



Lions Clubs International
FOUNDATION



LIONS 5M7 GRAM



November

A Note From:
District Governor Al Kvistero



Lions, Lioness and Leos,

It's been a busy October and there are still a few days left to go. This past weekend I was up in Mahanomen for the Council of Governors. One of the more exciting new developments is that the Multiple Childhood Cancer committee has asked to form a foundation. Hopefully they can get their paperwork together before the Multiple Convention and we can vote on an amendment to allow them to create it.

LCIF's Campaign 100 is in full swing. I see that many clubs have made some outstanding contributions to LCIF this past couple of months, especially for the hurricane disaster relief. I'm sure that all the recipients of your giving thank you. They have personal pledge cards out now or you can go on-line and make a pledge to LCIF for the next 3 years. People who do will receive a special pin noting you as a contributing member for each year of Campaign 100.

The Mid-Winter Convention planning is continuing on and your Presidents, Secretaries and Treasurers will all be receiving emails on it in the next few days. Please share these with your clubs. It would be great to have a large group to say goodbye to the Marriott after 41 years there. Our International Director this year will be ID Gary Brown who lives in Cape Vincent, NY. You may ask where Cape Vincent is (since everyone now knows where Bird Island is). ID Gary lives closer to Canada than we do and will probably have more snow than we do come January. We look forward to seeing him and his wife Lion Barb and wish them safe travels here.

I'd like to thank all the clubs I visited this past month. I enjoyed seeing everyone and it's been a lot of fun. For those who haven't scheduled your visits yet, the calendar on the district web site is up-to-date if you want to check it out before setting a date.

Thank you all for everything you do.

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
and

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

Shooting Star Casino
777 SE Casino Rd
Mahkomeh, MN 56557



Registration form at <http://www.lionsmdsm.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-44597493303>



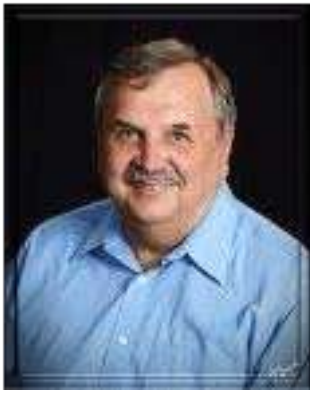
Northern Pride
Lions Leadership Forum
November 2-3, 2018
Registration form at <http://www.lionsmdsm.org>



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 Geckers
- Construct a meaningful Project
- Kids Sign!
- 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 Tall 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 - A Foundation you wanted to learn and measure





Things on my mind: Vice District Governor Jim Kugler

Several years ago, I was asked to join my local lion's club. Other than my sponsor I did not know many other folks in the club. Now over the years these folks I did not know, I now consider friends. As President Yngvadottir states: there is nothing that can bond people more closely than working together to help others. Lions International has a goal of serving 200 million people a year. So, a side benefit of being a member of your local lion's club is friendship with other club members.

Part of that friendship comes with a price. That price can be happiness when a member gets married, has a child or grandchild or has something to celebrate like a 25th wedding anniversary. The price can also help families grieve the loss of a loved one or a prolonged illness. We have become part of an extended lion's family.

We, as lions, can bring happiness to folks we do not even know. There are countless examples of where our clubs have helped, but I want to focus on just one, Joshua. Joshua was born with autism. As most of us know, a child can express themselves by throwing temper tantrums. These will usually go away within a short period of time. With Joshua, these tantrums could go on for hours. There was nothing the parents could do for the child. And then along came Maggie an 18-month-old black lab.

Before Maggie, Joshua's tantrums could be triggered by a loud sound, a flash of light or sudden movement. Because these events could not be controlled, the family was almost totally restricted to their home. The family could not go out: shopping, to church, go out for pizza or go on vacation.

Then Can-Do Canines entered the picture. They had trained Maggie to be a service dog for children with autism. Shortly after introducing Maggie to Joshua, Joshua's behavior began to change. The family can go anywhere as a family. Maggie can now help Joshua manage his autism. Can-do Canines along with the support of the lions has now brought happiness to Joshua and his family.

The monies, we, as clubs contribute through organizations such LCIF, Leader Dog, Can-do Canines, the vision and hearing foundations, all help bring some degree to happiness to folks we may never know or meet. As clubs we serve our local communities but also our world community.

