



# 5M-7 GRAM

April 2016



Lions, Lioness & Leos,

I hope the Lions, Lioness & Leos of District 5M-7 had a great, happy Easter. I see that the next three months of year 2016 are going be very busy:

Governor Visit Nights: 12 Governor's Nights and Lioness group meetings.

MD5M Convention held on April 21-24, 2016 in Mankato.

Zone Meetings

Lion Clubs Anniversaries

Club Officers Leadership Training May 24 in Buffalo & May 25 in Blaine (more info in Gram)

District 5M7 Recognition Banquet May 21 (more info in Gram)

Governor's Cup Golf Tournament June 14 at Whispering Pine Golf Course in Annandale. (more info in Gram)

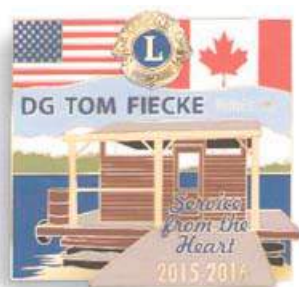


Lions, Lioness & Leos, at the completion of your club elections in April, make sure the required PU101 is submitted directly to Lions Club International in the month of April. It would be nice if they are turned in by April 15. VDGE Steve Linder has a lot of paper work to get done for CD of Club Officers of District 5M7.

At the Council Governor Meeting held March 11-12, we approved new Executive Secretary Lion Vicki Violet of the Anoka Lions Club. Lion Vicki will be working with Lion Bob Harms this coming year and take over in 2017.

DGE Lion Steve Linder is still forming his District Cabinet for year 2016/2017. If he asks you to serve, please seriously consider it. Help Lion Steve continue to make District 5M7 a leader in MD5M

Best Wishes,  
DG Tom Fiecke  
Service from the Heart



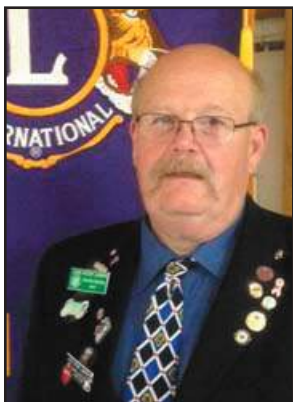
## District 5M-7 Membership

	This Month	This Year
Opening Balance	1,908	1,908
Add Members	7	141
Dropped Members	9	143
Closing Balance	1,906	1,906
Net Grain/Loss	-2	-2

### 2015-2016 Summary

Number Lion Hours 31,870

Number of People Served 185,102



Lions, Lioness, and Leos,

It's been a very busy month, a lot of great Governors Visits, District Governor Training, and a short vacation in Denver.

It's really been a lot of fun coming out to the clubs in 5M-7 to visit and see what all the other clubs are doing. Lion Kathy and I have not been able to make many pancake breakfasts last month; we had MD5M District Governor Training. Lion Kathy and I arrived at the hotel Tuesday afternoon, helped set up our hospitality room, and got together with the rest of the DGEs and their spouses. The classes started at 8 a.m. Wednesday morning with DGEs and spouses in attendance. We worked on our goals for the upcoming year and talked about budgets, club problems communications with Lions, and how to give speeches. It was a great week but very intense.

Last weekend, I went to Denver where Lion Kathy attended Emerging Leadership institute from Friday to Monday. We left Monday night at 9 p.m. and Denver got 3 feet of snow the next day.

Last month, I also did the Special Olympics Polar Plunge. It was a rush. The water was very cold but the air temperature that day was great. Lions of 5M raised more than \$44,000 and the total is still raising. We will be doing it again next year and we could use a lot more Lions and family members to plunge with us.

We have started to plan the 5M7 Mid-Winter Convention for next January. We hope to make a lot of improvements and more enjoyable for everyone. So stay tuned for a lot more information.

I really am looking forward to next year, if you'd like to work with me on the District cabinet please give me a call or send me an e-mail.

Thank You For All You Do  
DGE Steve Linder

## WE SERVE!

Lions do a great job in our own communities serving those in need. We love what we do and it shows in the many service projects and fundraisers we read about in the 5M-7 Gram and see in the papers. Thank you all for what you do!

