



5M7 GRAM

May 2016



Lions, Lioness & Leos,

Boy its hard to believe where this year has gone by so fast. I'm 10 months into my District Governor year and have only two months to go. I still have eight Governor Nights left. I went to the MD5M Convention in Mankato April 21-24. What a great time and good speakers we had. It was nice to hear IPIP Joe Preston talk again. The next two months are going to be very busy with everything going on in District 5M7. Please read this May 2016 Gram Letter.

Few jottings of notes:

Leadership training May 24 in Buffalo and May 25 in Blaine. This training is for every Lion, Lioness, and Leo in District 5M7.

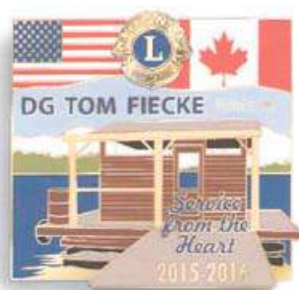
Club Secretaries, send in your PU101 forms to LCI by May 1. Please be as complete and correct as you can. It does help out a lot for communications between clubs and district leadership.

District 5M7 Recognition Banquet Saturday May 21, at Kraus-Hartig VFW Post 6587 in Spring Lake Park.

Governor's Cup Four-Person Scramble Golf Tournament at Whispering Pines Golf Course in Annandale Tuesday June 14.

DGE Steve Linder still has some spots open on District Cabinet 2016/2017, so give him a call.

Well, thanks for great year 2015/2016 so far from Lions, Lioness & Leos.



DG Tom Fiecke
Service from the Heart



Lions, Lioness, and Leos,

Lion Kathy and I just got back from the MD5M Multiple Convention. It was great to see so many Lions from 5M7 at the Convention. It was a very busy weekend with all the things going on. We were able to have some time with IPIP Joe Preston, and were able to talk with him and get a couple pictures with him. We had the opportunity to be introduced during the Banquet and wear our new Navy Blue Governors suits.

I'm still looking for a few more positions on the 5M7 Cabinet. They are Project New Hope, Leader Dog For The Blind, Zone Chairs for Zones 1, 2, 3, and 7. If you'd like to be part of our District Cabinet please give me a call. I'd love to work with you.

Lion Kathy and I will be leaving for the International Convention in Fukuoka, Japan on June 19. We are both very excited about this trip. Lion Kathy and I celebrated our first wedding anniversary and will be celebrating our 42nd anniversary there. We lived near Tokyo for three years while I was in the Army.

As I've been told by a Lion, please keep my talks short, to prevent butt-ides from sitting to long, so I promise I will do that.

Thank You For All You Do
DGE Steve Linder

Qualities of inspiring leaders

How is it possible that unhappy, unmotivated and disengaged members could offer exceptional, caring humanitarian service, enthusiastically invite others to join our ranks, or deliver exciting, innovative training programs that will move our association forward? They can't. That's why it is up to you as a Lions leader to inspire your fellow Lions to be everything they know they can be - and more!

We are nearing the end of one Lions year and the beginning of another. What's more, we are approaching a once in a lifetime experience in our Centennial Celebration. There truly is no better time for inspirational leadership.

In his book, *Fire Them Up!* author Carmine Gallo identifies 7 key qualities that all inspiring leaders share. To be considered "inspiring" by your Lions team, make sure you consistently demonstrate the following qualities:

Ignite your enthusiasm. You cannot inspire unless you're inspired yourself. As Lions leaders, we need to be passionate. While we may not be passionate about the logistics of service itself, we are profusely passionate about our impact - about what Lions service means to those in need and to our communities.

Navigate a course of action. Nothing extraordinary ever happened without a leader sharing a vision or course of action. International President Joe Preston did just that when he shared the priorities for his theme, *Strengthen the Pride*. Visions like this create excitement and inspire engagement in a common cause.

