



**FEBRUARY 2023**

**SM7 GRAM**

**Inside This Addition**

**1-2: Leadership News**

**3-8: Cabinet News**

**9-12 News Around the District**

**13: Upcoming Convention Info**



***HELLO FELLOW LIONS AND LEOS,***

Our mid-winter convention is here. If you had me visit your club for a governor's night you would know how I feel about fellowship. One of the biggest reasons we have a convention is for the fellowship. This is the one time of year where we can all get together, renew old friendships, start new friendships and learn what our fellow clubs are doing with their service projects, membership drives, and just have fun. Another reason we have our Midwinter Convention is to inform new members about our foundations. Most of our foundations will have an information table at the convention, starting on Friday and continuing until Sunday morning. You will be able to browse, and pick up information packets. We also have pretty interesting speakers giving seminars on Saturday morning.

As long as I am talking about foundations I want to emphasize how important it is to support all of them in the Parade of Green. Is there one foundation more important or deserving of our donations than the others? No, I don't think so. Every one of them is important and they rely on our clubs for support. Do what you can but give all of them something.

I have had some wonderful club visits over the past months. Just when I think I have seen and heard everything, some club surprises me. The Chisago Lakes and the Forest Lake Lions sang songs at the beginning of their meetings. It was very nice and I like to sing. We sing songs at our Ham Lake Club dinner meetings.

Last month I explained a little about one of our new foundations. The Team Brian Sheehan Foundation was set up to help rebuild struggling lion clubs. When this foundation reaches \$100,000 matching grants will be available to help build membership.

I have bad hearing. It's the result of working in the construction industry for fifty years. I recently went to a club visit at a pizza restaurant and regular customer conversations kept me from hearing our own speakers. One of the lion club members asked if the private meeting room was available that evening and it was. I'm thankful the lions understood my issue and were willing to find a solution that would work for all of us!

I am still waiting to hear from about 15 clubs who have not contacted me for a governors visit. I want to visit all of you.

After the mid-winter I would like to work on increasing our membership in the district. WE have clubs that have fewer than twenty members. This makes it hard to get club members to volunteer to be presidents, secretaries and treasurers.

I hope some of your club members were able to join us at the Midwinter Convention. If so please contact me and let me know what you enjoyed and what we need to improve for next year.

DG Mark Landwehr

## LEADERSHIP MESSAGES



### Hello Lions and Leos!

February is upon us! The 5M7 Midwinter Convention is history and we have the next few weeks to plan and implement all the Valentines Day/Month activities our clubs have planned. What is your club planning for February? Ice fishing contests? Mother/Son and/or Father/Daughter dances? Senior Proms at the assisted living facilities in your town? We would love to hear about them.

These are just a few of the ideas our clubs are doing to brighten the lives of those in the community. It also helps create memories that will not soon be forgotten. Be the bright spot in your community to bring joy that might otherwise not be experienced in the dead of winter.

Lions Clubs not only are a bright spot in their communities, they also bring hope. Donating to the many projects and foundations in the district do just that as we have learned from some of the Saturday morning Seminar Speakers at the convention. Planning winter activities shortens the long dreary days of winter and brings life to the communities we serve.

I have stated many times that Lions Clubs are a great resource in their communities. If you doubt that just ask those in the communities you serve and you will get the affirmation that will assuage those doubts. The clubs in 5M7 are active and serve their communities well. You can be proud of those achievements as am I.

1VDG Peter

### Greetings fellow Lions and Leos,

We've all heard the saying, "Teamwork makes the Dream work". I'm pretty sure you learned at an early age that if you worked with your siblings at completing chores, you'd get to play sooner. That was teamwork. Hopefully, that ethic stuck with you throughout the years. When something is embedded in our beings at an early age it becomes second nature.

Collaborating on a project takes teamwork. We all want to see our efforts come to fruition. A successful outcome is everyone's dream and goal. Yes, there are some people that work better together, and this is something we learn rather quickly. That doesn't give us permission to bowl someone over, but instead we need to find our common thread and work as a team. In the words of Mother Tere-

sa, "I can do things you cannot, you can do things I cannot, together we can do great things."

I am amazed with the level of teamwork within your clubs. It doesn't matter the size of the project or number of members. You pull together as a team and achieve your goal. You are doing some amazing things in your communities and are making dreams a reality for many!

