



We Serve

www.5m7.org
FB: 5m7Lions

The Gram



March 2024

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

2023-24 5M7 Cabinet

DG Peter Lendway
DGE Mary Lea Curtis
1VDGE 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!

As I write this 5M7 Gram article, I am at the last midwinter convention in our multiple for this Lions year. I was able to attend all but the two that were scheduled for the weekend of our midwinter. Some may comment "Whatever for?" or "Now that's dedication!" For me, I think it was two things that motivated me, friendships and curiosity.

I'll cover friendships first. The people you meet at the conventions are serving their communities just like you. They have fun while flipping pancakes or working together while serving their communities. The stories that are told are relatable and some are heartwarming and yet others are downright funny. Experiences are shared. When taken up a level, as in when you are on a leadership journey, there are leaders all around you that, if asked, are willing to impart a bit of wit and wisdom. You see them at conventions almost every year and before you know it you're becoming friends.

The phrase "birds of a feather flock together" is never more truer than what you will experience, not only as a Lion, but also as a leader. Lions are drawn together when they have similar goals and interests. Same thing happens at a leadership level, you are drawn to others with the same mindset.

Curiosity. I was curious to see how other Lions district conventions were organized and run. I can safely say there is no one right way to do it. They are all fun to go to. They all do things a little different. Some will have the opening ceremony on Friday and some will have it on Saturday morning. Some will have the business session on Saturday morning and others will have it on Saturday afternoon.

Like the clubs in the district have different and distinct "group dynamics", or as I like to call it "personalities", the districts also have different and distinct "personalities". It is fun to observe and to participate in that dynamic.

If asked to serve in a role that you don't think you can do, consider it. That only means that someone sees in you potential to grow and become a leader in your club and in your community. ELLI is a great opportunity to explore the possibilities.

Find Your Roar!

DG Peter

Greetings fellow Lions and Leos!

By DGE Lion Mary Curtis

Can you believe Spring will 'officially' arrive this month? Have you been making plans for those days when the earth starts to warm up and the world starts to burst with buds and blossoms? I suppose by now all our gardening Lions have worn out the seed catalogs and already started germinating seeds.

Spring is such a refreshing time of year. Summer plans are being made. Spring cleaning is happening. Windows will be cracked open to fill our homes with the nice crisp air. We experience a sense of renewal and new beginnings after the winter months.

Spring is when we vote on our club officers for the upcoming year. It's time for new and fresh ideas through our leadership choices. Do you recycle your officers from year to year? Maybe it's time to start a mentoring program. Job share your position, teach someone else how to do the job you've held for years.

Tomorrow isn't promised to any of us. We have two clubs that are mourning the recent loss of their club secretaries. They are not only trying to heal from the loss of a dear friend but struggling to figure out how to do everything they did in the background. Don't put yourself in that situation. You all have the talent and resources to take a lead role in your club. Step up, try something new. There are resources available and support for help as you navigate a new role in Lions.

Lifelong learning is real. We learn new things every day. Being a career officer doesn't mean you can ignore and skip training sessions. There is always the possibility that something new has been added to your duties or a change has been made. You are also a very valuable resource! Your experience is a gift to be shared with those learning the ins and outs of their office.

Keep an eye out for notices via email and socials on officer training sessions. I want to see rooms full of experienced and new Lions learning and sharing together.

Happy Spring and St. Patrick's Day!



Greetings Fellow Lions and Leo's!

By Lion Deb Weston 1VDG Elect

I hope you are doing well and enjoying this unusual winter weather! No snow to speak of and temperatures in the 40's, 50's and maybe 60's by next week. It sure is nice not having to worry about slipping and sliding on the icy sidewalks and streets or driving in snowstorms to attend meetings. But sadly, so many businesses, special sporting events, and animals are suffering due to the lack of snow

and colder weather. The news is reporting on how staff and volunteers are working to help make and move snow for different skiing and outdoor events. I'm wondering if your Lions club has had or is planning a service project this winter to assist with an outdoor project? I'd love for you to let me know so I can pass on your service project to other clubs.

A reminder about the importance of reporting all your service projects in MyLion. It is so important that your club reports your projects so that Lions International can determine how many individuals across the world are benefiting from our services. Every project we participate in as Lions or Leos, no matter how big or small, is valuable in our journey of serving our communities and our world. For our clubs, reporting service is the final step in our service journey. Plus, clubs that report service become eligible for service awards and other forms of recognition.

Lions International reports that in this fiscal year, with 59% of clubs reporting, Lions have served over 275,000,000 individuals across the world. Just think what that number would be with 100% of clubs reporting. Reporting service projects in MyLion takes only a few steps and is generally the responsibility of the club's Service Chairperson or the Secretary. Some clubs as yet do not have a Service Chairperson.

