



Lions Clubs International
FOUNDATION



LIONS 5M7 GRAM



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A Note From: District Governor Al Kvistero

Lions, Lioness and Leos;

Wow, it seems like just yesterday that we were heading down to Las Vegas for the international convention and to vote for our own Lion Brian Sheehan to be our third international vice president. The year has passed quickly, and you all have done so much. So far, you have reported over 32,000 hours for your service activities. Imagine what that number would be if we could get every club to report all of their activities. You have also donated over \$50,000 to LCIF so far this year. I thank you.



I am happy to announce that our \$100,000 LCIF grant request for the Blaine Miracle Ballfield was approved. Here is a case where our district will be receiving more from LCIF than we have donated this year. I'm sure the Blaine Central Lions and Spring Lake Park Lions will be happy to accept any assistance your clubs can provide in helping us raise the matching funds for this grant request.

I would like to thank you all for the opportunities that you have given me this past year, I will remember it forever. I have greatly enjoyed the opportunities to come out and visit each and every one of you.

I would also like to thank my club, I know I haven't been there much this past year, but pretty soon you'll be stuck with me all the time again.

Thank you all

DG Al Kvistero

Al Kvistero
19790 Jackie Lane
Rogers, MN 55374
(612) 708-6753

Thank You!



Things on my mind: Vice District Governor Jim Kugler

Where has the past two years gone? I just started my governor's journey and in one month I will be the district governor. Years ago, I created a personal mission statement. In order for you to get to know me a little better, I thought I would share it. I'm trying to seek a balance in my life with my family; church; personal and professional development; involvement with my community; and friends. Being a lion is only a part of who I am.

Service, Leadership, and membership come to mind.

LCI was founded on the principle of being of service to our respective communities. Most, if not all members of Lion's club become members because they wanted to give something back to their communities. Clubs are active in their communities. The challenge for next year would be to report those service activities on MyLCI, look at developing an additional service project within each club and then expand that to include participating in a district project like Feed My Starving Children.

There seems to be a lack of a succession plan for the leadership of many clubs and at the district level. Somehow, we need to find ways to get lions involved with leading their clubs in addition to accepting positions at the district level. I have no idea of how to do that, but we're going to give it a try. This will be a topic for the cabinet to look at next year.

If, most folks our clubs because they want to serve their communities, our focus needs to stay on looking at different ways we can do more service projects. If we do that, along with e-marketing our memberships ranks will grow. We will be discussing specialty clubs such as clubs for single adults, young married couples with young dependent children, clubs just for women and more Leo clubs.

In order to do more service, we need to raise more money. Our charity is LCIF. I would be nice if each club would find a way to make a financial contribution to LCIF even if it's only a few dollars. Over the past ten years our district has received over \$516,000 from LCIF with another \$100,000 possibly next year.

I'm beginning to accept dates for club visits next year. If you have a date in mind for a visit, send me an e-mail to see if that date is open. I would encourage two or three clubs to band together for a governor's visit. I am not a fan of head tables.

Lastly, let's have some fun with what we're doing. Red noses are on the agenda.

Lion Jim



A message from:
1stVDGE
Peter Lendway

Hello Lions,

As our minds turn to summer activities at the cabin on the lake, graduations, vacations out of state, or pick your favorite activity, we are at the end of our Lions year and have much to celebrate.

Our Lions Club projects went as planned, mostly, and with perhaps a little adjustment here and there, we are ready to accomplish even more over the next year.

As you have heard, a new foundation has been started in MD5M in the area of Children's Cancer Research at the University of Minnesota. Exciting times are ahead of us as we forge ahead with a new horizon to explore. It is a wonderful opportunity for the Lions to be part of this exciting research in cancer as we were in diabetes, hearing and vision research. We have accomplished much and have much to be proud of.

Lion Peter Lendway 1VDGE 5M7

[Lions forum- Click here!](#)



Creating
BETTER
Leaders

2019 | Spokane, WA
September 19-21, 2019



Environmental Thoughts



Plastic Waste – an Environmental Project

Oceans of Debris the head line of an article in the National Geographic, Remote islands awash in plastic garbage an article from the New York Times and Biodegradable shopping bags buried for three years still work, all caught my eye this past month.

