



**We Serve**

[www.5m7.org](http://www.5m7.org)  
FB: 5m7Lions

# The Gram

November 2023



*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!

Our Midwinter Convention is coming up! New this year is online registration. Times change and we must keep up if we wish to remain relevant so be looking for an email that contains the link to register to *the* event of the winter.

My motto this year, as you might have heard, is "Find Your Roar". The theme of the convention is "Discover Your Passion". The theme is merely a restatement of my motto. Now, I realize the theme will be difficult to portray and display in a meaningful way in the hospitality rooms, so feel free to think of the theme in terms of your passion or your clubs passion - "Share Your Passion". This gives all attendees of the convention a chance to see what other "Passions" are out there to explore. It could also be said that passions shared are passions gained.

**This just in** – Lions in Minnesota will be able to purchase Lions license plates for their vehicles starting January 1<sup>st</sup>, 2024. The initial cost will be \$25.00 for the application fee, \$10.00 for the plates + your normal tab fees. Every year after that is \$5.00 + your normal tab fees.

The plates were the idea of our very own PDG Dan Kaiser in 2019. Efforts to make the dream a reality were bolstered by approval of the MD5M COG in the same year, and was approved by the legislature later that year. Thank you PDG Dan for the idea that has now become reality!

## Find Your Roar!

DG Peter Lendway



## Greetings Fellow Lions and Leo's

*By 1VDG Lion Mary Lea Curtis*

Mother Nature has been toying with us lately. Cold, wet, dry, warm, windy, you just don't know how to prepare yourself for the day. Although the message is clear, winter is around the corner, and you should be taking advantage of every opportunity to be prepared.

Preparation: it would be safe to say, is my life this year. Lions International is doing a great job of preparing me for my role as your District Governor. They have on-line classes, zoom meetings and in-person training sessions scheduled throughout the year. It is amazing to learn the many resources and programs available to all Lions. I pray that it all sinks in and sticks!

I am excited to be on this journey. I am, however, apprehensive about one of my duties. It is appointing people to serve on my District Cabinet. The Lions that serve on a District Cabinet are passionate about a cause or part of the administration. They serve as a liaison between our clubs and Cabinet. Ideally, there should be representation from all corners of the district. There is my problem. There are so many of you that I have not met.

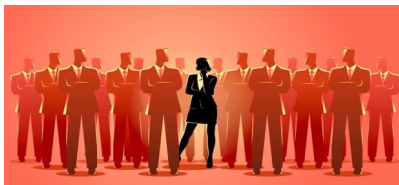
I crave fresh ideas and enthusiasm. Do you secretly hope or wish you could do more or want to give service to others in a different capacity? Are you afraid to admit that out loud? I'm your person, talk to me. I won't put someone in a position that is not a good fit and makes them uncomfortable.

The time is now for me to start forming my team. I am tasked to start submitting my goals and support team next spring. I can't wait until the last minute to accomplish everything requested. (2VDG Deb will be joining me on this task so we can have continuity of flow and service on the cabinet)

As you make your preparations for daily life, please take time to ponder if a different or additional role in Lions would be a good fit for you. As I stated, the resources are there to prepare you. We have excellent mentors in our district to assist in any role you deserve, be it on the club, zone, or district level.

Please feel free to contact me anytime with questions. Drop me a note if you know someone that would like to serve or would be an excellent asset in some capacity within Lions. Together, with your help, we can be the best district in the multiple! [lionmaryleacurtis@gmail.com](mailto:lionmaryleacurtis@gmail.com)

Have a Blessed Thanksgiving.



## Greetings Fellow Lions and Leos,

*By 2VDG Lion Deb Weston*

It's hard to believe that Thanksgiving is fast approaching. For me, it's a time to reflect on all the things I am thankful for, such as good health, a wonderful family

and an incredible family of Lions! Over the 15 years I've been a Lion, I've made so many wonderful friends across the world while attending club and zone meetings, Mid-Winter Conventions, the USA/Canada Leadership Forum, Lions Club International Convention, or participating in an international service project! I had the opportunity to travel to Guatemala in 2020 with the Minnesota Lions Mission. We were there for 5 days and provided over 3,000 Guatemalans with eyeglasses. It was a lifechanging experience. I was rewarded with big smiles and many hugs. We partnered with the Guatemalan Lions who helped with our accommodations and transportation while we were in Guatemala. We even got to attend one of their Lions meetings. We continue to correspond with them and plan to return in the near future. If this project is of interest to you, please contact me.

When I first joined Lions, I had several members express to me that to really understand Lionism, I needed to go beyond my club and attend district events such as the SM7 Mid-Winter Convention. Also, it would be extremely beneficial to attend a multiple event like a MD5M Convention. I am so glad that I listened. My first time at our Mid-Winter Convention was an eyeopener! It was such a positive, fun and learning experience. I met Lions from so many clubs across our district. I learned a wealth of information about our district, our multiple and LCI. During our Mid-Winter Conventions, we are privileged to have an International Director in attendance to provide us with the latest and greatest information from LCI.

Have you had a chance to attend a Mid-Winter Convention yet? If not, I encourage you to attend this year's convention. It is going to be AWESOME! Please save the dates of January 12-14, 2024. The convention will be held at the St. Cloud Best Western Inn. And by the way, while your saving dates, please add the dates of April 19-21, 2024 for the MD5M Multiple Convention in Winnipeg.

As 2 VDG, I am fortunate to have the opportunity to visit clubs with DG Peter and 1 VDG Mary for their Governor's Night. It has been wonderful to meet so many amazing Lions and have the chance to personally thank them for all their service to their communities. I look forward to attending many more club and zone meetings. This is the best part of being a VDG!

I thank you for all your service and wish you and yours a wonderful Thanksgiving!



