



Lions Clubs International
FOUNDATION



LIONS 5M7 GRAM



<u>Message</u>	<u>Page Number</u>
DG Message	2
VDG Message	2-3
2nd VDG Message	3-4
5M7 Lions University Graduates 2019	4
Environmental	5
Minnesota Lions Vision	6-8
Minnesota Lions Hearing	9
GST	10-12
Allied Charters of Minnesota	13
MD5M Photo Contest	14
Big Lake Lioness	15
ELLI	16
Journey of Peace Essay	17-19
Can Do Canines	20-21
Ham Lake Lions	21
Anoka Lions Tent Party	22
Spring Lake Park Lions	23
Convention	24
Help Wanted	24-25
5DM5 Convention	26
Governors Dinner Form	27



Things on my mind: District Governor Jim Kugler

Just things that are on my mind

In 1917 Melvin Jones started with a vision of helping individuals in his community that were in need. This was a service organization aimed at helping. My guess is that folks continue to join our organization, because, in some way, they want to help folks in their local community. So, when you ask someone to join your club or someone asks about who we are and what we do, what is your response? My response begins when I am

asked: What's that pin you are wearing?

It's a lion's pin. Who are lions? We're an international service organization in over 200 countries and a global membership of over 1.4 million members. Cool.

What do the lions do? On an international level we have five service causes: vision, hunger, environment, diabetes and childhood cancer. On a local level, our club has a number of service projects, one of which is providing free vision screenings children from the ages of six months to six years.

we're doing another service project next Saturday. Do you want to join us to see what we are all about? From that point in the sequence it's up to the club to help recruit that person into your club. In some way when folks join three things need to happen. First, people have to feel they are making a difference in their community second, they have to have fun and thirdly, feel welcomed by members of the club.

If those three ingredients are not present, the individual will not remain a member of the club.

So, what is your club's signature service project. How are you going to ask folks to help with your next service project? Does a person have to show up to dinner meetings to be a member of your club or just lend a hand at your next service project?

Lion Jim



A message from:
1stVDG
Peter Lendway

Hello Lions, Lioness, and Leos!

As I sit here on the front porch pondering what to write about for October's issue of the 5M7 Gram, topics like "Fall", "Harvest", "Halloween Costumes", and the leaves changing color entered and exited my imagination. The

distant roar of the approaching thunderstorm not only interrupted those thoughts but reminded me of the devastation that hurricane Dorian left behind in the Bahamas.

Our foundation LCIF was made for times like these. When you give, give generously, and don't forget to earmark the donations to "Bahamas Relief". If you so choose you may give directly to Multiple District 35 at:

MD35,
7200 Lake Ellenor Drive, Ste. 109,
Orlando, FL 32809-5786.

Here, too, don't forget to earmark the donations to "Bahamas Relief".

The needs are great so let's show how we, as Lions, give to those who are in need. Thank you.

Lion Peter Lendway, 1VDG 5M7



5m7 Lions, Lioness and Leos,

Thoughts from:

2nd Vice District Governor
Judy Herrala



I have just returned from my first experience at a USA/Canada Forum. This event takes place every year and this particular one took place in Spokane, WA. In 2020 it is in Louisville, KY and 2021 in Des Moines, IA. Friends...the experience is incredible. Meeting friends and making new friends from around the USA and Canada was an amazing experience. I came away from this forum with much motivation to look inside myself and to look at how I am doing things now and how I can improve. Maybe one doesn't need to improve, but certainly a look at how I am doing things will take place, and I might learn new tricks, and maybe I already have!

As soon as the mid-winter convention registration forms come out, be sure to pass them along to all of our clubs and encourage many lions to attend mid-winter convention this year. It's going to be a bit different and a lot of fun. The convention planning meetings are pretty exciting with many new things happening this year. Be sure to watch for the schedule to come out to see what those new things are.

There are still a few spots for lions in our district, 5m7, to sign up for the Emerging Lions Leadership Institute (ELLI). This institute focuses on building the skills of lions and Leo members for leadership opportunities at the club level, including the position of club president. If you are interested in attending ELLI, please contact Chris Thoma, our Global Leadership Team (GLT) Coordinator or myself and we'll get you the information. Chris's contact information can be found on the 5m7.org website. Hurry, because the application must be turned in to DG Jim Kugler to be sent in before October 15, 2019. The experience is excellent. You will meet leaders such as yourself from Minnesota and Canada and work with them to build your leadership skills and experience.

I will see many of you soon at your club events, projects, governor's nights, zone meetings and mid-winter convention.

See you soon!

