Lion Jan Kugler, said the contest theme this year was "Lead with Compassion". It is obvious that these young people have a strong idea about what peace means to them. The first place winner from our local contest will advance to the 5M7 six county district, with the possibility of advancing to the multiple district and world competition.

Spring Lake Park: Pictured: 1st place winner, Athena Ku, second place winner, Autumn Huston, third place winner Reem Kemal and Stefanie Nelson, Spring Lake Park Lions President.



Here are our recent winners of the Peace Poster Contest from **Forest Lake Lions**. Lions Lou Trudeau and Jules Benson chaired our Peace Poster Contest. The posters were judged by 9 Lions and one guest.

From Left to Right

First Place Diana Lee \$100

Second Whitney Thao \$60

Third Kylie Sullivan \$40

Fourth Mary Hawthorne \$20

CONGRATULATIONS TO ALL OUR WINNERS!



BRINGING NEWS FROM AROUND THE DISTRICT



The **Cokato Dassel Lions** were honored to have Lion Tom McCarthy from the MN Lions Childhood Cancer Foundation at our November Dinner meeting. Through the foundations matching grant program we were able to make financial donations to Robin who is the mother of Victor, a local teen battling a rare cancer.

Our **Annandale Lions Club** is proud to share that our city has approved and will begin building an accessible splash pad next to our Lions playground in downtown Annandale at the municipal park. The Lions club is the primary source for funding for this project with completion to be done in early summer 2023. We are beginning preparations for our busiest month of December with our marquee "Breakfast with Santa" which will be bigger then ever!

Elk River Lions Club will be busy in December as follows: Sunday Dec 4: Breakfast with Santa Sunday Dec 18: Santa Day at KJ's and Tuesday Dec 20: Governor's Night



Forest Lake Lions bell ringers for the Salvation Army are Lions Bette Geyer, Carol and Dale Oehler.

Spring Lake Park Lions. On November 15, 2022, the Quilts of Valor organization honored nine Spring Lake Park veterans. Each of our veterans received a beautiful quilt to honor their time in service to their country. We want to thank the Spring Lake Park veterans for their service. We were unfortunately, missing six veterans that will honor in the next few months. Thank you to all the Lions in the district who have served.



Montrose Lions handed out 125 Halloween treat bags for kids in the community



 Like Us On Facebook

Forest Lake Lions Club invites you to join us for a

BELGIAN WAFFLE BREAKFAST

includes sausage, milk,
juice & coffee

December 3rd, 2022

8 am to Noon

Lone Oak Grill

55 S. Lake Street - Forest Lake

Advanced Tickets - \$8.00 per person • \$9.00 at the door.

Children under 5 eat free • All you can eat!

Get tickets from any Lion Member • Call Lion Stev Stegner 651-503-1337

COME MEET SANTA
BRING YOUR
CAMERA FOR
PHOTOS!



Happy Holidays

Wishing you all
the peace and joy
in this Holiday Season.

*Wishing all
our readers
a happy and
joyous holi-
day season.*

Gram Editor



Breakfast with



FOR THE DEAF AND HARD OF HEARING,

INDIVIDUALS WITH A DISABILITY and GROUP HOME RESIDENTS

sponsored by Andover Lions Club



SATURDAY, DECEMBER 10, 2022

9:00 a.m. – 12:00 noon



ANDOVER SENIOR CENTER

1685 Crosstown Blvd NW, Andover
(north end of Andover City Hall)

FREE BREAKFAST –

pancakes, sausage, milk, juice, coffee

Free Pictures with Santa

Interpreter Provided if needed

RSVP

by Friday, December 2

to: Tom, Candy or Claire Conniff

call / text: 763-300-0922; text: 763-639-5984

email: motleyman50@aol.com





Shopping with Santa

Saturday December 10th.

9:00am to 11am

Lions Park, County Rd 5

Tickets sold at the door. Ticket price is \$1.00 per ticket. Purchase as many tickets as you wish. Tickets can be used to purchase gifts, coffee or juice and donut.

Sponsored by the Lions Club of Big Lake Lioness.