Don't be afraid to expand your teamwork. Join forces with a neighboring club. There is strength in numbers. You may find a shared dream you can accomplish together. An example of club teamwork is one that has been making news lately. Three Lion Clubs in 5M8 (LeSauk, Sartell and St. Stephen) have joined forces to raise funding for a new inclusive playground at the Lions Community Park in Sartell. Their teamwork is making dreams come true.

International President Lion Brian Sheehan's theme is "Together We Can". You are doing just that in your clubs, working together as a team to get it done! Teamwork does makes dreams work. Keep up the good work.

Your fellow Lion and Teammate,

2VDG Lion Mary Curtis



### Happy Valentines Day to all -

I'm hoping to get to more zone meetings this second half of the year. 2023 is here so let's enjoy all the events you're hosting as well as your neighboring clubs. We are a team all working together to share our goals and values with all. Spread the word of volunteerism with your local events, be sure to bring your smile.

Thank you,

### GST Coordinator

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



# "Catch the Dream" ...Life Without Diabetes!

## Minnesota Lions Diabetes Foundation **STRIDES for Diabetes Awareness**

**February, March & April 2023**

**Commit to 15 Miles of Physical Activity a Month**

2000 steps = 1 mile

**You Choose Your Activity**

**Be active on your own**

**Be a part of a team**

**Register at: [MNLionsDiabetes.org](http://MNLionsDiabetes.org)**

Registration opens February 1, 2023

**\$30 Registration Fee**

**T-Shirts available**

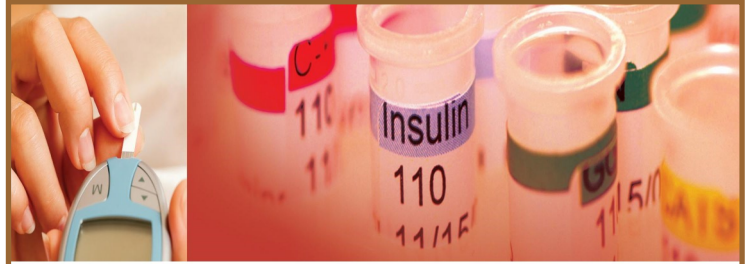


*Physical activity, and healthy food and beverage choices are key to preventing diabetes and improving health.*

Net Proceeds benefits  
Minnesota Lions Diabetes Foundation, Inc.  
[MNLionsDiabetes.org](http://MNLionsDiabetes.org)



Lion Judy Herrala, [JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)  
Lion Mike Edwards, [mnedwards1@bellsouth.net](mailto:mnedwards1@bellsouth.net)  
co-trustees MN Lions Diabetes Foundation



### **14th Annual Minnesota Lions Diabetes Foundation Research Update** **March 18, 2023**

Hosted by the Minnesota Lions Diabetes Foundation, Inc.

More than 29 million people in the United States are living with diabetes—a growing number that includes 340,000 people in Minnesota alone. Unfortunately, that number is on the rise.

Join us at the annual Minnesota Lions Diabetes Foundation *Research Update* to hear from University of Minnesota scientists, who are conducting leading-edge research aimed at both preventing and curing diabetes. Learn first hand how these scientists, funded by the Minnesota Lions Diabetes Foundation, are making a direct impact in our community, state, and beyond.

Following the research presentations, guests will have the chance to interact with the scientists one on one, learn more about their research, and ask questions.

#### **Saturday, March 18, 2023**

11 a.m. Registration and Social  
12 p.m. Lunch  
1 p.m. Program  
2:30 p.m. Meet n' Greet with Scientists

#### **St. Cloud River's Edge Convention Center**

**Opportunities Suite**  
10 4th Avenue South  
St. Cloud, MN 56301

#### **Faculty Research Presentations:**

- The search for a new drug to treat Type 2 diabetes
- Stopping the body's immune system from attacking islet cells, curing diabetes
- Introduction and vision for the Institute for Diabetes, Obesity and Metabolism
- The efforts to generate organs and tissues from animals
- Advances in viewing transplanted islets pre and post transplant
- Eliminating the use of lifelong immunosuppressant medications following transplants

#### **RSVP by Tuesday, March 7:**

RSVP via email to Larry Winner at [lrrywnnr@gmail.com](mailto:lrrywnnr@gmail.com)

A Zoom Link will be e-mailed to those unable to attend in person. Please request in e-mail above.

