



We Serve

www.5m7.org
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The Gram



October 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:
Zone 5: Angie Sedesky
Zone 6: Pete Yelle
Zone 7: Nancy Johnson
Zone 8: Cathy Kaiser
Zone 9: Vern Koepp

Inside This Issue....

DG Message: 1
VP Message: 2-3
LCIF: 3
RLLI: 4
Cabinet News: 5-7
Leos: 8
Environment: 9
District Highlights
and Events: 10-14



Find Your Roar!

Hello Lions and Leos!

Looking down the street from my house I see some trees are already draped in a crimson canopy of leaves waiting for the right time to drop. Are you ready for the autumn season? Mowers winterized, snowblowers and shovels ready? As we all know, autumn comes once a year and we can prepare for it in advance. Things like this we can prepare for. What we can't always prepare for are emergencies.

Are we, as Lions, prepared for the emergencies that can happen in our communities? A family's house across town suffering fire damage, the local food shelf in danger of running out of food, or a traffic accident injuring those involved enough to require assistance with temporary mobility assistance or financial assistance? Is your club ready to assist?

Readiness can take many forms but one form is being able to serve. Another is being willing to serve. Some emergencies are too great for just one club to handle. Others are well within the capability for one club to assist. That is where coordinating efforts with surrounding clubs, when the need is great, is what Lions excel at. Combining resources and coordinating resources with other organizations are where our clubs strength lies.

We are known to step up because of our willingness and ability because we know that is why we exist.

Service is our purpose, our reason, for existence. Thank you for your service. Don't forget to report your service activities and how many people you have helped. This goes a long way to show how effective we are and how ready and willing we are when other organizations wish to partner with the Lions on larger projects.

Find Your Roar!

DG Peter

LEADERSHIP

Greetings Fellow Lions and Leo's

By 1VDG Lion Mary

Has anyone told you that you're Awesome lately? Well, you are! You are a Lion (Leo), and YOU ARE AWESOME! Do you have any idea the impact you have on the lives of others? Every penny donated, every drop of sweat, every act of kindness means to the world to people you will never meet.

I witnessed the awesomeness some of your donated pennies make in the lives of people with impaired vision. My fellow 1VDG's and I were invited guests at Leader Dogs for the Blind in Rochester Hills, Michigan. It was an amazing day. We learned about their programs, toured the facilities, saw puppies, and had two incredibly inspirational speakers.

The Lions of 5M7 donated a room in their training facility! (The color-coded sign is connected to an app. Once scanned it gives directions as to which way and how far to a different room.)

We also had the opportunity to experience the world of a vision impaired person for a short period of time. We were blindfolded and took short walks with a white cane, a leader dog and we also enjoyed dinner in the dark. Some things I learned from the experience: your other senses are heightened when you lose one, the dogs walk fast, and I spill more on myself when I'm not blindfolded!



It's fun meeting Lions from across the country at these events. Little did I know I'd meet someone from 5M7! Lion DJ (sorry, I didn't get a picture) from Ramsey Lions was there representing his club. They are considered a Top Dog Club through their level of financial support. Thank you, Ramsey Lions!

I'm sure many of you remember PDG MaryEllen and PDG Clay Storley. Their son John is 1VDG of District 30-M. Lion John lives in Horn Lake, Mississippi. I initially thought his name tag said Ham Lake, Minnesota! (Now give me a break, when you glance quickly across the table it can easily be mistaken, especially when he looked familiar!) It was great chatting with him. He will be in the area soon, you never know, he just might drop in on a club meeting or two to say Hi and enjoy some good old Minnesota hospitality.



Now I'm off to Reno for the USA/Canada Lions Leadership Forum. I'm sure it will be another excellent opportunity to recharge the Lions Service within me. Don't let that word leadership make you shy away from one of these forums. It is three days of the best inspirational, motivating, and down to earth seminars for the everyday hard-working Lion. Consider attending one sometime. You won't regret it.

I hope to see many of you at the Thanksgiving for Vision event at the end of the month. All Club Presidents and this years Helen Keller recipients are invited. It is another opportunity presented to you that shouldn't be missed.

Thank you for your Service through Lions. Continue doing the things you do; you never know who or how your service is impacting others.

Read 2VDG Lion Deb Weston's article on page 3 →



Greetings Fellow Lions and Leos,

By 2VDG Deb Weston

I'm sitting at the Reno Airport on my return home from the 47th Annual USA/Canada Lions Leadership Forum. This was my first time attending and it was AWESOME!