2nd VDG Judy Herrala



*Congratulations to our 5M7 Grads!
Around 300 lions graduated at this year
USA/Canada Leadership Forum in Spokane,
Washington.*

5M-7 Environmental
 Environmental Chair
 Lion Jan Dubats
 Autumn Yard Clean Up

As I survey my yard, I realize it is time to tidy up before the snow flies, but how tidy do I need to be? *“Mother Nature has a habit of making things messy. That’s how she like it-nature is just controlled chaos operating under is own system of checks and balances. It’s perfect bee habitat. But when humans disturb that balance—or worse, try to create order from that careful chaos—it can be harmful to the wildlife that depend on it.”*

We know the monarch butterfly and others migrate when the season changes, but most of our pollinators prefer to stay home.

Therefore:

- I will leave vegetation standing in the gardens for the winter birds and animals to snack on and the pollinators can overwinter in the plant stems (such as milk weed and butterfly weed). Sometimes the bamboo stakes we use as supports in the garden all summer are just the right bee winter habitat.
- Raking leaves
 - The leaves that fall in the gardens will not hurt and will act as insulation of perennial plants, just in case unpredictable snow amounts occur.
 - I plan to rake the leaves off the lawn, but add a new pile of leaves in an inconspicuous area for the pollinators. I will probably have to many so the weekly compost recycling bin will be used
 - Leaves on the street will be raked up – my adopted storm drain checked on and cleaned when needed.
- The old birch tree looks sadder every year, but I am reminded by woodpeckers that insects have found a home. It will stay and we’ll see what it looks like in the spring.

I am hoping that providing habitat for critters will make a small impact on my corner of the world.

Quote from the honey bee conseervancy





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 26, 2019 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. Please make sure to have your club RSVP for their representatives to this fun and educational event. We hope to see a great turnout from 5M-7 at *Thanksgiving for Vision* on October 26th!

1st Annual Eye Ball



On Friday October 25th, the Minnesota Lions Vision Foundation will be holding their first-ever Eye Ball at the Earle Brown Heritage Center in Brooklyn Center. This event will take place from 7:00 PM to 10:00 PM and will feature a wine pull, appetizers and a cash bar, plus music by the Ben Marti Jazz Group. The hope is to have this event be a part of the annual Thanksgiving for Vision weekend and allow attendees a chance to gather on Friday night for some entertainment and camaraderie. Tickets are \$30 a piece or \$50 per couple and can be purchased from Lion Kristine by contacting her at krisbrooklyn@yahoo.com. We hope you will come and have some fun with the Lions on Friday night!

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
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 H) 763-784-0203
 C) 612-759-5433

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

MINNESOTA LIONS VISION FOUNDATION



October 25, 2019 7pm-9pm

Semi Formal/Business casual

Ben Marti Jazz Group

Wine Pull • Appetizers • Cash Bar

Ticket information coming soon

Join us for the **1st** ever Eye Ball!

Kick off Thanksgiving for Vision with a
FUN Friday night at Earle Browne!

All proceeds to benefit

Minnesota Lions Vision Foundation

*Can your club donate wine for our wine cork pull?
Contact Lion Kristine at krisbrooklyn@yahoo.com*



YES, The MD5M Hearing Foundation has changed its name! Our new name is The Minnesota Lions Hearing Foundation, INC

YES, The Minnesota Lions Hearing Foundation co-sponsored a cochlear implant picnic, for implant patients and their families, with the Department of Otolaryngology and the Children’s Hearing and ENT Clinic at the University of Minnesota.

YES, The Minnesota Lions Hearing Foundation approved funding for construction and equipment for a new hearing testing booth at the Children’s Hearing and ENT Clinic at the U of M.

AND, YES, You are all Lions, and as such you should all be informed of all these and many more projects of the Hearing Foundation. Also, you should be a part of this action by making a contribution to the Foundation to support the work that is being done on your behalf.

The trustees that have volunteered to represent the lions of the district are ready, willing and able to come to your club or zone meetings and inform the membership of all those wonderful happenings and many more. Please contact your trustee.

Zones 1 – 4

PDG Lion Norm Kelzenberg

H. 763-786-1819

C. 612-219-8049

normkelzenberg2@gmail.com

Zones 5 – 9

Lion Hal Hinchliffe

H. 763-780-4842

C.612-701-0228

hhinchliffe9645@msn.com



District 5M7 Global Service Team Coordinator

Lion Roger Johnson
763-755-4664

rogvicki@msn.com

Global Service Team News for October 2019

I hope that each club in 5M7 has appointed a member to the post of Global Service Team Member. If you have, please forward their name to me so that I can begin communicating with them.

Is your Lions club looking for ideas for a new service project or something new for your community? In this 5M7 GRAM you will find **“One Hundred Service Ideas”** for the Lions new 5 pillars of service: **Diabetes, Environment, Hunger, Vision and Childhood Cancer**. You likely have **Youth** activities already well in hand as the 6th LCI Global Cause. Or you can do a service project that is needed by your community. Doing a Community Needs Assessment may give you a good idea of what your community needs.

