



MARCH 2023

SM7 GRAM

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HELLO FELLOW LIONS AND LEOS,

Thank you to all the Lions and Leos who helped make our 5M7 Midwinter Convention a success. I should start naming names but I know I would screw up and forget someone so I'm going to leave it at what I wrote here and try to personally thank you when I see you. Also thanks to the Lions who attended. For the most part I think Lion members enjoyed it.

We received 23 midwinter evaluation forms from attendees at the convention. I am going to respond to each item on the evaluation form. Registration, of the 23 responses, only one came back with a bad rating, but no explanation as to why. The flag ceremony, 5 thought it was bad 19 thought it was good to excellent. The lighting was bad and that was my fault. My main light failed me and I didn't have a backup. Sorry. I wanted the words to Canada's and our national anthem on the big screen but I told the wrong person and it didn't happen. My fault again. I feel the Flag Ceremony can be very moving if done correctly; we will continue to improve this.

The six seminars received good ratings with the exception of the Vision Seminar which didn't have any comments as to why. I was able to attend the Childhood Cancer and the Can-Do-Canine seminars and both received excellent ratings. The meals received good ratings from most people, two said too much pepper in the soup. People were not happy with the Green Mill Restaurant and neither was I or the hotel staff. The restaurant is owned separately from the hotel. I was told the Green Mill was asked to have more staff on duty Saturday morning and it didn't happen. The Memorial Service was loved by most people and five thought it was bad. The sound system needs to be improved. PDG Dan Kaiser has put a lot of time and work into this over the past years and I know it's not an easy job. Thank you Dan. The town hall meeting was liked by most people. We guessed wrong on the number of people attending the business meeting and had to bring in more chairs. That will change for next year. The hospitality rooms were a big hit. One issue was we had non-Lion members in the pool area. The convention committee asked the hotel to close this area off to non-Lion members and was told the management wouldn't allow that, the pool had to stay open to the public.

Once again I would like to thank the Lion members who filled out these evaluation forms. We can't improve or correct items if we don't know what needs to be changed. Another big item we need to improve is our volunteer work force for the convention. I am going to ask every Lions club to have at least one volunteer to help at next year's Midwinter Convention.

By the way, whoever responded that they prefer a polka band over rock, I'm right there with you. I love polka dancing. You contact me and between the two of us we'll get the whole 5M7 dancing polka for next year.

I have still not heard from 16 Lions Clubs in our district about a governor visit. I'm going to start contacting these clubs and help you invite me to a meeting. I'm not looking for a free meal, I just want to come visit you.

This is the time of year we need to start working on our membership. If you attended the Midwinter Banquet Saturday evening you heard our ID talk about a Lions club in California that has over 400 members. This club does many service projects in its community and in doing so they get a lot of exposure. People see them working to improve their community and they want to become part of that. I think that's a great way to get members. Get out there, do service projects, have fun while doing them, and people will want to join us.

Our next cabinet meeting is March 9th, 2023 at the Ham Lake Bowling Alley. The address is; 16465 Mn-65, Ham Lake, Mn. We will meet at 6:00 For social and 7:00 for the meeting. Please keep your verbal reports to three minutes or less. Thank you.

DG Mark Landwehr

LEADERSHIP MESSAGES



Hello Lions and Leos!

This winter has been interesting. Two significant snowfalls early in the year and another near the end of February. Makes a person long for Spring doesn't it?

With Spring right around next month's bend it will be here before we know it! And with it comes many of the activities Lions are known and loved for: Spring Cleaning the City and County Parks, Road-side Spring Cleaning, and delivering Easter dinner baskets to those who can't get out.

It is also a good time to plan projects to better your community. Do a "Community Needs Assessment" and pick a project the community indicated in the assessment they needed. It is OK if the project is a little bit larger than your club can do on its own because when the club gets excited about it that excitement will be infectious and will spread to the community. When the community gets excited they will step up and help your club and some may even become members. It is a win-win proposition.

Spring can be an exciting time to grow your club. But, club service should be the focus. Have fun while serving your community and that will be visible to members of your community who really do long to be part of such a happening group as the Lions!

1VDG Peter

Greetings fellow Lions and Leos.

I can't believe I have been a member of our governor team for a year. Thank you for granting me with this awesome opportunity! AND for extending it another year. I appreciate your confidence and support.

I have been busy bonding with my fellow Second Vice District Governor team. What a fun bunch of Lions they are! We have been supporting one another at our midwinter conventions. It is amazing how we all accomplish the same thing but in a completely different manner.

Thank you to everyone that attended our Midwinter Convention in St. Cloud. I do believe a good time was had by all that were there! If you didn't attend I would love to know why. Granted we have business that needs to be addressed but it is also a gathering for you – the Lions of 5M7.

I truly want to know what you expect from a midwinter convention. Why don't you attend? What do you want to walk away with? What do you like or dislike about it? Now is your chance for your voice to be heard. Please send me an email, text or give me a call. I would love to hear your ideas and suggestions. lionmaryleacurtis@gmail.com 612-269-3121

Stay safe and warm in our crazy weather winter. I look forward to hearing from you and seeing you at your zone or club meetings.

2VDG Lion Mary Curtis

Hello Lions and Leos,

There is a couple of conventions coming up you won't want to miss. **The MD5M Multiple Convention at the Holiday Inn in St. Cloud on May 5-7 and the International Convention in Boston July 7-11.** Both conventions bring a sense of how large and far reaching the Lions influence is. There are many chances to meet other Lions and opportunities to find out what their clubs do for service projects and fundraisers. Those that attend come away with new ideas to bring back to their clubs to revitalize their clubs and communities.

