



5M-7 GRAM

March 2016



Lions, Lioness & Leos,

Well, I see that my term as District Governor of 5M-7 is 75 percent done. It has been very fun and a learning experience to be your District Governor of 5M-7. Once I became your DG of 5M-7, I learned a lot more about Lions, Lioness & Leos in Governor Visit Nights, meetings, pancake breakfasts, other meals everyone puts on, and going to Mid-Winter Convention in other Lions Districts of MD5M.

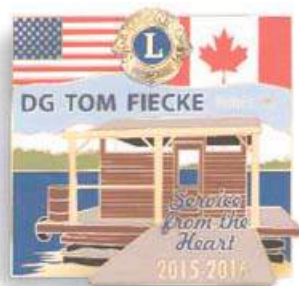
Spring is just around corner, which means election of Club Officers for Lions, Lioness and Leos. DGE Steve Linder, would like to have all PU 101 turned in by April 15 this year. There is a lot of paper work that DGE Steve Linder must get done before he leaves for Japan for the International Lions Convention on June 19.

Leadership training for club officers will be the last week in May. Right now, it looks like they will be held in Buffalo and Blaine again. More info will be sent out to Lions, Lioness, and Leos Clubs in the next two weeks on times and places.

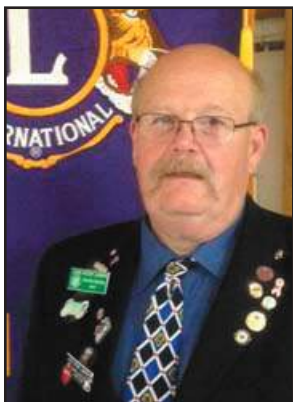
So far, I have 60 percent of Governor's Visit Nights done with six Lions Clubs to get their Governor's Night Visit pick, which are Becker Lions, Columbia Heights Lions, Hugo Lions, Maple Lake Lions, Santiago Lions, and St. Michael Lions.

Governor's Spring Awards Night will be Saturday, May 21. There is more info in this month's Gram. Lions, Lioness and Leos, start on planning to attend this event. We should be done by 8 p.m. I would like to talk to everyone who brought new Lions, Lioness and Leos members into District 5M-7.

Well, I wish everyone a happy March coming in. I see by the Governor Calendar, it's going to be a busy month with Governor Night Visit and all activities going on in March. One of biggest events is St. Patrick's Day.



Best Wishes,
DG Tom Fiecke
Service from the Heart



Thanks to all the Lions Clubs that have taken the time to invite Lion Kathy and I out to their clubs for a Governor's Visit. We have had a wonderful time talking with Lions from other clubs, enjoying what they do in their community and the service they perform. The meals have been out of sight, too.

The other day, the temp outside was in the '50s and I was inside a classroom from 7 a.m. to 5 p.m., working on GLT and GMT. We covered things like Maximizing District Success, Leadership Development, and Membership Growth. We also covered a little about what's going to happen in Japan when we have our training there.

As you know, this is the time your club can be earning Centennial Awards for doing different club activities. See more about that at Lions100.org. Please log into mylci to record these activities.

What can our District do for a Centennial Project? I need your help in coming up with a great District Project. My email address is slinder71@usfamily.net, so please send me some ideas.

Lastly, thanks to all of the Lions in 5M7 and MD5M for making my travels some of the best times every.

Thank You For All You Do

DGE Steve Linder

Join The Centennial Service Challenge

We hope that you're aware of the fact 2017 is the 100th anniversary of the Lions Clubs International. One hundred years of service to our local communities and the world!

To celebrate this event a goal has been set to provide service to 100 Million People by the year 2018. LCI is asking that this service be provided in the following manner:

- Serving 25 million people through YOUTH activities
- Serving 25 million people through VISION activities
- Serving 25 million people through relieving HUNGER
- Serving 25 million people through protecting the ENVIRONMENT

This challenge started July 1, 2014, and runs through June 30, 2018. Like always, the Lions around the world have accepted this challenge. As of today, it has been reported through the monthly activities report that 32 million people have already been served.

