



We Serve

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The Gram



February 2024

The latest news, views, and announcements for District 5m7

2023-24 5M7 Cabinet

DG Peter Lendway
1st VDG Mary Lea Curtis
2nd VDG Deb Weston
Sec/Treas Jim Pokela
IPDG Mark Landwehr

Zone Chairs:

Zone 1:
Zone 2:
Zone 3: Nancy Senn
Zone 4: Deb Weston
Zone 5: Angie Sedesky
Zone 6: Pete Yelle
Zone 7: Nancy Johnson
Zone 8: Cathy Kaiser
Zone 9: Vern Koepp

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Find Your Roar!

Greetings Lions and Leos

What is your focus? Is it on the positive or is it on the negative? I believe a person's focus determines the direction one takes in life.

An example of this is when you took driver education way back when the driver's instructor had you focus on the road in order to stay within the lines and not on the ditch in order to stay out of it. One perspective is positive, and the other is negative.

The same is true for your club. Are you focused on the negative "We are losing members" or "We can't find younger members"? Mindset does factor in to your actions. We won't get far focusing on negative results.

When you focus on the positive, or desirable results, we have a tendency to move in that direction, much like when driving a car. When one's focus is the ditch the natural outcome is to drift towards the ditch, but when focused on the positive, or desired outcome, staying between the lines, the natural tendency is to gravitate toward that end.

Keeping a positive focus can be difficult at times but it is important not only in your personal life but also in your club. Keeping a positive focus works in your personal life as well as your club. It makes "Finding Your Roar" that much easier. Your focus does determine your actions, it is one of the immutable laws of life.

This law is naturally understood, though some would say obeyed, by animals in the wild. When a predator stalks its prey, it is focused on its prey, or its dinner, and it ignores the flies and mosquitoes it has to endure in order to eat and to provide for its young. It is focused in order to survive. Even when the focus is a voluntary focus this law still works. It is amazing how well it works and yet is so simple.

Focus on the desirable and "Find Your Roar"

DG Peter

G'day Lions and Leos!

It was great to see many of you at the Midwinter Convention. It is so much fun meeting and reconnecting with fellow Lions. I wish more of you would take the opportunity to experience this gathering of Lions - like yourself - dedicated to the Service of others.

Thank you for granting me the privilege of serving as your District Governor for the 2024-2025 Lions year. I am humbled by all your kind words of support and encouragement. I promise to do my best to lead our District forward.

As you may have noticed by my greeting, I am busy preparing for my term as your District Governor. I will officially be sworn in as your DG on June 25 in Melbourne, Australia! Making travel plans is a small portion of the preparations on my DG journey. Lions International is providing me with the tools I need to assist your club and our District in being the best we can be.

Are you in preparation mode? Are you prepared to learn more about Lions? Have you applied for the Emerging Lions Leadership Institute? This is open to all Lions - members of one month, one year or many years. Your only prerequisite is the passion to learn more about yourself and Lions. You will walk away with tools for everyday life as well as Lions. **APPLY NOW!** Send your application to DG Peter by February 23. The next institute is March 15-17.

Is your club in preparation mode? What are you planning? Perhaps a brand-new slate of club officers? Grasp the opportunity to mentor people. Help them succeed in roles they may be uncomfortable performing. We can all grow with a little guidance and patience. Mix things up a bit! You might find you like serving your club in a different capacity.

Are you in preparation mode for a new service project or membership drive? If you haven't done a club assessment yet, I encourage you to do so. Involve your community officials and services in your assessments. Welcome feedback from everyone. You may be surprised to learn about opportunities for service in your community. Make brainstorming ideas for new members a priority. New Members = More Service.

Go to your meetings with an open mind, be prepared to accept new member ideas and grasp all opportunities. Don't live in the past - prepare for the ever-changing future and all the wonder it holds.

As I prepare for the upcoming Lions year, I am excited. I am excited to work with the Lions and Clubs of 5M7. I am excited to see growth in our clubs. I am excited for the wonderful Service you will provide to your communities.

I am excited to be a Lion and I am excited to **SERVE** wherever and whatever the need.

Yours in Service and Preparation!
DGE Mary Lea Curtis



Happy Valentine's Day Fellow Lions and Leo's!



This is the month to celebrate love! On Valentine's Day, thoughts generally turn to those we love or have special feeling for. But love is also defined as things one loves. At this year's Mid-Winter Convention there was so much "love" in the air. So many Lions loving Lionism and serving others. I was so proud to be among these incredible individuals. I love being a Lion.

Our Mid-Winter Convention was a huge success!!! We had 136 Lions in attendance representing 124 clubs. It was wonderful reconnecting with Lions that I only get the opportunity to visit with at conventions and meeting Lions from other clubs. I learned about their service projects and have a long list to bring back to my club. It was a privilege to meet and hear from International Director Edwin Guy Hollander from Lawrenceburg, Kentucky. He brought us information from the International Lions Board of Directors and shared some of his Lion's experiences and how Lions Clubs in Kentucky helped thousands of people during the catastrophic flooding that occurred in 2022.

Our first silent auction was a huge success! It raised over \$1,200 with proceeds going to DG Peter Lendway's chosen charity, Minnesota Lions Childhood Cancer Foundation. Our speakers were excellent. I attended the Mental Health Awareness Seminar presented by Mark Meier, founder of Face It Foundation, with the goal of helping adult males understand and overcome depression and reduce the number of suicides. Mark was an incredible speaker and discussed the various mental health conditions and talked about the "Faces of Mental Health". He shared his story with us. For years he suffered from severe depression and had attempted to end his life but was saved when he heard the cries of his nine-month-old infant that stopped his ill-conceived plan. Sadly, 1 out of 5 adults and 1 out of 6 youth, ages 6-17, experience mental health issues. Mark is willing to come to our clubs and speak to our members and community. You can contact him at MMeier@FaceltFoundation.org. We were very fortunate to have BJ Blahnik and his Leader Dog, Jackson 5 (BJ's 5th Leader Dog) for our Sunday speaker. BJ shared his difficult story of being diagnosed with Retinitis Pigmentosa at age 10 which caused his blindness. He had all of us in laughter and tears. BJ's life was changed forever in 2006 when he received his first Leader Dog from a Lion's Club. BJ is from Sheboygan, Wisconsin and has been a Sheboygan Lion since 2006 and is serving as Wisconsin's Council Chair.

