



We Serve

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FB: 5m7Lions

The Gram



January 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!

Hello Lions and Leos!

Happy New Year! It is a time to resolve to do better at whatever area you think improvements are needed. That's traditionally where the resolutions making comes in. "I will exercise more to lose weight" or "I will quit smoking" or "I will put more into savings" or, well, you get the idea. One resolution could be to give \$5 or \$10 a month to a charity or to LCIF. This is an investment in your community. Invest freely.

Our midwinter convention is coming up at the Kelly Inn in St. Cloud on January 12, 13 and 14, 2024. There are some exciting speakers and activities to enjoy. There will also, for the first time I can remember, be silent auction. The Celebration of Life, aka Memorial Service, will be tweaked a little and I think Lions will approve. Don't forget to contact Lion Orville Lindquist at orville.lindquist@gmail.com with names and photos of Lions from your clubs that have passed.

I am attempting to raise \$2000.00 to give to the MN Lion Childhood Cancer Foundation. When that goal is reached, the beard goes away. That's right! I'll shave it off. To date around \$1100.00 has been raised. Bring some cash and let's see what "contributions" (see above) we can make while having fun!

Coming up in April 19, 20 & 21, 2024, is the MD5M Multiple Convention held at the Victoria Inn & Convention Center in Winnipeg, MB Canada. The registration form is on the MD5M website. Hope to see you there.

Speaking of Multiple Conventions, 5M7 will be the host District for the 2025 MD5M Multiple Convention at the Minneapolis Airport Hilton on April 25, 26 and 27, 2025. If someone approaches you requesting help on the any of the committees, please reply with an enthusiastic "YES!" Thank you in advance for your help. Volunteers may proactively contact Lion Cathy McCauley at lionsclub-cathy@gmail.com or IPDG Mark Landwehr at mrlandwehr55@gmail.com.

We have a vibrant and active District and it's a privilege to be a part of it!

Find Your Roar!

DG Peter

Welcome to 2024 fellow Lions and Leos!

By 1VDG Lion Mary Lea Curtis

I trust everyone had a wonderful Christmas recalling and making new memories with family and friends. We certainly are having some exceptional weather this holiday season. I know the avid outdoor sports enthusiasts aren't the happiest. I'm holding out hope that my snowmobile, ice fishing and snow sport fans will be wearing huge smiles soon!

Along with the New Year comes the tradition of resolutions. Do you know that over 4,000 years ago the Babylonians were recorded as making pledges, which later became known as resolutions. They would promise to pay outstanding debts and return borrowed objects in the New Year. As time evolved, New Years became a time for people to reflect on the past year and resolve to continue good practices, change an undesired trait or behavior, and perhaps accomplish a personal goal.

Do you make resolutions? Are you successful at keeping them? It has been found the reason for failed resolutions include the idea that we're thinking too big, we're not considering the 'why' behind the resolution, and the fact that we may not be ready for change.

I certainly hope the latter is not true for you as a Lion. International President Dr. Patti Hill wants us to Change the World. We need to start with ourselves. When making your resolutions for 2024, I hope you consider and include your role in Lions.

Do you have more to give? Resolve to shadow the lead on one of your favorite projects. Learn from them what it takes to make your event a success. Hopefully, some day you can transition into the lead or use the gained knowledge to initiate another project. Challenge yourself to step into a new role in Lions, in your club or at the district level.

Do you wish you knew more about Lions? Resolve to take advantage of opportunities for growth. Apply for ELLI, it is open to all Lions. (See information in this newsletter.) Besides attending your club meetings resolve to attend your zone meetings. Don't forget the fellowship and networking that happens at them as well as at Midwinter convention. All these opportunities are valuable in meeting a resolution goal of learning and becoming more involved in Lions.

Resolve to accept the challenges and opportunities presented to you. Find Your Roar. Embrace it. Make a positive impact on Changing the World!

Resolving to Learn and SERVE in 2024.

1VDG Lion Mary Lea Curtis

Happy New Years Fellow Lions and Leos,

By 2VDG Lion Deb Weston

I hope you had a wonderful holiday season with family and friends. Soon it will be 2024! Our Mid-Winter Convention is right around the corner. I hope you are planning to attend.