- 12 million in youth-related activities
- 6 million in vision-related activities
- 6 million in hunger-related activities
- 8 million in environmental activities

The key to reaching this goal is in the reporting. Club secretaries, you need to be sure to list your club's activities in these categories in the monthly activities report! If it is not reported it did not happen! A lot of the clubs in our District are already receiving patches for their club banner for reporting these challenges, so continue to REPORT IT.

Thank you

VDGE Dan Kaiser





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:

March

- 1 Otsego Lions Club
- 2 Buffalo Lions Club Meeting
- 3 DG Team Meeting
- 8 North Branch Lions Club
- 9 Buffalo Lions Club Meeting
- 10-13 Friendship Banquet & Council
Governors Meeting
- 15 Taylor Falls Lions Club
- 16 Buffalo Lions Club Meeting
- 17 Forester Lake Lions Club
- 21 Grandy Lions Club
- 22 Fridley Lions Club
- 23 Annandale Lions Club
- 28 Isanti Lions Club
- 31 Cabinet Meeting VFW Spring Lake Park

April

- 4 Montrose Lions & Lioness
- 6 Buffalo Lions Club Meeting
- 11 Zone Meeting Zone 6
- 12 Lioness Meeting TBT
- 13 Buffalo Lions Club Meeting
- 17 Spring Lake Park Celebrating 60 Years
- 19 Clear Lake Zone Meeting
- 20 Buffalo Lions Club Meeting
- 21-24 MD5M Multiple Convention in Mankato
- 28 Big Lake Lions & Lioness

May

- 4 Buffalo Lions Club Meeting
- 5 Zone 5 & 6
- 11 Buffalo Lions Club Meeting
- 12 Rush City Lions
- 13-15 Fishing
- 16 Stacey Lions club
- 17 Elk River Lions club 45 Years
- 18 Buffalo Lions Club Meeting
- 19 Centerville Lions Club Meeting
- 21 Year-End Celebration Program 4-9 p.m.
VFW Spring Lake Park

June

- 19-30 99th Lions International Convention Fu-
kuoka, Japan

Upcoming events

March

- 4 Lake Calhoun Polar Plunge, 3-7 p.m.
- 10 St. Francis and Cedar East Bethel Lioness
Empty Bowl, 5-7 p.m. at St. Patrick Catholic
Church, Oak Grove
- 11 Montrose Lions Smelt Fry, 3-7:30 p.m. at
Montrose Community Center
- 11 Big Lake Lions Fish Fry and Big Lake
Lioness Pie Sale, 4:30-7:30 p.m. at
Big Lake Lions/Township Park
- 12 Anoka Lions 28th Annual Country Music
Show featuring Carl Acuff Jr., 3 and 7 p.m. at
Anoka High School
- 12 Minnesota Independent Wrestling, 8 p.m. at
John P. Murzyn Hall, Columbia Heights
- 13 North Branch Lioness Annual Breakfast, 8
a.m.-noon at North Branch American Legion
- 19 Forest Lake Lions Belgian Waffle Breakfast, 8
a.m.-noon at Forest Lake Floral Gift & Garden
- 19 St. Francis Lioness Easter Egg Hunt, 10 a.m.
at St. Francis Community Park
- 20 Howard Lake Lions Palm Sunday Breakfast
Buffet, 8 a.m.-12:30 p.m.
- 20 Ham Bingo, 2 p.m. at Friar Tucks in Forest
Lake
- 26 Howard Lake Lions Easter Egg Hunt, 10 a.m.
at Memorial Park

