



5M-7 GRAM

February 2016



Lions, Lioness & Leos,

Well, we had another successful Mid-Winter Convention. I would like to thank the many guests from around the Multiple District and Lions, Lioness and Leos of 5M-7 for attending portions of the District 5M-7 38th Annual Mid-Winter Convention. I would like to thank the Convention Committee for the hard work put into this Mid-Winter Convention and to PDG Norm Kelzenberg for chairing it. Hope everyone enjoy 'Brian's Corner' by Lion Brian Sheehan PID after the Memorial Service, Seminars on Saturday morning, the Luncheon, Alternate Program & Lioness Meeting, Business meeting, Governor's Banquet with guest speaker ID Edward Farrington of New Hampshire and his wife Lion Elaine, Church Service with PDG Larry Kounkel and guest speaker Leo Alayna Mackiewicz, Deb O'Flanagan's craft program (I heard it was well attended), and entertainment by the St. Paul & Bloomington Police K-9 Units on Saturday night.



Congratulations to Lions, Lioness, and Leos awarded International Presidents Certificate of Appreciation: Lion Allan Kvistero (Hanover Crow River Lions), Leo Alayna Mackiewicz (Forest Lake Leos), Leadership Award Lion/Lioness GayeAnn Gandel (Buffalo Lions), International President Award: Lion LaNette Thorson (Howard Lake Lions) and Lion Dwight R "Dewey" Gunnarson (Annandale Lions).

Congratulations to winners of the elections for 5M-7 District Officers for 2016-2017: 2nd VDG-Elect Lion Allan Kvistero (Hanover Crow River Lions), 1st VDG-Elect Lion Dan Kaiser, and District Governor-Elect Lion Steve Linder (Spring Lake Park Lions).

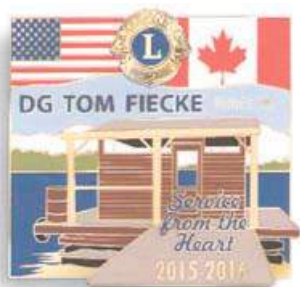
I would like to thank Buffalo Lions/Lioness Club for a fantastic job of hosting my Governor's Hospitality Room with a Hawaii Theme.

If your club has not scheduled their annual Governor's visit, please contact me soon. I would like to thank Lions, Lioness & Leos of 5M-7 for their support for past six months and next six months of my term.

Now for some more news. My granddaughter had her baby girl Monday, Jan. 18, at 8 a.m.: Kailynn Marie.

So now, I guess I will be called Great Grandpa District Governor of 5M-7.

Best Wishes,
DG Tom Fiecke
Service from the Heart





Thank you Lions of 5M7. The Mid Winter Convention is over and what a ride. Thank you to my club the Spring Lake Park Lions for their support and for the great job they did in my Hospitality room at and after Mid Winter. Thanks to Lion Kathy for being by my side as we make this journey in Lions. Congrats to 1st VDGE Dan and 2nd VDGE Al for their new positions. We just get used to being called one title and we get elected in to a new one. ID Ed and Lion Elaine Farrington, had many great words of wisdom, and educating us about Lionism. Thanks to all the Lions that voted for me, I was a little worried about that guy “no candidate” catching up. My door is always open so feel free to contact me with any concerns, problems or praise. I’ll always listen to what you have to say.

Lion Kathy and I have been busy since our Mid Winter, traveling to 3 other Mid Winter, supporting the other 1st VDG in my class through out the Multiple District. We will be attend more Governors Visits with Governor Tom and really enjoying the time with the Lions in other clubs. If your club has not scheduled you Governors visit, please do so soon.

Please advertise all your club events in the 5M7 Gram, so other Lions are able to attend your event.

Again thanks to all the Lion, Lioness, Leo’s and Guest that attended our Mid Winter Convention and I hope everyone enjoyed themselves.

Thank You For All You Do

DGE Steve Linder

Leadership – Lion Dan Kaiser-

Wikipedia defines Leadership as a process of social influence in which one person can enlist the aid and support of others in the accomplishment of a common task. For example some understand a leader as somebody who guides or directs others, while others define leadership as organizing a group of people to achieve a common goal.

On becoming a Leader there is a need for the following ingredients

Guiding vision—the leader has a clear idea of what he or she wants to do

Passion—the leader loves what he or she does and loves doing it. The leader who communicates passion give hope and inspiration to others.

Integrity, there are 3 part of this—self-knowledge, candor, and maturity—until you really know yourself can you succeed.

Trust—is not as much an ingredient of leadership as it is a product. It is the one quality that cannot be acquired, but must be earned.

Curiosity and daring—the leader wonders about everything, to learn as much as they can, is willing to take risks, experiment, try new things. They do not worry about failure, but embrace it, and is knowing that they will learn from those mistakes.

