



# WE SERVE

JANUARY 2021



**Hello Lions, Lioness and Leos,**

It is a new calendar year. Happy New year! 2021 is shaping up to be a better year for Lions than 2020 has ended up. There are vaccines for covid19 that promise to bring an end the pandemic. We will, eventually, return to normal with Lions projects and fundraisers.

As Lions, we have struggled to serve in our communities and abroad. We have become creative in our projects and fundraisers and it does not go unnoticed. I am proud of the clubs in our district. I am proud of our members. We have not forgotten who we are, despite the challenges we have faced. Those challenges have made us stronger.

With the new year ahead of us it is time to rediscover our purpose and our resolve. Lions are strong, they are leaders, and they are compassionate as well as passionate. They also are willing to serve those, even within their own club, who cannot serve during the pandemic because of health reasons. They know the needs are still there and their dedication to their community serves to inspire their membership and provide fertile ground for new project and fundraising ideas. Thank you for your service and dedication!

**We will have a Mid-Winter Convention on Saturday, January 16th, which will be a virtual convention. The link to the convention should be going out via email within a week of the convention, so stay tuned.**

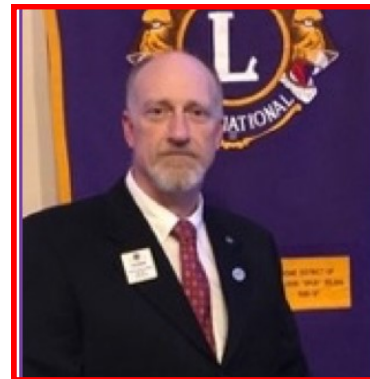
The convention committee is accepting nominations for 2VDG, Al Jensen Award, and Hall of Fame Award recipients. If you know of anyone deserving of the Al Jensen and Hall of Fame Awards, and if you have decided to run for 2VDG have the nominating and seconding speeches written and **sent in to the 5M7 Secretary by January 11th**. The speeches will be read by the nominators via Zoom, if available, but if not, then by an individual designated by the absent nominator.

As a reminder, **the club delegate names should be sent to 5M7 Secretary by the Monday prior to the convention**. The delegates will be contacted for information on how to submit their votes.

My thanks to all for being flexible during these trying times.

Happy New Year!

DG Peter



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# 1st VDG Lion Judy Herrala



## 5m7 Lions, Lioness and Leos,

I am hoping that everyone had a nice Christmas and that you are thinking about celebrating in anticipation for the new year! Well I suppose my celebrating is different than everyone else's celebrating, but, however you celebrate, I hope you make it fun. It is a new year. And with that comes the feeling of LETS START FRESH. I know I say this every year in my writings, but especially this year starting fresh is important. Now that we are through the holidays I think that we can focus more on new thoughts and new ideas and finding more ways to connect with our clubs. Whether it be by virtual means such as zoom, or email or phone calls, let's face it...we joined this organization to be with people and serve people, most of us have got to be missing the interaction. I thank and admire all of you who have worked this connecting thing out in your clubs. That is so important right now. Even though several of our clubs are meeting in some manner, there are many aspects of life that aren't happening and members are missing that stuff. So here is a challenge to ALL of our members. By January 15<sup>th</sup>, please reach out to at least four (4) of your club members for a chat. You will feel good, they will feel good, and your club will be connecting to begin a great new year.

While we are thinking about connecting let's think about connecting on January 16<sup>th</sup> for our **Mid-Winter Convention** virtually! Yep, our convention will take place on ZOOM. Your club leadership will get a link to this ZOOM convention with instructions of how to participate. There are some clubs who will be gathering some members together while social distancing to attend convention. That sounds like a lot of fun. Your club leaders will be getting emails from our 5m7 Lions Secretary/Treasurer with voting information and instructions and you have already received Parade of Green information. . Please watch for these emails.