I volunteered with the Leo's and other Lions to help make blankets to distribute to local nonprofits. I was so impressed with the group of Leos that were leading this effort. Speaking of Leos, I want to share with you that I

had the privilege of attending the installation of the Blaine Leo's Club at Blaine High School on January 22. There were over 50 students in attendance. It was so refreshing to see so many young adults who are eager to serve. Their current service project is collecting clothing to be distributed to community members in need. "Where there's a need there's a Leo"!

Together we serve,
Lion Deb Weston

1 Vice District Governor Elect

 LIONS INTERNATIONAL

PEACE POSTER

Congratulations to Morgan Steen, winner of the 2023-2024 District Peace Poster Contest. She was sponsored by the Monticello Lions Club.



The theme for the 2024-2025 Peace Poster Contest is: Peace Without Limits. For peace to be anything more than a possibility, we need to make it a priority. This year, we're asking our young students to create a poster that speaks to our world's infinite potential for kindness once we commit to pursuing the idea of peace without limits.

If your club is interested in sponsoring a Peace Poster Contest, please contact Lion Jan Kugler at 763-360-1620 by April 1, 2024. A kit will be sent to your club.

The kit will include information your club peace poster chairperson needs to know and the steps to follow. Your club could contact the art department of your local middle school and see if they are interested in participating. The poster needs to be a specific size and there are rules and certain conditions that must be met to qualify for advancement from your local club level to the district level. Your winning club poster will need to be sent to 2024-2025 District Governor Mary Curtis by November 15, 2024.



MORE CONVENTIONS/FORUMS

By Lion Judy Herrala

♦ 5m7 Mid-Winter Convention

It's a wrap! Well, it will be soon, as we still need to hold our wrap-up meeting which will take place soon. If you attended convention be on the lookout for your post convention questionnaire asking you for your thoughts, ideas and suggestions for our conventions.

I would like to thank the convention committee for being the best committee EVER! ☑ This committee was there and ready to hold an awesome convention. They came to each meeting excited and ready to make this a wonderful convention for our members. When we weren't in person for meetings we were on zoom. Most of all, THANK YOU to our members for your attendance at our event. We hope you enjoyed every minute of it. We will be in touch after our wrap-up meeting.

♦ Multiple Convention-April 19-21, 2024

5m7 please consider attending the MD5M convention in April 2024 in Winnipeg, MB. Our district, 5M7, is hosting this same convention next year in 2025 in Bloomington.

This convention will be held in Winnipeg, MB at the Victoria Inn and Hotel & Convention Centre. It is a 3 day event and just about 6 hours away from us! There is a registration form available on the Multiple Convention Website (www.lionsmd5m.org) and our own www.5m7.org website also has a link to that form. Please let us know if you need help getting signed up.



You're going to Canada in April, eh?

It has been great meeting the Lions in our multiple as Pam and I have been attending the Mid-Winter conventions. We are hoping to make it to each one, weather and work permitting. Come check my table at the convention with this sign. I do have some joke-books and pins that you may be interested in.

We do have a race for the endorsement of International Director. We need to show Lions Clubs International that the Lions from MD5M strongly support our members in the service they do for Lions. I appreciate the support that I have been given already and I encourage your clubs to send voting delegates to the MD5M convention in April in Winnipeg, MB. Lion Bert Nelson



SETTING THE PACE USA/CANADA LEADERSHIP FORUM SEPTEMBER 5-7, 2024

This will take place September 5-7, 2024 in Louisville, Kentucky. Get signed up now. This forum is amazing and it takes place somewhere in the US or Canada once per year. It is an incredible opportunity to be with other lions in a setting where we share. It is an amazing experience for every lion who has attended.

Looaville, Luhvul, LLooville, Looeyville, Louisville.....however you say it, it is going to be a great time! - More than 80 seminars in 2 ½ days * 4 motivational speakers * General Sessions * Strides Walk * A service project 8 Networking with partner programs and like minded Lions members. * 5 hotels full of Lions....need I say more? This forum was originally slated for 2020, we were all signed up to go and Covid struck. The Kentucky Lions have another chance to show up their city in 2024. Website: www.lionsforum.org and also linked on our own district website. This website is extensive and you will find much information there. This is linked on our [5m7 web-site to the conventions/institutes](#)



106th Annual Convention Lions International Convention 2024 Melbourne

The Lions International Convention is happening June 21-25, 2024. Celebrate service with your fellow Lions and Leos in one of the most unique and exciting travel destinations in the world – beautiful Melbourne, Australia!

Known as the cultural capital of Australia, Melbourne offers world-class restaurants and bars, exciting nightlife, eclectic festivals, legendary street art, unique shopping boutiques, incredible beaches and dazzling views, as well as some of the friendliest people you'll ever meet.

You can find the information on the [international website](#) OR there is a link from our [5m7.org website on the conventions/institutes page](#). Watch for more information on our 5m7 Facebook page and in the newsletters that come out monthly for information on upcoming conventions and forums. We will see you there!

Lions Judy Herrala and Mark Landwehr



LCIF Gala

Paint the Town **RED** **GREEN!**

Sat, April 13, 2024
Prairie Event Center
Parkers Prairie, MN
10:30 am to 4:00 pm

If you want to join in on the fun that we will have with PIP Brian and Lori Sheehan with raising money for LCIF, than read below what you need to know and do.