We don’t know a time when Leadership is more important than now. To survive the 21st Century we are going to need a new generation of members and leaders and not managers. In less than two more years Lions Clubs International will be celebrating 100 years of existence, we need to find new members and new leaders for the next 100 years.

We need to encourage new members to become leaders, to assume leadership roles and responsibilities, to enhance their skills and their Lions Clubs—to start this we need to start these new leaders out right in our clubs by meaningful Induction and proper Orientation-

Side note: I have created/modified Orientation manual which can be customized for each club and have set a copies out to any club that is interested.

Also we need to identify potential new members with new ideas, who maybe leaders in our communities now, to lead our Lions Clubs in positions as Club Presidents, Zone Chairs, Cabinet members, District Governors and even more.





2015-2016 DISTRICT GOVERNOR CLUB VISIT REQUEST

Type of Visit: Attend Regular Club Meeting _____

Awards Banquet and /or Celebration with Governor Talk _____

Working Meeting to Address Specific Club Issue _____

Club: _____ Dinner? Yes _____ No _____

Preferred Date: _____ Alternate Date: _____

Social Hour Time: _____ Dinner/meeting time: _____

Contact Person: _____ Phone: _____

E-mail: _____ Cell Phone: _____

Meeting Location _____

Address _____ City _____ State _____

Directions: _____

Will this be a joint meeting with another club or clubs? _____

If so, list the other club(s): _____

Additional requests of Governor during visit?

(Install officers, induct new members, present awards, or other):

1st Vice District Governor invited? Yes _____ No _____ Spouse? Yes _____ No _____

2nd Vice District Governor invited? Yes _____ No _____ Spouse? Yes _____ No _____

Zone Chair invited? Yes _____ No _____ Spouse? Yes _____ No _____

Please return this form to me ASAP so I may get the visits scheduled. The sooner I get your form back, the better chance you have of getting your 1st choice of dates. I will get in touch with you to let you know what date will fit with my schedule. I am looking forward to visiting your club.

Approximately 7 - 10 days before your Governor's Night, I will reconfirm the date and find out if you have any special requests.

Please mail form to:

District Governor Lion Tom Fiecke
7303 235th Street
Silver Lake, MN 55381

H. 320-327-2837

C. 612-310-6235

Lionfiecke@yahoo.com

DG Tom's calendar:

February

- 1 Cokato & Dassel Lions
 - 2 Otsego Lions
 - 3 Hanover, Hanover Crow River, Rockford & Albertville Lions
 - 4 Spring Lake Park Lions
 - 10 Buffalo Lions Meeting
 - 16 Clear Lake Lions
 - 17 Coon Rapids North Star Lions
 - 23 Cedar East Bethel Lions & Lioness
 - 24 Clearwater Lions
 - 25 Delano Lions
-

Upcoming events

February

- 7 Delano Lions waffle breakfast, 9 a.m.-noon at Delano American Legion Post 377
- 7 Fridley Lions waffle breakfast, 8 a.m.-noon at Fridley Community Center
- 12 Clear Lake Lions fish fry, 4:30-7:30 p.m. at St. Marcus Parish Hall
- 14 Howard Lake Valentine's Day breakfast buffet
- 14 Montrose Lions breakfast buffet: 8 a.m.-noon at Montrose Community Center
- 26 Clear Lake Lions fish fry, 4:30-7:30 p.m. at St. Marcus Parish Hall

March

- 4 Lake Calhoun Polar Plunge, 3-7 p.m.
- 11 Montrose Lions smelt fry: 3-7:30 p.m. at Montrose Community Center
- 12 Anoka Lions 28th Annual Country Music Show featuring Carl Acuff Jr., 3 and 7 p.m. at Anoka High School

April

- 9 Delano Lions Church of Cash Johnny Cash tribute concert, 8 p.m. at Delano American Legion Post 377
- 22-24 97th Annual MD5M Lions Convention at the Verizon Center in Mankato

May

- 5 Feed My Starving Children food-packing event, 6-7:30 p.m. at 401 93rd Ave. NW Coon Rapids

August

- 21 Montrose Days chicken dinner after parade (4 or 5 p.m.) at Montrose Community Center

5M-7 District Cabinet Meetings for 2015-16

The 5M-7 District Cabinet Meetings will be hosted at Kraus-Hartig VFW Post #6587 8100 Pleasant View Dr. NE. Spring Lake Park on Thursdays:

• March 31, 2016

Social and meal 6-7 p.m. and meeting at 7 p.m.