April

- 2 Seventh Annual Minnesota Lions Diabetes
Research Update, 10:30 a.m. McNamara
Alumni Center, University of Minnesota
- 3 Spring Lake Park Lions All-You-Can-Eat
Breakfast and Lion Lake Lioness Clowns,
8 a.m.-noon at Spring Lake Park
High School door # 33
- 9 St. Francis Lioness & Lions Annual Salad
Luncheon & Fashion Show, 11 a.m. at
St. Francis American Legion
- 9 North Branch Lions Prime Rib Dinner, 5-7:30
p.m. at North Branch High School Cafeteria
- 9 Delano Lions Church of Cash Johnny Cash
tribute concert, 8 p.m. at Delano American
Legion Post 377
- 17 Oak Grove Lions French Toast Breakfast, 8
a.m.-noon at Oak Grove Senior Center

see EVENTS, Page 5

- 17 Spring Lake Park Lions 60th Anniversary,
12:30-3:30 p.m. at the Tournament Players
Club, Blaine
- 22-24 97th Annual MD5M Lions Convention
at the Verizon Center in Mankato
- 23 Albertville Lions Comedy Night, 4 p.m. at St.
Albert's Parish Center, Albertville
- 30 Spring 2016 Lions Tour of sight and hearing
programs at the University of Minnesota

May

- 5 Feed My Starving Children food-packing
event, 6-7:30 p.m., Coon Rapids
- 17 Elk River Lions 45th Charter Party & Golf
Outing, 3:15 p.m. at the Links at Northfork,
Ramsey

June

- 14 Governor's Cup 4-person scramble golf tourna-
ment, noon at Whispering Pines Golf Course

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.

Governor's Spring Awards Night

Kraus-Hartig VFW Post #6587
8100 Pleasant View Dr. NE.
Spring Lake Park
on Saturday
May 21, 2016
Social 4 p.m.
Meal 5 p.m.
Awards follow the meal
Price: \$ 17 per person

District 5M-7 Membership

| | This Month | This Year |
|-----------------|------------|-----------|
| Opening Balance | 1,910 | 1,908 |
| Add Members | 6 | 131 |
| Dropped Members | 11 | 134 |
| Closing Balance | 1,905 | 1,905 |
| Net Gain/Loss | -5 | -3 |

| | |
|-------------------------|-----------|
| Worldwide Members | 1,394,505 |
| 2015-2016 Summary | |
| Number Lion Hours | 28,346 |
| Number of People Served | 170,525 |

Fundraising opportunity

If you looking for a fun way to raise money and get new members, try Minnesota Independent Wrestling. MIW is great family entertainment at a affordable price. For booking information, contact Lion Terry N Farkas (AKA Terry Fox) at (763) 228-8123 or email terryfox_1@comcast.net

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 no later than the 25th of each month. I try to be flexible, but reserve the right to decline items sent after the deadline. Please note when submitting information that PDFs and JPGs work best. If you must send a Word document, please send it as a doc and not docx. The latter causes a whole host of problems. 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. Thank you!

Gram Editor Gabe Licht



DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc.

"Catch the Dream" Life Without Diabetes!

www.mnlionsdiabetes.org facebook.com/MinnesotaLionsDiabetesFoundation

Winter 2015

V 1:6

Mission Statement

The Minnesota Lions Diabetes Foundation, Inc. (MLDF) is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventive health activities.

Foundation News

Our foundation would like to thank all of our Lions for the great support you gave us in 2015 and tell you we are very committed in 2016 to find new ways to fund research, provide education and sponsor preventive health activities that will improve the lives of people with diabetes.

We are hosting our 7th Annual MN Lions Diabetes Research Update with the U of MN on Saturday, April 2, 2016, starting at 10:30 AM. Participants will learn from nationally recognized scientists, including Michael Garwood, PhD; Bernard Herring, M.D.; and Amir Moheet, M.D., who are leading some of the most promising diabetes research aimed at both preventing and curing diabetes. In addition, you will have the opportunity to visit discovery stations to learn how our U of MN scientists are making a direct impact in Minnesota and around the world. Please join us for a free lunch and program! The on line flyer with registration link is on our web site.