We know that fish, birds, sea turtles and marine mammals can become entangled in plastic pop can rings and fishing equipment. Off the coast of Hawaii one net collected about 2,500 plastic particles, most the size of a grain of sand. The ocean's waves and currents break up plastic and then larval fish spend their first day of life with plastics in the water, they mistake plastics for food. Plastics reduce the appetites and growth rate of fish. This could affect reproduction and ultimately the population of fish. The fish can also get a dose of heavy metals and PCB's when they substitute plastic for real food.

Scientists estimate 9 million tons of visible waste washes into the ocean each year. This is mostly from rivers and careless dumping on land.

What can we as Lions do:

- ☐ Continue with roadside, beach and park cleanup activities - a news story about 9 tons of trash left on a beach this Memorial Weekend,
- ☐ Adopt a storm drain,
- ☐ Use less single use plastic bags,
- ☐ What about plastic straws? Are you willing to drink all beverages without one?
- ☐ What about purchasing items with less packaging,
- ☐ Use cloth bags (they can always be tossed in the washer when dirty).
- ☐ And the list goes on.

We Serve – a motto that can reach to help individuals in need as well as our world in need.

Lion Jan Dubats
Environmental Chair



Thank You, Everyone!



Thank you all for the hard work you've done this past year on your vision-related Club projects. Your support has been invaluable in the fight against vision impairment and the promotion of proper eye care. The **Minnesota Lions Vision Foundation (MLVF)** encourages you to keep up your efforts in the coming year with your used eyeglass collecting, supporting vision screenings for youth, providing free eye care for those in need and any other projects you happen to do concerning sight.

Charitable Gaming Fiscal Year



For those clubs in 5M7 that have charitable gaming operations, the **Minnesota Lions Vision Foundation** has an opportunity for you to make an impact at the end of your fiscal year. The end of June means it is time to clear your books for this fiscal year and prepare for a fresh start on July 1st. The **MLVF** would like to appeal to you by asking for a contribution towards any of our worthwhile projects. Your end-of-year donation can help the MN Lions' efforts in sight preservation. Please feel free to contact your 5M-7 MLVF representatives for assistance in making a contribution prior to June 30th.

Legacy Gifts – Planned Giving



There are several ways that someone can make a contribution towards the **Minnesota Lions Vision Foundation**. Many people make an annual charitable donation for a tax deduction. Some parties make contributions that coincide with such events as anniversaries or birthdays. Others have designated the **MLVF** as a charity of choice for honoring a loved one who has passed away. In addition, some individuals have taken it one step further by setting up a legacy gift to the **MLVF**.

Legacy gifts can be done in several different ways. Options available to you could be a contribution in the form of bequests, charitable gift annuities, retained life estates, wealth replacement trusts, charitable lead trusts, real estate gifts, life insurance policies, securities gifting, stock gifting and retirement plan asset gifting. With so many options available to you, it is recommended you sit down and talk to your financial planner and lawyer to explore which might be best for you. If you wish to make a lasting gift towards sight preservation & conservation, a legacy gift to the **MLVF** might be just the thing for you.

Helen Keller



Please make sure to celebrate **Helen Keller's Birthday on June 27th** by promoting the Lions' cause of being '*knights of the blind in the crusade against darkness.*' Our fight to prevent blindness and promote good eyesight has been the major project of Lions since 1925! Mark this special day by performing a vision service project or by making a donation towards the **MLVF** in honor of Helen Keller's birthday. Share your birthday celebration efforts with your 5M-7 MLVF representatives so they can promote your efforts with other Lions and communities.

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.



State Fair Booth

The MN Lions diabetes, hearing and vision foundations are partnering together to have an information booth at the **Minnesota State Fair**. Each district is assigned dates to provide volunteers and the dates for 5M-7 are **Thursday August 29th from 8:45 AM to 9:00 PM** and on

Monday September 2nd from 4:45 PM to 9:00 PM. Your 5M-7 foundation representatives are asking you to join us in volunteering at the booth. If you are able to help, please sign up using this link to the on-line schedule:

<https://www.signupgenius.com/go/60b0e49aaaa2aa6fb6-mnlions>. Your help will be truly appreciated any please feel free to contact PDG Terry or Lion Lyle with any questions.

