



*We Serve*

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

# The Gram

The latest news, views and announcements for District 5M7

## 2024—2025 5M7 Cabinet

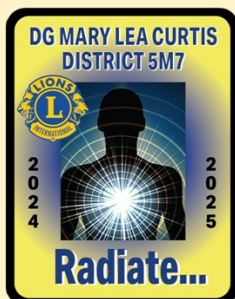
DG—Mary Lee Curtis  
1VDG—Deb Weston  
2VDG—Nancy Johnson  
Secretary—  
Treasurer— Theresa Goff  
PDG—Peter Lendway

### Zone Chairs

Zone 1: Josh Gunderson  
Zone 2: Glen Nemic  
Zone 3: Etic Kronenberg  
Zone 4:Kevin Beatles  
Zone 5: Steve Asplund  
Zone6: Pete Yelle  
Zone7:  
Zone 8: Jeff Allen  
Zone 9: Bob Olson

### Inside this Issue

DG Message  
1 VP Message  
2VP Message  
MD5M Multiple District Convention  
Mid Winter Convention  
Team Sheehan Foundation  
District News



Radiate...and make your mark

Greetings fellow Lions and Leos,

Welcome back to the Gram! It has been greatly missed. Thank you, Elk River Lion Dianne Peters, for stepping into the role of Gram Editor. We were unable to recover the old email and files, please start using [5m7editor@gmail](mailto:5m7editor@gmail.com) to submit article submissions. This newsletter is being sent to the Club President, Secretary, Zone Chairs and Cabinet members. Please pass this to your club members. If anyone else would like to receive a copy, please send your email information to our editor.

This is a lesson for all of us to make sure we have more than one person with accessibility to our accounts. If your club loses someone in a leadership role, can you access their records? How cumbersome will it be to replace them and get back on track? Please take the time to review your records and make sure you have a backup plan.

Lions are all about Service as well as fun and teamwork. I am excited to see the number of clubs that are starting to work in partnership, and they are definitely having fun working together. I had the privilege of making care kits for homeless youth with Blaine Central, Fridley and Spring Lake Park on their Day of Service. I joined Hanover, Albertville and Saint Micheal as they served a Christmas dinner to their area Senior Citizens. We recently had two emergency requests for handicap ramps. Thanks to the clubs that came together to make this happen – both financially and with physical labor! (Chisago Lakes, Ham Lake, Wyoming, Cedar East Bethel, Forest Lake, Rush City, Cambridge, Elk River, Spring Lake Park – that’s a lot of coordination! Thank you.) Becker has partnered with Duelm (their neighbors to the north in 5M8) to serve those who serve their communities. I’m sure there are more and I’m sorry I couldn’t include everyone. May I suggest an article in the Gram to tell everyone about your fun service events. You can tell your stories better than me!

Continued on page 2

Speaking of a refresh, our Bylaws have not been updated since 2016. The Bylaws committee did a fantastic job reviewing and updating the document. The District Cabinet has reviewed and approved the proposed changes. Delegates at Midwinter Convention will vote to adopt the proposed changes. The proposed document has been sent to the leadership of each club. If you are going to be a delegate, please review the document to familiarize yourself with the changes. Feel free to contact us with any questions.

Each club is entitled to one delegate per ten club members at Midwinter Convention. Make sure your club membership is updated in the Lions Portal by years end. This list is not only used to determine your delegate count, but the dues owed to Lions International, the multiple and district. Watch for these in January.



I am extremely pleased to announce our International guests at Midwinter Convention this year will be International Director David Wineman and his wife Lion Lindy. They are from Sebewaing, Michigan. Please introduce yourself to them. They enjoy visiting with fellow Lions, learning about them and their Lion service stories. He is passionate about servant leadership and public speaking. He has a business background in Information Technology. I look forward to getting to know him better and hearing his message.

I wish everyone a blessed Christmas and New Year! I can't wait to see you and have some FUN in St. Cloud at the Midwinter Convention!

Governor Mary

## Happy Holidays Lions and Leos!

"Tis the season" to be jolly and I feel especially jolly and fortunate! I've had the opportunity to take two incredible trips that were life-changing.

On November 9<sup>th</sup> I left for Guatemala City to join 24 Lions from Minnesota and Wisconsin who volunteered for the Minnesota Lions Missions trip. Our mission site was Santa Lucia Milpas Altas in the Sacatepéquez region of Guatemala. The New Century Lions of Guatemala City and Lions from Antigua and San Lucas were our hosts and helped us with all the arrangements. They did an incredible job handling the local logistics and meeting our every need. They were amazing!

We provided nearly 1800 children and adults with glasses over a 4-day period. The impact that a simple pair of glasses can have in changing a life is immeasurable. In addition to the vision screening, the local Lions performed diabetes and hypertension screenings. Our Dr. Jim Molde and two Guatemalan optometrists screened patients for more severe vision problems and started a referral network for a cataract surgery team who will come in May of 2025.