Sell the benefit. Our members routinely ask, "What's in it for us?" Don't leave them guessing. For example, members may not care about rising membership statistics. Numbers for the sake of numbers are not inspiring. As a leader, focus on how our members will benefit from expanded membership - new ideas, more opportunities, fresh energy, more capability for service, etc. Reframe what we all want to achieve in terms of clear benefits.

Tell a story. Our brains are programmed more for stories than for abstract ideas. Paint a picture of how Lions service is improving the lives of others with a story.

Include personal anecdotes, helping to establish a closer connection between leaders and teams.

Speeches convey information.

Stories create genuine connections.

Invite participation. People want more than a membership card. They want to be part of something bigger than themselves. They want to create meaning. They want to know their input is valued. Take every opportunity to invite
see LEADERSHIP, Page 6



DG Tom's calendar:

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

DGE Steve's calendar:

May

- 3 Train the Trainer for Spring Leadership, 6:30
p.m. at American Legion Post 303
- 5 Zone 5 & 6 Challenge, 6-7:30 p.m. at Feed
My Starving Children
- 17 Elk River Lions 45th Charter Party & Golf
Outing at Links at Northfork
- 18 Mid-Winter Convention Committee Meeting
- 21 District Recognition Party
- 24 Spring Leadership Training, 6-8:30 p.m. at
Buffalo Community Middle School
- 25 Spring Leadership Training, 6-8:30 p.m. at
Centennial High School

June

- 4 Hearing Foundation Annual D-Feet Walk, 9:30
a.m. at Minnesota Arboretum
- 14 Governor's Cup Golf Tournament, noon at
Whispering Pines
- 19 Leaving for Lions International Convention in
Fukuoka, Japan

July

- 6 Returning from International Convention
- 17 DGE Steve's Cabinet Picnic TBD
- 23 Council of Governors in St. Cloud
- 28 1st Cabinet Meeting, 6:30 p.m. social, 7 p.m.
meeting and dinner at Kraus Hartig VFW

Upcoming events

May

- 1 St. Francis Lioness deliver May baskets
- 5 Feed My Starving Children food-packing
event, 6-7:30 p.m., Coon Rapids
- 5 Cedar-East Bethel Lions and Lioness Annual
Craft and Garage Sale, 9 a.m.-7 p.m. at East
Bethel Ice Arena
- 6 Cedar-East Bethel Lions and Lioness Annual
Craft and Garage Sale, 9 a.m.-6 p.m. at East
Bethel Ice Arena
- 7 Cedar-East Bethel Lions and Lioness Annual
Craft and Garage Sale, 9 a.m.-noon at East
Bethel Ice Arena
- 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
- 22 Purse Bingo, 2 p.m. at Friar Tucks in Forest
Lake
- 23 Lino Lakes Lioness presenting a scholarship
to a Centennial High School senior
- 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
- 25 St. Francis Lioness presenting scholarships to
two St. Francis High School seniors

June

- 4 St. Francis Lioness at Pioneer Days
- 6 Lino Lakes Lioness presenting a scholarship
to a Forest Lake High School senior
- 9 Lino Lakes Lioness at Clowning at Spring
Lake Park Tower Days
- 12 Lino Lakes Lioness Clowns at Spring Lake
Park Tower Day Face Painting, 1-5 p.m.
- 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



LIONS CLUBS INTERNATIONAL®
Oak Brook, Illinois



MULTIPLE DISTRICT 5M
Minnesota, Manitoba, & Northwestern Ontario

MD5M CONSTITUTION AND BYLAWS COMMITTEE

Proposed Amendments

AMENDMENT NO. 1

Resolved, that the MD5M Bylaws, Article VI, Sections 1 and 4 be amended to increase the *per capita* tax (dues) by \$1.00 annually to be apportioned to the Administrative Fund, effective July 1, 2016.