We are introducing a great new fund raising project that will give Lions and community members an opportunity to honor someone

special. We are developing a MLDF 2017 "Catch the Dream" - Life Without Diabetes! Calendar Project. You can support diabetes research by purchasing a date to honor some person or special occasion.

Option 1: For \$100 (\$90.00 tax deductible) you can:

- 1) Choose a person's name, honored Lion, award winner or a family member who is special, or showcase a special event to be recognized in our printed calendar,
- 2) This name or event will also be posted on the MN Lions Diabetes Foundation, Inc. web calendar and the
- 3) Printed calendar and a Dream Catcher Pin will be mailed to the designated person.

Option 2: For \$200 (\$190 tax deductible) you will:

Receive Option 1 package plus a 50 word message and picture on the MLDF Facebook page. A great way to show that special someone you care!

Find ideas and examples and the order form at our website www.mnlionsdiabetes.org

U of M Grant Request Approved

The MLDFI continues to support diabetes research and recently approved a grant for a quality assurance manager for manufacturing of licensed human islet therapy products. The

University of Minnesota Schulze Diabetes Institute is in the process of preparing a Biologics License Application for the licensure of human pancreatic islets for Type 1 diabetes. When approved by the FDA, years of clinical research will have been completed and human islets will be manufactured and distributed as new therapeutics for type 1 diabetes.

World Diabetes Day – Diabetes Education - Was a Huge Success

On November 14th, over 1,800 individuals participated in World Diabetes Day at local Walmart stores in 8 Minnesota communities- Bemidji, Brooklyn Center, Dilworth, Duluth, Mankato, Marshall, North Rochester and Sartell!

The MN Lions Diabetes Foundation (MLDF) led this pilot community service project to help identify those at risk for diabetes and to provide information and resources on ways to lower their risk through lifestyle change.

Along with MLDF, Novo Nordisk, Walmart, American Diabetes Association, and Stratis Health sponsored the event. The U of MN Extension Supplemental Nutrition Assistance Program Education (SNAP-Ed) provided food demonstrations. Exercise demonstrations for both kids and adults were ongoing at all 8 locations. Certified Diabetes Educators and health professionals were on hand to answer questions and provide information and resources.

Over 1,000 people took the "Are You at Risk" survey provided by ADA. Our results were alarming. Approximately 40% of those taking our survey were at risk for diabetes, a much higher percentage than International Diabetes Federation statistic of 25% or one in four people are at risk for diabetes.

THANK YOU to over 200 Lions who organized and helped at each of the locations and to our tremendous sponsors for making this potentially life changing event possible. Your support is helping us to **"Catch the Dream"** - LIFE WITHOUT DIABETES!

Mark Your Calendars ----

UofM Diabetes Research Update – April 2, 2016



The SM5 Trustees presented the Bloomington Lions a Special Dream Catcher Award at their Mid-Winter Convention to honor them for their support of the MLDF. Pictured left to right are Former Trustee Tom Shinnick, Trustee Bernie Braegelmann, accepting the award on behalf of the Bloomington Lions, President David Coates, and Lion Lorraine Shinnick.

New Piggy Banks are in – Contact Your District Trustees to get one, and begins funding diabetes research and education.



Fund Raising for a Cure — Help Catch the Dream!

Time for an Eye Exam?

Diabetic retinopathy is a complication of diabetes and a leading cause of blindness. It occurs when diabetes damages the tiny blood vessels inside the retina, the light-sensitive tissue at the back of the eye. All people with diabetes – both type 1 and type 2 -- are at risk. The National Eye Institute urges everyone with diabetes to have a comprehensive dilated eye exam at least once a year. Read more at:

<https://nihseniorhealth.gov/>

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

ALBERTVILLE



SHRIMP & FISH FRY

(Fish, Shrimp, Potato, Baked Beans, Coleslaw, Cookie, Milk, and Coffee)

Friday, March 11th, 2016

Albertville City Hall - 4:30 p.m. to 7:30 p.m.