On Friday afternoon, November 15, we returned to Guatemala City where the New Century Lions treated us to a farewell dinner and closing ceremony. It was a very successful mission, so much so that we have already been invited to return next year. This is the second mission trip I've been on and I can't wait to go back next year. For me, these mission trips are life-changing. If you would like to participate in a mission trip please reach out to me. I'd love for you to join our team of volunteers.

On Saturday, August 24<sup>th</sup>, I had the privilege of visiting the Leader Dogs for the Blind Campus in Rochester Hills, Michigan. Me and over eighty 1<sup>st</sup> Vice District Governors were in attendance. Annually, Leader Dogs invites 1VDGs to visit this incredible organization that is life-changing and life-saving. Their mission is to empower people who are blind or visually impaired with lifelong skills for safe and independent daily travel.

I had the opportunity to tour the campus and experienced what it was like to be blind. On several occasions we were blindfolded and experienced walking with a human guide, walking with a white cane and being led by a guide dog. We also had dinner in the dark! Needless to say, I didn't eat very much at dinner. When I removed my blindfold, a good portion of my meal was on the table!

At dinner, Timothy Cuneio and his leader dog, Glacier joined us. Timothy shared his story and had us in tears. He was diagnosed with retinitis pigmentosa when he was 12 years old and over time his vision continued to deteriorate. In 2018 he lost his job and wasn't able to get employment and felt his life was over. He was extremely depressed and considered suicide. Fortunately, he heard about Leader Dogs

and completed the Orientation, Mobility and Guide Dog programs and received his amazing dog, Glacier. Leader Dogs saved his life. Timothy is now a co-host of Leader Dogs Taking the Lead podcast and a Leader Dog Ambassador traveling across the country sharing his story.

After visiting Leader Dogs and learning that they provide all their services including transportation, mobility training and a guide dog **free** to individuals that are blind or visually impaired, I will definitely be a Leader Dogs Ambassador! I encourage you and your club to support this vital organization.

I wish you and yours a very happy holiday season and I look forward to seeing you at our Mid-Winter Convention, January 24-26 at the Kelly Inn, St. Cloud.

Yours in Service—1VDG Deb Weston



Lion Timothy and his dog Glacier, 1st VDG Deb and her fellow 1st VDG from MD5M

## Greetings fellow Lions and Leos!

Here's hoping everyone had a wonderful holiday season! So much has been going on since our last gram went out. August and September were full of club festivals, getting kids back to school and getting ready for cold weather. I have been very fortunate to be meeting so many Lions through our Governor visits. Thank you to everyone for making me feel so welcome. It's fun to see how each club has their own way of doing things, working out solutions and working together.

I attended my first USA/Canada Forum in Louisville, KY. If you have never been to a forum, you need to make plans to do so. This was one of the best Lion experiences, I've ever had. The forum courses were so informative and reinforced the passion of Lionism.

I am also serving with our Global Service Team. My mission is to get the clubs accustomed to recording their service in the Lions Portal. Were you aware that you can enter your club meetings as service projects? Most clubs do take the time during meetings to discuss their upcoming events and service projects. As our motto states "We Serve", let's let everyone know just how much you do! If you need any help with doing these reports, please let me know. We will get it taken care of.

Global Service Team (GST) information. To help inspire you for club projects, the GST has created a Service of the Month list. This should not change your existing plans for projects. Be sure to report all your service projects at the end of the month.

- **January: LCIF/Disaster Relief**
- **February: Childhood Cancer**
- **March: Humanitarian**
- **April: Environment**
- **May: Hunger**



Service projects are a great way to include people of all ages, this is the perfect time to ask for volunteers from the community, who may be interested in joining your club. We need to work hard to bridge that gap while we build our clubs!

Here's to Radiating and Making your Mark!

2VDG Nancy Johnson

## Convention News from PDG Mark Landwehr

Hello fellow Lions of the great 5M7. A group of us have been planning two conventions this past year. Why do Lion members go to conventions you might ask. The fellowship? To hear good speakers? Maybe to learn more about the foundations we support. You can get good fellowship at your church. You can hear good speakers at a lot of different settings and you can learn more about our foundations by visiting their headquarters. But, you can get all of this in one weekend by attending one of our conventions.

The 5M7 convention is happening the weekend of January 24th- the 26th, at the Best Western Kelly Inn in Saint Cloud . If you haven't registered yet please go to the 5M7 website to register. The meal package goes up on the 25th. We have a fun convention planned, come and share it with us.

You have been very generous in the past in what your clubs have given to the LCIF foundation at our Parade of Green. Please continue to do so and if you can, give 10 percent more than your contribution was last year. This foundation is one of the largest humanitarian supporters of people in disaster areas in the world. We can be proud of that. Thank you for all that you do.

We also have our MD5M convention on the 25th-27th of April of 2025. I will have more information on this convention in the next gram. Please purchase raffle tickets for this event if you haven't as of yet.