This year's Convention, with the theme of "Discover Your Passion", will be fabulous! On Friday evening, the Convention will come to order with the impressive Flag Ceremony, followed by the opening of the Hospitality Rooms and a Bean Bag Tournament. On Saturday we will have excellent presentations on a variety of topics and we'll kickoff a new tradition...a silent auction! Proceeds will go to DG Peter's chosen Foundation, MN Lions Childhood Cancer Foundation.

On Saturday morning, my club, Elk River Lions, will host a continental breakfast in our hospitality room. We will be serving breakfast from 7:30 - 9 a.m. Please come and say "Hi". I'd love to visit with you.

One of my favorite events during the convention is the **Parade of Green**. It is always so heartwarming to see the clubs giving generously to our Foundations, Camps and other organizations. I would like to share with you my two favorite foundations. The first is the Minnesota Lions Mission, Inc. I had the opportunity to travel to Guatemala in 2020 with the Minnesota Lions Mission. Each day when we arrived at the screening site, there were over 600 Guatemalans lined up for blocks waiting overnight to get glasses. It was an overwhelming site which brought tears to my eyes. We were there for 5 days and provided over 3,000 Guatemalans with eyeglasses. This experience was lifechanging. I'm eager to go back. Plans are now for a Mission trip in November, 2024. Funds received from the Parade of Green will help fund these missions and help purchase much needed equipment.

The second Foundation is the Lions Clubs International Foundation (LCIF), the main humanitarian arm of the Lions around the world. LCIF helps restore sight and prevent blindness by improving eye care, supports youth through Lions Quest and other projects, provides disaster relief both short and long-term assistance and humanitarian needs providing programs that improve health, fight measles and provides aid to the disabled and hearing impaired. Your club's support to these Foundations will be a blessing to so many people around the world.

I look forward to seeing you at the convention. If you're unable to attend, I hope to see you at your Governor's night. Just know how much your service is appreciated. Wishing you and yours the very best in the New Year and always.

Lion Deb Weston, 2 Vice District Governor

CONVENTIONS/FORUMS

By Lion Judy Herrala

Lions and Leos come and join us.....

Our **Annual Mid-Winter Convention at the Best Western Kelly Inn in St. Cloud on January 12-14, 2024 is right around the corner!** The address for this hotel is: 1000 4th Ave S., St. Cloud, MN 56301.

We have had a few struggles with our online registration and we apologize for not getting these documents to you until now. Some of our difficulties have been worked through and others have not so at this time we are not offering our meal tickets online. But, you will find the registration form when you click on the following link along with all of the other convention documents in one spot. This will be your spot to go to for convention information.

If you have not been to a convention before, we welcome you to come and enjoy ALL that we do at conventions. There is something for everyone.

<http://www.5m7.org> - this takes you to the homepage of our district website where all convention documents are.

Hotel Link: this takes you to the hotel link to book your room

You will also find all convention documents on our 5m7 website: <http://www.5m7.org> by clicking on the Convention/Forums tab. Please know that you can contact me at any time if you have any trouble getting registered, I can help. If you need the documents emailed to you I most certainly can send them to you. Just let me know what you need.

Here is a tentative schedule for the convention....

Friday: The Gambling and Cabinet Meetings will be held in the afternoon/early evening. We'll begin the convention with our opening ceremony and impressive full flag ceremony. Clubs will be hosting hospitality rooms again in the pool area with bag tournaments also in the area.

Saturday: We'll hold a continental breakfast in a hospitality room that you will find near the pool area. Seminars will be in a new space this year, just down the hall in the Opportunity Suites in the Convention Center. The annual Business meeting will be taking place in a larger area Saturday afternoon. KidSight training will be held for those interested in learning about this project. There will be a live band Saturday evening, a cash bar and a couple of hospitality rooms will be available.

Sunday: Our Fellowship Service will be followed by a hot buffet breakfast and our program will feature a number of guest speakers.

All of this information (and any updates) can be found on our [5m7 website](http://www.5m7.org).