With elections coming up soon it is important that clubs include a Service Chairperson in their election process. This position serves as member of the club's Global Action Team and responsibilities include collaborating with the district's Global Service Team to communicate and develop annual service goals that align with Lions International service framework. The Service Chairperson is also responsible for identifying community needs and ensuring club alignment with community needs. DG Peter has emphasized how important it is that clubs conduct a Club and Community Needs Assessment. Information and work sheets on how to conduct a needs assessment are available on LCI's website. I'm hearing from clubs that have completed this assessment that they have found it extremely interesting and helpful. The Multiple Convention is coming up soon! The Convention runs from April 19-21 and will be held in Winnipeg, MB at the Victoria Inn and Hotel & Convention Centre. If you haven't registered yet, I encourage you to do so. A registration form is available on the Multiple and 5M7 websites. Please consider going. You will be very glad you did!

I want to take this opportunity to thank you for your vote to serve as your 1VDG at this year's Mid-Winter Convention. I am extremely honored and will do my very best in serving you. I'm attending numerous workshops and training sessions and will continue doing so for the next year. Thank you for your confidence in me and for all you do for others. *Together we serve,*

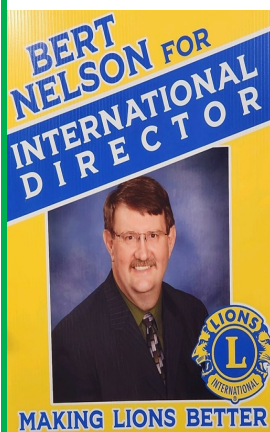
CONVENTIONS/FORUMS

By Lion Judy Herrala

♦ Multiple Convention-April 19-21, 2024

Sm7 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 and 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?

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 [Sm7 website 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 [Sm7.org website on the conventions/institutes page](#). Watch for more information on our Sm7 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



HELP NEEDED

Hello fellow Lions and Leos,

When I was in college I took a history class and when I walked into the classroom the first day I sat in the very back row. Shortly after the professor walked in, glanced around the room and stated, "all you students sitting in the first row are getting an A, the second row a B, third row a C, and the last two rows, you're not going to fare so well." I got up, walked to the front row, and took a seat. The professor walked up to me and said, "I can't believe you fell for that one." I laughed also and told him, "You look like a man of your word. I'll work hard but I expect to get an A." I still believe to this day if you work hard at something, good things will happen.

I'm the chairperson for the 2025 Multiple District Convention. We have a good committee and accomplished many tasks at our last meeting. There is still a lot to do and we will be recruiting more volunteers as we need them. Please consider helping us. The dates of this convention are **April 24th through the 27th of 2025**. Please help us. PDG Lion Mark Landwehr



MISSION 1.5

By Lion Judy Herrala

Lions and Leos,

What is MISSION 1.5?

MISSION 1.5 is the drive to grow our great organization to a minimum of 1.5 million Lion members worldwide on July 1, 2027, so we can meet the growing needs of our communities and serve more than a billion people annually. <https://www.lionsclubs.org/en/resources-for-members/mission-to-grow>

What are the goals of this mission we keep talking and hearing about?

- ◇ All areas of lions achieve positive net growth on July 1, 2027.
- ◇ All districts add new clubs.
- ◇ All clubs induct new members during MISSION 1.5.
- ◇ Districts incorporate strategies to attract a more diverse membership, including women and young lions.

Why MISSION 1.5?

Every Lion matters to the people who depend on us. And, every club is changing their communities making it a stronger, healthier, and kinder place for all. To meet the growing needs in our communities, we need to form new clubs and invite new members to serve with us. To make sure we are always there and ready to serve, we need to grow.

What are the benefits of MISSION 1.5?

- ⇒ Increased capacity to serve. Inviting new members increases your capacity to serve your community.
- ⇒ Greater diversity and inclusion. Lions not only serve our communities and the world, but we also represent the world we serve.
- ⇒ Increased advocacy for change, locally and globally. Every new lion brings a fresh set of ideas, another pair of hands to our service. As your club grows, you increase your local impact and expand your influence in your community.
- ⇒ Increased Member Benefits. Lions do more than serve together. We Grow together. Club growth, on every level, all over the world, benefits all of us. The connections you make with fellow Lions open doors to new opportunities, and endless possibilities for personal and professional growth as we learn from one another, always striving to be better leaders, better people, and better Lions.
- ⇒ Stronger at every level of Lions. Growing our membership makes Lions stronger at every level. With more members we will have more resources to fulfill our MISSION of service.

How will we achieve the MISSION 1.5 goals?

The **Global Membership Approach** is integrated into MISSION 1.5. The Global Membership Approach is the process with helps achieve MISSION 1.5 targets. All districts have a unique opportunity to be successful in membership growth through the Global Membership Approach. Aligning the approach with MISSION 1.5 increases accountability, clarifies priorities, motivates leaders and aligns district goals established to MISSION 1.5 targets. Remember...the Global Membership Approach (GMA) helps us develop our membership through a strategic process focused on Rejuvenating districts with new clubs, Revitalizing clubs with new members, and Re-motivating existing members with fellowship and exciting service. <https://www.lionsclubs.org/en/resources-for-members/resource-center/global-membership-approach>

District 5M7, there are district goals and membership targets that have been provided for us for MISSION 1.5. Why? To achieve 1.5 million members on July 1, 2027. These targets are provided to ensure positive membership growth. You have heard about dreams and goals, haven't you? We can have all of these dreams, but until we have goals, it is only a dream. So, these membership goals have been provided for each district. So that's easy, right?