Proceeds will go to LIONS EYE BANK

Bring your Eyeglasses you no longer use for Collection

Big Lake Lions Annual



March 11, 2016

4:30pm to 7:30pm

Big Lake Lions/Township Park
21960 – County Road 5

Potato

FRIED FISH

Coleslaw

Baked Beans

Milk and Coffee

Dinner Roll

Big Lake Lioness Club will be selling dessert!

Adults - \$10.00

Kids 5 to 12 - \$6.00 / Under 5 – Free

See you there!

Please bring a donation of a non-perishable food item for the local food drive.

Remember we collect all old glasses and used ink & toner cartridges.

Bring them with you!



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

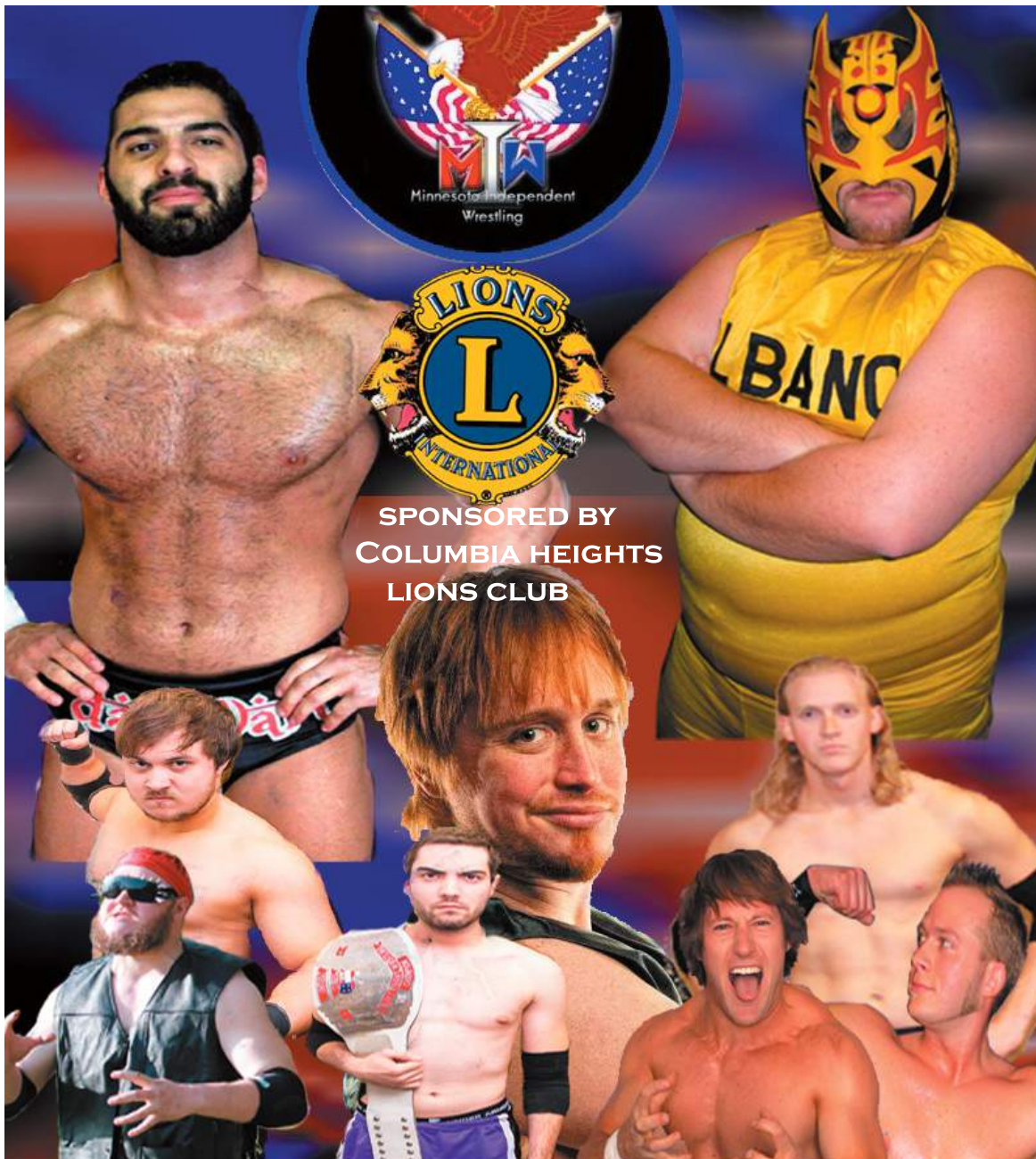
General Admission

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



SPONSORED BY
COLUMBIA HEIGHTS
LIONS CLUB

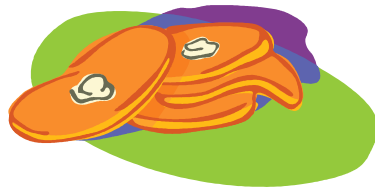
WILD * CRAZY * FUN * PRO WRESTLING
MINNESOTA INDEPENDENT WRESTLING
SATURDAY MARCH 12, 2016
JOHN P MURZYN HALL
TICKETS \$10 BELLTIME 8 P.M.

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

* Card subject to change.



North Branch Lioness Annual Breakfast



March 13th 8am-NOON

North Branch American Legion

All you can eat French toast, pancakes, sausage links,
scrambled eggs, juice, milk and coffee

\$7 FOR ADULTS \$3 KIDS 4-12 UNDER 4

FREE

Advanced tickets \$5 available by calling (651)674-5127



All proceeds go directly back to the community. The North Branch Lioness support a wide range of service projects in the community including:



Chisago County Senior Center, Senior All Night Party, Women's Refuge, Youth Bureau,
Wellness Van, New Pathways, Food Shelf, Children's Eye Clinic, Lions Hearing Foundation,
& many others