# Calling All Leos!

## 5M7 Mid-Winter Convention

Friday, January 24, 2025

8:00am-8:00pm

Best Western Kelly Inn St. Cloud

Transportation provided- Free to attend

Time	Activity
8:00am	Bus Arrives at HS- Sites TBD
10:00am-10:15am	Bus Arrives/ Check in at Hotel- Icebreaker Name tags- Schedule of day
10:15am-11:15am	Meeting with ID- Lions/leadership Questions
11:15am-11:30am	Break
11:30am- 1:00pm	Leader Dog Presentation Test drive your eyes "Lunch in the Dark" Experience
1:00pm-1:15pm	Break
1:15p- 1:30p	FLag Ceremony Rehearsal
1:15pm-2:30pm	Leadership Track- Working with Teams
2:30pm-2:45pm	Break
2:45pm-3:45pm	Service Project
3:45pm	Depart Hotel for Blacklight Adventures
4:00 pm-6:00 pm	Black Light Adventures Blacklight Mini Golf Escape Room/Adventure Room Pizza (Dinner)
6:05pm	Depart from Blacklight back to Hotel
6:30p-7:30p	Opening Ceremony- Hotel with Lions
7:45 pm	Bus Depart for HS

**Sign up to attend by Friday, December 20, 2024**  
**Use the QR code**



Questions: Stefanie Nelson stefanieenelson@gmail.com 612-298-1523



# Ignite the Lions Pride Multiple District Convention April 25-27, 2025



[5m7lions@gmail.com](mailto:5m7lions@gmail.com)

Greetings!

Lion leaders from across Minnesota, Northwest Ontario and Manitoba will be holding a big Convention, April 25 – 27, 2025 at the Hilton Minneapolis – St. Paul Airport in Bloomington. This event brings together between 300 and 400 Lions who will spend 3 days focused on increasing and strengthening leadership. We will explore opportunities for service, hear from inspirational speakers, build knowledge, visit with Lions charitable foundations, share our experiences and learn new ways to make a difference for a whole lot of people locally and across the world.

The convention team is filled with enthusiasm and invites you to join us as we plan this event. Your support will directly contribute to the success of our convention. It's a great way to show you care and at the same time market your organization to the 300 - 400 Lions who will be in attendance.

We have several levels of support available:

**Gold Sponsor—\$500 contribution**

Full page ad in convention booklet Name + logo listed in sponsor honor roll + event signage

**Silver Sponsor - \$250 contribution**

½ page ad in convention booklet Name + logo listed in sponsor honor roll

**Bronze Sponsor—\$100 contribution**

¼ page ad in convention booklet Name listed in sponsor honor roll

Organizing such an event comes with its challenges, especially when it comes to covering the costs associated with rentals, printing, presenters and other learning materials. That's where your support can make a world of difference.

Being a Lion means knowing that kindness matters. We believe in changing the world by serving the needs of our local communities. More than 1.3 million Lions around the world respond to local and global challenges with kindness and care.

I would be glad to follow up with details, next steps and to answer questions about Lions and opportunities available through this convention.

Thank you for your consideration and support,

5M7 Lions Convention Planning Committee



THE LIONS PRIDE

105th - MD5M Multiple Convention  
April 25-27, 2025  
Hilton Minneapolis-St. Paul Airport  
2025 MD5M Registration Form  
(Please Print)



Lion  Leo  Guest

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ Prov/State Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Title: \_\_\_\_\_ District: \_\_\_\_\_

Club: \_\_\_\_\_

Check if this is your 1st Multiple Convention

Please specify dietary needs:

Vegetarian  Gluten Free Other: \_\_\_\_\_

I am attending the convention but **NO MEALS** are required,  
\$0.00 cost to attend.

Lion  Leo  Guest

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ Prov/State Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Title: \_\_\_\_\_ District: \_\_\_\_\_

Club: \_\_\_\_\_

Check if this is your 1st Multiple Convention

Please specify dietary needs:

Vegetarian  Gluten Free Other: \_\_\_\_\_

I am attending the convention but **NO MEALS** are required,  
\$0.00 cost to attend.

	Cost Prior to March 1, 2025		Cost after March 1, 2025		\$ Amount
<b>Full Hospitality Book: (Hospitality book includes convention and all meals)</b>	\$192.00 USD	\$261.00 CDN	\$220.00 USD	\$304.00 CDN	_____
<b>Separate Meals: (Do not select if you have purchased a hospitality book)</b>					
Friday Night Social	\$23.00 USD	\$32.00 CDN	\$27.00 USD	\$37.00 CDN	_____
Saturday Breakfast	\$32.00 USD	\$44.00 CDN	\$37.00 USD	\$51.00 CDN	_____
Saturday Lunch	\$46.00 USD	\$62.00 CDN	\$53.00 USD	\$73.00CDN	_____
Saturday Banquet	\$78.00 USD	\$106.00 CDN	\$90.00 USD	\$124.00 CDN	_____
Sunday Brunch	\$39.00 USD	\$53.00 CDN	\$45.00 USD	\$62.00 CDN	_____
Total \$ Amount if separate meals chosen:					_____

