"Looking Back As We Move Forward"

You are cordially invited to join us in celebrating the 60th Anniversary of

The Spring Lake Park Lions

On Sunday, the 17th of April, 2016

12:30 PM to 3:30 PM

at the A

Tournament Players Club (TPC) 11444 Tournament Players Parkway Blaine, MN 55449 Guest Speaker: PID Debra Wasserman

RSVP by April 1, 2016

Reservations Required

Please mail responses to the Spring Lake Park Lions Club C/O Jim Kugler 8140 Terrace Road NE, Spring Lake Park, MN 55432



A Lions Come on the second www. Come Join us at the Bend in the River

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

Sponsored by District 5m2 Lions Clubs

Come Canoe with 5M2

A CONSTRUCTION OF THE PARTY OF	Ver	Join Us a " Bend in the 97th MD5M C April 22, 23, rizon Wireless Cent Hosted by Dis	MD5M						
Registration Form Please print									
Lion Lioness Lion Lioness Name									
Address		Address							
City	Prov/StateZ		CityProv/StateZip						
Email Address Email Addr									
Title:	Distri	ct: ,	Title:District:						
Club:	<u></u>	<u></u>	Club:	<u> </u>					
Check if this is ye	our 1st Multiple Cor	nvention	Check if th	iis is your 1st Multij	ple Convention				
Please specify any dieta	Please specify any dietary needs:								
Will you need Braille con	vention material?	yes or no	Will you need Braill	e convention mater	ial? 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 s	taying 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 ConventionMail registrations to:Lion Charlette Abbas312 Foothills RoadPO Box 133

Courtland, MN 56021 paandmaabbas@hotmail.com Total Submitted: \$_

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

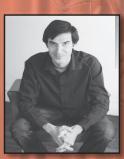
Holiday Inn Express 3.5 miles away 2051 Adams Street Mankato, MN 56001 Phone: 507.388.1880 Rate: \$99.99 +tax Mankato City Center Hotel Attached to Verizon Wireless Center 101 E. Main Street Mankato, MN 56001 Phone: 507.345.1234 Rate: \$94.99 +tax

> Best Western Hotel 1.5 miles away 1111 Range Street North Mankato, MN 56003 Phone: 507.625.9333 Rate: \$94.99 + tax

12th Annual Albertville Lions



Head Liner
Todd Andrew



Opening Act Benny Quach

www. AlbertvilleLions.org

Saturday, April, 23rd, 2016

Comedy Night

Doors open 4:00 p.m. (cash bar)

Dinner 5:00 p.m. (Choice of stuffed Pork Chop or Stuffed Chicken, salad, green beans and mashed potatoes & dessert)

Show 7:00 p.m.

St.Albert's Parish Center 11458 57th St NE, Albertville

Tickets \$30.00 (Includes Dinner& Show)

For Tickets contact: Pat Adamski 952-215-2497 padamski@asap.net

visit us on facebook

Please mark your calendar for the Spring 2016 Lions Tour! See below for details.

Lion Jennifer Marshall, Liaison Minnesota Lions Vision Foundation

This email was sent to Minnesota Lions club presidents and secretaries and MD5M district leaders.

Spring 2016 Lions Tours - April 30

The Spring 2016 Lions Tour of the sight and hearing programs at the University of Minnesota is **Saturday, April 30, 2016.**

Please share this information with your club members, mark your calendars, and start planning your visit.

Never attended a tour? Here are some of the interesting things that you can see or hear about:

- Lions Children's Hearing Center and ENT Clinic
- Lions Voice Clinic
- Temporal Bone Lab
- Vestibular, Eye Movement, and Motor Learning Lab
- Low Vision Center
- Retinal Imaging Center
- Macular Degeneration Center
- Minnesota Lions Eye Bank
- Lions Children's Eye Clinic
- Testimonials from cornea transplant and cochlear implant patients

Lions tours are a great way for new club members to learn about the wonderful projects and services the Lions support at the University of Minnesota.

A formal invitation will be mailed to club secretaries next week, but you can make preliminary reservations at any time. To do so, contact Lion Jennifer Marshall at 612-626-6081 or mader005@umn.edu.

Hope to see you in April!