Check with your District LCIF Coordinator to find your personal balance that you have donated to LCIF. If you want to be presented with a MJF plaque or PMJF pin by PIP Brian Sheehan, then you will need to order your plaque/pin by Feb 29, 2024. You can contact LCIF Donor Services at 630-203-3836 to have the plaque/pin sent to you and bring it to the LCIF Gala if you are attending.

Tickets are now available through your District LCIF Coordinator for \$45 each or \$500 for a table of 8 (perks included).

The Gala will begin at 10:30 am at the Prairie Event Center with Lion Lori Sheehan leading a Lions in Motion activity at 11:00. There will be a costume contest with a green theme. Dinner will start at 12:30.

If you need a place to stay before or after the gala, a Grandstay Hotel is located next door with rates starting around \$157.00. Their phone # is 1-855-230-2535. There are also hotels available in nearby Alexandria, MN.

Any further questions please contact:

Bert Nelson 218-298-0599 or lionbert.a.nelson@gmail.com



LCIF Chairman Bert Nelson telling Melvin Jones all about the LCIF Gala in April.



LIONS AND LEOS

By Lion Judy Herrala

We are happy to report that our District raised \$13,800.00 for LCIF during the Parade of Green at our Midwinter Convention held at the Kelly Inn in St. Cloud. Thank you so much for your generous contributions to LCIF.

These funds will be put to good use by our Lions Foundation to help our clubs to help others who are experiencing needs due to many things such as hunger, disasters, medical situations, diabetes, childhood cancer, the environment and more. Thank you 5m7 Lions and Leos. We appreciate you.

Our Lions International Foundation Chair Brian Sheehan would also like to thank our clubs for your generous contributions to LCIF from PDG Lion Judy Herrala .



Your LCIF Coordinators

IPDG Mark Landwehr
mrlandwehr55@gmail.com
612-366-1331

IPDG Judy Herrala
JLHBELLS@earthlink.net
763-753-6962

WE CARE, WE SERVE, WE ACCOMPLISH



MD5M MULTIPLE CONVENTION

Hello fellow Lions and Leos,

The 5M7 had their Mid-Winter Convention this past January 12th-14th at the Best Western Kelly Inn in St. Cloud. I think most Lions that attended enjoyed themselves, I sure did. If you were at the Sunday brunch you probably heard one of the best speakers we have ever booked for a convention. BJ Blahnik, a young man from Wisconsin, told his story about losing his sight at a young age, and getting a dog from the Lions Leader Dog Program. He was funny, very knowledgeable and a speaker that kept you on the edge for the entire program. If you were not able to be there, reserve the dates of April 24-27, 2025. The 5M7 is hosting the MD5M convention at the Minneapolis Airport Hilton on those dates. Come to this convention. We will be booking BJ Blahnik as one of our speakers, and I promise you, you will not be disappointed.

The Parade of Green was a wonderful success again this year. Thank you to all the Lions clubs that donated, especially to LCIF and The MN Childhood Cancer Foundation (MnCCF). The MnCCF received \$13,050 at the Parade of Green. You make me proud to be a chairperson for the MnCCF. All of the foundations are important as you have heard me say during my past visits to your clubs as a District Governor. Thank you to all for donating to the other foundations as well.

One of our PDG had his gavel stolen and he had to pay to get it back. BIG TIME. After a very moving speech by Lion Hal Hinchliffe about this poor gavel being lost, lonely, out in the cold, and without his owner to love him for over a half year, DG Peter Lendway auctioned it off to Lion members at the brunch. Thanks to the PDG's wife and a few other caring souls bidding against him, he managed to get it back for \$1,500. Money well spent. I love that gavel and it went to a good cause; Mn Childhood Cancer Foundation. I will try not to lose my gavel again, but if I do I'm willing to pay even more to get it back.

Help Wanted

I already asked you to reserve the dates of April 24th-27th, 2025. The 5M7 is hosting the **MD5M Convention**. This is our first time hosting it. We want the rest of the MD5M to go home on the 27th of April saying to themselves, "Wow, that was one of the best conventions we have ever attended." **WE** need your help. **WE** need a lot of volunteers to pull this off. **PLEASE HELP!!**

PDG Mark Landwehr



LITPC YOUTH SCHOLARSHIP INFORMATION

The Lions International Trading Pin Club (LITPC) has announced for the 2023 – 2024 school year that there will be 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 (2), Delaware (2), Georgia, Iowa, Louisiana, Minnesota (4), New York (3), Ohio (4), Oklahoma (2), Pennsylvania (2) and Virginia (6). The 2024 recipients will be announced at the LITPC Annual Meeting in 2024.

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, 2024 to:**
Lions Bill & Marcia Guthrie, Scholarship Chairman
9 101st Lane NW, Coon Rapids, MN 55448
(763-786-8072) [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"



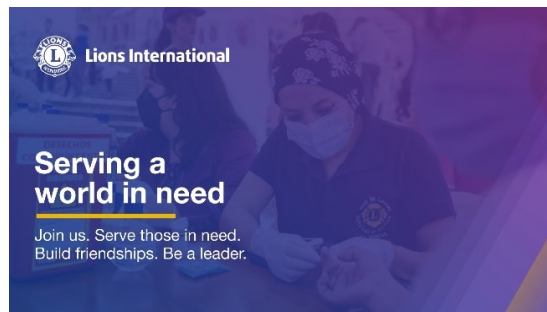
Lions Clubs International – Marketing matters!

“The Lions are the best kept secret in our community.”

How many times have you heard this comment? Did you hear it from your fellow Lions club members? How about from your family or friends? Your Co-workers? Local Business and community leaders? Have you ever uttered this statement yourself?



