





LIONS 5M7 GRAM







Sign up for 2019 USA/Canada Lions Leadership Forum in Spokane, Washington.

http://members.lionsforum.org/



October



A Note From: District Governor Al Kvistero

Lions, Lioness and Leos,

It's the end of September already and the year is flying by. Welcome back to all of those who attend the USA/Canada Forum in Columbus this year. I'm sure we will hear many stories from those who went....some of which may even be subject to tail twisting. Next year the USA/Canada Forum will be in Spokane, Washington for those who are interested in going. It's a great place to learn about Lions and meet Lions from all over the place.

I believe there is still time to sign up for the Northern Pride Leadership Forum in Mahnomen in November. You can find information on it on the multiple web site www.lions.md5m.org. You have until Oct 19th I believe to register.

We will also be holding a Regional Lions Learning Institute in March in Mahnomen. The link is broken at the moment, but I know it is March 28-31 and I can send up to 6 people to this event. It is geared toward those Lions who may be looking to be club President, or for club Presidents who may be looking to move upward. I will be asking my cabinet to provide some reimbursement for those attending this event at our next cabinet meeting.

I have had a couple of Governors Visits already and I have a few more scheduled this month. If you haven't scheduled a governors visit yet, please check my calendar on the district web site. I've been keeping it pretty up-to-date so everyone can see my schedule. The district web site is www.5m7.org, my schedule is in blue and club events that we have been informed about are in green. It's so much fun to get out to visit each of the clubs, you are all so much different, yet so much the same. It's a real treat to get out to see you.

The Mid-Winter Convention planning is still on-going and I hope that we will have some information out to all of you in the next few weeks. Please remember to save the dates of January 18, 19 and 20. It's our last party in Bloomington before we move the convention to a new location.

Once again, I thank you for everything you have done, and for everything you will do. It is truly amazing to see all the various things that we all accomplish.

Thank you

DG Al Kvistero

Northern Pride Lions Leadership Forum November 2-3, 2018

Meet & Greet Mixer Friday 36 Informative Seminars on Saturday

Dynamic and Motivating Speakers International Director Pat Vannet

Past International Director Brian Sheehan Lions Clubs International Endorsed Candidate for Third Vice President

> Shooting Star Casino 777 SE Casino Rd Mahnomen, MN 56557



Registration form at http://www.lionsmd5m.org Registration fee \$75.00 USD/\$75.00 CAN (Includes Saturday's Lunch and dinner) Hotel \$65.00 USD plus tax



https://www.eventbrite.com/e/northern-pride-lions-leadership-forum-2018-tickets-44697493303



36 Exciting Classes

GAT Working Together
 So, you want to be a district governor

· Laugh your way to a better club

· Building Leaders for Tomorrow

· Recruiting Younger Lions

· Young Punks vs Old Geezers

· Construct a meaningful Project

· Successful Tricks for Recruiting New Members

· Mentoring

· GLT - How to spot a successful leader

· LCI Core Five

· Women, Families, Youth

· Navigating the LCI Website-My Lion App

· Roberts Rules

Leadership Institute Opportunities
 Who's on First and What Does it Matter?

- Lions University Understanding it and using it in your District
 How to Run an Effective Meeting
- Orientation for your new member
 Joining Your District's Cabinet

· Succession Planning

- Quality Initiative Program (CEP)
 Zone/Region Chairperson; Expanding your pride

· Phishing and Cyber Attacks

The 21st Century
 Starting a LEOS club or Campus Club -Building Blocks of our Future
 Fun with Tail Twisting

· Hello I'm your new member, I'm leaving

· The fun way to build a team · Role of Supporting Partner

- · Creative recognition
- · Conflict Resolution

· Time Management

· New ways to strengthen your club · Lions Clubs International - Everuthina you wanted to know and resources





Things on my mind: Vice District Governor Jim Kugler

I'm just beginning the reentry zone from participating in the USA/Canada forum. In the land of lions, times are a changing. For the purpose of this note, because I have not gotten my head around the things I heard at the



Forum and because I need to get this article to the Gram editor, I'm just going to highlight a couple of major themes.