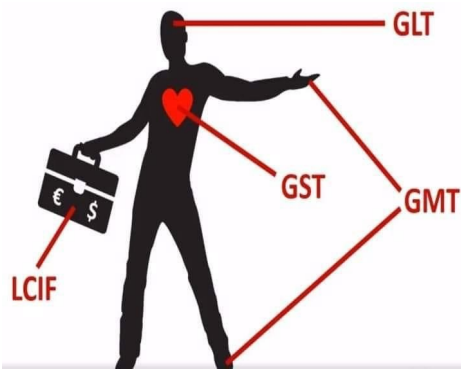
They also discover new ways to build membership in their clubs. New ideas for starting new specialty clubs, branch clubs and Leos clubs. The conventions provide a wealth of information for you. There is something for everyone!

There is also ELLI, an institute of Lions Learning. Anyone can attend. It is a time to network with other like-minded Lions wishing to learn how to make their service have a larger impact. It is well worth your time to attend. There is even a line in the District budget to reimburse those that attend. If you are interested apply. You won't regret it. You can find the forms/links for the above conventions and ELLI on our 5m7 website at www.5m7.org under the tab Conventions/Institutes.

Lions Peter Lendway and Judy Herrala, Co-chairs for Conventions/Forums

GLOBAL ACTION TEAM

Lion Cathy Mc Cauley



Would you like to explain what exactly GAT is to the new members of your Club or your District in a most memorable way?

This picture could definitely help. This is my favorite visual interpretation of GAT as a human body.

GLT (Global Leadership Team) is like the human brain. We use our brain to think, solve problems and communicate with others. Similarly, we need effective Lions leaders in order to solve problems in our Organization, communicate new ideas, set a vision and instill inspiration in our members.

GMT (Global Membership Team) is like the human hands and feet. We need our hands and feet in order to complete our daily tasks, to walk, to move forward. Similarly, we need members, we need Lions in order to move forward as an Organization, in order to achieve our mission, in order to implement our service projects.

GST (Global Service Team) is like the human heart. We couldn't live without a heart and we die if our heart suddenly stops beating. Likewise, our service projects are the heart and the soul of our Organization. Without service to our communities LCI would not have a reason and a purpose to exist. Our service projects pump up our members enthusiasm and passion like our heart pumps blood around our bodies all the time.

Last but not least, **LCIF (Lions Clubs International Foundation)** is the toolbox necessary in order to accomplish our long-term or big-scale goals as Lions. In this case the tools are the multiple and variable LCIF grants that help us make a true difference in our communities.



Thank you
email: lionsclubcathy@gmail.com

CONGRATULATIONS

Club Excellence Award

The following lions clubs in 5M7 have achieved the Club Excellence Award for the year 2021-2022.

These clubs have excelled in the areas of membership, service, leadership and organization excellence, and marketing.

A banner patch has or will be awarded to the club, and a pin to the president of the 2021-2022 lions year.

More importantly, your clubs membership has been revitalized, your service impact will grow and your members will see great leadership opportunities.

Thank you Lions Clubs for working hard in 2021-2022.

- * Becker Lions Club
- * Big Lake Lions Club
- * Blaine Central Lions Club
- * Centerville Lions Club
- * Cokato Dassel Lions Club
- * Columbia Heights Lions Club
- * Columbus Lions Club
- * Coon Rapids Lions Club
- * Ham Lake Lions Club
- * Hanover Lions Club
- * Nowthen Lions Club
- * Rockford Lions Club
- * Rush City Lions Club
- * Spring Lake Park Lions Club
- * Stacy Lions Club



From the bottom of my heart, THANK YOU for all you do! Lion Judy Herrala, IPDG

Well done!

Hello Lions and Leos,



We are happy to report that our District raised \$22,145.00 for LCIF during the Parade of Green at our Midwinter Convention held at the Kelly Inn in St. Cloud. Well done!

We have seen some unprecedented needs present themselves, earthquakes, wars and natural disasters, to name a few. The donations will go a long way to easing the heartache that many are experiencing right now. "Where there is a need, there is a Lion" is a phrase that is never more true than now at this point in time. Thank you!

As Lions you can be proud of our service around the world. You may never see the good that those donations will do but you can be sure that those receiving the assistance are very appreciative of it. Appreciative of you! It's not just the money but the knowledge that someone somewhere cares.

Did you know that not only can each Lions club contribute to LCIF, but each individual lion can contribute. It doesn't matter if each individual lion gives \$10.00 or \$100.00. It all adds up. Please consider contributing to LCIF. I will say that the feeling that we get and the knowledge that we are assisting others with such a simple thing as a small donation to LCI, is amazing. Won't you join in? The Single Donor Contribution Form is included here in this Gram for you. If you have questions, please contact either of us or you may email Donorassistance@lionsclubs.org and they will also assist.

LCIF Co-Coordinators,

IPDG Judy Herrala JLHBELLS@earthlink.net 763-753-6962

DGE Peter Lendway lendwaypeter@hotmail.com
651-214-7154



PLEASE NOTE.....These forms are all available on the LCIF website and portal.

Single Donor Contribution Form



Individual Completing this Form

Name _____ Date _____

E-mail _____ Phone _____

1. Donor Details (check one)

☐ Member ☐ Non-Member ☐ Club

☐ District/Multiple District ☐ Company/Foundation

Donor Name _____

Donor's Member ID# (if known) _____

Club of Donor _____

Donor's Club # _____ District _____

Donors making personal donations towards MJF also receive credit as a Contributing Member! The Contributing Membership program is an annual program that recognizes three levels of support:
US\$20 (Bronze), US\$50 (Silver) and US\$100 or above (Gold).

☐ Yes! In addition to receiving MJF credit, I would like to receive a Contributing Membership Pin for my donation.