- No meals available after April 1, 2025.
- Make Checks payable to: 5m7 Lions
- Mail registrations to: **MD5M Convention c/o Judy Herrala, 222730 Waco Street, NW, St. Francis, MN 55070** –OR– you may register online: <https://sites.google.com/view/md5mmultipleconvention?usp=sharing>

**HOTEL INFORMATION: Hilton Minneapolis-St Paul Airport, 3800 American Blvd East, Bloomington, MN 55425**  
Call (952) 854-2100 to book your room reservation. Ask for the "Lions 2025 Convention" rate.  
Room rates are \$119.00 per night plus taxes and fees. Room reservation cut-off is April 1, 2025.

FOR MORE INFORMATION contact: Registration Committee Lion Orville Lindquist at (612) 850-8132—OR—email at [orville.lindquist@gmail.com](mailto:orville.lindquist@gmail.com) or PDG Judy Herrala at 1-763-753-6962—OR—Email at [JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)

## ADVERTISING IN THE CONVENTION BOOKLET

ALL ADS ARE **FULL COLOR**

Hundreds of Lions in attendance, representing the nearly 20,000 Lions across Minnesota, Manitoba and Northwest Ontario.

Lions are leaders in the community, providing important volunteer and financial support to a multitude of programs and services. They have strong ties and support with businesses, schools, youth programs, healthcare institutions, and local governments.

This is your way to become a part of the greatest service organization in the world - Lions Clubs International.

Already a Lion? Advertising in the convention booklet is also a great way to thank and recognize others - friends, your Club, District leaders and more.

<b>Inside Front Cover - Full Page</b>	8½" x 7"	<b>\$750</b>
<b>Inside Back Cover - Full Page</b>	8½" x 7"	<b>\$750</b>
<b>Outside Back Cover - Full Page</b>	8½" x 7"	<b>\$1,000</b>
<b>Gold Sponsor - Full Page</b>	8½" x 7"	<b>\$500</b>
<b>Silver Sponsor - Half Page</b>	4¼" x 7"	<b>\$250</b>
<b>Bronze Sponsor - Quarter Page</b>	4¼" x 3½"	<b>\$100</b>
<b>Business Card</b>	2" x 3½"	<b>\$ 75</b>

Please send all ad copy formatted as JPEG, PNG, TIFF, PDF as email attachment to:

[orville.lindquist@gmail.com](mailto:orville.lindquist@gmail.com)

Make checks payable to **"LIONS CONVENTION"** and mail to the address below.

Orville Lindquist  
9537 Jackson Street NE  
Blaine, MN 55434

## Thank you for your support!





# Ignite the Lions Pride MD5M Multiple District Convention April 25-27, 2025



## **TABLE SPONSORSHIP**

Sponsors would have the opportunity to secure a table dedication in their honor for each of the meals. Sponsors can be individuals, clubs, districts, foundations, businesses, or other entities. Sponsors would have exposure to all attendees at all the meals.

### **Four meals at the MD5M 2025 Convention:**

- Saturday Breakfast
- Saturday Lunch
- Saturday Banquet
- Sunday Brunch

### **Terms of sponsorship:**

Tent cards or signs would be placed at the table indicating the sponsorship.

Sponsorship would be for all four meals at the convention.

Sponsors wishing to use a logo would provide a suitable digital file for use in the creation of the tent cards/signs.

Sponsors will also be listed on the sponsors' page in the convention booklet.

Sponsorship cost is \$250.00US.

### **Table Sponsorship registration:**

Name:

---

Address:

---

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Postal/Zip Code:

---

Make checks payable to "5M7 Lions" and mail order form and check to the address listed below:

**MD5M Convention  
c/o Judy Herralá  
222730 Waco Street NW  
St. Francis, MN 55070**

## MD5M Convention Fundraiser

Come help support the efforts of District 5M7 to host the MD5M 2025 Convention by purchasing raffle tickets. The tickets are only **\$10** each and there are **three (3)** cash prizes to win.

### Prizes:

**1<sup>st</sup> Place - \$1,000.00US**

**2<sup>nd</sup> Place - \$500.00US**

**3<sup>rd</sup> Place - \$250.00US**

There are a total of **1,500** tickets for the raffle and you need not be present to win. The drawing of the winning tickets will be held at the **5M7 2025 Midwinter convention** at **1:00 PM** on **Saturday, January 25<sup>th</sup>, 2025**. You must be **18** years or older to purchase a ticket or to win a prize. Winners are responsible for all applicable fees or taxes. The MD5M 2025 Convention committee wishes to thank the Nowthen Lions Club for sponsoring the raffle.