GAMBLING UPDATE

By Lion Amanda Jackson



**5M7 MidWinter
Gambling Seminar**

January 12th, 2023 @ 1PM

Bestwestern Kelly Inn
100 4th Ave S - St. Cloud

**Seminar does qualify as continuing education for
gambling managers.**

Questions? Email or Call Lion Amanda Jackson
763-286-5039 amandakins@comcast.net

SHARE YOUR PASSION at the 5M7 MID -WINTER CONVENTION SILENT AUCTION

We're raising funds for DG Peter's favored charity (MN Childhood Cancer Foundation) and we also want to tap into the passions and interests of Lions throughout 5m7.



We are asking folks to donate items or experiences they are passionate about and add fun to the Midwinter Convention's Silent Auction. Do you crochet, are into wood-working, love wine or gourmet food, gift card to a great restaurant, make a basket of your favorite items, share a creation or give a gift card/certificate.

Please contribute generously and either bring your items to registration at the Convention or contact Lion Orville Lindquist to set a plan for delivery at: orville.lindquist@gmail.com.

Plan to bid on the fantastic items that others have shared. We will accept cash, check or credit cards at the close of the auction.



MORE CONVENTIONS/FORUMS

By Lion Judy Herrala

Consider attending the **104th Multiple District 5M Convention** is the Victoria Inn Hotel & Convention Centre in Winnipeg, MB, Canada April 19-21, 2024. You will find the registration form and telephone numbers on our 5m7 website and it is also on the MD5M website. <https://lionsmd5m.org/2023-md5m-convention>

Full registration for this is \$165 US dollars OR \$220.00 CDN. Conventions are a wonderful time to meet up with friends and make some new friends. There are many opportunities to think outside of our own clubs and districts and meet even more new friends from around the world.

Anyone who is mailing checks (cheques) to PDG Dave should make sure to put "Canada" in the address. Reminder it will take about 2 weeks to get to him. Inquiries and questions can be sent to Convention Chair PDG Doug Wiens and PDG Dave Hollyoake or using the convention email: 2024md5mconvention@gmail.com

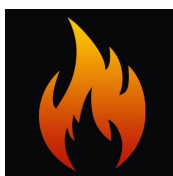


SETTING THE PACE

USA/CANADA LEADERSHIP FORUM

SEPTEMBER 5-7, 2024

The USA/Canada Lions Leadership Forum in Louisville, Kentucky, offers an unparalleled blend of enriching learning opportunities and delightful recreational activities. Attendees have the chance to dive deep into workshops and sessions facilitated by renowned leadership experts, giving them tools and insights that can be applied both within the Lions Club network and in their personal and professional lives. Beyond the learning, the forum is set against the backdrop of Louisville, a city known for its rich history, vibrant arts scene, and iconic events like the Kentucky Derby. Attendees can explore the city's unique attractions, savor its famous bourbon, or indulge in its culinary delights, making the Lions Leadership Forum not just an educational experience, but also an unforgettable adventure. Go to: www.lionsforum.org for more information.



Ignite Your Lions Pride is the theme for the Multiple Convention April 25 to Sunday, April 27, 2025 at the Minneapolis Hilton Airport to be hosted by District 5m7. We need help so please let us know if you're interested. IPDG Lion Mark Landwehr and Lion Cathy McCauley



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!

Adventure awaits you in Melbourne as the city hosts thousands of Lions and Leos from all over the globe who come together at the premier event of the year. At our Lions International Convention, you'll celebrate our commitment to serving our world with your fellow Lions and Leos, friends and make new ones.

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.





Hello Lions and Leos,

By Lion Judy Herrala



MISSION 1.5

Lion Judy Herrala, GMT

Dear Lions and Leos,

We are now halfway through our lions year. Here are our membership stats as they stand right now. Right now, as you can see, we are now at -5 halfway through the year.

	This Month	This Year
Opening Balance	1,708	1,708
Added Members	10	100
Dropped Members	15	105
Closing Balance	1,703	1,703
Net Gain/Loss	-5	-5

January is a great time to hold a membership event/drive as the holidays are over and things are settling. People have a bit more time now to consider being a part of the Lions.

Consider attending the seminar sessions at the Mid-Winter Convention January 12-14, 2024. You will want to attend the entire convention. The first seminar of the day on Saturday will have Jay Norby speaking about Membership and the Global Membership Approach (GMA). Jay Norby is the CA1 GAT Area "C" Leader. His area includes ND/SD/MN/IA and Wisconsin. The Global Membership Approach Process is designed to re-motivate and re-invigorate existing clubs.