2. Recipient of Recognition (check one)

☐ Same as Donor ☐ Member ☐ Non-Member

☐ Other (details below)

☐ Memorial Donation (details below)

Type of recognition requested (check one)

☐ None requested ☐ MJF/PMJF ☐ Honor Roll

☐ Club Plaque ☐ Corporate Plaque ☐ Memorial Donation

Recipient Name (Individual person) _____

Company/Foundation Name _____

Address _____

City _____ State/Province _____

Country _____ Postal Code _____

Club of Recipient _____

Club # _____ District _____

Individual to be honored (if memorial) _____

3. Contribution Details

Amount of Contribution _____

Donor would like MJF credit ☐ Yes ☐ No

Gift Type

Make donations via the web at www.lcif.org

☐ U.S.-Dollar Check Enclosed (Payable to LCIF, drawn on US bank)

☐ Wire/Bank Transfer (Please attach bank transfer receipt)

☐ Local LCI Deposit (Please attach bank deposit ticket)

☐ Cash (Mail donations along with the Donor Contribution Form to address provided)

4. Shipping Information (if requesting Recognition)

☐ Check here if shipping address is same as Recipient of Recognition, if not please provide shipping below:

SHIP TO: Name _____

Address _____

City _____ State/Province _____

Country _____ Postal Code _____

Phone _____

Special Instructions/Notes

Lions Clubs International Foundation
Department 4547
Carol Stream, IL 60122-4547
USA

Tel: 630-203-3836 • Fax: 630-571-5735
Web site: www.lcif.org
E-mail: Donorassistance@lionsclubs.org



Technology

Want to know more about your favorite programs?
Here are Lions Program websites to know:

Lions International: www.lionsclubs.org

Multiple District 5M: www.lionsmd5m.org

District 5M7: www.5m7.org

Can Do Canines: www.can-do-canines.org

Special Olympics: www.somn.org

KidSight MD5M: www.kidsightmd5m.org

Lions Clubs International Foundation (LCIF):
www.lcif.org/EN/

Leader Dogs for the Blind: www.leaderdog.org

MN Lions Diabetes Foundation:
www.mnlionsdiabetes.org

MN Lions Vision Foundation:
www.mnlionsvisionfoundation.org

Lions MD5M Hearing foundation: www.5mhf.org

Project New Hope: www.projectnewhope.net

MN Lions Childhood Cancer Foundation (MLCCF)



Lions of Multiple District 5M7



In last month's issue of the GRAM I referred to the State of "Minnesnowta". After this last 3 days and over 18" of snow here in Blaine it is certainly living up to that name.

The 5M7 Mid-Winter convention in St. Cloud was a success. Congratulations to our incoming 2023-2024 Governor-Elect Peter, 1st Vice District Governor-Elect Mary Lea and 2nd Vice District Governor Elect Deb on their successful election. All are seasoned Lions and will do great!

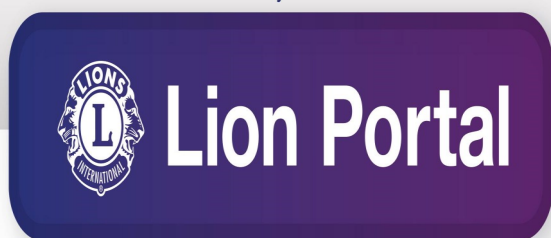
A huge Thank You to all the clubs who generously contributed to this years Parade of Green. I and PDG Lion Steve want to thank all the Lions clubs who dropped used eyeglasses at our table.

Please contact either PDG Lion Steve or me to donate used eyeglasses and we can plan on picking them up or meet you half way. All Directors now have new a projector to use in presentations. Please contact PDG Lion Steve or myself to schedule a visit to your Club or Zone meeting.

Thank You For All You Do!

PDG Lion Steve Linder at 612-382-2236, (slinder71@usfamily.net) or myself, PDG Lion Terry Wold at 612-759-5433 (terry_wold@hotmail.com).

Get ready for the



In a few months, we'll be combining MyLion, MyLCI and Insights, along with some additional tools and functionality, into a unified mobile-friendly experience called the Lion Portal.

Help ensure a smooth transition. Make sure your Lion Account information is correct in MyLCI or your regional reporting system and has a unique, unshared email address.

Learn more here: lionsclubs.org/portal-updates.



Mark your boxes so your community knows Lions are also collecting used hearing aids.

Dear Lions and Leos,



Does your club have a membership chairperson whose focus is on membership? If not, who in your club is focusing on membership? I really want to encourage your club to elect a membership chairperson who works with all things membership.

What does a membership chairperson do? Membership entails all kinds of things. It is way more than just getting new members. Here is the description of a membership chairperson in the LCI Standard Club Constitution:

MEMBERSHIP CHAIRPERSON. The responsibilities for this position shall be as follows:

- (a) Serve as a key member of the club's Global Action Team as the club Membership Chairperson.
- (b) Collaborate with the District Global Action Team on membership initiatives, and participate in relevant district, region and zone meetings and events.
- (c) Develop and lead a membership committee to help implement action plans to achieve the club's membership goals and to positively increase the member experience.
- (d) Encourage all members to participate in membership growth by inviting prospective members to the club. Follow up with prospective members promptly.
- (e) Promote a harmonious club atmosphere by listening to and addressing, with the support of the club board of directors, concerns that prevent a positive member experience. This may include a survey or other opportunities for feedback.
- (f) Engage new members in activities that are of interest to the member.
- (g) Collaborate with the club service chairperson as well as other club committees to promote membership opportunities.
- (h) Understand the different membership types and programs offered and promote membership programs to club members.
- (i) Ensure that new members are provided with an effective orientation so new members understand how the club operates within its district, multiple district and Lions Clubs International, with the support of the Club First Vice President/Club Leadership Chairperson.
- (j) Attend the district governor's advisory committee meeting of the zone in which this club is located when appropriate.

