



5M7 GRAM

January 2017



Hoping everyone had a Merry Christmas and will enjoy the New Year. Thanks to all the clubs that have held their Governor's Visit so far. I have many more in the new year, but there are a few clubs that haven't scheduled one yet. Please get those done!

It's January and time to talk Mid Winter. Please check with your secretary for your delegate information. They were mailed out the week of December 12 so every club should have received them.

Our Mid Winter is January 13-15, 2017. Opening Ceremony will begin at 6:45 p.m. Friday and everyone entering the room will receive a Lions reusable bag, full of really great information. Next is the Presentation of Flags, followed by the Memorial Service. If it's your first Mid Winter Convention, please attend the first timers meeting for information on the First Timers Contest. Hospitality rooms will open after the Memorial Service.

Saturday morning will begin at 9 a.m. with Jessica Moore, a young lady who has had a double corneal transplant. I've heard her speak and she really tells it like it is. Next at 10 a.m., Lion Bob and Sue have raised puppies for Leader Dog for the Blind. They've raised a few puppies and talk about how different each one is.

At 11 a.m., Lion Bunny talks about being blind, about the different Leader Dogs she has had. Lion Bunny is a good friend and great speaker.

The Luncheon will begin at noon with a BIRTHDAY PARTY. We will be celebrating 100 years of Lionism. We will have the Governor's Address, honor the peace poster winner and give out some door prizes.

The Business meeting will begin at 2:45 p.m. Voting for Governor elect, 1st VDG elect and 2nd VDG elect will be held.

At 6:30 p.m., the Governors Banquet will begin. ID Nicolin Carol Moore will bring her message from Lions International. And there will be more door prizes. We will have a DJ "Tunes To Go" entertaining us.

Hospitality Rooms will open around 9 p.m.

Sunday morning will start with a Church Service appropriate for everyone. Deacon Mike Kraemer, from Holy Family Catholic Church will deliver his message. Sunday Brunch will begin at 9 a.m. We will hear from Christine LaMott, whose family has received a service dog from Can Do Canines. Again, I have heard Christine speak, and you will be very moved. And more door prizes

If you've signed up for this convention, THANK YOU!!!

If you haven't please consider coming down.

Thank you for all you do,
District Governor Steve





Lions,

The number one issue for me as Vice District Governor is membership. Virtually the only thing of value to our Lions Organization from top to bottom is its members. They are the only real asset that our Organization has. Men and women join Lions for two reasons:

First, because they have a social conscience - they want to make a contribution to the welfare of their community - from the person in need down the street to those afflicted by disasters across the country and the world, and

Second is to share their aspirations and successes in various ways with like-minded companions.

These people are the essence of humanity. They make the world a better place for this, they should be praised.

If you have a wonderful club, we want you to share this with others. How much easier would it be to invite new members, if we have something they can be involved with, from the time they are accepted into a fun club? Let's ask.

We hope to see you all at the MidWinter Convention

VDG Dan

Lions, Lioness, and Leos,

It's hard to believe the year is already half over. I've had a lot of fun getting out to as many of the clubs as I can. I know there are lots of you to visit yet this year. I hope that every one of you had a blessed holiday season and a very happy New Year.

Our Midwinter Convention is coming up really fast. I hope to see you all at it and help celebrate our anniversary. The convention promises to be a lot of fun. Please stop by 1st VDG Dan's and my hospitality room Friday and Saturday evening.

I'd like to remind everyone that the multiple convention is also fast approaching. Check out the Gram and/or the Multiple's website for information. It is April 21-23 up in Bemidji. It will also be a lot of fun and a great opportunity to visit with other Lions.

Thank you for all you and your clubs have done for others over the holiday season. I know every one of you were busy and so many people are touched by all you do.



Thanks,
2VDG Al Kvistero

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 20th 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 Lion Gabe Licht
glicht@heraldjournal.com

DGE Steve's calendar:

January

- 6-8 5M5, 5M6, and 5M9 Mid-Winter Conventions
- 12-15 5M7 Mid-Winter Convention
- 20-22 5M1 and 5M10 Mid-Winter Conventions
- 25 Chisago Lakes Lions Governor's Visit
- 27-29 5M4 Mid-Winter Convention

February

- 1 Crow River Lions Governor's Visit
- 3-5 5M8 and 5M11 Mid-Winter Conventions
- 6 Cokato-Dassel Lions Governor's Visit
- 7 Cambridge Lions Governor's Visit
- 9 Rush City Lions Governor's Visit
- 10-12 5M2 Mid-Winter Convention
- 17-19 5M3 Mid-Winter Convention
- 20 Montrose Lions Governor's Visit
- 21 Cedar east Bethel Lions Governor's Visit
- 28 Fridley Lions Governor's Visit

Upcoming events

January

- 27 Fridley Lions 2017 Winter Warm Up, 5:30-8:30 p.m. at 6310 Hwy. 65 NE Fridley, MN

February

- 5 Delano Lions Super Bowl Sunday Pancake Breakfast at Delano American Legion
- 12 Montrose Lions Pancake Breakfast, 8 a.m.-noon at Montrose Community Center
- 12 Howard Lake Lions Valentine's Day Breakfast Buffet
- 13 Zone 1 Meeting, 6:30 p.m. Social Hour, 7 p.m. Meeting at Huikko's in Buffalo
- 18 Lynn Johnson Memorial Ice Fishing Contest, 9 a.m.-2 p.m. Centerville Lake
- 25 Delano Lions Johnny Cash Tribute Concert, 7 p.m. at Delano American Legion



Have you noticed a new addition to the Parade of Green form? KidSight has been added for non-gambling funds.

