



We Serve

www.5m7.org
FB: 5m7Lions

The Gram

September 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
LCIF / GMT: 3
Conventions: 4
Cabinet News: 5-7
Leos: 8
Environment: 9
District Highlights
and Events: 10-14



Find Your Roar!

Hello Lions and Leos!

It is September and the State Fair, aka The Great Minnesota Get Together, is in full swing. Have you gone? Or are you going? I have discovered that it's a great place to meet Lions from other clubs and districts. Whether you are doing vision screenings for KidSight, selling tickets for the Midway and Kidway rides, or talking with fair-goers about vision, hearing or diabetes there are many opportunities to serve.

Many clubs are looking for other opportunities to serve, this is one that begs for attention. Thank you to those that have served in one or more of these opportunities! Pass the word along about your experiences, I know some of you have some stories to tell!

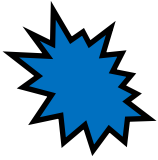
I have been to a few Governor's Nights and am looking forward to attending more. Get those Governor's Visit Forms to me by either email or snail mail. You can find the Governor's Visit Form on the 5m7 website.

Has your club been busy this summer? I know mine has! Has your club planned a new project or fundraiser? Mine has taken on a new project in June and is planning a new fundraiser to take place in October. We are also growing.

Finding Your Roar is not that difficult. When you do your Community Needs Assessment, it does not have to be complicated. Those of you that have gone to LCI's website know that when LCI provides resources they are very thorough. You know your community so the assessment you do does not have to be as detailed. However, periodic assessments are crucial to ensuring Lions do not miss an opportunity to serve. Contact our GST coordinator, Lion Cathy McCauley or myself if you have questions in how to proceed.

Find Your Roar!

DG Peter



Greetings Fellow Lions and Leos,

By 1VDG Lion Mary

Welcome to September fellow Lions and Leos. Ready or not, it's that time of year...yellow school buses, fall sweaters, football, and everything pumpkin spice! I'm pretty sure many of you are like me and can't wait for the cool evenings and beautiful fall colors. Hopefully, you will also take every opportunity to get outside and enjoy life to the fullest.

Speaking of opportunities, I think I may be safe in assuming most people prioritize schedules and opportunities around family, which is the way it should be. We want to make sure our children have every opportunity to broaden their horizons academically, athletically, and artistically. We also grasp the chance for advancement in our jobs if it fits and improves our family dynamic. We want to live the best lives possible.

Throughout our lives we seek more. May it be more money, time, faith, knowledge...the list goes on. You have already made the commitment to do more and **SERVE** others by joining your local Lions Club. You work side by side with your club members at every opportunity possible. Have you taken advantage of the opportunities to enhance your world of volunteerism? If not, I ask you to ponder the question; Why not?.

We are extremely fortunate to have some of Lions top leaders and teachers in our multiple. This enables us to offer a premier learning opportunity right here in Bemidji! Many Lions must travel to other states to receive this level of education and training. Please consider attending RLLI in October. More information on RLLI can be found in this newsletter. Another opportunity for networking and learning that must not be missed is our Mid-winter Convention in January. Start planning now to attend, learn and most importantly-Have Fun! Keep posted for details. Don't forget to explore opportunities to learn and expand your Lion knowledge base online with MyLion. *"When opportunity presents itself, don't be afraid to go after it." Eddi Kennison*

May you find time to explore and take opportunities presented for your personal growth in Lionism.

Happy Fall!

Greetings Fellow Lions and Leos,

By 2VDG Lion Deb Weston

It's hard to believe that it's State Fair time already! Speaking of State Fair, thank you to all the Lions who are working at the State Fair ticket booths in front of the Midway to help raise money for their clubs. A special **THANK YOU** to PDG Larry Kounkel for all his hard work and leadership for this huge undertaking. He has been working for months recruiting Lions, setting up the schedules, communicating with club fair coordinators, and sending out all the information and tickets to the clubs. He will also be at the Fair everyday helping to make sure that all goes well. This is an incredible effort. Thank you again, Lion Larry, for continually taking on this huge job so that our clubs can benefit.

With fall fast approaching, Zone meetings are being scheduled. I encourage all of you to attend your Zone meetings. It is a wonderful opportunity to get to know Lions from clubs that are in your Zone, share ideas and concerns, and learn from wonderful speakers who provide valuable information to you and your club members. Plus, these meetings are always so much fun! I had the privilege of serving as a Zone chair last year and it was an incredible experience. I met so many wonderful Lions and have made many new friends. I will be attending many of the Zone meetings as my schedule permits and I hope to have the opportunity to visit with you then!