Please contact Larry Winner with any questions.

A confirmation email, including a parking map, will be sent prior to event.



**Celebrate:**  
**February 2nd Groundhog Day**  
**February 14th Valentine's Day**  
**February 20th Presidents Day**  
**February 21st Marti Gras**  
**February 22nd Ash Wednesday**  
**February is African American History Month**





## Technology Article

Here is some great **NEWS** from Lions International about the new Lions Portal. Read all about it!

There is something new at Lions International. It is a NEW "Lions Portal" which will be live in July for the new Lions year.

TO GET THERE, as clubs we must make sure that all of our club member's information is correct/changed if there have been changes, and each member must have their own unique email in the system in order for the change to go smoothly.

Secretaries and Club Administrators, please take your roster to your club and make sure that what is in the Lions International system is correct. Ask each member to help you update their information. Doing this at a meeting will be easy, and then you can catch up with those not at the meeting to complete this task. Doing this will make sure that the process to switching over to the new system goes as smooth as can be.

Lions International has a page on its website about the New Lions Portal and updates as to it's progress.

Please bookmark this page so that you can read about the new changes prior to them being instituted for the new lions year in July. This is exciting!

Below is the link to this new Lions Portal page at Lions International: <https://www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates?>

As always, please let me know if you have any questions at all.  
Lion Judy Herrala

Get ready for the



In a few months, we'll be combining MyLion, MyLCI and Insights, along with some additional tools and functionality, into a unified mobile-friendly experience called the Lion Portal.

Help ensure a smooth transition. Make sure your Lion Account information is correct in MyLCI or your regional reporting system and has a unique, unshared email address.



Learn more here: [lionsclubs.org/portal-updates](https://www.lionsclubs.org/portal-updates).

## 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

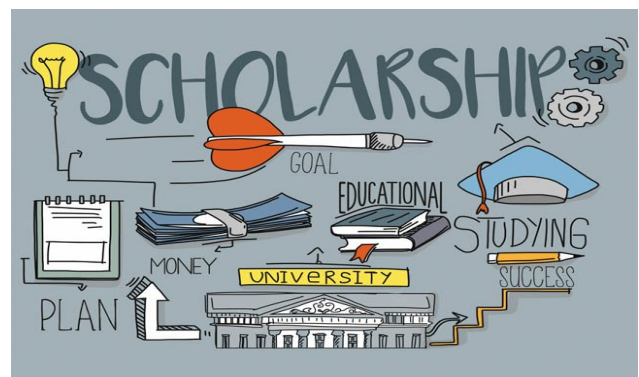
1. Go to the LITPC website: [www.litpc.org](http://www.litpc.org)
2. In the left column, click on LITPC Scholarship Forms.
3. Then click on LITPC Scholarship Information.
4. When that page comes up, click on Scholarship Application Form.

**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"**





## Lions and Leo's

**PLEASE USE EYEGLASSES DONATION BOXES FOR HEARING AIDES AS WELL.**

The Minnesota Lions Hearing Foundation Trustees will be collecting hearing aids at the MIDWINTER CONVENTION in St. Cloud!

If you could separate out hearing aids from eyeglasses when you come to your conventions, we will be able to take care of them without having to go through all the eyeglasses. Please write your district on them so when they are recycled, they can be credited to your district.

Can you also make sure the containers have a notice on them that "Hearing Aides" are also welcomed? Some of the older boxes do not specifically say this. THANKS!



Lion Mike Benedetto 612-735-5423  
[mbenedet@smumn.edu](mailto:mbenedet@smumn.edu)

Hello Lions,

The **Minnesota Lions Missions, Inc** is looking at an eye glass mission for February 2024 to Guatemala. We would like to take at least 15 Lions from Minnesota and 15 from Wisconsin. We will be gone from 7 to 9 days and that will cost each of us between \$1500 to \$2000, not guaranteed, depending mostly on air fare. If you are interested in participating in what can be a life changing event contact us. I will be at the 5M7 CONVENTION and have a display table.