Do you know what KidSight is? It is a program to safeguard the vision of children ages 6 months through 6 years.

Did you know 80% of learning is visual? If a child can't see well, he can't learn well. Yet most young children don't get their vision screened until they have problems learning or paying attention in school. By then, it may already be too late. Unless vision problems are detected early and corrected, they risk becoming permanent by age 7.

Our mission is to ensure eye screening and follow-up care is given to all kids because every child deserves to learn and see the world clearly.

Our Children are counting on us! Please donate to KidSight on the Parade of Green and contact us, your district KidSight Co-Chairs, to come visit your club. We'd love to give you a short presentation on this new exciting project.

Lions Mary Curtis, Ann and Tim Kaduce

5m7lionskidsight@gmail.com

2016-17 5M7 Cabinet

Title	Name	Phone number(s) or address	Email
District Governor	Steve Linder (Kathy)	R: 763-572-9348 C:612-382-2236	slinder71@usfamily.net
1st Vice Governor	Dan Kaiser (Cathy)	R: 651-583-3428 W: 651-361-7527	danandcathy@frontiernet.net
2nd Vice Governor	Allen Kvistero	R 763-428-8569 C 612-708-6753	akvistero@gmail.com
Cabinet Sec/Treas	Deb Roberge	C: 612-483-3962	debrob1955@gmail.com
IP District Governor	Tom Fiecke	R 320-327-2837 C 612-310-6235	lionfiecke@yahoo.com
Zone 1	David Stein	R 763-682-2264 C 763-548-4823	dstein@steincpa.com
Zone 2	Position open		
Zone 3	Martin Olson	R. 763-856-5510 C. 763-227-3336	mpolson@izoom.net
Zone 4	Position open		
Zone 5	Vicki Violet	763-442-5455	lionvickiviolet@gmail.com
Zone 6	Mary Curtis	C:612-269-3121 R: 763-323-8139	maryleacurtis@yahoo.com
Zone 7	John Thill	C 651-278-5097	jtbandit@comcast.net
Zone 8	Pat Kennedy	R 651-257-1900 C651-428-1341	pckennedy@frontiernet.net
Zone 9	Peter Lendway	R 320-396-4621	lendwaypeter@hotmail.com
Camps	Theresa Goff (Lyle)	R 763-754-8921 C 952-716-8900	t-m-goff@hotmail.com
Can-Do-Canines (E)	Jenny Black (Jeremy)	R 612-834-3464 W 952-924-5642	lionjennyblack@gmail.com
Constitution/ByLaws	Larry Kounkel (Mary)	R 763-295-3381 C 612-839-4090	larryandmk@gmail.com
Conventions/Forums	Terry Wold (Donna)	R 763-784-0203 C 612-759-5433	terry_wold@hotmail.com
Diabetes	Thomas Bourque (Beth)	R 763-208-3627 C 603-548-3958	waveruna.yahoo.com
Diabetes Foundation (E)	Deb Weston	B 763-635-4485 C 612-360-4696	dweston@ga-er.org
Diabetes Foundation (W)	Joel Anderson (Becky)	R 763-757-2515 C 612-916-4052	joel.anderson@jemtechnical.com
District Adviser Brain Toews (Joanne)		R 763-571-2841 C 612-812-3022	brian.toews@gmail.com
Environmental	Jan Dubats (Bill)	R 763-757-4143 C 763-229-9671	jdubats@comcast.net
Gambling Shawn Danahue (Chaundra)		R 763-444-9121 C612-701-4063 B 763-784-9179	sdonahue@usinternet.com
GLT Coordinator	Chad Vokaty (Lindsay)	R 763-639-6559	chadvokaty@gmail.com
GMT Coordinator	Judy Herrala (Mark)	R: 763-753-6962 C: 763-229-9005	jihbells@earthlink.net
International Advisor	John Edling (Bev)	R 320-743-2111 C 320-267-6715	jedling60@frontier.com
Kids Sight	Tim & Ann Kaduce	R: 763-786-0922 C: 763-257-5145	Kaduceam@msn.com
Kids Sight	Mary Curtis	R: 763-323-8139 C: 612-269-3121	maryleacurtis@yahoo.com
LCIF	Terry Wold (Donna)	R 763-784-0203 C 612-759-5433	terry_wold@hotmail.com
LCIF	Tom Fiecke	R 320-327-2837 C 612-310-6235	lionfiecke@yahoo.com
Leader Dog	Two positions open		
Leo Clubs Co-Chair Pete Yelle (Jackie)		R 763-755-0749 B 763-600-5055 C 612-718-1384	pyelle@district16.org
Leo Clubs Co-Chair	Alex Watson	R 651-274-6373	14AWatson@gmail.com
Leo Clubs Co-Chair	Norm McCarthy (Dawn)	R 763-784-4972	mccarthywnorm@q.com
Lioness Associate	Kathy Linder (Steve)	C: 651-335-0408 R: 763-572-9348	katlinder@usfamily.net
MD5M Hearing Foundation Norm Kelzenberg (Barb)		R 763-786-1819 C 612-219-8049	nhkelzenberg@Comcast.net
MD5M Hearing Foundation Hal Hinchliffe (Leslie)		R 763-780-4842 C612-701-0228	hhinchliffe9645@msn.com
MN Lions Vision W Paul Hansen (Shirley Klein)		R 320-274-3234 C 612-840-5960	pjhansen@windstream.net
MN Lions Vision E	Lyle Goff (Theresa)	R 763-754-8921 C 763-754-8921	gofflt@msn.com
Newsletter - GRAM	Gabe Licht	C 763-258-9915 B 763-972-1028	glicht@heraldjournal.com
Project New Hope	Kevin Beadles	C 612-251-0802	farfromthinkin@gmail.com
Special Olympics	Tom Waldren (Jill)	C 612-916-5164	forestlakeliontom@yahoo.com
MN State Fair Larry Kounkel (Mary)		R 763-295-3381 C 612-839-4090	larryandmk@gmail.com
Technology /Web/Facebook Allen Kvistero		R 763-428-8569 C 612-708-6753	akvistero@gmail.com
Wellness Van Program Asst Dawn Prince		B: 763-236-3810	dawn.prince@allina.com
Wellness Van Presenter Genia Sjerven (Brian)		C651-669-7519 esjerven@amfam.com, sjerveng@gmail.com	
Youth Outreach Virginia Hestekind (Jim)		R 763-786-3474	vhestekind@comcast.net
Mid-Winter Convention Terry Wold (Donna)		R 763-784-0203 C 612-759-5433	terry_wold@hotmail.com
Photographer	Ed Nelson (Sue)	R 763-784-0032 C 612-709-0698	etnelson1943@yahoo.com