First, the LCI web-site is going through a major renovation. The new web-site is supposed to be launched by mid-November (we'll see if that happens). From what I've seen, it's user friendly for all members and especially club secretaries (they have the job of reporting activities to LCI).

Second, WE SERVE is our motto. The global goal for LCI is to serve 200,000,000 people by 2020. We currently serve about 130,000,000. We need more members to accomplish that goal.

Which leads me to the third theme membership. There is no longer any standard formula for clubs and how they function with the exception of we all provide service to our local communities. The focus is on clubs and helping them grow and the starting of new clubs. There are now specialty clubs for ethnic groups, snowmobiles, motor cycles and the list goes on and on.

More about these exciting changes in upcoming newsletters.

Lion Jim

5M-7 Environmental Thoughts for Autumn – Attracting Pollinators

Environmental Chair Lion Jan Dubats

Steps you can take to protect and encourage a plentiful number of bees and butterflies in your habitat.

- Fall is the time to plant early spring bulbs, such as crocus, grape hyacinths and snowdrops, that can be the first source of food for pollinators.
- Fall is milkweed pod season, the plant of choice for monarch caterpillars.
- Break open pods and plant the milkweed seeds.
- The seeds require the cold of winter to break through the hard coating on the outside of the seeds.
- Buy seeds or collect pods from a friend.
- Common swamp, orange and purple milkweed are hardy in our area.
- Allow annual herbs, such as thyme, oregano and basil, to flower in the fall for pollinators.
- Practices that we can use in the fall to encourage habitat for pollinators over the winter.

• Leave late flowering plants as long as possible for last minute food supply.

• Leaf litter, peeling bark or dead wood can be wintering sites for native bees and butterflies.

• Sedums offer late food and also their hollow stems when cut to 6 to 8 inches provide a place for solitary bees to lay eggs. The stems can be cleared away in the spring after the bees have

emerged and new growth is appearing.

• Reconsider the use of pesticides, are we unintentionally harming the desirable insects.

• Whenever possible use non-chemical means of controlling

• Look for the pollinator protection box on pesticide labels.

• Always follow the label directions, more is not always better.

"A few small steps could make a world of difference to enjoy pollinators and the fruits of their labor for years to come".

Information from the Anoka County Extension Master Gardeners



15 Current Members

MONTHLY SPONSORSHIP

o Sponsored monthly NAPS [Nutritional Assistance Program for Seniors] distribution site

DONATIONS

- o Purchased flowers for nursing home residents with birthdays in September
- o Held bingo with prizes for local nursing home residents
- o Donated used household items to local flea market
- o Donated clothing to seniors living in local senior housing

EVENTS HELD IN SEPTEMBER

o Semiannual bloodmobile sponsored by Red Cross and Lioness Club

o Annual Garage Sale end of September

UPCOMING EVENT IN OCTOBER

o Hold Halloween Dance for local adults with disabilities and their families



The LIONS 5M7 Childhood Cancer Initiative

HELLO LIONS of District 5M7, my name is Lion Genia Sjeven and I have been appointed as your LIONS district Childhood Cancer Co-Chair along with Co-Chair PDG Lion Pat Kennedy. In keeping with the new LIONS INTERNATIONAL initiative to support childhood

cancer our district cabinet has decided to move forward and embrace this new initiative. You may have seen information about this in your recent copies of the LION magazine. If you missed this, you can view it on the LIONS INTERNATIONAL web site. I hope that your club will support this new program that international has rolled out. September is Childhood Cancer Awareness month and it would be wonderful if you club could initiate something to commemorate this. I do understand that this is short notice, but we are not restricted to only September, fighting Childhood Cancer is a continuous endeavor. You could donate to a local cancer center in the name of Childhood Cancer. Perhaps you could host a teen dance, hold a head shave, hold a paint night, organize a walk, or come up with another idea to raise money for this worthwhile cause. Should you decide to do so please keep us updated so that I can use this information to keep our district informed.

We are along with other District Childhood Cancer Chairs are working with our newly appointed Multiple Childhood Cancer Chair to set up a full program roll out to you. Please bare with us as this will be a work in progress. We are planning on visiting the zones or clubs and speaking with you and do a presentation. The logo you see in the upper left-hand corner is our new Childhood Cancer logo and will be on all communications.