Many whom I've spoken with this year believe that as a membership chair they would be in charge of getting all the new members for your club. Reading letters a-j above tells us that isn't true at all. A membership chair encourages all members to invite prospective members. A membership chair provides a harmonious club atmosphere to make a positive member experience in your club. This position invites and engages new members in service projects, promotes membership programs to club members, ensures members are provided an effective orientation so

that new members understand how your club operates within the district. If this sounds interesting to you, please let your club nominating committee know this. If your club doesn't have a designated membership chair, is your club getting these things done?

Contact me with questions, thoughts and ideas.
Lion Judy Herrala, JLHBELLS@earthlink.net

WINNERS FROM THE BROCHURE CONTEST ARE.....



WE ARE HAPPY to announce that our last 3 retreats were full, so we are planning to add a retreat in 2024, probably in the spring.



PROJECT NEW HOPE

Military Family Retreats
at no cost to Veterans

"At Project New Hope, we are driven by our mission - to provide education, training and skills necessary to manage their lives after wartime service."

FOR MORE INFORMATION GO TO
WWW.PROJECTNEWHOPE.NET OR SCAN THIS CODE:

2023-24
MINNESOTA
RETREATS

2023 JUNE 9-11
Osprey Wilds near Sandstone, MN

2023 SEPT. 29 - OCT. 1
Good Earth Village - Spring Valley, MN

2023 DECEMBER 1-3
Inspiration Point near Vining, MN

"Catch the Dream" ***...Life Without Diabetes!***

Minnesota Lions Diabetes Foundation
STRIDES for Diabetes Awareness

February, March & April 2023
Commit to 15 Miles of Physical Activity a Month
2000 steps = 1 mile

You Choose Your Activity
Be active on your own
Be a part of a team

Register at: MNLionsDiabetes.org

Registration opens February 1, 2023

\$30 Registration Fee
T-Shirts available



Physical activity, and healthy food and beverage choices are key to preventing diabetes and improving health.

Net Proceeds benefits
Minnesota Lions Diabetes Foundation, Inc.
MNLionsDiabetes.org



Greetings 5m7 Lions and Leos,

Thank you so much for your donations to the Parade of Green! 32 clubs have given 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. Get good amount of sleep (7 to 9 hours per night).
- Be physically active (a minimum of 150 minutes a week/ averaging 22 minutes a day of moderation intensity activity).

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.

Lion Judy Herrala, co-trustee Lion Mike Edwards, co-trustee MN Lions Diabetes Foundation MN Lions Diabetes Foundation
JLBELLS@earthlink.net and mnedwards1@bellsouth.net



14th Annual Minnesota Lions Diabetes Foundation Research Update **March 18, 2023**

Hosted by the Minnesota Lions Diabetes Foundation, Inc.

More than 29 million people in the United States are living with diabetes—a growing number that includes 340,000 people in Minnesota alone. Unfortunately, that number is on the rise.

Join us at the annual Minnesota Lions Diabetes Foundation Research Update to hear from University of Minnesota scientists, who are conducting leading-edge research aimed at both preventing and curing diabetes. Learn first hand how these scientists, funded by the Minnesota Lions Diabetes Foundation, are making a direct impact in our community, state, and beyond.

Following the research presentations, guests will have the chance to interact with the scientists one on one, learn more about their research, and ask questions.

Saturday, March 18, 2023

11 a.m. Registration and Social
12 p.m. Lunch
1 p.m. Program
2:30 p.m. Meet n' Greet with Scientists

St. Cloud River's Edge Convention Center
Opportunities Suite
10 4th Avenue South
St. Cloud, MN 56301

Faculty Research Presentations:

- The search for a new drug to treat Type 2 diabetes
- Stopping the body's immune system from attacking islet cells, curing diabetes
- Introduction and vision for the Institute for Diabetes, Obesity and Metabolism
- The efforts to generate organs and tissues from animals
- Advances in viewing transplanted islets pre and post transplant
- Eliminating the use of lifelong immunosuppressant medications following transplants

RSVP by Tuesday, March 7:

RSVP via email to Larry Winner at Irrywnnr@gmail.com

A Zoom Link will be e-mailed to those unable to attend in person. Please request in e-mail above.

Please contact Larry Winner with any questions.

A confirmation email, including a parking map, will be sent prior to event.





NEWBORN HEARING SCREENING



Hearing helps a baby to talk. If hearing loss is discovered early, babies have the best chance of learning to speak and doing well in school.

In 1999, only 8% of babies born in Minnesota were screened for hearing loss. Together with their partners, the Department of Otolaryngology at the University of Minnesota, the 5M Hearing Foundation established the Lions Newborn Hearing Screening Program. Within five years, every baby born in Minnesota could be screened for hearing loss –that's about 70,000 children every year! In 2007, newborn hearing screening was mandated and the Lions Newborn Screening Program was handed over to the Department of Health.

If your baby does not pass the first hearing screen, it does not mean he/she has a hearing loss. Some common reasons are:

- birth debris in the ear canal
- fussy baby
- too much noise in the room
- middle ear fluid



Nonetheless, it's important to schedule a follow-up screen. Speech and Hearing Milestones to watch for:

- ◇ around 0-3 months: startles at loud noises, reacts to a familiar person, makes "coo" or "aah" sounds
- ◇ around 3-6 months: stops playing when sound is heard, reacts to his/her name, babbles, laughs when happy
- ◇ around 6-9 months: turns head to source of sound, responds to "no" and facial expressions, says "mama" and "dada"

Your donations go to continue the Minnesota Lions Hearing Foundation of the legacy of making sure children in Minnesota are taken care of from birth.