The story of Joshua is just one story. There are thousands of stories like Joshua's, but are we telling these stories to our respective communities. Our motto is We Serve. In order to be of more service, we need to continue to replace those members leaving our clubs but also increase our club membership Let's try to have a net growth of one member per club at the end of this lion's year.

Lion Jim



<https://www.can-do-canines.org/>



Parade of Green/Donations by check



Believe it or not, we are just over 75 days away from the 5M-7 Mid-Winter Convention in Bloomington. PDG Terry and Lion Lyle hope to see you at the **Minneapolis Airport Marriott** the weekend of January 18th thru the 20th, 2019. As your Lions Club begins preparations for the convention, we would like to remind you of a couple of items. The first one concerns your Parade of Green contributions. PDG Terry and Lion Lyle encourage you to remember the **Minnesota Lions Vision Foundation** when making your selections for donations at the convention. With the increasing costs of maintaining our Lions vision programs at the U of M and across the state, your financial support of the Foundation now is even more vital. When you or your club is making a donation, please make all your checks out to the *Minnesota Lions Vision Foundation* or *MLVF*. You can indicate the Foundation program you wish to support towards, such as 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)*, the *Minnesota Lions Eyeglass Recycling Center (MLERC)* or the *Minnesota Lions Eye Surgery Center (MLESC)*, in the **Memo section** on the check.

Used Eyewear Collection



The other Mid-Winter Convention reminder for you is concerning used eyewear. PDG Terry and Lion Lyle will have a booth set up in the main hall of the hotel. Besides having information and promotional items for you to pick up, this booth will be accepting used eyewear for recycling and re-distribution. The **Minnesota Lions Eyeglass Recycling Center (MLERC)** will be sending a truck and trailer to collect any used eyewear the Lions of 5M-7 bring to the convention. Now is the time to pack up that eyewear you've been picking up at your collection sites and to bring it down to the Mid-Winter. The MLERC can accept prescription eyeglasses (frames with lenses intact), non-prescription sunglasses, and reading glasses. (No lenses without frames or plastic frames without lenses, please). Let's fill that trailer and the only way to do that is by bringing those eyeglasses to Bloomington!

Eye Donation Month



In case you weren't aware of it, November is **Eye Donation Month**. Your **Minnesota Lions Vision Foundation (MLVF)** board representatives, PDG Terry and Lion Lyle, would like to remind you to celebrate *Eye Donation Month* by registering to be an eye donor. The contribution of your eyes to the **Lions Gift of Sight (LGS)** will benefit so many others. Corneal transplants and important eye research can only occur when someone makes the selfless act of donating their eyes. During November, please make sure to tell your family and friends to sign up for eye donations. Have you and your friends and family sign a **Lions Gift of Sight Eye Donor Card** and carry it in your wallet or purse. You can ask for one from PDG Terry and Lion Lyle. Remember to tell your family of your wish to donate your eyes. By having your family informed about your choice, it will help simplify the process when the time comes.

National Donor Sabbath



National Donor Sabbath is observed annually two weekends before Thanksgiving, from Friday through Sunday. This three-day observance will take place on **November 9th to 11th, 2018** and seeks to include the days of worship for major religions practiced in the United States. During the National Donor Sabbath, faith leaders from many religions, donor families, transplant recipients, and donation and transplantation professionals participate in services and programs to educate the public about the need for the lifesaving and healing gifts passed to others through transplantation, while also encouraging people to register their decision to be an organ, eye and tissue donors. Please speak to your family, friends and acquaintances about the importance of making the decision to make the gift of life. A great way to celebrate the National Donor Sabbath is to become an organ, eye and tissue donor.

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.

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
 4113 Edgewood Road NE
 Blaine, MN 55104
 H) 763-784-0203
 C) 612-759-5433

Lion Lyle Goff
gofflt@msn.com
 10520 Tamarack Street NW
 Coon Rapids, MN 55433-4963
 H) 763-754-8921
 C) 763-754-8921



November 2018

Diabetes Awareness Month

- November 1: International Leo Day Video Contest submissions due
- **November 14: World Diabetes Day**
- November 15: Postmark deadline for a club to send one winning Peace Poster (per contest) to the district governor
- November 15: Leo October Membership Growth Award nominations due
- November 15-18: OSEAL Forum (Haikou, Hainan, Peoples Republic of China)

Read more about diabetes at the end of the Gram!!!