It has been proven over and over that clubs who take the time to do the GMA process come out healthier, with new members, new service and a renewed sense of purpose.

Mission 1.5 webpage: <https://www.lionsclubs.org/en/resources-for-members/mission-to-grow>

Global Membership Approach (GMA) webpage: <https://www.lionsclubs.org/en/resources-for-members/resource-center/global-membership-approach>

Lion Judy Herrala, GMT JLHBELLS@earthlink.net

\$ LCIF Gala \$

\$ Paint the Town GREEN! RED \$
Sat, April 13, 2024
 Prairie Event Center
 Parkers Prairie, MN

Start planning now to attend and have the once-in-a-lifetime opportunity to receive a Melvin Jones Fellowship presented to you by LCIF Chairman, IPP Brian Sheehan. This Gala is a fundraising event for LCIF. Our goal is to present 100 MJ Fellowships. If you want to receive this fellowship at the Gala, you will need \$1000 donated to LCIF in your name by February 28, 2024.

This Gala is also a fun event in which we will have a costume contest. Everyone is encouraged to wear GREEN. There will also be a Lions in Motion activity which Lion Lori Sheehan has promoted throughout Brian's year as President of LCI.

More information will become available as to the registration, cost, and time for this event in upcoming newsletter articles. If you have any questions, please contact LCIF Chairman Bert Nelson at lionbert.a.nelson@gmail.com or C: 218-298-0932. We look forward to you coming to this event and celebrating with us in supporting our foundation.



Lions Clubs International
FOUNDATION



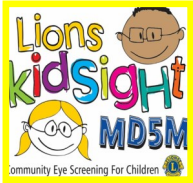
Your LCIF Coordinators

IPDG Mark Landwehr
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 612-366-1331

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

'WE CARE, WE SERVE, WE ACCOMPLISH'





Lions and Leo

By Lion Deb Johnson

Are you wondering how you can either receive or give a MD5M Lions KidSight Foundation, Inc Sight Saver Award?

All you have to do is donate \$1,000 to earn an award. You might be close! If you do not know how much your club has donated to date, contact Lion Deb Johnson by emailing 5m7lionskidsight@gmail.com. Giving to KidSight at the **Parade of Green** would be a great way to earn one of these awards

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!



By Lion Kevin Beadles

Project New Hope is focused on two main things: helping veterans and their families deal with post-war life, and preventing veteran suicides.

Here are two success stories from Project New Hope:

*A married couple came to a retreat with divorce papers already drawn up. By the end of the weekend they had thrown the papers into the fire.

*Sometime after attending a retreat, a veteran was having a particularly tough day. Long story short, he put down the gun and picked up the phone.

Project New Hope invites war-time veterans to bring their families or friends with so they can learn from each other what their experiences were during the war. Just as the family doesn't know what it's like being in a war zone, the veteran doesn't know what the family went through while there was a big hole in their lives.

There are structured events such as counseling, group sessions, and kids activities so that the adults can talk. Some of the best work is done in a casual setting around the bonfire at night when people really open up.

The counselors are paid but most of the work is done by volunteers so the cost is low. It doesn't take much money to send an entire family to one of our retreats, so every little bit helps. Please donate on your **Parade of Green**. Thank you



LIONS AND LEOS

By Lion Steve Linder

We hope everyone has a blessed and joyous Christmas. Now on to the new year! We have so much to be thankful for, just being Lions, being able to serve, and being able to help people less fortunate than us. By Collecting used eyeglasses is one way to help the less fortunate. We will be collecting used eyeglasses at the 5M7 Mid-Winter Convention in St. Cloud. They will be picked up and transported to Pine City, where they are separated re-boxed and transferred to Rosholt, Wis. The prescriptions are read and separated. These boxes of used eyeglasses are distributed to different Lions group traveling to under-privileged countries. Can you imagine not being able to see you children or grandchildren clearly? The people that receive these old used eyeglasses can see clearly for the first time.

How can you help? By placing eyeglass collection pails in eye clinics, drug stores VFW Posts, American Legion Post. Anywhere that people meet or shop. Please ask permission before you place the pails and check and collect eyeglasses often. Once you have a box full or two of eyeglasses give PDG Terry Wold or PDG Steve a call and we'll make arrangements to pick them up.

