



JANUARY 2023

SM7 GRAM

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### **HELLO FELLOW LIONS AND LEOS,**

I hope everyone had a Merry Christmas and will have a Happy New Year. The year is really flying by for me, it's almost Mid-winter Convention time, I have met a lot of good, fun loving Lion members during my governor visits. I enjoy mid-winter conventions and look forward to being with Lions from all over our district.

When I became Governor I purchased a new dark blue dress jacket, but it didn't fit me very well. I have a friend who does tailoring for me and the first thing she told me was, "I hope you didn't spend very much on this, but I'll try and make it look good on you." She did. Then I started going to Governor visits and enjoying good meals, and I noticed my jacket is shrinking. I tried blaming my wife for washing it but that didn't go over so well. I think I have a solution. I'll bring my German Shorthair Retriever to the meetings and either teach him how to drive my pick-up ( he's really smart) and I can jog home after meetings, or; I can start sharing my dinners with him. He would probably prefer that. Time to get serious.

We are having a Parade of Green at our luncheon at the Mid-winter Convention. I remember doing this at conventions in the past and I liked that clubs could brag about helping different foundations. All foundations are important and I know we don't give all of them the same amount. I don't think that is as important as trying to help out as much as we can. I have two foundations that I am really partial to. The first is the Childhood Cancer Foundation. This foundation is rather new. There are a lot of good cancer foundations that help kids; Saint Jude's and the Shriners are two of them. The Lions Childhood Cancer Foundation is the only foundation that I know of where 100 % of the money it raises goes back to help families that have children with cancer. Don't get me wrong, I think it's important that Saint Jude's and the Shriners fund research to help children who have cancer, but I know firsthand how much young couples struggle with expenses to be with their children when they are being treated. I have two young grandsons who have spina bifida and spend a lot of time in Childrens Hospital. The other foundation I would like to see supported more is the Brian Scheehan Foundation. This new foundation is being set up to help Lions Clubs that are struggling with low membership. There will be grants available to help increase your membership. Please contact me for more information on this. During the Parade of Green I am requesting that club presidents announce what foundations they are contributing to. The amount isn't as important as the desire to help everyone.

Thanks to all the Lions that have helped put together this years Mid-winter Convention; especially 1DG Peter Lendway. Lion Peter was our convention chairperson. I'm excited about the Mid-Winter Convention this year. Come and enjoy it with all your fellow Lions.

DG Mark Landwehr



## LEADERSHIP MESSAGES



### Hello Lions and Leos

Welcome to 2023! 2022 has been a strange but wonderful year coming out of the pandemic years.

5M7 has lost clubs and has gained clubs. Our clubs have lost members and have gained members. But, through it all the one constant is Lions commitment to their communities. Thank you for your unwavering support to your community.

As we begin the new year let's remember to continue in that service and perhaps make that service even more meaningful. The Lions are a community's greatest resource and are on the front lines of service and are even the lifeline to first responders who often find themselves in need of the service of a Lion.

When we help a first responder we, by extension, help those they help. Keep an open mind when new opportunities to serve present themselves. Most opportunities to serve do not present themselves as opportunities to gain members as that is not our purpose. Our purpose is to serve. However, the outcome of service often leads to membership increases as thoughtful service in and of itself is as contagious as selfless or joyful service can be.

Thank you, again, for your service and may the new year be rewarding for you and your club.

1VDG Peter

### Happy New Year fellow Lions and Leos!

I trust everyone had a blessed Christmas with loved ones. It's always good for the soul to connect with those closest and dearest to our hearts.

It's also good to connect with friends, old and new. What better way to do that than at our Lions Midwinter Convention. You are provided the perfect opportunity to rejuvenate your Lions spirit and refresh acquaintances. You'll have the chance to bond with your fellow club members and to make new friends from neighboring clubs. I hope to meet you in St. Cloud at the end of January!

Oh my gosh, it is January already! You know what that means, we are halfway through this Lions year. We typically spend this time of year reflecting on the past year – personally and within our clubs. What was accomplished

and what needs to be focused on in the new year? Maybe this is the year you pitch that new project idea to your club or put your name on the ballot for club officer. Don't let anyone dampen your spark. If you have a desire to serve more or in a different capacity, let your voice be heard. Do you aspire for something different, perhaps on the district level? Talk to one of us on the governor team. We'd love to answer your questions.

Have a great month and I hope to see you in St. Cloud at our Midwinter Convention.

2VDG Lion Mary

### Good Day 5M7 Lions,



Thank you so much for all of your donations so far for Lions Clubs International Foundation (LCIF). Each of our clubs can give to this very important foundation during the Parade of Green, or really anytime during the year. Please remember that each of us can give a donation individually as well.