SUNDAY DEC.4th, 2022

8:00 AM to NOON

ALL YOU CAN EAT

PANCAKES, WAFFLES, SAUSAGE, & BEVERAGE

VISIT SANTA AND TAKE A PHOTO / KIDS CRAFTS AREA



FREE-WILL OFFERING and

ALL PROCEEDS DONATED TO CAER

JOIN US AT BOYS AND GIRLS CLUB

905 6th STREET NW, ELK RIVER

INTERESTED IN BECOMING A LION? WANT TO KNOW

HOW "WE SERVE" OUR COMMUNITY?

ASK A MEMBER TODAY!!





LIONS HOCKEY NIGHT



FEBRUARY 17, 2023

7:00 PM Excel Energy Center, St. Paul

Lions International President Brian Sheehan and the MN Wild invite you to participate in Lions International Wild Game Night. A great public relations opportunity for our organization. **Tickets are available First come, first served.** Please use the QR code or link to order your tickets soon. Don't wait until the last minute to order your tickets

<https://protect-us.mimecast.com/s/8rtRCNknvMcZjEGXS4o6DN?domain=us-wes2.protection.sophos.com>



Show your pride by wearing your Team Sheehan gear and MN Wild gear. President Brian will be riding a Zamboni.

Volunteers Needed

Giveaways will be given out at four gates as fans enter the facility. We will need 16 volunteers to arrive before game time to help distribute items. We will also have a Lions information table on the concourse requiring volunteers. Please go to the sign-up genius link if you are interested in volunteering. **Volunteers are required to purchase tickets if you wish to watch the game.** If you want to volunteer only, there is no need to purchase a game ticket. <https://www.signupgenius.com/go/60B0E48A4A62AAAFc1-lions3>



Upcoming Conventions for 2023

You will be able to find all of the upcoming conventions linked on our www.5m7.org website. If you are unable to retrieve information from the website, please let me know and I can get that information to you.

5m7 Convention-January 27-29, 2023

Kelly Inn-St Cloud

Registration Form and more information is on the website at www.5m7.org. Please click on the Conventions tab.

Multiple Convention-May 5-7, 2023

Penguin Jamboree

Holiday Inn in St Cloud, hosted by District 5M4.

There is online registration available right now on the Multiple Convention Website (www.lionsmd5m.org) and there is also a hotel registration link there. Otherwise I have saved the registration form to my computer and can email it to you as well.

There is a link on our 5m7 website to the Multiple District website where the online registration links are. Look on our website for the registration form at www.5m7.org. Click on the convention tab to find the links.

USA-Canada Forum:

The next one will take place September 21-23, 2023 in Reno, Nevada.

Website: www.lionsforum.org

This is linked on our 5m7 to the forum page.

Lions International Convention in Boston, Massachusetts-July 7-11, 2023

July 7-11, 2023-the online registration for the International Convention is also linked on our www.5m7.org website. You will find the online registration form and also the printable registration form there.

Lion Judy Herrala: JLHBELLS@earthlink.net



Complete 1 form per attendee

May 5-7, 2023
Holiday Inn & Suites
St. Cloud, MN

www.lionsmd5m.org
Registration Questions? contact Dennis Heinen
320-491-3996
heinende@centracare.com
OR
Nikki Fisher, Visit Greater St. Cloud
320-202-6712
nikki@visitstcloud.com
ONLINE REGISTRATION LINK

Name _____

Title _____

Your District Club & Name _____

Phone Number _____

Address _____

City _____ State _____ Zipcode _____

Email _____

Are You A... Lion ☐ Leo ☐ First Timer ☐

Will you require Braille Documents at the Convention? YES ☐ NO ☐

PRICE INCREASES TO \$160.00 MARCH 1, 2023 **\$AMOUNT**

Full Hospitality Book	\$150.00 USD	includes all meals and registration fee	<input type="text"/>
Registration is included in any meal chosen below:			
Friday Night Social	\$25.00 USD		<input type="text"/>
Saturday Breakfast	\$30.00 USD		<input type="text"/>
Saturday Lunch	\$35.00 USD		<input type="text"/>
Saturday Banquet	\$55.00 USD		<input type="text"/>
Sunday Brunch	\$30.00 USD		<input type="text"/>

CIRCLE Saturday Banquet Option

Stuffed Chicken Roasted Pork Shoulder Wild Mushroom Fettuccine

Special Dietary Needs: _____



Make Checks payable to Lions MD5M Convention

PCC Dennis Heinen 12069 Bluegill Drive
Sauk Centre, MN 56378

Cancellation fees apply - NO cancellations accepted
after April 1, 2023