## Hello Lions and Leos,

By Lion Judy Herrala

Our donations to the Lions Club International Foundation (LCIF) make a huge difference all around the world and in our own district. **THANK YOU** 5m7 Lions! Our donations to LCIF are helping to feed the hungry, give shelter to displaced people, give sight to those who cannot see and way more than that. In our own district, the Clearwater Lions have received a large matching grant with the assistance of the Clear Lake Lions for a new food shelf in their community. There are amazing things going on in this world we live in. In my last newsletter article I shared the latest update from LCIF on recent grants around the world. 5m7 is proud of what we donate to LCIF.

Individuals can give just as our clubs give to LCIF. It doesn't matter if you give \$5.00, \$10.00 or \$100.00. Every donation adds up. Please consider contributing to LCIF.

We would like to ask that your club considers a donation to LCIF during the Parade of Green at our mid-winter convention. Individuals may also donate.

For every \$1,000.00 that your club gives to LCIF, your club is eligible to give a Melvin Jones Fellowship Progressive to a deserving member or a deserving community member. Let us know if you would like to know how many Melvin Jones credits your club has for the fellowships. We can look this up for you.

If you have questions you may contact myself or IPDG Mark. You may also email: [Donorassistance@lionsclubs.org](mailto:Donorassistance@lionsclubs.org) and they will assist you.

Your LCIF Coordinators

IPDG Mark Landwehr

[mrlandwehr55@gmail.com](mailto:mrlandwehr55@gmail.com)

612-366-1331

IPDG Judy Herrala

[JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)

763-753-6962

**'WE CARE, WE SERVE, WE ACCOMPLISH'**

*Your Lingo*

THE PURPOSE OF HUMAN LIFE IS TO  
SERVE, AND TO SHOW COMPASSION  
AND THE WILL TO HELP OTHERS.

ALBERT SCHWEITZER

## Lions Leadership Focus: An Occasional Feature Spotlighting 5M7 District Leaders

By Lion Orville Lindquist, GLT Coordinator

### November 2023 – Lion Angie Sedesky

Lion Angie has been a member of the Andover Lions Club since 2008. She lives in Andover with her husband (Brian), son (Tony) and dog (Jack). Outside of Lions work, she enjoys reading, music and spending time with family and friends.



Angie works as a Special Education Paraprofessional for Anoka-Hennepin Schools. She currently serves as Andover Lions Membership Chair, Zone Chair for Zone 5 and Andover Fun Fest Coordinator. She previously served as club president for two terms.

#### *How did you become a Lion?*

I volunteered at the Andover Family Fun Fest and got recruited into Lions because I was a hard worker. I joined the Andover Lions in 2008.

#### *Why did you say "yes" to becoming a Lion?*

I love to help people. Lions has given me a chance to do that.

#### *What have you learned during your time as a Lion?*

That people are capable of giving more than they ever thought possible.

#### *What would you say to someone considering service as a Lion?*

Don't be afraid to put yourself out there. The risk is worth the reward. You meet so many great people here.

#### *What is your favorite part of Thanksgiving dinner?*

Turkey . . . definitely the turkey.





## CONVENTIONS/FORUMS

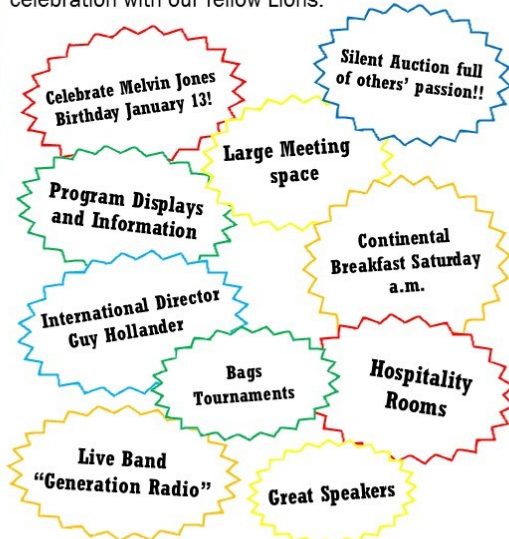
### 5M7 Mid-Winter Convention

#### Discover Your Passion

District Governor Peter would like us to "Discover our Passion" this year at convention. Do you know what happens to people when they become passionate about something?

- We lose track of time
- Our batteries get charged
- We want to know more
- We can't stop thinking about it
- It is easy to meet people interested in it

It is time to lose ourselves in a weekend of fun and celebration with our fellow Lions.



District Governor Peter Lendway and the convention committee invite you to:

Come one, come all...to our 5m7 46th Annual Mid-Winter Convention at the Best Western Kelly Inn in St Cloud.  
January 12-14, 2023

More information is to come soon to your club, facebook, website and the Gram.

Stay tuned!

Lion Judy , Convention Co-Chair

### Regional Lions Leadership Institute

was held October 12-15, 2023 in Bemidji. This institute hosted 37 Lions from around the multiple, including Lion Lynn Young from the Zimmerman club. Lions had an opportunity to expand their learning and network with Lions from all over the state and Canada about leadership and service ideas. I asked Lion Lynn to share a few reflections on the weekend:

- *What would you share with others?*

RLLI provided a FUN environment to learn about being a Lion personally to being a Lion who impacts lives globally. The sessions provided tools a Lion can use within Lions as well as within their professional career. The sessions also promoted building relationships with other Lions in other Clubs to learn from them as well.

- *Why would they attend?*

Attending RLLI is a great opportunity to grow personally, to build relationships with other Lion Club members, and to share ideas and problem solve.

- *What was the value for you?*

To continue to build relationships with other Lions and to obtain more ideas on how to grow membership, increase participation and develop leaders.

- *Did you have an Ah-moment?*

Not sure I had one particle Ah-moment. I do have a page of notes that I would like to bring back to our club and integrate as time permits.

- *Anything else you believe is important- or you would like to share.*

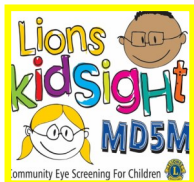
Many of the clubs have the same issues of growing membership and developing leaders. It was good to be able to hear what has worked and not worked for them to increase participation in both areas.