Our District, 5M7, has been given the following targets for this year for MISSION 1.5:

New Club Target: 1
New Member Target: 65
Net Membership Gain: 15

Lions of 5M7. WE CAN DO THIS. We've got this! Our issue at this moment is retention of the members we have. We are working on a new club which will be finished by June 30, we have invited and signed up 123 new members just this year. Unfortunately, we have lost 125 members this year and we are at minus (-) 2 for membership at this moment.

Recently I have communicated with many of our clubs leaders about reporting. In that communication I have asked our clubs to work to end this year at a positive of plus (+) 1 member. Lions...if our clubs can end the year with +1 member, we will have + 51 members! 1 member, that's it. Yes, we CAN do this. I will be checking in soon!

Lion Judy Herrala, GMT





LIONS AND LEOS

By Lion Judy Herrala

Have you saved the date of April 13th, 2024 to attend the LCIF Gala in Parkers Prairie, MN? Past International President Brian Sheehan and Lion Lori Sheehan will be our guest. They will present new and progressive Melvin Jones Fellows.

\$ 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, then 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.

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

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

WE CARE, WE SERVE, WE ACCOMPLISH'



15th Annual Minnesota Lions Diabetes Foundation Research Update March 16, 2024

Hosted by the Minnesota Lions Diabetes Foundation, Inc.

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

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

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

Saturday, March 16, 2024

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

Best Western Plus Kelly Inn

Sunwood/Congress/Senate Ballroom
100 4th Ave. S.
St. Cloud, MN 56301

Faculty Research Presentations:

- Development of a Next-Generation Approach to Fight Inflammation and Type 2 Diabetes - Dr. David Bernlohr
- Curing Diabetes by Stopping the Body's Immune System - Dr. Brian Fife
- Bringing Immune Tolerance to the Clinic for People with Diabetes and Kidney Failure - Dr. Sabarinathan Ramachandran and Dr. Brian Flanagan
- Production of Genetically Engineered Pigs as Donors of Organs for the Treatment of Diabetes and its Complications - Dr. Christopher McGregor

RSVP by Tuesday, March 5

RSVP via email to MNLionsDiabetesFdn@gmail.com

A Zoom Link will be emailed to those unable to attend in person.

Please request Zoom link by email above.

A confirmation email will be sent prior to event.



Jersey Mike's Month of Giving!

March is Jersey Mike's Annual Month of Giving. All 54 Jersey Mike's locations in Minnesota will be encouraging customers to donate to Special Olympics Minnesota throughout the month.

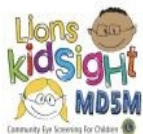
Save the date: Jersey Mike's Day of Giving is Wednesday, March 27. 100% of sales (not just profits!) support Special Olympics Minnesota on this day. Eat some sandwiches and support SOMNI!

Jersey Mike's SUBS



Lions and Leos

By Lion Deb Johnson



Hey 5M7,
Let's Donate!

5M7 CLUBS

Let's come together and donate to KidSight's Multiple Convention Silent Auction Gift Baskets.

Donate as a Club or feel free to donate on your own! Donating \$10 - \$25 towards a silent auction gift basket can go a long way! YOU DONATE, WE SHOP & PUT THE BASKETS TOGETHER!

Contact Lion Deb Johnson at KidSightMD5M.Treasurer@gmail.com or call 612-810-2119 for more information. You can send a check to MD5M Lions KidSight, PO Box 128, Big Lake, MN. 55309

If you have items you would like to donate let Lion Deb know to arrange pick up.

HURRY...we're running out of time!
Please respond back by April 1st!



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

Dear Fellow Lions ,

Thanks to all the Lion clubs that help support the **MN. Childhood Cancer Foundation**. Our biggest fundraiser for our foundation will be helping sell tickets at the **Hamel Rodeo on Thursday, July 11, 2025**. My wife suggested that I volunteer to be a clown at the bull riding event. I don't know if she thought this would draw Lion members to the rodeo or she just wants to get rid of me. Either way that's not happening! If you have never been to a rodeo, you should come. It's great entertainment for the whole family. Bring your kids and grandkids or let them bring you! PDG Mark Landwehr



LIONS AND LEOS

By Lion Steve Linder



What happens to me (a pair of eyeglasses) when someone drops me in to a Minnesota Lions Vision Collection Bucket.

A Lion from a club that is around that club comes by about every couple weeks and empties the bucket. Sometimes I'm taken to a Lions Meeting or to someone house and I'm dumped on a table and sorted, the cases are tossed, and we are re-boxed. After the Lions Club has collect a couple boxes of glasses the call PDG Steve or PDG Terry and the Lions Club Member meet up with them and turn over those glasses. We are sometimes re-boxed again and if any cases are in the boxes they are tossed. We are stored in the garages till we have a Board of Directors meeting or a Mid-Winter convention.