2016- 2017 DISTRICT GOVERNOR CLUB VISIT

Club: _____

Preferred Date: _____ Alternate Date: _____

Social Hour: _____ Dinner/Meeting Time: _____

Contact Person: _____ Phone: _____

E-Mail: _____ Cell Phone: _____

Meeting Location: _____

Address: _____

City: _____ Directions: _____

Dinner: Yes ____ No ____ Joint Meeting? Yes ____ No ____

If so, list other club (s) _____

Special Requests during visit?(Install Officers, Induct new members,
present awards, or other _____

1st Vice Governor Invited? Yes ____ No ____ Spouse? Yes ____ No ____

2nd Vice Governor Invited? Yes ____ No ____ Spouse? Yes ____ No ____

Zone Chair Invited ? Yes ____ No ____ Spouse? Yes ____ No ____

Please return this form to me via email or snail mail to schedule your club visit. I will contact you one week before visit to reconfirm your date and go over any special requests.

District Governor Lion Steve Linder
1583 S. Bavarian Pass Fridley, MN 55432
(H) 763-572-9348 (C) 612-383-2236
slinder71@usfamily.net



Minnesota Lions Vision Foundation

Hellen Keller Sign Awards

In 1925, when Lions International was 7 years old, Helen Keller spoke to Lions members at their annual convention and challenged them to become “knights of the blind in the crusade against darkness.” That speech set the Lions’ course for their efforts in sight preservation. Since then, millions of Lions have devoted their service careers to helping people with visual impairments. Looking at all Helen Keller accomplished, it is small wonder that the Lions are inspired by this exceptional woman and quite natural that the Minnesota Lions Vision Foundation developed the Helen Keller Sight Award as a tribute to her.

Since 1992, more than 2,000 Helen Keller Awards have been bestowed on deserving recipients who have distinguished themselves on behalf of sight. The awards are an excellent way to honor a Lion, Lioness, non-Lion individual, business, or organization. The recipient receives a beautiful plaque and pin, and the recipient’s name is displayed on a Helen Keller board in the University of Minnesota’s Eye Clinic. Both the donor and the recipient have the satisfaction of supporting worthwhile Lions projects.

PDG Paul and Lion Lyle are available to assist you with confirming your club’s Helen Keller Sight Award balance, in ordering and in presenting the awards. There are 277 awards available for presentation by our clubs and district. Please consider honoring an individual, group or business that has supported your club by presenting them a Helen Keller Sight Award. If you have any questions, please contact PDG Paul or Lion Lyle.