POLAR PLUNGE for SPECIAL OLYMPICS MINNESOTA

On Friday, March 4, come plunge into Lake Calhoun in Support of Special Olympics Minnesota! Included in this edition of the 5M-7 Gram is a page describing the event. For those who prefer not to actually jump into the frigid waters, there's always the option of making a contribution – funds contributed through Lions Clubs are 100% allocated to Special Olympics programs! Further, if you specify your Special Olympics district on the Memo line of your check, all the funds will be used for programs in your area, or that you otherwise specify. To find out which Special Olympics Minnesota area you're in, or for any other questions you may have about Special Olympics Minnesota, feel free to contact me, David Stein (Lions 5M-7 SOM Chair) at 763.682.2264, or Laura Maki (Lions MD5M SOM Co-Chair), at (507) 964-5796. Thank you for helping make a difference for this wonderful organization!

Help make the Gram great!

Thank you to everyone who has submitted highlights of past events and previews of future events. Please submit everything for the 5M-7 Gram, including the name of your club and captions for your photos, to glicht@heraldjournal.com by the 25th of each month. Please share any suggestions directly with me via email. I believe all my email addresses for secretaries and presidents are updated, but please let me know if the Gram needs to be sent to someone else. Please note when submitting information that PDFs and docs work best for flyers and JPGs work best for photos. Thank you!

Gram Editor Gabe Licht

5M-7 Mid-Winter Convention



PID Brian Sheehan hosted "Brian's Corner" after the memorial service.



A display honored the 5M-7 Past District Governors.



PDG Ed Nelson gets his blood tested.



PDG Floyd Roden and 2nd DG-Elect Al Kvistero



Young people made anti-drug posters to be displayed.



Lion Don from the Elk River Lions is pictured with the Lions Hearing Foundation display.

Photos submitted by Ed Nelson

5M-7 Mid-Winter Convention



The Environmental Photo Contest was on display.



Organizers promoted the MD5M Convention.



Elk River Lions at the luncheon



Kristi Flanigan and Jenny Black at the luncheon



Virginia Hestekind shows off the winning peace poster.



District Gov. Tom Fiecke is recognized by International Director Edward Farrington during the luncheon.

Photos submitted by Ed Nelson

5M-7 Mid-Winter Convention



The business meeting took place Saturday afternoon.



PDG Jim Mulroy and wife Tina at the banquet



Al and Virginia Zimmerman at the banquet



PDG Clay O'Flanagan and wife Deb at the banquet



One of the hospitality rooms



Leo Alaina Mackjewicz was recognized during brunch.

Photos submitted by Ed Nelson

February 2016

"We Serve"
www.e-district.org/sites/5M7

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On Saturday, January 16, 2016, it may have been cold outside, but from 9 AM to 5:30 PM, it was warm inside Board Room #102 at the Minneapolis Airport Marriott Hotel in Bloomington during the 38th annual 5M-7 Lion's Mid-Winter Convention.

Wanting to try out something new at the convention, Deb O'Flanagan, spouse of PDG Clay O'Flanagan (2009-2010), hosted a room at the convention where attendees could gather. There were 44 Lions, Lioness and Leos that visited Board Room #102 that day. Some stayed a few minutes, some a few hours or even several hours. This room was designated as a place to "hang out" to do community service projects, relax or visit during the convention. It also gave convention attendees the opportunity to meet others from other clubs in the district. Many attendees shared ideas, thoughts and comments with others during their visit to this room. According to Deb, she felt that this room was a success and hopes to see it continue at future 5M-7 Mid-Winter Conventions (but in a bigger room!) so even more convention attendees can participate.

Based on the Lion's Motto of "We Serve", visitors to this room had a chance to knit or crochet scarves, hats, mittens or squares for a blanket that would be donated to the community. They also had the opportunity to sand wooden tractors that the Buffalo Community Toy Wood Shop would then put together into kits with axels, wheels, a smoke stack and steering wheel and give away so children all over the world could have a wooden toy to play with. Just FYI, the Toy Wood Shop made and donated over 8,000 wooden toys in 2015! In addition to the above, convention attendees could also enjoy some favorite past times of putting together a puzzle, solve word puzzles or play cards.



Lions Vern Koepp (Rush City) & Joel Anderson (Coon Rapids) sanding toy tractors.



Lion Doreen Siedlecki (Spring Lake Park) crocheting a blanket square.



Leo Timmy (Spring Lake Park) sanding a tractor.



Lions Becky Anderson & Theresa Goff from Coon Rapids working on a puzzle.



Room host Deb O'Flanagan & Lion Joy Rooney (Spring Lake Park) crocheting.



Leos working on a variety of projects.