ARTICLE VI
Finances, Fiscal Year

Section 1. Per Capita Tax (dues) - An annual tax of ~~five~~ six dollars and fifty-five cents (~~\$5.55~~) (\$6.55) for each club member shall be levied against and paid by each club, in two semi-annual installments: ~~two~~ three dollars and ~~eighty~~ thirty cents (~~\$2.80~~) (\$3.30) on July 1 for the period July 1 to December 31, and ~~two~~ three dollars and ~~seventy-five~~ twenty-five cents (~~\$2.75~~) (\$3.25) for the period January 1 to June 30.

Section 4. Breakdown of per capita tax, (dues) - The annual tax of ~~five~~ six dollars and fifty-five cents (~~\$5.55~~) (\$6.55), U.S. Funds, shall be apportioned as follows:

~~\$3.84~~ \$4.84 MD5M Administrative Fund
.25 Campaign Fund
.25 ~~MERLO~~ GMT/GLT Training Fund
.46 MD5M Geographical Assistance Fund
.50 MD5M Convention Fund
.25 MD5M International Parade Band Reserve Fund
~~\$5.55~~ \$6.55 Total annual tax per member

Rationale: The costs of administering Multiple District 5M have increased substantially, in part due to inflation, and the MD5M dues have not been increased for ten years. Our membership has decreased from 24,303 in 2005, to 21,429 in 2015. The loss of 2,947 members has substantially decreased our dues income, \$16,355.85 at \$5.55 each.

Proposed by: 2015-2016 Council of Governors

MD5M's winning essay in the Lions International Essay Contest

"Share P.E.A.C.E."

By: Megan Copeland

People might have many perspectives of sharing peace. When you use these five components of peace, it will be easy to create and share peace. P = People make a difference; E = Engage others, A = Accept differences; C = Comfort others; E = Experience the gift of peace. Let me share my perspective with you.

People make a difference, which means you can make a difference! You can help other people out, like doing community service projects. You can be a good friend to everyone at school. If someone is struggling with their homework, it is nice to help them. It is people working together that create peace!

Engage others. You can talk to others about your ideas about sharing peace and then they can talk to their friends. The more people talk about it, the more people will start displaying and understanding peace. Remember it will take time to get people involved, but everyone will benefit from talking about their ideas. The more we engage others, the more peace we will have!

Accept Differences. Being kind to everyone is very important to me and I hope it is important to you too. It is always nice to give people compliments. When you make someone feel good about themselves, it will make you feel good too. No two people are the same; don't treat people unkindly because they are different from you. If you are a true friend it means that you are a person who shows kindness to everyone. It is good to include others when they are feeling left out. True friends don't judge others by how they look, only by their true character. Accepting differences will create more peace!

Comfort others. Comforting others shows that you love and strongly care about them. One of my friends died at a young age, so I comforted his family by talking to them and trying to make them feel better. I was sad as well so my family showed me comfort. They talked to me, cuddled with me and occasionally took me to the cemetery to see him. Comforting others makes everyone feel better!

Experience the gift of peace! Once you know how to use these five components, you will have the gift of peace and can share it with others! Communicate your ideas so more people have a better understanding of peace. Let's all try to make a difference and share peace with people around us every day!

P = People make a difference

E = Engage others

A = Accept differences

C = Comfort others

E = Experience the gift of peace!



Dear Lion,

As we approach 100 years of service, I'd like to thank you for your tremendous efforts leading up to our Centennial. I also want to encourage you to report your club's hard work and continue working toward your end-of-year goals. Reporting allows your club's accomplishments to be recognized and shared with Lions around the world.

Here's how your club can finish the year strong and help usher in our next century of service:

- Invite and retain at least three new members to help your club grow and make Lions even stronger!
- Host a youth, vision, hunger and environment project in support of the Centennial Service Challenge.
- Plan a Legacy Project during the Centennial Celebration to create a visible reminder and a lasting legacy of your service to your community.

As our 99th year comes to a close, we can all take pride in our accomplishments. Let's keep up the momentum so we can continue to serve and turn our humanitarian vision into reality!

Sincerely,

Dr. Jitsuhiro Yamada
Your International President

from LEADERSHIP, Page 2

them to contribute with ideas, energy and effort.