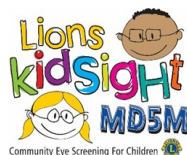
And more news from the Hearing Foundation.....

Many thanks to all the 5M7 clubs who contributed to the Hearing Foundation at our Midwinter "Parade of Green" **Of the 53 clubs in 5M7, 37 clubs contributed \$16,175 during the "Parade of Green".** The Hearing Foundation expresses their sincere gratitude to those clubs that contributed, and encourages all clubs to support the various district foundations.

The Hearing Foundation partners with the University of Minnesota Department of Otolaryngology. The Foundation works to improve hearing health via three initiatives: clinical care of patients, hearing research, and education of hearing professionals.

We need another Hearing Foundation Trustee for our district 5M7. If you are interested in serving on the Hearing foundation contact Mike Benedetto at 612-735-5423 mbebedet@smumn.edu for more details

Once again the Minnesota Hearing Foundation is sponsoring a fundraiser. **The DEFEET WALK will be held at two locations on June 3, 2023.** You will be able to sign up either for the Bemidji walk or the Minnesota Landscape Arboretum walk. Your entire club can sign up or you can as an individual Lion to help raise money for hearing. More information on this fundraiser will forthcoming.



Thank You! Your donations during the Parade of Green to the KidSight Foundation are greatly appreciated! Your generous funds are instrumental in the ongoing success of our service to the future of our organization...children and their vision!

Our foundations largest service project is the screening program at the MN State Fair. As you can see from the attached article, we make a difference!

Please join us at the fair this year and experience this awesome service project first-hand! We will be in charge on Monday, August 28 and Friday, August 29. Please join us! Use this link to sign up.

Lion Mary Curtis and Lion Ann Kaduce, 5M7 KidSight Foundation Directors 5m7lionskidsight@gmail.com

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



Source: **Minnesota State Fair Newsletter** (1/25/2023 Email) from fairinfo@mnstatefair.org

Ali and Zach, despite living out of state while Zach serves in the military, try to return to Minnesota every summer to attend the Minnesota State Fair. When they visited in 2019, they brought their baby Audrey and stopped by the Lions Club KidSight booth at Health Fair 11 at the Fair for a quick child vision screening. The couple now have three young daughters, and when they came to the fair in 2022, they made a point to visit Health Fair 11 once again for vision screening. To their surprise, 3-year-old Audrey did not do well, despite passing her vision test at her check-up eight months prior.

Audrey's next step was a visit to the ophthalmologist, and she got her first pair of glasses. Her mom emailed the fair to find out how she could contact the Lions Club to thank them for doing vision screenings as part of Health Fair 11. "There were no other indications Audrey needed glasses, so the doctor told us that we are lucky to find this vision issue at such a young age," Ali wrote. With her new glasses, "we have noticed an increase in her confidence, and she has shown a greater interest in reading books and drawing. We are so grateful! We plan to continue visiting the Heath Fair 11 booth each year specifically for the vision screening for our younger two daughters as well."

Health Fair 11 at the Fair has offered free or low-cost health checks and health education for all guests attending the State Fair since 2001. This year, more than 77,000 screenings and connections were made by 17 health-related organizations that filled the Health Fair 11 exhibit. Nearly 2,900 of these were Lions Club KidSight free vision screenings for kids 6 months to 16 years old. In all, Health Fair 11 reports 1,380,897 health connections made in the exhibit's 21 years at the fair!

IAN AND DEWEY

Ian lives in a full house with a busy family, which includes his parents, an older brother, a younger sister, and several family pets. Yet making room for Autism Assist Dog Dewey was no problem for this 8 year old and his family.



Ian's parents, Laura and Chadd, heard about Can Do Canines from friends whose son received an Autism Assist Dog from us not long ago. They were excited, but the moment Ian met Dewey was even more thrilling than they expected. Laura says, "I knew that Ian would love Dewey, because I had seen him around dogs, but it was fun to see Dewey's reaction to Ian and the bond they developed so quickly."

Just as their emotional bond is significant, the physical bond between them when Ian holds Dewey's handle is crucial. Laura explains, "If he has Dewey with him, he feels more secure. He just knows he has his buddy and he's more grounded."

For Ian, wrapping his hand around Dewey's handle came easily. For the past few years, Ian has been participating in hippotherapy, a type of horseback-riding therapy for individuals with disabilities. "During that," Laura describes, "he holds the handle on the saddle and he tells the horse to 'walk on.' And so with Dewey, it just kind of was a nice transition into him because he has a handle. And so Ian holds Dewey's handle and just tells him to 'walk on.' "Walking on" also means more "walking in." Before Ian had Dewey, he often preferred to stay near the doors of stores, not wanting to go in any further. Laura says, "Now that we have Dewey, it's really fun to be able to take (Ian) to Target and he can go pick out a package of Oreos, or go look at the Room-bas that are on display, or just be out in public and experience seeing new things."

Increased experiences can also mean increased stress. Not to worry. Dewey can help with that, too, by what Laura calls "redirecting Ian's upsets." She says, "If we know that something's going to potentially get him, then we'll get Dewey to interact with him." And Ian adores Dewey's interactions, relishing every kiss and snuggle. In fact, when sleeping together they are "totally intertwined," according to Laura, who has the photos to prove it. She admits, "I take a picture every night of the two of them, so I have lots."