DELANO LIONS



1st Annual Super Bowl Breakfast “Featuring”

Dad's Belgian Waffles



Sunday February 7th 9AM to Noon

Delano Legion Post #377 only \$8.00 per person

All proceeds to benefit the Delano Community

Drawing to be held for a

2016 Honda Rancher TXR 420 TE

\$20 Per ticket available at:

Cyber Geeks • McDonald's Studio,

Southfork Brewery • MN LAKES BANK

And Any Lions Member • only 500 Tickets sold

**Questions?
Contact Joe McDonald
612-910-0310**



**MSRP
\$5449.00**



Fridley Lions Waffle Breakfast

Sunday, February 7, 2016

Fridley Community Center, 6085 7th St NE, Fridley, MN

8:00 am – 12:00 pm

Adults: \$8; Children: 5 & Under Free

"All are Welcome"

Homemade Waffles, Sausage, Juice, Milk & Coffee

Community Support of Lions Club events allows the club to gift profits back to community needs. Event Benefactor: Hayes Elementary PTO





Clear Lake Lions Fish Fry

All You Can Eat!!

St. Marcus Parish Hall

**Friday February 12th
&
Friday February 26th**

Serving From 4:30 -7:30 p.m.

***Adults \$10.00, kids 10 & under \$5.00, kids
3 & under Free!!***





Montrose Lions

Breakfast Buffet



Sunday, February 14th

Proceeds to go toward community projects.
Bring your Sweetie out for a Valentine breakfast.

8:30 am - 12:30 pm at the
Montrose Community Center
200 Center Avenue South

All you can Eat!

Pancakes, French
toast, eggs, sausage
and a
Beverage



\$7.00 - ages 12 and up

\$5.00 - ages 5-11

FREE—ages 4 and under



PLUNGEMN.ORG

2016 POLAR PLUNGE

LIONS OF 5M!

Join the Lions of 5M take the PLUNGE to support Special Olympics MN!

The Lions have been an important partner of Special Olympics Minnesota for decades, both international and locally here in Minnesota. Whether it be through the supporting our state athletic competitions, the Polar Plunges, or our Opening Eyes (free quality eye care for those with intellectual disabilities), the Lions have been a huge leader in giving back to their communities through Special Olympics.

Spearheaded by the Lions of 5M-7, we invite you to help support the over 8100 Special Olympics athletes in the state of Minnesota!

Join the team, donate, and/or start your own Plunge team! Here's how:

- **Join the team and Plunge on Friday, March 4, 2016 at Lake Calhoun in Minneapolis during our Corporate Hour!**
You'll enjoy food and beverages starting at 3:00 p.m.! Plunge around 3:30 p.m. and then stay and enjoy the festivities including watching Lion Terry Wold, I-PDG of 5M-7, Plunge with the executives at our Executive Challenge Plunge starting at 5:00 p.m., live on Fox 9 News! Then we'll finish up with fireworks around 7:00 p.m.! Join the team by following this link: <https://reg.plungemn.org/team/lionsof5m>
- **Don't want to Plunge? Donate to the team using the same link!**
- **Want to Plunge at a different Plunge location near you?**
Great, we have 20 locations! Choose a location and form your own team! Just follow this link and select, "Form a New Lions Team" from the right hand side. <https://reg.plungemn.org/group/lions1>

**POLAR
PLUNGE**

100 Washington Avenue South, Suite 550, Minneapolis, MN 55401

CONTACT

Elizabeth Scipioni

elizabeth.scipioni@somn.org

612.604.1259



Montrose Lions

Smelt Fry



Friday, March 11th

**Proceeds to be used for
community projects**

3:00 to 7:30 pm at the
Montrose Community Center
200 Center Avenue S.

All you can Eat!

But no "to-go" boxes

Smelt, Cole Slaw,
Bread sticks, Scal-
loped Potatoes,
Brownie and a
Beverage



\$10.00 - ages 12 and up

\$5.00 - ages 5-11

FREE—ages 4 and under



Look for a raffle also!



The Anoka Lions proudly present
Their 28th Annual Country Music Show
Featuring Carl Acuff Jr.



We Serve

Also starring: Jeannie Kendall

Saturday, March 12, 2016

Anoka High School 3939 7th Ave N.

3:00 PM Matinee -- 7:00 Evening Show

Reserved Seats \$25.00; \$20.00 Gen. Adm.

The Carl Acuff Jr. Variety Showband has delighted audiences since 1992 with a great variety of music, comedy, and costuming, to provide a dynamic, fast moving show. Carl uses Old Country, Gospel, Comedy, nostalgic Rock N Roll, Motown, impersonations, and a salute to men in uniform to bring audiences their feet. Don't miss this fun, high energy show, by a performer with many hits and other musical awards.



Carl Acuff Jr. puts 5 talented musicians on stage for a top quality show.

Jeannie Kendall received a Grammy Award and scored 11 Top 10 chart hits, and 3 # 1 hits in her stellar musical career: "Thank God for the Radio", "Heaven's Just a Sin Away", and "Sweet Desire". Formerly a star of "The Kendalls" musical duo, she also recorded with other Country Music Artists including Alan Jackson. Bring the whole family for an evening of clean, fun filled entertainment for all ages.