It was an honor to be faculty for the institute during the weekend and gain as many great ideas back as were shared. I am looking forward to the upcoming training in **March 2024, Emerging Lions Leadership Institute (ELLI)** designed for members who have NOT served as club presidents, yet! Think about attending or asking members of your club to attend.

Lion Stefanie Nelson



**The MD5M Multiple Convention in Winnipeg April 19-21, 2024**



## Lions and Leos,

By Lion Deb Johnson

November is the month to give thanks. Thanks for everything that you have and thanks to all the people that are there for you.



The MD5M Lions KidSight "Sight Saver" award is an excellent way to honor and thank an exceptional Lion, Lioness, Leo or non-Lion individuals and organizations who have distinguished themselves on behalf of children's vision and who see and care for the needs of those less fortunate than themselves.

A \$1,000 U.S. donation to the MD5M Lions KidSight Foundation, Inc allows the donor to present a Sight Saver Award. The award recipient receives a beautiful plaque and pin. Both the donor and recipient have the satisfaction of supporting children's vision screening. Here is the link to get the application: <https://www.kidsightmd5m.org/>

If you are unsure of how much your club has donated to the KidSight Foundation and to see if you qualify for an award or multiple awards, contact us! We are just an email away: [Sm7lionskidsight@gmail.com](mailto:Sm7lionskidsight@gmail.com)

Lion Mary Curtis and Lion Deb Johnson  
SM7 KidSight Foundation Directors

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



## LIONS AND LEOS

By Lion Steve Linder

Well, it looks like summer is pretty much over, cabins and campers are all winterized and now its time to look forward to the greatest Mid-Winter Convention in MD5M.

Again, this year the SM7 Mid-Winter Convention will be held at the Best Western Kelly Inn, St. Cloud Mn, on January 12-14, 2024. Again this year the Minnesota Lions Vision Foundation will have a display table set up with tons of information for you to take with you. We will also be collecting used eyeglasses at the booth. As always **NO GLASS CASES PLEASE!**

I will keep this article short and sweet because this Friday night is the Minnesota Lions Vision Foundation BIG Fund-raiser, The EYEBALL. On Saturday is Thanksgiving For Vision, which I hope many of you attended and enjoyed the speakers, meal and purchased a gift basket or two!

If you need Used Eyeglasses picked up are need information about how many Helen Keller award your club has, just give PDG Terry Wold @612-759-5433 or PDG Steve Linder @612-382-2236 a call.

Lastly, if you Charitable Gaming account has a little extra money and you need a great place to donate to a great cause, remember all the Foundations that the District SM7 supports at the Parade of Green at the Mid-Winter Convention. Thank You For All You Do

PDG Steve Linder 612-382-2236 [Slinder71@usfamily](mailto:Slinder71@usfamily)  
PDG Terry Wold 612-759-5433 [terry\\_wold@hotmail.com](mailto:terry_wold@hotmail.com)  
MLVF SM7 Directors

### 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](http://WWW.PROJECTNEWHOPE.NET) OR SCAN THIS CODE:

**2023-24  
MINNESOTA  
RETREATS**

2023 JUNE 9-11  
Osprey Wilds near Sandstone, MN  
2023 SEPT. 29 - OCT. 1  
Good Earth Village - Spring Valley, MN  
2023 DECEMBER 1-3  
Inspiration Point near Vining, MN



It is our goal to provide combat veterans and their families with the education, training, and skills necessary to manage their lives after wartime service; repair of relationships is a primary goal. And of course, have fun in the process!

12/1/23 to  
12/3/23 Inspiration Point, Vining MN

As many are aware, the 2023 legislative session brought major changes to the way Etabs will be played beginning Jan 1, 2025. Legislative efforts will be made this session to bring Bonus Play and Free Play back to the games to keep Etabs sales successful.

Please take time to scan this QR code and ask others to do the same. Have questions about Etab changes? Reach out anytime!

[amandakins@comcast.net](mailto:amandakins@comcast.net)  
763-286-5039

Thanks,  
Lion Amanda Jackson  
SM7 Gambling Chair

## 5M7 Clubs in Gambling

### Do You Enjoy Playing Etabs?



Scan the QR Code to tell lawmakers you support MN Charities!  
**Help us save our Etabs!**





## Greetings 5m7 Lions and Leos,

By Lion Judy Herrala

**THANK YOU** to all of our 5m7 clubs and individuals who generously support the MN Lions Diabetes Foundation! Every dollar counts to further our mission as lions for our foundation. Our mission states, ***"The Minnesota Lions Diabetes Foundation, Inc. is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventive health activities."***

Please remember the MN Lions Diabetes Foundation when you are discussing your donations for the Parade of Green in your clubs. The MN Lions Diabetes Foundation is funded by donations like ours in partnership with other entities. In the last newsletter we shared the projects which we are funding at this time.

Please consider doing a diabetes project! We can help you with ideas for a diabetes project. You can do something just simply for awareness such as handing out brochures about diabetes with a short questionnaire in them which will tell someone if they should be seen by their physician. Remember, most people with Type 2 diabetes do not know it in it's early stages. There are also other more involved projects such as a diabetes walk or others. Need ideas? Call or email us. Thank you to those clubs who already have!

Lion Judy Herrala, 5m7 MLDF co-trustee

[JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)

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

[mnedwards1@bellsouth.net](mailto:mnedwards1@bellsouth.net)

Lions Diabetes Foundation

## NOVEMBER IS NATIONAL DIABETES MONTH.



*World Diabetes Day is November 14th, 2023.*



## GREETINGS FELLOW LIONS AND LEOS

By Lion Mike Benedetto,  
MD5M Hearing Trustee

*Reaching out to all age groups.....*

The gift of hope is shared every day because of the partnership the Minnesota Lions Hearing Foundation entered into with the University of Minnesota's Department of Otolaryngology.