We would like to ask that you consider a donation to LCIF during the Parade of Green at our Mid-winter Convention. If you would like to individually donate, please see either 1 VDG Peter or Immediate Past District Governor Judy and we can help you with this.

Remember also that you can recognize deserving club members and also members of your community with a Melvin Jones Fellowship. Please contact either of us for more information. Several of our clubs have given money and have several Fellowships that they are able to give. We will have a list at convention if you would like to stop by the LCIF display table and ask about this.

IPDG Judy Herrala [JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)  
763-753-6962

1 VDG Peter Lendway [lendwaypeter@hotmail.com](mailto:lendwaypeter@hotmail.com)  
651-214-7154



**Dear Lions and Leos.**

**Welcome to the 104 new members** that we have added here in 5m7 in the first 6 months of this year. Thank you to our club members who have asked these new members to join. And a special THANK YOU to all of our new members who have joined us. You will help us carry on our motto, "We Serve" as we move forward. With new members, we can add more service. I hope that you are enjoying your membership and your service to others. I also hope that each of you are finding your niche here in the Lions.

5m7 clubs I sent an individual email recently to each of our clubs letting you know about the brochure contest at convention. I hope that you are considering either an update to your current brochure or making a brochure for your club if you don't have one. Please contact me if you don't have a brochure yet and if you would like some guidance.

Brochures are just ONE way of marketing your club. There are many other ways, but just recently I have stumbled across another way of doing marketing in our clubs.

There are a few clubs who use signs in their communities. I have seen big signs being used by Lions and also smaller signs in smaller communities. Not everyone is on social media, not everyone spends a lot of time on email, not everyone picks up every brochure they can and reads it. But all of those methods of marketing exist.

When my club was new in Nowthen there was very little to no internet in Nowthen, there are no newspapers in Nowthen for all to read, there is a newsletter twice per year, so we had to figure out how to market ourselves and make sure that our community knew we were there. We used signs. These signs sat at 3 different corners in Nowthen and people got used to looking at our signs to see what we were up to. We polled people as they attended our events and they said they knew about our events because of these signs at the corners. Back then, 14 years ago, we were manually putting letters on signs to announce events.....but these days there are advanced signs out there if you can find them. Many are digital. How many of your clubs are in communities where a large digital sign exists? Think about this, because this can be quite the opportunity to market your club. There could be digital signs in your community and your club could partner with the local business or owner of the sign to advertise your club.

Does your club advertise on large bulletin boards in your community? Can you think of sign boards in your community that you could use if you have a partnership with the owner? If your club uses signs around town, please let me know.

Having many different ways to market your club is

better than just one way. Try holding a brainstorming session with all of your club members present to come up with more ideas. Remember, all communities are different, so one way doesn't work for all clubs. But I know your club can come up with ideas for your club. Contact me with questions, thoughts and ideas.

Lion Judy Herrala, [JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)



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**REMEMBER** the brochure contest! Get your club involved and design (or redesign) a brochure highlighting **YOUR CLUB** and win a chance to dine with the Governor's team! Note deadline dates below.....

**5M7 Brochure Contest!!**

Update your club brochure and win!

- **1st place**-a club dinner with the Governor Team! Costs covered.
- **2nd place**-a deluxe snack pack for your club.
- **3rd place**-a snack pack for your club.

Contact Lion Judy Herrala (GMT) for more information:  
Email: [JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)  
Phone: 763-753-6962

Join me in making sure that our club information is up to date for each of our communities.

Make arrangements with Lion Judy to get your club brochure to her on or before Friday opening of convention. It will be displayed so members can vote all day on Saturday. You may also send it via snail mail by January 15, 2023. Results will be announced on Sunday morning with prizes awarded.

You will gain ideas for your own club brochure by seeing all brochures displayed. Your club can share with others.

Need help to create a club brochure? Contact me for ideas.



## Greetings 5m7 Lions and Leos,

Lions Mike Edwards and Judy Herrala, your 5m7 MN Lions Diabetes Foundation Trustees have some **REMINDERS** for you:



1. If your club has not yet decided on your Parade of Green donations yet, please remember the MN Lions Diabetes Foundation with your giving.
2. Please consider attending the Mid-winter Convention and when you do, come and learn more about Diabetes when you visit our Diabetes display at convention.
3. We continue to ask you to share what your club diabetes projects are so that we can share these projects far and wide for all to consider. We hope to have a large list for our clubs to choose from when you are considering a project for diabetes.