NAME	
ADDRESS	
CITY	
STATE, ZIP	
PHONE/EMAIL	<b>NO. 0001</b>

---

**MD5M Convention Raffle**  
sponsored by the Nowthen Lions Club

**Best Western Plus - Kelly Inn**  
100-4th Avenue South  
St. Cloud, MN 56301

**January 25, 2025 - 1:00 PM**  
Permit# X-92233-25-019

**PRIZES**

- 1.) \$1000.00 Cash**
- 2.) \$500.00 Cash**
- 3.) \$250.00 Cash**

Need not be present to win.  
Must be 18 years or older to purchase ticket  
or win a prize.  
Winner responsible for applicable fees or taxes

**\$10.00**                      **NO. 0001**





## WELCOME OUR NEW FOUNDATION DIRECTOR

Lion Beth Holmquist, Ramsey Lions Club, has graciously accepted the position of 5M7 Lions KidSight MD5M director. Lion Beth and myself are looking forward to working with all the clubs these next few years with your KidSight vision screening events!

## STATE FAIR STATUS

Our Lions KidSight State Fair Director Dennis Kelly sent this message:

Good morning, Lions and friends. Thank you all for your hard work and dedication that made this year's State Fair project a great success. You screened 3,158 kids for a new record in this the sixth year of this project. 325 were referred for evaluation by an eye care professional.

You should be proud that you were a part of changing their lives. I hope that you will consider volunteering again next year and spread the word we always need more help.

Out of the 3,158 kids, District 5M7 screened 451 children with 37 referrals!

## WHAT'S HAPPENING NOW?

We have been busy the first half of the year (July 1 to December 18, 2024). We have had 14 Lions Clubs screen a total of 5,210 children with 622 of them being referred to eye care professionals. Each district has been given a challenge to have at least 50% of their clubs actively screening kids. We are 12 clubs shy of this goal. Please contact us if you would like us to come and talk to your club or if you would like us to help do screenings at events you have. **WE REALLY WOULD LIKE TO MEET THIS CHALLENGE BUT NEED YOUR HELP!**

## CONTACT US

We would like to come to a club meeting and discuss how your club can get more involved. Just contact us by:

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

Call: Lion Deb Johnson at 612-810-2119

Lion Beth Holmquist at 763-234-4718



## Lions of the Greatest District in MD5M District 5M7

5M7 Midwinter Convention is a few days away, and I'm looking forward to seeing friends from the past and meeting new friends. Lion Ron and myself will be manning a table for Minnesota Lions Vision Foundation, I will have a few give aways so please stop by.

If you have eye glasses to drop off, my table will be ready after 4 PM Friday. The glasses will be picked up Sunday morning and transported to Pine City, Mn. Thank you for recycling used eyeglasses. Please no glass cases, broken metal and plastic frames are ok. I will also take old cell phones and you can bring used hearing aids too.

Please remember the Minnesota Lions Vision Foundation in your Year End Donations. Your support Lions Children's Eye Clinic, the Lions Eye Surgery Center, the MAC Center and many Ophthalmology Research efforts. Every Gift is APPRECIATED!

Please make sure that checks are made out to "Minnesota Lions Vision Foundation," which is a 501C3 entity. Gifts qualify you for a Helen Keller award. Thank you for being Knights Of The Blind!

Please stop by just to say HEY. See you at the 5M7 Midwinter Convention.

Thank You For All You Do!

PDG Steve Linder 612-382-2236      Lion Ron Tiernan 612-462-2651

Minnesota Lions Vision Foundation      Board of Directors, District 5M7



## Hearing Foundation News— New Hearing Screening Devices

The Minnesota Hearing Foundation is in the process of rolling out a new hearing screening program that will be available to all Lions clubs in the multiple.

The foundation has recently purchased one hearing screening devices for each of the 11 Lions district in our state. The devices are easy to use with purpose of helping to screen individuals who potentially have hearing deficiencies. The plan is to make at least two devices available to clubs who would like to offer hearing screening in their communities. Individual Lions clubs will have numerous opportunities to help screen for hearing in a variety of different formats. Some clubs may use the devices to help the schools screen students, other clubs may offer screening to different organizations in their communities, such as senior citizen groups, local service organizations, local business and their employees, or the screening may be built into various local Lions events.

Individual Lions clubs and some Districts have already decided to purchase additional devices to help service their local needs. Cost per machine is approximately \$2,000.

More information regarding this new program will be available at breakout sessions at our Mid Winter convention in January.

### Affordable Hearing Aid Program

Through the Minnesota Lions Hearing Foundation we are able to provide high-quality, low-cost hearing aids to individuals in need. Applicants must meet certain criteria in order to qualify

For more information, please visit our website on how to apply, eligibility, and requirements.