Thank you for your support of this new and exciting initiative. We look forward to working with all of you in fighting Childhood Cancer.

Yours in Lionism,

Lion Genia Sjerven & PDG Lion Pat Kennedy

Maple Lake Lions "Senior Fishing Day"

The event that was held on September 8, 2018. Driving the pontoon and on the left is event chair Lion Steve Loch. Lion Bill Wurm is wearing the Lion cap and Lion Steve Mooney is on the right.



The young lady front left is a Maple Lake Ambassador named Susie Rieber. 14 seniors fished for 2 hours from 3 pontoon boats on Saturday morning. Later that day 152 guests enjoyed a fish fry dinner at the V by HH in Maple Lake paid for by the Lions. The Lions coordinated with several other community organizations that also donated materials and services. According to event Chair Steve

"it was a great community effort to get the seniors on the lake."





October 11, 2018

Celebrate this annual event by making the public aware of the

Lions' dedication to the elimination of blindness.

- Staff an informational booth in your community.
- Submit an article to your local news outlet.
- Post something on your social media sites.
- · Host a meal for those in your area with low-vision or blindness.
- Collect used eyewear to be given to those in need around the world.

Make sure your community knows that Lions are 'Knights of the Blind in the crusade against darkness'!





Thanksgiving for Vision



In case you missed it in last month's 5M-7 Gram, this year's Thanksgiving for Vision event is taking place on Saturday, October 27, 2018 at the Earle Brown Heritage Center in Brooklyn Center. All of the 5M-7 club presidents should have received invitations to this event. We encourage their attendance and, if your club president and their guest cannot attend, we encourage your club to send a representative and a guest to honor the invitation. If you have a

long-serving club member or a new Lion who has never been to *Thanksgiving for Vision*, it is your choice on who could benefit the most by coming to this event. We hope to see a great turnout from 5M-7 at *Thanksgiving for Vision* on October 27!

Minnesota Lions Eyeglass Recycling Center



If you no longer need your used glasses or sunglasses, please consider donating them to the Lions. Minnesota Lions can accept prescription eyeglasses (frames with lenses intact), non-prescription sunglasses, and reading glasses. (No lenses without frames or frames without lenses, please.)

Globally, one child in four cannot see well enough to learn to read without eyeglasses. By age 40, 90% of adults experience a decrease in their ability to read print and need eyeglasses. Many emerging countries lack the resources to

manufacture quality lenses, and the cost of importing eyeglasses is far beyond the means of the average citizen. Millions fail to reach their economic, educational, and social potential without access to quality eyeglasses.

The World Health Organization estimates that the eyesight of one-fourth of the world's population can be improved through the use of corrective lenses. Unfortunately, for many a pair of glasses is both unaffordable and inaccessible. In developing countries, an eye exam costs as much as one month's wages, and a single doctor may serve a community of hundreds of thousands of people.

For over 90 years, individual Lions clubs and districts have collected old, unwanted eyeglasses for redistribution to the poor in developing countries. Lions and other volunteers donate travel expenses, time, and talent to dispense recycled eyeglasses free of charge to individuals in developing nations. Some people walk 50 miles to receive free eyeglasses from the Lions. It costs fewer than 8 cents to provide glasses to a person in a developing nation.

Minnesota Lions members have now collected more than ten million pairs of eyeglasses. The Wisconsin Lions Foundation operates a regional facility in Rosholt, Wisconsin where Lions volunteers clean, repair, and classify the glasses by prescription. Glasses are then made available for medical mission work. This cooperative effort between the Minnesota and Wisconsin Lions has benefited countless individuals around the globe with improved eyesight through your generous contributions of used eye wear.

Eye Donations



With all the recent talk in the news about Minnesota eye donations being sent to an out-of-state eye bank, a lot of Lions, Lioness and the general public have asked what they can do to make sure their eyes are sent to the **Lions Gift of Sight**. The answer to this is having a healthcare directive or living will. By filling out one of these documents and having it on file with your doctor and healthcare

facility, your wishes to be an eye donor to the Lions Gift of Sight will be recognized.