PDG Jim Mulroy



**District 5m7 has returned  
to Facebook.  
Take a look and Like our Page!  
"5M7 Lions"**



## Lions of Multiple District 5M7



I hope this finds you all safe and happy after a snowy holiday season in **Minnesnowta!**

When you get this, the MD5M Mid-Winter convention in St. Cloud will be history. I and PDG Lion Steve Linder want to thank you in advance for all you have done to help the Minnesota Lions Vision Foundation this past year & look forward to serving with you throughout 2023. Please keep those used eyeglasses coming in! Call and we can plan to pick them up or meet you half-way. If you need additional recycling buckets, just ask.

Thank you for all you do!

PDG Lion Steve Linder at 612-382-2236,  
[slinder71@usfamily.net](mailto:slinder71@usfamily.net) or myself,  
PDG Lion Terry Wold at 612-759-5433  
[terry\\_wold@hotmail.com](mailto:terry_wold@hotmail.com).

## 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.



**DID YOU  
KNOW**



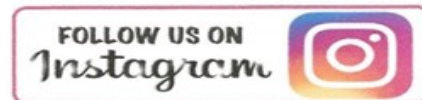
**MD5M Lions KidSight**

has a

**FACEBOOK Page**



**and Instagram Account**



Lion Mary Curtis and Lion Ann Kaduce, 5M7 KidSight Foundation Directors [5m7lionskidsight@gmail.com](mailto:5m7lionskidsight@gmail.com)

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



### 5m7 Leo Clubs

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

#### Leos and Lions in 5M7!

Unfortunately the Leo Conference scheduled in February has been cancelled but plans are in the works to re-schedule so watch for new information.

Lion Stefanie Nelson [stefanieenelson@gmail.com](mailto:stefanieenelson@gmail.com)  
Lion Pete Yelle [pete.yelle58@gmail.com](mailto:pete.yelle58@gmail.com)

#### 5M7 YOUTH EXCHANGE

Happy New Year Lions All! We have accepted our first couple of students from around the world. They will need somewhere to lay their heads. 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](mailto:stefanieenelson@gmail.com)



### Can Do Canines Open House Scheduled for March 25

Can Do Canines invites you to attend an open house on Saturday, March 25, from Noon to 2 p.m., at its Can Do Canines campus (9440 Science Center Drive, New Hope, Minnesota.). Potential clients, volunteers, or anyone who might be interested in supporting the organization are invited to attend to learn how an assistance dog changes the life of a person with a disability.



Through a self-guided tour, attendees will be able to watch a trainer working with an assistance dog, hear from a volunteer puppy raiser, talk with volunteer staff members, pose questions to client services coordinators about the application process, and meet graduate teams from each of the five types of areas Can Do Canines trains dogs: hearing, mobility, seizure, diabetes and childhood autism. The assistance dog demonstrations will be held at 12:30, 1:00, and 1:30, and the puppy raiser will speak at 12:15, 12:45, and 1:15.

There is no pre-registration for this event, though attendees will be asked to share some contact information when arriving.

More information about Can Do Canines is at [www.candocanines.org](http://www.candocanines.org).



**Can Do Canines** will be hosting its annual Fetching Ball Gala on Saturday, February 25, 2023. This year's event will be held at the Radisson Blu Mall of America, with KARE 11 Reporter/Anchor Rena Sarigianopoulos serving as the Master of Ceremonies.

We invite you to join us for this evening that celebrates the amazing teams of Can Do Canines. Enjoy dinner, inspiring stories, games, and silent and live auctions – all benefitting the organization. See [candocanines.org/fetchingball](http://candocanines.org/fetchingball) for more information and to purchase tickets.



## Kaiya and Fargo



It's easy to understand why Kaiya had an instant connection with her 3-year-old Mobility and Seizure Assist Dog, Fargo.

Both have a strong work ethic, a steady demeanor, and a creative spirit. As an artist, Kaiya uses a steady hand to create intricate body art with henna. As a hard-working yellow Labrador Retriever, Fargo is always close at hand to support Kaiya in countless—and often playful—ways.

Kaiya has Postural Orthostatic Tachycardia Syndrome (POTS), a disorder of the autonomic nervous system that affects blood pressure, heart rate, and electrolyte balance. Kaiya's symptoms include dizziness upon rising or standing, intense fatigue, and chronic pain. She also has separate but related challenges with gastroparesis seizures.