But there is so much more to experience than what is happening in our own communities. Are you getting out there? Are you getting the most out of your Lions service? To get the most out of your Lions service and really enjoy what it means to be a Lion, I encourage ALL of you to get out of your communities and experience what other communities are doing throughout your district, multiple and internationally. As 1VDGE, it's still great catching up with all of them at the Multiple Convention every year.

But you don't have to become a district governor to attend another districts' convention. It's great getting out and about the state and meeting new Lions! If you do get out and attend other conventions, forums or club meetings please share with us the new things you learned; we are always looking to expand.

Speaking of forums and conventions, when was the last time you went to one? If you really want to get the most out of being a Lion, attend the next USA/Canada Forum, which is Sept. 15-17 in Omaha, Nebraska. There is so much to learn and this is the best place to get great programs teaching us how to be better leaders within our own clubs and districts. There is such a wide range of topics, you'll find many ways to grow and improve. This is the place to be!

Lions are universal. The forums provide so many excellent programs and there is so much to learn, I encourage all of you, if you haven't attended any yet, please do so in the coming years.

Our Multiple Convention is a great place to find out what is happening around your state and reconnect with friends you haven't seen in a while.

Why not make the most out of your Lions membership and find out what is happening in the world of Lionism by attending the upcoming Multiple, and International Conventions or a USA/Canada Forum?

Let me know you're going; I'll meet you there.



Thank you  
VDGE Dan Kaiser  
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## 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 235<sup>th</sup> Street  
Silver Lake, MN 55381

H. 320-327-2837

C. 612-310-6235

[Lionfiecke@yahoo.com](mailto:Lionfiecke@yahoo.com)

## DG Tom's calendar:

### 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 Fukuoka, Japan

## 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](mailto: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

## Upcoming events

### April

- 2 Seventh Annual Minnesota Lions Diabetes Research Update, 10:30 a.m. McNamara Alumni Center, University of Minnesota
- 3 Spring Lake Park Lions Breakfast and 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 Concert, 8 p.m. at Delano American Legion Post 377
- 10 Big Lake Lions Pancake Breakfast, 8:30 a.m.-noon at Big Lake Lions/Township Park
- 17 Oak Grove Lions French Toast Breakfast, 8 a.m.-noon at Oak Grove Senior Center
- 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
- 21 District 5M-7 Recognition Banquet, 4 p.m. social, 5 p.m. dinner at Kraus-Hartig VFW Post 6587 Spring Lake Park
- 24 Spring Officer Training, 6-8:30 p.m. at Buffalo Community Middle School
- 25 Spring Officer Training, 6-8:30 p.m. at Centennial High School East Building, Blaine

### June

- 14 Governor's Cup Golf Tournament, noon at Whispering Pines Golf Course

### August

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



## Centennial Service Challenge to our 5M7 Lions Clubs

by District Centennial Coordinator Lion Roger Johnson, Coon Rapids Lions Club

The first cycle of **Centennial Report Days** will begin this April. This is a worldwide activity providing a way for Centennial information to flow from our Lions Clubs to districts, to multiple districts and on to the Centennial Action Committee of LCI for worldwide release.

As your District Coordinator it is my obligation to work with our Governor and Vice District Governors so that as we go to your Clubs we can together discuss Centennial successes and challenges, and document key information about what our clubs are doing for the 4 core-value areas of HUNGER, VISION, YOUTH AND ENVIRONMENT.

Additionally, at your clubs, Governor and I would like to visit with you to organize a Legacy Project. These can range from donating a community park bench to building a library. Legacy Projects are a great way to commemorate the Centennial, raise club visibility and create public relations opportunities. If it's got your Lions Club name emblazoned on it, and it resides in your community, it's a Legacy Project! Governor Tom Fiecke and I wish to challenge our clubs to see which ones can muster the energy to complete a Legacy Project!

For this year, the LCI's Spring Focus Area is **Recruitment** and the Fall Focus Area will be **Service**. Due dates for these initiatives are listed below.