Another great way to help the Minnesota Lions Vision Foundation is to give to the **Parade of Green** at the 5M7 Mid-Winter Convention. The money will be used to benefit the Lions Children's Eye Clinic, Macular Degeneration Center, Lions Eye Surgery Center. And the Used eyeglass Recycling Program.

Stop by the Minnesota Lions Vision Foundation at the Convention. See you there! Thank you for all you do!

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



Make your **Parade of Green** donation at the Midwinter Convention and you will help empower people who are blind or visually impaired with more independence in 2024!

Leader Dog is the answer for thousands of people in critical need of our services. Because we believe every person deserves equal opportunity for independent travel, all of our services are provided at no cost, covering expenses for training, room, and board, and travel to our campus from anywhere in North America.

Your donation helps people receive the services they need to reclaim their confidence and travel safely every day—at no cost to them.



Greetings 5m7 Lions and Leos

By Lion Judy Herrala

The MN Lions Diabetes Foundation sincerely hopes that each of our clubs is considering a donation to our foundation during the Parade of Green at convention which takes place in a bit less than two weeks at convention.

The MN Lions Diabetes Foundation (MLDF) began as a committee of folks, two from each district, who realized that diabetes was going to be an ongoing issue and in 1987 began to organize as one large committee instead of each district having their own initiatives.

In 2007 the Council of Governors approved the concept of having a diabetes foundation in MD5M. In 2008, this foundation was approved at the convention. In 2009, its 501c3 status was approved and charitable gambling donations were able to be donated to this foundation.

Over 15 years, the foundation has donated over \$2,150,000, from what it has received in financial contributions. We continue to fund research activities to cure diabetes, provide education and sponsor preventative health activities. We need your continued support.

When your club donates \$1,000.00 it becomes eligible to give a Dream Catcher Award. Your 5m7 trustees Lions Mike Edwards and Judy Herrala have 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.



***** 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](https://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



HELEN KELLER SAID:

I am just as deaf as I am blind. The problems of deafness are deeper and more complex, if not more important, than those of blindness. Deafness is a much worse misfortune for it means the loss of the most vital stimulus – the sound of the voice that brings language, sets thoughts astir and keeps the intellectual company of man.

The Minnesota Lions Hearing Foundation was founded in 1973 to promote to the fullest extent the advance of research and programs concerned with hearing health and communication disorders.

At the Lions Children's Hearing Center a family can see up to six doctors in one setting. They are: Audiologists, Ear, Nose, & Throat Specialists, Neuropsychologists, Speech-Language Pathologists, Infectious Disease Specialists, Geneticists. We created the Lions Newborn Hearing Screening Program. This was an ambitious initiative designed to establish newborn screening, without state funding or mandate, in every birthing hospital in Minnesota.

Minnesota Lions Hearing Foundation established the Lions Hearing Aid Loaner Bank, providing pediatric hearing aids free of charge to infants who are newly identified with hearing loss. The foundation also collects used hearing aids. These used hearing aids are then sold to hearing manufacturers who use them for their repair services. The funds generated, along with negotiated rates from manufacturers, audiologists, and hearing aid dispensers, are used to purchase hearing aids at greatly reduced prices. Your contribution of used hearing aids makes a significant difference in the lives of those who would simply slip through the cracks. If you have someone in need who is interested in this program, you can contact your District Trustee. Please donate on your **Parade of Green**.



True Friends is a nonprofit organization providing life-changing experiences that enhance independence and self-esteem for children and adults with disabilities.

True Friends' programs include camp, respite, retreats, team building, therapy and adaptive riding, and travel; serving over 25,000 individuals annually. True Friends serves individuals in Minnesota.

On your **Parade of Green** please support CAMPS (camps include: Friendship, Courage, Courage North and Eden Wood)

Additional camps for donations on the **Parade of Green** are Camp Needle Point (American Diabetes Association) and Camp Confidence.



TRAVIS AND IAN

Well over a year ago, Travis and Kevin, both supervisors of M Health Fairview Ambulance Operations, were discussing having Facility Dogs as part of their EMT programs. Not quite ready to take on the challenge himself, Travis remembers telling Kevin something like, "You do that and we'll see what happens."