Effective leadership is not about making speeches or being liked; leadership is defined by results not attributes.

Peter Drucker



Hello Lions and Leos,
By Lion Judy Herrala

Last month we talked about each of our clubs having a Lions Clubs International Foundation (LCIF) contact person in your club. Right now we have 16 assigned out of 51 clubs. Those 35 clubs that have not elected/assigned someone to this role in your club may be missing out.

LCIF communicates incredible information from time to time with those people who are named your LCIF coordinators in your club. Our district would also like to begin communicating with those people and we can't do it without someone to communicate with. There are resources, information, ideas, and all kinds of tools for our clubs out there at LCIF, in our district and also each other.

We would like to hold a club officer training in late September/October for our named club LCIF chairpersons. Please help make this happen by naming someone in your club for this position. As we said in the last newsletter article, *we will communicate with your immediate past president if you do not enter a person into MyLCI.*

Stay tuned for club coordinator training dates. We cannot wait to share all things LCIF with you as well as share many resources with each of our clubs. Don't miss out! Please let us know if you have questions.

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

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

'WE CARE, WE SERVE, WE ACCOMPLISH'



Dear Lions and Leos,

By Judy Herrala
GMT Coordinator



MISSION 1.5

In last month's newsletter, I asked you to stay tuned for details about Mission 1.5. Well those details are out! I am sitting here thinking about Mission 1.5 and how our district 5M7 is going to get there. Just think about that... 1.5 million members worldwide by 2027. Now that is exciting. And it is all so that we can better meet the growing needs in our communities and serve more people than ever!

There is a webpage which explains our mission. It is OUR mission. Each of us has a role to play and some fun to have while working this mission! New clubs, new friends, new service opportunities with more members, fun...can this get any better?

Here is the webpage for Mission 1.5. Please click this link and go read it. Please let me know that you did. When you are done, let me know that you read it. **Mission 1.5 webpage:** <https://www.lionsclubs.org/en/resources-for-members/mission-to-grow>

Now the question is, how do we get to our mission. There is a process which was implemented a couple years ago called the "Global Membership Approach." The purpose of this approach to memberships get our clubs, our zones, our districts, our world revitalized and rejuvenated. It is a process that is proven to work around the world. I would like to invite each of you to go to the webpage now and read more about it. The page is full of resources and tools we can use to accomplish our mission. **Global Membership Approach (GMA) webpage:** <https://www.lionsclubs.org/en/resources-for-members/resource-center/global-membership-approach>

When you have been to both of these webpages I am sure you will have questions, thoughts, ideas, and most of all I think you will be excited.

Do you have questions about Mission 1.5 or the Global Membership Approach after reading the above website? Let me know. I would like to talk with you about this.

REMINDER FROM THE GRAM EDITOR.
ARTICLES ARE DUE BY THE 25TH OF EACH MONTH UNLESS OTHERWISE NOTED.

CONVENTIONS/FORUMS

5m7 will be hosting the **Lions Multi District Convention 2025** from Friday, April 25 to Sunday, April 27, 2025 at the Minneapolis Hilton Airport. The theme for the convention is: **Ignite Your Lions Pride**. We need help so please let us know if you're interested. IPDG Lion Mark Landwehr and Lion Cathy McCauley

Lions and Leos,

District Governor Peter is looking for a few folks to round out his convention committee for our **Mid-Winter convention 2024 in St Cloud**. Please let DG Peter or I know if you are interested in being on our 5m7 Mid-Winter Convention Committee. Please let us know quickly so that you can get in on the planning fun! Our Mid-Winter will take place January 12-14, 2024 in St Cloud at the same hotel it was held in last year.

There is still time to register for the **USA/Canada Forum** which takes place **September 21-23, 2023** in Reno this year

And finally, consider attending the 104th Multiple District 5M Convention in Winnipeg, MB, Canada April 19-21, 2024. You will find the registration form on our 5m7 website and it is also on the MD5M website. Full registration for this is \$165 US dollars OR \$220.00 CDN. Conventions are a wonderful time to meet up with friends and make some new friends.

PDG Judy Herrala and IPDG Mark Landwehr
Conventions and Forums Co-chair

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:

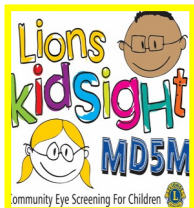
- Attend all sessions of the three-day institute.
- You may commute to RLLI if you attend all sessions and can do so safely.
- Complete pre-assignments prior to beginning of RLLI.
- Pay \$150 participation fee.
- Participants who complete all sessions and required assignments will receive a \$100 rebate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



By Lion Deb Johnson

Did you know that in 2022-2023 our district screened 4,967 kids! Out of those, 676 were referrals because some type of vision impairment was detected. That is 676 kids that hopefully see better now because the problem was detected early!