Community Sight Service Projects

For over 90 years, Lions have been supporting sight conservation efforts and aiding those with visual impairments. While used eyewear collection and the creation of Lions eye banks have received the majority of the accolades, PDG Paul and Lion Lyle are looking to hear about your club’s efforts. If your club has a project or a fundraiser dedicated towards vision, we want to hear about it.

Are you working with local schools with vision screenings? How about connecting with your local senior citizens

on sight conservation efforts? Does your club organize sorting used eyewear and utilize some help from outside of the club? Are providing free eye exams or glasses for individuals in need? Do you have an annual fundraiser where the proceeds are dedicated to sight preservation?

PDG Paul and Lion Lyle would like to share your stories and ideas with the rest of 5M-7. Please contact us with your club’s vision projects or if you are looking for ideas on how you can organize a local event. Remember, sight is one of the four Centennial Service Challenge campaigns. You can create a Centennial Legacy project dedicated towards sight.

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 Vision Foundation* and you’ll be able to link the Foundation to your Amazon account. Now every time you make a purchase through Amazon, 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. It’s a perfect way for you to give a little bit extra while you’re making your gift purchases or buying your everyday needs.

Please have your club or zone schedule PDG Paul and/or Lion Lyle for a visit. We look forward to seeing you all at the Mid-Winter Convention in Bloomington on January 13th to the 15th! Don’t forget to bring your used eyewear to drop off at the Minnesota Lions Vision Foundation information booth! We’ll have some great information to share with you and look forward to visiting with you when you stop by for a visit.

Thank you Lions, Lioness and Leos of 5M-7 for truly being **“Knights of the Blind!”**

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

Gratitude: A mindful solution to pollution

My daughter, Dawn Pape, has written thoughts pertaining to the environment and gratitude. In 2017, may we think more about the world we live in by making it a better place to live.

Environmental Chair Lion Jan Dubats

Positive psychologists are fascinated by what raises our mood, but it was Aristotle who identified two pathways to conscious happiness:

Fulfillment: Using our gifts and talents on behalf of what matters to us

Contentment: Experiencing pleasurable moments and being satisfied with life

This time of year people spend a fair amount of time searching for the perfect gifts to make their loved ones content. Acquiring new toys and gadgets does make us happier—for a while. A new toy, or even car, is exciting as the dopamine kicks in, but eventually the brain gets familiar with the new item and searches for something else new. The “feel-good” just doesn’t last. This phenomenon is known as the “hedonistic treadmill,” or the tendency to quickly return to a relatively stable level of happiness despite major positive or negative events.

As a capitalistic society, “Got to have it! Got it! Want something else!” is not only the norm, it is the underpinning of American culture. But, not only is this behavior of constant consumption ultimately unfulfilling, it is destructive to our Earth. Right now we inhabit the planet with nearly 7.5 billion other people. In trying to understand this enormous number, consider that more people have been born in the last 50 years, than the previous 4 million years. Logically, more people on the planet means more consumption of finite resources.

In 2009, Swedish and Australian scientists Johan Rockström and Will Steffen led a group of prominent scientists, including Nobel laureate Paul Crutzen, that proposed a framework of “planetary boundaries” designed to define a “safe operating space for humanity.” The group identified nine “planetary life support systems” essential for human survival, and attempted to quantify just how far these systems have been pushed already. They then estimated how much further we can go before our own survival is threatened; beyond these boundaries there is a risk of “irreversible and abrupt environmental change” which could make Earth less habitable. Their research indicates that three of these boundaries—climate change, biodiversity loss, and the biogeochemical flow (aka nitrogen cycle) boundaries—have already been crossed.

The possibility that three planetary boundaries have already been crossed is jaw-dropping and daunting. Since most of us aren’t world leaders, it’s hard to know where to start and what could make an impact. What is the remedy to this “never enough” syndrome? Gratitude. As it turns out, dopamine and other uplifting chemicals are released by the acts of gratitude and savoring. This is because our dopamine output increases not only when we experience something pleasurable the first time, but again when we remember it—so we get a double dose, or triple! It encourages our brains to pay attention to what we have and give it a lasting effect and meaning.

So does this mean you should just show your loved ones pictures of what you gave them last year and tell them that you hope they still like it? That might not be popular, but what if gifts weren’t the focus of festivities? What about making a group activity like caroling, volunteering, baking or a sleigh ride the focus? What if families taught their children to have a different relationship with belongings? It’s true that some material goods are essential and life-saving, a lot of stuff is just stuff. It’s not the gifts that make the season great, it’s the gratitude for all of life’s blessings. Happy holidays!

Written by Dawn Pape on behalf of the Bassett Creek Watershed Management Commission (BCWMC), a local unit of government comprised of the nine cities that drain to Bassett Creek, focused on protecting water. BCWMC is a member of the West Metro Water Alliance. www.bassettcreekwmo.org.

Dawn Pape

Can Do Canines' Lions Newsletter Submission – January, 2017

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 Braxton Wiebusch. Braxton now has a greater sense of freedom, independence and peace of mind since thanks to Mobility Assist Dog Blue. Read their story below.