For Tickets please **mail the coupon below**, or call for more information;

CLIP

Lions Bill or Jan Dubats (763) 757 4143

or

Lions Joe or Lynn Zimmerman (763) 421 4361

Yes! We want to see The Anoka Lions Music Show featuring **Carl Acuff Jr. and Jeannie Kendall, Saturday, March 12, 2016,** Anoka High School, 3939 7th. Ave N., Anoka, MN

Tickets are \$25.00 per ticket for reserved seats, \$20.00 for general admission.

Please reserve our tickets as follows:

Circle one:



Reserved Seats

or

General Admission

3:00 PM Matinee Show _____ # of tickets Name: _____

7:00 PM Evening Show _____ # of tickets Address: _____

Phone # (_____) _____ City/Zip: _____

Mail coupon & payment to: Anoka Lions, 12967 Crooked Lake Lane Coon Rapids, MN 55448

FEED MY STARVING CHILDREN FOOD PACKING EVENT

On Thursday, May 5, 2016, from 6:00 - 7:30 PM, the Lions, Lioness & Leos of Zone 5 (Andover Lions, Anoka Lions, Anoka Lioness, Coon Rapids Lions, Coon Rapids Lioness, Coon Rapids Leos, Ham Lake Lions and Ramsey Lions) and Zone 6 (Blaine Central Lions, Columbia Heights Lions, Coon Rapids North Star Lions, Fridley Lions, Spring Lake Park Lions and Spring Lake Park Leos) will come together at Feed My Starving Children, 401-93rd Avenue NW in Coon Rapids to pack food!

We are also asking all the participating Clubs to donate \$\$ to help pay for the cost of the meals that we pack. Feed My Starving Children (FMSC) is a 501c3. If needed, I do have copies available.

Appoint 1 Chairman from each Club to do fundraising for the event and to get the names of the volunteers to me so that they can be entered into the volunteer list for that evening.

We are hoping to have GREAT participation for this HUNGER event which would qualify as one of the 4 parts of the Centennial Service Challenge. That Challenge also includes Youth, Vision and Environment.

Lions Bill and Marcia Guthrie
Coon Rapids Lions Club
bmguthrie9@q.com



Can Do Canines' Lions Newsletter Submission – February, 2016

Thanks to the support of Lions Clubs across 5M, Can Do Canines continues to train specially trained for people with disabilities and provide them to those in need, free of charge.

One recipient of a Can Do Canines assistance dog is Tami Summer. Tami now has a greater sense of freedom, independence and peace of mind since thanks to Hearing Assist Dog Lola. Read their story below.

TAMI SUMMER & HEARING ASSIST DOG LOLA

Tami Summer always wanted a dog. But as a hairdresser in Alexandria, Minn. she likes to keep the hair where she works—not at home. So she tabled the idea. Then one day one of her clients told her about Can Do Canines assistance dogs. Since that moment Tami's life has never been the same.

Tami from has Meniere's disease. Meniere's disease is a disorder of the inner ear that causes spontaneous episodes of vertigo along with fluctuating hearing loss, ringing in the ear and—on occasion—a feeling of fullness or pressure in the ear. At age five, Tami began having hereditary hearing issues.

"It wasn't as bad as a child but my hearing in my right ear crashed at age 18 and hasn't returned," she says.

Tami utilizes a CROS hearing aid system that transmits sounds coming into the right ear to the left side. She says it helps sometimes, but she still finds herself missing important sounds like the door bell and the telephone. The hardest sound for Tami to hear is the alarm clock. So she devised a temporary, yet ineffective solution.

"I have to rely on someone to get me up. If my husband won't be around, I have to call my mother the night before. She calls repeatedly to wake me as I usually miss up to 10 phone calls."

When she was clued in that a Can Do Canines assistance dog could alert her to sounds, she was intrigued. Even having a dog to perform one task—alerting her to the alarm clock—sounded appealing. So she applied to Can Do Canines and was paired with a three-year-old Hearing Assist Dog named Lola.

The black Labrador retriever does much more than just alert Tami to the alarm clock. She lets Tami know when there's a knock at the door or the phone is ringing. According to Tami, "It improves my life 100%". She's so fast at alerting to sounds that Lola has even been given her own nickname, 'Lola Lightning.'

"She was laying there the other night, just as relaxed as can be, and the timer went off on the grill," Tami says. "Lola's ears perked up and she jumped up so quick—I've never seen anything move that fast!"

Lola's response time has come in handy. In fact, it may have helped avoid a disaster. One evening while cooking, Tami thought she'd step outside for a minute to see if it would be a clear night to watch a meteor shower.