The foundation works to provide hearing health via support of three initiatives:

1. Clinical care of patients
2. Hearing research
3. Education of hearing professionals

Future research may include tinnitus relief, nerve and damaged structure replacement, and use of portable hearing testing devices.

The Minnesota Lions Hearing Foundation very much appreciates the Lions clubs of 5M7 who contribute dollars to the foundation through their generous donations.

***"Our Mission: Research, Education, and Promoting Hearing Health"***

***Note: The Hearing Fellowship Research Foundation Application can be found on page 15***



## STATE FAIR REPORT

*Submitted by Lion Larry Kounkel*

We had 40 clubs working this year from Districts 5M1, 5M2, 5M5, & 5M7 for a total of 288 scheduled volunteer spots over the 12 days of the fair. That comes out to 24 spots per day over the three booths 2, 3, and 4 with 12 per shift. I would like to welcome the Arlington Lions, Brooklyn Center Lions, Plymouth Rotary and Rivers of Hope of Elk River in addition to the Leos from Cambridge and Patrick Henry that stepped up and took spots this past year. Also a few people and clubs really stepped up and helped out; Monica Sage from St Louis Park, the Elk River Lions, my traveling companion Bev Edling from Clear Lake, the Edina Club, the Ham Lake Club and Karen Strong.

**\*\*We worked 1760.5 hours (out of 1848) OR worked 272 shifts out of a possible 288, while earning \$21,126.00.**

**\*\*This year Booth #2 Fun Card Sales: \$824,000**

**\*\*Booth #3 Fun Card Sales: \$737,049**

**\*\*Booth #4 Fun Card Sales: \$638,979 for a total \$2,200,028.00**

**\*\*Last year Booths 2, 3 and 7 (16 windows) totaled about \$2.7million**

***Thanks to all of these people for making my job easier.***



**Top fundraisers**  
 1st place: Maja & Andi Nord - \$5,049  
 2nd place: Mike Ferber - \$3,857  
 3rd Place: Alan Petit - \$1,268

**Top fundraising team: Dogs R Us: \$8,357**

### Dog Costume Contest Winners



The dog costume contest featured 19 extremely creative contestants.

1st place : Phylcia Petit with Fern dressed as Big Bird  
 2nd Place : Chrisie Jennings with Remy dressed as a Tough Guy in a Tiny Package  
 3rd Place: Roger & Laurie McBride with Hermione dressed as Wonder Woman

We have much to celebrate about the **2023 Can Do Woofaroo!** The weather cooperated with us, those who raised funds worked incredibly hard and brought in some impressive totals, an army of volunteers stepped up with time and talent, and the dog costumes were a huge hit ... just to name a few. So far, we have raised over \$90,000, but we are still a bit shy of our overall financial goal for this important event. Here's what else is going on:

**VIRTUAL CONVERSATION – Thursday, November 9, 7-8 p.m.**  
 Join us via Zoom to hear updates from Executive Director Jeff Johnson.

**GIVE TO THE MAX DAY – Thursday, November 16**  
 Please consider supporting us during this annual Minnesota fundraising campaign.

Go to: [info@candocanines.org](mailto:info@candocanines.org) for more info.

## Can Do Canines to Host Open House November 11

Can Do Canines invites you to attend an open house on Saturday, November 11, from 12-2 p.m., at its Can Do Canines campus (9440 Science Center Drive, New Hope, Minnesota). Potential volunteers, clients, or anyone who might be interested in supporting the organization are invited to attend to learn how an assistance dog changes the life of a person with a disability.

Through a self-guided tour, attendees will be able to watch a trainer working with an assistance dog, hear from a volunteer dog host, talk with staff members from the volunteer department, pose questions to client services coordinators about the application process, and meet graduate teams from each of the five types of areas Can Do Canines trains dogs: hearing, mobility, seizure, diabetes, and childhood autism. The assistance dog demonstrations will be held at 12:15, 1:55, and 1:35, and the dog host will speak at 12:15, 12:35, and 1:15.



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

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



Submitted by  
 Lion Judie Zaske

Since 1939, Leader Dogs for the Blind has operated one of the world's most respected and innovative guide dog programs. Our free program welcomes clients who are legally blind, at least 16 years old, have good orientation and mobility skills and are able to care for a dog.

The program is personalized for each client. Thanks to sophisticated breeding, puppy raising and dog training programs, we are able to match clients with a dog that best fits your lifestyle, travel pace, physical size, stamina and other considerations. Clients have the opportunity to train with their guide dog in a wide variety of situations to fit current and future needs, including urban, suburban and rural locations; college campuses; busy stores and malls; public transit and other environments.

The Guide Dog program at Leader Dog is available for people who are: legally blind, at least 16 years old, able to care for a dog, efficient with orientation and mobility skills. We offer our Guide Dog program in a variety of formats: on-campus training (our most popular option), in-home delivery, flex training, urban training, warm weather training, and training specifically for individuals who are Deaf-Blind.





## Natalie and Jacqui

Out of the shadows and into the light. That's how Natalie describes the impact of a Hearing Assist Dog on her life.

Natalie was born with severe to profound bilateral sensorineural hearing loss, but it wasn't diagnosed until she was 2 years old. She began wearing hearing aids at age 3. Her mother helped her catch up with language development and American Sign Language (ASL) classes, and at school, she had an ASL interpreter. But Natalie resisted using ASL and struggled to fit into the hearing world.

By young adulthood, her hearing had declined, and she was becoming more withdrawn. She agreed to get a cochlear implant in her left ear and a hearing aid in the right. Nevertheless, she felt isolated.

"Before a Hearing Assist Dog, a typical day was a cycle of fear, anxiety, planning, isolation, and exhaustion," Natalie explains. She relied on family and friends to coordinate a few activities they could do together so she wouldn't be alone. But she still wasn't living a full life or pursuing things she most enjoyed, such as outdoor activities.