	Focus Area	District	Multiple Dist.	Centennial Action	Worldwide
<b>Spring 2016</b>	Recruitment	April 19	May 3	May 17	May 24
<b>Fall 2016</b>	Service	September 28	October 12	October 26	November 2

Therefore, what I would appreciate as your District Coordinator is for all 50+ clubs in 5M7 to report to me the results of this spring's focus on recruitment. Just call or email me and tell me how many new Lions you have recruited. My phone # is 763-755-4664 and email is: [rogvicki@msn.com](mailto:rogvicki@msn.com).

### Plan an Environmental Project in April

The Centennial Service Challenge is a way for our Lions to unite to help 100 Million+ people by June 2018. To date, Lions have served 71 million and counting! Help celebrate Earth Day on Friday, April 22<sup>nd</sup>, and raise awareness of environmental issues by asking your clubs to plan a project to protect our environment.



## ***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](http://www.rsvp.umn.edu/Lions)

For questions, please contact Olivia at [okurtz@umn.edu](mailto:okurtz@umn.edu) or 612-626-8537.

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



## Lioness Spotlight



### Upcoming Events:

**April 3: Lino 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** 11:00 a.m. Social, 12:00 p.m. Luncheon, & 12:30 p.m. Style Show.

**April 10: Big Lake Lioness Bake Sale** with the Lions Pancake Breakfast. Proceeds going to Rivers of Hope.

**April 12: Group II Lioness Meeting** Coon Rapids VFW  
Social 6:30 pm Dinner 7:00 pm



### St. Francis Lioness & Lions Invite you to our Annual Salad Luncheon & Fashion Show

Saturday, April 9, 2016

At the St. Francis American Legion  
3073 Bridge Street, St. Francis Minnesota

Tickets at the door \$7.00

All proceeds will be used for  
St. Francis High School Scholarships

11:00 a.m. Social

Noon Luncheon

12:30 p.m. Fashion Show

Information:

Lioness Marolyn Baumann 763-753-2041

Lioness Terry Heichel 763-753-4415





# 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."

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

**We promise  
fun and door  
prizes!**

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



**12<sup>TH</sup> ANNUAL  
N.B. LIONS  
PRIME RIB DINNER**



**Saturday, April 9<sup>th</sup>, 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**



# Big Lake Lions Annual



## April 10, 2016

**8:30am to Noon**

Big Lake Lions/Township Park  
21960 – County Road 5

*Pancakes*

*French Toast*

*Scrambled Eggs*

*Juice, Milk & Coffee*

*Sausage*



**Big Lake Lioness Club will be having a bake sale!**

**Adults - \$8.00**

**Kids 5 to 12 - \$5.00 / Under 5 – Free**

**ALL PROCEEDS WILL BE DONATED TO**



**RIVERS OF HOPE**

*Advocates for Ending Family Violence*

Promoting a community coordinated response to end family violence  
through advocacy, education, and interagency collaboration.

## "Looking Back As We Move Forward"

You are cordially invited to join us in celebrating the 60<sup>th</sup> Anniversary of

### The Spring Lake Park Lions

On Sunday, the 17<sup>th</sup> of April, 2016

12:30 PM to 3:30 PM

at the

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

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Name: \_\_\_\_\_ Guest: \_\_\_\_\_

Lion's club name: (if applicable) \_\_\_\_\_

Choice of plated meal: Broiled Walleye \_\_\_\_\_

**Cost per person \$40**

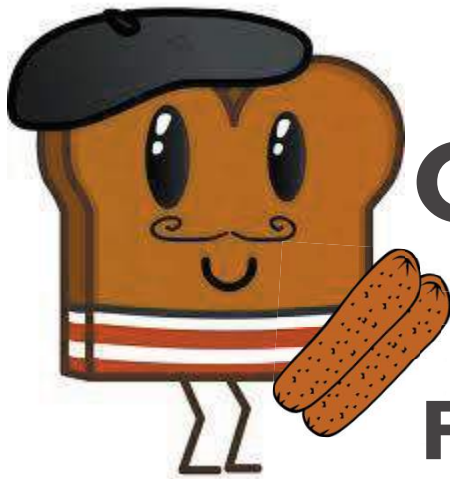
Gluten Free Broiled Walleye \_\_\_\_\_

Grilled Chicken Kabob \_\_\_\_\_

Gluten Free Grilled Chicken Kabob \_\_\_\_\_

Roasted Butternut Squash Ravioli \_\_\_\_\_

Please make checks payable to  
The Spring Lake Park Lions Club



# Oak Grove Lions

## 11<sup>th</sup> Annual French Toast Breakfast

Sunday, April 17, 2016 – 8 a.m. – Noon  
Oak Grove Senior Center  
19900 Nightingale St. N.W.