### Minnesota Lions Diabetes Foundation Update:

Minnesota Lions Diabetes Foundation has a dream – Life without Diabetes. We are, with your support, providing funding devoted to finding a cure for diabetes. That research is also leading to treatments for diabetes – improving the quality of life for people who live with diabetes.

### Improving Health:

There are steps each of us can take to improve our health and possibly prevent Type 2 diabetes:

- Maintain an A1C blood (a blood test that measures average blood sugar levels during the past 3 months) level of 5.7 % or below for a normal range.
- Be aware of what we are eating and drinking. Read Nutrition Fact Labels on packaging of foods and drinks for information about calories, carbohydrates, added sugars, vitamins, etc. Eating and drinking in moderation is key.
- Maintain a healthy weight.
- Be physically active (a minimum of 150 minutes a week / averaging 22 minutes a day of moderate intensity activity).
- Get good amount of sleep (7 to 9 hours per night).

### Diabetes Research:

Minnesota Lions Diabetes Foundation is committed to supporting research for treatments and a cure for diabetes. MLDF recently provided additional funding to the University of Minnesota for Type 1 and Type 2 diabetes.

In Type 1 diabetes, the body's immune system mistakenly attacks and destroys insulin-producing cells. The body needs insulin to help blood sugars convert to energy. Without insulin, the human body cannot survive. To combat the destruction of these cells, and cure Type 1 diabetes, U of M researchers are creating "firefighters" that will be introduced to the body and protect the insulin-producing cells.

Researchers at the U of M have also identified a molecule that reduces the amount of glucose in mice, a discovery that may lead to better treatments for obesity-linked Type 2 diabetes. The goal is to determine if this molecule, if used in a drug, can prevent the development of Type 2 diabetes or reverse the condition in current patients. Support from MLDF may allow scientists to translate this research from animal models to humans to develop the next generation of a drug to fight Type 2 diabetes.

### Club Visits and Diabetes Service Projects:

Please contact your 5M7 MLDF Trustees to learn more about diabetes and diabetes service projects. Your support of MLDF is making a difference for countless people in your community and across the world, as new treatments are developed and progress toward a cure for diabetes advances.

Lion Judy Herrala, co-trustee MN Lions Diabetes Fndn.

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

Lion Mike Edwards, co-trustee MN Lions Diabetes Fndn.

[mnedwards1@bellsouth.net](mailto:mnedwards1@bellsouth.net)

## MIDWINTER MEMORIAL SERVICE

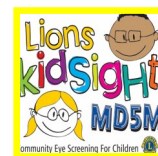
We need clubs to provide biographical and service information including an original photo of our fellow Lions who have passed in the past year. The Memorial Service is planned for the Mid-Winter Convention on Saturday following the Luncheon. **Please send the information no later than January 1**

to: PDG 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.



## Happy New Year!

Thank you to all the clubs that supported KidSight this past year, both physically and financially. Lions Clubs are the life-blood of KidSight.



We appreciate you providing this service to your community children. We rely on your funds to keep our equipment up to date and ready for your use.

We want our future generations to have all the tools necessary to develop their skills and talents. They will be our leaders. Being able to see and learn properly is a vital component in their growth. If you haven't established a KidSight screening program within your community, contact us and we will work with you to develop one that works for your unique club and community needs.

Please consider a financial donation to Lions KidSight MD5M Foundation. Donations can be made by club or individuals. Once you have accumulated \$1,000 in donation, you are eligible for our foundation Sight Saver Award.

We look forward to your support and working with you in the new year as you provide vision screening to your community youth.

Lion Mary Curtis and Lion Ann Kaduce, 5M7 KidSight Foundation Directors [5m7lionskidsight@gmail.com](mailto:5m7lionskidsight@gmail.com)

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



## Lions and Leo's

**PLEASE USE EYEGLASSES DONATION BOXES FOR HEARING AIDES AS WELL.**

The Minnesota Lions Hearing Foundation Trustees will be collecting hearing aides at the DISTRICT CONVENTIONS this winter.

If you could separate out hearing aids from eyeglasses when you come to your conventions, we will be able to take care of them without having to go through all the eyeglasses. Please write your district on them so when they are recycled, they can be credited to your district.

Can you also make sure the containers have a notice on them that "Hearing Aides" are also welcomed? Some of the older boxes do not specifically say this. THANKS!



Lion Mike Benedetto 612-735-5423  
[mbenedet@smumn.edu](mailto:mbenedet@smumn.edu)

Hello Lions,

The **Minnesota Lions Missions, Inc** is looking at an eye glass mission for February 2024 to Guatemala. We would like to take at least 15 Lions from Minnesota and 15 from Wisconsin. We will be gone from 7 to 9 days and that will cost each of us between \$1500 to \$2000, not guaranteed, depending mostly on air fare. If you are interested in participating in what can be a life changing event contact us. I will be at the 5M7 CONVENTION and have a display table.



