

THE UPPER MIDWEST GOLDEN GLOVES

Along with The Firehouse Gym
& The Columbia Heights
Lion's Club, proudly present...

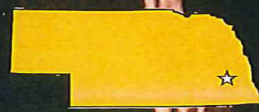


THE FIGHTS IN THE HEIGHTS!

MINNESOTA GOLDEN GLOVES STARS



VS.



NEBRASKA GOLDEN GLOVES STARS
SUNDAY, NOVEMBER 2nd

Murzyn Hall

530 Mill St NE Columbia Heights, MN 55421

Doors at 3 PM / Fights at 4 PM

\$15 General Admission

For More Information Call 763-706-3659



SPONSORED BY
COLUMBIA HEIGHTS
LIONS CLUB

Wild * Crazy * Fun * Pro Wrestling
Minnesota Independent Wrestling
SATURDAY NOVEMBER 22
JOHN P MURZYN HALL
Tickets \$10 Belltime 8 P.M.

JOHN P MURZYN HALL
530 MILL ST, COLUMBIA HEIGHTS, MN 55421

* Card subject to change.

The Forest Lake Lions Club
invite you to a

BELGIAN WAFFLE BREAKFAST

SATURDAY DECEMBER 6, 2014 • 8AM - 12PM

ADVANCED TICKETS \$6.00 PER PERSON

\$7.00 AT THE DOOR

ALL YOU CAN EAT • CHILDREN UNDER 5 EAT FREE

BELGIAN WAFFLES • SAUSAGE

JUICE • MILK • COFFEE

**COME MEET
SANTA!**

BRING YOUR CAMERA!



Forest Lake Floral Gift & Garden
508 S. Lake Street - Forest Lake



Lioness Clubs

Ahhhh..... the majestic beauty of the foliage in Minnesota is unbelievable this year! So many vibrant and beautiful colors abound. I defy anyone to say this hasn't been a beautiful fall so far.

In September I had an opportunity to visit **North Branch Lioness Club** [8]. As with all of our Lioness sisters, we struggle with seeking new members and retaining those we have. I did have an opportunity to see their display at a local store. Numerous organizations are decorating store fronts for Halloween. What a wonderful idea to bring everyone together. The Lioness has a number of other events coming up so please note them on your calendar.



The Chisago County Senior Center and the **North Branch Lioness Club** are hosting an **AARP Fraud Fighter Presentation** being held on Wednesday October 29th at 2:00pm at the Chisago County Community Center, 38790 6th Ave, North Branch. Come and hear about the latest trends in telephone and online scams, unsuitable investments and more. Learn how to recognize the tricks con artists use and how to protect yourself.



Big Lake Lioness [16] put together a Silent Auction item for their local hospital Auxiliary's fundraiser. The basket contains four latest hardcover books, a soft throw, cup for a beverage and a box of chocolates. Now that's a gift that would be worth the money! The Lioness, along with their local Legion and Legion Auxiliary will be purchasing local grocery store gift cards for local seniors in need this Thanksgiving season. Cards are purchased and distributed the week of Thanksgiving. Last year, the Lioness, Legion and Auxiliary purchased 25 gift cards at \$25 each. This allows seniors to purchase whatever they wish for their holiday.

Anoka Lioness Club [34] provided donations to their high school scholarship fund, *The Stepping Stones Homeless Shelter* and their High School Food Pantry. They had Lioness working at *Feed My Starving Children* and worked at their Bake, Craft and Book Sale.

Coon Rapids Lioness [7] donated to *Can Do Canines* and helped at their nursing home day care. Lioness also attended their *Lions/Lioness Governor's Night*.



Montrose Lioness [13] hosted a fall group meeting Thursday October 9th for the Lioness Clubs of Big Lake, Clear Lake and Montrose. **Cedar East Bethel Lioness** [13] and clubs Anoka, Coon Rapids, Lino Lakes, North Branch and St. Francis had their fall group meeting on Thursday October 16th. Both events were attended by the 1st and 2nd VD Governor's Lion Tom and Lion Steve respectively. The dinners were excellent and I appreciated everyone's attention to the information presented.

Special thanks go to Montrose Lioness President Judy and her presentation of a 'dime in pin' to me during the meeting. I'll explain it all at the *Leadership Forum/Spring Meeting* in May.

Our **Clear Lake Lioness** [12] has been lying a little low lately but that's not to say they haven't been busy! They continue to supply Birthday Bags to a long term care facility and several of their members have been busy knitting mittens for local elementary school children for the impending winter. As with most clubs they are beginning to discuss their annual disbursements to District programs.





Midwinter Convention

We will not be having an *Alternative Program* or *Lioness Business Meeting* at the *Mid-winter Convention* this year. Information I received states there will be seminars in the afternoon beginning at 2:45pm. I do have an informational booklet on the *Mid-winter Convention* for any Lioness Club interested in receiving, which includes the number of the Marriott for hotel reservations as well as meal reservation form. There will be no meal tickets sold at the convention.

Contact me ASAP if you are interested.

Leadership Forum/Spring Gathering:

We will be holding a *Leadership Forum/Spring Gathering* in May. I'm sure I can talk my club into sponsoring the event at the Lions Park in Big Lake. Am THINKING we'll start around 9am and end around noon or 1pm. This 'gathering' will be for all members because I feel all members should learn about the officers and their duties. We'll also be discussing issues such as fundraisers and member retention among other things. This will be a time where we can help each other out by sharing what works and what hasn't. Stay tuned for more information as I process in my mind!