Ticket prices –

Adults \$6

Children (12 & under) \$4

Family \$20

Proceeds from ticket sales  
help area youth groups





## 2016 MD5M Convention

Time is quickly passing and soon the 2016 MD5M Convention will be here! District 5M-2 invites you to Come Canoe with 5M-2 in Mankato, MN, April 22, 23, and 24, 2016. An exciting, fun-filled and informative weekend is planned. A tentative agenda is available under conventions, MD5M at [www.lionsmd5m.org](http://www.lionsmd5m.org) or [www.5m2lions.org](http://www.5m2lions.org) along with the registration form and hotel information. Registration cost is now \$110.00 per person.

Friday will begin at noon with a Centennial Service project for Relieving the Hunger by Partnering with Food for Kidz – Stewart to package nutritious meals for hungry children around the world. 1PM - 3:00. Engage our Youth as the Northfield Leos Club present their "Hometown Heroes" program, a program featuring local veterans – including some who were in WWII, sharing stories about their military lives. 3PM - 5:30.

The Raffle room will have lots of items. Chances can be purchased in Raffle room. NO CREDIT CARDS.

In addition to fun and the business of our Multiple District and Foundations, several informative seminars and speakers are planned. On Saturday following the noon luncheon, convention attendees will have the opportunity to hear four informative speakers. First will be Dr. Michael Garwood, a professor in the Department of Radiology and Associate Director of the Center for Magnetic Resonance Research at the University of Minnesota. Dr. Garwood will update us on the research being done for Diabetes.

Following Dr. Garwood will be Dr. Sandra Montezuma, ophthalmologist at the University of MN who will update attendees on the new "bionic eye" surgery. Joining her will be 5M-2 Lion, Tim Lindbo, a bionic eye recipient.

Third on the agenda is Kathleen Breen, Director of Lions Engagement at Leader Dogs for the Blind, Rochester, Michigan. Lion Kathleen will enlighten us about Leader Dogs for the Blind and the Lions Clubs role.

Final speaker on Saturday afternoon will be Lion Hanna Elshoff from the Chatfield Lions Club in District 5M-1. Lion Hanna and her solar powered bike, "ELF", have been touring the eastern United States on "Hanna's Dream Ride" promoting Lionism, Leader Dog and hoping to obtain former President Jimmy Carter's signature. Hanna will share how her dream was fulfilled when she met and had lunch with former President Carter and Rosalyn.

Our International guest for the weekend and speaker at our Saturday night banquet will be Immediate Past International President, Joe Preston and his wife, Lion Joni.

On Sunday morning we will be challenged to look at our own personal dreams as we listen to Jerrod Sebesta, former meteorologist at KARE 11 in Minneapolis. His challenge to us will be to pursue our own personal dream with a passion.

District 5M-2 hopes to see you at the Bend in the River II in April!

# **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

97<sup>th</sup> MD5M Convention

April 22<sup>nd</sup>-24<sup>th</sup>, 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 21<sup>st</sup>, 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

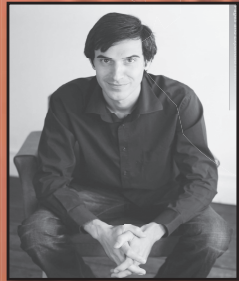
Rate: \$94.99 + tax

# 12th Annual Albertville Lions

# Comedy Night



**Head Liner  
Todd Andrew**



**Opening Act  
Benny Quach**

**Saturday, April, 23rd, 2016**

**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**

[www. AlbertvilleLions.org](http://www.AlbertvilleLions.org)



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](mailto: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





The Elk River Lions proudly present  
**The Elk River Lions Club 45<sup>th</sup> Charter Party & Golf Outing**  
Tuesday, May 17<sup>th</sup>, 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!