"My symptoms can vary widely from day to day," Kaiya explains. "Some days I'm okay. Other days, it's hard to do basic tasks without the risk of falling, passing out, or having a seizure."

Despite so many unpredictable issues affecting her mobility, Kaiya was reluctant at first to consider an assistance dog, wondering if she was qualified. But her family knew Can Do Canines Executive Director Jeff Johnson through their church, and he encouraged her to attend an informational session. Kaiya was so inspired by what she learned, she filled out an application on the spot.

Meanwhile, Fargo was in training, showing aptitude in mobility and seizure assistance. When Kaiya was onsite for an evaluation, the staff brought in a couple of dogs for her to meet. "They warned me Fargo might be aloof, but he came right up to me. Our connection was immediate," she beams.

Soon after, Kaiya and Fargo began training together as a team, both at the facility and on field trips to Target. In late May (with help from Can Do Canines Client Services Coordinator Jenny), Fargo moved in with Kaiya's family, which includes Kaiya, her mom and dad, a college-aged brother, two cats, and a dog named Muffin. "Jenny facilitated the move and made everything so easy for my family—even Muffin," says Kaiya, who had worried how the two dogs would get along.

Fargo got right to work. Using a rope, he pulls Kaiya up from a lying or sitting position, which helps her conserve energy and manage fatigue. He also gathers items from the floor (so Kaiya doesn't have to bend over and risk a fall) and retrieves her water bottle (so she stays hydrated). When Kaiya experiences the early signs of a seizure, Fargo lies across her body to calm her nerves, and then nudges her neck and shoulders to wake her up. Before Fargo, it would take hours to recover after an episode, but with his help, she can get back to normal much faster. When he's not working, Fargo likes to suck on a soft toy or play in the yard with Muffin. He is also a deep sleeper, often barking in his dreams.

Kaiya is full of gratitude to the entire Can Do Canines community. "Because of Fargo, I have more time and energy to do things I love," she says. "My life feels brighter because of all the new experiences that Fargo makes possible." Such is the strong bond between the body artist and her loyal assistant.





## ENVIRONMENTAL NEWS...

*Lion Judie Zaske*

**E-waste recycling** is the process of extracting valuable materials after shredding the e-waste into tiny pieces that could be reused in a new electronic appliance. But a number of current challenges is preventing the electronic recycling industry from scaling up.

Electronic waste or e-waste refers to discarded electric appliances. Each year, about 50 to 60 million tons of e-waste are generated, equivalent to only 2-3% annual global waste. Yet, the damage that this amount of waste poses to our health and the environment may exceed the destructive power of all other wastes combined. Since e-waste contains toxic materials, such as lead, cadmium, and beryllium, once it is exposed to strong UV radiation or corrodes due to any other physical or chemical reasons, toxic materials could be released into the atmosphere, infiltrate the soil, and flow into the water bodies nearby, affecting public health.

This should prompt people not to throw e-waste into rubbish bins; but rather check out if any governmental or private organizations offer services, sometimes free of charge, to collect e-waste from your homes. This includes large electronic devices such as air conditioners, refrigerators, and televisions. Often, these organizations or enterprises ensure the valuable parts of your e-waste are extracted for potential second uses, and harmful materials are separated before disposing the rest to landfills.

E-waste recycling has all sorts of benefits in addition to the protection of human health and the environment. Most of the materials that make up our computers and smartphones are derived from non-renewable minerals; recycling these materials can prevent the supply of consumer goods that become inevitable in our lives from being suspended until substitutions are discovered. Although in certain cases, the non-renewable resources are not necessarily rare, the recycling of non-renewable but common minerals still has economic benefits.

E-waste recycling is much more complicated than conventional waste recycling. Typically, the first step of the recycling process is manual sorting. Once e-waste is collected and transported to the recycling facilities, workers sort the e-waste into categories according to their types and models. All electronic devices will be examined, and of which the parts that are still functional will be extracted to be reused; they can either be sold as individual parts or be combined to form a new phone or computer. The e-waste left behind that is not functional will be sent to recycling processing.