Our goal is to double this number of 2023-2024. How can we do that? By getting more clubs involved and working with the schools in their towns.

Schools are starting up for the 2023-2024 year. Vision screenings will be in full force. There are a few clubs that have a direct line with their schools and are partnering with them to provide KidSight Vision screenings. There are a lot more schools in our district that would like to partner with us, all we need are clubs willing to work with them. This is one of the most rewarding service projects a club can do. It is so important to catch vision issues when they are young. If your club is interested in getting more involved with KidSight, please contact us so we can work with you. Think about community events that are coming up in your area that could benefit from having screenings there. We provide all the equipment and will train you. Contact us! We are just an email away!



Lion Mary Curtis and Lion Debra Johnson,
SM7 KidSight Foundation Directors
Sm7lionskidsight@gmail.com

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

DON'T FORGET: Project New Hope's September treat at Good Earth Village in Spring Valley, MN.

PROJECT NEW HOPE

Military Family Retreats
at no cost to Veterans

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

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

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



LIONS AND LEOS...

By Lion Steve Linder

First let me thank all the Clubs in the Greatest District in Multiple District 5M5 for collecting used eyeglasses. Just give me a call and I will make time to come to you or meet you somewhere that's convenient for you. Please don't transport the glasses to Pine City yourself, we don't need a bunch of club members to stop by and see if Lion Bob is there and not busy.

It's that time of the year. Clubs are busy working different fundraisers, County Fairs, City Festival to help people in our community. The Minnesota Lions Foundation is holding their Fundraiser called The Eye Ball. Held on October 27th from 7-930 pm at the Earle Brown Heritage Center in Brooklyn Center. Tickets are \$30. Per person or \$50 per couple, I have tickets and will get them to you.

It's also time for the Great Minnesota Get Together!!!! The Minnesota Lions Vision Foundation and the Minnesota Lions Diabetes Foundation will be hosting a booth in the Education Building. Stop by for some free goodies and just to say Hi!

For Speakers or to have Used Eyeglasses pick up just or to purchase Eyeball Tickets call:

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

Thank you for all you do.

MINNESOTA LIONS VISION FOUNDATION

EYEBall

October 27, 2023 7:00pm-9:30pm

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

Please let Lions Judy or Mike, your co-trustees, know if your club is doing a diabetes project/event because we would like to attend your event and put it on the statewide calendar which is on the MLDF website. Here is the link to that website. <https://www.mnlionsdiabetes.org/> Please check out our website, there is a lot of information there. You will also find the Dream Catcher award nomination form there.

November is National Diabetes Month and November 14th is World Diabetes Day 2023. Perhaps your club will plan a Diabetes project in the month of November, or give a donation to the MDLF during November.

Thank you so much 5m7. Your support of the MN Lions Diabetes Foundation is making a difference in your community and across the world!

Lion Judy Herrala, 5m7 MLDF co-trustee

JLHBELLS@earthlink.net

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

mnedwards1@bellsouth.net

MN Lions Diabetes Foundation



GAMING NEWS

By Lion Amanda Jackson

I'm hoping you have looked at and shared our Facebook group for MN Lion clubs in our district and started the conversation about all things charitable gaming. 5M7 Club Gambling Managers, Asst Gambling Managers, CEOs and anyone serving on their gambling committee are encouraged to join this group. Hoping this group helps us all stay connected and informed with the latest happenings in charitable gaming. Come here with questions, comments, concerns, advice, ideas or feedback on all things gambling. This will also be a place we will post upcoming or new legislative changes, rule changes from GCB, MN Revenue or anything else happening in our industry. If you or your club ever have a question you don't want to discuss publicly you can at any time, send me an email at amandakins@comcast.net. If I'm not sure of the answer I will do my best to find someone who does know the answer. Thank you and keep up the good work, Link to join: www.facebook.com/groups/5m7gambling/



Did you know **Can Do Canines** covers the cost of food, monthly preventatives, and veterinary expenses for every program dog while in the care of our volunteers? Because these 500+ volunteer dog hosts already do so much, we never want supplies and care costs to be a barrier.