PDG Jim Mulroy

**Can Do Canines** will be hosting its annual **Fetching Ball Gala** on Saturday, February 25, 2023. This year's event will be held at the Radisson Blu Mall of America, with KARE 11 Reporter/Anchor Rena Sarigianopoulos serving as the Master of Ceremonies.

We invite you to join us for this evening that celebrates the amazing teams of Can Do Canines. Enjoy dinner, inspiring stories, games, and silent and live auctions – all benefitting the organization. See [candocanines.org/fetchingball](http://candocanines.org/fetchingball) for more information and to purchase tickets.

## Lions of Multiple District 5M7



I hope this finds you safe & happy mid-way through the Holiday Season of Lions Calendar year 2022/2023!

A reminder...the 2023 5M7 Mid-Winter Convention is set for Friday, January 27th through Sunday the 29 at the Kelly Inn in St. Cloud, MN.. Your MLVF will have a table where you can drop off your used eyeglasses & pick up some give-a-ways. PDG Lion Steve Linder & I are looking forward to meeting old & new Lion friends. Please remember to include the MLVF on your 2023 "Parade of Green this year". Your club checks must be written out to "MINNESOTA LIONS VISION FOUNDATION" or "LIONS GIFT OF SIGHT". Please be generous!

A few quick updates:

\* The recent MLVF "Eyeball & the Thanksgiving For Vision" event held this last October were a great success and plans are in the works for October of 2023.

\* Please help us by updating your listing of used eyeglass collections sites in your area.

Contact either PDG Lion Steve Linder or myself, PDG Lion Terry Wold for current listings.

See you at the Convention!

THANK YOU FOR ALL YOU DO.

PDG Lion Steve Linder at 612-382-2236,  
[slinder71@usfamily.net](mailto:slinder71@usfamily.net) or myself,  
PDG Lion Terry Wold at 612-759-5433  
[terry\\_wold@hotmail.com](mailto:terry_wold@hotmail.com).

## Mid-Winter Convention

Minnesota Lions Vision Foundation will be collecting used eyeglasses at our Mid-Winter Convention. Please stop by and drop them off at our booth.





## ERIC AND XAVI

When Kim and Eric began considering an Autism Assist Dog for their son, Noah, they were hoping not only for a wonderful companion Noah could have growing up, but also a calming presence in his life. Noah's autistic tendencies caused him to have what Kim describes as regular, lengthy meltdowns multiple times each day.

Can Do Canines knew that Xavi, a 3 ½-year-old black Lab, could be the perfect calm within any storm. So when Xavi entered Noah's life, the change was sudden and dramatic. Noah's meltdowns have drastically decreased and are shorter in duration. Kim says, "I won't even categorize them as meltdowns. As soon as you remind (Noah) to just hug Xavi, it's just instantly his body just kind of calms."

Xavi's assistance doesn't stop there, though. Trained for stim interruption, Xavi redirects Noah's focus when he engages in behavior that is not healthy, such as picking at his hands to the point of bleeding. Kim says, "We've noticed that Xavi will nudge him when she sees him doing that. So it's kind of starting to help break that, (giving him another) sensory input versus the picking."

Kim also explains that Noah, who is now entering fifth grade, was nonverbal when younger. Some people might have characterized him as being "tongue-tied." For Noah, however, his lack of speaking was literally from being tongue-tied—a condition of the tongue being tethered by tissue to the floor of the mouth. Even after surgery, Noah still struggled with communication and social skills. Additionally, Noah attempts to bolt from his parents when in public. Kim shares, "He would just wander or dart away really fast. And with him not being able to talk, that was a huge thing for us, safety-wise."

Now, being able to tether Noah to Xavi when out in public, the family feels downright adventurous. "She's accompanying us all over the place," says Kim of Xavi. Whether they're frequenting Walmart, Cabela's or even the Mall of America, anxiety is much less. Kim says that having Xavi has "definitely made going out feel safer."

More of a talker these days, Noah enjoys speaking to, and about, Xavi. One of his favorite pastimes is reading chapter books, including the Juney B. Jones series and Judy Bloom classics, to Xavi at bedtime. Kim observes, "It's very cute to watch as he's reading to her, like she loves to snuggle right up next to him and her eyes are

just like falling asleep as he's reading to her."