Her mother suggested that a service dog might give her greater freedom and applied to Can Do Canines on Natalie's behalf. In 2015, a Hearing Assist Dog named Nadia came into Natalie's life. "It was life-changing. Nadia gave me the confidence to live and thrive," she says.

For seven years, she and Nadia worked together, bringing Natalie newfound confidence and independence. And then, heartache. In 2022, Nadia contracted a life-threatening illness and passed away.

With the loss of Nadia came the loss of confidence and independence. Natalie began to experience the same cycle of fear and isolation she had in the past. She didn't feel safe at home, going to the store, or taking a walk – even with friends – because she couldn't decipher sounds. "I stopped doing the things that brought me joy," she says.

Can Do Canines arranged for another Hearing Assist Dog. Natalie knew it was essential to her quality of life, yet she was still grieving. "When I first received the news about my new Hearing Assist Dog, Jacqui, I was scared to meet her. I was afraid of moving on," she explained.

But when the two met, it was an instant connection. Natalie describes the black Lab, Golden Retriever mix as a loving, sassy, and sophisticated lady with expressive brown eyes and a tail that wags like a propeller going in all directions. But for all that exuberance, Jacqui is also gentle and quiet.

When she's alone with Natalie, she doesn't make a sound. Rather, she gets right to work, helping Natalie in countless ways: She alerts her to sounds, such as the timer, smoke alarm, door knock, and alarm clock, as well as helps to retrieve items on the floor. As they continue to work together to master new tasks, Jacqui persists until she gets it right. "In the morning, Jacqui jumps onto my bed to nudge me awake, and then she sticks around to snuggle," Natalie said. "It's the best way to start the day!"

Natalie has noticed a significant change in her mood since Jacqui came into her life. She is waking up with a sense of purpose again, taking walks and playing in the snow. She is also starting to venture out again and is eager to resume her favorite activities, such as hiking, rollerblading, gardening, reading, and taking road trips – all with Jacqui at her side.

Natalie is full of gratitude for the Can Do Canines staff and volunteers who raise and train assistance dogs like Jacqui. "Having a service dog (has) taught me the blessing of my disability: that I am just as capable as anyone else, I don't have to hide in the shadows or live in fear, and I can shine. Thanks to Nadia and now to Jacqui, I'm not just surviving, I'm living my life and learning to thrive."



Remember.....

being DEAF  
does not make you  
DUMB.  
*just as...*  
being HEARING  
does not make you  
SMART.  
Created By Leto King





## 5m7 Leo Clubs

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

**Andover Leo Club** has accomplished the following this fall:

- Made 13 tie blankets to donate to Angel of Hope Animal Rescue
- Food drive and fundraiser @ Powderpuff game - 259 pounds of food donated to ACBC and \$673 to go toward Gifts for Seniors
- Costume drive and treat bags for People Serving People - collected 20 costumes and put together 40 treat bags.
- Wrote 50 letters for the organization Letters of Love (to go to patients in children's hospitals)
- Putting together 40 care packages for Gifts for Seniors on 10/26



The **BHS Bengals** in Action team has accomplished the following this fall:

- 35 tie blankets for Hope 4 Youth
- 160 book bags for local elementary students
- 57 cards for the Veterans Association
- 71 bags of food collected with the Blaine Central Lions Club



**Anoka Tornado Leo Club** is hosting a sock drive throughout the school for the month of October. The event is called SOCKtober. All socks collected

will be donated to Hope 4 Youth, a nonprofit organization that serves teens in Anoka County that are homeless or facing homelessness. With the cold winter months approaching, socks are one of the highest needs. Anoka Leos have sprung to action enlisting nine teachers to compete against each other to collect the most socks. The teacher collecting the most socks will be crowned our High School's SOCKstar, wearing a costume created by the Leos.

**\*\* FMSC packing event for Leo/Lions Thursday, November 2nd 4:00pm-6:15pm at the Coon Rapids location**

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](mailto:stefanieenelson@gmail.com)

## 5M7 YOUTH EXCHANGE REPORT

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

As you start the year, we are always looking for new host families to get involved in youth exchange. I have been asked some questions, so I thought this month would be a great FAQ's.

### *What if I can't commit to the three weeks for hosting?*

We are willing to pair hosting families together to cover the entire time the youth are here to make the experience the best experience available.

### *How do I apply to host youth for youth exchange?*

Please reach out to Stefanie either by email or phone.

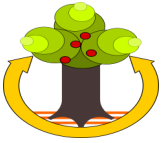
### *Is there a district perk for hosting youth?*

Yes, host families receive \$250 per youth hosted during the three weeks they are in Minnesota. We realize it is does not cover the entire cost of host a youth, however, we appreciate all host families for taking the time to accept youth into your lives.

January 2024 is coming up quickly- still time to think about hosting. Please consider this amazing opportunity to serve the youth coming to experience Minnesota. Let me know if you want to host this next summer or have other questions.

Lion Stefanie Nelson  
[stefanieenelson@gmail.com](mailto:stefanieenelson@gmail.com)  
612-298-1523





## Lions and Leos

By Lion Judie Zaske

Each article I write is taken from a variety of resources I find. I try to find articles that are relevant to the season and/or what's happening around us or around the world. Sometimes I just write about something that interests me so I just assume it will interest you!

But what's missing is what **YOUR CLUB** is doing in regards to the environment. I'd like to share with everyone what your club is doing to 'make our world a better place in which to live.' Are you part of your community's sustainability committee, did your club members plant flowers or trees in a local park, or did your club build a playground with recycled materials? See where I'm going with this? Send your environmental projects/questions/topics, etc. to me at [5m7gram@gmail.com](mailto:5m7gram@gmail.com) and let's get something going in the Gram with the environment.



In the past few years, over 150 cities have banned gas-powered leaf blowers. As concerns about noise and air pollution only get more serious, it seems likely that more bans on gas-powered yard tools will follow.