This morning I went to the Lions Clubs International (LCI) website to check out our district's **membership** information. Our district has added 66 new members this year so far. Thank you to all of you who have asked others to join the Lions! And a huge welcome to those 66 new members! I sincerely hope each of you are enjoying your membership here and have found your niche in your club. I can't wait to meet you. So let's share The World's Largest Service Organization even more! We've already proven we can do this during a pandemic. Awesome! Oh, here comes that "connect" word again. I have another challenge for ALL of our members. I would like to ask each of our members to connect with four (4) of your acquaintances outside of your lions club and ask them to join the Lions. Just four. There are many people to reach out to in our lives; family, friends, co-workers, hair-dresser, store clerks, business owners in your city, the person who fixes your car, other parents from your child's school and many more. Please reach out to your four acquaintances and ask them to be a part of our organization and let me know that you did. You will be recognized in the next newsletter. My email:

[JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)

1. Members please do this by January 31.
2. New members email and tell me what you like best about the Lions so far. What is it that made you want to be a part of this great thing?

Last month I asked about any of you being the next candidate for **2<sup>nd</sup> Vice District Governor**. If you are that person, now is the time to let it be known that you are interested. Our Mid-Winter Convention is the time to come forward and be nominated. DG Pete has a nominating committee that you will work with.

Please **reach out** to your District Governor Team if you have questions, need assistance or if you would like to chat about anything at all. We are here.

Hope to see you soon!  
Lion Judy Herrala



# DISTRICT CABINET NEWS



This year we are experiencing a whole new normal, but our faith in each other and in Lions Continues. "We Serve" has not changed, except we are unable to gather as a club, and we are unable to have club events like pancake breakfasts, ice fishing contest and other community events. We have to become creative with technological to bring our clubs together and keep our members safe. Every month we will have some thing in the 5M7 Gram, to try to keep members informed about Mn Lions Vision Foundation.

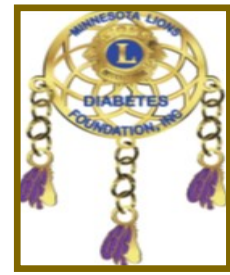
If you need your used glasses picked up, just pick up the phone and give us a call, we will do our best to get them picked up from you. Also, if you need any of the new collection pails, let us know and we will get them to you. Thank you for all you do

### MINNESOTA LIONS VISION FOUNDATION DIRECTORS

**PDG Terry Wold [West]**  
[terry\\_wold@hotmail.com](mailto:terry_wold@hotmail.com)  
4113 Edgewood Road NE  
Blaine, MN 55104  
H) 763-784-0203  
C) 612-759-5433

**Lion Steve Linder [East]**  
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5567 153rd Ct. NW  
Ramsey, MN. 55303  
H) 763-572-9348  
C) 612-382-2236

### "Catch the Dream" – Life Without Diabetes!



### Catch the Dream... & Catch some Ca\$h

A Minnesota Lions Diabetes Foundation cash raffle. Minnesota Lions Diabetes Foundation will donate net proceeds from this cash raffle toward research to treat and cure Type 1 and Type 2 Diabetes.

- 10 Winning Prizes! Tickets \$10**
- 2 \$1,000 winners**
- 2 \$500 winners**
- 2 \$200 winners**
- 4 \$50 winners**