Lion Bob from the Eyeglasses Recycling Center, up in Pine City, Minnesota, pulls a enclosed trailer to any of the Mid-Winters in MD5M or to St Cloud for the Board of Directors meeting. Lions load up that trailer, for the trip back to Pine City. The trailer is unloaded into the Recycling Center, where we are counted and transferred to apple boxes by 4 Lions Clubs, Pine City Lions, Pine Area Lions Rock Creek Lions and Pine City Leos. Why apple boxes? They have covers and are the same sizes and are easy to stack in the Trailer and trucks.

We are transported to the Wisconsin Eyeglass recycling center in Rosholt, Wisconsin, where we are again unloaded into their building. We are placed in nice plastic totes and are transport to local State Prisons. The prisoners read the prescriptions of the glasses and we are packed per our prescription. We are transported back to the Wisconsin Recycling Center, where we are transported to underdeveloped countries with Lions Missions. Its such a thrill for us glasses to be put on the face of a older person, who may not been able to see their grandchildren or great grandchildren before.

Now you know what happens to us as we are picked up, transported, and have had our prescriptions read and we are distributed to underdeveloped countries.

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



Greetings 5m7 Lions and Leos

By Lion Judy Herrala

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. Please contact us if you have questions.



How To Participate:

- Choose your own activity
- Be active on your own
- Be part of a team
- Donate or register anytime between Feb 1 and April 30
- Commit to 15 miles of physical activity per month

How to register:

Registration opens February 1, 2024.
Turn in the bottom portion of this flyer
- OR -

Register online here: <https://secure.gqiv.com/event/mldfstrides2024/>

\$30.00 Registration fee

T-shirts available

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



Questions? Please contact your district trustees:

Lion Judy Herrala

Lion Mike Edwards

JLHBELLS@earthlink.net

mnedwards1@bellsouth.net

Lions Club Name: _____ District: _____
Challenge Team Name: _____
Name: _____
Street Address: _____
City: _____ State: _____ Zip: _____
Email: _____ Phone: _____
Donation Amount:
\$30 _____ \$50 _____ \$100 _____ \$250 _____ \$500 _____ \$1,000 _____ Other: _____
Mail to:
Lion Mike Edwards, MN Lions Diabetes Foundation, 11070 15th St NE, St. Michael, MN 55376
(Net Proceeds benefit the Minnesota Lions Diabetes Foundation)

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



- Reaching out to those with hearing needs since 1973
- Construction of Children's Hearing & ENT Clinic at the University of Minnesota
- Annual support of hearing research at the University of Minnesota
- Establishment of the Universal Newborn Hearing Screening program in Minnesota Hospitals
- Creation of Affordable Hearing Aid programs for all ages
- Establishment of the Lions Professorship in Otolaryngology at the University of Minnesota
- New audiology testing booth & equipment at the Lions Children's Hearing & ENT Clinic
- "Walk to D-Feet Hearing Loss" first held in 2012 and continuing today in 2 locations in Minnesota
- New projects: remodel of the Lions Temporal Lab, first established by Lions 25 years ago & portable hearing testing devices for use throughout the multiple
- Collection of used hearing aids



Scan This Code
to register for the
D-FEET hearing
loss walk

Visit us at;

www.5mhf.org

To see all the wonderful
things we are doing to
assist those suffering with
hearing disabilities.

Scan This
Code

to go to the
Hearing
Foundation
WebSite to
make a
donation.



JUNE 1, 2024 - 9:30 AM

**MINNESOTA LANDSCAPE ARBORETUM - CHASKA, MN
DIAMOND POINT PARK - BEMIDJI, MN**

FUN FOR FAMILIES
OF ALL AGES!

A CHANCE TO CHANGE A
PERSON'S LIFE THROUGH
YOUR REGISTRATION
DONATION!

KIDS UNDER
12 ARE FREE!

Register at: <https://secure.gqiv.com/event/2024walktod-feethearingloss>
Text DFEET2024 to 50155 to donate or register.



Registration materials can be found on the Hearing Foundation [website 5mhf.org](http://www.5mhf.org)



David and Niles

Mobility Assist Dog Niles is putting on the miles. That's because Niles was matched with David, who is known for his love of outdoor adventures.

It was one such adventure in July 2019 that changed the trajectory of David's life. While on a biking expedition with friends, David had a near-fatal fall off a cliff above the Mississippi River. The accident caused a spinal cord injury, leaving David with no movement in his legs and limited use of his hands and fingers. He says that in addition to being able to weakly pinch items with one hand, "I can kind of hook things or scoop them up in my hand, but I don't have a whole lot of strength or dexterity." Learning to use his body differently and to use a wheelchair took time. "In all, I think it was about eight months from initial injury until I was released back into the world."