As the pair is up moving about the world together, there are even more benefits. Ian is able to work on his gross motor skills, which are important for his physical health. Plus, the family can leave Ian's wheelchair/stroller at home, since Dewey allows Ian to be more a part of the action when they are out on the town. Laura stresses that having Dewey "has been truly life changing for us as a family and for Ian." She and the rest of the family are heartened by the "opportunities that Ian will have to experience life more fully and to be able to participate in more family activities and more fun things with his peers and just have a sense of calmness when he's with Dewey."

Understanding that amazing partnerships like this don't simply happen, Laura says, "We are just incredibly grateful to the whole organization and to everyone who contributes in any way. We just really, really appreciate all the time and energy that is put into raising these amazing animals that help fulfill all these people's lives. It's just wonderful."

Ian and Dewey together at the grocery store. ➡



Can Do Canines Open House Scheduled for March 4

Can Do Canines invites you to attend an open house on Saturday, March 4, from Noon to 2 p.m., at its Can Do Canines campus (9440 Science Center Drive, New Hope, Minnesota.). Potential clients, volunteers, or anyone who might be interested in supporting the organization are invited to attend to learn how an assistance dog changes the life of a person with a disability.



Through a self-guided tour, attendees will be able to watch a trainer working with an assistance dog, hear from a volunteer puppy raiser, talk with volunteer staff members, pose questions to client services coordinators about the application process, and meet graduate teams from each of the five types of areas Can Do Canines trains dogs: hearing, mobility, seizure, diabetes and childhood autism. The assistance dog demonstrations will be held at 12:30, 1:00, and 1:30, and the puppy raiser will speak at 12:15, 12:45, and 1:15.

There is no pre-registration for this event, though attendees will be asked to share some contact information when arriving.

More information about Can Do Canines is at www.candocanines.org.





5m7 Leo Clubs

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

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 was February 24-26, 2023, at Camp Friendship in Annandale, MN. Leos participated in 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 future conferences, please let me know. All are welcome to join us.

If you are interested in getting more involved with a Leo club, or would be interested in starting a Leo Club, please reach to either chair member:

Lion Stefanie Nelson stefanieenelson@gmail.com
Lion Pete Yelle pete.yelle58@gmail.com

Watch next month's Gram for more of what our amazing Leo Clubs did in 2022 →

5M7 YOUTH EXCHANGE

Happy March Lions and Leos! We have now accepted twenty-one students from around the world to come to Minnesota for the month of July. 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.



Here are the general requirements to host students:

- Students must have their own room with a bed
- Highly encouraged people are home during the stay of students- working from home
- More fun to host two students at a time- they can share a bedroom
- Encourage families to pick activities that highlight their community

If you are interested in hosting students, please do not hesitate to reach out.

Lion Stefanie Nelson 612-298-1523
stefanieenelson@gmail.com

Anoka Tornado LEO Service Club



Student learning, book fairs and Bingo- fun all around



Andover Leo Club

This is the Andover Leo Club. This year they have assembled sandwiches for the Sandwich Project, organized a food drive this past fall, constructed Veteran's day cards, and attended the Multiplying Good conference.



Andover Leos



ELLI – BUILDING THE FUTURE FOR LIONS

Want to make a difference in Lionism, your club and the whole District? ELLI – Emerging Lions Leadership Institute is a big way for you to do just that. ELLI can help build your personal leadership skills and help your club get stronger. Any Lion who has not yet served as Club President may apply (and if there is room, even past Club Presidents who have not had an opportunity to attend will be considered.) A benefit of this Institute, besides learning and growing, is meeting fantastic Lions from all over our Multiple District – wonderful people who are fun to be around and who have a lot to offer for friendship and great ideas to share that can also help transform your local club.

Details are attached. Please consider attending – we want to have 5M7 strongly represented. Applications are due to DG Mark by 3/17/23. There may be some support funds available for qualified candidates – contact GLT Chair Orville Lindquist with any questions – orville.lindquist@gmail.com.

Why should I go to a Lions Leadership Institute?



Emerging Lions Leadership Institute (ELLI):

Registration is now open

The goal of the Emerging Lions Leadership Institute (ELLI) is to prepare Lions for leadership positions at the club level. Qualified candidates are Lions in good standing who have successfully served on a club committee and have not yet obtained the level of club president.

It is strongly recommended that all club vice presidents attend ELLI.

The Institute will be held at:

the Dean Lakes Education Center 4601 Dean Lakes Boulevard | Shakopee, MN 55379

Accommodations are available at the *Holiday Inn Express 4550 12th Avenue E Shakopee, MN 55379* 952-445-2244. Cost will be \$124 USD per night not including tax. Reservations must be made by Friday, March 24. Lions will be allowed to commute to the Institute providing they can do so from a safe distance and attend all Institute functions.

Cost of the Institute is \$100 USD in addition to lodging and travel expenses. The Multiple District will provide all meals and training materials.

The deadline to submit your completed application to your District Governor is March 17, 2023.

The application is located on the MD5M website: lionsmd5m.org under resources.

If you have any questions please email Lion Dennis W. Kelly III,
MD5M GLT Coordinator at dkellylion@gmail.com



For more information on Lions Leadership institutes

MD5M EMERGING LIONS' LEADERSHIP INSTITUTE

APRIL 13-16, 2023, SHAKOPEE MN

PARTICIPANT APPLICATION FORM

MUST BE SUBMITTED to your DISTRICT GOVERNOR no later than March 17, 2023

PLEASE PRINT

NAME: _____ DATE JOINED LIONS: _____

ADDRESS: _____

E-Mail ADDRESS: TELEPHONE NO:

CLUB NAME: _____ MEMBER NUMBER: _____

CURRENT OFFICE HELD:

OTHER OFFICES HELD:

I WAS REFERRED BY: _____

WHY DO YOU WISH TO ATTEND THE MD5M EMERGING LIONS' LEADERSHIP INSTITUTE?