Reinforce optimism. Great leaders are more optimistic than average. Share your optimism. It can open the door to a wealth of ideas, resources and opportunities. Spread the word - optimism can be contagious!

Show you care. Make sure our members know that you, as a Lions leader, genuinely care about their well-being as individuals. We've all heard the famous quote from Theodore Roosevelt, "**No one cares how much you know, until they know how much you care.**" Encourage them to reach their potential by showing you care.

It's up to you, as a Lions leader, to inspire and motivate your teams to even higher levels of achievement. That's how we can maximize our Lions leadership impact, achieving our goals while strengthening the pride for the future.

Thank you
VDGE Dan Kaiser



Lions, Lioness and Leos of 5M7,

The month of May means we have just two months remaining in our FY 2015-2016 in District 5M-7. For those Club's in need of dispersing their gambling operation proceeds prior to the end of the fiscal year, please consider making a donation to the **Minnesota Lions Vision Foundation (MLVF)**. You can designate your contribution towards a specific cause at the **MLVF**. Your donation can go towards programs like the *Children's Eye Clinic*, the *Macular Degeneration Center*, the *Lions' Eye Bank* or the brand new *Minnesota Lions' Eye Surgery Center*. Contributions are always welcomed, no matter what time of the year it is.

Lalita - Corneal Transplant Recipient

As a teacher and professor of education at St. Cloud State University, Lalita's life involved volumes of reading and countless work hours on the computer. So it was extremely unsettling for Lalita to realize that her vision was steadily failing.

"I had difficulty distinguishing surfaces that were the same color but at different levels or of different shapes. For example, I could not tell where the street ended and the sidewalk began when both were white and covered with snow. Scary, isn't it?"



As it turned out, Lalita had Fuchs' dystrophy, an eye disease that affects the delicate inner layers cornea (the clear front window of the eye). The cornea's cells begin to die, causing swelling. Vision becomes distorted, and everything begins to look murky. The disease is progressive, and as it worsens painful blisters can form on the eye's surface.

Fortunately for Lalita, there is a treatment for Fuchs' dystrophy: a corneal transplant. She received a cornea through the Minnesota Lions Eye Bank first for her right eye and then for her left eye. Lalita reports that her eyesight, and confidence, is back to what it used to be!

To the donors of her corneas Lalita expresses eternal gratitude. To the donors' families she says, "I thank you for sharing with me your beloved family member. I sincerely hope that the story of my recovery helps you heal during what is undoubtedly a time of great sorrow. Thank you!"

Don't forget 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.

Check out the new MLVF website (<http://www.mnlionsvisionfoundation.org/>) with information about vision projects supported by the Lions of Minnesota. Let PDG Paul or Lion Lyle know what you think of the new website and 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. **Thank you all 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

Montrose Lioness support MLVF

The Montrose Lioness donated 75 pairs of eye glasses to the Minnesota Lions Vision Foundation at a recent Governors Visit in April. Pictured left to right are: Lioness Marlette Babatz, Judi Salonek, Jane Mortensen and Lions DG Tom Fiecke.



Can Do Canines' Lions Newsletter Submission – May, 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 recent recipient of a Can Do Canines assistance dog is Kelli Heimerl. Kelli now has a greater sense of freedom, independence and peace of mind thanks to Mobility Assist Dog Justeen. Read their story below.

KELLI HEIMERL & MOBILITY ASSIST DOG JUSTEEN



Kelli Heimerl of Chaska, Minn. had been searching for the official diagnosis to her symptoms for a long time. It began when she simply felt a “little off” in various ways, but she couldn’t quite put the pieces together. After consulting with various doctors, an official diagnosis was finally reached—Parkinson’s disease.

Kelli struggles with balance and muscles contortions, and sometimes, she has trouble getting all the words out which she means to say. “I can spell the word, I can see the word, but I can’t exactly speak the word,” Kelli says. “Pretty much if it’s a symptom of Parkinson’s, I’ve been blessed with it.”