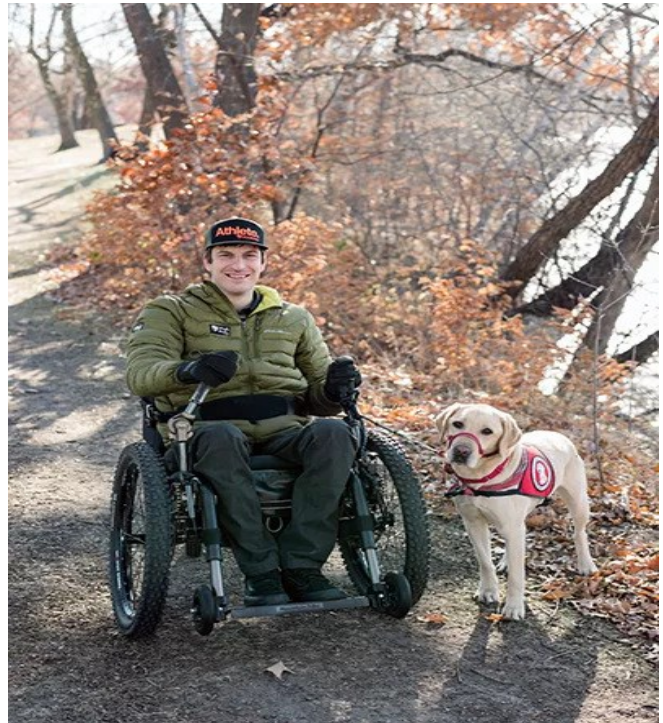
As quickly as possible, he settled into an independent living apartment. Noticing a few Can Do Canines teams residing there, he was familiar with the organization. David had heard of Can Do Canines at rehab, "but everywhere I went, that was the assistance dog organization that just kept coming up," he says. Although David was eager for the extra assistance a dog could bring, he says, "I wanted to make sure I was ready and as independent as I could be. I needed to be in a place where I could take care of him if something happened. Like if he needed to get to the vet if he's ill, I could navigate that."

Once confident in his own abilities, David applied and was soon paired with 3-year-old Niles. The yellow Lab was eager for this new adventure and the tasks he would showcase, such as retrieving items. David explains, "I drop things all the time." Reaching down to get something can put a lot of strain on his body and take a toll on his patience. Noting typical scenarios, he says, "It'll take me three attempts, or I'll get it up in my lap, and then I drop something else. So it actually takes a lot of energy out of me just to pick things up off the floor." With Niles handling the pickup duties, David shares, "I've realized now how much it's benefitted me to have him."

Niles is also a superior doorman. David says that pulling a door open while propelling forward in a wheelchair is hard to navigate. Niles is happy to be able to help David conserve energy and decrease fatigue. Beyond the medical aspect, though, David admits that with having Niles, "It's beyond the training. I think just having his personality and his compassion around has really lifted my spirits. There's more joy in my life. I didn't realize it would impact me this much." Sometimes Niles will put his paws up on David's lap and lean into him as if offering a hug. David shares, "It's brought me to tears a couple times. It's like, 'Dude, I didn't even realize I needed this.'"

David continues, "Freedom is something that has really opened up with him being in my life." David not only has a manual wheelchair but also a mountain trike—a lever-driven bike with suspension—for accessing outdoor trails. As David explains, "It takes me out there into the wilderness." And Niles is right there with him, sometimes jogging alongside, with the use of a safety attachment to keep Niles away from the wheels. The two have traversed Afton State Park and neighborhood lakes. This spring, they will say "Aloha" to Maui, where they plan to do their share of hiking.

Some of their trips have dual purposes because David works for a hiking company, compiling content for social media and videos, for which Niles is often a star actor. David adds that even on their way to outings, Niles is helpful to have along. For instance, if David forgets to take his keys out of his adapted van and has already maneuvered himself out, he says, "It's easier for me to just point and say 'Get it,' and Niles will happily retrieve the keys. David shakes his head when considering Niles' journey to him. "I can only imagine the time, the passion, and the care that has gone into training and raising Niles to the magnificent dog he is. I just want to express my gratitude for everyone involved. It's truly life-changing." And this is just the beginning of what will hopefully be a long, wonderful adventure for this pair of explorers.



The Fetching Ball We are thrilled to announce that the 2024 Fetching Ball Gala was our most successful fundraising event to date!

Thanks to your generosity and support, we were able to raise over \$330,000. Your contribution will help ensure we can continue to enhance the quality of life for people living with disabilities by providing mutually beneficial partnerships with specially trained assistance dogs. Thank you for your support!



5m7 Leo Clubs

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

The Leo clubs of 5m7 are busy planning project for spring. Stay tuned for what's on the planning schedule for projects to get involved in your community.



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

5M7 YOUTH EXCHANGE REPORT

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

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 to contact me.

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

ATTENTION

THE 2024-2025 CONTEST 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.

PROJECT NEW HOPE UPDATE

By Lion Kevin Beadles

Project New Hope has found a new campground to host our December retreat, in the same beautiful part of Minnesota where we've had our December retreat the last several years, at Faith Haven Camp near Battle Lake. So here is our retreat schedule for this year.

Note: We are working on adding a 4th retreat next year, and possibly a 5th retreat soon after. Our retreats have been filling up lately thanks mainly to advertising on local television for one month before each retreat, in the region of the state where the retreat will be held. Thank you to all the clubs who have been donating to this important and urgent cause!

PROJECT NEW HOPE Military Family Retreats at no cost to Veterans

"At Project New Hope, we are driven by our mission - to provide education, training and skills necessary to manage their lives after wartime service."