"I learned something very valuable that night" Tami says. "Lola rocks! She alerted me to the smoke alarms going off, not just once, but twice, as I ran around the house opening the windows to get the smoke out."

The coconut oil Tami had used to cook with had started to burn and her cooking pan had started on fire. The disaster was avoided, all thanks to Lola.

In addition to all her skills, Tami says Lola has brought "joy" and "fun" to her life. She says and that she and her husband now enjoy the outdoors more. They even had a fence installed so they could sit in the yard together and let Lola run free. Tami says, "I have a great companion to sit with me on the deck. She even helps outside by eating mosquitoes."

When asked what she would like to tell Puppy Raisers and those who support Can Do Canines, Tami exclaims through tears, "Thank you for giving others something they can't give themselves. I love my Lola Lightning!"



Tammi Summer and Lola

This what the youth from 5M 7 think about Peace in the World!

When somebody is feeling at war with sickness, you can share the peace. God with them, through prayer.

Peace is best when it is a shard ambition.

***THERE IS NO PATH TO PEACE
PEACE IS THE PATH
PEACE BEGINS WITH
KINDNESS TO OTHERS.***

Peace in the Galaxy I think, should not only on Earth, If by any chance NASA finds another planet like Earth and if they have living organisms already, we want to teach them peace, right? That was my concept for my background, The Galaxy>

What I drew represents that people happiness depends on world Peace. When people are happy it leads to progress and development all over the world.

**LETS SHARE PEACE TO GROW IN
HARMONY AND UNITY**

"Peace, not war" Generosity, not greed, empathy, not hate, creativity, not destruction, Everybody--not just us.

Peace is the key to life.

**Everybody should have Peace
and equality no matter what.**

Share Peace through the way people interact with each other. Ribbons with flags show peace can come to anybody Ribbons ties around people shows the depend son each other and can with trust to over come problems

Sharing Peace is important because without peace, our World probably would not exist. We would always be fighting and soon our race would die off. We can have Peace and everyone can make a difference.

**for EVERYBODY TO GET
ALONG AND TO SHARE
PEACE AND LOVE.**



On behalf of the leadership, staff, and the clients and their families who are served by True Friends, thank you so very much Lions Clubs International Foundation (LCIF) and MD5D Lions Clubs for your dedicated commitment to the programs and services we offer for individuals with special needs from across MN.

The \$100,000 LCIF Grant that we qualified for in November 2015 will be used to support the True Friends TEAM Quest Adapted Ropes Course & Zip-line being installed at Camp Courage located in Maple Lake, MN. In addition, an accessible van will be purchased and used at this camp with monies made available through this grant.

A plaque bearing an inscription describing the LCIF financial support of this project will be dedicated at a special recognition event that will take place at Camp Courage in October 2016.

We are so looking forward to continuing our working relationship with the Lions Clubs of MD5M in 2016, and we hope that you will consider supporting True Friends through your upcoming Parade of Green event as well as at other Lions events in the coming year.

Please feel free to contact us anytime at:

True Friends
10509 108th Street NW
Annandale, MN 55302
800-450-8376 or 952-697-2290
www.truefriends.org



PDG Terry Wold speaks about a \$100,000 LCIF Grant for True Friends as DGE Steve Linder, ID Ed Farrington, DG Tom Fiecke, and True Friends representatives look on.

Delano Lions



Delano Lions 2016

The Delano Lions collected Christmas trees and nearly 500 pounds of food donations Jan. 9.



Delano Lions 2016



From VDGE Dan Kaiser

from LEADERSHIP, Page 2

Your Lions District offers training every year for the members that are assuming new positions in their own clubs — training for Presidents, Secretaries, Treasurers, and others.

On the Multiple level MD5M offers the Regional Lions Leadership Institute, March 30-April 2, 2017 next year. This training is offered every other year.

The Multiple is also looking at holding a Leadership Forum the years opposite the Institute. Further training is at the USA/Canada Forum Sept 15-17, 2017 in Omaha Nebraska

And there is always some training that can be acquired at the 97 Annual MD5M Convention in Mankato April 22-24, this year

If any Lion is contemplating becoming a District Governor they should seriously consider taking advantage of these opportunities. It would be a tremendous boost for our District to have a graduate of these institute's become a District Leader.

Also a lot of information can be gleaned for visiting the Lions Clubs International website www.lionsclubs.org there are Webinars and training programs, self-study modules for presidents, secretaries, and treasurers. The modules review the basic responsibilities of each positions and the ability to download forms and booklets. And the Webinars have been covering topics of: Managing Service projects;--- LCI; ---Ethics and the role of a leader; ---Leadership Resources on the Web; ---Effective club meetings; ---Leadership lessons from the Angry Birds; ---The dream continues; Zionism as Past District Governor;

You've been a club President, What's next; Is it your dream to become a District Governor?