*You're invited!*

**Elk River Lions Club**  
**45<sup>th</sup> Charter Party & Golf Outing**

**Golf Registration: 3:15PM**  
**Shot Gun Start - 3:30PM**  
**Registration – 6:00 PM**  
**Social- 6:15PM**  
**Dinner – 7PM**

**\*Speaker and awards will follow the dinner.**  
**\*\* A special announcement will be shared!**

- ✓ Trophies for the top three teams.
- ✓ Each participant will receive a special commemorative hat pin.
- ✓ Golf Registration Fees Include: Cart with greens and range fees.

*Menu: Roast beef, potato, salad and dessert.*

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 45<sup>th</sup> 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 CIRCLE ONE:      Dinner Guest      Golfer



Contact Information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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



# District 5M7

## Recognition Banquet

Saturday May 21, 2016  
Kraus-Hartig VFW Post 6587

SE Corner of Hwy's 10 & 65  
8100 Pleasant View Drive NE  
Spring Lake Park

4 pm Social, 5pm Dinner

Cost \$17 per person  
Buffet meal

District Governor: Tom Fiecke

Please RVSP to  
Cabinet Secretary/Treasurer  
Lion Deb Roberge by May 11th  
612.483.3962 or  
Email [debrob1955@gmail.com](mailto:debrob1955@gmail.com)





*"Service through Leadership"*

## *District 5M7*

Please Plan to Attend

For Your Club



### Spring Training For Officers Elect



Did you ever wonder why professional baseball players need to take part in spring training? After all aren't they at the top of the game? What do they accomplish in training camp?

In short the answer to all of these questions is that they recognize the need to be prepared for the upcoming season. The preparation they accomplish in spring training has a great deal to do with the results they will achieve during the actual season. By the end of spring training the team has been selected, the players know what is expected of them, such as who will be a starting pitcher versus a relief pitcher, skills have been fine-tuned, and goals have been set. Only then does the season start.

While spring training for baseball teams lasts basically six weeks I would suggest that as Lion Officer-elects, our spring training runs from March 1 until June 31st. This is true if you are a Club President elect, a District Governor elect, or any other elected position that will start July 1, 2016.

It amazes me how many times I have heard: "I have been (fill in the position) before so I don't need to do much to be ready for my year". As many times as I have heard that from Lions I have never heard professional players, or countless other ballplayers say they really don't need to go to spring training! They realize that if you are going to be successful you have to put time in

before the season starts. The time that Lions leaders, at any level, invest in getting ready before the season starts will pay off in the long run by helping them be successful.



Training will be at two locations

**\*\*Buffalo Junior High School on May 24<sup>th</sup>**

**\*\*Centennial High School East Building in Blaine is May 25<sup>th</sup>**

The time will be 6:00-8:30 for both, The Leadership training will be covering topics for the zone chairs, presidents and all upcoming presidents, secretaries, treasurers, and membership chairs/committees. And as in the past all interested lions are welcome to attend these and all classes.

*Used eyeglasses, hearing aids, and printer cartridges will be collected at this and all Lions Club events*

## *We Serve*





MULTI DISTRICT LIONS, LIONESS & LEOS GOLF TOURNAMENT

# GOVERNOR'S CUP

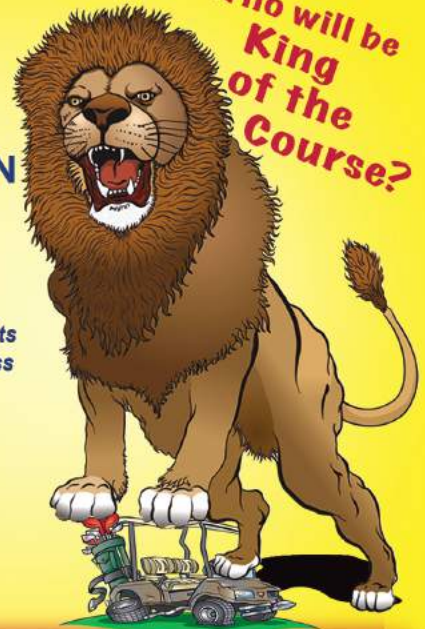
4-Person Scramble Golf Tournament

**TUESDAY JUNE 14, 12-NOON SHOTGUN**

**18 Holes - 4 Person Scramble**

**Full Meal After Event • Contest & Prizes!**

*Who will be  
King  
of the  
Course?*



**NOW SERVING**  
strong beer & mixed drinks

**WHISPERING  
PINES  
GOLF COURSE**

County Road 6, Annandale

*Winning Lions Club receives bragging rights  
for one year and a "1st Place Lions, Lioness  
& Leos Golf Tournament  
Champions" traveling trophy!*

Proceeds  
donated to  
Hearing Foundation  
and Vision Foundation.