FOR MORE INFORMATION GO TO
WWW.PROJECTNEWHOPE.NET OR SCAN THIS CODE:

2024 MINNESOTA RETREATS

2024 JUNE 7-9	Osprey Wilds near Sandstone, MN
2024 OCTOBER 4-6	Good Earth Village - Spring Valley, MN
2024 DECEMBER 6-8	Faith Haven Camp near Battle Lake, MN



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.

5. Plastic Pollution: In 1950, the world produced more than 2 million tons of plastic per year. By 2015, this annual production swelled to 419 million tons and exacerbating plastic waste in the environment.

In a report by the science journal, *Nature*, it determined that currently, roughly 14 million tons of plastic make their way into the oceans every year, harming wildlife habitats and the animals that live in them. The research found that if no action is taken, the plastic crisis will grow to 29 million metric tons per year by 2040. If we include microplastics into this, the cumulative amount of plastic in the ocean could reach 600 million tons by 2040.

National Geographic found that 91% of all plastic that has ever been made is not recycled, representing not only one of the biggest environmental problems of our lifetime, but another massive market failure. Considering that plastic takes 400 years to decompose, it will be many generations until it ceases to exist. There's no telling what the irreversible effects of plastic pollution will have on the environment in the long run.

6. Deforestation: Every hour, forests the size of 300 football fields are cut down. By the year 2030, the planet might have only 10% of its forests; if deforestation isn't stopped, they could all be gone in less than 100 years.

The three countries experiencing the highest levels of deforestation are Brazil, the Democratic Republic of Congo and Indonesia. The Amazon, the world's largest rainforest – spanning 2.72 million square miles and covering around 40% of the South American continent, is also one of the most biologically diverse ecosystems and is home to about three million species of plants and animals. Despite efforts to protect forest land, legal deforestation is still rampant, and about one-third of global tropical deforestation occurs in Brazil's Amazon forest, amounting to over 3.5 million acres.

Agriculture is the leading cause of deforestation, another one of the biggest environmental problems appearing on this list. Land is cleared to raise livestock or to plant other crops that are sold, such as sugar cane and palm oil.

Besides capturing carbon and storing it through sequestration, forests help to prevent soil erosion, because the tree roots bind the soil and prevent it from washing away, which also prevents landslides.

7. Air Pollution: One of the biggest environmental problems today is outdoor air pollution. Data from the World Health Organization (WHO) shows that an estimated 4.2 to 7 million people die from air pollution worldwide every year and that nine out of 10 people breathe air that contains high levels of pollutants.

In Africa, 258,000 people died as a result of outdoor air pollution in 2017, up from 164,000 in 1990, according to UNICEF. Causes of air pollution mostly comes from industrial sources and motor vehicles, as well as emissions from burning biomass and poor air quality due to dust storms.

According to a 2023 study, air pollution in South Asia one of the most polluted areas in the world, cuts life expectancy by about 5 years. The study blames a series of factors, including a lack of adequate infrastructure and funding for the high levels of pollution in some countries. Most countries in Asia and Africa, which together lack key air quality standards needed to develop adequate policies. In Europe, a recent report by the European Environment Agency (EEA) showed that more than half a million people living in the European Union died from health issues directly linked to toxic pollutants exposure in 2021.

8 Agriculture: Studies have shown that the global food system is responsible for up to one-third of all human-caused greenhouse gas emissions, of which 30% comes from livestock and fisheries. Crop production releases greenhouse gases such as nitrous oxide through the use of fertilizers. 60% of the world's agricultural area is dedicated to cattle ranching, although it only makes up 24% of global meat consumption.

Agriculture not only covers a vast amount of land, but it also consumes a vast amount of freshwater, another one of the biggest environmental problems on this list. While arable lands and grazing pastures cover one-third of Earth's land surfaces, they consume three-quarters of the world's limited freshwater resources.

Scientists and environmentalists have continuously warned that we need to rethink our current food system; switching to a more plant-based diet would dramatically reduce the carbon footprint of the conventional agriculture industry.

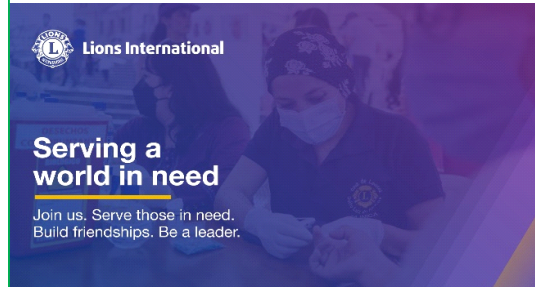
In part three the last of the series, we'll look at the remaining environmental issues facing us in 2024 and beyond.

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.

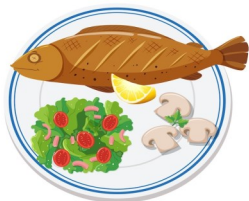
Yours in Lionism,

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



DISTRICT HIGHLIGHTS AND EVENTS

CLEAR LAKE LIONS FISH FRY 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



We Serve

Come join us as we celebrate 50 years
as Andover Lions Club



April 19th at 5:30pm

Andover Courtyards

\$35/person

Dinner, Games, and Memories

RSVP by 4/1/24 to Brook at bvander103@gmail.com



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!