I had been hearing for years that the Forum was an excellent training experience and I was not disappointed. This year's Forum was kicked off with a new two-hour quick learning experience entitled "Lions Speed Learning". There were ten different topics to choose from and attendees had to pick six. Each session lasted only 10 minutes. It was incredible how much one can learn in such a short time. These sessions were a sampling of the 88 sessions I could attend during the Forum. The sessions were conducted by incredible leaders who were well versed in their topics.

Some of the highlights of the Forum included The Strides Walk with close to 600 in attendance, the LCI environmental service project whereby each attendee brought 17 plastic bags to Reno to help create a park bench honoring our International President, Dr. Patti Hill and as a remembrance of the USA/Canada Leadership Forum; and the general sessions which provided us the opportunity to hear from Dr. Patti Hill as she shared her Lion's story and her vision during her term as International President... "Changing the World".

One of my favorite sessions was Zumba-Lions in Motion. "Lions in Motion" is a fun new program which raises funds for LCIF along with encouraging Lions to find activities to help us get up and move! At this session I had the opportunity to enjoy a Zumba class led by Lion Varsha Naik with over 50 Lions of all ages and abilities including our own former 1st Lady, Lion Lori Sheehan. Everyone enjoyed the class and we raised over \$3,000 for LCIF! I will definitely share the "Lions in Motion" fundraising opportunity to my club and our district.

Our multiple was well represented with 67 Lions in attendance. I had the opportunity to get to know so many Lions from MD5M and from the United States and Canada. I made so many new friends



who I will look forward to seeing at future Forums and events. Next year's Forum is in Louisville Kentucky, September 5-7, 2024. I encourage you to make plans to attend. You will be glad you did!

Lions Varsha Naik, Lori Sheehan and Deb Weston enjoyed a Zumba class and raised money for LCIF



Hello Lions and Leos,

By Lion Judy Herrala



Below you will find updates on recent disaster relief grants from LCIF.

Thank you for your interest in recent disaster relief efforts. It is important to note that when major disasters occur, the local Lions on the ground are the ones who help implement projects, with LCIF funding support. In some cases with major disasters, there is no immediate update – as search and recovery efforts are taking place, debris is removed, and Lions are making plans for long-term reconstruction. Lions are most often not first responders or experts in disaster relief. Therefore, long-term efforts sometimes take years for Lions to implement.

Morocco Earthquake On the morning of September 9, LCIF awarded an Emergency Grant for \$10,000 to help fund immediate basic needs. Later that same day on September 9th, LCIF awarded an additional Major Catastrophe grant for \$100,000. Lions of Morocco are still working to finalize plans for how to use the Major Catastrophe funding, but they are looking at supporting infrastructure related to schools and education. Additional grant funding may be available in the future, depending on donations and Lions plans for additional efforts.



Libya Flooding: There are no Lions active in Libya. LCIF has not awarded any grants to Libya thus far, as there are no local Lions to manage a project. There are some preliminary discussions about how LCIF can support efforts, but it may be difficult with no Lions presence in the country.

Other Disasters: LCIF continues funding disasters around the world that do not make international news headlines. Since July 1, 2023, \$610,000 has been awarded across 21 different countries for a variety of different disasters. In areas where more long-term reconstruction LCIF will work with local Lions on relief efforts for years to come. Lions, all our giving is making a huge difference.

Needs are great all over the world. Please remember that there are many ways to donate to LCIF. There is club giving, where your club gives a donation. This can be done anytime, of course, and many clubs choose to make a donation for our **Parade of Green** at convention in January. Please consider making a club donation this year. There is also individual giving which can be done anytime. This can either be done online, or it can be sent in with an individual giving form which we can send to you. To give online go to www.lionsclubs.org and right at the top of the page click on the yellow **DONATE** button to give a donation. It feels good to know that 100% of your donation goes to the cause you choose. Please let us know if you have any questions.

Your LCIF Coordinators

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CONVENTIONS/FORUMS

RLLI is coming to our area again in fall 2023.

What is RLLI? **Regional Lions Leadership Institute** – a leadership incubator for the clubs and for the district.

Lots of folks are asking “Are we doing and RLLI this year” and the answer is YES!!! Details are attached we are hoping for strong participation from 5M7. Attending RLLI is one way to help strengthen the future of Lionism.



2023 MD5M Regional Lions' Leadership Institute (RLLI)

RLLI prepares you for leadership roles within your club, district and multiple district.

RLLI participants learn more about club operations, and opportunities and resources available to clubs while developing valuable leadership skills and a deeper understanding of how to better serve clubs.