Marketing can help you raise the visibility of your club and achieve better outcomes for the great things you're already doing. So, whether you're recruiting new members, promoting a project or a fundraiser, or even just sharing your club's incredible service stories, marketing can help you shine a light on your club and your service.



Your club needs to have an active marketing team. Teams should consist of multiple members, each assigned to a specific assignment or task. These assignments/task should cover the following forms of marketing:

Print (Newsletters, event flyers, banners, signage)
Social Media (Website, Facebook, X (formerly Twitter), Instagram, Threads)
Media (newspapers, billboards, radio, television, internet advertising)

Your club should search for club members with some working knowledge in these marketing areas. If the club member with this knowledge is unwilling to be a part of the marketing team, see if they can be a resource or advisor for your team. You can also reach out to your district to see if there are Lions with connections to promotional items manufacturing, public relations firms, social media outlets, and other companies affiliated with advertising & promotions.

Your marketing team should be engaging with your membership, project, and fundraising chairs. By being involved with your club events & activity planning, the marketing team can help make the public aware of what your club is doing in those areas. Nobody is going to do a better job talking about what your club is doing than your own marketing team.

Lions Clubs International has wonderful resources for your marketing team to utilize. Templates, boiler plates, social media kits, and many other items are all just a simple click away. Your link to the LCI club marketing center is below:

<https://www.lionsclubs.org/en/resources-for-members/resource-center/club-marketing>

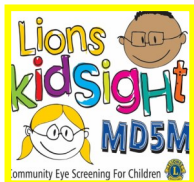
Make sure to include your Lions' zone & region clubs, and your district secretary, newsletter, Facebook, and website chairs when sending out your events & activity announcements. Letting other Lions clubs know about your fundraisers and projects will give them an opportunity to help you promote the event, plus a chance to have your fellow Lions attend.

Please contact me with your questions and please also speak with your district marketing team about how they can help your club stop being an unknown community asset.

Yours in Lionism,

Lion Lyle Goff
 MD5M Marketing & Lions Information Chair
gofflt@msn.com





Lions and Leos

By Lion Deb Johnson

THANK YOU to all the clubs that donated to KidSight for Parade of Green. We received \$10,950! There was good attendance at our training session at the convention. We hope that you will take what you learned back to your clubs and get them excited to become more involved with vision screenings.

WHAT ARE WE WORKING ON NOW?

MD5M Lions KidSight Foundation is responsible for the silent auction event at the MD5M Multiple Convention in Winnipeg. All proceeds will go to KidSight. We need donations! Would your club be willing to contribute a silent auction basket? If a cash donation to purchase items for baskets is easier, that would be appreciated too. The challenge this year is what can be in the baskets due to border restrictions into Canada. No alcohol is permitted. If you are a crafty person and would like to donate items you have made, let us know. We can always put together baskets by putting smaller donations together.



Please contact Lion Deb or DGE Lion Mary by emailing 5m7lionskidsight@gmail.com or calling Lion Deb at 612-810-2119.

Lions Mary Lea Curtis and Debra Johnson, 5M7 Directors,
MD5M Lions KidSight Foundation
5m7lionskidsight@gmail.com

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



LIONS AND LEOS

By Lion Steve Linder

WOW! What a great Mid-Winter Convention. Its great to see the changes, a new Celebration of Life, Opening Flag Ceremony, ID Guy was a hoot, just a fun guy!

It was great to see old friend and meeting new Lions. Thanks to all the Lions that stopped by the Minnesota Lions Vision Foundation. To drop off user eyeglasses or just ask questions. All the glasses that were dropped off was fanatic, we filled the trailer half full. Thanks for that! Thank you very, very much for the generous donations to Minnesota Lions Vision Foundation. We received \$13,870.00 from the Parade of Green!

As always, just give one of us a call to come out to your club to discuss the great things going on at Minnesota Lions Vision Foundation or call if you need used eyeglasses picked up.
Thank you for all you do!

PDG Steve Linder 612-382-2236 Slinder71@usfamily.com
PDG Terry Wold 612-759-5433 terry_wold@hotmail.com
MLVF 5m7 Directors

Inspiring Women who were Blind and Visually Impaired

1. **Helen Keller...**Most people think of Helen Keller when they think of amazing women who are blind. After all, Helen Keller is known as one of the most influential deaf-blind disability advocates. With the help of her teacher, Anne Sullivan, Keller was able to communicate effectively and graduate college in 1904. Keller was an amazing author, writing 14 books. This included the autobiography of her life, which was later turned into a play. Keller worked her adult life as an advocate for those with disabilities, advocating for education, voting rights, and more.
2. **Laura Bridgman...**Laura Bridgman is considered the first deaf-blind woman to gain an education in English, even before Helen Keller! She went to school at the Perkins School for the Blind, learning braille, math, writing, philosophy, and more. She even was written about by Charles Dickens!
3. **Harriet Tubman...**Everyone has heard of Harriet Tubman and her amazing work to free over 300 slaves. But did you know she was also visually impaired? Tubman suffered a severe wound to her head, inflicted by a slave owner, leaving her visually impaired and with seizures. Despite these challenges, Tubman led the Underground Railroad and helped over 300 slaves to freedom!
4. **Tilly Aston...**Tilly Aston is an international leader in blindness education and disability advocacy. Aston was the first blind teacher in Australia, focusing on braille. She created the Victorian Braille Library. In 1913 she became the first head of school for the Victoria School for the Blind. Aston was a huge advocate for the blind, including advocacy for the right to vote, free public transportation for the blind, and government pensions for the legally blind.
5. **Marla Runyan...**A more contemporary woman in history, but one we had to feature! Runyan is a legally blind track and field, road runner, and marathon athlete. Runyan has won numerous medals in her track and field endeavors from multiple gold metals in the Paralympics to finishing as the top American in the New York City Marathon in 2002. Runyan is the only visually impaired athlete to compete in the Paralympics and the Olympics.