BIG LAKE LIONESS CLUB

Current Members: 15

MONTHLY SPONSORSHIP

- Sponsored monthly NAPS [Nutritional Assistance Program for Seniors] distribution site
- Sponsored monthly bingo for residents at local Care Center

DONATIONS

- Purchased flowers for Care residents with birthdays in October
- Provided bingo prizes
- Donated used household items to Epilepsy Foundation
- Donated clothing to Granny's Closet for seniors living in local senior housing

EVENTS HELD IN OCTOBER

- Held Annual Garage Sale
- Held Bingo for residents at Care Center
- Assisted local food shelf with two produce drops for the community
- Held Halloween Dance for local adults with disabilities and their families

UPCOMING EVENTS IN NOVEMBER

- In conjunction with local Legion and Legion auxiliary, provided 31 local seniors each with a \$25 gift card from local superstore
- Provide Bingo for residents at local Care Center

UPCOMING EVENT IN DECEMBER



SHOPPING WITH SANTA

Saturday December 8th
9:00am to 12noon
Lions Park, Cty Rd 5

Tickets sold at the door. Ticket price is \$1.00 per ticket. Purchase as many tickets as you wish. Tickets can be used to purchase gifts, coffee or juice and donut.

Unused tickets are NOT REFUNDABLE.

Sponsored by the Big Lake Lioness Club. All proceeds used to fund community/school projects and activities.

Donation Drive

MINNESOTA LIONS
VISION FOUNDATION



TRUE FRIENDS
Camps. Respite. Programs. Travel.



search that
ion.
ed invitati

transplant recipient
about Lions Gift of
he opportunity
ave questions!



**Crayons & Colored
Saturday, October 27,
9:00 a.m.**



Tempra, Watercolor & Fabric Paint

**nter
n Center**

Markers



**Construction Paper, Foam
& Felt**



Paint Brushes



Glitter

**Beads & Jewelry
making Supplies**



**Streamers &
Tissue Paper**



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



On October 6th the Maple Lake Lions held a pancake breakfast at our high school cafeteria.

19 Lions gave 140 hours of service serve eals to about 350 community members





The Forest Lake-Scandia Leo Club helped clean tables at a recent Lions Pancake Breakfast on Sunday, October 14th. Two of our newest Leos, Ibrah and Leela, worked very hard to keep the tables looking nice for the guests.

Ibrah and Leela are from Mali and India respectively. Although they will be with the Leo Club and Lions for less than a year, we hope that they bring back a desire to create their own Leo and Lion Clubs when they return home.



On Friday, October 19th from 10 a.m.-1 p.m., the Scandia-Marine Lions Club offered a Service Project Sampler Day. Leos from the Forest Lake-Scandia Leo Club played an key role in this event by helping with set-up; overseeing service projects; instructing attendees how to do the activities as well as doing a variety of service projects themselves; cleaning up; and delivering items to various non-profits.

This well-attended event was designed to offer service opportunities to club members and other Lions as well as reach potential new members in the community (particularly women and teens). We were very happy that we had two new Leos join the Forest Lake-Scandia Leo Club during the event!

After two hours of volunteering, volunteers enjoyed a diabetes-friendly lunch while Scandia-Marine Lions Club President Lynnette Welsch gave a presentation about the Lions and accomplishments from the Service Project Sampler Day.

The volunteers:

- Made 25 pairs of shoes for Sole Hope to give to children in Uganda who are medically treated for jiggers (insects that can cripple and kill those who have them) so they can walk, play, and go to school again.
- Assembled 21 medical care kits for Sole Hope to give to people who are

treated with jiggers in Uganda so they can do at-home follow-up care to prevent jiggers from returning.

- Packed 1 box of medical supplies for Sole Hope to use in the medical center for people being treated with severe and life-threatening cases of jiggers in Uganda.
- Packaged 865 glasses that were donated to the Scandia-Marine Lions that will be refurbished and given to those in need in the U.S. and world.
- Packaged 30 hearing aids that were donated to the Scandia-

Marine Lions that will be refurbished and given to those in need in the U.S. and world.