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



Up a steep mountainous hillside in the small village of Lastik, Haiti, more than 50 children sit outside the fence of a tiny school house. They patiently wait to see if there will be enough food left over from that day's school feeding program to fill their empty tummies. FMSC's partner, Love A Child, feeds 300 children every day at this school. When there is enough food, they are able to **feed the kids who wait outside.** These children make the difficult trek each day, just hoping there will be leftovers. If there is food available, this is the only meal they will eat for the day. If there isn't any food, they suffer. FMSC meals help provide hope in the name of Jesus to precious children like this.





The Elk River Lions proudly present The Elk River Lions Club 45th Charter Party & Golf Outing Tuesday, May 17th, 2016, the Links at Northfork, Ramsey 9333 Alpine Dr. NW, Ramsey, MN 55303



All Amateurs, Wanna-Bees, and Pros will want to leave work early to play 9 holes!



For tickets please mail the coupon below, or call for more information: Lions Greg or Becky Wierschke (763)777-9266

YES! We want to attend the Elk River Lions Club 45th Charter Party & Golf Outing

May 17, 2016, the Links at Northfork, Ramsey 9333 Alpine Dr. NW, Ramsey, MN 55303

TICKETS ARE \$25.00 PER MEAL AND AN ADDITIONAL \$35.00 PER GOLFER

Please reserve our tickets as follows <u>CIRCLE ONE</u>: Dinner Guest

Golfer

	et Lions Club	D
IK R.	CE AN	0-
-	N	1
1.0	and and a	
H-	Kin Charter	

Contact Information.	
Name:	
Address:	_
City/Zip:	
Phone:	

Please mail coupon with payment to: Becky Wierschke, 9040 Quaday Ave NE #206, Otsego, MN 55303

Res and a second	LION L		GOVE 4-Person S IESDAY JUI 18 Holes	S, LIONESS & LEO CRNOR'S Scramble Golf T NE 14, 12-NOO s -4 Person So er Event • Cont	S CUP ournament ON SHOTGU cramble		ho will be King f the Course?
A Manager	County	strong bee WHI PIN GO	SERVING or & mixed drinks SPERING ES OLF COURSE Annandale	for one year and a ' & Leos G Champions' Pro dona Hearing I and Vision	receives bragging rig '1st Place Lions, Liono olf Tournament ' traveling trophy! ceeds ated to Foundation Foundation.		
00		00000		EADLINE TO SIGN	-UP MAY 14	00000000000	
		o supp or log	oort this g go listed mark@w or	HERE, plea hispering call 612-3	om Fiecke, DG Dan Kaiser (Cathy) Foundation and the on Foundation ase conta Dinesgolf. 85-7181		dation 2
to a							
	Phone # Fotal Amount [Amount to Ch Name on card_ Card # Expiration: Mc	Due \$ aarge: Visa \$ / onth	Regist	to: Whispering Pines LLC	Entry Fee* \$80 per Golfer Golfer Golfer Golfer Please complete registr if not using cc, and dn *Entry fee includes Golf, C For More information	e May 14) person, \$25 for meal only. ration form, enclose check (no c op off at WH/SPERING PINES G iart, Green Fees, Dinner & Prizes. ation, please e-mail or call peringpinesgolf.com	
Ŀ	dighature:	_	FLOER	DESTEN BU SUE A. HUGHES		2-385-7181	

March 2016

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



WWW.STCROIXFATCAT.COM

2016 USA-Canada Lions Leadership Forum

Omaha, Nebraska

Sept. 15-17, 2016

Leadership? Service? It's what Lions do!

"Leadership for Service", the theme for the 2016 Forum, reflects our goal of equipping our Lions to meet the Centennial Service challenge in performing 100 million acts of service.

Saturday afternoon will have three large service projects that every attendee will be able to participate in.

Corresponding seminars have been added, teaching the skills and organization needed to better prepare

service projects at the Club and District level.

Opening night, Thursday brings master illusionist and motivational entertainer, Billy Riggs.

On Friday, Lion Jay Blake brings his drag race car "Follow a Dream" to the Forum, along with his amazing story of

overcoming a blinding accident to follow his racing dream.

Saturday we look forward to the inspiring words of our then International President, Chancellor Bob Corlew. We finish the evening with Retired General Dick Abel, who after a a long career of Military, Private sector and public leadership will be talking about the leader within each of us.

Register now via our website: www.lionsforum.org

Can Do Canines' Lions Newsletter Submission - March, 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 Lion Bill Monson. Bill now has a greater sense of freedom, independence and peace of mind since thanks to Mobility Assist Dog Percy. Read their story below.