BRAXTON WIEBUSCH & MOBILITY ASSIST DOG BLUE



Braxton Wiebusch from Sartell, Minn. enjoys hunting, fishing, camping and competing in wheel chair hockey. He's a 20-year-old college student with Duchenne Muscular Dystrophy (DMD), a degenerative muscle disease that affects every muscle in Braxton's body. Braxton and his family all wanted an assistance dog, but they were uncertain about this decision because of the fur allergies they collectively deal with.

Enter the playful and sweet canine, Blue. Blue is a handsome two-and-a-half-year-old Poodle who sports a white and brown coat. Not only is Blue specially trained as a Mobility Assist Dog because of his temperament and abilities, but he also rarely sheds due to his unique hair. All of those things made Blue a perfect fit for Braxton and the Wiebusch family. Blue loves helping Braxton with things like opening and closing doors, picking things up from off the ground like his keys or the remote, and providing comfort to Braxton while staying in his room at night.

Braxton found out about Can Do Canines while he was attending the Muscular Dystrophy Association Summer Camp. He chatted with a few of the other campers about their dogs and decided that he should follow through with their suggestions to apply. Braxton was on the waiting list for two years until Blue was ready to train and begin the bonding process. Braxton noted, "Being on the waitlist for a Poodle was well worth the wait. While they can be a little more challenging to train than a lab, they're very smart animals and are completely worth it!"

It takes a village to raise, train and partner an assistance dog for clients like Braxton. With your help, Blue was given to the Wiebusch family free of charge. Braxton is very grateful for your support so that he can live a more independent life. He exclaims, "Your donations really help! The assistance dogs help people even when you may not see that. They help keep morale up and they offset the daily stressors that people have."



The Lions MD5M Centennial Planning Committee Needs Your Help!

MD5M will celebrate the Lions Centennial on the first weekend in June 2017 at the Mall of America.

MOA will feature large screens in the Rotunda showing Lions Videos for the entire weekend!

We need your Clubs/Members
videos and pictures!
They can be recent or several years old.

The clips/photos will be put together for a presentation by District.

Send your Videos and Pictures Via Email or DVD via US Mail to:

PDG Dave Reach

dreach@valgroup.net
15460 Weaver Lake Road
Maple Grove, MN 55311
612-310-5534
Districts 5, 6, 7, 10, 11, 13

PDG Joe Schlichenmeyer

joepatasc@hbcsc.net
1242 Morse Avenue
St. Charles, MN 55972
507-932-5838
Districts 1, 2, 3, 4, 8, 9

Any digital format accepted. Filename should include club name, event, other identifying info.

Suggested Filename Format: District.ClubName.Description.extension

For Example: 5M5.HopkinsNoontime.Picnic.jpg

Deadline for submission is January 15, 2017. *But, do it now!*



“ UPDATE ON TRAIN”
ALL ABOARD FOR THE 2017
LCI INTERNATIONAL CONVENTION
By Roger Johnson, 5M7 District Centennial Coordinator

As you know we were trying to work something out with Amtrak as to having a train car for Lions to go to Chicago for the Convention.

PDG Lion Dennis Kelly has contacted Amtrak regarding a train car for Chicago as we had over 75 people interested in taking the train.

So here is what we have learned:

Stops: They cannot make multiple stops. Everyone would need to get on at the same location.

Fare: \$68 each way.

In looking at the price of the fare, it would mean that everyone would have to catch the train in the Twin Cities as that is the fare they show for St. Paul. Everyone would have to make their own reservations.

They also said that if we wanted to have a whole train, we would have to have 250 guests confirmed before they would approve and we would have to work with their Charter Sales people.

Amtrak also said that if requested they will provide a special convention fare for anyone going to the convention from any location; however, they did not elaborate on how this is done. We are thinking that this might be something that LCI would have to arrange with Amtrak.

If we have 75 people who want to leave from the Twin Cities on a specific date and return on a specific date we will have to fill out a Group Travel request and submit to them. They have a 48 hour turnaround time to approve.

We will contact those who have shown interest in taking the train to see if they are still interested and if so we can look into the Group Travel request. Otherwise, our only suggestion is that everyone makes their own reservations with Amtrak and board the train at the location they choose. For those who live West and North of the Twin Cities the cost will be more. You will still need to get a taxi in Chicago to get to your hotel.

We want to thank everyone who showed interest in the train and we wish that Amtrak would have been a little more user friendly.

If you wish to sign up to “Take the Train” to the Chicago Convention, please send me an email message to that effect, with # of riders, the name of each passenger, and your Club name to:

Roger Johnson at rogvicki@msn.com

Thank you!

Lions Clubs International

Celebrating 100 Years of Service

Lions Clubs of Minnesota - Celebrate at the Mall of America

Saturday, June 3rd 2017

Hello fellow Lions, Lioness, and Leo clubs. We are working hard to make our celebration at the Mall of America both a great way to share our story of community service and to provide a way for the community to get involved.