Club Visits



Your 5M-7 MN Lions Vision Foundation representatives are eager to speak at your Club or Zone meetings, dinners and functions. We would be happy to share with your group the latest news about the *University of Minnesota's Department of Ophthalmology & Visual Neurosciences* research and treatment programs. With the proposed **Lions Eye Institute** to be built at the U of M, we would love to answer your questions about it and tell you how to help with the efforts to create this legacy project. In addition, if you have any questions regarding 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 to schedule an appearance.

Thank you all for continuing to be Knights of the Blind!

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

LIONESS ACTIVITY REPORT: 2018-19

"Serving Our Communities"

Club Name: Big Lake Lioness Club

Person's Name: Lioness Dee Leslie

Club Position: Secretary

Month/Year Reported: 05/2019

Members last month: 15

Adds: 0

Drops: 0

Total Members this month: 15

Donations [Lioness sponsored and community organizations]

05/06 Provided prize money Senior bingo party

05/18 Purchased flowers for local nursing home residents with birthdays in May.

05/18 Provided prize money for Bingo held at local Nursing Home

Lioness Sponsored activities:

04/29 Made up 35 May Baskets with lots of goodies to be delivered on May 1st
(11 members donated items and assembled them.) **Service project**

04/30 Held a bingo and dessert party for Big Lake Seniors at Senior Center
(8 members contributed desserts and helped out.) **Service project**

05/01 Delivered 35 May Baskets to elderly seniors in Big Lake (3 members) **Service project**

05/15 Volunteer for NAPS (Nutrition Assistance Program for Seniors)
2 worked **Service project**

05/18 Sponsored monthly Bingo at local nursing home (4 helped) **Service project**

Community event we volunteered at:

05/06 We helped with Second Harvest Food Distribution held at Independence Elem. School – sponsored by the Big Lake Food Shelf (7 members helped)

List upcoming event/s and dates your club has plans for

06/30 Will be sponsoring Smity's Amateur Fiddlers' Contest at Big Lake's annual Spud Fest

06/30 Will be working a shift in the bingo tent at Big Lake's Spud Fest

Attendance at other Lions/Lioness events

04/22 Three members attended the Spring Group Meeting in Isanti

04/29 Joint Lions/Lioness Governor's Night sponsored by Big Lake Lions for both clubs (10 members attended. Governor Al installed our 2019-20 incoming officers.)

If you have pictures of club events, please email to 5M7 Gram news editor.
Gabe - glicht@heraldjournal.com

Join us June 1, 2019 for the Eighth Annual D-Feet Hearing Loss Fundraiser Walk



Event Details:

June 1, 2019

9:30 a.m.

**Landscape Arboretum
Chaska, MN**

With your \$25.00 registration/donation you receive:

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

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

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

**MARK
YOUR
CALENDARS!
June 1, 2019**



FEATURING:



**Dance to the
Teddy Bear Band
while having fun
with Goldy!!!**



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

<https://e-district.org/sites/5m7/>



GOOD NEIGHBOR DAYS
BACKYARD
RIB FEST!

Saturday June 8th
Lions Park, HUGO MN

TEAM SIGN-UP @
WWW.GOODNEIGHBOR DAYS.COM/RIBFEST

GRAND PRIZE \$800*!

**JUNE
6TH-9TH
2019**

**GOOD
NEIGHBOR
DAYS!**



**LIVE BANDS!
BINGO!
BEER GARDEN!
CRAFT FAIR!
PETTING ZOO!
PARADE!
RAFFLES!
CARNIVAL RIDES!**



**SEIZE THE DAY,
GET OUT & PLAY!**



**www.goodneighbor days.com
@hugomnlions**

**1st Annual
Ribfest &
Fireworks
courtesy of:**



VOLUNTEERS AND SPONSORS: VISIT OUR SITE FOR MORE INFO!



PARTNER WITH THE HUGO LIONS!