Did you know Lions Clubs International has partnered with the International Diabetes Federation (IDF) to help one million people get screened for Type 2 diabetes on World Diabetes Day this year, which is scheduled for Thursday, November 14, 2019? Search for “World Diabetes Day” on www.lionsclubs.org to see how your club can organize a diabetes screening event or help people to take an online risk assessment for Type 2 diabetes. If you conduct such an activity, be sure to take photos and send them to me so that we can showcase your good work in a future 5M7 GRAM.

If your club secretary is having difficulty reporting club activities in MyLion, I have been assured that LCI is working on site upgrades from its July 1st rollout of the new reporting pages in order to make it far easier to enter the data. So be patient and continue to enter the following metrics for your club:

1. Number of people served (adults and youth)
2. Number of volunteers who participated (Lions, Leos and non-members)
3. Number of volunteer hours spent in planning, fundraising and implementing your various activities or projects.
4. Additional metrics to report environment and community improvement service activities.

Entering data at MyLion is easier now; I have done it for my club, and it is working much better!

One Hundred Service Ideas



Diabetes

1. Organize a “Strides: Lions for Diabetes Awareness” event.
2. Organize a community support group for parents of children with diabetes.
3. Volunteer to serve at a children’s diabetes camp.
4. Invite a healthcare professional to speak about diabetes at your club or district meeting.
5. Partner with local healthcare providers to organize diabetes & vision screenings.
6. Distribute educational resources to increase diabetes awareness at a community health fair.
7. Organize a walking club for seniors with diabetes.
8. Provide a diabetes magazine subscription to your local library.
9. Sponsor a child in need to attend diabetes camp.
10. Donate diabetes books to your library with a bookplate to identify your club’s donation.
11. Work with your local school to invite a health care professional to speak about diabetes.
12. Post monthly articles about diabetes on your club or district website.
13. Promote diabetes prevention through a radio public service announcement.
14. Sponsor a healthy cooking demonstration for people with diabetes.
15. Organize a school or community vegetable garden to encourage healthy eating.
16. Work with a community podiatrist or foot care specialist to provide foot screenings.
17. Partner with your local diabetes organization to offer programs & materials.
18. Promote community resources and online materials from LCI partners NDEP, DECA & IDF.
19. Promote the importance of an annual dilated eye exam to detect diabetic eye disease.
20. Provide educational materials to schools & physician offices.
21. Recognize a local organization or community leader for environmental conservation work.
22. Volunteer with your local park service to maintain trails. Help more people access and enjoy nature!
23. Commit to “Meatless Mondays” or not eating meat one day each week.
24. Collect used cellphones and donate them to individuals in need.
25. Lead an after-school nature walk.
26. Survey homes and community areas for leaks in sinks, communal spigots or water fountains. Contact relevant officials for repairs.
27. Work with city officials to paint “no dumping” signs near road drainage areas.
28. Identify where to recycle toxic items and share the collection schedule.
29. Organize a mural competition to promote environmental awareness. Paint the mural in a prominent community location.
30. Implement a recycling drive where people donate gently-used items to charity organizations.
31. Develop a demonstration garden or landscaping plot using native plant species to restore the habitat and conserve water.
32. Sponsor a training program for farmers on how to make and use organic fertilizers and pesticides.
33. Produce a monthly nature program on a local public radio station.
34. Partner with a local carpenter to build rain barrels. Hold a training session with community members to promote using them for watering and irrigation.
35. Organize an alternative transportation incentive program to encourage walking, biking, public transportation and carpooling.
36. Establish a school garden and composting program to improve school meals & reduce waste.



Environment

21. Plant trees with the advice of a local environment organization on the best locations and varieties.
22. Clean up a beach, community space or roadside area monthly as a club.
23. Hold an environment-themed photo contest at a school. Plant a tree or another green form of recognition to honor the winner.
24. Challenge all Lions in your club or district to add one green habit to their daily lives.



Hunger

41. Volunteer to deliver prepared meals to those who are elderly or visually impaired.
42. Organize a program at a local school to provide healthy, nutritious meals.
43. Prepare food baskets for families in need.
44. Volunteer at a soup kitchen or homeless shelter.
45. Take families in need shopping for fruits and vegetables.
46. Organize an event to benefit a food bank in your community; use cans of food as admission.
47. Hold a hunger walk and use proceeds to buy food for a children’s center or a homeless shelter.
48. Create a cookbook of inexpensive, easy recipes.