Gone are the days of blasting away fallen leaves with the powerful scent of exhaust fumes. Instead, we'll have to stick to pumpkin spice as the scent of the season – and explore the numerous benefits of all-electric yard tools, which are quickly becoming mainstream.

In the past few years, over 150 cities have banned gas-powered leaf blowers. As concerns about noise and air pollution only get more serious, it seems likely that more bans on gas-powered yard tools will follow.

Dozens of cities, including Burlington, Vermont, Montclair, New Jersey, and Washington, D.C., have had enough of gas-powered leaf blowers. And even more partial or full bans are on the way – starting next year, you won't be able to buy a gas-powered lawn mower or leaf blower at any stores in California.

The reason? Gas-powered lawn tools make our air pretty freaking nasty. In just a half-hour, a traditional leaf blower can create as much air pollution as a pickup truck driving thousands of miles (cars and trucks feature

more efficient engines and catalytic converters). In their place, electric leaf blowers are officially entering the chat. These gadgets come with a ton of benefits, including:

- *Cost: Because they use electricity, they're often cheaper to power BUT consideration needs to be given to battery cost and disposal*
- *Safety: Zero direct air pollution and less overall pollution from the grid*
- *Peace: They're significantly quieter than gas-powered tools*

When it comes to creating smog, gas-powered lawn equipment punches way above its weight class. One example: Operating a commercial leaf blower for an hour generates as much pollution as driving a small car about 1,100 miles, according to the California Air Resources Board.

That pollution – and the noise – are particularly hazardous to the people using the equipment. That's in part because about 30% of the oil-and-gas mix that powers so-called two-stroke engines, which often run tools like leaf blowers and string trimmers, isn't burned. Instead, it gets kicked off in tiny droplets that users of the equipment can then inhale.

Environmental groups have argued that lawns, in general, are the bigger problem. Our collective obsession with emerald-toned backdrops makes grass the largest irrigated crop in the US. It requires enormous amounts of water and synthetic fertilizers – all for something that isn't consumed by anyone but for a few lucky goats.

Some landscapers have objected that going electric can be an expensive switch and have said that newer gas models are quieter. A spokesperson for the nonprofit DC Sustainable Energy Utility, which has offered subsidies to help residents and the lawn companies that operate move to electric garden equipment, said there are challenges with shifting but they don't have to be dealbreakers. Companies can invest in charging infrastructure that goes in the back of a van or a work truck, and they can acquire extra batteries that can be swapped out when other ones run low.

Many landscapers do realize how much nicer the experience is for not only the person operating the equipment, but anybody else who has been subjected to the sound and the fumes of the gas.





# DISTRICT HIGHLIGHTS AND EVENTS

On October 26th the **LC of Big Lake Lioness** held their annual Halloween Dance for Options residents and their families. Snacks and juice were provided along with a great DJ providing the best dancing music around! See page 13 for pics!



The **Cokato Dassel Lions** have had a busy end of summer schedule. We prepared and sold over 3,000 pork chops at the Cokato Corn Carnival. We sold cases and cases of beer at the MN state baseball tournament in Dassel over the last 3 weekends in August. We tested vision at the MN State Fair for Kidsight. On Labor Day we served smash-burgers and hot dogs at Dassel's Red Rooster Day and in September we picked grapes for a local vineyard.



The **Elk River Lions Club** has a "MagniSight" reader for visually impaired. If you know anybody who could use this machine, please contact Lion Kevin at:

[kbeadles@elkrivernm.gov](mailto:kbeadles@elkrivernm.gov)



Some of the events were the "Brian Richard, Spooky not Scarry Magic Show",



**Albertville Lions** had their last Farmers Market of the season, and part of this day is the Halloween Pumpkin Party. Fun was had by all, with 400 pumpkins and treat bags given out to the kids.



2 Face painters, Balloon Animals and Games. Thank you to the Albertville Royalty, STMA High School Diversified Needs students and the Lions for making this a success again.

PDG Dave Schroder from the **Rush City Lions** received a membership award on Thursday, October 12th during our business meeting. Attached is a picture of our Club President, Mike Papke who presented this honor to PDG Dave Schroder. Congratulations!



**Save the Date - The Andover Lions** will be hosting a **Zone Meeting on November 15th**, 6pm at Pizza Ranch in Andover. We are excited to have a new speaker from Minnesota Good Works. MGW is a nonprofit organization empowering exploited/trafficked survivors through mentorship, etc. Hope to see you there!





# DISTRICT HIGHLIGHTS AND EVENTS



This was a powerful event with great speakers and LOTS of people. This is a great organization and provides help for domestic and sexual violence victims.

The **Andover Lions** recently volunteered at the Alexandra House annual Hopefest Walk that raises awareness about domestic and sexual violence.



**Andover Lions** also attended a Gala for Minnesota Good Works (MGW) who also is a nonprofit organization empowering exploited/trafficked survivors through mentorship, etc. This Gala raised \$68,585.00 to use towards this great cause. Here are some pictures of this great event.

**Human trafficking is a 150 billion dollar industry, same revenue as Costco**



The **Andover Lions** will be hosting a Bags/Cornhole Tournament January 20th 2024 10am – 6pm at Courtyards 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.

**Otsego Lions** had our semi annual road clean up this last week. It gets easier every time we do it. Way to go Otsego for keeping our community clean. We have a pretty quiet month. We are helping with donations to local organizations to help make Christmas a brighter for those in need. More to come on that next month.

Dedicated road crew



**COLUMBUS LIONS** are very excited to announce that we have resumed our amazing pancake breakfasts that started in September! These are held at Columbus Town Hall/Community Center from 8am-1pm. Our club has different organizations that we donate to during our breakfasts, including the food shelf, homeless shelters, and others so make sure to check our Facebook page to see what to bring! Our pancake breakfasts are a crowd hit, so make sure to attend and try them yourself. Check our FB page for a schedule



Annually, the **Columbus Lions** will donate dictionaries to ALL the Third Graders at Columbus Elementary. We are so happy to provide them with some of the tools to have the best education! Thank you Columbus Elementary for making our students brighter one day at a time!