You qualify for RLLI training if you:

- are a current member in good standing
- have an interest in becoming a better Lions member.
- meeting other Lions and sharing ideas
- have not attended RLLI in the past five years.
- like having FUN!!!!

RLLI Participants are required to:

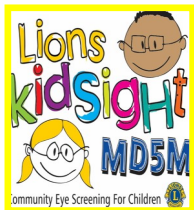
- Attend all sessions of the three-day institute.
- You may commute to RLLI if you attend all sessions and can do so safely.
- Complete pre-assignments prior to beginning of RLLI.
- Pay \$150 participation fee.
- Participants who complete all sessions and required assignments will receive a \$100 rebate upon completion of RLLI.

**RLLI will be held at the Hampton Inn & Suites in Bemidji, MN
October 13 - 15, 2023.**

Room rate is \$119 plus tax

**Completed applications, must be submitted to
Your District Governor by September 22, 2023.**

For more information about RLLI and the application process, contact your Global Leadership Team (GLT) District Coordinator **Orville Lindquist** (orville.lindquist@gmail.com) or District Governor **Peter Lendway** (lendwaypeter@hotmail.com)



Lions and Leos,

By Lion Deb Johnson

Lions KidSight MD5M had their most successful year yet screening at the Minnesota State Fair. We had a booth in the Health Fair Kare 11 building for all 12 days. There were over 250 shifts to fill during that time. A total of 3,104 kids were screened with 350 of them being referred. That is a lot of kids!

Our district had over 40 volunteers work on Monday and Tuesday. We screened 439 kids with 38 referrals. Thank you to all Lions that volunteered their time to do this! Without you, none of this would be possible.

Are you looking for a fun and rewarding service project to do with your club and help the people in your community? Having a vision screening at a community event would be the perfect and most rewarding one you can do! If your club is interested in getting more involved with KidSight, please contact us so we can work with you. We provide all the equipment and will train you.

Contact us! We are just an email away:
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!



NEWS FLASH.....

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 kbedles@elkrivernm.gov



From Lion Cathy McCauley GST Coordinator:
Please get your service projects entered, We're running behind as a district with only 23% reporting.



LIONS AND LEOS

By Lion Steve Linder

I'm sitting in the north woods enjoying the birds coming to my feeders as I write my article for the newsletter for the GREATEST DISTRICT IN MD5M.

October is a big month for the Minnesota Lions Vision Foundation! October 27, 2023 from 7:00 to 9:30 pm. It is our big fundraiser for the year called the EYEBALL. What a great place to see friends and meet new friends. There will be a wine pull, appetizer, and cash bar. The Jammers will be providing music for the evening. The cost is \$30.00 a person or \$50.00 a couple, Semi Formal/Business attire. Contact PDG Steve at 612-382-2236 Or PDG Terry at 612-759-5433 for tickets or more information.

On Sunday, October 28th at 9am is the Thanksgiving For Vision. That is a luncheon and program to celebrate the work of the work of Minnesota Lions in restoring and preserving sight. This program is by invitation only! Please support the Minnesota Lions Vision Foundation and purchase tickets for the EYEBALL!

Please contact PDG Steve or PDG Terry for Used Eyeglass pick-up. Thank You For All You Do

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



Featuring

The Jammers

Wine Pull • Appetizers • Cash Bar

\$30 per person • \$50 per couple

Cash or Check

Semi Formal/Business Attire

Contact Lion Deb Bialke at liondebbialke@gmail.com

Earle Brown Heritage Center

Captains Room

6155 Earle Brown Dr,

Brooklyn Center, MN 55430

7:00pm - 9:30pm

Can your club donate wine for our wine cork pull?
Contact Lion Deb Bialke at liondebbialke@gmail.com



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. Your support means so much and we would like to share the projects that are currently making an impact in the fight against diabetes.

***Transplant of Insulin-Secreting Islet Cells without Anti-Rejection drugs, led by Bernhard Hering, M.D., and the Schulze Diabetes Institute (SDI)** *Goal: To ensure the survival of pancreatic islet cell and kidney transplants without the need for drugs that suppress the recipient's immune system.* MN Lions Diabetes Foundation support ensures the SDI is working to prepare for clinical trials. The SDI needs to expand current studies in the labs with immune cells obtained from non-human primates that have received an islet and/or kidney transplant with or without a vaccine. These studies will address whether there are differences between the immune responses to the solid organ (kidney) or a cellular (islets) transplant and whether adjustments will need to be made as clinical trials approach.