You can find a blank copy of healthcare directives and living wills on-line, you can check with your attorney or healthcare provider for one, as well as contacting PDG Terry or Lion Lyle for a healthcare directive template. In addition to having a healthcare directive or living will, please make sure to discuss your eye donation choice with your family. Your loved ones need to be informed of your decision prior to your passing to help make sure your eye donation can be done in a timely manner. Any substantial delays in the procurement of eyes risk the viability of the tissues being used for transplantation or research.

Club Visits



PDG Terry and Lion Lyle are eager to speak at your Club or Zone meetings, dinners and functions. They would be happy to share with your group the latest news about the *University of Minnesota's Department of Ophthalmology and Visual Neurosciences* research and treatment programs. They are especially excited to come talk to you about the proposed Lions Eye Institute to be built at the U of M and how you can help with those efforts. If you have any questions regarding where your club stands on Helen Keller Sight Awards, need eyeglass collection boxes, have used

eyewear to turn in or just have a general question about the *Minnesota Lions Vision Foundation*, please call or e-mail PDG Terry or Lion Lyle.

Donations



If you wish to donate to the MLVF, please send your checks to either PDG
Terry or Lion Lyle and remember to make the check out to the Minnesota
Lions Vision Foundation or MLVF. You can indicate where the funds are to be designated towards such as the MN Lions Eye Surgery Center (MLESC), the Lions Gift of Sight (LGS), the Minnesota Lions Children's Eye Clinic (MLCEC), the Minnesota Lions Macular Degeneration Research and Rehabilitation Center

(**The MAC**), the vision research at the *Lions Research Building* (**LRB**), or the *Minnesota Lions Eyeglass Recycling Center* (**MLERC**) in the memo portion of your check.

Keep up the good work, 5M-7! You are all truly 'Knights of the Blind in the crusade against darkness'!

Yours in Lionism, PDG Terry Wold terry_wold@hotmail.com H) 763-784-0203 C) 612-759-5433

Lion Lyle Goff gofflt@msn.com H) 763-754-8921 C) 763-754-8921



Please help True Friends by restocking the craft building.

Simply purchase any of these items. They can be brought to any Cabinet Meeting, to the Mid-Winter Convention or contact me @ t-m-goff @Hotmail.com or 612.799.2770 to make arrangements. Little things make a big impact & is very much appreciated!! Thank you!

Lion Theresa Goff, 5M-7 Camps Chair



BREAKFAST BUFFET

SUNDAY, OCTOBER 28TH

8:00 am - 12:30 pm







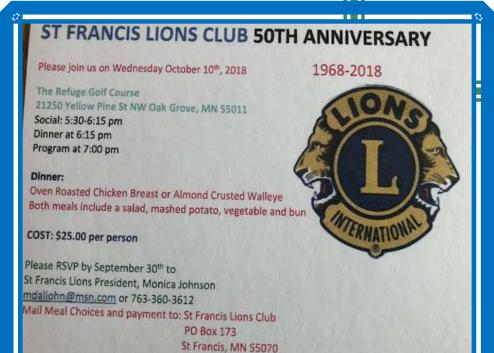
Howard Lake Lions Hall 625 8TH STREET, HOWARD LAKE Proceeds to benefit local youth



Featuring Pancakes, French Toast, Scrambled Eggs, Sausage, Potatoes, Biscuits and Gravy, Milk, Orange Juice, and Coffee

Free will donations for the meal

Please come and eat and help the Lions help the community Everyone is invited!



Howard Lake Lions Club WE "GET TO" SERVE



Donation Drive







Markers

Crayons & Colored





Tempra, Watercolor & Fabric Paint

Construction Paper, Foam & Felt



Glitter

Paint Brushes











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Lion Theresa Goff, 5M-7 Camps Chair

MD5M Leo Leadership Camp 2018

MD5M Leo Leadership Conference 2018

OCTOBER'12*14'2018'

CAMP'FRIENDSHIP'

10509 108th St. NW, Annandale MN 55302





Cost:

\$125 Leo and Lion Members* \$15 for Visiting Guests Meal

*Includes all meals, lodging, training, materials and activities.