Greetings 5m7 Lions and Leos

By Lion Judy Herrala

We are so grateful for our 5m7 Lions Clubs' support of the MN Lions Diabetes Foundation all year long and also at the Parade of Green at our convention. Thank you so much for helping us realize our dream which is **LIFE WITHOUT DIABETES**.

The **STRIDES Physical Activity Challenge** fundraiser begins on February 1. The challenge runs February, March, and April. Why are we challenging you? Physical activity, as well as healthy food and drink choices, helps prevent diabetes and helps maintain and restore health.

The Physical Activity Challenge encourages participants to be active indoors or outdoors at least 15 miles each month. During February, March and April participants choose the time, location and activities. Walk, swim, curl, roll, run, ski, snowshoe, cycle, bowl, shovel snow – do whatever you enjoy doing! Resources on the Physical Activity Challenge website provide information on how to measure activity miles.

Don't forget to mark your calendar for the Diabetes Research Update on March 16th! Details will be available on our website MNLionsDiabetes.org and also watch for information on our [5M7 Lions Facebook](#) page. Attend in person or via a zoom link which will be published. This takes place at the Kelly Inn in St Cloud with lunch included and a silent auction. Please contact us to learn more about diabetes and diabetes service projects.

SAVE THE DATE "Catch the Dream" **Life Without Diabetes!**

Minnesota Lions Diabetes Foundation
Diabetes Research Update
Saturday March 16th, 2024

Attend in person or via Zoom Link. Event details available soon through district trustees, or on [MNLionsDiabetes.org website](http://MNLionsDiabetes.org). The above event will take place at the Kelly Inn in St Cloud with lunch included and a silent auction.

Lion Judy Herrala, 5m7 MLDF co-trustee

JLHBELLS@earthlink.net

Lion Mike Edwards, 5m7 co-trustee; co-treasurer

mnedwards1@bellsouth.net

Lions Diabetes Foundation

GREETINGS FELLOW LIONS AND LEOS

By Lion Mike Benedetto
MD5M Hearing Trustee



On June 1st get your club members to a fun day outside for a great cause. Register for the **Defect Walk** at the MN Arboretum and contribute to the Hearing Foundation at the same time. (registration materials will be mailed to all club presidents and can also be found on the Hearing Foundation website 5mhf.org)

Minnesota Lions Hearing Foundation Annual Walk
TO D-FEET HEARING LOSS

JUNE 1, 2024
9:30 AM
MINNESOTA LANDSCAPE ARBORETUM - CHASKA, MN

- Entry Fee: \$25 (no t-shirt) or \$35 (includes t-shirt)
- Fee includes entry to arboretum/park, lunch, plus lots of activities and games!
- Kids under 12 are free!
- Fun for families of all ages!
- A chance to change a person's life through your registration donation.
- Register at: <https://secure.qgiv.com/event/2024walktod-feethearingloss>
- Text DFEET2024 to 50155 to register or donate!

Sign up Today!

MINNESOTA LIONS HEARING FOUNDATION, INC. MINNESOTA LANDSCAPE ARBORETUM

Can Do Canines will host an open house on Saturday, March 9, from Noon-2 p.m., at its Can Do Canines campus (9440 Science Center Drive, New Hope, Minn.). Potential clients, volunteers, or anyone who might be interested in supporting the organization is 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, talk with a dog host volunteer and staff members from the volunteer department, pose questions to client services coordinators, and meet graduate teams from each of the five types of areas Can Do Canines trains dogs: hearing, mobility, seizure, diabetes, and childhood autism. 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 at www.candocanines.org.





Megan and Iggy

Megan was paired with her service dog, Iggy, just after Independence Day—July 4—a fitting time to receive the Mobility Assist Dog who would have such a profound impact on her daily life.

Megan lives with a rare, progressive disease called Friedreich's ataxia that results in diminished capacity for movement and loss of sensation over time. Since Friedreich's ataxia is a progressive disease, actions that others take for granted have become more difficult for Megan. Picking up dropped items, opening doors, and even getting around in her wheelchair can be challenging and time-consuming, requiring more attempts and taking longer than it would for other people. "It's not that I can't pick things up," Megan says. "Before Iggy, I could do things, but I would get frustrated. Now I say, 'Iggy, get it!'"

With commands like "Tug," "Get it," and others, Megan can direct Iggy to do these things for her. Megan adds, "I feel like I can do so much more stuff, and I am so much happier now. Iggy saves me energy, as well, because I don't have to retrieve things myself or do the other physical things that were difficult."

Adjusting to a new dog was a learning process. Megan didn't always know how to communicate with Iggy. Sometimes it was overwhelming. Growing up, she and her family always had pets, including dogs. She felt she knew the basics of handling a dog, but Megan quickly learned that she needed to communicate with Iggy in a specific way. Long explanations to Iggy of what she needed him to do in human terms weren't going to work as well as a simple "Get it!" "Leave it!" or "Tug!"

Iggy is happiest when doing a job. He loves to retrieve things, pick up items from the floor, and be there for Megan. When they visit Megan's family, Iggy always keeps one eye on her and never leaves her side. In the morning, when Megan's alarm goes off, Iggy quickly jumps into action, as if to say, "Let's Go!" No need for the snooze alarm when Iggy's around.

Megan appreciates the work that Can Do Canines and host families have done. They have trained Iggy so well. But what she is most grateful for is having a new best friend, one that she can talk to and confide in. One that will love her no matter what.

Megan wishes "everyone could have a dog at least once in their life." But having one that offers the added bonus of greater independence is something Megan doesn't take for granted.



The Fetching Ball

If you haven't made a note on your calendar yet for our **Fetching Ball Gala**, Saturday, February 17, 2024, be sure to do so. This very special fundraiser, celebrating 35 years of Can Do Canines, will be held at the Radisson Blu Mall of America.