Kevin did, bringing Can Do Canine Clayton on board at his Forest Lake location in 2022. The effects were immediate. It was then, after seeing the positive interactions that Clayton was having that Travis thought, "I'm in!"

So, in Summer 2023, Travis introduced Facility Dog Ian to his co-workers at the St. Paul EMS station. Travis says, "It's so crazy how having a dog in the building just changes people's mood and mentality."

That ability to alter negative emotions is a big reason why Ian is in this role. This beautiful red-colored yellow Lab knows just how to take the load off others. Travis explains that when staff members are talking and reliving a difficult experience, "A hard discussion would be harder without Ian in the room. Every day, he does things that having him here for that moment was what got us to the next step."

Ian's skills are on display when out in the community too. He is at Travis's side during EMS presentations at elementary schools and gladly takes his place on the ambulance during "Show and Shares." Travis said that while at a park this past summer, "We had a line waiting to get in the ambulance the whole four hours because Ian was in it. He hammed it up."

This docile dog can easily tap into his strength for soothing. The team is assigned to provide medical support during events at Alliance Field. One time, a lost child was so upset that police officers were not able to get the child to communicate with them. "Bringing Ian into the picture allowed the child to be redirected and calm down," shares Travis.

Fully realizing the power of Ian's presence, Travis's hope for the future is to "introduce more four-legged creatures to health care." Travis considers Ian a "unique gift" and intends on doing "whatever we can do to pay it forward." Because now that he has seen what happens with a Facility Dog, he's all in!

Support Can Do Canines on your **Parade of Green** at Mid-winter Convention.



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

The
Fetching Ball



5m7 Leo Clubs

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

The 5M7 Leo club is on the parade of green, we are not a 501c3, but we would love to have donations to fund our great causes. Our Leos are the next generation of Lions coming to our communities. The projects developed by these young people are all important causes that their own communities find valuable.

What is a Leo club?

Leadership, Experience, Opportunity, the Leos are youth ages 12-24 that work in partnership with Lions clubs in communities. Lions club sponsor a group of service minded youth to support ideas to benefit the community. The partnership tends to go both directions, Leos help Lions, Lions help Leos.

How does the **Parade of Green** help us?

We have six Leo clubs in our district: Anoka, Andover, Blaine, Coon Rapids, Spring Lake Park, and Rush City. Last year we provided mini grants for Leo clubs to develop and complete projects for their communities. Funding is also used to allow Leos to attend the mid-winter and Multiple conventions to experience the great learnings that are available to the Lions.

Join us for our service project at the Mid-winter convention on Friday, January 12th from 2:00p-4:00p at the hotel. We will be making fleece tied blankets for the Big Brother Big Sister program in St. Cloud.



*We are a separate item
from Youth Outreach.
Please consider giving to
5M7 Leos!*



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

Lions and Leos,

January 2024 has arrived! With the new year comes new resolutions. I challenge you to open your home, hobbies and adventure to a youth coming in July. 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.

I look forward to working with host families after the new year!

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





Lions and Leos

By Lion Judie Zaske

After many years, my house is finally paid for! Wonderful news except the minute I received the papers saying the house is 'free and clear', one by one my appliances, which served me so well, started to fail me. So with much determination, I decided to start looking at not only upgrading appliances but more energy efficient appliances. I set out to start investigating my options.

First on my list is my water heater which is probably 16 years old. Water heaters are a surprisingly big buzzkill. In fact, the seemingly simple process of getting warm water into our showers and sinks accounts for nearly 20% of the average home's energy use. Water heaters are unfortunately sneaky appliances, secretly accounting for almost 20% of our home's energy use. This amounts to hundreds of dollars each year — all for an appliance that we tuck away in a basement or closet and rarely ever think of.

Considering traditional heaters are three to five times less efficient than those powered by heat pumps, that's a lot of energy — and money — I could be getting back. How will it save me money? On average, a heat pump water heater will save me \$330 a year in energy costs. Most cost more than traditional options, but you could (check it out first) get up to \$2,000 back in tax rebates. When everything's said and done, you'll have saved close to \$3,000 over the course of 10 years (doubt I'll live that long but you never know).

Unlike traditional water heaters, which typically generate heat from using gas or electricity, heat pump water heaters warm your water by capturing heat from their surroundings and moving it into the tank.