Camp is open to any and all Alpha Leos and potential Leos (ages 12-18). Please fill out the registration form and the 2 Liability Waivers. This year Camp Friendship has also included a waiver that must be filled out and signed before you can drop off your child. We will have them available when your drop your child off in case you forget them at home. But if it could be done ahead of time it will make the registration and check in go more smoothly. There will be no lunch on Sunday. Registration'is'due'by'October' 1st,'2018.

TENTATIVE SCHEDULE

FRIDAY OCTOBER 12

5-7 PM ARRIVAL AND REGISTRATION

6-7 PM DINNER

7-10 PM TEAM BUILDING

SATURDAY OCTOBER 14

8-9 AM BREAKFAST

9AM -NOON WORKSHOPS

NOON-1 PM LUNCH

1-5 PM CHALLENGE COURSE

6-7 PM DINNER

7-9 PM ACTIVITIES

SUNDAY OCTOBER 14

8-9 AM BREAKFAST

9-10:30 AM SERVICE PROJECT

10:30-11 AM AWARDS AND PICTURES

11-11:30 CABIN CHECKOUT

MAIL'TO:'

Anna'Wickenhauser'

13650'Co.'Road'41'

COLOGNE, 'MN'55322'
Lionannaw@gmail.com
Fax 952-466-2827
Cell 952-913-1467



Anoka Halloween Tent Party

Sponsored by the Anoka Lions and the City of Anoka

Halloween Bands and Brew Annual Event

Specialty and Craft Beers with live music all night
Also featuring Mike's Hard Lemonade
White Claw Hard Seltzer
and Cayman-Jack Margaritas
Food Trucks on site

One night only Saturday, October 27

Doors open 7:00pm-Midnight/\$15 cover

Alex Larson and The Crank Shaft Trio 7:00pm-8:30 pm

Johnny Holm Band 9:00pm-12:00am

Halloween Costume Contest 8PM-Midnight with CASH PRIZES!

See you at
THE BIG WHITE TENT

2nd Ave N at Jackson Street in Anoka

100% OF THE PROCEEDS FROM THIS FUNDRAISER IS RETURNED TO THE COMMUNITY TO BENEFIT PROJECTS SUPPORTED BY THE ANOKA LIONS CLUB



L

http://www.anokalions.org/tentparty/

1st Annual Coon Rapids Lions Rocky Beer Fest

FUN

Music

Monday, November 12, 2018

5 pm-9 pm at



run

Alloy Brewing 2700 Coon Papids Blyd NW in Coon Papids

Trivia

\$20 Admission

Includes: 1 Pint, 1 Flight OR 2 Non-Alcholic Beverages - Bowl of Chili

Come for music, food, beer & FUN!!

Limited to 100 TICKETS

All proceeds go to community projects in Coon Rapids.

Contact a Coon Rapids Lion to purchase tickets or Coon RapidsI ions2792@gmail.com

Fun

Thanksgiving for Vision - 2018



Club presidents and all new Lions members from FY 2017-2018 are encouraged to attend Thanksgiving for Vision, an annual celebration that recognizes the commitment that goes into restoring, preserving, and enhancing vision.

You will hear the stories of a corneal transplant recipient and the family of an eye donor, learn about Lions Gift of

Sight eye bank and the research that eye donors contribute to, and have the opportunity to participate in a silent auction.

Watch for your mailed invitation, and call 1-866-887-4448 if you have questions!

Saturday, October 27, 2018 9:00 a.m. Earle Brown Heritage Center 6155 Earle Brown Dr - Brooklyn Center

October 2018







Serving our community for 40 years

PO Box 13 Howard Lake MN 55349 Website: www.hllions.org Email: lions@hllions.org

President: Terry Thorson

1st Vice: Judy Mattson

2nd Vice: Gary Hagemann

3rd Vice: Craig Brose

Secretary: LaNette Thorson

Treasurer: Debbie McAlpine

Board of Directors: Harvey Krohn Joyce Thorson Donald Oestreich Tyler Trende

Lion Tamer: Judy Mattson

Tail Twister: Denise Oberprilller

Membership: Karen Hill Bonnie Weber Steve Weber

Immediate Past President: Denise Oberprilller

HOT DISH SUPPER

Our annual hotdish supper is scheduled for Saturday Oct. 13th from 5 -7 p.m. Lions Renee and Joyce volunteered to be chairpersons of the event. *We will need members to bring hot dishes, salads, and desserts.*

BREAKFAST BUFFET

We will be hosting a breakfast buffet on Sunday, October 28th. Lion Gary is Chairman. Proceeds will be used to help the St. James youth group to attend their national convention.