Use the back of this document or add another page if you require more space.

Any food or other allergies?

APPLICATION MUST BE SIGNED BY THE FOLLOWING:

APPLICANT: _____ DATE: _____

CLUB PRESIDENT OR ZONE CHAIR: _____ DATE: _____

NOTE: If you are selected to attend the Leadership Institute you will need to provide a check payable to MD5M for \$100 upon notification of your acceptance.

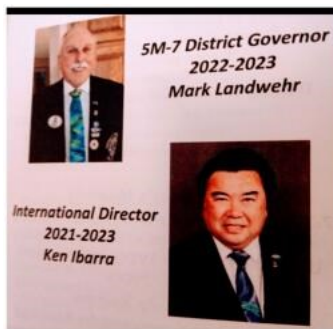
BRINGING NEWS FROM AROUND THE DISTRICT

On Saturday, February 11th, District Governor Mark Landwehr joined in the 7th Annual Rush City Lions Fire & Ice Polar Plunge! Thank you for all the fun DG Mark and Lion Debbie!



Rush City Lions welcomed past International Director Bruce Beck to our February on Thursday, February 9. We enjoyed a delicious meal followed by our meeting and an informative presentation on Who We Are. Whether you are a new Lion and or

have been for a long time, Lion Bruce's presentation provided insight and reminders of this great organization..



Well you can't say we've ever backed down from a challenge! ID Lion Ken challenged 5m7 to raise \$1k for LCIF and our DG Lion Mark took it on! Our 'snow angels' raised the money for LCIF. **THANKS to all who contributed!**



Montrose Lions -All you can eat- Smelt Fry

Friday March 31, 2023

4:00-7pm

(While supplies last)

at the Montrose Community Center 200 Center Ave So

Smelt, Scalloped Potatoes, Coleslaw, Bread Stick, and a Beverage

**\$15 for ages 12 and up
\$10 for ages 5-11
Free for ages 4 and under**



From Forest Lake Lions.....



Lions
Wade Hartmann
Paul Rignell and
Steve Brunner

Jumped in the Forest Lake Winter Plunge and raised \$1000 for Special Olympics!!
We are really proud of these guys!!



We discovered that St Andrews really needed something for the older kids so the club donated this gaming system.



Forest Lake Lions were very happy to donate this gaming system and games to a local shelter

St Andrews of Hugo

MORE NEWS....

CLEAR LAKE LIONS FISH FRY



Three Piece Fish Dinner & Fixings!

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



Big Lake Lions

TO GO DINNERS ARE AVAILABLE!



MARCH 10, 2023

Big Lake Lions/Township Park
21960 - County Road 5

4:30pm to 7:00pm

FRIED FISH

*Baked Potato, Cole Slaw,
Dinner Roll & Beverage*

Lions Club of Big Lake Lioness will be selling dessert!

ADULTS - \$13.00

10 & Under - \$8.00

CASH OR CHECKS ONLY

All proceeds will go towards Big Lake HS Scholarships!
We collect old eye glasses – bring them with you.



PALM SUNDAY BREAKFAST BUFFET

SUNDAY, APRIL 2ND

8:00 a.m. – 12:30 p.m.



Howard Lake Lions Club

625 8TH STREET, HOWARD LAKE

Featuring Pancakes, French Toast, Scrambled Eggs,
Potatoes, Sausage, Biscuits and Gravy, Desserts,
Milk, Orange Juice, and Coffee

**Free Will Donation
Everyone Welcome**



WE'VE GOT EVERYONE HELPING with our
PIE SALES at the ***BIG LAKE LIONS FISH FRY*** on
March 10th. From 4:30pm to 7:00pm. A HUGE
slice of pie is only \$3.00! Come to enjoy the
fish but relish in the variety of delicious pies
the LC of BIG
LAKE LIONESS
will have ready
for you!



AND MORE NEWS.....

Forest Lake Lions are helping out their Boy Scout Troops since they help out the Lions with their events. If you're looking for bedding plants, this is the place!



**Gertens
FUNDRAISING**

2023 Bedding plants and
Perennial Fundraiser!
Troop 9733 & 7733
Sale 2/14/2023 ~ 4/6/2023
Delivery 5/3/2023
Go to gertensfundraising.com
Store # 380
Seller is Troops 9733 & 7733
Order now before some sell out!!

**JOIN US TO MEET THE EASTER BUNNY!!
GET YOUR PICTURE TAKEN AND GET CANDY!!**

Saturday April 1, 2023

8a-12p

55 Lake Street N, Forest Lake, MN



Sponsored by

The Forest Lake Lions Club



Bring in old prescription glasses and receive a chocolate egg!!

This would be a good way to add money to your Lions accounts.

Come One, Come All
Volunteer!

RAISE MONEY FOR YOUR CLUB BY
VOLUNTEERING WITH THE BLOOMINGTON
LIONS FOR THE ROYAL CANADIAN CIRCUS
AT THE MALL OF AMERICA'S NORTH LOT

**11 DAYS!
19 SHOWS!**

APRIL 13 - 23rd

[HTTPS://WWW.SIGNUPGENIUS.COM/GO/4090d4a5a82a6fcl-royal#/](https://www.signupgenius.com/go/4090d4a5a82a6fcl-royal#/)

SIGN UP ON SIGN UP GENIUS!!