**Columbus Lions and the Lino Lakes Lions** hosted the annual Prime Rib Dinner at St. Joseph's Church in October! YUMMY! This is such a fun event, we have multiple raffle prizes you can enter, great company, games, and amazing food. Tickets are limited for this event and sell out quickly! Thank you so much to both clubs for all your hard work for this event! It was a great turn out as always!





# DISTRICT HIGHLIGHTS AND EVENTS

## National Blood Shortage

Blood donors of all blood types are urgently needed now to ensure patients at hospitals across the country continue to receive critical medical care. Already in 2023, the U.S. experienced a record 23 billion-dollar disasters. Our changing climate is a humanitarian crisis for the communities and people we serve, and the need to help during disasters has never been greater. **HELP SAVE LIVES, DONATE BLOOD!**



The North Branch Lions Club will be serving/delivering hot thanksgiving meals on thanksgiving morning, with the help of volunteers. If anyone is interested in helping to deliver, or if they know of someone in the North Branch area who needs a meal, please email [nblionsmnmarketing@gmail.com](mailto:nblionsmnmarketing@gmail.com) or call Lion John Dolin at (651)237-1115 Meal Reservations are due by November 20th at noon. Also the North Branch Lions Club will be selling Christmas Trees across from the North Branch Central Park, starting 9am-6pm November 24th thru November 26th, and November 30th - December 3rd until gone. For the best selection, come see us early!



## BIG LAKE LIONS CELEBRATE 50 YEARS OF SERVICE



Big Lake Lions celebrate their 50th Anniversary chartered on November 5th, 1973. They started the club with 36 members. Today we are going strong with over 30 members. Over the 50 years we have raised several hundred thousand dollars with many fund-raising projects to help our community.

All 5M7 Lions and their families are invited to attend this 50th anniversary celebration! This is not a formal event but rather a get together to visit and socialize.

**WHEN:** Saturday, December 2nd

**TIME:** Noon for Social Time and 12:30 we eat

**WHERE:** The Big Lake Lions Park, 21960 County Road 5 NW, Big Lake, MN. 55309

**DETAILS:** Club will supply hot dogs and hamburgers. We ask that each family/guest bring some type of side dish to share (potluck style). Club will provide beverages unless you want something special.

**RSVP BY NOVEMBER 18th** to Lion Deb Johnson either by phone (612) 810-2119 or

**email [magnamomma@hotmail.com](mailto:magnamomma@hotmail.com)**

The Elk River Lions Club helped our new Lion Rhende Hagemeister and Kari Gibbons put on their mostly annual 5K run/walk/roll for Quilt Pink, and it was a big success! Quilt Pink supports and encourages those in the battle with breast cancer. "We used a small portion of the Great Northern Trail for the first 2 miles and then they followed the bras through the trees in the park." "People were smiling and laughing and sharing stories, and enjoying being outside with a purpose," said Lion Rhende.

## LC of Big Lake Lioness Halloween Dance



75 guests enjoyed delicious treats, fun raffle gifts and awesome music!

# 2023-2024 SEASON

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



**BUY TICKETS**

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

**[SpringLakeParkSchools.org/Liveon65](http://SpringLakeParkSchools.org/Liveon65)**



**7,000 MILES TO BROADWAY** Saturday, September 7, 2023 - 7 p.m.

**Singer/Guitarist + Bassist** ... journey across genres ... be transp ... new station ... wagon where ... hits ... way to ... starring in ... son's country ... Valli, the show is ch ... d the pop favorites of Frankie ... for radio and Broadway hits!



**AFTER HOURS BIG BAND** *Thursday, December 7, 2023 - 7 p.m.*

**Holiday Show** Created in 2008, the band features some of the best musicians the Twin Cities has to offer, coming together to leave audiences moving their feet, clapping their hands, and always wanting more. Their holiday performance, "Dear Santa...Define Good" features music by Michael Buble, Gordon Goodwin, Disney's Frozen and Frozen II and more! Naughty or nice, get yourself into the Holiday Spirit with this show.



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

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



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

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

## 5M7 CLASSIFIEDS

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

### Qualifications:

- ⇒ Maintains a positive attitude with all issues/concerns. Maintain open communication at all times.
- ⇒ Communicates efficiently with coordinators and workers
- ⇒ Treat all individuals with courtesy and respect.
- ⇒ Be constant and regular. Compliment people or groups publicly.
- ⇒ Thank people even when they notify you they can't work
- ⇒ 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 about and promoting programs concerned with 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)



The **Minnesota Lions Hearing Foundation** expresses its gratitude to and honors individuals through the Lions Hearing Research Fellowship Award. A great deal of valuable research is carried out at the University of Minnesota in Minneapolis, Minnesota. Our Fellowship Award is Given in the following ways:



**An Individual Fellowship** – A Gift Totaling \$1,000 Made by an Individual, Lions Club, or Lions District

**A Memorial Fellowship** – Gifts Totaling a Cumulative \$1,000 Given in Memory of a Deceased Lion or Non-Member

**A Cumulative Fellowship** – Accumulated Gifts Over Time Resulting in \$1,000 Donation

**A Progressive Fellowship** – Gifts to Honor an Individual Who Has Previously Been Honored With a Hearing Fellowship Plaque



## Minnesota Lions Hearing Foundation Hearing Research Fellowship Application

The Hearing Research Fellowship Award can be presented to a club member, family member or member of the community by a local club on behalf of the MN Lions Hearing Foundation. For every \$1000 donated to the Hearing Foundation, a Club earns one recognition award. Please consult with your District Hearing Foundation Trustee to determine how many club credits your club has earned.