One Hundred Service Ideas



49. Create healthy snack packages to be distributed to children in need.
50. Partner with local restaurants or food markets to deliver donations to a shelter.
51. Start a food co-operative to serve as a resource for healthy food at a more affordable price.
52. Collect infant formula and baby food for an organization serving young mothers at risk.
53. Work with healthcare professionals to provide free classes on nutrition & food preparation.
54. Provide fruits and vegetables as a healthy snack for children in childcare facilities.
55. Provide transportation for those who are elderly or visually impaired so they can shop for food.
56. Teach children to bake a loaf of bread they can take home to their family.
57. Invite a local food bank representative to speak at a club or district meeting.
58. Provide needy children with backpacks supplied with food for when school is not in session.
59. Host a picnic or BBQ at a park for the community.
60. Establish a community vegetable garden where local residents can grow their own food.
75. Host a "Beep Baseball" game or tournament.
76. Support a guide dog training program through fundraising or voluntary labor.
77. Develop an assistive technology library so people can access resources as their needs change.
78. Create a sensory garden that engages the senses of touch, smell, hearing & taste. Provide braille or audio recordings of signage.
79. Partner with a school for the blind to support assistive technology & maintenance needs.
80. Partner with an orientation and mobility specialist to provide ongoing support to teachers and employers of inclusive classrooms/workplaces.



Childhood Cancer

- 
- ### Vision
61. Organize a braille, large print and audio book collection to benefit a library or senior center.
 62. Volunteer to create audio recordings of books & periodicals.
 63. Work with local eye care professionals to provide community vision screenings.
 64. Sponsor a World Sight Day event.
 65. Sponsor visually impaired students through camps, contests or other activities.
 66. Create a community arts program for children and adults who are blind or visually impaired.
 67. Collaborate with an eye bank to promote the importance of corneal donations.
 68. Develop a directory of community resources and services for those who are visually impaired.
 69. Volunteer at a visual rehabilitation or vocational training center.
 70. Organize an inclusive sporting event for children with and without visual impairment.
 71. Host a fundraiser to purchase and donate white canes for those who are blind.
 72. Work with local employers to develop an employee vision screening program.
 73. Develop a discount voucher program with optical shops for underserved populations.
 74. Design a transportation program for those who are blind or have low vision.
 81. Provide craft materials, puzzles, books & games to children receiving treatment.
 82. Prepare meals for families with children undergoing treatment.
 83. Donate gas, parking & food gift cards to families in need or a childhood cancer center.
 84. Provide cancer support books and magazines to your local school.
 85. Write cards full of well-wishes and share them with a local cancer center.
 86. Make or buy new hats, caps, head scarves and blankets to donate to children's cancer centers.
 87. Coordinate travel arrangements to and from treatments for a family of a child with cancer.
 88. Provide tutoring services to children with cancer and their siblings.
 89. Organize a childhood cancer camp or sponsor a child to attend one.
 90. Volunteer to assist a family in sharing their story through photography.
 91. Sponsor an activity day for children with cancer.
 92. Raise awareness through radio public service announcements or social media campaigns.
 93. Provide children's entertainment at a hospital or treatment center for children with cancer.
 94. Organize a weekend retreat for families with children in remission.
 95. Remodel a children's cancer center.
 96. Form a support group for those affected by childhood cancer.
 97. Familiarize yourself with the bone marrow transplant registry.
 98. Volunteer at a housing facility serving children with cancer.
 99. Assist at camps for children with special needs.
 100. Host a wellness and nutrition day advocating healthy living habits for young people.



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alliedcharitiesmn@gmail.com

Office: 651.224.4533

Fax: 866.240.6160

Proudly Serving Charitable Gambling Organizations Throughout Minnesota

Past Allied Charities of Minnesota member,

I am writing to you today to ask you to consider renewing your membership in ACM.

ACM represents everyone who conducts licensed charitable gaming in Minnesota.

While our sales and taxes have more than doubled in the past seven years, our profit for mission and community has not come close to doubling.

In the past seven fiscal years we have lost half of what we made per dollar wagered in 2012.

As a group, since 2017 we now work longer for the state than we do for our community and mission.

We are currently losing 6 to 7% of our ability to help those in need annually. That needs to stop.

ACM is the only group that is working to reverse these trends to keep charitable gaming relevant across the entire state.

ACM is a fiscally responsible organization. I am the only person on staff. We do hire accounting help (on an hourly basis) to write checks and do our books (a good safe guard and stewardship of dues).

ACM hires lobbyist help at the legislature to help with legislation.

ACM has an attorney on retainer that offers no cost consultation to charities in need of legal advice and who monitors rule/policy changes and fights for charities at the Gambling Control Board.

ACM has kept dues as low as possible. Our dues of \$275 per year are the equivalent of 75 cents per day.

ACM works only for charities that are licensed to conduct gaming. We have no other agenda or loyalties.

While it is hard to quantify the value of an ACM membership, I know that without ACM working to right what is wrong with charitable gaming; charities would be in worse shape than they are today.

In a very real sense ACM is low cost insurance that someone is watching out for your organization.