Here, e-waste is thrown into an enormous machine and is shredded into tiny pieces, but before that, it must first go through a process called de-manufacturing, which refers to the action of disassembling a product into components. This procedure is to remove all the potentially hazardous materials in electronic devices that will destroy the machine or contaminate the environment once disposed into landfills. For example, the toner that can be found in a photocopier is extremely flammable and explosive, and is certainly capable of blowing up the processing equipment if it gets shredded, given that so many things can act as fuel sources, such as plastic. This process is of utmost importance and must be performed by skillful workers.

Once waste is shredded, metals, the valuable parts that make the e-waste recycling a profitable industry, will be separated. A giant magnet will first attract all the ferromagnetic materials, like iron and steel, that have high susceptibilities to magnetization. Then, further mechanical processing separates other metals and alloys. The waste is further separated with water. At this stage, almost everything leftover are non-magnetic materials; they will go through another machine filled with water, where materials with a low relative density, mostly plastic, will flow, while other materials, like glass, will sink. Finally, before recycled materials are sold, is to check if there are any remaining valuable materials stuck to the plastic.

Many electronic devices today are not designed to be recycled. Smartphones are becoming lighter and slimmer, and their batteries are no longer removable, making recycling much more difficult and labor-intensive. Manual sorting requires workers to be constantly exposed to toxic substances, albeit at a low level, over a long period, while these difficult-to-recycle electronic devices require facilities to constantly upgrade their machines to keep up with the changing technology, lowering the incentive for businesses to recycle e-waste that is already difficult to disassemble. Another problem the recycling industry is dealing with is that, currently, only 10 out of 60 chemical elements present in e-waste can be recycled through mechanical processing: gold, silver, platinum, cobalt, tin, copper, iron, aluminum, and lead.

Recycling e-waste not only prevents toxic substances from entering our bodies and into the environment, but the process also reduces the harmful environmental impacts created by the extraction and mining of virgin materials. Yet, many problems still need to be conquered before the industry can reach its full potential including electronic producers and manufacturers designing more recycling-friendly products and further research on mechanical processing in the recycling of the rest of the chemical elements.



## BRINGING NEWS FROM AROUND THE DISTRICT



From the **Montrose Lions Club**.....

Congratulations to Lions Marlette Babatz and Judy Salonek



Lea Ramthun for receiving the Melvin Jones Fellowship Award, to Lions Gerald Ramthun and Marlene Ramthun for the Progressive Melvin Jones Fellowship Award,



Lions Billy Babatz, Joan Bauernschmitt, Burt Ramthun and Roger Vanderlinde for receiving the Helen Keller Award



Lion Judy Wood for receiving the Sight Saver Award.

**Annandale Lions Club.** January continues to be a fulfilling month for our club. Although we haven't had any events this month, we did present our single largest check to our school district totaling over \$70k. Most of the funds will be used to support the building of an accessible playground this summer. Our lions club helped build the previous playground nearly 25 years ago and it's seen better days so when approached by the school to collaborate on an accessible playground with rubber flooring we were eager to participate. Other funds will be used for scholarships, robotics, youth first and a mental health symposium. There were many other very deserving groups including a District 5m7 favorite of ours being True Friends, located right here in Annandale. Another exciting year ahead for our Annandale Lions Club!

The **Elk River Lions Club** is teaming up with the newly chartered Zimmerman Area Lions Club for a Cheers themed hospitality room at the 5M7 Midwinter Convention. Also Elk River is providing the tent for United We Shiver on Big Lake, Saturday February 4th. Come out and jump in the lake or just support a favorite local charity. Last year's Shiver raised about \$40,000 for local community causes.



**UNITED WE SHIVER**  
Freezing for a Cause



Sherburne County Area  
United Way

SATURDAY  
FEBRUARY 4, 2023  
Lakeside Park  
Big Lake, MN



**12:00 Family Festival**  
Family fun including sleigh rides, face painting, hot cocoa, sled bowling, a scavenger hunt, and more!  
**12:00 Shiver Bowling Tournament**  
Teams of two bowl down ice bowling lanes to score points. Cash prizes for the top two teams.  
**2:00 Plunge**  
Volunteers jump into icy Big Lake to raise funds and visibility for their favorite non-profit organizations.  
**3:00 After Party**  
The best BBQ teams in the area compete with a public tasting for cash prizes and the People's Choice Award.