Due to inflation, these costs are rising, so we need you more than ever! After all, for our dogs, there's no skipping meals, vet visits, and medications. These form the foundation of a healthy body and mind so they can become heroes for their human partners. Now we are asking you to become a hero as well. By becoming a monthly donor to Can Do Canines, you'll join our group of amazing Monthly Heroes and will sustain our work by ensuring that we continue to train life-changing assistance dogs. Go to: <https://secure.givelively.org/donate/can-do-canines/become-a-monthly-hero>



Join us at the Can Do Woofaroo!

Saturday, September 23, 2023

Registration starts at 10 a.m. at Can Do Canines

Invite your friends (even the four-legged ones) to celebrate the amazing partnership between assistance dogs and the people who need them. This outdoor fundraising event includes a one-mile walk, live music, dog-centric vendors, dog costume contest, food and more!

The Lions Clubs of Minnesota will once again be the Presenting Sponsors.



candocanines.org/woofaroo





REBEKAH AND CASTLE

Rebekah, who was matched with Seizure Assist Dog Castle in late 2022, has a history with working dogs. She says, "I had a Golden Retriever growing up as a kid. He was a trained therapy dog." Without knowing this history, Can Do Canines selected Castle for Rebekah, who also happens to be a Golden Retriever. Referring to this coincidence, Rebekah says, "Having Castle is almost like he's living on through her."

Compared to her previous dog, Castle is trained to help Rebekah with new challenges in her life. When Rebekah applied to Can Do Canines, she had what she called a "trifecta" of disorders: postural orthostatic tachycardia syndrome, Ehlers-Danlos syndrome, and mast cell activation syndrome. "Migraines and pseudo-seizures frequently 'compliment' these diagnoses," she adds. On any given day, she might experience chronic fatigue, loss of consciousness from standing up, joint dislocation from leaning down, difficulty with loud noises or flashing lights, and more. She tried to manage these challenges as best she could, but in 2019, a concussion intensified Rebekah's symptoms.

Working toward a bachelor's degree in neuroscience, Rebekah had a full plate, so fatigue, alone, made life difficult. She explains, "When I was trying to live on my own and do full-time school, I slept a lot. And I mean a lot. At my very worst, I slept about 15-18 hours every 24-hour period. I would basically go to the gym (for my blood pressure), go to class, and then sleep the rest of the day, just waking up to cook and do a few assignments."

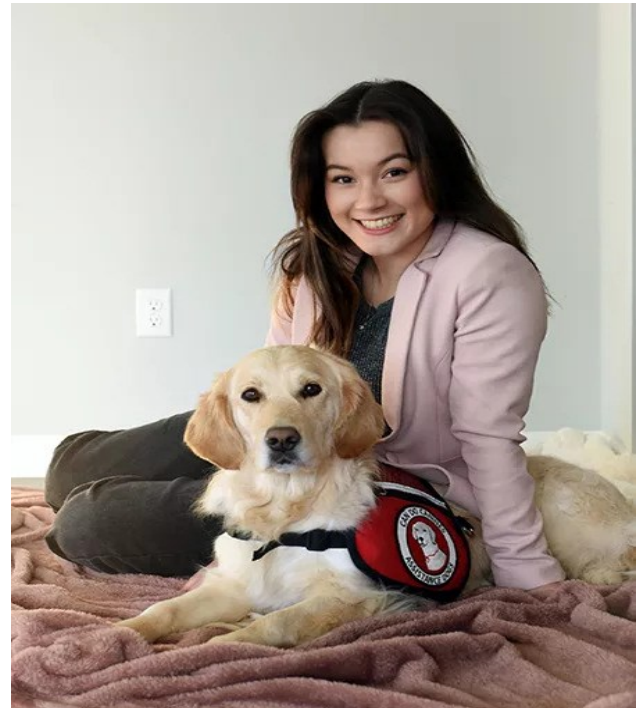
When she was able to be up and around, unusually low blood pressure often brought fear. It was not uncommon for Rebekah to faint in her apartment, on the sidewalk, on the way to class, or even in class. She says, "I was very careful to sit in places I thought would be 'safe' to pass out; I failed sometimes and would hit my head."

Now, Castle not only helps to keep her safe, but also has given her a new "leash" on life. Once they officially got matched and Castle moved in, Rebekah says, "For the first time in a long time, I was excited to wake up and take on the day. . . I have a reason to live. I couldn't have answered that before."