- Donated 55.82 pounds of food to Scandia-Marine Food Shelf.

- Wrote encouraging messages on 20 holiday cards to prisoners in the U.S. – most of whom have done non-violent crimes; some who are wrongfully convicted and serving crimes that they didn't commit; and others who have been shunned by their families and have no contact with the outside world.



Leo Club members who helped at the Service Project Sampler Day - Leela, Christina,

- Wrote 14 letters to send to Operation Gratitude which will be sent to deployed troops, new recruits, first responders, and veterans.
- Colored 97 sheets for Color-a-Smile that will send them to seniors in nursing homes, the homebound, veterans, and service men and women who need encouragement and cheering up.
- Knitted 3 hats for newborn babies at Fairview Hospital in Wyoming, Minnesota.
- Created 16 birthday bags that Scandia-Marine Food Shelf and Family Pathways Food Shelf in Forest Lake will give to families who have a child with a birthday for which they can't afford to purchase supplies (e.g., cake, icing, candles, birthday table décor, card, gifts).
- Put bookplates in 12 books about key issues that the Lions support (e.g., diabetes, vision/blindness, the environment, pediatric cancer). The books will be donated to Scandia Elementary School, River Grove Elementary School, Elim Lutheran Church, and Christ Lutheran Church.
- Donated 60 pieces of jewelry to I Have Wings that will refurbish and sell them; and give the proceeds to programs that help women who have breast cancer.
- Donated 92 books for the Minnesota Literacy Council that will give them to children in low-income families.



Leo Club members Christina and Michael with their father, Tom, writing letters to deployed troops, first responders, veterans, and new recruits. These letters will be sent to Operation Gratitude who then distributes them.



Leo Club member Olivia with some of the knitted hats for newborn babies that were made during the Service Project Sampler Day. She oversaw this project and instructed volunteers about how to knit the hats.

Upcoming event in November that Leos, potential Leos, and Lions can participate in:

Friday, November 23rd - Feed My Starving Children Packing Session from 11:45 a.m. - 2 p.m. at the Coon Rapids location. Sign up here to let the Lion Ann know that you are attending: <https://www.signupgenius.com/go/4090c4fadac29a7f85-feed> ; and here to let FMSC know you are attending: <https://www.fmsc.org/join-group?joincode=EVVV80>

1st Annual Coon Rapids Lions Rocky Beer Fest



Music

FUN

Trivia

Fun

Monday, November 12, 2018

5 pm—9 pm

at

Fun



Alloy Brewing 2700 Coon Rapids Blvd NW in Coon Rapids

\$20 Admission

Includes: 1 Pint, 1 Flight OR 2 Non-Alcoholic 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 RapidsLions2792@gmail.com**



LITPC YOUTH SCHOLARSHIP INFORMATION

The Lions International Trading Pin Club (LITPC) has announced for the 2018-2019 school year that there will be 3 US \$2,500 scholarships awarded. Graduating Leos OR graduating sons/daughters, grandsons/granddaughters of Lions or Lioness are eligible to apply for the LITPC Youth Scholarship. The most important aspect of the Youth Scholarship Program is to help a young person pursue his/her education and follow their dreams. The 2019 recipients will be announced at the Pin Traders Annual Breakfast in June, 2019.

Selection of the scholarship recipients will be based on academic achievement, an essay stating the student's goals, a statement of reason(s) for applying and an overview of work, community and school service, and letters of recommendation.

The current forms for the scholarships are available on line at www.litpc.org In the right column, **click on LITPC Scholarship Information**. Then **click on Scholarship Application Form**. Please follow the instructions, fill out **ALL** the forms neatly and correctly which includes the 4 essay questions (in 350 words or less) and the question about scholarships that you have been offered along with submitting a certified copy of your high school transcript including activities. Plus you also need to attach recommendations from 2 persons (i.e. teacher, coach, clergy, employer, etc.) **AND** attach a recommendation letter from a Lions Club member indicating the name of the Club and state/province and country in which the Club is located.