BILL MONSON & MOBILITY ASSIST DOG PERCY

Bill Monson of Columbus, Minn. worked as an auto mechanic for 25 years until his back was broken in a terrible accident. Bill worked for five more years and endured four back surgeries until he and his doctors decided he should retire. Bill now uses a wheelchair to get around.

He stays active, but there are many times when he needs help.

"I'm not supposed to reach down to pick things up," he says, "and I need support when transferring from my wheelchair to another area."

As a member of the Columbus Lions Club, Bill was familiar with Can Do Canines, so he applied for an assistance dog and was partnered with Mobility Assist Dog Percy, a two-year-old black Labrador retriever. Today Percy helps Bill by picking things up, opening doors and drawers, and taking his socks off.

Bill says, "I drop things a lot and I don't even think about it anymore. Percy will hand it to me and look at me like 'don't reach for it, don't bend over, I got this.""

One of the best things Percy does is use his nose to close the footrests on Bill's wheelchair. Bending over aggravates Bill's back, so having Percy on hand to help is a big improvement.

Bill continues his involvement with the Columbus Lions and wants to tell his story to other clubs. With Percy at his side, he's an advocate for Can Do Canines, thanking the organization for all they've done for him.



Bill Monson and mobility assist dog Percy

Delano Lions



Lion Rick Schaffer received the Lions Heart Award from Delano Lions President Joe McDonald and District Gov. Tom Fiecke during the Delano Lions Governor's Night.



Lion Tom Schaffer received the Lions Claw Award from Delano Lions President Joe McDonald and District Gov. Tom Fiecke during the Delano Lions Governor's Night.



Lion Steve Rogers received the Lions Roar Award from Delano Lions President Joe McDonald and District Gov. Tom Fiecke during the Delano Lions Governor's Night. March 2016 "We Serve"



Tom Stifter received the Lions Spirit Award from Delano Lions President Joe McDonald and District Gov. Tom Fiecke during the Delano Lions Governor's Night.



Lions Brad Felknor and Mike Bauer are pictured during the Delano Lions Governor's Night. Bauer was the winning bidder for John Sweet's Lion vest and gave it to Felknor in honor of his father, who passed away a year ago. Felknor also received an award for adding many new members to the club.

Send photos of your club to be included in the 5M-7 Gram! Page 36 www.e-district.org/sites/5M7

Spring Lake Park Leos



The Spring Lake Park Leos recently took a tour of the Animal Humane Society Animal Shelter. Before going on the tour the Leos made 20 tie fleece blankets, purchased animal toys and donated these items to the shelter. A total of 32 Leos attended the tour and got to see the shelter operations and pet some of the animals waiting to be adopted.



The Leos collaborated with the Spring Lake Park HS National Honor Society to collect over 300 pairs of shoes for the Soles for Souls program. The Leos connected the pairs together and boxed the shoes up to ready for shipment. Leo Jason Flakne and Leo Advisor Pete Yelle then dropped them off in Maple Grove at the Soles for Souls collection site.



Lions, Lioness and Leos of 5M-7:

In case you weren't aware of it, March is National Eye Donor Month. President Ronald Reagan proclaimed this in 1983 and for 33 years it has raised eye donation awareness, honored donors and their families, and celebrated cornea recipients. Your Minnesota Lions Vision Foundation (MLVF) board representatives, PDG Paul and Lion Lyle, would like to remind you to celebrate National Eye Donor Month by registering to be an organ donor. The contribution of your eyes to the Minnesota Lions Eye Bank (MLEB) will help others maintain and receive the gift of sight. Corneal transplants and important eye research can only occur when someone makes the selfless act of donating their eyes. During March, please make sure to tell your family and friends to sign up for organ donations and remember to tell your family of your wish to donate your eyes. By having your family informed about your choice, it will help simplify the process when the time comes.

One way to continue your financial support of the **MLVF** throughout the year is through **Amazon Smile**. If you're already making purchases on *Amazon* or *Amazon Prime*, you now have a great way to make a contribution to the **Minnesota Lions Vision Foundation** when using these on-line services. Just log into your Amazon account and enter '*Amazon Smile*' into the search bar. From there, you will be given the opportunity to register your charity of choice. Just type in '*Minnesota Lions Vi*-

sion Foundation' and you'll be able to link the Foundation to your Amazon account. Now every time you log into **Amazon Smile** to make a purchase, the **MLVF** will receive a contribution equaling 0.5% of your purchase. This passive fundraising can add up over time so, sign yourself up and have your family and friends do the same. The more this service is used, the greater the number of donations will be.