So to help with her many issues she applied to Can Do Canines and

was paired with a two year-old black goldador (a golden retriever/Labrador retriever mix) named Justeen. The ability for Justeen to hand her items has been an incredible gift.

“Justeen is constantly picking things up off of the floor for me, because I’m always dropping them,” Kelli explains.

In addition to picking up dropped items and helping to unload the groceries at home, Justeen also helps Kelli feel more comfortable in public. Now that she has an assistance dog, she says she receives immediate assistance.

“They can see that I’m shaking, and for some people, seeing Justeen validates that I have an illness,” Kelli says. “Very few people know what Parkinson’s is, so she’s become an incredible ambassador for me.”

Kelli is overwhelmed with thanks to everyone who helped raise, train, and eventually bring the two of them together.

“I appreciate every moment of the last one year, ten months and twenty eight days Can Do Canines gave me,” she says. “Justeen is the most kind, patient, and loving dog.”

Annandale Lions



(Above) The Annandale Lions assembled 550 bags of candy for their egg hunt, which drew 300 to 500 kids. (Below, left) DG Tom Fiecke presented a chevron pin for 55 years of service to Annandale Lion Bob Bayard at the Annandale Lions Governor's Night. They are pictured with Annandale Lion President Kent Davidson.



Big Lake Lions



The Big Lake Lions cooked up pancakes and French toast for the April 10 breakfast. From left to right: Don Orrock, Lee Fischer, Tim Suchy, DG Tom Fiecke, Roger Stang, Gene Earney, and Bob Noble.

Delano Lions



The Delano Lions Club cleaned the ditches of their adopted stretch of Highway 12 east of Delano April 14. Pictured above are (front) Lions Joe McDonald, Mike Hernandez, Todd Belz, Brad Felknor, Kevin Wasik, (second row) Dick Grinley, Rick Schaffer, Steve Rogers, Mike Nokelby, (back) Rob Pendleton, Tom Schaffer, Tom Stifter, Dale Elijah, Chris Keller, Phil Kern, and Jerry Vlaminc.

May 2016

Big Lake Lioness



The Big Lake Lioness hosted a bake sale in conjunction with the Big Lake Lions pancake breakfast April 10. Proceeds will go to Rivers of Hope.

"We Serve"

www.e-district.org/sites/5M7

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Spring Lake Park, Rogers, and Champlin Park Leos at Feed My Starving Children



Ninety Leo members from Spring Lake Park, Rogers and Champlin Park Leo clubs got together April 20 at Feed My Starving Children to pack food for people in Haiti. With the help of Lion Club members and other volunteers, the group packed more than 115 boxes of food. That is almost 25,000 meals packed in one hour!

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
glicht@heraldjournal.com



"We Serve"

www.e-district.org/sites/5M7



Lioness Spotlight



Upcoming Events:

May 1: **St. Francis Lioness** deliver the May Baskets they made for some Seniors.

May 5-7: **Cedar-East Bethe Lioness** Craft and Garage Sale @ East Bethel Ice Arena (See Add in the "Gram")

May 23: **Lino Lakes Lioness** presenting a Scholarship to a Centennial High School Senior.

May 25: **St. Francis Lioness** presenting Scholarships to two St. Francis High School Seniors.

June 4-5 **St. Francis Lioness** @ Pioneer Days

June 6: **Lino Lakes Lioness** presenting a Scholarship to a Forest Lake High School Senior.

June 9: **Lino Lakes Lioness** Clowns @ Clowing at Spring Lake Park Tower Days .