Please consider renewing your membership. Call me with any questions you have, I am the only one answering when you call ACM.

Thank you for your time and what your do for your community and mission.

Regards,

Al Lund
Executive Director



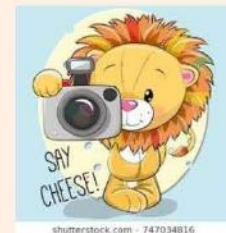
MD5M PHOTO CONTEST

July 1, 2019 – June 30, 2020

“UNFORGETTAGE SCENERY – CITY OR COUNTRY”

RULES:

- Original work of a Lion or Leo Member
- Submit name, phone number, district, name of the subject, and city or town photo was taken
- Only one entry per member
- Submit photo by email in digital format, must be minimum resolution of 300dpi, and in jpeg format to rpuckett66@gmail.com
- No snail mail
- Entry will imply consent to use for promotional activities
- First Place \$30.00 or 11x17 Canvas
- Second Place \$20.00 or 8x10 Canvas



LIONESS ACTIVITY REPORT: 2019-20

"We Serve"

Club Name: Big Lake Lioness Club
Club Secretary: Lioness Judie Zaske
Month/Year Reported: 09/2019
Members last month: 14

Adds: 0

Drops: 0

Total Members this month: 14

LIONESS SPONSORED DONATIONS

09/09: Donated money to Sherburne County Area United Way's
Community Connect Event on 10/17/19

09/21: Provided prize money for bingo winners

09/21: Purchased flowers for residents with birthdays in September

LIONESS SPONSORED ACTIVITIES

09/16: Volunteered for local food shelf Produce Distribution event

09/16: Sponsor community Bloodmobile

09/18: Sponsored monthly NAPS Program [Nutritional Assistance
Program for Seniors]

09/21: Held nursing home/care center bingo for residents

UPCOMING EVENT/S AND DATES

10/16: Sponsored monthly NAPS Program [Nutritional Assistance
Program for Seniors]

10/19: Sponsor Care Center/Nursing home bingo

10/21: Assist with local food shelf's Produce Distribution

10/29: Sponsor Options Halloween Dance

ATTENDANCE AT OTHER LIONESS/LIONS FUNCTIONS

EMERGING LIONS LEADERSHIP INSTITUTE

HOSTED BY THE GLT OF THE MD5M

November 7-9, 2019

HOLIDAY INN 1155 HWY 10 – DETROIT LAKES MN 56501

Emerging Lions Leadership Institutes focus on building the skills of Lions and LEO members for leadership opportunities at the club level, including the position of club president. Club 1st and 2nd VPs are highly encouraged to apply.

Candidates must be Lions in good standing who have successfully served on a club committee.

Candidates must be willing to commit to all days of the institute!

Applications

Lions who meet the qualifications may apply to the MD5M Emerging Lions Leadership Institute. Please download the application attached, complete, and forward to your District Governor prior to October 15, 2019. Because of the high number of applications received by the Institute, acceptance into the institute is not guaranteed, you must be approved by your District Governor.

Cost of the Institute

Lions MD5M will provide meals as indicated, lodging is by participant. A guaranteed block rate is provided. Please note that a non-refundable participation fee of **US\$150.00** will be required to offset a portion of these costs for all institutes. This fee will be due no less than two weeks prior to the institute start date. **Please do not send funds until you receive an approved application from your District Governor.** Participants are also responsible to pay for their own transportation and related travel expenses to the institute site, lodging and some meals. Upon successful completion of the MD5M ELLI (attending all seminars and group activities) you will receive a \$100 rebate via postal service.

QUESTIONS???

PCC Earl Orvik ejorvik1@gmail.com

Executive Secretary Lion Vicki Violet md5m.executivesecretary@gmail.com

“Journey of Peace”

Lion Debra Wasserman
Lions Clubs International Essay Contest, MD5M Chair

The LCI Essay Contest began in 2010 as a companion to the Peace Poster contest. It is directed to students who are blind or visually impaired giving them the opportunity to write on the same theme as students participating in the artistic Peace Poster contest.

The Peace Poster contest and the Essay contest give students the chance to share their ideas and perspectives, and we adults the opportunity to learn about their view of the world and its future. The more students who are able to participate in the contests, the better for us locally and the world in general.

Teachers of the Blind/Visually Impaired receive information about the contest but reaching others who may know students is the goal of this article. If you know a student or a school district person, please do share this information. Peace Poster kits contain information you can use and share with those who might know a student who would be interested in participating in the contest.

I am also available to answer any questions and share information that would help you, your club, or those working with students.

liondebra@charter.net

506-332-2792 (Home)

612-718-8330 (Cell)

Essay 2019-2020

LIONS INTERNATIONAL ESSAY CONTEST RULES



Journey of Peace

Your club can sponsor visually-impaired students in the Lions Clubs International Essay Contest!