***Curing Diabetes by stopping the immune system, led by Brian Fife, PH.D.** *Goal: To find and control only the "inflammatory" immune cells that destroy insulin-producing cells, thus causing type 1 diabetes, leaving the remaining immune system intact.* MN Lions Diabetes Foundation support would allow the Fife lab to continue work and test the newly generated regulatory cells to first stop the immune cell function of cells in diabetic patients. This approach could work for patients at all stages of type 1 diabetes, including pre-diabetic (autoantibody-positive), recent or new onset, and long-term established diabetic patients.

***Targeting Fat Tissue to Treat Type 2 Diabetes, led by David Bernlohr, PH.D.** *Goal: To develop a next-generation drug to fight type 2 diabetes by targeting immune cells thereby blocking inflammation and cellular scenes.* MN Lions Diabetes Foundation support allows the Bernlohr lab to extend findings to an animal model closer to humans. They intend to utilize additional rodent models where the animals are fed high-fat, high-sugar diets to achieve diabetes, then assess if HTS01037 can either prevent the development of new-onset diabetes or diminish the effects of existing diabetes.

***Desktop MRI Oxygen Scanner for Assessing Islet Oxygenation in the Bioartificial Pancreas, led by**

Mike Garwod, PH.D., and Paul Wang, M.D., PH.D. *Goal: To construct a low-cost, compact MRI oxygen scanner to ensure adequate oxygenation of islets transplanted in*

the bio-artificial pancreas. MN Lions Diabetes Foundation made the 0.5 Tesla magnet to be developed specifically for this project, which is a permanent magnet that has the advantage of needing no maintenance or expensive liquid cooling agents like most standard MRI magnets. The funding also made it possible to purchase warming pads to wrap the magnet to protect it from temperature fluctuations.

Lions and Leos of 5M7, we are a partner in this Diabetes work being performed by these researchers at the University of Minnesota. Thank you for your donations to do all of the above work.

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 its early stages. There are also other more involved projects such as a diabetes walk or others. Need ideas? Call or email us.

Lion Judy Herrala, 5m7 MLDF co-trustee

JLBELLS@earthlink.net

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

mnedwards1@bellsouth.net

MN Lions Diabetes Foundation



GREETINGS FELLOW LIONS AND LEOS

By Lion Mike Benedetto,
MD5M Hearing Trustee

The Minnesota Lions Hearing Foundation (previously known as the Lions Multiple District 5M Hearing Foundation). funds hearing services in Minneapolis, Minnesota, as well as hearing research projects.

For almost four decades, we have fostered a partnership with the University of Minnesota, and the Minnesota Lions Hearing Foundation has raised more than \$7 million in funds for equipment, capital improvements, and hearing research. Together we have established:

- ◇ The Lions 5M International Hearing Center
- ◇ The Lions Voice Clinic
- ◇ The Lions Children's Hearing Center
- ◇ The Lions Affordable Hearing Aid Project

In addition, our foundation has funded a newborn hearing screening program throughout Minnesota in all 111 hospitals. We ensure that little ears can hear. **See page 14 for the Hearing Research Fellowship Award.**



GRETCHEN AND KORI

At work, Gretchen manages a program that helps nurses access the right tools to serve elderly patients. In her personal life, she also relies on important tools to help manage her Type 1 diabetes.

Gretchen developed Type 1 diabetes 13 years ago. Even though there was a history of diabetes in her family, the disease came on unexpectedly for her. She dismissed early symptoms as merely stress or a hormone imbalance. But once she was officially diagnosed, Gretchen was a fast learner. With minimal diabetes management education, she quickly learned to use short-term and long-term insulins, as well as test her blood sugar on a monitor. In addition, motivation was a big factor. "Long before I got Type 1 diabetes, I had a 'type A' personality," Gretchen mused. "That meant I was highly motivated to take control. Diabetes can be managed, but it is challenging."

With diabetes management tools in tow, Gretchen took charge of the disease. On work days, she found it relatively easy to keep blood sugars in good control. But weekends were harder due to more physical activity and a busy family life. Over time, she added new tools (a continuous glucose monitor and an insulin pump), allowing her to more easily monitor and manage her levels.

About a year and a half into her journey, Gretchen added another key tool: a Can Do Canines Diabetes Assist Dog named Callie. Gretchen and Callie worked together for nine years. Sadly, Callie died a little over a year ago. "Managing diabetes without Callie was so hard and scary," Gretchen said. "I was fortunate to be on the list right away for a successor dog."

In February, Gretchen met Kori, a Black Labrador/Golden Retriever mix. Together, they trained with Can Do Canines Client Services Coordinator Alaina at the facility and on shopping trips to test and hone Kori's skills. In March, Kori moved in with Gretchen and her husband, Ben, and in-home training with Alaina continued. It wasn't long before Gretchen and Kori were certified as a team.