VDGE Dan Kaiser



Minnesota Lions Vision Foundation

Lions, Lioness and Leos of 5M-7:

Your **Minnesota Lions Vision Foundation (MLVF)** board representatives, PDG Paul and Lion Lyle, would like to thank everyone in 5M-7 for their generosity shown at the recent Mid-Winter convention. Your financial contributions made during the *Parade of Green* provided over \$14,000 to the **MLVF**. This funding will be going towards important research and treatments for those persons, young and old, who are suffering with a vision ailment. We appreciate what you have contributed and hope that you will continue to consider additional monetary donations towards the **MLVF** as the year progresses.

One such way to continue the financial support of the **MLVF** during the rest of the year is to make a contribution in the memory of a Club member, family member or friend who has passed away. By making a **Memorial Donation** of \$200 to the **MLVF**, the name of the person you wish to recognize will be posted on the wall at the Clinic. After seeing the Memorial Service at the Mid-Winter Convention, it would seem like a nice gesture on the part of your Club to honor the memory of the member who has passed away. If you're interested in such a donation and have some questions regarding the memorial donation or need the donation cards, please contact PDG Paul or Lion Lyle.

Thank you all for the thousands of pairs of used eyeglasses dropped off at the MLVF booth during the Mid-Winter convention. Thank you for collecting these glass-

es and giving the opportunity for someone to have better sight. By improving the vision of another, you give that person a chance to improve their life. This latest batch of used eyeglasses will be added to the next semi-trailer load heading for processing in Wisconsin. Keep up the good work, 5M7 Lions!

PDG Paul and Lion Lyle are eager to speak at your Club and Zone meetings. You can hear about all the exciting things going on with new research and treatments being performed everyday by the clinics and doctors supported by the donations your Club provides. We can tell you more about the **Argus II** artificial retina, which is being tested at the U of M. You can learn about the **Minnesota Lions Eye Surgery Center** opening on February 26, 2016. This state-of-the-art facility will bring back eye surgeries to the U of M campus. And we can tell you about the proposed **MN Lions Eye Institute** being considered for the U of M. These and other stories or information are waiting for you if you have PDG Paul or Lion Lyle make a visit to your Club or Zone meeting.

If you have any need for eyeglass collection boxes, information brochures, details on where your Club stands on Helen Keller awards you can give away, have used eyeglasses to turn in, or would like to schedule a Club presentation, please make sure to contact your Zone Chair, PDG Paul or Lion Lyle.

Thank you, 5M-7, for being 'Knights of the Blind'!

Yours in Lionism,

PDG Paul Hansen – MLVF West

pjhansen@windstream.net

H) 320-274-3234

C) 612-840-5960

Lion Lyle Goff – MLVF East

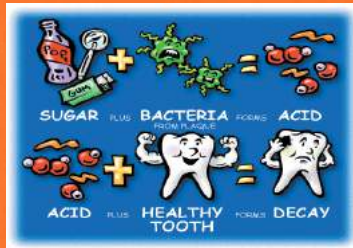
gofflt@msn.com

H) 763-754-8921

C) 763-229-6145

CAVITIES ARE PREVENTABLE

Childhood cavities can be prevented. They are caused by germs in the mouth interacting with sugars in food and drinks. You can't avoid germs or sugars, but you **can limit** exposure to them.



Cavities can lead to more serious health problems such as infected teeth, generalized infection, or even death.

Avoid emergency room visits for sore mouths and surgery for sick teeth.

Learn how you can help your child avoid cavities by visiting the Minnesota Oral Health Project website minnesotaoralhealthproject.com and liking us on Facebook.

Cavities can be prevented.



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Why Baby Teeth Are Important

Did you know that cavities can start in children under 1 year of age who have one or more teeth? Many children who don't get dental care lose their baby teeth early because of cavities. Baby teeth help children chew food, speak well, and guide permanent teeth in place. It is important that the baby teeth do not fall out early.

Baby teeth **are** important.

Learn how you can help prevent cavities in children by visiting the Minnesota Oral Health Project website

minnesotaoralhealthproject.com and liking us on Facebook.

Cavities can be prevented.



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Missed School Days

Childhood cavities cause a lot more than pain. Each year, about 51 million hours of school time are lost by children with infected teeth.



Caregivers of children with infected teeth must often miss work which can mean lost wages and perhaps loss of job for too many absences. Some caregivers can't afford to stay home so their

children go to school in pain, making learning difficult for them and often for their classmates. Improve your child's opportunity to learn by keeping the teeth healthy. Learn more by visiting the Minnesota Oral Health Project website minnesotaoralhealthproject.com and liking us on Facebook.