Event Emcee  
Paul "PT" Thomas



For more information:  
info@sherburneunitedway.org | www.sherburneunitedway.org



Pictured are **Forest Lake Lions** Paul Rignell, Bette Geyer, Rick Bahnemann and Bethann Kramer serving dinner at the Ronald McDonald House. In addition to that, the Forest Lake Lions are sponsoring a team, the Leaping Lions, in the Forest Lake Rotary Winter Plunge coming February 18, with funds designated to support Special Olympics. Anyone from the club or district wishing to join the jumpers or sponsor the jumpers may visit this link: <https://secure.frontstream.com/rotary-winter-plunge-2023/team/992718>

## MORE NEWS....

### THE Montrose Lions Club



Is Hosting an  
**Pancake/French Toast Breakfast**

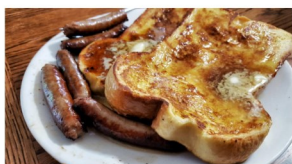
**Sunday, Feb. 12, 2023**

8:30 am—12 noon at the  
Montrose Community Center  
200 Center Ave. So.

Proceeds will go towards Community Projects

\$8.00 ages 12 and up

\$6.00 ages 5-11 and free ages 4 and under



**Breakfast includes:**  
all you can eat  
**Pancakes and French toast only,**  
with  
**Eggs, Sausage, Fruit cup**  
and a beverage

**UPDATE: DATE FOR SWEETHEARTS BREAKFAST  
IS FEBRUARY 12TH. NOT 16TH.**

Sponsored By: Almelund Lions Club

## Sweet Heart's Pancake Breakfast



**February 16, 2023**

**8 a.m. - 12 p.m.**

**Shafer Township Hall**

1/4 mile west of Palmdale  
or 3-1/4 miles east of Almelund  
on highway 95

**\$8 per person**

Used eyeglasses & hearing aids will be collected at this and all Lion's Club Activities

## CLEAR LAKE LIONS FISH FRY



**Three Piece Fish Dinner & Fixings!**

**FRIDAY FEBRUARY 24th** and

**FRIDAY MARCH 10th**

**Adults \$15.00, Kids 10 and under \$7.00,**

**Kids 3 and under FREE!**

**St. Marcus Parish Hall, Clear Lake, MN**

**Serving from 4:30 - 7:30 pm**



**Cedar- East Bethel Lions** 2022 a year in review. Our Lions family accomplished a lot of great things in 2022!! On a monthly basis we helped process over 400 tons of recyclables at the East Bethel Recycling Center. We also helped bag food every month at the local food shelf. Nace is currently serving an average of 35-40 families a day!!! We also donate \$150 a month to each of the three elementary schools that the little residents of East Bethel attend! East Bethel Elementary, Cedar Creek Community, and the Linwood elementary. Besides our commitments to Lions projects. We have made donations to Cars for Neighbors. An Anoka County program to help residents with car repairs. The Anoka County 4H program. The local East Bethel girl scouts chapter. East Bethel Booster Day. We donate to the St. Francis High School all night party. We give out two scholarships. One to the St. Francis High School and one to the Forest Lake High School. We have helped with fundraisers at the East Bethel Ice Arena. We help sponsor the East Bethel Bandits. The local town baseball team. We cook and give out free hot dogs at the East Bethel Fire Department Open House!! We have numerous gatherings and fellowship events through the year. Such as our Annual Lions family fish fry. Which has about 200 people this year. Our Annual Seniors Christmas dinner. We donated and served 125 meals this year. We also collected and donated Christmas gifts to 13 local families with a total of 44 people this Christmas!!!





**Now Hiring!**  
Summer 2023  
Jobs and Internships

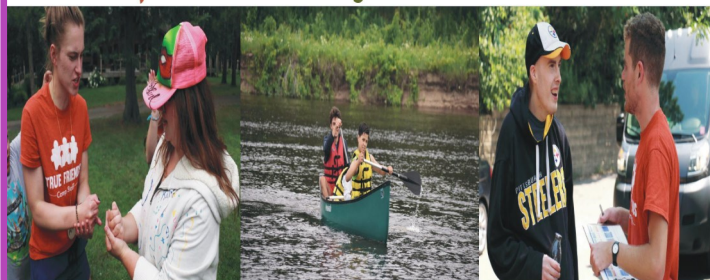
## Who works at Camp?