ALL forms and letters are to be submitted by **MARCH 1, 2019** to:

Lion Bill Guthrie, Scholarship Chairman

9-101st Lane NW

Coon Rapids, MN 55448

If you have any questions, please feel free to contact me at 763-786-8072 or bmguthrie9@q.com

The LITPC takes great pride in fulfilling the motto of Lions Clubs International,

"WE SERVE"



LIONS DAY

AT



FEED MY STARVING CHILDREN

MONDAY, APRIL 15, 2019

Districts 5M2, 5M5, 5M6 and 5M7 will join together at the 3 FMSC facilities in the Twin Cities Metro area. Our Mission is to pack food for the malnourished children of the World!

Our goal is to have EVERY club in the 4 Districts participate in one or more shifts on that day. Collaboration among LIONS, LEOS, LIONESS, FRIENDS AND FAMILY will make this an achievable goal! In fact, ALL Lions, Leos, Lioness from ANY and ALL Districts are welcome to join in on this effort!!

3 locations = 860 VOLUNTEERS

Raise funds to help pay for the supplies that we pack. Conduct a dedicated fund raiser to support this project.

Promote this in your community as part of the Lions Clubs International Global Service Framework focusing the efforts of Lions and Leos clubs on 5 service areas with the goal of tripling our humanitarian impact by serving 200 million people per year by 2021.

If you have any questions, please feel free to contact us.

District 5M7 Chairs: Lions Bill & Marcia Guthrie, #763-786-8072

bmguthrie9@q.com



THANK YOU!!



WE SERVE!!

LIONS DAY AT FMSC**MONDAY, APRIL 15, 2019****SAVE THE DATE!!!! SIGN-UP INFORMATION!!!!**

The website is: www.fmsc.org Registration for LIONS DAY at FMSC is VERY easy this year!

Click on Volunteer at the top of the page. Then Click on Search Group. Then type in either the Join Code (listed below) OR Lions Day. Then choose the location (Coon Rapids, Eagan or Chanhassen) and the time slot that you would like to volunteer. Click on Join. Then either Log In if you already have an account with FMSC OR Create an Account. All you need to do is put in your name, address, phone number, email and a password. Once you are into the Join Group, just answer the questions and then there will be a confirmation that you need to do.

CHANHASSEN: 18732 Lake Drive East, Chanhassen, MN 55317

9:30 AM – 11:30 AM - JOIN CODE – 2E66L3 - 70 VOLUNTEERS

12:00 PM - 2:00 PM - JOIN CODE – 7BEE93 - 70 VOLUNTEERS

6:00 PM - 7:30 PM - JOIN CODE - K5XXP2 - 100 VOLUNTEERS

COON RAPIDS: 401 – 93RD Avenue NW, Coon Rapids, MN 55433

9:30 AM – 11:30 AM - JOIN CODE – 12VV82 - 70 VOLUNTEERS

12:00 PM - 2:00 PM - JOIN CODE – BK3361 - 70 VOLUNTEERS

2:30 PM - 4:30 PM - JOIN CODE – ZO4498 - 140 VOLUNTEERS (LEOS)

(NOT A ZERO, BUT A CAPITAL LETTER O)

6:00 PM - 7:30 PM - JOIN CODE – NXEE8Y - 100 VOLUNTEERS

EAGAN: 990 Lone Oak Road, Suite #136, Eagan, MN 55121

9:30 AM – 11:30 AM - JOIN CODE – VEWMM - 70 VOLUNTEERS

12:00 PM - 2:00 PM - JOIN CODE - ME99GX - 70 VOLUNTEERS

6:00 PM - 7:30 PM - JOIN CODE - 5X889B - 100 VOLUNTEERS

5M2 – GST Coordinator Lion Sue Bowman – s.bowman@frontiernet.net

5M5 - Coordinator Lion Kim Schommer – schox3@comcast.net

5M6 - GST Coordinator Lion Gina Detviler – gmdetviler@mmm.com

5M7 - Coordinators Lions Bill & Marcia Guthrie – bmguthrie9@q.com

November 2018



Howard Lake Lions Club

WE "GET TO" SERVE

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 Oberpriller

Membership:

Karen Hill

Bonnie Weber

Steve Weber

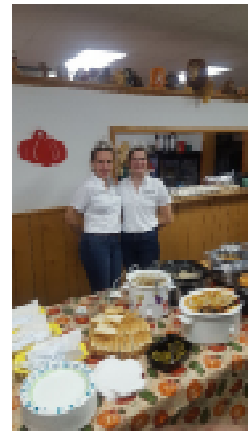
Immediate Past President:

Denise Oberpriller



HOT DISH SUPPER

Our annual hotdish supper had a good turn out and lots of amazing dishes! Thank you Lions! With your help and the support of the community we were able to donate \$500.00 to Kruzin for the Kidz. Thank you to Lions Joyce and Renee for being chairpersons of this event.