Because Gretchen cannot feel an insulin reaction coming on, Kori was trained to sense low blood sugar and retrieve vital tools. As such, he is at her side at all times, whether she is working, exercising, or sleeping. If Kori smells low blood sugar (often after a walk or a workout), he nudges Gretchen's leg—purposefully and persistently. He then brings her a fanny pack containing a handheld monitor to double-check levels and glucose tablets to quickly raise her blood sugar. If necessary, Kori runs to get Ben to assist.

"Diabetes can be complicated. You don't know if you took too much insulin, or had too much activity, or didn't eat enough carbohydrates," Gretchen remarked. "But with Kori around, I feel safe. He is skilled and attentive, which allows me to live my life."

Gretchen is grateful for Kori and the amazing organization behind him. "Our (Client Services Coordinator), Alaina, has gone above and beyond for us," she said. "I appreciate how Can Do Canines has many communication tools to support us, such as answering questions on Slack or connecting us with other assistance dog teams via Facebook or in-person events."

Notably, Gretchen is also grateful for the positive impact that diabetes has had on her life. "Because of it, I eat well, exercise regularly, and have a healthy perspective. I'm so fortunate to have great tools and a great team—Kori, my husband, my doctor—to help me manage diabetes and live a healthy life."



Can Do Canines will be hosting an **OPEN HOUSE** on Saturday, November 11, from noon-2 p.m., at our campus. Potential clients, volunteers, or anyone who might be interested in supporting the organization is invited to attend to learn how an assistance dog changes the life of a person with a disability. There is no pre-registration for this event, so please join us on November 11. You will be asked to share some contact information at our registration table upon arrival. Take a virtual tour at:

www.candocanines.org



5m7 Leo Clubs

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

The Leos of 5m7 will be packing meals for Feed My Starving Children on Thursday, November 2 from 4:00pm-6:15p at the Coon Rapids Location. Lions' clubs of Andover, Anoka, Blaine, Coon Rapids, Spring Lake Park, and Rush City, reach out to your Leo liaison to help fill the 18+ spots for this packing event. We look forward to packing fast and furious, to make much needed meal for children around the world.

Fall is in full swing, and clubs are planning many great projects. Check back in November for great service happening in the community.

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

Make a Difference: Sponsor a Leo Club.

Sponsoring a Leo club provides Lions with opportunities to mentor and empower young leaders while fostering a commitment to community service. Through involvement with a Leo club, Lions can energize and inspire members and even increase the sponsoring club's community exposure, attracting potential members such as young professionals, students, parents and families.



5M7 YOUTH EXCHANGE REPORT

Sub-

mitted by: Lion Stefanie Nelson 5M7 Youth Exchange Chair 22-23

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.

Do we have to have kids to host youth coming from other countries?

No, we welcome single individuals, empty nesters, and families. The key are homes that would welcome youth from other countries for the month of July.

What if I work full-time during the day?

The times have changed, and so are the requirements to host. We require you be able to spend as much time engaging with the youth as possible. If you work during the day, perhaps team up with a fellow host family and tag team connection time. The youth are on vacation, so if they don't have to rise at 7am every day, they too will be thankful. We do still need to have a clear plan of supervision, so a plan of how to reach you when you are not home is vital.

Can we leave the state with our youth?

The youth that you are hosting are in your care. If leaving the state for a grand adventure, or cabin time, is in the cards then better the adventure. You will be in communication with the family of the youth you are hosting, so plans can be shared ahead of time.

We will start taking applications for youth to come to Minnesota for the month of July starting in January 2024. Let me know if you want to host this next summer or have any other questions.

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





Lions and Leos

By Lion Judie Zaske

Energy Efficiency Day

Ideally, we should conserve energy year-round, but October 5 brings special focus to the topic. To celebrate this world environmental day, why not re-evaluate how you use energy in your home? There are plenty of small solutions for climate change that can make an impact. For example, turning your thermostat down low, waiting to do your washing until you have a full load, or switching to more energy-efficient lightbulbs. Every little helps!

Want to lower your home energy bills and be more environmentally friendly? Here are 10 simple ways to reduce energy waste, at home and at work:

1. Make the switch to LED

LEDs are a great example of how innovation and technology can make your life easier. They last at least 25 times longer and consume up to 90 percent less electricity than incandescent bulbs. **Tip:** By switching five of your home's most frequently used bulbs with ENERGY STAR® certified LEDs, it's possible to save \$75 on energy costs annually.