Castle is equally excited to be the working dog in Rebekah's life. Rebekah comments, "When Castle looks at me, she looks at me with pure love." Then, when it's time to work, "her teeth literally start chattering out of excitement when she realizes we get to start training." By picking up items for Rebekah, Castle helps minimize Rebekah's episodes. "She also provides visibility," says Rebekah. "In the past, a lot of people thought maybe I was drunk when I was having pre-seizure activity (or passed out). Having Castle around shows, 'Hey! She might need

help!'" Also, Castle's deep-pressure therapy prevents blood pressure crashes for Rebekah, and the sensory stimulation from petting her fluffy Golden Retriever can help Rebekah snap out of an episode.

Being less scared to live life, Rebekah now takes daily walks, accepts social invitations, and has future plans of living with Castle together in the city. She sums up her new situation, saying, "Castle helps me see a future where I can and will do things. (She) is the reason I have started dreaming big again. I am most grateful for a second chance at life. Last year, I could barely see any future. I thought of my life in terms of endings, not beginnings. Castle is my beginning: to life, to love, to opportunity."



LIONS AND LEADER DOGS....

Members of the international humanitarian organization Lions Clubs International founded Leader Dogs for the Blind in 1939 and Lions have been dedicated ambassadors and loyal supporters of the mission since that time. Over 4,900 Lions clubs both nationally and internationally contribute financially to Leader Dog. Lions identify people in their community who could benefit from Leader Dog's services, offer assistance to our clients and widely communicate information about our programs throughout their hometowns and districts.

Lions step forward to support the people we serve in significant ways, acting as Leader Dog Chairs in their districts, as puppy raisers and hosts for our breeding stock dogs and as advocates for the community of people who are blind or visually impaired.



5m7 Leo Clubs

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

**YOUTH
WITH
GREAT
IDEAS!**



New Year, New Service, New Great Ideas! Look for all those great ideas in the newsletter in October! 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 stefanieenelson@gmail.com 612-298-1523

5M7 YOUTH EXCHANGE REPORT

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

Joe and Wendy Graves from Stanchfield who hosted Tim from Germany during his stay in the states this past July. I had an opportunity to connect with the Graves about their years of hosting



How long have you hosted youth coming with Youth Exchange?

We hosted for the first time with the Youth Exchange in 2018 when we hosted Marius from Denmark. He was wonderful and we enjoyed both getting to know him and spending time with him while we shared our beautiful state. We keep in touch with Marius and all of our former students, and we hope to visit them someday.

How did you discover this opportunity for hosting?

I have very dear friends, Michael and Brenda Reeves, who have been active with this program for many years, so I learned of the program through them. They are active

Lions members. I had the chance to meet youths they hosted and thought it would be a good match for our family.

What have you learned from hosting youth from other countries over the years?

I believe we have learned a great deal from the students that have spent time with us. We usually ask each student to cook one meal for our family, and that has been a fun tradition. We now eat Marius Spaghetti, also known as Bolognese sauce, and Eglantine's crepes for example. Also, we get a chance to view our beautiful state through the eyes of others and it has led to us having much deeper appreciation for the state. We do many more family activities in July each year and our kids enjoy that we all take a break from our individual activities and spend more time as a family when our student is here. This has been a wonderful way to share other cultures with our children. And the students are always so respectful and appreciative, that is a wonderful example for my teens.

What advice would you give other potential host families to encourage others to host?

Have a list of ideas for activities and allow the student to pick one or two things from the list so they feel they have input in the activities you choose. We now have a long list of options that I can refer back to and it makes it easier, say if we need to alter plans due to weather. It's really fun if you can hook up with one or two other host families and share activities. We usually do that with the Reeves family and last year a neighbor hosted so we were able to jointly entertain our students, that was really fun.

Anything else you would like others to know?

We initially did a traditional student exchange with a private company that was a full school year in length. While that was also enjoyable, we are a very active family with diverse interests and we found that a full school year was a bit much for us, the month of July is a perfect fit for us. We purposely make it a point to keep our schedules clear, so we have time to do things together during our host month.

We will start taking applications for youth to come to Minnesota for the month of July starting in January 2024. We thank you to Wendy and Joe for opening their homes and adventures for the past six years. Let me know if you want to host this next summer.

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





Lions and Leos

By Lion Judie Zaske

Environmental concerns are defined as any change or disturbance to the environment perceived to be deleterious or undesirable. Environmental concerns can be defined as the negative effects of any human activity on the environment. The biological as well as the physical features of the environment are included.

So, to that end, Lions International has added environment to it's list of global causes. The information below is from Lions International.....

THE ENVIROMENT: The Earth sustains human life. That's why LCIF is dedicated to helping Lions take on large-scale projects that will create a sustainable and healthy future for generations to come. From recycling programs to ensuring all areas have access to clean water, we're working hard to keep the earth in its best condition. Temperature Up/GDP Down: Average annual .072°F global temperature rise = 7.22% reduced world GDP per capita by 2100. 500 million people+ live in areas affected by erosion linked to climate change. 7 million lives lost annually from air pollution.