For more information, please like us on Facebook

Forest Lake Lions Club invites you to join us for a

BELGIAN WAFFLE BREAKFAST

includes sausage, milk,
juice & coffee

All Waffles Made By Coon
Rapids North Star Lions!

March 19th, 2016

8 am to Noon

Forest Lake Floral Gift & Garden

508 S. Lake Street - Forest Lake

\$6 in advance • \$7 at the door

Children under 5 eat free • All you can eat!

TICKETS AVAILABLE AT THESE LOCATIONS...

Carter's Jewelry
BAR Outfitters
Any Lions Member

Forest Lake Floral
Rapid Press

Contact Lion Nancy Immel at (651) 982-0627 with questions.

COME MEET THE
EASTER BUNNY
AND GET YOUR
PHOTO TAKEN
WITH HIM.



Rain
or Shine

For ages 1-10

Easter Egg Hunt

Saturday, March 19
10:00 a.m. Sharp

St. Francis Community Park
Off of Hwy. 47 in St. Francis

*Sponsored by the St. Francis Lioness,
Lions and Oak Grove Lions*



ANOKA



LIONS

**56th ANNUAL
PANCAKE BREAKFAST
8:00 AM - 12:30 PM**



“ALL YOU CAN EAT”

Pancakes, Eggs, Sausage, Beverage

**Palm Sunday, March 20th, 2016
at Anoka Legion Post 102
400 West Main St., Anoka**

Adults \$6⁰⁰ • Children 3-12 yrs \$3⁰⁰ • Children under 3 Free

Lioness Bake Sale

***Wellness Van Available for “FREE SCREENING”
Diabetes - Eyes - Blood Pressure & Cholesterol***

HAM



MARCH 20, 2016

FRIAR TUCKS

2PM

\$1 PER CARD

FOREST LAKE LIONS LICENSE 02190-015



Seventh Annual Minnesota Lions Diabetes Research Update April 2, 2016

Hosted by: Minnesota Lions Diabetes Foundation, Inc. and the University of Minnesota Foundation

There are 29.1 million people in the United States living with diabetes. More than 340,000 people in Minnesota have diabetes and that number is on the rise.