**We are looking for
sponsors to help support our community event**

GOLD \$1000

10 Unlimited Ride Wrist bands
Name on Event Signage
Logo on GND Sponsor page
Printed Poster/Collateral
Dedicated Social Media Post
Free Registered Parade Spot
Thank You Ad in the Citizen

SILVER \$750

8 Unlimited Ride Wrist bands
Name on Event Signage
Logo on GND Sponsor page
Dedicated Social Media Post
Free Registered Parade Spot
Thank You Ad in the Citizen

BRONZE \$500

5 Unlimited Ride Wrist bands
Name on Event Signage
Logo on GND Sponsor page
Group Social Media Post
Free Registered Parade Spot
Thank You Ad in the Citizen

----- HIGHLIGHTS -----

PETTING ZOO - CRAFT FAIR - BEER GARDEN - LIVE MUSIC



WWW.GOODNEIGHBORDAYS.COM



HUGO, MN

VOLUNTEERS NEEDED AT SPECIAL OLYMPICS OPENING EYES

Special Olympics Minnesota Summer Games is at the University of St. Thomas from June 21-23.

The University of St. Thomas will host the annual Special Olympics Minnesota Summer Games for the second year! Roughly 3,500 athletes will be competing in basketball, track and field, swimming and gymnastics throughout the weekend. Outside of competition, there will be entertainment in Victory Village, health screenings for athletes, Celebration Ceremonies, arts and crafts, bingo, evening activities, and visits from local pro-sports mascots! Summer Games is open to the public and family friendly!

The Lions have played a major part in this competition for many years, and will once again host the Opening Eyes screening. As part of the Healthy Athletes program offerings, Opening Eyes provides a vision screening, conducted by eye doctors and eye care professionals. During the Opening Eyes screening, athletes have the opportunity to receive new eye glasses, sunglasses or sports goggles, free of charge! Opening Eyes is presented by Lions Club International.

Opening Eyes in Minnesota was first undertaken by Lions Clubs of 5M5, but we need you to make this screening happen! Opening Eyes volunteers directly impact the health of SOMN Athletes! Volunteers will also have the opportunity to meet and interact with Special Olympics Minnesota Athletes, and also meet Lions from other clubs and other districts. Volunteers will receive a Summer Games Volunteer t-shirt and Volunteers working over six hours will also receive a complimentary lunch.



Summer Games volunteer shifts available:

- Thursday, June 20, 2:30 pm - 6:00 pm (event set up)
- Friday, June 21, 8:30 am - 4:30 pm
- Saturday, June 22, Time TBD

Lions Club volunteers are needed for a number of roles, including:

- Assisting doctors
- Conducting the screening
- Directing and escorting athletes
- Athlete registration

TO REGISTER VISIT:

SOMN.ORG/LIONSCLUB

These volunteer shifts are reserved for Lions & Friends of the Lions registration. Lions Club members, family and friends are all welcome and encouraged to volunteer!

Questions? Please contact:

Lion Ray Moonen, 952.201.7031; moonen@myinffmail.com

Lion Jim Cain, 763.232.0790; jhcain2@gmail.com.

Special Olympics
Lions Clubs International
Opening Eyes®



Lions Legacy Golf Tournament

Saturday, June 22nd, 2019

Heron Landing Golf Course - 10:00 a.m.

Couchiching First Nation



~ WIN A CAR!!
with a HOLE IN ONE!

- ~ Putting Contests
- ~ Driving Contests
- ~ FUN Contests
- ~ PRIZES for ALL
- Cost: \$100. each
or \$400. a team



"FUN Fundraiser"
Proceeds to:
the Homelessness
Program & the
Women's Shelter
Program

To Register CALL:

Bill Michl

bmichl226@gmail.com

David Beach

davebeach321@gmail.com

Registration Deadline:

June 6th, 2019

PRESENTED BY:

Fort Frances Lions Club

Fort Frances Voyageur Lions Club

Entry includes 18 holes of golf, cart & supper.

ALL proceeds will be equally donated to:
the Homelessness Program &
the Women's Shelter Program

LIMITED TO FIRST 36 paid TEAMS!



Cambridge Lions sponsored a "Bullying" poster contest with Cambridge-Isanti School District 911 with the 4th and 5th graders. There were over 70 entries. Awards were presented to 1st, 2nd, and 3rd place. Pictured are the winners. Some of the posters will be displayed at local businesses.





2019 – 2020 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 Jim Kugler
 8140 Terrace Rd NE
 Spring Lake Park, MN 55432
 jimkugler@comcast.net
 (763) 234-7695