HALLOWEEN PARTY

Saturday, October 27th was our Halloween party. We had about 45 little ghosts and goblins attend. Lion Bonnie did a great job of getting everything organized with help from Lions Steve, Susie, and Cathy. They also collected a box full of used eyeglasses. A job well done Lions.



BREAKFAST BUFFET

Sunday, October 28th we hosted a breakfast buffet to support the Youth Group from St. James Lutheran Church to help with expenses for their trip to the national convention. There were about 20 youth that helped serve food and bus tables. We had a very good attendance. Thank you to Lion Gary for chairing this event. Also a special thank you to the mystery dishwasher. ☺

**MEAT RAFFLE**

The meat raffle is ongoing. So far we have had good attendance. We need volunteers every Saturday to help out. If you can help please be there around 2:30 to set up.

PEACE POSTER JUDGING

We will be judging the Peace Posters at our November 1st meeting.

HAPPY BIRTHDAY to the Howard Lake Lion members who are celebrating their birthdays in November: LaNette Thorson (3); Jeff Wick (7); Lee Kaltved (7); Vern Lemke (16); and Craig Brose (20).

UPCOMING EVENTS

November 1st – Judge Peace Posters

December 2nd – Silent Santa Breakfast Buffet

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

Hunting season is upon us. Good Luck hunters and be safe.





The Montrose Lions Club handled the KIDSIGHT program for the Buffalo/Hanover/Montrose Elementary schools screening from Sept. 18 thru Oct. 9th. The schools screened the 1st, 3rd & 5th graders. We screened 725 students and had 55 referrals. Lion members that helped were Lions Marlene, Judi S., Judy W., Joan, Marlette & friend Lea.



At the Montrose Governor's night Lion Burt Ramthun was presented with a 35 yr. Chevron Award. A 10 yr. Chevron award was also given the Lion Art Pester whom was not present



District Governor Lion Al installed new member Lion Ron Spicer at Governor's night in Montrose. Sponsor was Lion Bill Babatz.



2019
District 5M-7
Forty-first Annual

Mid-Winter Convention

January 18, 19, 20, 2019

Minneapolis Airport Marriott Hotel

Bloomington, Minnesota



Lions, Lioness, and Leos:

Our Forty-First Annual Mid-Winter Convention will be held at the Bloomington Airport Marriott Hotel on January 18, 19, and 20 of 2019. The hotel will begin accepting reservations **December 1, 2018**. Reservations for individuals must be made directly with the **Marriott Hotel**, contact information is provided in this booklet. Please also **see the back of the booklet for reserving Hospitality Rooms**. Complete the **HOSPITALITY SUITE REGISTRATION FORM**, sign it, and send that form back to the hotel to persons noted on the forms, **by 12/24/18**. **Be sure to keep a copy!**

NOTE: Room reservation cutoff will be DECEMBER 24, 2018. Room rates are the same as last year. Any reservations after that date will be on a "Space Available" basis. You are encouraged to NOT wait until the last minute!

This promises to be another exciting convention, with Pin Trading, Displays on many of our Lion's projects and LOTS of socializing! The programs that **Governor Al** and the Convention Committee have planned are excellent and we hope you will enjoy all of them.

Governor Al would appreciate it if all would abide by the following policies and procedures:

- Club fundraisers or club raffles **MUST** be done in the hospitality rooms.
- Hospitality room doors are to close by 1:00 AM.
- No campaign posters on the main floor of the hotel.
- Candidates for the office of District Governor and Vice District Governors for 2019 - 2020 may be announced at the close of the Sunday Breakfast. No campaigning for these candidates may be done prior to that time.