HALLOWEEN PARTY

Our annual Halloween party will be Saturday, October 27th in the youth center. Times are from 4–6 p.m. Ages are from newborn to 12 years. Help will be needed for running games and judging costumes. Chairpersons are Bonnie, Cathy, and Susie.



SCHOOL SUPPLIES

Thank you to Lions Bonnie and Steve for collecting school supplies again this year. Collections were estimated to be worth about \$500.00. Good Job!

THANK YOU

The Howard Lake Fire Department provided us with inst+ructions on CPR and the use of the Defibrillator at our September 20th meeting. Thank you to Fire Department members Jake and Mike for this training.





MEAT RAFFLE

The meat raffle is scheduled to begin on Saturday October 6th at Troubles. This has been a great way for our club to earn some extra funds! We will need volunteers every Saturday to help out.

NEW STEPS

The new steps have been poured at the rental house. Looks like the contractor did a nice job. Some landscaping will need to be done to prevent erosion and a railing needs to be installed. If anyone wants to volunteer to help with these things that would be great!



HAPPY BIRTHDAY to the Howard Lake Lion members who are celebrating their birthdays in October: Woody Engel (8); Jason Mapes (14); and Susan Grangroth (20)

UPCOMING EVENTS

Oct. 4th meeting with potluck meal at 7 p.m. Kruzin For Kids

Oct. 6th, Meat Raffle at Troubles at 3 p.m.

Oct. 13th Hot Dish Supper 5 p.m. - 7 p.m.

Oct. 18th meeting with potluck meal at 7 p.m.

Oct. 27th Halloween Party 4 p.m. - 6 p.m.

Oct. 28th Breakfast Buffet 8 a.m. - 12:30 p.m.

LINKS

Lions International – www.lionsclubs.org
Multiple District 5M- www.lionsmd5m.org
District 5M-7 - www.e-district.org/sites/5m7/
5M7 Gram newsletter - http://www.e-district.org/sites/5m7/page-8.php
Howard Lake Lions Club – www.hllions.org

WE "GET TO" SERVE



Governors Visit Form







2018 - 2019 Governors Visit

Preferred Date:	 		Alternate	e Date: _	
Social Hour:	 	M	leeting/Dinne	r Time: _	
Contact Person:				Phone: _	
Email:				Cell: _	
Location:					
Address:					
Directions:					
If Yes, list other clubs					/es No
Special Requests duri	ng visit (Inst	tall Office	rs, Induct Mem	nbers, Pre	esent Award
Special Requests duri 1 St VDG Invited	ng visit (Inst	tall Office	rs, Induct Men	nbers, Pre	esent Award
Special Requests duri 1 St VDG Invited 2 nd VDG Invited	ng visit (Inst Yes Yes	tall OfficeiNo	rs, Induct Mem Spouse Partner	nbers, Pre Yes Yes	esent Award
Special Requests duri 1 St VDG Invited	ng visit (Inst Yes Yes	tall OfficeiNo	rs, Induct Men	nbers, Pre Yes Yes	esent Award
Special Requests duri 1 St VDG Invited 2 nd VDG Invited	ng visit (Inst Yes Yes Yes	tall Officer No No No	Spouse Spouse Spouse Spouse	Yes Yes	esent Award No No
Special Requests during the second se	ng visit (Inst Yes Yes Yes ia email or s	tall Officer No No No No	s, Induct Mem Spouse Partner Spouse	Yes Yes Yes Yes	esent Award No No No No
Special Requests during 1 St VDG Invited 2 nd VDG Invited Zone Chair Invited Please return to me volume I will contact you one	yes Yes Yes Yes ia email or s	tall Officer No No No No	s, Induct Mem Spouse Partner Spouse	Yes Yes Yes Yes	esent Award No No No No

"We Serve"

(612) 708-6753