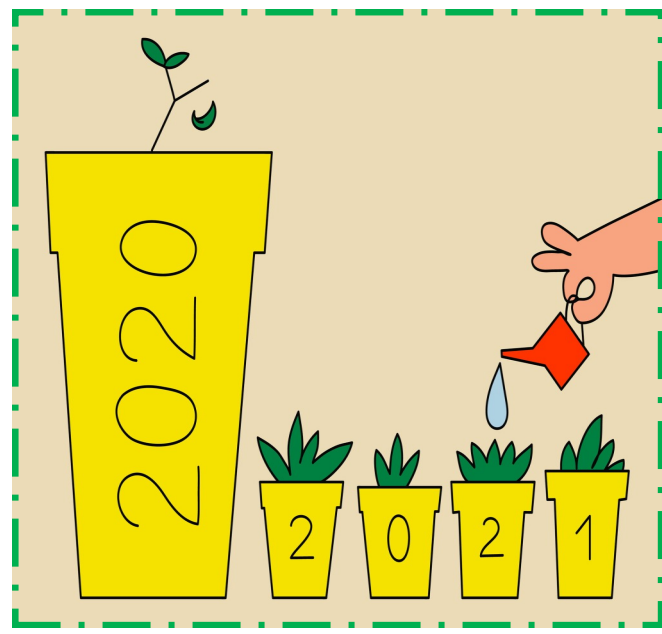
Minnesota Permit # X-93230-21-003

### Drawing 7:30 a.m. Saturday, May 1, 2021

Ticket holders not required to be present to win. Winners will be notified. Contact your District Diabetes Foundation Trustee for tickets & information!

Lion Joel Anderson     [joeland1954@gmail.com](mailto:joeland1954@gmail.com)  
612-723-9120

Lion Karen Norell     [karennorell2161@gmail.com](mailto:karennorell2161@gmail.com)  
612-718-3627



**Happy New Year District 5M7!** The Minnesota Lions Diabetes Foundation wishes you a super year in 2021. It can only get a lot better than 2020! We still hope to visit club and zone meetings once we all get back to having meetings again. And in the meantime, why not buy some raffle tickets to help support us? Please contact Lion Karen or myself and we will arrange getting tickets to you.

Also, we look forward to your Parade of Green donations. If any clubs would like to know what monies you have accumulated for Dreamcatcher awards, please contact me.

[www.mnlionsdiabetes.org](http://www.mnlionsdiabetes.org)

# DISTRICT CABINET NEWS



**Editor's Note:** My apologies for the pictures which need to be sent to me in jpeg format rather than pdf file. I hope you get the drift of what wonderful work was done on this accessible rope course.

The Lions of 5M7 have been actively involved with supporting various projects at Camp Friendship in Annandale MN. Back in 2015, a request was made to LCIF for \$100,000 to help fund an accessible ropes course at Camp Courage.

The new accessible Team Quest ropes course would enable campers with physical disabilities to experience a high ropes course; special one-of-a kind accommodations enable them to independently direct their experience, selecting and approaching elements completely on their own. This makes it a unique, one-of-a-kind ropes course.

With these courses, campers used their existing arm and leg strength, but required significant assistance of staff who pulled them up to the climbing wall via a rope pulley system. Campers were only offered this opportunity through staff actions. With the addition of the ramp, campers would now be able to experience the ropes course with limited staff assistance.

It was anticipated that 350 to 400 individuals with physical

disabilities, each of them would have an opportunity to climb on the new course. This LCIF funded project would make available the first and only wheelchair accessible high ropes course and zip-line in the United States.

So, in the fall of 2018 PDG Terry Wold hosted a grand opening for the cabinet and all Lions to see the accessible rope course. Please consider making a donation to LCIF\*\*

Lion Jim Kugler, District LCIF chair

**\*\*See more info on what LCIF can do in 'WHAT'S UP page 10**



**Spring Lake Park Lions will no longer accept ink cartridges and used prescription bottles.**

**Thanks Lion Jim Kugler**

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# DISTRICT CABINET NEWS



**Special  
Olympics**

Lion Anne Emanuel  
8433 Gateway Drive  
Monticello, MN. 55362  
c) 612-715-0214  
[annie.emmanuel06@gmail.com](mailto:annie.emmanuel06@gmail.com)



Lion Kevin Beadles  
h) 612-251-0802  
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Lion Cindy Hagen  
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Lion Kathy McMillian  
5420 104th Ave No  
Greenfield, MN. 55357  
h) 763-498-8277  
[kathyjcmillian@gmail.com](mailto:kathyjcmillian@gmail.com)



Thanks to the dedicated Can Do Canines staff, puppy raisers and trainers that are keeping up their hard work and trainings despite COVID to provide assistance dogs to the many individuals on their waiting list. If you missed this opportunity to help us out, or if you are still in shopping mode, we are also in need of dog toys to give to our clients when they first receive their assistance dog. Please see the wish list on our website, and check out the section for dog toys.