Sources: CNBC, United Nations, World Health Organization

LCIF GRANT AWARDS: From July 2022 to August 2022, LCIF has awarded 3 environment-related grants totaling US\$111,500. Go to the LCI website and view the grants empowering Lions to create a sustainable and healthy future for generations to come .

DCG PROGRAM: District and clubs qualifying for the program will have the option to use earned funds to carry out local projects and access those funds through the submission of a DCG Application or use them as part of the local matching funds component of other LCIF grant program applications.

MATCHING GRANTS: Matching grants are large-scale humanitarian projects that address unmet needs. The project must serve a large population. Grants awarded are between US\$10,000 and US\$100,000.

Matching grants provide capital funding to help establish or expand Lions-initiated humanitarian service projects that address critical and diverse human and social needs around the globe. Funding is prioritized for the equipment and infrastructure needs of such projects. All grant proposals should be humanitarian in nature, in keeping with LCIF's mission: "To support the efforts of Lions clubs and partners in serving communities locally and globally, giving hope and impacting lives through humanitarian service projects and grants." Humanitarian service projects are charitable in nature and include vital health and

human service needs not adequately addressed by governments and other funding sources.

Project examples include but are not limited to:

- Projects impacting the lives of youth in developing countries, including schools, orphanages and centers for street children.
- Projects impacting the lives of the disabled, including physical rehabilitation and the provision of facilities and equipment to help address the specific educational and vocational training needs of the disabled.
- Projects that strengthen access to and improve the provision of medical care in communities, including expanding and equipping charitable or not-for-profit medical facilities.
- Projects to address the needs of at-risk and vulnerable populations in the community, such as expansion of nursing homes, hospices, facilities for the elderly, food banks, and clean water and sanitation installation in developing countries.
- Projects that support long-term disaster reconstruction of important public and community facilities damaged or destroyed by natural disasters after all other LCIF funding has been fully expended (such as major catastrophe grants and designated disaster grants).

The applications for matching grants are due no later than 90 days prior to the start of the Board of Trustees meetings, which take place in January, May, and August.

My goals for the 2023-24 district as environmental chair are as follows:

- ◇ Research environmental issues that would be of interest to readers of the 5m7 Gram.
- ◇ Motivate and educate clubs on conducting meaningful environmental and service activities/projects.
- ◇ Encourage member participation in their community committees dealing with sustainability and/or environmental issues.
- ◇ Encourage clubs to designate an environmental chairperson.
- ◇ Provide information from Lions International as available on environmental issues.
- ◇ Assist clubs as needed in reporting environmental projects in their club report.

So let's do our part to protect human health and the environment by investing in any means or methods that will work to better our overall health and the health of our communities.

DISTRICT HIGHLIGHTS AND EVENTS



Even though it was almost 100 degrees with humidity at 99%, the LC of Big Lake Lioness were out at the local Farmers Market. Our thanks to

PDG Lion Judy Herrala for joining us that day. We hope she comes back again for another fun day at the Farmer's Market

We had a **Fish Toss** game for kids at the Farmer's Market and at the Chamber's annual BLOCK PARTY held on August 19th. Kids used either a fishing rod or bean bag for assorted prizes.



The ladies got use to the HOT weather at the Block Party. Lots of good information was passed out on Lions diabetic and vision programs.

BLOODMOBILE SEPTEMBER 25, 2023 12N-6PM AT MARY OF THE VISITATION CATHOLIC CHURCH IN BIG LAKE. SPONSORED BY LC OF BIG LAKE LIONESS AND RED CROSS



The **Ramsey Lions Club** has been keeping busy! We sponsored a summer Luau Picnic for the seniors in our community. We provided a picnic theme dinner, luau photo booth opportunity and a fun play by the Golden Starz out of Ramsey. A great time was had by all! We also wrapped up our participation at the summer concert series. Everyone enjoyed listening to music and visiting with members of our community. Lastly we participated in the Nowthen Threshing Show. This is always a big even for us! We have a pork chop tent as well as manning the beer pavilion and a beer truck by the tractor pull. It was a huge success thanks to the participation by all our Lions and their families.

From **Albertville Lions**



Saturday, September 9th 2pm - 9pm

Central Park - 5801 Main Ave NE - Albertville MN 55301

PIG ROAST
2pm til its gone



Albertville Lions "Famous Pulled Pork Sandwich" -- Grilled Items -- Food/Drink And Adult Beverages.