**DEADLINE TO SIGN-UP MAY 14**



Supporters of the Multi District Lions Golf Tournament  
District Governor of 5M7 Tom Fiecke,  
1st VDG Steve Linder (Kathy), 2nd VDG Dan Kaiser (Cathy)  
Board of Trustees of the Hearing Foundation and the  
Board of Directors of the Vision Foundation



**Minnesota Lions  
Vision Foundation**

**To support this great cause and have your name  
or logo listed HERE, please contact Mark at  
[mark@whisperingpinesgolf.com](mailto:mark@whisperingpinesgolf.com)  
or call 612-385-7181**

**Support this great cause... HEAR US ROAR!**



**LIONS, LIONESS & LEOS TOURNAMENT TUES, JUNE 14**

Registration Form (Registration deadline May 14)



Name \_\_\_\_\_  
Email \_\_\_\_\_  
Phone # \_\_\_\_\_  
Total Amount Due \$ \_\_\_\_\_ Make check out to: Whispering Pines LLC  
Amount to Charge: Visa \$ \_\_\_\_\_ Mastercard \$ \_\_\_\_\_  
Name on card \_\_\_\_\_  
Card # / / /  
Expiration: Month \_\_\_\_\_ Year \_\_\_\_\_ CSV # \_\_\_\_\_  
Signature: \_\_\_\_\_

Entry Fee\* \$80 per person, \$25 for meal only.

Golfer \_\_\_\_\_  
Golfer \_\_\_\_\_  
Golfer \_\_\_\_\_  
Golfer \_\_\_\_\_

Please complete registration form, enclose check (no cash),  
if not using cc, and drop off at WHISPERING PINES GOLF COURSE.  
\*Entry fee includes Golf, Cart, Green Fees, Dinner & Prizes.

For More information, please e-mail or call  
[mark@whisperingpinesgolf.com](mailto:mark@whisperingpinesgolf.com)  
612-385-7181



FLYER DESIGN BY SUE A. HUGHES • 320.903.0019



SCANDIA  
MARINE



SCANDIA  
MARINE

SATURDAY  
*July 9*

LOG HOUSE LANDING *to*  
SCANDIA-MARINE LIONS PARK

- *Paddle* the national St. Croix scenic riverway using kayak, canoe or stand up paddle board!
- *Run* the trails of William O'Brien State Park
- *Bike* the scenic roads of Scandia
- All proceeds go back to the community through the Scandia-Marine Lions Foundation.
- Open to all abilities and ages 12+. Participate by yourself or with a team! Register at [www.StCroixFatCat.com](http://www.StCroixFatCat.com)



[WWW.STCROIXFATCAT.COM](http://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](http://www.lionsforum.org)



### **Lions, Lioness and Leos of 5M-7:**

Your **Minnesota Lions Vision Foundation (MLVF)** board representatives, PDG Paul and Lion Lyle, would like to thank you for your continuing efforts in supporting the Lions' vision projects. Sight preservation, restoration and eye health improvement have made vision a defining cause of the Lions for nearly 100 years. As one of the four **Centennial Service Challenges**, Lions International is asking every Club, Zone and District to work on a vision-related activity or project. The goal is to impact the lives of 25 million people through sight and your efforts are needed to reach this goal. Please make sure to report your vision projects to LCI and to consider a signature project for sight to celebrate our organization's 100th year in 2017.

Some exciting news has come out of the **Minnesota Lions Eye Bank (MLEB)** regarding some research and technical breakthroughs for corneal transplants. Dr. Joshua Hou, M.D., the Medical Director of the **MLEB**, spoke to the **MLVF Board** on the findings of three research projects being worked on at the Eye Bank. Dr. Hou is pleased with the results of his team's efforts.