## Leadership Transition in Progress

Jeff Johnson joined the Can Do Canines staff on December 1. While Al Peters spends this last month as executive director, Jeff is busy learning all there is to know about our organization. That includes building relationships with staff members, familiarizing himself with our history, and gaining an understanding of not only what we're about, but also what our industry is about. Jeff will begin as executive directors on 1/1/21.

Lion Stefanie Nelson  
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w) 763-506-7112  
c) 612-298-1523  
[stefanieenelson@gmail.com](mailto:stefanieenelson@gmail.com)



## Exciting Happenings at the MN Lions Childhood Cancer Foundation!

An account has been set up on Amazon which, if you use it, will result in a portion of your purchase being donated to the Foundation! No extra cost to you! If you order from Amazon anyway, it's a win-win! Please check us out at Amazon.com: Online Shopping for Electronics, Apparel, Computers, Books, DVDs & more The Masonic Children's Hospital is accepting fleece blankets again! If you have items to donate, contact Foundation Treasurer Lion Tom McCarthy at [tpmcc0526@yahoo.com](mailto:tpmcc0526@yahoo.com) and he'll put you in touch with the right folks at the University.



Camp Courage | Camp Friendship |  
Camp Eden Wood | Camp Courage  
North | Plymouth Office  
[www.truefriends.org](http://www.truefriends.org) or call  
952.852.0101  
Ruth Kewitsch, Sr. Director of  
Development  
O: 952.852.0128 C: 952.829.5911

# DISTRICT CABINET NEWS



## Greetings and Happy Holidays,

We are highlighting a lovely children's book, written by a Minnesota grandmother whose grandchild has a hearing loss. She struggled with helping her granddaughter wanting to fit in but knowing that having a disability made her different. It is a lovely book about children with many disabilities not just hearing. We are including a photo with the author holding the book and Lion Jerry Amiot trustee for District 5M11. Thanks for your interest. If you have any stories in your district that you would like to share with others, please let us know.

**Hearing Foundation Publicity Committee:** Lion Michele Plagman Lion Barb Tanski Lion Jerry Amiot

Presentation of a "Super Kena" book by Lion Jerry Amiot to Sheila Capistran, the Climax Branch Librarian, with the Lake Agassiz Library System based in Moorhead, MN.



Becky decided to write "Super Kena" when Kena was a toddler. She searched the internet to find a book about a child with hearing aids but they were hard to find. Most of the books had animals with hearing aids in them. So, she decided to write her own book for Kena and that's how Super Kena – A Girl Made Fierce with Hearing Aids came about! It's meant to empower children like Kena but also other different-abled children who get teased and only want to fit in. The book touches on children with glasses, diabetes, who stutter, who have peanut allergies, with asthma and who are in wheelchairs. Together, they use their super powers to make a difference in the world by spreading understanding and acceptance one classroom at a time.

Cost: Hardcover - \$14.95 plus tax Ebook - \$2.99 plus tax  
Target Audience: Super Kena – A Girl Made Fierce with Hearing Aids is geared to children ages 4 to 8 years old.

## LITPC YOUTH SCHOLARSHIP INFORMATION



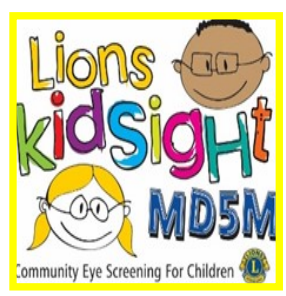
The Lions International Trading Pin Club (LITPC) has announced for the 2020 - 2021 school year that there will be 3 US \$2,500 scholarships awarded. Graduating Leos OR graduating sons/daughters, grandsons/granddaughters of Lions or Lionness are eligible to apply for the LITPC Youth Scholarship. The LITPC goal is to help our future leaders and give students a financial helping hand. This program started in 2012. Recipients have been from Georgia, Iowa, Louisiana, Minnesota (2), New York (2), Ohio (3), Oklahoma (2), Pennsylvania (2) and Virginia (3). The 2021 recipients will be announced at the LITPC Pin Traders Annual Breakfast in June, 2021. 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](http://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, 2021 to: Lion Bill Guthrie, Scholarship Chairman [bmguthrie9@q.com](mailto:bmguthrie9@q.com) #763-786-8072.** You can either email me your application OR call me and I will give you my mailing address.