Enjoy dinner, games, and silent and live auctions – all benefitting the organization. KARE 11's Rena Sarigianopoulos will serve as our Master of Ceremonies. Tickets go on sale January 2, and we're excited to be able to share more details with you soon.

For questions regarding The Fetching Ball, please contact Melissa Herman at 763-331-3000, ext. 115 or mherman@candocanines.org.





5M7 Leo Clubs

*Anoka, Andover, Blaine, Coon Rapids,
Rush City, Spring Lake Park, Blaine
Bengals in Action (BIA)*

February 2024 Highlights..

The 5M7 Leo club would like to thank all the clubs for donating at the parade of green, your donations will help build more project opportunities in our district.



January was a busy time for the Leos in our district. The Leos were onsite at the Mid-winter making tied blankets for the St. Cloud Big Brother/Big Sister program. They attend the opening ceremony and enjoyed rubbing elbows with the Lions who stopped in to help with the project. Thank you for the Lions that came by.

We had the pleasure of officially charting the Blaine Bengals in Action Leo club on January 22, 2024. The BIA club has 55 members and always welcoming more. The Blaine Central Lions sponsor the BIA Leo club and have collaborated on a few projects together. The BIA advisor is Robin Chambers, youth service coordinator at Blaine High School.

The BIA group is very active in their school and community. Some of their projects have been Tie Blankets for Hope 4 Youth, Veteran's Cards for the VA, Holiday Cards for White Pines Assisted Living, Book Bags for five Anoka-Hennepin Elementary Schools, Feed My Starving Children, Holiday decorating for the Alexandra House, Bookmarks for local elementary reading event, Clothing Drive for Hope 4 Youth.



Thank you to Governor Peter, 1VDG Mary, 2VDG Deb and GLT Orville Lindquist for attending and hosting the charting ceremony. We are excited to see all the amazing projects the BIA Leo club has in store for the future. Congratulations on your charter.

If you are interested in getting more involved with a Leo club, or would be interested in starting a Leo Club, please contact: Lion Stefanie Nelson 612-298-1523 or stefanieenelson@gmail.com

5M7 YOUTH EXCHANGE REPORT

Submitted by: Lion Stefanie Nelson 5M7 Youth Exchange Chair 23-24

Calling all Lions and Leos!

We confirmed youth from Belgium, Taiwan, Germany, Hungary, and Mongolia. Learn a new language, culture, and history from these great service leaders in their own countries. Share your love of Lionism and have some new adventures.



If you are interested in hosting a youth or two, do not hesitate!

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

*"The young, no doubt, make mistakes; but the old, when they try to think for them, make even greater mistakes."
— Bertrand Russell*



Lions and Leos

By Lion Judie Zaske

As we move into 2024, the climate crisis has many factors that play a role in the exacerbation of the environment; some warrant more attention than others. In this three-part series, we'll look at some of the biggest environmental problems from deforestation and biodiversity loss to food waste and fast fashion.

Global Warming from Fossil Fuels: 2023 was the hottest year on record, with global average temperatures at 1.46C above pre-industrial levels and 0.13C higher than the eleven-month average for 2016, currently the warmest calendar year on record. The year was marked by six record-breaking months and two record-breaking seasons. What's more, carbon dioxide (CO2) levels have never been so high. After being consistently around 280 parts per million (ppm) for almost 6,000 years of human civilization, CO2 levels in the atmosphere are now well above 420 ppm, more than double what they were before the onset of the Industrial Revolution in the 19th century. According to National Oceanic and Atmospheric Administration (NOAA) the steady annual increase is a "direct result of human activity," mainly from the burning of fossil fuels for transportation and electricity generation but also from cement manufacturing, deforestation, and agriculture. Increased emissions of greenhouse gases have led to a rapid and steady increase in global temperatures, which in turn is causing catastrophic events all over the world such as devastating wildfires, locusts swarming across parts of Africa, the Middle East and Asia, decimating crops, and a heatwave in Antarctica that saw temperatures rise above 20C for the first time. Other weather events such as hurricanes, tropical storms, heatwaves and flooding are more intense and frequent than before. However, even if all greenhouse gas emissions were halted immediately, global temperatures would continue to rise in the coming years. That is why it is absolutely imperative that we start now to drastically reduce greenhouse gas emissions, invest in renewable energy sources, and phase out fossil fuels as fast as possible.

Poor Governance: Economists and environmentalists have urged policymakers for years to increase the price of activities that emit greenhouse gases (one of our biggest environmental problems), the lack of which constitutes the largest market failure, for example through carbon taxes, which will stimulate innovations in low-carbon technologies. A national carbon tax is currently implemented in 27 countries around the world, including various countries in the EU, Canada, Singapore, Japan, Ukraine and Argentina. However, current tax structures are not adequately aligned with the pollution profile of energy sources. For example, carbon taxes are not harsh enough on coal production, although it has proved to be

effective for the electricity industry. A carbon tax has been effectively implemented in Sweden; the carbon tax is U\$127 per tonne and has reduced emissions by 25% since 1995, while its economy has expanded 75% in the same time period. Organizations such as the United Nations are not fit to deal with the climate crisis: it was assembled to prevent another world war and is not fit for purpose. For example the Paris Agreement says that countries need to reduce greenhouse gas emissions significantly so that global temperature rise is below 2C by 2100, and ideally under 1.5C. But signing on to it is voluntary, and there are no real repercussions for non-compliance.

Food Waste: A third of the food intended for human consumption, around 1.3 billion tons, is wasted or lost. This is enough to feed 3 billion people. Food waste and loss account for approximately one-quarter of greenhouse gas emissions annually. Food waste and loss occurs at different stages. For example, in developing countries, 40% of food waste occurs at the post-harvest and processing levels, while in developed countries, 40% of food waste occurs at the retail and consumer levels. At the retail level, food is wasted because of aesthetic reasons; in fact, in the US, more than 50% of all produce is thrown away (amounts to about 60 million tons of fruits and vegetables) because it is deemed to be "too ugly" to be sold to consumers. This leads to food insecurity, another one of the biggest environmental problems on the list.