Our plans include activities that support our four centennial areas: Sharing the Vision, Relieving the Hunger, Protecting our Environment, and Engaging Our Youth. We are still in the planning phase- and need your support.

Relieving the Hunger: We are working with 2nd Harvest Heartland to have stations at the MOA that both attendees and Lions members can put together "Kids Meal/ Snack Packs". These packs would then be distributed to 6 food banks through out Minnesota. (Crookston, Rochester, Duluth, Fargo/Moorhead, Grand Rapids, and the Twin Cities)

Here is where we are in need of your help. Each "kids pack" will cost \$3. We need your financial support to help make this happen. Donation checks need to be made to 2nd Harvest Heartland. They are a 501c3 organization, so gambling funds can be used. Attached is a donation form that your club can fill out and send to the committee lead. Any amount will help.

After your donation, we will ask you to let us know what time frame you'd like your club to be recognized. Each hour that we pack (from 11-12, 12-1, etc) will include the names of those clubs. So if you'd like to assist and "work" at those same times (family & friends welcome)- we will make sure you are recognized at the same time. We need your donation no later than March 1st, 2017.

We hope your club will get involved in some way at this once in a life-time event. There will be many other ways to also get involved. As these areas are confirmed we will send information out to you. Thanks for all you do!

**WHERE THERE'S A NEED
THERE'S A LION**



Why Donate to 2nd Harvest Heartland....

1. You are helping to support giving kids in need -summer "snack packs" that will be distributed all over the state of MN.
2. Your club will be a part of the 5M Lion's 100th Celebration. And will be recognized.
3. You can use this donation as part of your Centennial project.
4. Your donation is to a 501c3 organization. You can use gambling funds.
5. Club members can get involved at the Mall of America in putting together these packs and assisting others.



Second Harvest Heartland Donation Form

Club Name: _____ District # _____

Address: _____

City/State/Zip: _____

Contact Name: _____ Phone: _____

Email: _____

Amount of Donation: _____ \$25 _____ \$50 _____ \$75 _____ \$100

_____ \$250 _____ \$500 _____ \$1000 _____ \$ Other

Please make checks out to Second Harvest Heartland.

Second Harvest Heartland 501c3 23-7417654

1140 Gervais Ave, St.Paul, MN 55109

You will receive a donation receipt once processed.

Your donation will help fund the Lion's "Kid's Meal/Snack Packs" at the Lion's 100th Celebration on June 3rd @ the Mall of America event. Any remaining funds will become the property of Second Harvest Heartland.

Please attach your check & mail no later than March 1, 2017 (absolute deadline) :

**Lion Cheryl Thompson
Centennial Hunger Chair
903 Montrose Blvd S
Buffalo, MN 55313**

You will receive information on sign up for special recognition of your club no later than April 1st, 2017.

Have questions? cherylakthompson@gmail.com or call 612-481-3088

Otsego Lions



The Otsego Lions hosted a Gifts Anonymous program Dec. 17. There were 246 families registered for the event, and about 645 area kids were served. This was the second year for the event, and it was a success despite the cold weather.



Send pictures from your club's events to glicht@heraldjournal.com for inclusion in the next 5M7 Gram!

North Branch Lioness



The North Branch Lioness hosted the Santa Days breakfast at the Chisago County Senior Center in North Branch. (Above) Lioness are pictured with Santa. (Middle) North Branch Lioness Linda and Bobbie are pictured. (Bottom) Santa's Workshop is pictured.



Spring Lake Park Leos

For the ninth year, the Spring Lake Park Leos hosted the Holiday House at Spring Park High School for more than 120 kids under 10 years to do their holiday shopping. Forty-five Leos volunteered to provide a fun shopping experience for the young people. The Leos were shopper helpers and assisted the kids to find just the right gifts for their family. Then, with the help of SLP Lions and Leos, the presents were gift wrapped and sent home with the happy shoppers.



Montrose Lions and Lioness



The Montrose Lions and Lioness hosted their annual Christmas party Dec. 3. They enjoyed a catered meal and had a great time socializing.

Zone 6 Lions



At a recent Zone 6 meeting, attendees were asked to bring socks for the Alexandra House. Lione Pete Yelle is pictured presenting the socks to Jess Cheney, Community Education Coordinator for the Alexandra House.

SAVE THIS DATE

Jan 13, 2017

Gambling Seminar
Cabinet Meeting
Opening Ceremony and Memorial Service
Socializing and Hospitality Rooms

Jan 14, 2017

Casual Dress till the Governors Banquet= Club Vest and/or Club Shirts
Speakers
Display Tables
Meetings Birthday Party at Lunch
Governors Banquet

Jan 15, 2017

Non-denominational Church Service
Breakfast

**And More don't miss this years
Mid-Winter Convention**



Banquets of Minnesota ~ 6310 Hwy 65 NE ~ Fridley, MN 55432

\$30 at the Door or \$25 in Advance per Ticket

For more information or to purchase tickets contact

Fridley Liquor Store 248 - 57th Ave NE

www.fridleylions.org or rsolz@comcast.net

WANTED: YOU!!
FOR: AN UNBELIEVABLE OPPORTUNITY
WHAT: 2017 MD5M Regional Lions Leadership Institute
WHEN: March 30 – April 2, 2017
WHERE: Shooting Star Convention Center in Mahanomen, MN

We are looking for Lions from your district to attend the 2017 MD5M Regional Lions Leadership Institute! Lions that are selected as participants in the Institute must be in good standing in a Lions Club and may not be a 1st Vice District Governor, District Governor, Past District Governor, International Director, or Past International Director.