Thank You and Good Luck to all!!

**LITPC takes great pride in fulfilling the motto of Lions Clubs International, "WE SERVE"**

# DISTRICT CABINET NEWS



Despite the complications of screening in a COVID environment, District 5M7 was able to screen 462 children in 2020 with 61 referrals. Thanks to all the Lion Clubs and individual Lions who gave so generously in this uncertain year allowing us to continue this incredible program. A special thanks to the Lions who have donated layers of protective equipment to screen these children. Let's hope 2021 will allow us to screen many more children.

Lion Ann Kaduce and Lion Mary Curtis, Directors, MD5M Lions KidSight Foundation, INC

[5m7lionskidsight@gmail.com](mailto:5m7lionskidsight@gmail.com)

- 12 - Head Start programs**
- 11 - Childcare centers**
- 10 - Level 3 face masks**
- 9 - Pairs protective gloves**
- 8 - Sets face shields**
- 7 - Paperless forms**
- 6 - SPOT Vision Screeners**
- 5 - Golden Lions**
- 4 - Calling referrals**
- 3 - Caring parents**
- 2 - Eyeglass angels**
- 1 - Child seeing clearly**

*Vision screening is not the goal; it is the method we use to reach our goal of every child seeing clearly!*

+++++

**AMONG Americans who are making New Year's resolutions, the most common ones are exercising more (50%), saving money (49%), eating more healthy (43%), and losing weight (37%)**

# WANTED

**2ND VICE DISTRICT GOVERNOR  
CANDIDATE TO BE  
GOVERNOR IN 2023-2024**

**ATTENTION DISTRICT 5M7 LIONS**

**ARE YOU LOOKING FOR ADDITIONAL WAYS TO  
SERVE THE LIONS?  
HAVE YOU SERVED AS CLUB PRESIDENT AND ZONE  
CHAIR AND/OR DISTRICT SECRETARY/  
TREASURER?**

Elections will take place at the 2021 District 5m7 Mid-Winter Convention which takes place on January 16th on Zoom.

**THIS COULD BE YOU!**



If you are interested in being our next 2nd Vice District Governor, please call or email one of your current District Governor Team members.

# MID WINTER CONVENTION



## MIDWINTER CONVENTION NEWS

The Mid-Winter Convention will be held on Saturday January 16th. It will be held via the Zoom Virtual Meeting Platform. Club leaders will be getting emails from our 5M7 Lions Secretary/Treasurer with voting information and instructions. You will be receiving your ZOOM link from our convention committee. Please watch for these emails.

PDG Lion Jim Kugler



We still need clubs to provide biographical and service information including an original photo of our fellow Lions and Lioness who have passed in the last year. The Memorial Service is planned for the Mid-Winter Convention. **Please send the information no later than January 1 to:**

Lion Dan Kaiser 36455 Oasis Road, Lindstrom, MN 55045. Contact him at 651-583-3428 or [danandcathy@frontiernet.net](mailto:danandcathy@frontiernet.net) If you have any questions whatsoever, please call Lion Dan.

## Lions of 5M7,

Lions Foundations and our other causes still need our support. To that end, we will have a **Parade of Green** as part of our Convention.

If you want me to distribute your contributions to our causes, and to be recognized at the Convention, you will need to give me some lead time to organize the proceeds. What the 2020-2021 5M7 Convention Committee has decided is that the **Parade of Green forms and the donations should be mailed to me prior to January 1st.**

During our business meeting I will announce the clubs that have contributed, and the number of causes they have donated to.