Join us at the annual Minnesota Lions Diabetes Research Update to learn from nationally recognized scientists, including Michael Garwood, Ph.D.; Bernhard Hering, M.D.; and Amir Moheet, M.D., who are leading some of the most promising diabetes research aimed at both preventing and curing diabetes.

NEW EVENT FORM AND LOCATION: This year, the Lions Research Update will consist of a reception where guests will have the opportunity to visit discovery stations to learn how our University of Minnesota scientists are making a direct impact here in Minnesota and around the world. Following the reception, guests will be invited to join us for lunch and a program, featuring our trailblazing researchers.

Saturday, April 2, 2016

10:30 a.m. - Reception and Discovery Stations

11:45 a.m. - Lunch

Noon - Program

McNamara Alumni Center

University of Minnesota
200 Oak Street SE
Minneapolis, Minnesota

Faculty Presentation Highlights:

- Dr. Michael Garwood will present, with funding provided by the Lions, the exciting advances in viewing transplanted islets inside the body pre-and post-transplant.
- Dr. Bernhard Hering will show how the islet transplantation method is curing people with type 1 diabetes.
- Dr. Amir Moheet will discuss how long standing diabetes affects the brain and may contribute to cognitive dysfunction, dementia, and/or diminished executive function.

RSVP by Friday, March 18:

Please RSVP online at www.rsvp.umn.edu/Lions

For questions, please contact Olivia at okurtz@umn.edu or 612-626-8537.

A confirmation and parking information will be sent prior to event.

Spring Lake Park Lions all-you-can-eat breakfast!

Sunday, April 3, 8 a.m. – noon
Spring Lake Park High School door #33
Cost: donations accepted & appreciated

Bring the family and enjoy pancakes,
french toast, sausage, scrambled
eggs, juice, coffee, and milk!



Please bring non-perishable food items
to donate to the Panther Pantry (Spring
Lake Park High School Food Shelf).

Face painting

Craft sale

Bake sale

Community Exhibits

*Donate used eyeglasses,
hearing aids, ink cartridges,
cell phones*

*Free blood pressure &
cholesterol screenings by The
Wellness Van*

**Hosted by the
Spring Lake
Park Lions**



You are invited to the St. Francis Lioness & Lions Annual
SALAD LUNCHEON
& Fashion Show

Saturday, April 9

St. Francis American Legion
3073 Bridge Street, St. Francis

Donation \$7. Tickets at the door.
All proceeds will be used for
St. Francis High School
scholarships.

11:00 a.m. Social

12:00 p.m. Luncheon

12:30 p.m. Fashion Show

Children's fashions
from Walmart

Junior Girls Fashion
from the Dress Barn

Ladies fashions from
Christopher & Banks

Christopher & Banks
will also have a bargain
"trunk show."

An illustration of a woman with long brown hair, wearing a red strapless dress with a long train, a red necklace, and red earrings. She is holding the ends of her dress.

**We promise
fun and door
prizes!**

**For more information, please contact
Lioness Marolyn Baumann
at 763-753-2041.**



**12TH ANNUAL
N.B. LIONS
PRIME RIB DINNER**



Saturday, April 9th, 2016

5:00 p.m. until 7:30 p.m.

North Branch High School Cafeteria

Adult Ticket Price: \$15 in advance

\$20 at the Door

Kids Ticket Price: \$5-ALL-you-can-eat pizza!

Live Entertainment!

Thanks for Your Support!





DELANO LIONS



Presents



CHURCH OF

CASH

WORLD CLASS JOHNNY CASH TRIBUTE

Saturday April 9th 8:00 PM

Delano Legion Post #377

Proceeds to benefit the Delano Community

\$20 Per Person

Available at:

**Cyber Geeks • McDonald's Studio,
Southfork Brewery • Vanderlinde Group REMAX**

ORDER ONLINE

<https://delanolions.ticketbud.com/churchofcash>

Questions? Contact Todd Belz 612-618-0921