Notes to Self.....

✓I would appreciate Lioness clubs forwarding their monthly M&A reports [and newsletters] to me at judiegolfer@yahoo.com so I can share what you're doing in the 5M7 Gram.

✓We could really use some pictures of events the Lioness are doing/have done for the Gram.

✓If you're thinking about having a *Governor's Night*, I would suggest you plan a date [and alternate] as soon as possible. The form for the *Governor's Night* is on the 5M7 website [<http://e-district.org/5m7/site>]. If you have any questions/concerns or need assistance, just let me know.

✓Don't forget to submit articles to your local newspaper about your activities in your community.

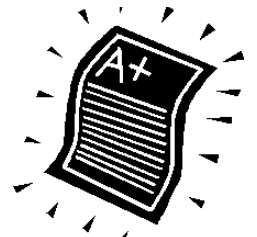
✓I've requested placing the **Parade of Green** form on the 5M7 website for your use. Stay tuned for more details.



President's..... Take a few minutes and complete this 'survey'. Upon completion, share with your club membership what you see has areas where you club excels and where it needs attention.

Are you all on the same page?

- What is your goal this year as president?
- Have you thought or encouraged your membership to look at doing new projects or fundraisers? If not, why not?
- If you brought in new members, how are you and your membership mentoring those members?
- How are you retaining your membership?
- What areas¹ does your club excel in?
- What areas does your club need attention?



1. Areas such as retention, goal setting, leadership, recruitment, fundraising, membership

Second Harvest Heartland Food Bank provides support to nearly 1,000 programs, food shelves, soup kitchens and shelters throughout a 59 county area of southern MN and western WI.

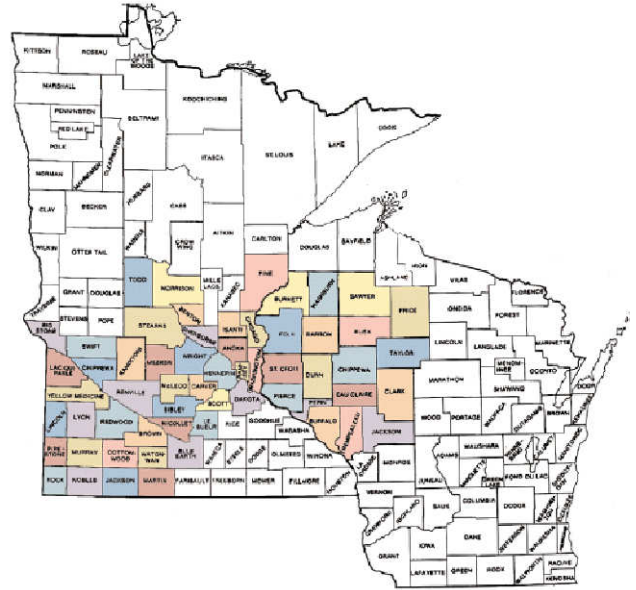
- ⇒85% of households are food insecure.
- ⇒18% have a household member that has served/is serving in the military.
- ⇒69% have a household income of \$20,000 or less.

Health struggles in those households.

- ⇒35% have one member with diabetes.
- ⇒44% have one member with high blood pressure.
- ⇒81% cope with their food insecurity by purchasing cheap, unhealthy foods.
- ⇒63% have to choose between food and medicine.

Who makes up these households?

- ⇒68% had a member that worked for pay within last year.
- ⇒71% have to choose between food and utilities or transportation.
- ⇒96% have permanent housing.
- ⇒82% have high school diploma, GED or college; 35% have some college, certificate or licensure.



Give to the Max Day 2014

Get ready to stay up all night for your awesome cause! Celebrate **Give to the Max Day** with [GiveMN](#) on Thursday, November 13, 2014. Join us for our *Sixth Annual Charitable Giving Event*. We'll be rallying all Minnesotans to cheer on their **favorite cause** during our 24-hour extravaganza of generosity. Help us keep the lights on and shining bright for Minnesota organizations like yours that make our communities awesome places for everyone.

As we approach this holiday season, think of those within your community who need your support. Take the time and give, either individually or as a club, to your local food bank.

Give to the Max with GiveMN on November 13!



North Branch Lioness
would like to invite you to our
**Annual Christmas
Auction**

November 20th, 2014

North Branch Community Center
Corner of 7th and Maple Street

6:00 pm Social and 6:30 pm Dinner

Dinner \$5.00

Auction to follow

RSVP to:

Lioness Gloria Mechels
651-674-7458

By November 14th, 2014



Christmas is Coming...



**Big Lake Lioness
invites you to**

Shopping with Santa

Saturday December 13, 2014
8:00am to 11:00am

Lions Park, CR 5, Big Lake Gifts galore
and Santa too!

Continental Breakfast Available

Cedar East Bethel
Lions and Lioness Clubs
invite you to...
Breakfast with Santa



Where: Cedar Creek
Elementary School

When: December 6, 2014

Time: 8:00am to 11:30am

Cost: A paid ticket holder will
receive a pancake breakfast
and photo with Santa

Watch for the
CEB Lioness Fish Pond!



Kids can 'fish' for a
small prize.



North Branch Lioness Club

**Santa Day Breakfast &
Gift Shop**

December 13, 2014
8 am to 11 am

North Branch Senior Center