<https://www.5mhf.org/hearing-aid-program.html>

This program is partially funded by returning used hearing aids. Please place used hearing aids in your used eye glass boxes in your local communities. For more information contact Hearing Foundation Trustee for 5m7 Mike Benedetto—[mjbenedetto45@gmail.com](mailto:mjbenedetto45@gmail.com)



## MN Lions Diabetes Foundation



**THANK YOU** to all of our 5m7 clubs and individuals who generously support the MN Lions Diabetes Foundation (MLDF)! Every dollar counts to further our mission as lions for our foundation. Our mission states, **“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 preventive health activities.”**

Please remember MLDF when you are discussing your donations for the Parade of Green in your clubs. The MLDF is funded by donations like ours in partnership with other entities.

Our most recent foundation meeting took place on December 7<sup>th</sup> in St Cloud. It is there that our foundation voted to fund certain projects being done by our researchers who are working so hard to find a cure for diabetes. Our MN Lions Diabetes Foundation has chosen to fund a few projects which our researchers have proposed.

Survival of Pancreatic Islet Cells and Kidney Transplants without the need for drugs that suppress the recipient’s immune system. \$50,000

Control the Inflammatory immune cells that destroy the insulin producing cells causing type 1 Diabetes, leaving the remaining immune system to fight viruses, bacteria and cancer. \$75,000

Identify potential patients currently on human organ transplant lists who could benefit from future clinical trials of xenotransplantation of pig cells, tissue or organs for the treatment of Diabetes. \$75,000

This funding is a total of 200,000. MLDF is hoping to fund even more proposals from our researchers when we meet in the Spring.

When your club donates \$1,000.00, it becomes eligible to give a Dream Catcher Award. Your 5m7 trustees Lions Mike Edwards and Judy Herralala have records of the totals that each club has donated to the foundation. We can help you determine how much more your club needs to get to that \$1,000.00. Please ask us for your club donation totals.

We would like to share some SERVICE PROJECT ideas for diabetes that your club can very easily do.

Donate a diabetes magazine subscription or diabetes-related books to your local library.

Sponsor a child to attend a diabetes camp and/or supply a camp with needed supplies.

Post monthly notices on your club website and social media, sharing available community resources for people with or at risk of diabetes.

Organize a Strides: Lions for Diabetes Awareness event in your community.

Develop a list of patient resources and services and distribute them to Lions and the public.

Find a Diabetes educator to visit your local senior citizens group.

Hand out the Diabetes Risk Assessment to the public at your club events.

Ask your lions club members to take the Diabetes Risk Assessment.

The above are easy projects for diabetes to execute with your club in your community. Most people who have Type 2 Diabetes do not know it and we can increase the awareness of it.

**Lion Judy Herralala, 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)

## 5M7 YOUTH EXCHANGE REPORT

Submitted by: Lion Wendy Graves 5M7 Youth Exchange Chair 24-25



### Calling all Lions and Leos!

I would like to introduce myself; my name is Wendy Graves. My husband Joe and I have been hosting with Youth Exchange for many years and this year we joined the Grandy Lions. I accepted the Youth Exchange Chair position because I believe this is an incredible program and our family has really enjoyed getting to know all the youth we have hosted. 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.

Hosting youth need not be expensive to have fun! Some examples of free or nearly free activities we enjoy are...

- Como Zoo, St Paul
- Willow River State Park, Hudson WI
- Cascade Falls & then Ice Cream Parlour for cones, Osceola, WI
- Farmers Market, Minneapolis
- Jay Cooke State Park, Carlton
- Hmong Village, St Paul
- State of MN Capitol free tours, St Paul
- Banning State Park, Sandstone
- Fireworks, nearly anywhere around July 4<sup>th</sup>
- Stone Arch Bridge, Minneapolis
- Minneapolis Sculpture Garden, Minneapolis
- Minnehaha Falls, Minneapolis
- Minnesota Historical Center, Thursday nights are free, St Paul
- Central Park, check out summer concerts on event schedule, Maple Grove
- Feed My Starving Children volunteering events, multiple locations
- Canal Park, Enger Park, Lief Erikson Park and Park Point Recreational area, Duluth
- Check your community calendars as several communities have concerts in the park and they are usually free including Cambridge & Lindstrom
- Isanti has Street Dances, Main Street in Isanti

A few brief facts about Youth Exchange

- The youth generally arrive about July 1st and leave about July 31st
- They spend a week at Camp Spicer
- You do not have to have a partner or children in the home to host



## LITPC YOUTH SCHOLARSHIP INFORMATION



The Lions International Trading Pin Club (LITPC) has announced for the 2024 – 2025 school year that there will be **6 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 (2), Delaware (2), Georgia, Iowa, Louisiana, Michigan, Minnesota (4), New York (3), Ohio (6), Oklahoma (2), Pennsylvania (3) and Virginia (6). The 2025 recipients will be announced at the LITPC Annual Meeting in 2025.