**Please PRINT**

Club Name: \_\_\_\_\_ District \_\_\_\_\_

Person submitting Application: \_\_\_\_\_

Address where to ship recognition: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Contact email address: \_\_\_\_\_

**RECIPIENT:**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Please Check Appropriate Fellowship:

\_\_\_\_\_ **Individual Fellowship** = gift totaling \$1000 made by individual, Lions Club, or Lions District to honor someone as a Lion Hearing Research Fellowship.

\_\_\_\_\_ **Memorial Fellowship** = gift totaling cumulative \$1000 given in memory of a deceased Lion or individual.

\_\_\_\_\_ **Cumulative Fellowship** = accumulated gifts over time resulting in \$1000 donation. Fellowship plaque awarded upon cumulative \$1000 donated.

\_\_\_\_\_ **Progressive Fellowship** = gift to honor an individual who has previously been awarded a Hearing Fellowship Award.

Amount of donation: \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_

*Please send completed application to PDG Mike Vos, Foundation Treasurer for processing.*

Check Payable to: **Minnesota Lions Hearing Foundation**

Payment to: PDG Mike Vos, Foundation Treasurer  
20472 371<sup>st</sup> Avenue, Green Isle, MN 55338

**Please allow 30 days to process & ship award recognition**



### **BERT NELSON FOR INTERNATIONAL DIRECTOR**

Bert would like to encourage you to attend the MD5M Convention in April 2023 in Winnipeg, Canada. The convention is a great place to learn more about what Lions can do and

have accomplished. Not only will you meet new Lions and old friends, but you will also have the opportunity to vote for our next International Director from our great multiple. PCC Bert Nelson has been a member of the New York Mills Lions club in Minnesota since 1991. He became a Lion to meet members of his community, but since then, he has become a Lion who loves how this organization gives him the opportunity to help others in need around the world.

Bert soon became a zone chairman after joining Lions and began to see the level of work on the district, multiple and international level. When his mentor became District Governor, Bert created the job of District Newsletter Editor in 5M-9 to help free up some of the Governor's time. He was editor for 10 years during which two of his monthly issues received Honorable Mention in the International Newsletter Contest. As 5M-9 District Governor, Bert and Pam thoroughly enjoyed working with the other governors of MD5M and they are still a tight knit group who get together every year for a reunion. Visiting the clubs of his district, Bert loved seeing what the clubs were doing and encouraged them to keep going in their services. Bert was a 100% Governor in membership growth.

Bert's true passion for helping a Lion become a better leader/person was created when he became an instructor at the original Regional Lions Leadership Institute and taught for 14 years. He is proud of the graduates from RLLI and enjoys watching them grow in their own Lions future. Bert has also presented a seminar at five USA/Canada Leadership Forums.

For the last 11 years, Bert has been MD5M's LCIF Chairman. He has consistently kept our great multiple in the top three contributors to LCIF in Area 1. With all his involvement in Lions, you would think Bert had no time for other things, but like Pam says, if you want something done, ask a busy person. Bert held the job of Township treasurer for over 20 years. He was on the Church council as trustee. Bert currently is a 30+ year fire warden a pyrotechnician. He has been helping area communities celebrate by setting off fireworks shows for 20+ years.

For the past 30 Christmas's, Bert has been New York Mills Santa Claus at their festival. He was told by a little boy who had seen Santa in another town that "he (Bert) was the real Santa".

Bert and Pam have 3 children and 3 grandchildren. Bert enjoys deer hunting, golf, playing cards, and uplifting the mood by telling a joke or two. Life is just better with happiness in it. Contact information of Bert Nelson: CP: 218-298-0599 Email [lionbert.a.nelson@gmail.com](mailto:lionbert.a.nelson@gmail.com)

Thank you for your support in Bert's campaign for International Director.

Hello Lions,

As some of you already know I am seeking the endorsement of our Multiple District for the office of International Director of Lions Clubs International.

I have dedicated my Lions' life to service and leadership. A commitment to help make my community and world a better place by working with other Lions to make a difference, to leave things better than the way they were before. To lead by example and inspire and motivate other Lions to do the same. To continuously challenge present day thoughts and actions to make sure that the path we are on is the best for our members, clubs and association.

I have spent most of my Lions career and my private sector career in management positions. Leading teams, managing groups of people, giving guidance and motivation to team members and leaders to help them reach their goals and potential. I will continue to do this as a member of the board.

Being able to represent our Lions and our association at the International level requires a team approach. I have an amazing service partner, Lion Cheryl. She is a proven leader and motivator who is dedicated to our motto, "We Serve." We both believe in the concept of servant leadership. This is a leadership approach that puts serving others above all other priorities. Rather than managing for results, a servant leader focuses on creating an environment in which their team can thrive and get their highest-impact work done.

In our district 5M6, I have served as a trustee to the MN Lions Vision Foundation, twice as District Mid-Winter Convention Chair, and as the District Global Leadership Coordinator. In this role I developed the Club President's Happy Hour. A quarterly gathering of club presidents to improve the communication between the clubs and district leadership.

In our multiple district I am currently the Global Leadership Team Coordinator, responsible for all leadership development and training, RLLI, ELLI, and FDI as well as District Governor Elect and vice district governor, I have held this position since 2019. I also was instrumental in starting the KidSight program and have held the position of Chair of the Board of Directors of the MD5M Lions KidSight Foundation, Inc since 2017. Our Lions have screened over 125,000 kids since this program began.

My experience on the club, district, multiple district and international level has positioned me to be able to fulfill the duties of a member of the International board. Lion Cheryl and I pledge to do our best to represent our Lions and help to make our association the standard to which all other service associations are measured.

To read more about my experience and qualifications please visit my website: [teamdennis.net](http://teamdennis.net) and visit our Facebook page, **DK3 for ID**. You can also email at [teamdennislion@gmail.com](mailto:teamdennislion@gmail.com) with any questions or if you would like to support my campaign. We hope to meet many of you at the mid-winter convention. Your consideration of my candidacy will be greatly appreciated.

Lion Dennis

**DK3 for ID**