The \$150 fee for the Leadership Institute includes the cost of materials, facility, staff, and three (3) meals. Room costs and additional meals are not included. However, a \$100 rebate from MD5M, through a grant from LCL, will be given to each participant that completes the program. Participants **MUST** be available to attend **ALL** sessions beginning on Thursday evening and ending Sunday afternoon.

Each district has the opportunity to send six (6) participants; however, if other districts do not meet their allotment, your district may send additional Lions. The Institute will have a maximum of 72 participants.

Applications are available from your District Governor or on the MD5M Website and are due (without fees) by December 1, 2016. Your District Governor will then make the final participant selection.

Institute graduates from your district will tell you that the Regional Lions Leadership Institute is beneficial for you in every facet of your life and not just in your role as a Lion.

If you have questions concerning the Institute, please feel free to contact:

Lion Earl Orvik – ejorvik1@gmail.com

We look forward to giving **YOU** this **UNBELIEVABLE OPPORTUNITY!!**



February 18th, 2017
Centerville Lake, Centerville MN

Tournament Ticket Sales	9am
Fishing Contest	11am
Final Weigh-in	2pm

Tickets will be sold on the lake, one hole for \$10, two for \$15.

Door prizes, kid's handouts, same day raffle, bouya, chili, hot food, beer and drinks

No portable ice houses, coolers, alcohol, or glass containers may be brought in. Contestants must have fishing ticket in plain view at all time.



This is a fund raiser for the Centerville Lions. Non-perishable food items will be collected for the food shelf. Special Assistance available for those in need.



Join us at the
"LIONS OF THE NORTH"
 98TH MD5M Convention
 April 21,22,23, 2017
 Sanford Center, Bemidji, MN
 Hosted by District 5M-10



REGISTRATION FORM

Please Print

☐ Lion ☐ Lioness ☐ Leo ☐ Guest

☐ Lion ☐ Lioness ☐ Leo ☐ Guest

NAME: _____

NAME: _____

ADDRESS: _____

ADDRESS: _____

CITY: _____ STATE/PROV/ZIP: _____

CITY: _____ STATE/PROV/ZIP: _____

EMAIL: _____

EMAIL: _____

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	AT 2016 MD5M CONVENTION	BEFORE MARCH 1, 2017	ON OR AFTER MARCH 1, 2017	NUMBER ATTENDING	AMOUNT
HOSPITALITY BOOK	USD: \$100	USD: \$110	USD: \$125		
FRIDAY NIGHT MIXER	FREE WITH HOSPITALITY BK	USD: \$20	USD: \$20		
SATURDAY BREAKFAST	FREE WITH HOSPITALITY BK	USD: \$20	USD: \$25		
SATURDAY LUNCH	FREE WITH HOSPITALITY BK	USD: \$25	USD: \$30		
SATURDAY BANQUET	FREE WITH HOSPITALITY BK	USD: \$45	USD: \$45		
SUNDAY BRUNCH	FREE WITH HOSPITALITY BK	USD: \$25	USD: \$30		
<input type="checkbox"/> YES, I AM COMING TO THE CONVENTION BUT NOT STAYING FOR ANY OF THE MEALS. USD: \$0.00				TOTALS:	

"Zero-K Walk for Diabetes" USD: \$20.00 per Person. Includes a free T-shirt.

T-Shirt Size/Quantity: (S) _____ (M) _____ (L) _____ (XL) _____ (XXL) _____ (XXXL) _____

Make checks payable to: **MD5M 2017 CONVENTION**

Mail payment & registrations to:

BEMIDJI LIONS CLUB

P.O. BOX 3045, BEMIDJI, MN 56619

Convention Information Email:

Lion Wayne Tieman: tieman13@yahoo.com

Lion Mel Milender: melmile@msn.com

GRAND TOTAL

SUBMITTED:

Cancellations accepted and refunded prior to April 1, 2017. \$20.00 fee for cancellations.

SEE SEPARATE FORM FOR AVAILABLE HOTEL ROOMS AND RATES

Bemidji 2017

January 2017

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

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To See and Do!

Tours



Air Corps Aviation
~Specializing in the restoration, maintenance, and rebuilding of vintage WWII aircraft. Passion, dedication and award-winning detail.
www.aircorpsaviation.com



Bemidji Woollen Mills
~Historic, Fashionable and Family owned and operated. Local fiber to final product.
www.bemidjiwoolenmills.