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, 2025** to:

**Lions Bill & Marcia Guthrie, Scholarship Chairman    763-786-8072**

**9 101<sup>st</sup> Lane NW, Coon Rapids, MN 55448    [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”**

## TEAM SHEEHAN CHARITABLE FOUNDATION UPDATE DECEMBER 18, 2024

The mission of the TEAM Sheehan Charitable Foundation (501c3) is to empower MD5M Lions clubs to provide greater service by boosting their ability to complete community projects with matching grants.

The first two Matching Grants were awarded during the August 27th Board Meeting. A matching grant for \$1,875 awarded to the Princeton Lions Club in District 5M8 to assist the Club in purchasing a new commercial refrigerator for the Princeton Food Pantry. The grant for \$3,000 was awarded to the Sauk Rapids Lions Club in District 5M8 to help them commission a 6-foot Lion Sculpture to be placed in the Lions Sculpture Garden in Sauk Rapids.



Some clarifications have been made.

1. The Lions Club putting forth the grant application is required to contribute one half of the matching amount requested from the Club's own fundraising account. For example, if a Club is asking for a matching grant of \$3,000, the Club needs to contribute \$1,500 from their own fund.
2. When a grant application is not awarded during the quarter it was submitted, it will need to be resubmitted and updated for the next quarter for further consideration. It will not automatically carry over. There is no limit for how many times the application can be submitted
3. The grant checks will be mailed to the District Director whose club is being awarded the grant. A photograph of the completed project should be sent to the foundation.

In November, three grants were approved for second quarter. The TSCF supplied matching funds with the Kimball Lions for a device to enhance the vision of a young woman. The second grant went towards improving the Age Friendly Park in the Lamberton Lions area. The third grant helped purchase a splash pad for a park sponsored by the Buffalo Lions.

If your Club has a worthy project that needs some assistance, the TEAM Sheehan Charitable Foundation Grant application can be found at <https://:Team Sheehan Foundation>. During our December meeting, we discussed some upcoming updates for the website. The online grant application indicates the need to request the application from the District Board Member. Since it is online, there is no need to request it from me. However, the completed application should be emailed to me at [mortensentoni@gmail.com](mailto:mortensentoni@gmail.com). In addition, the (501c3) EIN 88-1542839 will be added to the website for donations.

Please let me know if you have any questions.

Lion Toni Mortensen  
Spring Lake Park Lions Club  
District 5M7 TEAM Sheehan Charitable Foundation Director



## From the Big Lake Lions Club

The Lions Club of Big Lake Lioness held their annual Shopping with Santa on Saturday, Dec 14th at the Big Lake Lions Park.. As usual the kids loved picking out gifts for their family. The Big Lake Ambassadors assisted our club with the event.



## Cokato Dassel News



The Cokato-Dassel Lions, with the generous help of the communities of Cokato and Dassel, collected and distributed gifts and clothing to over 100 Cokato area individuals. Gifts, clothing and funds were also donated to United Community Acon Partnership in Litchfield to serve Dassel area residents. We are thankful for the help provided by our collection sites and the work of the Dassel-Cokato National Honor Society. Businesses, community members, students, and faculty at the high school adopted many individuals from our list of requests. This project would not be successful without the support of local residents.



## Elk River Lions on the Move

The Elk River Lions have had a busy December. We held our Breakfast with Santa December 1st. At the event we collected non-perishable food items totaling 207 pounds that were donated to CAER. We volunteered for the Salvation Army by ringing bells at local grocery stores. We would like to wish our fellow Lions a Happy Holiday Season!



**The Forest Lake Lions Club** had a blast bell ringing for the Salvation Army this year. We were cold! But determined. We even brought some younger faces to our bell ringing bunch!



The Forest Lake Lions wanted to bring a little Christmas cheer to some of our community residents. We visited the Birchwood Senior Living facility and talked to the seniors there! We shared cookies, conversation, and carols and we brought Santa with us!! We all had a blast!!!



# News From The Andover Lions Club



Up-



## Coming Events:

### Bags Tournament:

Mark your calendars for February 15th, 2025! Join us for a fun-filled day at our annual Bags Tournament. It's a great opportunity to show off your skills and support our community.

### Recent Activities:

#### Special Olympics

**State Bowling Tournament:** A big shoutout to Lion Angie, Lion Brook, and Lion Steve for volunteering at the Special Olympics State Bowling Tournament. Your dedication and support made a significant impact on the athletes and the event.

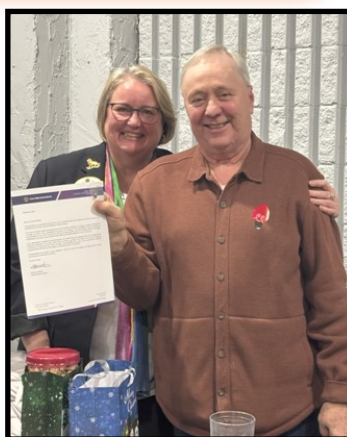
**Fundraiser by Bagging Groceries:** The Andover Lions and Andover Leo's teamed up for a successful fundraiser by bagging groceries. Thank you to everyone who participated and supported this initiative.