2. Seal Those Leaks

On average, heating and cooling account for almost half of a home's energy consumption. In fact, all the little leaks can be equivalent to leaving open a 3-foot-by-3-foot window. **Tip:** Take simple steps like caulking windows, sealing leaks around chimneys and recessed lighting, and sliding draft guards under your doors to save up to 20% on heating costs.

3. Heat and Cool Efficiently

Don't waste money heating or cooling an empty home. Install a programmable thermostat and in colder weather schedule your home's heat to lower when you are away or asleep, and increase when you are returning home or waking-up. In warm weather, schedule the thermostat to raise the temperature when you are away or asleep, and lower it at other times. **Tip:** Follow the U.S. Department of Energy recommended temperatures and be energy-efficient all year.

4. Maintain Your HVAC System

Make sure to clean or change your furnace filters regularly. A dirty furnace filter will slow down air flow, making the system work harder to keep you warm (or cool) and costing you more money. **Tip:** Consider getting a winter tune-up. Just as a tune-up for your car can improve your gas mileage, a semi-annual or yearly tune-up of your heating and cooling system can be vital to improve efficiency, saving you money and making your home more comfortable.

5. Look for the ENERGY STAR® Label

ENERGY STAR® labeled windows can cut heating costs by as much as 30% compared to single-pane windows, while increasing indoor comfort and lessening fading of home furnishings. **Tip:** If you are undertaking a major home remodel or new build, consider installing ENERGY STAR® qualified HVAC equipment and appliances.

6. Turn the Electronics Off

That sounds easy, but too often we forget and leave electronics plugged in that are not in use. **Tip:** Turn off unnecessary/idle lights, appliances and electronics. A power strip can help turn off multiple items at once. (Sometimes the simplest things are really effective!)

7. Winter Tip: Invite the Sun In

It feels like the sun abandons us during the winter, but that doesn't mean we should ignore it during the shorter days. **Tip:** Open curtains/shade on your west- and south-facing windows during the day to allow sunlight to naturally heat your home, and save 2%-12%.

8. Summer Tip: Close Blinds and Shades

This tip is easy to forget, but vital: excess sunlight will make it harder to keep your home cool and comfortable. **Tip:** During the day, keep your blinds and shades closed to prevent warm air from building up in your home.

9. Clean Your Clothing Efficiently

That's an easy one. A washing machine spends 90% of its energy to heat water. **Tip:** Consider using cold water instead. In addition, try to run full loads as much as possible, because the machine uses roughly the same amount of energy regardless of the load size. Also, consider air-drying.

10. Clean Up Your Dishes Efficiently

If there's one thing that has the power to unite people, it's food. And with food comes dishes to clean. Fear not – there really is a more efficient way to use your dishwasher. **Tip:** Avoid the "rinse hold" cycle and skip heated drying – simply open the door at the end of the washing cycle and let the dishes air dry!

Many of these tips we already know but it begs the question...do we USE them! The one thing I'm not good at is turning off my computer when I'm not using it and of course there's the inevitable times the TV is watching me instead of me watching the TV.

As our appliances have become more efficient, it's important that we use them to their fullest potential so anything we can do to save energy (and dollars) and help the environment is a good thing in my book!

PROTECTING OUR PLANET STARTS WITH YOU

BIKE MORE DRIVE LESS Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.	reduce REUSE recycle Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.	choose sustainable seafood Learn how to make smart seafood choices at www.FishWatch.gov .	Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change. PLANT A TREE
EDUCATE When you further your own education, you can help others understand the importance and value of our natural resources. 	CONSERVE WATER The less water you use, the less runoff and wastewater that eventually end up in the ocean.	SHOP-WISELY Buy less plastic and bring a reusable shopping bag. 	Don't send chemicals into our waterways. Choose nontoxic chemicals in the home and office.
Volunteer! Volunteer for cleanups in your community. You can get involved in protecting your watershed too! 	Long-lasting light bulbs - ARE A BRIGHT IDEA Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!		

oceanservice.noaa.gov



DISTRICT HIGHLIGHTS AND EVENTS

Options, Inc is a private, nonprofit offering services that develop and maintain life skills for people with developmental disabilities or related conditions so individuals can fully participate in their community. Options is committed to empowering and supporting adults with disabilities in living and working in the mainstream of community life.

On October 26th the **LC of Big Lake Lioness** will hold their annual Halloween Dance for Options residents and their families. Snacks and juice are provided along with a great DJ providing the best dancing music around!