Cavities can be prevented.



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The Cause of Cavities

Tooth cavities are preventable.

If you are a caregiver for children, be careful what they drink. Sugared drinks such as milk, juice and soda pop (when consumed often) can harm a child's baby AND permanent teeth.



Limit these drinks to mealtimes.

Offer plain tap water at other times.

Keep teeth healthy by:

- Drinking fluoridated water
- Using fluoridated toothpaste twice a day
- Visiting the dentist regularly or if your child does not have a dentist, asking your child's doctor or nurse practitioner to apply fluoride varnish to the teeth four times a year.



Fluoride varnish applied to your child's teeth by their medical provider will also help.

Don't be shy; **ASK FOR IT.** Fluoride protects and strengthens teeth and prevents cavities.

Learn more about preventing cavities by visiting the Minnesota Oral Health Project website minnesotaoralhealthproject.com and liking us on Facebook.

Cavities can be prevented.



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Lion Al Jensen Leadership Award Nomination

Candidate must have been a Lion for at least five years prior to nomination

(Please type or carefully print)

NAME: _____ DATE JOINED LIONS: ____ / ____ / ____

DISTRICT: _____ CLUB: _____

OFFICES HELD (Club, District, Multiple District, please list all):

How does this candidate qualify for the Lion Al Jensen Leadership Award?

(Please refer to the MD5M Policy Manual Appendix 15.0 for criteria)

97th Annual MD5M Lions Convention

***Come Join us at
the Bend in the River
II***

***April 22,23,24, 2016
Verizon Center,
Mankato, MN***

***Sponsored by District 5m2
Lions Clubs***

Come Canoe with 5M2





Join Us at the
"Bend in the River II"
 97th MD5M Convention
 April 22, 23, 24, 2016
 Verizon Wireless Center, Mankato, MN
 Hosted by District 5M-2



Registration Form

Please print

☐ Lion ☐ Lioness ☐ Leo ☐ Guest

☐ Lion ☐ Lioness ☐ Leo ☐ Guest

Name _____

Name _____

Address _____

Address _____

City _____ Prov/State/Zip _____

City _____ Prov/State/Zip _____

Email Address _____

Email Address _____

Title: _____ District: _____

Title: _____ District: _____

Club: _____

Club: _____

☐ Check if this is your 1st Multiple Convention

☐ Check if this is your 1st Multiple Convention

Please specify any dietary needs: _____

Please specify any dietary needs: _____

Will you need Braille convention material? yes or no

Will you need Braille convention material? yes or no

Meal	During 2015 MD5M Convention Only	Before March 1, 2016	On or after March 1, 2016	# Attending	Amount
Yes, I am coming to the convention but not staying for the meals. _____					XXXXXX
Hospitality Book	USD \$90.00	USD \$100.00	USD \$110.00		
Friday night mixer	XXXXXX	USD \$15.00	USD \$15.00		
Saturday Brkfst	XXXXXX	USD \$ 20.00	USD \$25.00		
Saturday Lunch	XXXXXX	USD \$25.00	USD \$30.00		
Saturday Banquet	XXXXXX	USD \$40.00	USD \$45.00		
Sunday Brunch	XXXXXX	USD \$20.00	USD \$25.00		

Make checks payable to: MD5M 2016 Convention

Total Submitted: \$ _____

Mail registrations to: Lion Charlette Abbas
 312 Foothills Road
 PO Box 133
 Courtland, MN 56021
 paandmaabbas@hotmail.com

Convention information:
 Maynard Rucks @ king70@frontiernet.net. or
 Nancy Mathwig @ nmathwig@hotmail.com

Cancellations accepted and refunded prior to April 1, 2016. \$20.00 fee for cancellations.

See separate information form for available hotel rooms and rates.



Join Us at the Bend in the River II

97th MD5M Convention

April 22nd-24th, 2016

Verizon Wireless Center

Hosted by District 5M-2

Hotel Information

Hotel Reservations can be made by calling or booking online to your hotel of choice. Rates will be guaranteed until March 21st, 2016 or until blocks fill up.

Hilton Garden Inn

Attached to Verizon Wireless Center

20 Civic Center Plaza

Mankato, MN 56001

Phone: 507.344.1111

Rate: \$90 +tax

Mankato City Center Hotel

Attached to Verizon Wireless Center

101 E. Main Street

Mankato, MN 56001

Phone: 507.345.1234

Rate: \$94.99 +tax

Holiday Inn Express

3.5 miles away

2051 Adams Street

Mankato, MN 56001

Phone: 507.388.1880

Rate: \$99.99 +tax

Best Western Hotel

1.5 miles away

1111 Range Street

North Mankato, MN 56003

Phone: 507.625.9333

Rate: \$94.99 + tax