### Celebrations:

**Governor's Night/Christmas Party:** We had a wonderful Governor's Night and Christmas Party where we celebrated the achievements of our members. Congratulations to Lion Gary for 15 years of service, Lion Wayne for 40 years of service, and Lion Rick for being voted as Lion of the Year. Your dedication and hard work are truly appreciated.

### Community Events:

**2nd Annual Christmas Tree Lighting:** The Andover Lions, Leo's and the City of Andover teamed up for the 2nd Annual Christmas Tree Lighting event on November 30<sup>th</sup> where we served Hot Cocoa and Apple Cider. It was a magical evening filled with joy, community spirit, and festive cheer.



**2<sup>ND</sup> ANNUAL LIONS BAG FUNDRAISER**

PROCEEDS SUPPORT THE ANDOVER LIONS

\$199

1<sup>ST</sup> PLACE TEAM WINNER

\$99

2<sup>ND</sup> PLACE TEAM WINNER

SATURDAY, FEB 15<sup>TH</sup>

12:00PM | REGISTRATION STARTS AT 11:15AM

**COURTYARDS OF ANDOVER:**  
13545 MARTIN ST.  
NW ANDOVER

**FOOD & DRINK**  
AVAILABLE FOR PURCHASE

\$40

PER TEAM

PRE-REGISTER BY EMAILING  
ANDOVERMNLIONS@OUTLOOK.COM

PLEASE PROVIDE PARTICIPANTS NAMES, TEAM NAME, AND CONTACT NUMBER.

## Chisago Lakes Lions



We had many activities in December. Bingo night at Lindstrom Senior Living was hit - Bingo, prizes, holiday cookies and a visit from Leo the Lion for the residents, Youth Homeless Drive Lions Lee Donlin and Donna Lunde delivered an SUV full of supplies to Hope For Youth in Anoka. We partnered with the Chisago Lakes Cub Scouts, they served the Community Meal to 308 persons on 12/9.



## Forest Lake Lions Club



This year the Forest Lake Lions arranged and sponsored three Senior Scam presentations to seniors in the community. They were led by a speaker from AARP

who explained the many ways scammers prey on people, especially senior citizens. Here is a picture from the 11/21/24 Senior Scam presentation at the Forest Lake Senior Center. There were 35

people in attendance, along with a Detective Sergeant and the Community Engagement Coordinator from the Forest Lake Police Department. They gave actual examples of cases within the community. The Senior Center has requested that we continue with these scam presentations every 6 months.



## Hanover Lions Club

### HOLIDAY LIGHTS



### Recycle Project

It's that time of year again when we start pulling out the strings of lights to decorate for the holiday. Please don't throw the old ones in the garbage. The Hanover Lions Club is collecting and recycling those lights that don't work anymore or just don't get used anymore.

2024-2025 is the 15<sup>th</sup> season that the Hanover Lions Club will be collecting old holiday lights for recycle. The collection boxes are being put out the week before Thanksgiving and will be taken down right after the first of the new year. The collection boxes can be found at the following locations: Hanover Tom Thumb, Cub Foods in St. Michael and Buffalo, Co-

burns in Albertville and Buffalo, and the thrift store in Rockford.

23 tons (45,500 lbs.) of lights have been collected in the last 14 years. Take a minute to think about how much space this mountain of lights would take up in the landfill. The Lions would like to thank the public for helping with the project. The lights are taken to a recycle center and are exchanged for cash. These funds will then be put back into the community by way of donations to the Hanover Food Shelf and the Hanover Fire Department and other organizations in need.



**Otsego Lions** had a great year in 2024. We have welcomed several new members and have a good delegation going to the 5m7 Mid Winter Convention.

Just a reminder to join us every Thursday at Rockwoods in Otsego for a meat raffle. We have partnered with Rogers Lions to make this work for all of us. Raffle starts at 6:30pm in the bar area. We would love to have you join the fun!

We hope all Lions have a happy holiday season.



## Joint Event With 3 Lions Clubs

On Wednesday, Dec. 4th, the Hanover Lions, the Albertville Lions and the St. Michael Lions Clubs connected with the Crow River Senior Center to provide a free meal to 233 local seniors. Also joining us for the day was **District Governor Lion Mary Lea Curtis**. This is the second year the 3 clubs have come together for this event. Each senior also received a \$10 gift card from a local business to take home. It was a great success thanks

to the members of the clubs.



**The Cokato-Dassel Lions**, with the generous help of the communities of Cokato and Dassel, collected and distributed gifts and clothing to over 100 Cokato area individuals. Gifts, clothing and funds were also donated to United Community Acon Partnership in Litchfield to serve Dassel area residents. We are thankful for the help provided by our collection sites and the work of the Dassel-Cokato National Honor Society. Businesses, community members and students, faculty and staff at the high school adopted many individuals from our list of requests. This project would not be successful without the support of local residents.