The first phase of the **Minnesota Lions Eye Surgery Center (MLESC)** has opened its doors in the brand new *University of Minnesota Health Clinics and Surgery Center*. This eye surgery suite will specialize in cataract surgeries, the most common type of surgery being performed today. With our aging population and the increasing number of cataract cases each year, the new **MLESC** will be very busy as time goes on. PDG Paul and Lion Lyle will be happy to update on the next phases of the **MLESC** as they are prepared for launch and on the progress of Phase One.

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

Fluoride is the key to healthy teeth because it prevents cavities.

It is found in most of the foods we eat and in the public drinking water in most of Minnesota.



Fluoride makes teeth more resistant to damage **and** strengthens them. If your child drinks well water, ask your local health department about its fluoride



MNOH

content because well water is often low in fluoride. Always drink fluoridated water if possible. Also, reverse osmosis filters (but not charcoal filters) remove fluoride from water.

Make sure you are **fluoride smart**. Learn more by visiting the Minnesota Oral Health Project website minnesotaoralhealthproject.com and liking us on Facebook. Cavities **can** be prevented.



Copyright 2013, Regents of the University of Minnesota. All rights reserved.

Oral Health Project

Your community wants to improve the health of children's teeth. Doctors, dentists, nurse practitioners, physician assistants, pharmacists, teachers, social workers, business people, parents, social services groups and the media have teamed up to form the Minnesota Oral Health Project. Together, they want to reduce the number of children who get cavities. Cavities can be prevented with good tooth care.



Join the team and learn more by visiting the Minnesota Oral Health Project website minnesotaoralhealthproject.com and liking us on Facebook. Cavities **can** be prevented.

Supported by MD5M Lions



Your child's teeth are important to good health and development.

You can prevent childhood cavities by following these simple steps:

· Limit sugary foods and drinks.

Make sure your child's teeth are brushed twice daily with fluoride toothpaste starting when the first tooth appears.
Take your child to the dentist every six months for an exam and fluoride treatment.

• If your child does not have a dentist, ask your child's doctor or nurse practitioner to apply fluoride varnish to your child's teeth every three months starting by age one at the latest. Learn more by visiting the Minnesota Oral Health Project website minnesotaoralhealthproject.com and liking us on Facebook.

Cavities can be prevented.



How Caregivers can Minimize Development of Childhood Cavities

Wipe your baby's teeth daily with a clean washcloth.
 Do not wet your baby's pacifier with your spit. Do not pre-taste or pre-chew their food.

3) When the first tooth appears, clean teeth with a soft toothbrush and a smear of fluoride tooth paste. Then, wipe the inside of the mouth with a wet cloth until your child is old enough to spit (age 6-7).

4) Except at mealtimes, only put un-sugared water in your child's bottle or sippy-cup. Never put a baby to bed with a bottle.

5) Bring your child to a dentist by the first birthday.

6) If your child does not have a regular dentist ask your child's doctor or nurse practitioner for fluoride varnish every three months and tips to keep your child's teeth healthy.

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



areDA

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)



Lioness Spotlight



Upcoming Events:

- March 10: St. Francis Lioness Empty Bowl @ St. Patrick Catholic Church in Oak Grove 5:00 - 7:00 PM
- March 10: Cedar East Bethel Lioness Empty Bowl @ St. Patrick Catholic Church in Oak Grove 5:00 - 7:00 PM
- March 11: Big Lake Lioness Selling Pie Slices at Big Lake Lions Annual Fish Fry 5:00 PM -
- March 13: North Branch Lioness Pancake/French Toast Breakfast @ North Branch American Legion 8:00 am - Noon
- March 19: St. Francis Lioness Easter egg Hunt @ St. Francis Community Park 10:00 am Sharp
- April 3: Lion Lakes Lioness Clowns @ Spring Lake Park Lions Pancake Breakfast doing face painting. Spring Lake Park High School Cafeteria 8am -Noon
- April 9: St. Francis Lioness Style Show/Salad Luncheon @ St. Francis American Legion 11:00 a.m. Social, 12:00 p.m. Luncheon, & 12:30 p.m. Style Show

11:00 a.m. Social, 12:00 p.m. Luncheon, & 12:30 p.m. Style Show.