The contest is open to students who are considered visually impaired according to their national guidelines, and will be 11, 12 or 13 years of age on November 15, 2019. Eligible birthdates are November 16, 2005 through November 15, 2008. One grand prize winner will receive an award and US\$5,000.

The contest theme is "Journey of Peace."

- Only a Lions club can sponsor the contest. The contest may be sponsored in a local school or organized, sponsored youth group, or individuals may be sponsored as well.
- Essays must be no longer than 500 words, submitted in English, typewritten in black ink and double spaced.
- Each essay must be submitted with a completed entry form. Essays submitted without completed entry forms will be disqualified.
- Only one entry per student per year, and each entry must be the work of only one student.
- Essay entries cannot have already been published.
- Any essays found to be plagiarized will be disqualified, and the student will be prohibited from entering any future Lions competitions.

DEADLINES

November 15, 2019 – Postmark deadline for a club to send one winning essay to the district governor. **Note:** A participating club should notify its district governor in advance of sending an entry.

December 1, 2019 – Postmark deadline for a club not belonging to a district to send one winning entry directly to Brand & Marketing Strategy at Lions Clubs International.

December 1, 2019 – Postmark deadline for a district to send one winning essay to the multiple district council chairperson. A district not belonging to a multiple district must send its entries directly to Brand & Marketing Strategy at Lions Clubs International (postmarked by December 1).

December 15, 2019 – Postmark deadline for a multiple district to send one winning essay to Brand & Marketing Strategy at Lions Clubs International.

February 1, 2020 – Club presidents of international winners will be notified on or before this date.

Participants accept all responsibility for late, lost, misdirected or illegible entries. Entries sent with insufficient postage will be disqualified. Lions Clubs International is not responsible for entries damaged, destroyed or lost during the judging process. Entries cannot be acknowledged or returned. They become property of Lions Clubs International upon receipt. Essays (partial or in their entirety) cannot be used without written permission from Lions Clubs International.

In consideration for the opportunity to enter the Essay Contest, participants agree to allow Lions Clubs International to use their names and photographs for promotional and publicity purposes. An international grand prize winner is not eligible to receive subsequent prizes in future Lions International Essay Contests sponsored by Lions Clubs International. By entering, participants agree to be bound by these rules and the decisions of the judges and Lions Clubs International.

Lions Clubs International may cancel the contest without notice at any time. The contest is void where prohibited, taxed or restricted by law.

Mailing address:

Essay Contest, Brand & Marketing Strategy
Lions Clubs International
300 W. 22nd Street
Oak Brook, IL 60523-8842

Email: peaceposter@lionsclubs.org

(The words "Lions Essay Contest" must appear in the subject line of the e-mail.)

ESSAY CONTEST ENTRY FORM

Please type or print clearly. All information and signatures are required.

1. STUDENT INFORMATION

Winner's Name _____

Essay Title _____

Age _____ Birth Date _____ Check One: Male _____ Female _____
Day/Month/Year

School _____ Grade _____

Home Phone Number* _____

Email _____

Student's Street Address (No P.O. Boxes) _____

City, State, Country _____ Postal or Zip Code _____

Parent or Legal Guardian's Signature _____

2. LIONS CLUB INFORMATION

Club Name _____

Club Number _____ District Number _____

President Name _____

Cell (or Home) Phone* _____ Work Phone* _____

Email _____

Street Address (No P.O. Boxes) _____

City, State, Country _____ Postal or Zip Code _____

Club President's Signature _____

3. DISTRICT INFORMATION

District Governor _____

Cell (or Home) Phone* _____ Work Phone* _____

Email _____

District Governor's Signature _____

4. MULTIPLE DISTRICT INFORMATION

Multiple District Council Chairperson _____

Cell (or Home) Phone* _____ Work Phone* _____

Email _____

Council Chairperson's Signature _____

**Include area code in the U.S. or country and city codes outside the U.S.*

A Nudge in the Right Direction



Greg was only in his 20s when he learned he had Meniere's disease, an inner ear disease that causes progressive hearing loss, tinnitus, and, in some cases, vertigo. Over the years, Greg received two cochlear implants to help combat his hearing loss.

Samantha, Greg's daughter, worried about her father. "She was pretty nervous about me being alone at night, smoke alarms specifically," Greg says. And he was afraid he would sleep through his alarm, and found himself unable to sleep soundly through the night. So when Samantha suggested her father look into an assistance dog, Greg agreed.

After applying to Can Do Canines, Greg was matched with Hearing Assist Dog Duke. "[Duke] actually came quite a bit quicker than I had anticipated," Greg says. "Within four, maybe five months."

For Greg, the most difficult part of the training process has been taking his previous experience training hunting dogs and adjusting his techniques to train with an assistance dog. "[It's a] completely different beast," he says.