It's a strange-sounding process that yields some shocking results — by many estimates, these appliances are three to five times more efficient than traditional ones. It's similar to how standard heat pumps, which are surging in popularity in many states, can work to heat and cool homes way more efficiently.

If these devices sound high-tech, it's because they are. And they come with a matching price tag as well. The downside is that, upfront, they're typically more expensive than a traditional water heater (usually in the \$1,500 to \$3,000 range), but you'll earn back your investment and then some in savings.

When should I consider getting one? The short answer is: not until you need it. Water heaters can last for varying amounts of time, but conventional wisdom says it's worth making a change around the 10-year mark. Anything longer, and you'll run the risk of a pretty ugly household disaster (think 50 gallons of water or more

flooding out onto the floor).

Another tip I read.... keep an eye on your monthly energy bills. If your costs go up unexpectedly, it could be a sign that your water heater is struggling and is ready to be replaced.

TANKLESS WATER HEATERS



Another option is tankless heaters which are nearly a third more energy-efficient than traditional storage tank heaters, which means you can cut your bills and reduce your pollution footprint with an easy switch.

It'll cost in the ballpark of \$2,000 to buy and install a tankless water heater, but you'll be eligible for a \$600 tax credit and save up to \$110 a year on energy costs.

Water heating accounts for 18% of home energy use, and a tankless unit can yield energy savings of 30%. Over a full year, this translates to 450 pounds of CO2 for an average house.

So overall, I have options....which is a good thing, but my options may cost me just as much by the time I choose between gas or electric, tank capacity and flow rate, installation costs and overall water usage needed for one person. All these need to be considered and checked out and to make sure a tax rebate is available.

Oh the joys of owning a home and that's only ONE appliance I need to consider replacing!



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DISTRICT HIGHLIGHTS AND EVENTS

From Andover Lions

1ST ANNUAL LIONS BAG FUNDRAISER
PROCEEDS SUPPORT THE ANDOVER LIONS

\$199 1ST PLACE TEAM WINNER
\$99 2ND PLACE TEAM WINNER

SATURDAY, JAN. 20TH
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 KATHY KOLB
AT KOLBKATHY@YAHOO.COM

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

Forest Lake Lions Peace Poster Winners L-R
2nd place Kate Pearson
1st place Frankie Sherman
3rd place Suri Waddle
and our own Forest Lake Lion Lou!!



Lions Chloe Akina and Doris Sullivan were among eight **Forest Lake Lions** ringing bells for the Salvation Army this season at the Forest Lake Cub Foods store. The Salvation Army helped our community out in the past during a terrible tornado, we know what they can do and are grateful they are here and we are able to support them!!



Forest Lake Lions Waffle Breakfast with SANTA!! We were honored to serve just under 465 meals and donated 178 Lion Volunteer Hours! Everyone had a great time visiting, eating, seeing Santa, and our special guest Holly the Alpaca!!



At the December **Coka-to Dassel** Lions club meeting, Lion Mike Lhotka and his wife, Barb were awarded the Helen Keller Sight Award for their dedication to the Silent Santa program. Barb is an orientation mobility instructor for the University of Pennsylvania.



Pictured are Lion Vice President Dorene Erickson, Barb Lhotka and Mike Lhotka

DISTRICT HIGHLIGHTS AND EVENTS

**Save
the
Date!**

The **Andover Lions** will be hosting a Bags/Cornhole Tournament January 20th 2024 10am – 6pm at Court-yards of Andover. I'd like to ask that each club attend or donate to this tournament as we are trying to raise funds for our community and beyond. We hope this is a success and are really looking forward to it. It should be a great time.

The **LC of Big Lake Lioness** in conjunction with Riverwood Bank in Big Lake has been collecting winter mittens, hats and scarves the month of December. These winter articles will be sorted and distributed to both Big Lake and Becker Elementary Schools for children in need and to use.



Otsego Lions are getting ready for Mid-winter convention. We are sending four representatives this year. January is a quiet month for Otsego Lions. We are looking forward to an exciting year of growth and new opportunities. Stay tuned for updates....