Biodiversity Loss: The past 50 years have seen a rapid growth of human consumption, population, global trade and urbanization, resulting in humanity using more of the Earth's resources than it can replenish naturally. A 2020 World Wildlife Foundation report found that the population sizes of mammals, fish, birds, reptiles and amphibians have experienced a decline of an average of 68% between 1970 and 2016. The report attributes this biodiversity loss to many factors, but mainly land-use change, particularly the conversion of habitats, like forests, grasslands and mangroves, into agricultural systems. More broadly, a recent analysis has found that the sixth mass extinction of wildlife on Earth is accelerating. More than 500 species of land animals are on the brink of extinction and are likely to be lost within 20 years; the same number were lost over the whole of the last century. The scientists say that without the human destruction of nature, this rate of loss would have taken thousands of years. In Antarctica, climate change-triggered melting of sea ice is taking a heavy toll on emperor penguins and could wipe out entire populations by as early as 2100, according to 2023 research.

In parts two and three we'll look at the remaining environmental issues facing us in 2024 and beyond.

DISTRICT HIGHLIGHTS AND EVENTS

**VALENTINE'S
BREAKFAST BUFFET**

Sunday, February 11th
8:00 am – 12:30 pm
Howard Lake Lions Club
Lions Hall 625 8th St. Howard Lake

Enjoy a delicious meal of Pancakes, French Toast,
Sausage, Scrambled Eggs, Potatoes, Biscuits and Gravy,
Coffee, Juice and Milk

Take your sweetheart out for breakfast
Everyone is welcome to attend

FREE WILL DONATION

Proceeds to benefit HLWW Clay Target Team

OPEN TO THE PUBLIC
Support your local Lions Club



The LC of Big Lake Lioness we're happy to donate to our local food shelf 59 hats and 78 mittens, all from our Mitten Tree at Riverwood Bank. Hats and mittens were collected during the month of December.

HOLIDAY LIGHTS Recycle Project- Record Year...The Hanover Lions Club is celebrating the completion of another successful year of collecting lights to be recycled. 2023-2024 is the 14th season for this service project. A record amount of 5,523 pounds of lights were collected this year. That's a solid 2,000 pounds more than any other year.

With this year's total, that pushes the total project to 45,500 pounds collected. That's almost 23 tons of lights collected. The lights are taken to a recycle center in Monticello and exchanged for cash. These funds are then put back into the community by way of donations to the Hanover Food Shelf and the Hanover Fire Department and other organizations in need.

The Lions greatly appreciate the partnership with the businesses that support the project by allowing collection boxes outside the doors.



Montrose Lions Club



Is Hosting a Pancake/French Toast Breakfast

Sunday, Feb 11th, 2024

8:30-12:00 noon at the
Montrose Community Center
200 Center Ave So

Proceeds will go towards Community Projects

\$10.00 ages 12 and up

\$7.00 ages 5-11 and free ages 4 and under



Breakfast includes:
Pancakes and French toast (all you can eat),
With Eggs, Sausage and beverages

Clear Lake Lions

Fish Fry



Friday, February 16th and Friday, March 1st

Adults \$16.00, Kids 10 & under \$8.00

Kids 3 & under Free!!

St. Marcus Parish Hall, Clear Lake, MN

Serving from 4:30 – 7:30 pm

Save the Date –



The Andover Lions will be celebrating their 50th Anniversary in 2024. This event will take place on April 19th 2024 at The Courtyards of Andover. More information in the March Gram.

DISTRICT HIGHLIGHTS AND EVENTS

3 Clubs partner with Crow River Senior Center on Holiday Dinner. For over 30 years the **Hanover Lions Club** has had the tradition of providing a free meal and entertainment to local seniors in the community. In the recent years, the numbers of seniors had dwindled considerably.

Lion Linda Eckard, who is on the Executive Board of the Crow River Senior Center, approached Jenny Tiegen, the director, about partnering on a holiday dinner in December 2023. Jenny was excited to work with the Lions. Lion Linda then reached out to the **St. Michael Lions** and the **Albertville Lions** to see if they would like to work together on the event. (The CRSC serves the Hanover, St. Michael and Albertville area.) All clubs were on board. Over 200 seniors and 20 volunteers were provided a free meal and great musical entertainment courtesy of the 3 Lions Clubs. And as an added bonus, every senior was sent home with a \$10 gift card. We have received many positive comments from the seniors about how wonderful it was to be treated special for the day. It was a fun and successful event with the 3 clubs coming together. And we are looking forward to partnering again in December 2024.



BIG LAKE

FIREARM RAFFLE
FEBRUARY 24, 2024
1:00 PM
Winner's Choice of Guns
 Around 30 guns to choose from each round
ONLY \$20 a ticket with 54 chances per round!
AGES 18 & OLDER
MUST BE PRESENT TO WIN!
 Questions? Call 612-309-0536 or 612-810-2119
 Email: jointhebiglakelions@gmail.com
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
 McPete's Sports Bar & Lanes
 590 Humbolt Dr, Big Lake, MN. 55309 / 763-263-6556



HIGHLIGHTS from the **Andover Lions** first annual beanbag fundraiser. 32 teams participated, and **Lions from Hugo** took 1st and 2nd place. →

Thank you Coon Rapids and Hugo Lions for showing up to play.



On December 15th, the **Andover Lions** held their annual Christmas Party. This was a fun filled evening with our District Governor Lion Peter and 2VDG Lion Deb Weston attending.