This Lab with soulful eyes has expressed other emotions to Kim too. Once, Noah was working on a puzzle with Xavi, who deployed the "visit" cue on her own while Kim was in the kitchen. Kim states, "All of a sudden, I just peeked my head around the corner and she was laying snuggled right up against his legs. Her head was just in his lap, just looking at him. And then she looked over at me like, 'Am I doing good?' And it was just that moment of like, 'Yeah.' You know, he's not alone."

During the same Mall of America shopping day, the family also stopped at the gravesites of Noah's grandparents. There, he took the opportunity to sit at their headstones and tell them all about Xavi.

Noah's family wants to continue to enjoy life beyond their home boundaries, maybe even with a trip to Disney World someday soon. Yet, even at home, Noah and Xavi make the most of every playtime possibility, from pretending to be superheroes in the front yard together to having Xavi pick out the dinosaur figures from a set of fabric bins.

No matter the activity, Xavi is keeping this family grounded. Kim indicates that life "feels a little less chaotic and more calmed—a huge thing for our whole family." Adding that Xavi is allowing Noah more success and independence, Kim says, "Xavi has really changed our lives and Noah's life. Thank you. I couldn't imagine not having Xavi here now."







### 5m7 Leo Clubs

*Anoka, Andover, Blaine, Coon Rapids,  
Rush City, and Spring Lake Park*

### Happy New Year to all the Leos and Lions in 5M7!

Thank you to the Andover, Anoka, Blaine, Coon Rapids, Rush City and Spring Lake Park Leos for all the hard work on projects and community impact that happened in 2022. We look forward to all the new and exciting projects coming in 2023.

Leo Camp will be February 24-26, 2023, at Camp Friendship in Annandale, MN. Leos will be participating some team building activities, leadership development workshops and service projects. Parade of Green monies will be going to pay for camp for many Leos in 5m7. If you are interested in chaperoning Leos during the conference, please let me know. All are welcome to join us.

Lion Stefanie Nelson [stefanieenelson@gmail.com](mailto:stefanieenelson@gmail.com)  
Lion Pete Yelle [pete.yelle58@gmail.com](mailto:pete.yelle58@gmail.com)

### 5M7 YOUTH EXCHANGE

Happy New Year Lions All! We have accepted our first couple of students from around the world. They will need somewhere to lay their heads. Camp dates will be July 21-29, 2023. We are seeking host families will be needed for the month of July. If you are interested in hosting students, please do not hesitate to reach out.



Lion Stefanie Nelson 612-298-1523  
[stefanieenelson@gmail.com](mailto:stefanieenelson@gmail.com)

**REMINDER: ARTICLES ARE DUE THE 25TH OF EACH MONTH UNLESS NOTED OTHERWISE.**

**Project New Hope** had its last retreat of the year at Inspiration Point. We served 12 veterans and 10 families. This is a great opportunity for spouses to get a perspective on wartime service and for veterans to hear what their spouses and kids experienced while they were away. Please keep our veterans and their loved ones in your thoughts and prayers, especially during this holiday season.

Lion Kevin Beadles  
[farfromthinkin@gmail.com](mailto:farfromthinkin@gmail.com)



## Leo Conference

February 24-26, 2023  
Camp Friendship, Annandale

Explore Resources

Have Fun!

Learn about projects from other Leos  
around the state



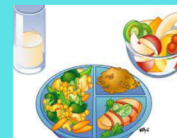
Cost per Leo \$20

Fill out the form to register



## Sponsor MD5M Leo to Attend Camp 2023

Camp Dates February 24-26, 2023  
Camp Friendship



Lodging  
\$79.00

Leo Meals  
\$55.00

Team Building  
\$34.00

Weekend Leo Member  
Total Cost \$168



T-shirt Sponsorship \$200  
District, club or individual  
name on the back of the shirt

Checks made to 5m7 Leos  
mailed to Stefanie Nelson  
5019 Ewing Ave N Brooklyn Center, MN 55429





## ENVIROMENTAL NEWS...

*Lion Judie Zaske*

Do you have someone in your club who's interested in environmental issues/concerns? If so, have you considered asking them to be your club's Environmental Leader. This person would motivate the club membership to positive action in areas of natural, social, and cultural environmental service. They would educate their club on conducting meaningful environmental activities and work in conjunction with other clubs to plan activities related to the environment.

We all have a vested interest in our environment and we all do our part, in some small way, to help reduce climate change. So, why not make it a CLUB ACTIVITY! We have clubs who do highway trash collection and clubs that help plant trees. We even had one club that collected plastic waste and made it into furniture for their local Lions Park. There are resources out there that we, as a club, could tap into that would help our community and work to reduce climate change.