Great Storytellers

Caregivers

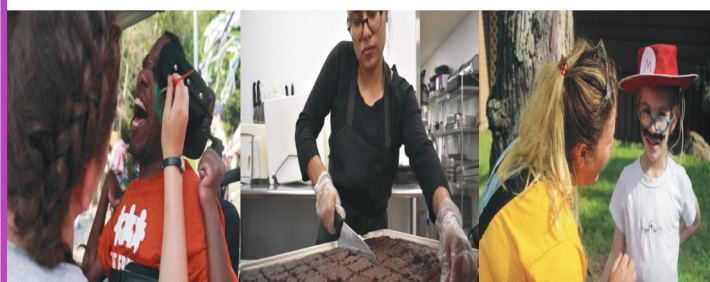
Healthcare Heroes



Problem Solvers

Adventure Seekers

Leaders



Creatives

Hospitality Pros

Communicators



Positions Available:

Cabin Counselors  
Activities Counselors  
Camp Nursing Assistants

Benefits

Meals | Housing | Staff Trips  
Life-changing summer job experience

Apply now at [www.truefriends.org/jobs](http://www.truefriends.org/jobs)



ARTICLES ARE DUE  
THE 25TH OF EACH  
MONTH UNLESS NOT-  
ED OTHERWISE.



Our Mission:  
Connecting, empowering and transforming kids with Type 1 Diabetes.

# WISH LIST!

Dear Lions of District 5M7 as 2023 starts Camp Sweet Life Adventures, Inc. says thanks to all the Lion's Clubs for continued support or our programs for kids affected by Type 1 Diabetes.

Camp Sweet Life has put together a short "wish list" (a list of possible items or monetary donations your Lions Club could make directly to Camp Sweet Life).

Here are a few items we ask you to consider making a tax-deductible donation towards (note: we can always mold a donation amount or program/event to fit your Lions Club).

Camp Sweet Life is a 501c3 non-profit and charitable donations through gambling funds

Wish List Items:

- A. Sponsor a Cabin - \$150 - your Lions Club name put on Cabin for Camp 2023!
- B. Sponsor a Camper - \$400 (includes all program, medical, meals)!
- C. Sponsor a Golf Cart - \$500 per cart for the week of Camp (need 6)
- D. Juice Boxes - \$1,000 (a necessary ER staple needed at Camp for lows)
- E. Program - \$2,000 - be a signature sponsor for our feature program - T1D Ninja Warrior Katie Bone!

Make Donation today: make your check to Camp Sweet Life and mail to:  
Camp Sweet Life Adventures, Inc  
26486 Sioux Trail  
Madison Lake, MN 56063

Can we visit your club? Contact Rene' Maes Jr. (Lion Rene') at:  
[Rene.Maes@campsweetlife.org](mailto:Rene.Maes@campsweetlife.org) or 507-995-6910cell

Camp Sweet Life Adventures, Inc. | 26486 Sioux Trail, Madison Lake MN 56063

Email: [info@campsweetlife.org](mailto:info@campsweetlife.org) | Website: [campsweetlife.org](http://campsweetlife.org)

Camp Sweet Life Adventures, Inc. is a 501(c)(3) non-profit organization.





# 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

### 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](http://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](http://www.5m7.org). Click on the convention tab to find the links. 

### 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](http://www.5m7.org) website. You will find the online registration form and also the printable registration form there.

Lion Judy Herrala: [JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)



### USA-Canada Forum:

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

Website:

[www.lionsforum.org](http://www.lionsforum.org)

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



Complete 1 form per attendee

May 5-7, 2023

**Holiday Inn & Suites  
St. Cloud, MN**

[www.lionsmd5m.org](http://www.lionsmd5m.org)

Registration Questions? contact Dennis Heinen  
320-491-3996

[heinende@centracare.com](mailto:heinende@centracare.com)

OR

Nikki Fisher, Visit Greater St. Cloud  
320-202-6712

[nikki@visitstcloud.com](mailto: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

Registration is included in any meal chosen below:

**Friday Night Social** **\$25.00 USD**

**Saturday Breakfast** **\$30.00 USD**

**Saturday Lunch** **\$35.00 USD**

**Saturday Banquet** **\$55.00 USD**

**Sunday Brunch** **\$30.00 USD**

#### 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