The first project involved a new manner in approaching the preparation of the corneal tissue used in transplantation. This new technique involves the use of air to help separate the layers of the corneal tissue. By using air, rather than the traditional method of physically pulling the layers apart, it decreases the risk of tearing the corneal tissue thus rendering it useless for transplantation.

Another project involved a change in location for cutting corneas to be transplanted. By shifting the cut of the cornea off-center, the increase in thickness and cell density in doing this procedure offers higher quality tissue. The better the tissue means a better longevity of the corneal transplant, potentially 2 to 12 more years. This would help reduce or eliminate the number of times a patient would have to receive a corneal transplant during their lifetime.

The final project involves the harvesting and growth of stem cells from donor corneas for transplantation. These stem cells would replace the damaged or missing cells in a

recipient that were caused by events like chemical burns to the eyes. These stem cells help maintain a healthy eye surface and would allow further treatments, such as a corneal transplant, to be tried on the patient. This new stem cell process, once refined, could be rolling out to eye banks all over the world. This would allow physicians a greater chance of improving or restoring sight in their patients.

These updates from the **MLEB** are just some of the projects supported by the Lions, Lioness and Leos of 5M7 through their contributions to the **MLVF**. If you would like to hear more about these eye bank research projects or many more sight-related updates, please invite PDG Paul or Lion Lyle to speak at your Club meeting or event. They would be happy to share with you what is going on with such topics as the latest reports on the *ARGUS II artificial retina*, the new *Minnesota Lions Eye Surgery Center*, the *Lions Children's Eye Clinic*, the *MAC Center* and much more.

Here is a reminder for everyone about the *Multiple District Lions, Lioness and Leos Golf Tournament* taking place at **Whispering Pines Golf Course** in Annandale on **Tuesday, June 14th**. The proceeds from this event will be split between the **Minnesota Lions Vision Foundation** and the **Lions Multiple District 5M Hearing Foundation**. The event will include a golf tournament and a dinner, with a silent auction. Please consider signing up a foursome to compete for the traveling trophy or, if you are unable to play in the tournament, come join everyone for the dinner. Both of the Foundations would appreciate your support of this fundraiser.

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

## Can Do Canines' Lions Newsletter Submission – April, 2016

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

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

### NATALIE REGENSCHEID & HEARING ASSIST DOG NADIA

Natalie Regenscheid of St. Peter, Minn. was born with severe hearing loss, but was confident she knew how to take care of herself. It wasn't until she lived on her own that she began to realize she might need help.

At night, without her hearing aids, she wouldn't know if there was an emergency. Her audiologist suggested Can Do Canines, but Natalie worried an assistance dog might make others stare and she wouldn't be able to live a normal life. After being partnered with a two-year old black Lab named Nadia, however, her worries vanished.

"Now that I have an assistance dog, I've realized it's OK to have a disability. This is my reality," she says. "And I get to bring my dog to work!"

Nadia accompanies Natalie everywhere, including her jobs as a personal trainer and fitness instructor. She alerts Natalie to sounds by nudging her and leading her to the source. If someone is at the door, Nadia alerts enthusiastically if she knows the person, more tentatively if she doesn't. Natalie feels confident to move into her own place now that Nadia is with her. Since Nadia came into her life, she is happier and has a more positive outlook. She also feels safer at night.

Natalie is amazed at the generosity of Can Do Canines' donors and supporters like the Lions Clubs. "These dogs are expensive to train," she says. "I was shocked that Can Do Canines could give Nadia to me for free."

Natalie is paying it forward by encouraging friends and family to support Can Do Canines so others can benefit as she has.



Natalie Regenscheid and hearing assist dog Nadia





## 2016 Circle Pines-Lexington Lions Club

Pizza Party & Ice Cream Sundaes

for winners of:

### Lions International Youth Outreach Program

Peace Poster Contest

Drug Awareness Poster Contest



Circle Pines Lexington Lions and Cubs



Peace Poster Winner





# Circle Pines-Lexington Lions Club



## *Annual Easter Egg Hunt*

Saturday, March 26, 2016

*In cooperation with:*

**Centennial Fire Department**

and

**Lexington Fire Department**







Pictured are Lion Bob Doocy, Lexington Fire Chief Gary Grote, Assistant Fire Chief Mark Vanderbloomer, Lions Ron Halland, Gloria Murphy, Mike Schweigert and Virginia Hestekind.