We can and should take a leadership role in working with our communities on environmental issues. One way is to participate in our communities Sustainability Committee. Call and talk to your community's Public Works Department or your city Parks and Recreation Department on ways you can help. Ask other organizations in your community if they are working on an environmental project and how you can assist them. We can also turn to Lions International for additional literature and projects done by other clubs. Here are some beginner ideas for clubs:

- Plant trees. Consult your local environment authorities to determine the type and number of trees needed, as well as the location for planting. Download our Tree Planting Project Planner.
- Meet on a monthly basis and clean up a beach, community space/park or roadside area as a club.
- Hold an environment-themed photo contest at a local school. Reward the winner with a tree planted in their honor or another green form of recognition.
- Challenge all Lions in your club or district to add at least one green habit to their daily lives. Inspire others by sharing your actions on social media. Habits might include:
  - >Using a reusable water bottle or coffee mug rather than disposable products.
  - >Changing to energy-saving lightbulbs.
  - >Setting a time limit for your shower to reduce water consumption.

- >Volunteer with your local park service to maintain trails. You will help more people access and enjoy nature!
- >Collect used cellphones and donate them to individuals in need.

The point is, let's not 'talk the talk' but let's 'do the walk' and work together to help reduce in some way our climate crisis.



### LITPC YOUTH SCHOLARSHIP INFORMATION

The Lions International Trading Pin Club (LITPC) has announced for the 2022 – 2023 school year that there will be four (4) US \$2,500 scholarships awarded. Graduating Leos OR graduating sons/daughters, grandsons/granddaughters of Lions 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 Connecticut, Delaware (2), Georgia, Iowa, Louisiana, Minnesota (3), New York (3), Ohio (3), Oklahoma (2), Pennsylvania (2) and Virginia (5). The 2023 recipients will be announced at the LITPC Pin Traders Annual Breakfast in June, 2023. To obtain the current LITPC Youth Scholarship information:

1. Go to the LITPC website: [www.litpc.org](http://www.litpc.org)
2. In the left column, click on LITPC Scholarship Forms.
3. Then click on LITPC Scholarship Information.
4. When that page comes up, click on Scholarship Application Form. **Read and follow ALL directions.** Be sure to 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, 2023 to:** Lions Bill & Marcia Guthrie, Scholarship Chairman (c)763-786-8072 9 101st Lane NW, Coon Rapids, MN 55448 [email: bmguthrie9@q.com](mailto:bmguthrie9@q.com). You can either mail us your application or email it to us.

**THANK YOU AND GOOD LUCK TO ALL!!!**

The LITPC fulfills the motto of Lions Clubs International –  
"WE SERVE"





## BRINGING NEWS FROM AROUND THE DISTRICT



The  
Lions  
Club of  
Big  
Lake  
Lioness

held their annual Shopping with Santa. The event, as always, was a huge success. Our thanks to our Big Lake Ambassadors and Santa Pete!



↑ **Montrose Lions** completed our annual Christmas shopping for local elementary school families.



The **Cokato Dassel Lions** carry on the Tradition of the "Silent Santa" program for 30+ years. Spearheaded by Lion Mike and his wife Barb. The Lions gathered, sorted and prepared the donations from the communities providing gifts for 28 Cokato families (79 individuals). The Lions also sent a large donation of gifts and cash to United Community Action which serves the Dassel residents.



The **Elk River Lions Club** served well over 200 people at Breakfast with Santa, offering waffles for the first time, as well as the usual pancakes, sausages and beverages. It was a great success!

Next, the Elk River Lions hosted Santa Day at KJ's Refuge in Orrock, with games, crafts, cookie decorating, prize drawings, and pictures with Santa. This is a free event to give back to the community at one of our lawful purpose gambling sites. As always, a good time was had by all! The Elk River Lions also combined the club Christmas party with Governor's Night, where 2 new members were inducted and Chevron awards were handed out. There was also a \$500 donation presented to Governor Mark for the Minnesota Lions Childhood Cancer Foundation.

Once again the **Rush City Lions Club** distributed fruit baskets to senior citizens. Members gathered to pack bags and take a delivery route. Not only were recipients grateful but Lion members felt their hearts grow three sizes that day and found the strength of ten plus two. Courtesy of Dr. Suess.



**13 Local Organizations help deliver 278 Holiday Baskets in the event's 10 year anniversary.** Spring Lake Park, Minn. (December 17, 2022)

Over the last 10 years, Anoka County Community Action (ACCAP), the **Spring Lake Park Lions**, Spring Lake Park Schools and Southern Anoka Community Assistance (SACA Food Shelf) have partnered to provide holiday baskets to homebound seniors and school families who are facing food insecurity. In 2022, the total number of families asking for assistance increased by 16% which brought the total up to 278 households from 236 the following year. To help make sure all families received a holiday basket, the Spring Lake Park Lions and SACA Food Shelf reached out to fellow civic and nonprofit groups to help deliver the food.