June 12: **Lino Lakes Lioness** Clowns @Spring Lake Park Tower Day Face Painting 1-5 PM



PORK CHOP DINNER

APRIL 29

COKATO ELEMENTARY SCHOOL

4:45 – 7:00

PROCEEDS SHARED WITH DC MUSIC BOOSTERS

MEAL \$8.00 EXTRA CHOP \$2.00 KIDS MEAL \$3.00

Cedar-East Bethel Lions and Lioness

ANNUAL CRAFT AND GARAGE SALE

May 5: 9 AM – 7 PM
May 6: 9 AM – 6 PM
May 7: 9 AM – NOON

*Set up starts at 8 AM, May 4th
Vendors must have their spaces cleared up by 3 PM, May 7th*

East Bethel Ice Arena
20675 Hwy. 65 NE

SEEKING VENDORS AND CRAFTERS
Table rental is \$10/table of any size up to 8 feet
(you provide your own tables)

To reserve space or for questions contact
Lion Deanna Klevun
763-434-3017

Food and Drink will be available for purchase.

All profits are used to support our local community



We Serve



FEED MY STARVING CHILDREN FOOD PACKING EVENT

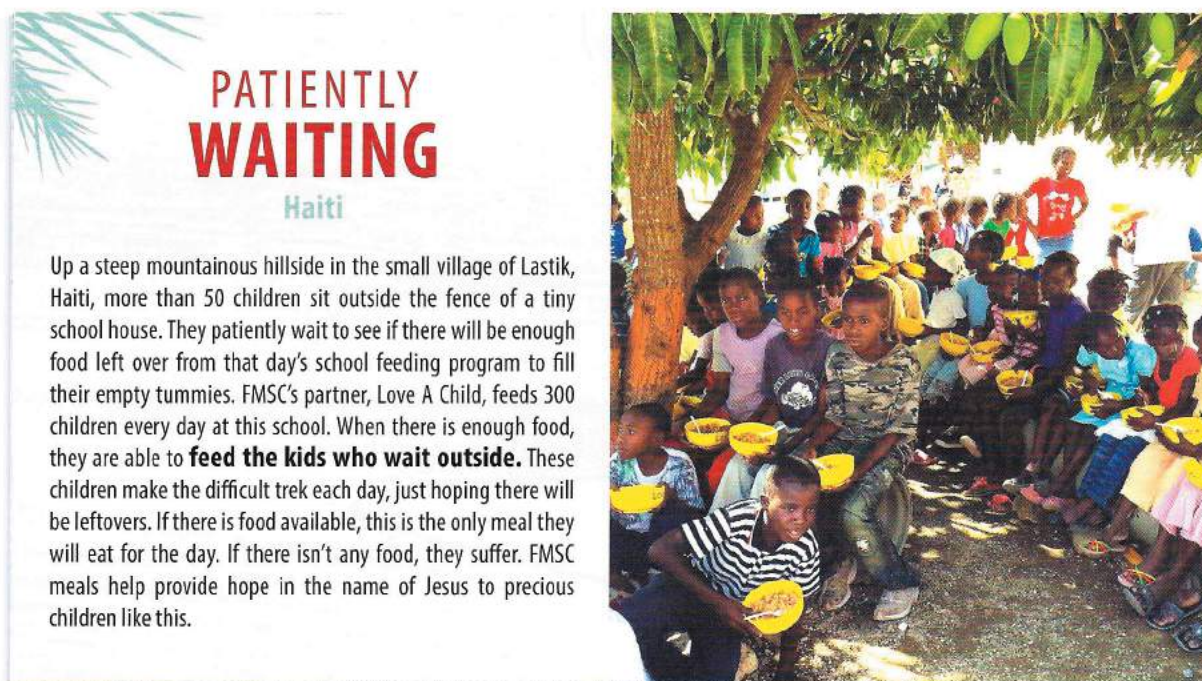
On Thursday, May 5, 2016, from 6:00 - 7:30 PM, the Lions, Lioness & Leos of Zone 5 (Andover Lions, Anoka Lions, Anoka Lioness, Coon Rapids Lions, Coon Rapids Lioness, Coon Rapids Leos, Ham Lake Lions and Ramsey Lions) and Zone 6 (Blaine Central Lions, Columbia Heights Lions, Coon Rapids North Star Lions, 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 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!

You're invited!