The convention will open with a Memorial Service on Friday night followed by socializing in the many hospitality rooms. Saturday morning will begin with an Orientation Seminar. This will be followed by a series of special seminars. There will be displays with people to answer your questions in the hallway between scheduled events. Luncheon will be at 12:00 PM and the Leos Clubs will be tail twisting - so bring your change! Following the luncheon, there will be the Lion's business session including voting for the next District Governor, 1st and 2nd Vice District Governors, and a constitutional amendment. The Lioness meeting and Alternate Program will also take place on Saturday afternoon. The Banquet on Saturday evening will be another highlight of the convention and will be a very enjoyable program. There will be special entertainment following the Saturday Banquet. Sunday morning will include the Ecumenical Church Service, followed by the Breakfast.

It is requested that each Club bring one door prize (\$20 value) to be given at the close of each meal. Please drop the door prizes off as soon as possible at the registration area.

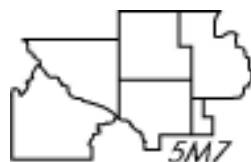
Hospitality books may be ordered immediately by using the form in this booklet. This is the **ONLY** form that is acceptable - and your check **MUST** accompany the order.

• **THIS IS THE ONLY WAY THAT YOU CAN GET TICKETS FOR THE MEALS** •

• **THERE WILL BE NO MEAL TICKETS AVAILABLE AT THE CONVENTION** •

Your Convention Committee is doing everything possible to ensure that the convention this year will be the BEST! Your attendance and participation will make it just that. **Start making your plans NOW!**

Club Presidents: Please pass this packet on to your Convention Chair.



YOUR 2019 CONVENTION COMMITTEE

Hospitality Room Contest

1. Governor and 1st & 2nd Vice-Governor Rooms are excluded from the contest.
2. Judges will review all hospitality rooms Friday evening.
3. The winners will be announced at the Sunday morning Breakfast.
4. Rooms will be judged on the following:
 - a. Theme
 - b. Costumes
 - c. Decorations
 - d. Creativity

First Timers Contest

If this is your first Mid-Winter Convention;
Meet the VDG's in the front of the hall immediately after the opening events Friday evening to get instructions and your booklet. This will be after the memorial service at the front of the hall next to the podium. This booklet covers Lions Clubs History and your chance to meet other Lions, the winners will receive Fabulous Prizes, Good Luck

Parade of Green

The Parade of Green checks will be collected upon registration to the convention, at the front table. This will save time at the Noon Luncheon and the reporting of the donations.

Thank you.

Lions Clubs International Foundation

<http://lionsclubs.org/en/donate>

The Minnesota Lions Diabetes Foundation, Inc

Attn: Treasurer Joel Anderson

16622 Sycamore St NW

Andover, MN 55304

<http://www.mnlionsdiabetes.org/donate.html>

Minnesota Lions Vision Foundation

1000 Westgate Dr, Suite 260

Saint Paul, MN 55114

<https://www.mnlionsvisionfoundation.org/donate/>

Kid Sight:

Lion Mary Curtis

Lion Ann Kaduce

Lion Tim Kaduce.

Can Do Canines

<https://www.can-do-canines.org/>

True Friends

10509 108th St. NW

Annandale, MN 55302

Phone: 1.800.450.8376

952.852.0101

Fax: 952.852.0123

<https://truefriends.org/ways-to-give/>

(more to be added in the next Gram)



2018-2019 5M7 MID-WINTER CONVENTION PARADE OF GREEN



CLUB _____

501(c)(3) - Gambling Donations Allowed	Donations since 7/1/18	Donations Today
Lions Clubs International Foundation, LCIF (Melvin Jones - \$1000)		
Minnesota Lions Vision Foundation (Helen Keller - \$1000) Lions Gift of Sight, Macular Degeneration Center, Children's Eye Clinic		
MD5M Hearing Foundation (Hearing Research Fellowship - \$1000) Children's Hearing Center		
Minnesota Lions Diabetes Foundation (Dreamcatcher - \$1000)		
MD5M KidSight Foundation (Sight Saver - \$1000)		
Can Do Canines (Top Dog - \$500)		
Leader Dog (Founders Tribute Award - Bronze - \$500, Silver - \$1000, Gold - \$2500)		
Project New Hope (returning veterans program)		
American Diabetes Association (Camp Needle Point)		
True Friends (Camps Include:) Friendship, Courage, Courage North and Eden Wood		
Camp Confidence		
Special Olympics		
Other (501(c)(3) Please List)		
NON-Gambling Donations		
5M7 Leos		
5M7 Youth Outreach		
Childhood Cancer		
Other (Non 501C (3) Please list)		
Total Donations		