SEP 30	WILDLIFE FESTIVAL 10 AM - 2 PM Oak Savanna Learning Center <i>Registration not required</i>
OCT 12	SANDHILL CRANE TOUR* 6:30 AM - 9 AM Oak Savanna Learning Center
OCT 14	SANDHILL CRANE TOUR* 6:30 AM - 9 AM Oak Savanna Learning Center
OCT 19	SANDHILL CRANE TOUR* 6:30 AM - 9 AM Oak Savanna Learning Center
OCT 21	SANDHILL CRANE TOUR* 6:30 AM - 9 AM Oak Savanna Learning Center
OCT 25	SANDHILL CRANE TOUR* 6:30 AM - 9 AM Oak Savanna Learning Center

Visit Our Website:  Register for Events: 

The Wildlife Festival will be held on Saturday September 30th from 10a-2p at the Savannah Learning Center at SNWC which is a great family fun event and in need of volunteers,



Join Quilt Pink for the fun RUN, WALK, or ROLL 5K at the Zimmerman City Park. Navigate through the trees following the pink bra markers with surprises along the way. Your participation will help Quilt Pink support those in the battle with breast cancer, as we sew quilts and other items that can be used during therapies and recovery. Go it solo or gather a team. Choose your 5K, or shorter, distance on the day of the race! Who will you run for, honor, and support? After your race enjoy a free pancake breakfast provided by the Elk River Lions. <https://runsignup.com/Race/MN/Zimmerman/QuiltPinkRunWalkorRoll5K>

The **Elk River Lions Club** had another busy month, making pancakes at Otsego Prairie Fest with the Otsego Lions Club, helping at the Rivers of Hope "Color Run" and meeting with the Friends of Sherburne National Wildlife Refuge (SNWR) to see about helping them build an amphitheater.

The **Monticello Lions Club** recognizes there are times when Monticello teachers use their own money to provide materials for their students. As a token of appreciation for their commitment to Monticello students, the Monticello Lions Club provides a reimbursement program towards money that instructors spend with their own money to purchase materials that are not covered in the school district budget. The program is in its 5th year. To date, the Monticello Lions Club has contributed approximately \$25,000 toward reimbursing instructors for teaching/learning materials. Pictured: Pinewood Elementary Principal Shelly Gilmore on the left, Instructor Jenine Severson in the center, Lion Wes Olson on the right



Albertville Lions 5 Cruisin' & Rock'n..... This car show & pig roast music event happens the weekend after Labor Day. This year, we had a lot of cars to begin with but once the rain came, most of them took off for high grounds. We had the 1st band playing under the Lions shelter,



with on and of rain showers that worked well. The 2nd band player out of the Lions depot, that worked well, by then the rain had passed. It was a great time, we will be here again next year, please mark your calendars, September 7th, 2024.



DISTRICT HIGHLIGHTS AND EVENTS



The **Forest Lake Lions** have been doing the Senior Dinner every Fall for many years. We serve on average, 400 + diners to local seniors, all for FREE! The Seniors really enjoy it and it's great for the Lions to have a chance to give back and enjoy the time with the people!



The **Forest Lake Lions** were proud to team with Running Aces for a pancake breakfast. We were able to raise \$485. for the Wounded Warrior Project!!



September 9-10, 2023 after doing this event by ourselves for a very long time. **Forest Lake Lions** handed off the Hay Days event to North Branch Lions with help from Chisago, Rush City and Almelund Lions. It was a huge success! 35 total Lions members helped cook and sell over 2500 cheeseburgers in two days!



Forest Lake Lions are pictured here is the water bottle challenge spearheaded by Claire Keading, daughter of the owner of Norhart Apartments buildings. She organized collecting over 200 water bottles with Norhart and Bell bank.

Lions Dale, Carol, and Gary received the bottles for Forest Lake Elementary schools. They're for elementary students who can't afford their own. Claire's passion is helping other kids.



Forest Lake Lions gifted food and gas cards to the Forest Lake High School for the principal to use for homeless students as he sees the need.



DISTRICT HIGHLIGHTS AND EVENTS

Kids Pumpkin Party

Sponsored by Albertville Lions



Central Park Thursday, October 5, 2023

4:00 – 6:00 pm (while treats and pumpkins last)



Spooky, not Scary show 4:30-5:30 by Brian Richards on the Depot stage

Pumpkins, Games, Photo's, Tricks and Treats, plus Costume Contest!! Activities for 10 and under



From Chisago Lake Lions.....