On Friday December 16th, members for the Spring Lake Park Lions, ACCAP, SACA Food Shelf and Spring Lake Park High School Dance Team packed the 281 holiday baskets in preparation for the delivery the following day. On Saturday, over 80 volunteers from 12 organizations (SACA, ACCAP, Spring Lake Park Schools, Spring Lake Park Lions, Fridley Lions, Columbia Heights Lions, Ham Lake Lions, 1st Lutheran Church, Heights Community Church, Fridley Columbia Heights Kiwanis, Cars for Neighbors and Spring Lake Park Blaine Mounds View Fire Department) delivered the holiday baskets to 800 individuals throughout Anoka County and NE Minneapolis.

"This was truly a community event. It was amazing to be a part of the collaboration of many different organizations to help neighbors facing food insecurity," Pete Yelle, Spring Lake Park Lions and Lions 5m7 District Zone Chair. Since 1956, The Spring Lake Park Lions Club has been raising funds to support many initiatives and actively volunteering in the community. The Spring Lake Park Lions are a community service group who also run a charitable gambling operation. We serve our community by donating gambling proceeds back to the community. We help fund our local schools, food shelves, and homeless shelters. We support the sick, the elderly and help keep kids off the streets. We are huge advocates for the youth in our community by helping sponsor sports, eyeglasses, community events, and activities, scouts and suicide awareness.

SACA is a 501(c)(3) non-profit organization that provides basic needs services to individuals and families, including seniors, people with disabilities and majority BIOPIC, who are experiencing food insecurity. Last year, we served 51,600 individuals and distributed 800,000 pounds of food. Our clients primarily come from the cities of Columbia Heights, Fridley, Hilltop, Spring Lake Park, and Northeast Minneapolis; however, our services are available to anyone who needs them, and we never turn anyone away.

**Food insecurity is increasing with 1 in every 9 Minnesotans, including 1 in 6 kids facing hunger.** There has been a significant increase in the number of financially stressed households in our community, with the impact being disproportionately felt by people of color, seniors, and people with disabilities. Between 2019 and 2021, demand for SACA's services, which were already increasing yearly, jumped by 15%, or 7,701 additional individuals. Housing instability, job losses, and rising inflation caused by the pandemic will fuel high levels of food insecurity for years to come.

**Pics: 1) Food basket assembly 2) Assembly 3) Delivery 4) Firemen**





**Albertville Lions** hosted Christmas in the park Dec 4th.

Over 100 children and families were able to meet and share their wish list with Santa and Mrs. Clause, receive a cup of hot chocolate or cider from the Albertville Royalty, a s'more from the local scouts, listen to St. Michael Albertville High School Choir sing, and horse drawn carriage rides. Special thanks to the Albertville Fire Dept and Wright County sheriff's dept for escorting Santa to the event and letting kids check out the truck and squad car.



**STMA Choir**

*Santa comin to town...*



Lighted trees in central park in Albertville



*Santa and his Elfs*

**Albertville Royalty**



**Albertville Lions** Christmas Baskets assembling our annual Christmas Box we put together each year for some local elderly residents, those who recently lost a loved one, those who had a personal tragedy, those in financial crisis, etc.

We pride ourselves on bringing smiles to their faces when their box filled with fruit, snacks, and other items such as lotion, lip balm, and crossword puzzles are delivered.

We pack our boxes on a Friday night, which includes a potluck with our Club members; the baskets are delivered the next morning from Club members and some of their spouses. It is truly a heart-warming event all of us enjoy!







# Now Hiring!

## Summer 2023

### Jobs and Internships

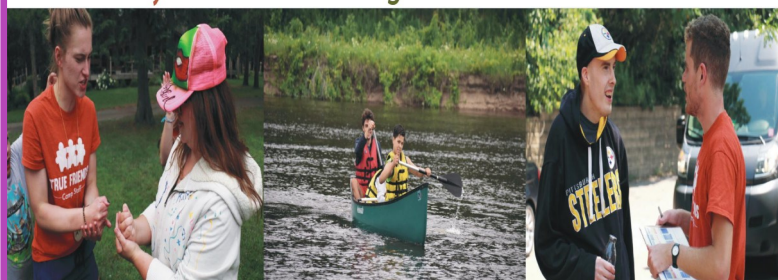
#### Who works at Camp?