WELCOME TO THE
CIRCUS

CIRCUS DOES NOT USE EXOTIC ANIMALS



NOTICE: My name is Lion Tim Newell and I'm from the Ham Lake Lions Club and own an online auction site. PDG Lion Phil Baumann, a member of the St. Francis Lions for many years, passed away on 1/29/23. A discussion we had prior to his passing, was to sell his collection of pins for his wife Marilyn. PDG Lion Phil had approximately 20,000 pins in his collection from all over the world and approximately 25% are from Minnesota. I'm working on an auction of his pins and hope to have it up and running by the first week in March. Please check out the website at: lbsalesauctions.hibid.com and click on the current auctions button. Any questions you can contact me at my home number: 763.7534492. Thank you.



**LION
JIMMY
CARTER**



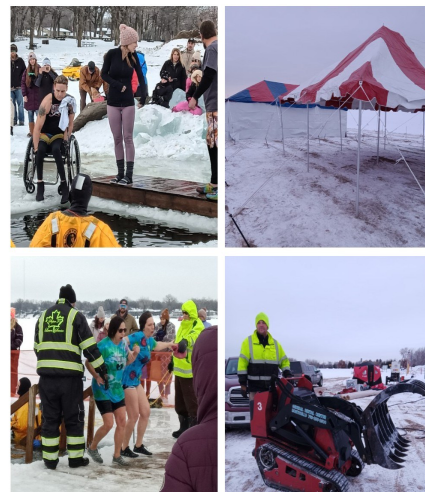
"Lions changed my life," said former president Jimmy Carter. "I would have never been ambitious enough to run for Governor of Georgia. I would have never dreamed of being President of the United States if it were not for the Lions." Mr. Carter followed in his father's footsteps and joined the Plains Lion Club in 1953 a week after he resigned from the navy. During his term as club president in 1957-58, the

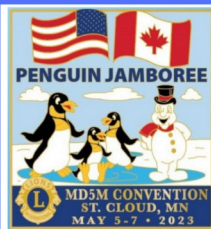
Plains club built and began operating a community swimming pool. Also, their club was involved in blindness prevention projects in Georgia and Honduras. Lion Carter found that Lionism is a great way to engage in public service.

Annandale Lions had a busy planning month leading up to March. We sent members to the midwinter convention along with laying out some of our major events. We unfortunately had to cancel our fan favorite ice fishing contest due to poor ice conditions but that hasn't phased us for planning next year. We have several members that will jump in this year's polar plunge benefiting Special Olympics along with our local law enforcement.

The Elk River Lions and Zimmerman Area Lions hosted a Cheers themed hospitality room at the 5M7 midwinter convention.

Elk River Lions also helped with the United We Shiver polar plunge on Big Lake, where tens of thousands of dollars were raised for local nonprofits.





103rd Annual MD5M Multiple Convention

May 5-7, 2023

Holiday Inn, St. Cloud, MN

HIGHLIGHTS

IP Brian & Lion Lori Sheehan
Live, in-person and not flat!

Mark Lindquist
Motivational Speaker

Ukraine Service Project

Sheehan Foundation Penguin
Sock Walk

Starkey Hearing Session

John Harrington
1980 Olympic Miracle on Ice



REGISTER ONLINE
If you plan to pay by check, it is kindly
requested you fill registration out
online. Details for mailing the check
are included there.



REGISTER ONLINE
If you plan to pay by check, it is kindly
requested you fill registration out
online. Details for mailing the check
are included there.



MAKE YOUR HOTEL RESERVATION
SCAN WITH YOUR PHONE'S CAMERA



CHECK OUT OUR 5m7 website (under Conventions/ Forums) for more information



Complete 1 form per attendee

May 5-7, 2023
Holiday Inn & Suites
St. Cloud, MN

www.lionsmd5m.org

Registration Questions? contact Dennis Heinen
320-491-3996

heinende@centracare.com

OR

Nikki Fisher, Visit Greater St. Cloud

320-202-6712

nikki@visitstcloud.com

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 **\$160.00 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

2023 MD5M Lions Convention Booklet Ad Sale Information

Thank you for considering an ad in our 2023 MD5M Lions Convention booklet. We will be printing 300-400 of these booklets which will be used every day of the convention. The booklets will then be sent home with our attendees and used for reference throughout the year.

The Lions are involved in both local and international programs to help people improve their lives. Thank you for helping raise funds for their community service programs!

Businesses: Promote your goods and services to this group of community-serving Lions.

Clubs: Promote your club's favorite project(s) – share your successes and ideas. Support the convention!

Programs: Promote your Lions Program or Foundation. Share your successes and needs with MD5M Lions. Support the convention!

Quarter Page \$50

3" wide x 3.75" tall

Add color for \$5

Eighth Page \$30

3" wide x 1.75" tall

Full Page \$175 – 6.5" wide x 8" tall - Add color for \$20

EXCLUSIVE Back inside Cover in Color = \$225

~~**EXCLUSIVE** Back outside Cover in Color = \$225~~ Sold

EXCLUSIVE Inside Front Cover in Color = \$225

(available on first-come basis)



Half Page \$90 – 6.25" wide x 3.7" tall

Add color for \$10

Deadline for Ad Submission is March 31st, 2023

Submit print-ready ad or ad info to Lion Todd Neumann at deerhilltgn@gmail.com

Note: Ads can be sent print ready as a PDF. Resolution: 300 Color must be CMYK or B&W (grayscale)

Questions: Contact Lion Todd Neumann at 320-295-6002 or by email.

Please remit payment to your sales person or send to Lion Todd Neumann at 91670 Wagon Wheel Rd, Sturgeon Lake, MN 55783. Make checks payable to: MD5M Lion Convention.



REMEMBER.....ARTICLES ARE DUE THE 25TH OF EACH MONTH UNLESS OTHERWISE NOTED. YOUR COOPERATION IN ADHEREING TO THIS TIMELINE, HELPS ME TO PRODUCE AN INFORMATIVE AND ENJOYABLE GRAM IN A TIMELY MANNER!