Tickets available for presale for the Waffle Breakfast. Please call me if you would like to help sell the tickets. All help is appreciated. I also have signs to put up in Center City and Chisago if anyone would also like to help out. Donna Lunde 612-670-5300 cell or 651-213-6852

Otsego Lions had a very fun and successful Prairie Fest celebration on September 16th in Otsego. The day started with a pancake breakfast. Shout out to the Elk River Lions for once again helping to make this a great part of our day. The car show is still growing and draws large crowds. Live music, bean bag tournament and beer garden were all well attended. Thanks to everyone that helped out. We are excited to see how we can grow this great event. October meeting will be all about food!

Otsego Lions cont...We are having a Chili Cook Off. Best of luck to all the cooks for this event. We have a few new potential members and hope our upward trend in membership continues.

Family Halloween Party with
The Circus Science Spectacular
Sponsored by the North Branch Lions Club
Hosted by Tailgaters



Please join us for a fun family friendly Halloween party! The North Branch Lions Club is sponsoring this fun and exciting event, hosted by Tailgaters Sports Bar & Restaurant, to benefit the North Branch Food Shelf.

Steve Russell and Kobi Shaw will be presenting science lessons, circus style! Audiences of all ages alternate between laughter and amazement as science and circus combine.

Date: Sunday, October 29th, 2023 at 1:00pm

Where: Tailgaters Sports Bar & Restaurant, 6355 Elm Street Suite C North Branch, MN 55056

Cost: Please bring a non-perishable food item, or \$2.00 per person.

The show will be at 1pm and games, a costume contest, crafts & trunk or treat to follow, thanks to local businesses!

All proceeds will be donated to the North Branch Food Shelf.



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.

On Monday September 25th the LC of Big Lake Lioness in conjunction with the Red Cross collected 64 whole blood products at their semi annual Bloodmobile. You can help by donating blood at your nearest Red Cross donation site.

HELP SAVE LIVES, DONATE BLOOD!




DISTRICT HIGHLIGHTS AND EVENTS

Coon Rapids Lions Club Fundraiser at Panera Breads

On July 8, 2023, Emily and John Gerding were involved in a horrific vehicle collision. Their van was hit at an extremely high rate of speed by a vehicle that was allegedly fleeing a simple traffic ticket. Tragically, Emily did not make it. John was taken to North Memorial hospital and placed in a medically induced coma. It was determined that John had a broken right leg, right wrist fracture, fracture on the right side and base of his skull, fractured left clavicle and a collapsed lung. He is now recovering at home (as of early August) and will be in PT/OT for quite some time.

The Coon Rapids Lions Club and the Coon Rapids Lions Foundation have organized a fundraiser to be held on **WEDNESDAY, OCTOBER 18th** at the Coon Rapids Panera Breads near the Riverdale Mall. We are asking fellow Lions if you live near to our community to participate in this fundraiser. We have arrangements with Panera to get 40% instead of the usual 20% of the total net sales. **You will need to show a paper or digital copy of the flyer when ordering; there is also a Promo Code for ordering online.**



RAISE SOME DOUGH
Help support us!

20% of sales will benefit the John Gerding family

Coon Rapids Lions Foundation & the Coon Rapids Lions Club

October 18, 2023
4:00 pm to 8:00 pm CST
3540 River Rapids Drive

In Cafe Drive-Thru
Pick-Up Delivery

Enter promo code **FUND4U** at online checkout.

Panera FUNDRAISING



Bring this flyer or show a digital copy to your cashier when ordering at the cafe or **enter the promo code FUND4U** at checkout on Panerabread.com or the Panera App to ensure your organization gets a portion of the proceeds.



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



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

Singer/Guitarist + Pianist + Bassist J. Robert Spencer takes you on a musical journey across genres and decades with his show "7,000 Miles to Broadway." You'll be transported back in time on a road trip in the family wood-paneled yellow station wagon where J. Robert grew up singing classic country, rock, and Broadway hits along to the car radio and 8-tracks. This is the music that helped pave his way to starring in "Jersey Boys," and "Next to Normal." From Willie Nelson's country twang to the smooth crooning sounds of Frank Sinatra and the pop favorites of Frankie Valli, the show is chock full of 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. Willi Myles has the gift of connecting people with each other through humor and storytelling that everyone can relate to. After surviving his childhood growing up with nine sisters and one brother in Alabama, Willi moved to Minnesota to attend college and play football. With his stories about growing up in the south and acclimating to the cold of MN, Willi tells extremely funny non-offensive stories and jokes and gives a unique spin to life's everyday challenges with humor. Referred to as "America's Everyday Comedian," his hilarious down-to-earth performance will convince you that Willi is truly comedy at its best!



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

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

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 371st Avenue, Green Isle, MN 55338

Please allow 30 days to process & ship award recognition