Elk River Lions Club 45 years

45th 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 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 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

PURSE



MAY 22, 2016

FRIAR TUCKS

1500 LAKE STREET SOUTH, FOREST LAKE

2PM

\$26 PER 13 GAME PACKET

FOREST LAKE LIONS LICENSE 02190-015



"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 24th**

****Centennial High School East Building in Blaine is May 25th**

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

**Join us June 4, 2016 for the
Fifth Annual D-Feet Hearing Loss Fundraiser Walk**



Event Details:

June 4, 2016

9:30 a.m.

Landscape Arboretum

Chaska, MN

With your \$25.00 registration/donation you receive:

- ♦ Entrance to the Landscape Arboretum for the day
- ♦ Event t-shirt
- ♦ Lunch (including root-beer floats)
- ♦ Featuring the Teddy Bear Band
- ♦ Lots of children's activities, games & prizes
- ♦ Fun for families of all ages
- ♦ A chance to change a child's life through your \$25.00 registration/donation

**Kids 12 &
Under get
in free!**

Bring the whole family for a day of fun for all ages!!!!



Visit us for more info at: www.5mhf.org

FEATURING:



**MARK
YOUR
CALENDARS!
June 4, 2016**

**TEDDY BEAR
BAND**



MULTI DISTRICT LIONS, LIONESS & LEOS GOLF TOURNAMENT

GOVERNOR'S CUP

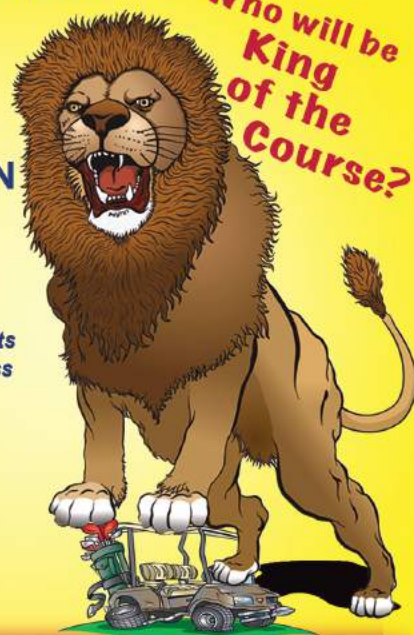
4-Person Scramble Golf Tournament

TUESDAY JUNE 14, 12-NOON SHOTGUN

18 Holes - 4 Person Scramble

Full Meal After Event • Contest & Prizes!

*Who will be
King
of the
Course?*



*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.

NOW SERVING
strong beer & mixed drinks

**WHISPERING
PINES
GOLF COURSE**

County Road 6, Annandale

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
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
612-385-7181



FLYER DESIGN BY SUE A. HUGHES • 320.903.0019

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



Hosted by
MD5M Lions



Northern Pride Lions Leadership Forum



November 11th - 12th, 2016

Shooting Star Convention Center, Mahnomen MN USA

2016 Registration Form

"Meet your fellow Lions from Wisconsin, Nebraska, Iowa, Saskatchewan, North Dakota, South Dakota, Manitoba, NW Ontario and Minnesota."

Your District & Club Name: _____

Name & Title _____

Address _____

City/Town _____

State/Prov. _____

Zip/Postal _____

Phone (w / area code) _____

Email _____

Registration form at
<http://www.lionsmd5m.org>

ALL costs are in USD
Canadians are asked to
send USD money order to
PDG Cheryl



Special Dietary Needs: Vegetarian, Gluten Free, Allergies _____ (circle ones that apply)

Registration Fee \$99.00 USD

Registration includes Friday evening Meet & Greet Mixer (if you are arriving then), Your choice of up to 6 of the 36 Seminars on Saturday, Saturday lunch and dinner with dynamic guest speakers: PDG Brian Sheehan and PDG Robert Littlefield. (Saturday Breakfast on your own, seminars start at 9 AM)

Make cheques / money orders payable to: **Northern Pride Lions Leadership Forum**

US residents mail to:

PDG Dave Jensen,
32549 Co Rd 11
Wendell, MN USA
56590-9771
R. 218.458.2428
C. 218.770.9410
E. oakstuff@runestone.net



Canadian residents mail to:
Send USD money order

PDG Cheryl McKittrick
PO Box 340, Crystal City
MB Canada R0 0N0
E. cemckit@gmail.com
R. 204.873.2091
C. 204.825.8073



Cancellations prior to October 31st, 2016 will have a \$25.00 fee applied, NO Cancellations after October 31st, 2016 except for Medical emergencies are accepted anytime with doctors letter (\$25.00 fee still applies).