On a daily basis, Duke alerts Greg to different sounds such as doorbells, the tea pot, alarm clocks, oven timers, and the telephone by gently nudging or pawing him. Of all the tasks Duke performs, Greg firmly believes Duke's favorite to be waking him up in the morning. "He wakes me every morning. He either nudges my cheek or he'll give me a little lick," he explains.

"My sleep patterns have absolutely changed for the better," Greg exclaims. Before Duke, Greg would wake up throughout the night and be unable to fall back asleep, resulting in perpetual exhaustion. "I would usually average around 4 to 5 hours of sleep a night before Duke," he explains. Thanks to Duke, Greg is able to sleep soundly knowing Duke will rouse him if needed.

Duke has already become an integral part of the Flanagan family, having been included in camping trips, pontoon rides, and grocery store runs. When asked if Duke has made the difference she wanted for her dad, Samantha replies with a firm, "Yes."

The entire family is extremely grateful for the newest addition. "I just want to thank every single person that's involved in Can Do Canines because what you're doing matters and is really, really beneficial to people like me. So I just want to say thanks to everyone," Greg says.

Save the Date for our Fall Graduation Ceremony

Saturday, October 26 at 1 p.m.

Can Do Canines facility: 9440 Science Center Drive, New Hope, MN 55428

Join us at our Fall Graduation Ceremony. This one-of-a-kind event recognizes and honors the effort put into training each assistance dog team. All are welcome and no RSVP is required. Join us for this heartwarming event!


Save the Date for the Fetching Ball Gala

Saturday, February 8, 2020

DoubleTree Bloomington Hotel

Save the date and join us as we celebrate Can Do Canines at the Fetching Ball Gala. Enjoy a delicious dinner, cocktails, silent and live auctions, games, and entertainment.



Ham Lake Fire Department The Ham Lake Fire Department and Ham Lake Lions Present  **HAM LAKE LIONS CLUB**

LOCATION
Ham Lake Fire Station #1
15544 Central AVE NE
(Just South of City Hall)



COST
\$5.00 - Bowl
\$10.00 - Quart
\$25.00 - Gallon
\$2.00 - Slice of Pie

THE ANNUAL

BOOYA

AND OPEN HOUSE
Sunday, October 6th, 2019
9 A.M. UNTIL GONE

Booya!
Hot Dogs
Kids Activities
Wellness Van
Fire Trucks
Fire Prevention Display
Eyeglass, Ink Cartridge, Hearing Aid,
and Cell phone recycling drop off
Demonstrations beginning at 11:00 am featuring
Allina Ambulance Extrication, Firetrucks, CPR and Sherriff's Cars and Equipment

Friday Oct 25th

Arch Allies

\$12 Advance Ticket Sales

<https://archallies.com/events/>

Saturday October 26th

Johnny Holm Band

\$11 Advance Ticket Sales- Eventbrite

<https://www.eventbrite.com/e/anoka-lions-halloween-tent-event-and-costume-contest-tickets-74742880969>

\$15 CASH at the door

Tent Opens at 7:00pm both nights with

Distant Edge on stage

from 7pm-8:15pm

<https://www.distantedgeband.com>

The BIG WHITE TENT

at 2nd & Jackson Anoka MN

Costumes Contest at Midnight on Saturday!

You enter the tent, you are in the contest!

\$750 1st - \$250 2nd - cash and prizes for 3rd-5th

Specialty Beers, Wine, Mikes Hard,

White Claw and Select Mixed Drinks

All drinks \$4

#AnokaLionTentParty

Facebook.com/AnokaLions

IG:Anokamlions



SPRING LAKE PARK LIONS COMMUNITY BREAKFAST

SUNDAY, OCTOBER 27, 2019, 8 A.M.-NOON
SPRING LAKE PARK HIGH SCHOOL, DOOR #33

All you can eat:

Pancakes, french toast, sausage, scrambled eggs, coffee, juice and milk

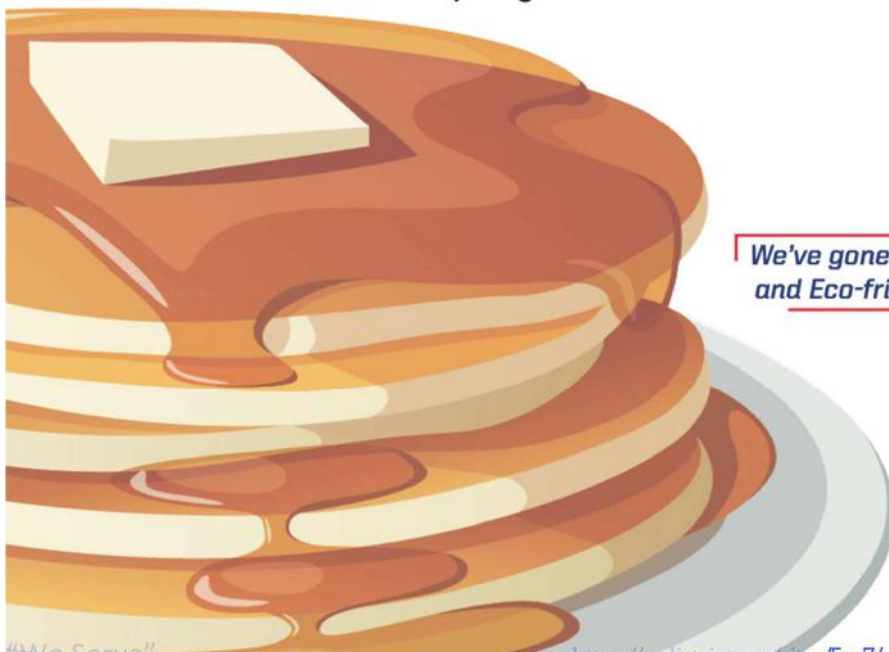
Donations for breakfast accepted and appreciated

Free- Eye screening for children six months-six years, face painting, balloon artist, cholesterol screening from the Mercy Wellness Van and books for kids from the Leo's Club

Sale- Baked goods, really big coloring books and crafts

Bring- Food donations for the food shelf, unwanted cell phones, eye glasses, hearing aids and ink cartridges

*Towels and aprons sponsored by Cintas
In collaboration with Spring Lake Park Schools*



**We've gone Green
and Eco-friendly!**



Convention update:

Save the date

The dates for the convention are **January 10-12, 2020.**

The location will be at the Radisson in Brooklyn Center.

There are changes. Friday night will start with our normal flag ceremony. This will be followed by a presentation by past director Bruce Beck. The hospitality rooms will open after Bruce's comments. The memorial service has been moved to Saturday afternoon.

Saturday will feature a number of presentations, lunch, a fun raiser for the childhood cancer foundation, our business meeting and with a banquet with entertainment.

Sunday will have an award focus along with a buffet breakfast.

The costs for the meals have been reduced. The cost for rooms will be about the same as they were last year.

Stay tuned for more details in the next few months.

Lion Jim



Deadline for entry to the Gram is by the 20th of each month.

Do you know anyone interested in making the Gram?

I will be leaving this position as I will be going back to school. Please keep your ear out for someone and let me know if anyone comes to mind.

Thank you all!

Lion Brittani

5m7gram@gmail.com

We're Searching for **Dedicated Lions** TO HELP BUILD THE FUTURE



**5M Multiple District GLT, GMT, and GST Coordinator
Positions Open for the 2020-2021 Lions Year**

**GAT Leaders will empower clubs through the Power of
Action and provide them with new tools/opportunities
to grow. They should be passionate volunteers and
dynamic leaders, offering innovative service ideas.**

Job descriptions available on the MD5M website.

Send your resumes to Council Chair Rob Rand by October 4th :
Robrandmn@gmail.com

Candidates will be interviewed during October COG Mtg Meeting

Rochester...

... Our VISION is 20/20

**Go to MD5M
Website:
Events Tab
for Links**

2019-20 District Governors: Someone from the host committee will attend the Mid-Winter Conventions! Please arrange with the venue to have a secure wi-fi connection so registrations can be safe. Remember: Online Registration ONLY.

88 Current Registrations

The convention prices listed are valid through July 31, 2019

2019/2020 Multiple District Convention and Registration Information...

<https://www.experiencerochestermn.com/rsvp/?action=details&noredirect=1&eventid=352>

For Hotel Booking, click the following link...

<https://res.windsurfercrs.com/ibe/details.aspx?propertyid=9733&nights=1&checkin=04/30/2020&group=LIONSCLUB2020>

- ✦ May 1-3, 2020—Rochester, MN
- ✦ Rochester Civic Center Venue
- ✦ Kahler Hotel for Housing—being renovated!
- ✦ Working on transportation between the main venues
- ✦ 60th Anniversary of the Lions Eye Bank (now known as Gift of Sight)
- ✦ Use the 20/20 theme for vision references
- ✦ Dr. Erik van Kuijk will update us on the Lions Eye Institute
- ✦ Vision speaker-corneal transplant for example
- ✦ Post Town Winery (4 miles from Civic Center)
- ✦ Salem Glen Winery (10 miles from Civic Center)
- ✦ Oxbow Park and Zollman Zoo (13 miles from Civic Center)
- ✦ 'O' K walk incorporating Rochester's famous Canadian Geese population
- ✦ World famous Mayo Clinic across from the Kahler Hotel (tours available)





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)

1st VDG Invited Yes ___ No ___ Spouse Yes ___ No ___

2nd 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