Lions 5M-7 Mid-Winter Convention
January 18, 19 & 20, 2019
Minneapolis Airport Marriott, Bloomington, Minnesota

REGISTRATION FORM

Guest #1: Select One () Lion () Lioness () Leo () Spouse/Guest

Last Name:	First Name:	Email Address:
Address/PO Box:	Club Name:	Phone #:
City:	State & Zip:	Dietary Needs:

Guest #2: Select One () Lion () Lioness () Leo () Spouse/Guest

Last Name:	First Name:	Email Address:
Address/PO Box:	Club Name:	Phone #:
City:	State & Zip:	Dietary Needs:

Hotel Reservations:

Please arrange your room through the Airport Marriott at (952)-854-7441. To get the discount rate of \$97+tax per night you must make your reservation before Dec 24, 2018.

Please see the www.5m7.org web site for the complete convention handbook.

Please see the www.5m7.org web site for hospitality room signup sheets.

All people attending meals will receive a name badge with their meals indicated on the badge.

No refunds after January 6, 2019

	Price Before 12/31	Price After 12/31	Guest #1	Guest #2	Total
Complete Meal Book	\$115	\$125			
Saturday Luncheon	\$35	\$40			
Saturday Banquet	\$50	\$55			
Sunday Brunch	\$35	\$40			
Total	-----	-----			

Please make checks payable to: 5M-7 Mid Winter Convention

Mail to: Lion Hal Hinchliffe
 7414 Oakley St, NE
 Fridley, MN 55432-3430



November is Diabetes Awareness Month



Overall Numbers, Diabetes and Prediabetes

- **Prevalence:** In 2015, 30.3 million Americans, or 9.4% of the population, had diabetes.
 - Approximately 1.25 million American children and adults have type 1 diabetes.
- **Undiagnosed:** Of the 30.3 million adults with diabetes, 23.1 million were diagnosed, and 7.2 million were undiagnosed.
- **Prevalence in Seniors:** The percentage of Americans age 65 and older remains high, at 25.2%, or 12.0 million seniors (diagnosed and undiagnosed).
- **New Cases:** 1.5 million Americans are diagnosed with diabetes every year.
- **Prediabetes:** In 2015, 84.1 million Americans age 18 and older had prediabetes.
- **Deaths:** Diabetes remains the 7th leading cause of death in the United States in 2015, with 79,535 death certificates listing it as the underlying cause of death, and a total of 252,806 death certificates listing diabetes as an underlying or contributing cause of death.

Diabetes in Youth

- About 193,000 Americans under age 20 are estimated to have diagnosed diabetes, approximately 0.24% of that population.
- In 2011—2012, the annual incidence of diagnosed diabetes in youth was estimated at 17,900 with type 1 diabetes, 5,300 with type 2 diabetes.



<http://www.diabetes.org/?loc=logo>

Governors Visit Form



2018 – 2019 Governors Visit

Club: _____

Preferred Date: _____ Alternate Date: _____

Social Hour: _____ Meeting/Dinner Time: _____

Contact Person: _____ Phone: _____

Email: _____ Cell: _____

Location: _____

Address: _____

Directions: _____

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

If Yes, list other clubs _____

Special Requests during visit (Install Officers, Induct Members, Present Awards, Other)

1 st VDG Invited	Yes ____ No ____	Spouse	Yes ____ No ____
2 nd VDG Invited	Yes ____ No ____	Partner	Yes ____ No ____
Zone Chair Invited	Yes ____ No ____	Spouse	Yes ____ No ____

Please return to me via email or snail mail to schedule your club visit.

I will contact you one week before to reconfirm the date, directions, and any other special requests.

District Governor Allan Kvistero
 19790 Jackie Lane
 Rogers, MN 55374
Allan@Kvistero.net
 (612) 708-6753