MUSIC

2:00 pm to 5:00 pm

Band / DJ TBD

6:00 pm to 9:00 pm

The 70's Sunshine Band



CARS

Cruise In, Show off your ride, Cars, Trucks, Rat Rods, Bikes, Customs, All Makes, All Models, All Years, .Bring what you have and have fun!

For info, Email: albertvillelions@gmail.com or follow us on Facebook



IMPORTANT: You are responsible for your own vehicle(s) and/or property. The Albertville Lions Club, individual members, volunteers or volunteer event organizers are not liable or responsible in any way for your vehicle(s) or other personal property.

The **Howard Lake Lions** hosted an ice cream social for the residents of the Lodge assisted living in Howard Lake on August 14th. Lions Debbie, President Jeff, Peggy, and Gary served the ice cream along with some delicious toppings. Everyone enjoyed their treats. We are planning on making this a monthly project.



DISTRICT HIGHLIGHTS AND EVENTS

On Friday August 18th from 4:30 pm until 7:00 pm the **Howard Lake Lions** hosted a Music in the Parking Lot event. We served hamburgers, sweetcorn, and lemonade. There was live music performed by Jason Deiter, lead singer for the band RIZE. We had help from the Howard Lake Royalty.



The **Monticello Lions Club** hosted their 12th annual Brewfest on Saturday, August 19th! This is one of our biggest fundraisers & we were pleased with the attendance again this year! Although it may have been one of the hottest days of the year, the river breeze & shade from the trees at our new location this year, Ellison Park, made the heat tolerable & the beers go down extra smooth! We had over 30 beer vendors with multiple samples to taste at each booth! If you haven't had the opportunity to partake in Brewfest in the past, we hope to see you next year! Brewfest is always the 3rd Saturday in August! Cheers!



Montrose Lions served root beer floats at celebrate Montrose August 19th.



Otsego Lions are glad we were able to help out the District selling Midway entertainment tickets at the MN State Fair on August 24th. Gotta love opening day at the Great MN Get Together. We are still in full active mode for our upcoming event **Prairie Festival on September 16th** at Prairie Park in Otsego. It's a full day of fun and music as well as a huge car show, pancake breakfast, bingo, bags tournament, live bands and cold beverages. Fireworks at dusk. Plan on joining us for a great day.



Kids Pumpkin Party



Brian Richards

Spooky, Not Scary Magic Show!

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 on the Depot stage. Activities for 10 and under

Pumpkins, Games, Photo's, Tricks and Treats, plus Costume Contest!!



DISTRICT HIGHLIGHTS AND EVENTS

North Branch Lions Hay Days 2023 Feel free to come on out to Hay Days, "The Official Start of Winter" and visit the North Branch Lions' Food Stand. Hot Dogs and Brats, along with a few side choices and beverages. We hope to see you there!

Dates: September 9th and 10th

Time: 7:00am to 5:00pm (7:00pm for the grounds)

Located at: 38740 Oriole Ave., North Branch, MN 55056



On July 29th the **Forest Lake Lions Club** participated as a team in the Good Samaritans Cleanest City of America Challenge. We were happy to do it and even more pleased at being able to clean up many many bags of garbage from our public areas! It was hot, but we just kept going!

Lion Carol and Lion Lou



Forest Lake Lions

Arts in the Park ~ we have lost count on the hundreds of hamburgers, hotdogs, fries, and many other goodies that we've sold during this summer's Arts in the Park!! August 29 will be our last event for the season and though it's been a lot of work ~ and a lot of heat ~ (but isn't that what makes Lions tough?) we are grateful for the monies raised, the friends made, and the incredible memories gained! Until next season Arts in the Park!

Here is a recap of **Stacy Lions Month** of August and upcoming events.



Stacy Daze was a huge success. Huge turnout for the parade with a lot of candy being thrown out to the waiting kids from all the floats. Large turnout in the park by families to enjoy the children's Inflatables, Families to visit the multiple vendor booths and plenty of food to be eaten by all. Magnificent fireworks display was seen and heard by all. It was a great celebrating honoring the City of Stacy turning 100 years old.