Lakeland Public Television ~
Educate, entertain, enrich and enlighten. Local and national programming. A true gem of the North. Empower citizens and connecting the diverse communities across the region. Reaching an estimated 7,500 sq miles.
www.lptv.org



Other Opportunities:

Pinewood Fire Tower and Forest Education Center
<https://www.youtube.com/watch?v=YJG2uw-9Zb8>
Many other attractions: www.visitbemidji.com

Hotel Accommodations

Country Inn and Suites
(Convention Headquarters)
218-441-4800
110 rooms on hold
Attached to Sanford Center

Additional

Accommodations:

AmericInn 218-751-3000
Best Western 218-751-0390
Double Tree by Hilton

218-441-4400
Shuttle to Sanford Center

Hampton Inn & Suites
by Hilton

218-751-3600
Shuttle to Sanford Center

Holiday Inn Express

218-751-2487

Quality Inn 218-444-7700

Super 8 218-751-8481





CONVENTION AND HOTEL RESERVATION FORM
LIONS CLUBS 100TH INTERNATIONAL CONVENTION
 Chicago, Illinois USA • Friday, June 30 – Tuesday, July 4, 2017



DEADLINES MAY 1, 2017:

• Deadline for advance registration and hotel reservation. (Registrations after this date will be processed in Chicago). • Deadline to submit a refund request for registration, housing and/or ticketed event cancellation.

REGISTRANT INFORMATION: Please type or print name as it appears on passport/photo ID.

First Name/ Family (Last) Name _____ Badge/Call Name _____

Address _____

City _____ Postal Code _____ Country _____

Daytime Phone _____ E-mail _____

☐ Leo ☐ Lioness ☐ Omega Leo Club No. _____ Membership No. _____ District _____ Title _____

COMPANION: First Name/ Family (Last) Name _____ Badge/Call Name _____

☐ Leo ☐ Lioness ☐ Omega Leo Club No. _____ Membership No. _____ District _____ Title _____

CHILD: First Name/ Family (Last) Name _____ Age _____ ☐ Alpha Leo

PACKAGE A:

Includes convention registration for each registrant listed above plus one (1) hotel room serviced by shuttle buses during convention.

☐ Before January 13, 2017 ☐ Reservation in delegation hotel
☐ After January 13, 2017 ☐ I prefer my delegation hotel ☐ Prefer another hotel

Hotel Name _____

Arrival Day/Date _____ Departure Day/Date _____

Number of Guests in Room _____ Number of Beds Needed ☐ 1 ☐ 2

Special Requirements: ☐ Non-smoking ☐ Wheelchair Accessible ☐ Other

The Hotel deposit is US\$200 per room. Your deposit will be credited to your hotel bill at checkout.

PACKAGE B:

☐ NO ROOM REQUIRED (Registration only for each person listed above.)

OPTIONAL TICKETED EVENTS

I/we plan to attend the following event(s): (Must be registered to attend)

EVENT: MELVIN JONES FELLOW LUNCHEON

DATE/TIME	FEE	QUANTITY	AMOUNT DUE
July 3/ 13:30-15:00	US \$75	_____	\$_____

EVENT: DISTRICT GOVERNOR/PAST DISTRICT GOVERNOR BANQUET

DATE/TIME	FEE	QUANTITY	AMOUNT DUE
July 3/ 20:00-22:00	US \$125	_____	\$_____

CENTENNIAL SERVICE CHALLENGE PROJECTS IN CHICAGO

☐ I am interested in participating in a hands-on community service project during the Chicago Centennial Convention. Further details on registering for service projects will be sent to you in the coming months.

PAYMENT: Full payment is required with this form. US currency only. Checks and money orders must be drawn on US banks. Visa, MasterCard & Discover cards accepted.

REGISTRATION FEES:		Adult	Child (17 and under)/Alpha Leo	Omega Leo	PACKAGE A:	PACKAGE B:
EARLY	(Before January 13, 2017)	US\$130	US\$10	US\$60	Registrations: US\$ _____	Registrations: US\$ _____
REGULAR	(January 14 through March 31, 2017)	US\$180	US\$10	US\$60	Ticketed Events: US\$ _____	Ticketed Events: US\$ _____
LATE	(April 1, 2017 – onsite)	US\$200	US\$10	US\$60	Hotel Deposit: US\$ <u>200.00</u>	
					Total Due: US\$ _____	Total Due: US\$ _____

☐ Check # _____ ☐ Wire transfer (payment slip must be attached to this form) ☐ Visa ☐ MasterCard Discover ☐ Discover

Name as it appears on card _____ Credit card must be in the name of the registrant.

Card Number _____ Expires Month/Year _____ Security code (3 digits) _____

X _____

Cardholder Signature _____

Mail: Lions Clubs International Attn: Convention Division • 300 West 22nd Street Oak Brook, IL 60523-8842 USA • **Fax:** +1 630.571.1689 • **E-mail:** registration@lionsclubs.org

Please note: Lions Clubs International will be documenting the international convention for promotional purposes. Your participation may be filmed or photographed at this event. Your registration is your consent for use of these images by Lions Clubs International.