St. Francis Lions Present



Easter Bingo

**Saturday March 23rd at 6:30pm
St. Francis American Legion**

\$1.00 per card / Win a Ham!

**Cover all prize - \$500.00
County Market Gift Cards**



Refreshments available

Easter Bonnet Contest



REMEMBER TO SUPPORT CLUB ACTIVITIES

DISTRICT HIGHLIGHTS AND EVENTS

The Rush City Lions had a great visit with DG Peter on February 8th, as Peter in-
stalled 3 new mem-
bers and present Li-
on Walt Larson with
a 20 year award.



Big Lake Lions



Friday, March 22, 2024
4:30 PM - 7:00 PM

Adults
\$15
10 & under
\$10
Cash or Check
only

DINNER MENU

Fried Fish
Baked Potato, Cole Slaw
Dinner Roll & Beverage

All proceeds will benefit
Big Lake HS Scholarships

Lions Club of Big Lake Lioness will be selling dessert!

Big Lake Lions/Township Park, 21960 Cty Rd 5



PALM SUNDAY BREAKFAST BUFFET SUNDAY, MARCH 24TH

8:00 a.m. - 12:30 p.m.



Howard Lake Lions Club

625 8TH STREET, HOWARD LAKE

Featuring Pancakes, French Toast, Scrambled Eggs,
Potatoes, Sausage, Biscuits and Gravy, Desserts,
Milk, Orange Juice, and Coffee

Free Will Donation
Everyone Welcome

Proceeds will benefit the HLWW
Junior Olympic volleyball team



ELK RIVER LIONS Breakfast with Easter Bunny MARCH 23RD, 2024



We Serve

9am - 12pm
BOYS AND GIRLS CLUB
905 6TH ST. NW
ELK RIVER

- PANCAKES/WAFFLES, VARIETY OF TOPPINGS, SAUSAGE, and BEVERAGE SERVED
- TAKE YOUR OWN PHOTOS WITH EASTER BUNNY
- BUNNY WALK, GAMES, AND CRAFTS
- LARGE BASKET FILLED WITH OVER 1800 EGGS
- BIKE GIVEAWAYS AT 12pm
- FREE WILL DONATIONS AND USED EYEGLASSES COLLECTION



DISTRICT HIGHLIGHTS AND EVENTS

This month the **Forest Lake Lions Club** proudly hosted the quarterly meeting at the Forest Lake Legion. In addition they are supporting donations for the Kids Sight project!



From Chisago Lake Lions



Otsego Lions have been busy with Thursday night Meat Raffle at Rockwood's in Otsego. We partner with the Rogers Lions and have a great time raising money for the community. Come join us in the bar at 6:30pm at Rockwood's.

New member night is coming up soon as well. We will update you next month on how many new members we were able to install this year.

Bag's Tournament or Cornhole as it's called is coming up March 22nd at Rockwood's Banquet Center. \$40 per team and we start at 6:30pm. Come join us for the fun...



Members of the **HLWW Clay Target Team** along with coach Gary helped serve breakfast on February 11th. They were a great group to work with. Thank you for your help and also thank you to our great community for coming out to breakfast. We had a great day and will be able to make a nice donation to support the program.

The **Elk River Lions Club** donated the use of their 2 tents for changing rooms for the annual event "United We Shiver" polar plunge on Big Lake. The setup was tricky because there was no frost on the beach so the stakes were pulling up when the wind would gust. So instead of drilling holes to drive the stakes into the frost, we had to borrow stake-boxes and dozens of 3-foot stakes from General Rental in Monticello to pound them into the loose sand deep enough that they would bite. But we got both tents up with a lot of help from friends and family. Thank you, Lion Ronnie Bloom, Mike Beadles, Nick from the Sherburne County Fair Board, and the other Kevin whose last name I didn't get but he had the idea of calling General Rental to borrow stake boxes.



CHISAGO LAKES LIONS SPRING RAFFLE 2024



BUY TICKETS HERE FOR \$10!



90CC 2022 TRACKER CAMO ATV (NEW)

(see on the floor at Frankie's Marine in Chisago City, MN)

- Rated for riders 10 years and older
- 90cc air-cooled, 4 stroke, single overhead cam, gas engine
- Automatic continuously variable transmission (CVT) w/neutral & reverse
- Electric start & kickstart back up
- Self-cleaning rear hydraulic disc brakes
- Adjustable spring preload shocks

Drawing to be held on March 31, 2024 Need not be present to win.

Must be 18 or older to purchase ticket.

Permit No.: X35568-10-017

See Lions [FACEBOOK](#) for more information or any questions or concerns.

REMEMBER THESE 2 KIDS?



IT'S TIME TO WELCOME THEM HOME!