2nd Annual Medallion Hunt was found by Tom Harris



Upcoming event that a member of the Stacy Lions is hosting is the annual A1 Tire Rib Fest on Saturday Sept. 16th. Come one, Come All and enjoy some ribs, car show and fireworks. (See page 14)

Stomp Out Suicide ~ Forest Lake Lions Club has been a proud supporter of this event for many years. We go in and direct traffic and help participants and vendors find parking spots and anything else we can. The event was started in 2012 right here in Wyoming, Minnesota by a local family who lost their beautiful 15 year old daughter to suicide. There is a 5k run and vendors and informational booths. Monies raised go toward education on suicide and the signs of potential suicide. There are also immediate contacts for anyone who needs assistance right then. It's a wonderful day and brings a lot of assistance to our community!



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.



ORIGINAL NEWSPAPER ARTICLE....

ROBBINSDALE, Minn. -- A Minnesota family is living through unspeakable tragedy after a mother and father were victims of a car crash this weekend.

The family has identified the two victims as Emily and John Gerding. A 20-year-old driver from Minneapolis allegedly ran through a red light and slammed into their minivan Saturday night, killing 34-year-old Emily, and critically injuring her husband, John. Both victims were special education teachers at Coon Rapids Middle School.

According to Robbinsdale police, it all started on 42nd Avenue North near Highway 100 at 8:15 p.m. Saturday night. An officer spotted a white Tesla going 55 mph on the 30 mph road.



The officer followed, eventually turning on lights and sirens. Police said the driver of the Tesla took off and the officer ended the chase just blocks away from the crash. "The suspect vehicle crossed 36th Avenue North at a very high rate of speed, striking a vehicle traveling on 36th," said Capt. John Elder with the Robbinsdale Police Department.

Police said the suspect was going between 70 and 90 mph when he crashed into the unsuspecting couple. The suspect is expected to survive and is being held on probable cause for criminal vehicular operation.

Emily Gerding had been planning her daughter's Elton John-themed 3rd birthday party. Her family says she was the kind of person who was always making sure everyone was having a good time. "She's the one that I turn to about everything and she was always there for me," said Samantha Pherson, Emily's sister. "She was there for all of us all the time. She was the glue that held our family together." Now, Emily Gerding's two young girls (6 and 3) will grow up without their mother.

"We will carry on as normal as we possibly can so they can be happy little girls like they were before this tragedy," said Linda Darmer, Emily's mother. Darmer says her daughter's 34 years of life were short, but full and happy. Her family will remember her silly personality.

"There was a pool in the backyard (of her aunt's house)," Darmer said. "Instead of visiting with the adults, (Emily) was in the pool having a water fight. Then she brought the water fight to the adults." John Gerding is in critical condition with several broken bones and a traumatic brain injury. As a teacher, his mother-in-law says he finds the positive and leaves the negative behind.

A fundraiser the family started has brought in more than \$80,000 to go toward medical bills and the girls' futures.

LIVE on 65

2023-2024
SEASON

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



BUY TICKETS

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

SpringLakeParkSchools.org/Liveon65



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 Forest Lake Lions

Invite You For A

WAFFLE

BREAKFAST!!

We are serving breakfast at

Freedom Fest

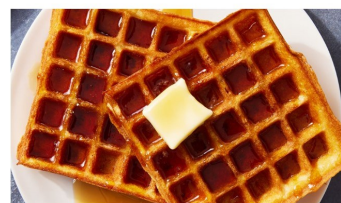
We will be asking for free will donation and all monies raised will go to

INVISIBLE WOUNDS PROJECT

Saturday September 23, 2023

7:00 AM ~ 11:00 AM

Running Aces Casino and Racetrack
15201 Running Aces Blvd
Columbus, MN 55025



RIB COOK OFF CONTEST - FAMILY FUN

Rib vendors will be contending for the People's Choice Award and cash prizes. Area judges, selected by the RibFest Committee, will base their decisions for the competition on appearance, tenderness/texture, and most of all, taste. Tickets will be sold for the public to taste and judge for the people's choice.

1st place: Trophy and \$2,500.00 - 2nd place: Trophy and \$1,000.00

3rd place: Trophy and \$500.00 - Peoples Choice Award \$300.00

Prizes will depend on turnout. Based on 20 Teams. Deadline for entry September 1st

Festivities kick off at 12pm. Car show, Children's activities, Door prizes and free gifts Rib tickets go fast. Tickets will go on sale at 2:00 be sure to arrive early if you want to participate in the Peoples Choice Award. \$2.00 per rib ticket, limit 5 per person.

Live music at 3pm featuring the band Street Talk. Stacy Lions, will be selling cold beer. Food trucks will be on-site. Guests enjoy free parking, Free admission. Stay afterwards for a spectacular fireworks show at dusk.

Sign up/contest rules or to become a sponsor contact Jeff Salvog at: shop.a1tire@gmail.com

FIREWORKS