If you wish to have your Parade of Green donations included in the totals announced at our 5M7 Convention, please do what you can to get them to me as soon as possible. Getting them sorted out is a labor intensive process and I may not be able to get to your club's donations if they arrive just before the Convention.

Please mail the completed form and donations to:

Lion Jim Pokela, 5M7 Secretary/Treasurer  
709 River Lane, Anoka MN 55303  
612-203-6411





# UPCOMING EVENTS

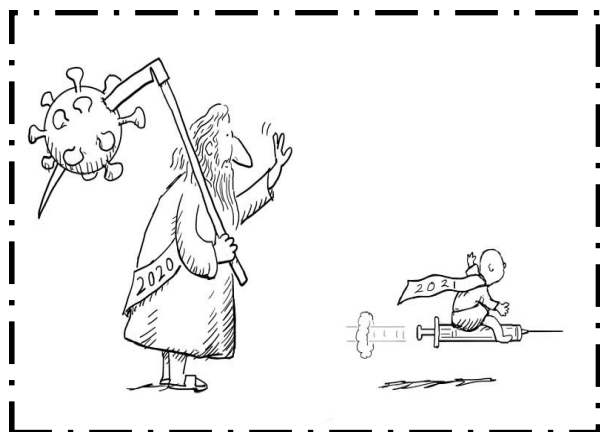


## 2021 MD5M Convention



The 2021 MD5M Convention is just around the bend! District 5M-2 invites you to join the jamboree at the Mankato Event Center, Mankato, MN, April 30 through May 2nd, 2021. Save the date, as District 5M-2 prepares for a weekend that is guaranteed to entertain you with festive music and inspire you with our speakers. District 5m-2 will also plan on a virtual convention as an alternative to unforeseen events.

More information on the hotels and registration form can be found on the 5M2 Lions Facebook page or at [www.lionsmd5m.org](http://www.lionsmd5m.org). Registration and meal packages range from 0- \$130.00 per person. Information on the site will be updated periodically. Along with all of the fun and festivities, a raffle room will be available and co-hosted by the MN Lions Childhood Cancer Foundation and the MN Lions Diabetes Foundation. There will be speakers from the University of MN on Childhood Cancer, Lions Gift of Sight, MN Lions Hearing Foundation, and a speaker from Leader Dogs.



## TINNITUS RESEARCH STUDY

Are you between 18-75 years old?  
Do you experience ringing in your ears?  
Or want to help people who do?

Help us study how tinnitus affects brain signals!

- Participation involves questionnaires and brain imaging (MRI and MEG)
- Compensation will be provided



Contact: [ENTSTUDY@umn.edu](mailto:ENTSTUDY@umn.edu)

**The Hearing Foundation** has supported research in this area, which we will be writing about in later newsletter posts. I know there are many Lions and others in our communities that have this problem. Thank you for your interest in participating in the Tinnitus Research Study with the Otology research team at the University of Minnesota!

This is a research study to examine how tinnitus or 'ringing in the ears' affects brain signals, and how these brain signals can be used to help researchers develop better tools to diagnose people with tinnitus. A research coordinator from our research team will contact you in the near future and provide you with an online eligibility questionnaire, as part of the screening process. [hearingpublicity@gmail.com](mailto:hearingpublicity@gmail.com)

# WHAT'S UP



### Environment

Access to clean water for 14 people



Vision  
2 cataract surgeries



### Youth

Lions Quest curriculum for an entire classroom for 1 year



### Hunger

Access to food for 14 chronically hungry people



Disaster Relief  
Immediate relief for 4 victims of a natural disaster

**What  
Your  
\$100  
Will Do**



Childhood Cancer  
Equipment treating 8 young cancer patients



Humanitarian Efforts  
Measles vaccination for 100 children



Diabetes  
Screenings for 18 at-risk people



[LIONSCLUBS.ORG/DONATE](http://LIONSCLUBS.ORG/DONATE)

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