Circle Pines-Lexington Lions and Lexington Fire Department sponsored a food drive at Festival Foods, Lexington, MN on Saturday, March 5, 2016. The joint project raised \$884 for the PowerPak Program which will feed hungry children in the Centennial School District. To date, more than 280 PowerPaks are distributed to Centennial students each week during the school year. In addition to the money, the food drive collected and donated 1100 pounds of food to the local food shelf. A great project for a great cause.



The Big Lake Lioness Club sold slices of pie as a fundraiser in conjunction with the Big Lake Lions Fish Fry March 11. The money raised will be used for local projects.

Send photos  
of your club  
in action to  
be included  
in the 5M-7  
Gram!



## Improving Oral Health Knowledge

Improve the oral health of your child.

Ask your child's dentist, doctor, nurse practitioner, or public health nurse to tell you about:

- 1) Early signs of tooth decay (the white spot).
- 2) Fluoride – what it is and how it prevents cavities.
- 3) The importance of fluoridated tap water and how to learn if your tap water has fluoride.
- 4) The value of fluoride varnish.
- 5) The value of dental sealants -what they are and how to get them. Sealants are different from but just as important as fluoride varnish.
- 6) The importance of brushing twice daily with a smear of fluoridated toothpaste.
- 7) Why baby teeth are important even though they fall out.



Learn how you can help your child avoid cavities by visiting the Minnesota Oral Health Project website [minnesotaoralhealthproject.com](http://minnesotaoralhealthproject.com) and liking us on Facebook.

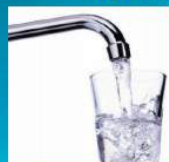
**Cavities can be Prevented.**



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## WATER

We all need water to stay healthy.  
Tap water is clean and safe to drink.



It tastes good.  
It has no calories.

In nearly 99% of Minnesota communities, it contains fluoride which keeps teeth from developing cavities. Bottled water is more expensive than tap water and most brands have no fluoride. If you drink well water, have it tested by your local Health Department for fluoride content. Most well water in Minnesota has too little fluoride to protect teeth from developing cavities.

The Minnesota Oral Health Project supports fluoridated water.

To learn more, visit the Minnesota Oral Health Project website [minnesotaoralhealthproject.com](http://minnesotaoralhealthproject.com) and like us on Facebook.

**Cavities can be prevented.**



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## Advice to Caregivers

Don't be **bashful**.  
Feel **empowered**.

Take control on behalf of your child's teeth.

If your child does not have a regular dentist, ask your child's doctor or nurse practitioner to apply fluoride varnish to your child's teeth four times a year.

Cavities can be prevented with fluoride, tooth brushing, and limited exposure of teeth to sugars.



Learn about proper tooth care and proper diet; you have an important role in keeping your child's teeth healthy.

Learn more about oral health by visiting the Minnesota Oral Health Project website [minnesotaoralhealthproject.com](http://minnesotaoralhealthproject.com) and liking us on Facebook.

**Cavities can be prevented!**



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## Lift-the-Lip – Looking for White Spots, the First Sign of Cavity

White spots are the first sign of a cavity. Their progression to a brown spot can be stopped by applying fluoride varnish.

Learn how to spot them in your children.



The picture to the left shows how to lift the lip to better see the teeth

The picture to the right shows white spots which are the first sign of a cavity.



Roof of mouth



The picture on the left shows a brown spot. If fluoride varnish is applied to the white spot, the decay can often be stopped.

If a brown spot appears, the tooth must be filled or pulled. If you have questions about what you see on your child's teeth, bring your child to the child's primary care medical provider to determine if your child needs fluoride varnish which can be applied at the provider's office.

To learn more, visit the Minnesota Oral Health Project website [minnesotaoralhealthproject.com](http://minnesotaoralhealthproject.com) and like 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)