The **Fridley Lions** are hosting their 16th Annual Winter Warm-Up Fundraising event on Friday February 23, 2024, from 6:00 to 8:30 pm at Banquets of Minnesota in Fridley. Come join us for this fantastic Food, Wine and Beer tasting extravaganza. We will have a variety of food to sample from restaurants in the area along with a wide variety of wines and beers to quench your thirst. One of the highlights are the silent and live auction including travel experiences, Wild on the Glass hockey seats and more. Help us raise money that is returned to the community to help our youth, the needy and community initiatives. Purchase your tickets and check out the auction items at Winter Warm Up 2024 (ejoinme.org)



Happy New Year from the **Rush City Lions**. We brought in the Christmas season with the delivery of fruit baskets to more than 300 residents on December 9. The Lions finished the day with a Christmas party at Fiesta Cancun right here in Rush City. May all of you have a blessed and wonderful year in 2024.



The **Andover Lions** are looking for clubs to donate prizes for the beanbag tournament at midwinter convention. Please bring any donations to midwinter and Lion Angie Sedesky will make arrangements to get them from you.

The Silent Santa program has been going for 34 years. December 16th the **Elves (Cokato-Dassel Lions)** were up early sorting and distributing donations. 120 Cokato individuals were served and a large donation was made to UCAP in Litchfield to serve the Dassel community.



Let's help True Friends restock their Craft Supplies!!

Looking for NEW, UNUSED:

- Construction Paper
- Paints
- Markers
- Sidewalk Chalk

Please help True Friends!



Simply purchase any of these items. You can bring them to the Mid-Winter Convention or contact me to make arrangements.

Thank you!

Lion Theresa Goff, 5M-7 Camps Chair (t-m-goff@hotmail.com/612.799.2770)



REMEMBER....ARTICLES ARE DUE THE 25TH OF EACH MONTH UNLESS OTHERWISE NOTED.

DISTRICT HIGHLIGHTS AND EVENTS

The **Albertville Lions** held there Annual Christmas in the Park event. Santa Claus and Mrs. Claus saw many kids with help from their three elves. The local Boy Scout troop watched over fires and roasted marshmallows for S'mores. Albertville Royalty served Hot chocolate, cider and cookies. There was also a sleigh ride and event ended with the lighting of the tree and music from SOAR ARTS.



5m7 Classifieds

WANTED: Seeking an interested individual or individuals who enjoy working with people in various situations. This position is open to any 5m7 Lion member or members.

Qualifications:

- Able to communicate volunteer needs to clubs and organizations effectively.
- Maintains a positive attitude with all issues/concerns. Maintain open communication and be flexible.
- Communicates efficiently with coordinators and workers. Compliment people or groups publicly.
- Be courteous and respectful of volunteers and state fair staff.
- Basic knowledge of computer usage (email and excel a plus)

If interested and would like further information regarding State Fair Ticket Coordinator contact [Lion Larry Kounkel @ larryandmk@gmail.com](mailto:larryandmk@gmail.com)

WANTED: Seeking an interested individual in learning and promoting programs related to hearing health and communication disorders. This position is open to any 5m7 Lion member.

Qualifications:

- ♦ The individual would serve a minimum of 2 years with a maximum of 6 on the Board.
- ♦ Attend three in person meetings a year, plus one zoom.
- ♦ Attendance and participation at the mid-winter conference.
- ♦ Serve on the District Governor's Cabinet.
- ♦ Visit Lions clubs upon request and speak to hearing issues/concerns and resources.
- ♦ Monitor and record contributions within the 5M7 clubs

If interested and would like further information regarding becoming a Lions Hearing Foundation Trustee contact [Lion Mike Benedetto @mbenedet@smumn.edu](mailto:mbenedet@smumn.edu)

MD5M GLT Multiple District Coordinator

MD5M GLOBAL LEADERSHIP TEAM NEEDS YOU!

The position of Global Leadership Team Multiple District Coordinator is open beginning July 1, 2024.



Attributes of a GLT Coordinator

Passion for Lions

Leads by Example

Motivator

Encourages Diversity

Effective Communicator

Ability to Mentor Others

Recommended graduate of FDI,
LCIP Certified or a participant of
an ALLI



Recruitment Period
January 1 – 31, 2024



Send a Resume and Letter of Recommendation to:
executivesecretary@lionsmd5m.org

For more information please visit the LCI website for the GLT 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