DISTRICT HIGHLIGHTS AND EVENTS

LIVE
on **65**

2023-2024
SEASON


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



BUY TICKETS

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

SpringLakeParkSchools.org/Liveon65

 **The District Handbook** has been updated and will be sent out to club presidents/secretaries within the next few weeks. The handbook should be distributed to all your members. Your contact person for the handbook is Lion Jim Pokela.



C. WILLI MYLES COMEDY Thursday, February 8, 2024 - 7 p.m.

Stand-Up Comic Veteran performer and funny guy C. Willi Myles has the gift of connecting people with each other through humor and storytelling that everyone can relate to. After surviving his childhood growing up with nine sisters and one brother in Alabama, Willi moved to Minnesota to attend college and play football. With his stories about growing up in the south and acclimating to the cold of MN, Willi tells extremely funny non-offensive stories and jokes and gives a unique spin to life's everyday challenges with humor. Referred to as "America's Everyday Comedian," his hilarious down-to-earth performance will convince you that Willi is truly comedy at its best!



B2WINS DUO CONCERT Monday, May 13, 2024 - 7 p.m.

American Music Classics Charismatic twin brothers from Brazil combine a plethora of genres into a feel good performance. The brothers aim to use music as a movement for positive change in the world. They bring their high energy and entertaining "Top 40 From the Last 40" - four decades of the music you know and love with a unique twist. This unforgettable, engaging show is for all ages and features one of a kind renditions of everything from Sinatra to Ed Sheeran, Louis Armstrong to Dua Lipa, Michael Jackson to Daft Punk, and Leonard Cohen to Nirvana. Get ready to sing, dance, laugh, and take your soul on a fun ride through the chart topping hits of American Music.

Andover Lions Steve Asplund and Tom Boshart each received their 20 Year Certificates from DG Lion Peter. Lion Brittani Floer was voted Lion of the Year by the club. Congratulations to all of them.



**REMEMBER TO SUPPORT
CLUB ACTIVITIES**



NORTH BRANCH LIONS Annual Breakfast

**Free will
offering.**

Sunday, March 17th

8 AM - NOON

NORTH BRANCH AMERICAN LEGION

ALL YOU CAN EAT

French toast, pancakes, sausage links,
scrambled eggs, juice, milk & coffee.

ALL PROCEEDS GO DIRECTLY BACK TO OUR COMMUNITY!

The North Branch Lions support a wide range of service projects including: Chisago County Senior Center, Senior All Night Party, New Pathways, Children's Eye Clinic, Lion's Hearing Foundation, Chisago County Fair Kid's Day, Family Pathways-Women's Refuge & Food Shelf, Midsummer Days-Free Lunch & Kid's Bingo and so Much More!



FOR MORE INFORMATION, PLEASE LIKE US ON FACEBOOK!

Otsego Lions are off to a great start in 2024. We welcomed two new Lions at our January meeting. We had four Lions attend the Mid-Winter convention in St. Cloud. I happened to be one of them. We had a great time and learned a lot about how we can help our club grow and run more efficiently.

We are working with the **Rogers Lions** on a meat raffle at Rockwood's in Otsego on Thursday nights. We start selling at 6:30pm and have 13 rounds of sales. Come out and support Otsego and Rogers Lions and have fun and enjoy great food from Rockwood's. In 2023 we collected and delivered 458 pairs of glasses for LCI. Also we had several successful community events and fundraisers. Looking forward to a great 2024.

**MD5M GET Multiple
District Coordinator**

MD5M

GLOBAL ACTION TEAM NEEDS YOU!

The position of Global
Extension Team Multiple
District Coordinator is open.



Attributes of a GET Coordinator

Passion for Lions

**Understands New Club
Development**

Committed to Mission 1.5

Ability to Mentor Others

**Motivator, Trainer &
Collaborator**

Technology Savvy



Mission 1.5 is well underway and to support our Districts GETs, filling the MD GET position is one step toward achieving our membership goals. Are you ready to join the MD GAT? If so, please send a resume to executivesecretary@lionsmd5m.org.



MISSION 1.5

For more information please visit the LCI website for the GET Coordinator roles and responsibilities at: https://cdn2.webdamdb.com/md_YL1xSzh4U8n5.jpg.pdf?v=1



This institute is for Lions who wish to pursue leadership roles within their club. You will learn the history and goals of LCI and LCIF, develop strategies for being an effective leader, creative thinking, change management and collaborate with a diverse group of fellow Lions.



March 15-17, 2024

Shooting Star Casino

777 Casino Dr, Mahnomen, MN



The cost of the institute is \$100 USD which includes all training materials and meals. Lodging is available at the casino hotel for \$85 USD per night.

Additional details and the application can be found on the MD5M website: lionsmd5m.org under resources.

Contact Lion Dennis W. Kelly III, MD5M GLT Coordinator at dkellylion@gmail.com with questions.

Emerging Lions Leadership Institutes (ELLI)

The goal of this institute is to prepare Lions for leadership positions at the club level.

Qualified candidates are:

- Lions in good standing
- Have successfully served on a club committee and have not yet obtained the level of club president.

It is strongly recommended that the club's first vice president attend.

This institute and accommodations will be at Shooting Star Casino, 777 Casino Dr, Mahnomen, MN. Hotel rooms will cost \$85 USD per night not including tax. Reservations must be made by Friday, March 1st. Lions will be allowed to commute to the Institute providing they can do so from a safe distance and attend all Institute functions.

The cost of the Institute is \$100 USD in addition to lodging and travel expenses. The Multiple District will provide all meals and training materials.

Courses will include:

- Lions, Past, Present and Future
- Change Management
- Supporting Lions' Teams
- LCIF
- Communication
- Conducting Effective Meetings
- Diversity
- Lions Mentoring Program
- Creative Thinking
- Ensuring Club success

The deadline to submit your completed application to your District Governor is February 23rd, 2024.



Go to our 5m7 website for the ELLI application