WHEN: Friday, July 19, 2024

WHERE: Best Western Plus Kelly Inn
100 - 4th Avenue S.; St. Cloud, MN; (320) 253-0606; Rooms: \$115/night
https://www.bestwestern.com/en_US/book/hotel-rooms.24113.html?groupId=1H4EB8R3

TIME: Warm up: 6:00 pm
Dinner: 6:45 pm
Program: 7:30 pm

DRESS: Black and White attire (Notice we didn't say "black tie")

COST: \$15.00 PER PERSON (Not a typo!); CAPACITY: Only 280

**NO GIFTS PLEASE:
THEY ALREADY NEED TO BUILD AN ADDITION ONTO THEIR HOME!**

ONLY IF YOU INSIST:

Consider bringing a check payable to "LCIF" or "TEAM Sheehan Charitable Foundation"

Name(s) _____ District # _____
Email Address: _____

Dinner Choices: Top Sirloin _____ Chicken Breast _____ Vegetarian _____

Please mail the completed form and your check for \$15/person payable to "Lion Brian Campaign Fund" to:

Mike Molenda
1462 Featherstone Court
Hastings, MN 55033-9181



PDG Dennis Kelly III for International Director

Hello Lions,

I am not very comfortable talking about myself. My passion is to motivate, inspire, and challenge Lions to be the best that they can be. But I am asking for your vote, and I have an obligation to you to show that I am qualified and worthy of that vote.



Let's talk about impact. In 2016 we started KidSight as a Multiple District program.. I was appointed by the Council of Governors as the program manager, tasked to get the program up and running. Within a year we had raised over \$250K, bought 32 systems, and trained hundreds of Lions. I continue to lead a team of dedicated Lions as the Chair of the Board of Directors. To date, you, and your fellow Lions in our Multiple District, have screened over 178,000 kids with over 21,000 referred for follow up by an eye care professional. This program has changed thousands of lives in and out of Lions, and that is impact.

In 2019 I was selected as the Multiple District Global Leadership Team Coordinator, responsible for all the leadership training and development for our multiple district. We now offer 2 Leadership Institutes each year rather than 1 every other year. ELLI, Emerging Lions Leadership Institute, designed for Lions who have not been a club president to help build stronger clubs. And RLLI, Regional Lions Leadership Institute, designed to give our Lions enhanced leadership skills. RLLI is truly a "leadership incubator". Since 2011, the earliest year that I have records for, 502 Lions have attended of that number 100 or 20% have been or will be a District Governor. That's impact. So, that is some of what I have accomplished in our multiple district.

Outside of our multiple I have: Facilitated 6 RLLIs, 4 Advanced Lions Leadership Institute (ALLI), 4 Faculty Development Institute (FDI), plus one local FDI in California and Wisconsin.

I have earned the Lions Certified Instructor designation (LCIP), the highest instructor qualification awarded by Lions International and have facilitated 2 LCIP Institutes.

I have been entrusted by the last 3 International Presidents, Doug Alexander, Brian Sheehan and Dr. Patti Hill with the training of their incoming District Governors as a District Governor Elect Group Leader, one of 30 Lions from around the world, tasked with this important responsibility. I am on the faculty of Lions University and have presented at 7 USA/Canada Leadership Forums.

But what do I offer you and the International Board as a member? There are 10 major committees where a director can serve. I believe, based on my business and Lions experience, that I can add value to 6 of these committees.

Finance, Leadership Development, Marketing, Membership Operations and Services, Membership, and Service Activities, But these are not the most important reasons I would like to serve on the board, I want to serve to represent you. To be your voice, to carry your questions and concerns to the highest levels of our association. To be able to help our districts solve local problems and provide guidance and motivation to our Lions and our leaders.

I would not have been able to accomplish any of this without a dedicated service partner, a Lion who can hold her own on any stage, the love of my life, my Lion Cheryl. Together we will work hard to make you proud as your representative on the International Board. We need your support. Please plan on attending the Multiple District Convention in Winnipeg April 19-21 as a voting delegate. Together we can make our association the envy of all other service organizations in the world.

Bert Nelson for International Director

Pam and I have enjoyed meeting many of you at the Mid-Winter conventions. Our hope is that we will meet again at MD5M Convention in Winnipeg on April 19-21, 2024. There the delegates will vote for the endorsement of the International Director who will represent MD5M. I feel I have the right qualifications to run for International Director which include:



- >Zone 6 Chairman
- >District 5M9 Public Relations Chairman
- >District 5M9 Newsletter Editor; District Governor 2005-06
- >Chairman of three 5M9 Mid-Winter Conventions
- >Council Chairman 2006-07
- >MD5M Long Range Planning Committee Chairman; MD5M Public Relations Chairman
- >MD5M Newsletter Editor; MD5M LCIF Chairman for past 11 years
- >Certified Guiding Lion; Global Extension Team
- >Global Leadership Team; Global Service Team
- >Training Instructor for six groups of incoming governors
- >Facilitator for 8 MD5M Regional Lions Leadership Institutes
- >Facilitator for 1 MD5M Emerging Lions Leadership Institute
- >Assisted on 5 International Director Campaigns for candidates from MD5M.
- >Campaign Chairman for IP Brian Sheehan
- >Planning Committee member of 2 USA/Canada Forums;
- >Presenter at 5 USA/Canada Forums

Scan the QR code to listen to the endorsements by Lions from MD5M.



Pam and I want to thank you for your consideration and continued support with my campaign for International Director.

We plan to visit your Mid-Winter Conventions and we hope to see you in Winnipeg.
PCC Bert Nelson

lionbert.a.nelson@gmail.com cell: 218-298-0599