Great Storytellers

Caregivers

Healthcare Heroes



Problem Solvers

Adventure Seekers

Leaders



Creatives

Hospitality Pros

Communicators



#### Positions Available:

Cabin Counselors  
Activities Counselors  
Camp Nursing Assistants

#### Benefits

Meals | Housing | Staff Trips  
Life-changing summer job experience

Apply now at [www.truefriends.org/jobs](http://www.truefriends.org/jobs)

## CLEAR LAKE LIONS

### FISH FRY



Three Piece Fish Dinner & Fixings!

**FRIDAY FEBRUARY 24th** and

**FRIDAY MARCH 10th**

Adults \$15.00, Kids 10 and under \$7.00,

Kids 3 and under FREE!!

St. Marcus Parish Hall, Clear Lake, MN

Serving from 4:30 – 7:30 pm



*Editor's Note: I sincerely hope all these pictures and more made it to your club's FB pages! Share your photos also on the district FB page @ 5m7 Lions.*





# LIONS HOCKEY NIGHT



## FEBRUARY 17, 2023

### 7:00 PM Excel Energy Center, St. Paul

Lions International President Brian Sheehan and the MN Wild invite you to participate in Lions International Wild Game Night. A great public relations opportunity for our organization. **Tickets are available First come, first served.** Please use the QR code or link to order your tickets soon. Don't wait until the last minute to order your tickets

<https://protect-us.mimecast.com/s/8rtRCNknvMcZjEGXS4o6DN?domain=us-wes2.protection.sophos.com>



*Show your pride by wearing your Team Sheehan gear and MN Wild gear. President Brian will be riding a Zamboni.*

### Volunteers Needed

Giveaways will be given out at four gates as fans enter the facility. We will need 16 volunteers to arrive before game time to help distribute items. We will also have a Lions information table on the concourse requiring volunteers. Please go to the sign-up genius link if you are interested in volunteering. **Volunteers are required to purchase tickets if you wish to watch the game.** If you want to volunteer only, there is no need to purchase a game ticket. <https://www.signupgenius.com/go/60B0E48A4A62AAAFc1-lions3>






## Upcoming Conventions for 2023

### Multiple Convention-May 5-7, 2023

Penguin Jamboree

Holiday Inn in St Cloud, hosted by District 5M4.

There is online registration available right now on the Multiple Convention Website ([www.lionsmd5m.org](http://www.lionsmd5m.org)) and there is also a hotel registration link there. Otherwise I have saved the registration form to my computer and can email it to you as well.

There is a link on our 5m7 website to the Multiple District website where the online registration links are. Look on our website for the registration form at [www.5m7.org](http://www.5m7.org). Click on the convention tab to find the links. 

### USA-Canada Forum:

The next one will take place September 21-23, 2023 in Reno, Nevada.

Website: [www.lionsforum.org](http://www.lionsforum.org)

This is linked on our 5m7 to the forum page.

### Lions International Convention in Boston, Massachusetts-July 7-11, 2023

July 7-11, 2023-the online registration for the International Convention is also linked on our [www.5m7.org](http://www.5m7.org) website. You will find the online registration form and also the printable registration form there.

Lion Judy Herrala: [JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)



Complete 1 form per attendee

May 5-7, 2023

**Holiday Inn & Suites  
St. Cloud, MN**

[www.lionsmd5m.org](http://www.lionsmd5m.org)

Registration Questions? contact Dennis Heinen  
320-491-3996

[heinende@centracare.com](mailto:heinende@centracare.com)

OR

Nikki Fisher, Visit Greater St. Cloud  
320-202-6712

[nikki@visitstcloud.com](mailto:nikki@visitstcloud.com)

ONLINE REGISTRATION LINK

Name

Title

Your District Club & Name

Phone Number

Address

City  State  Zipcode

Email

Are You A... Lion ☐ Leo ☐ First Timer ☐

Will you require Braille Documents at the Convention? YES ☐ NO ☐

PRICE INCREASES TO \$160.00 MARCH 1, 2023 **\$AMOUNT**

**Full Hospitality Book** **\$150.00 USD** includes all meals and registration fee

Registration is included in any meal chosen below:

**Friday Night Social** **\$25.00 USD**

**Saturday Breakfast** **\$30.00 USD**

**Saturday Lunch** **\$35.00 USD**

**Saturday Banquet** **\$55.00 USD**

**Sunday Brunch** **\$30.00 USD**

#### CIRCLE Saturday Banquet Option

Stuffed Chicken

Roasted Pork Shoulder

Wild Mushroom Fettuccine

Special Dietary Needs:



Make Checks payable to Lions MD5M Convention

PCC Dennis Heinen 12069 Bluegill Drive  
Sauk Centre, MN 56378

Cancellation fees apply - NO cancellations accepted  
after April 1, 2023