For more information contact: PDG Dennis W. Kelly at cdk3inc@outlook.com

Hotel Reservations – Contact the hotel directly – Rate \$65.00 USD per night (+ taxes) Until October 30th, 2016

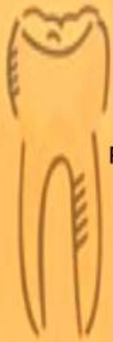
Shooting Star Hotel & Casino, Mahnomen, MN – call 1-800-453-STAR and ask for block #71.

This block is called **"Northern Pride Lions Leadership Forum"**

Mouth Care Starts at Birth

As a mother-to-be, it is important to know how to care for your newborn's first teeth before they arrive.

- Gently wipe out your newborn's mouth with a moist towel after every feeding
- This will get you in the habit of cleaning your baby's mouth and your baby will get used to it too, making it easy once your baby has teeth.
- Avoid giving your baby sugared liquids. These can cause cavities.
- Though baby teeth fall out, they are very important: they help the child chew food, and pronounce words correctly
 - Once the first tooth appears, brush it twice daily with a soft tooth brush and a small amount of fluoride toothpaste (the size of one-half of a pea). You can use the same toothpaste that you use for yourself. After each brushing, wipe out the mouth with a moist towel to get rid of the excess toothpaste.



To learn more, visit the Minnesota Oral Health Project website minnesotaoralhealthproject.com and like us on Facebook.

Cavities **can** be prevented!



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Risk Factors for Cavities in a Young Child

- No daily exposure to fluoride from drinking water or toothpaste
- No fluoride varnish applied by a dentist or a primary care medical provider four times a year
- Frequent exposure to sugary foods and drinks
- Long-term exposure to liquid medicines that have been sweetened with sugar
- Use of bottle or sippy-cup containing anything other than tap water at nap or bed time or between meals
- Family members who have cavities
- Caregivers who wet the child's pacifier with her/his own saliva, or pre-taste or pre-chew the child's food
- No dentist who will see the child on a regular basis for prevention and any problems that arise
- Child has special health care needs, including developmental delays, physical, medical, or mental disabilities that prevent or limit performance of oral health care by caregiver

To learn more, visit the Minnesota Oral Health Project website minnesotaoralhealthproject.com and like us on Facebook.

Cavities **can** be prevented!



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Emergency Room Care for Sick Teeth is Incomplete Care

- For many families who have no dentist, the ER is the clinic of last resort when pain and infection arise because of sick teeth.
- But, be aware that . . .
 - ER care is incomplete because ER doctors only treat the pain and infection with medicines. They do not fix the teeth.
 - The discomfort that led the child or adult to be seen in the ER often recurs, sometimes monthly.
- As caregivers of young children, try to keep your child's teeth healthy by:
 - Brushing their teeth twice a day starting with the appearance of the first tooth.
 - Give your child only tap water to drink day and night, in a bottle or sippy-cup. Do NOT add sugar to the water.



To learn more, visit the Minnesota Oral Health Project website minnesotaoralhealthproject.com and like us on Facebook.

Cavities **can** be prevented!



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Do you want your child to have healthy baby and permanent teeth?

If so, ask your child's medical provider about fluoride varnish.

Varnish can be applied in less than 5 minutes and is non-invasive.

To learn more, visit the Minnesota Oral Health Project website minnesotaoralhealthproject.com and like us on Facebook.

Cavities **can** be prevented!



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