

FEBRUARY 2022

5M7 Gram



5M7 LIONS AND LEOS



February was a busy month and March is shaping up that way. 12 clubs had governor visits in February and I thank every one of you for your hospitality and your sharing your club activities with me. I so enjoy reading your project reports, but I really enjoy talking about your projects with you. All 52 of our lions clubs in this district are doing incredible things in your communities. I am in awe at every visit. Believe it or not, when I visit your clubs, I not only visit your club....I spend time in your cities looking around to see that playground you built, or that ramp you built at someone's home. Oh, and Buffalo...I did find your Buffalo on Hwy 55 at the Speedway! Thanks for pointing me there. Cokato-Dassel...yep after your meeting I went over to Darwin to see the twine ball next door Rush City...on that snowy night, I wanted to "see where that road goes" AND thank you for inviting the Rush City Leos! Thank you for that opportunity. I am fascinated by learning more about your clubs and your communities and ALL of the good you are doing. And many nights I leave your clubs with a tear on my cheek because all of you are so amazing, thoughtful, and loving to your communities and I it makes me so proud to be a lion with all of you. **THANK YOU FOR ALL YOU DO.**

I had the opportunity to attend 4 more district conventions, so I attended 7 total, in person. It was quite amazing to see how other districts conduct their business. Others are much the same as ours, as there are certain things that must be done at conventions. But of course; ideas, traditions, and ways of doing these things may be a bit different. And they were. All conventions were amazing and fun and I thank my fellow district governors for the invitations.

I sent an email to Presidents and Secretaries a few days ago with the details and a letter from International President Doug Alexander outlining a resolution regarding a dues increase. This resolution proposes a \$7.00 increase in dues over 3 years. So in July 2023-\$3.00 increase; July 2024-\$2.00 increase; and July 2025-\$2.00 increase. This resolution will be voted on at the International Convention in Montreal this coming June. Please look for this letter in this Gram as it is important that all members get this information.

Who is going to the Multiple District Convention? This takes place in Mankato this year April 29-May 1, 2022 and you will find the registration form and hotel information in this Gram newsletter. This is like a mid-winter convention on a larger scale. Please consider attending to meet lions from around the state of Minnesota and Canada.

Now is the time our clubs should be thinking about officer elections. There will be training on April 23rd for our club officers. There will be training for presidents, secretaries, membership chairs, treasurers. And this will be an in-person training in Elk River. There is more information to come about this, but for now, save the date please.

There are four months left of this year to accomplish what we set out to do in our goals at the beginning of this year. It is ok if we haven't met our goals yet. With four months left we can plan to meet those goals. One goal of mine at the beginning of this year was to see all of our clubs coming back together and meeting in person again and getting out to do club projects. In fact, I remember that being a goal of many District Governors from around the world. 5m7, that is happening! I am so happy to see our clubs meeting, having fun together, attending zone meetings again and in general having fun. Some of our clubs have even kept some of the changes that the pandemic brought to us, such as using zoom, doing a drive-thru event, and just doing what we need to do to get the job done.

Did you know that our district has a Facebook page? It is "The Lions of 5M7" Please mention to your clubs to "Like" this Facebook page. We are busy sharing from Lions International, the Multiple District 5M and from our clubs to it so all can see the information. Many Multiple District events are shared there such as leadership learning opportunities, convention information and updates, etc. Why not tune in and learn about happenings from all over our district and around the world? **Continue on page 2...**

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- What's Happen-



As always, please reach out to me if you have questions, need assistance or if you would like to chat about anything at all. I am here for you and will help you with anything you need.

Lion Judy 763-753-6962 lhbells@earthlink.net



"Soaring with Service and Kindness"

will be handed out to top winners in this tournament. Sunday morning we will have a brunch at nine with a guest speaker. We will also have a first timer's contest Friday evening. In the next gram I'll have more updates on the 2023 convention so stayed tuned!

DGE Mark Landwehr

✦ VDG Messages ✦

1VDG Lion Mark Landwehr

Hello Fellow Lions

I recently attended a joint meeting between Saint Francis and East Bethel lions clubs and witnessed PDG Kevin Schultz induct new members in the Saint Francis club. He does a great job and uses candles in his ceremony. It was impressive.

I want to spend the remainder of my space talking about next years mid-winter convention. The convention will be the third week of January, 2023 and we'll be looking at various locations. These conventions are important, they help build fellowship and help the foundations get information to us. They allow clubs to share fundraising ideas and service projects with other clubs. So on Friday evening we will have an opening ceremony followed by the hospitality rooms. We will also have a bean bag tournament set up in a large room where four person teams can compete in a double elimination tournament. There will be prizes for the winners. We are asking clubs that have hospitality rooms to have a theme, some type of game and the usual food and bar that we have had in the past. These rooms will be judged and winners will receive prizes.. Saturday morning will have rooms set up with seminars; I don't know what yet but I am working on it. Text or email me ideas if you have any. The foundations will have booths set up in the hallways like we used to. Lunch will be at noon followed by the memorial service. We received some negative feedback in surveys from the last convention and I welcome anyone to call, text or email me with ideas on what they want changed. PDG Dan Kaiser has put this together the past twenty something years and I know he puts in a lot of time doing it. I thought he did a wonderful job and I thank him for everything he's done. In fact I want to thank all the PDG's for what they have done in our district over the years. We will try and have longer breaks between the lunch/memorial service to enable club members to socialize and visit foundation tables before the business meeting. We plan on having more seminars during the business meeting to give the people who don't want to attend the business meeting something to do. Saturday's evening banquet will start at 6:00. The ID will be the main speaker and if you have never heard an ID speak you should come to this. At nine o'clock we plan on having a six piece band and a blackjack tournament. Prizes

2VDG Steve Milius

Once again it is that time of year when all eyes turn to our little buddy "The Ground Hog". Since it is the opinion of our buddy and as I listen to the storm forecast on TV, I believe we will have six weeks more of Winter. This is not all bad as we need the moisture, and this storm will give us time to set back and analysis the performance of our local clubs. It also gives members a time to reflect on their personal situations and decide if perhaps this would be the year to step up and offer to take on an officer position with the club. It is a great opportunity to help shape your club's future and the future of the service projects your club does for the local community and local people in need of assistance. I encourage everyone to at least consider this move. There will be some excellent training available to help new officers step in and take over all positions in the clubs. You can make a big difference with only a minimal amount of time commitment.

This may be one of the best ways you can help the members of your club, community, and the people of the world!!! Once again I say a gigantic thank you for caring and giving of your time, money, and expertise to help the Lions and people in your area.

Thanks, 2VDG Lion Steve Milius

GST REPORT FOR 2022

I would like to take this time to give a big thank you to all the clubs that have reported their service activities for the 2021-2022 Lion year. We are currently at 64% reported and our goal is 79% reporting for the year. This will be a fantastic achievement when we reach the goal of 79%. I really hope we can get into the upper 80% range of reporting. This will go a long way to helping the Lions receive more matching funds from our corporate partners. It also means we are doing a lot of things right when it comes to service work and helping the less fortunate in our communities. It also means we have many people in our district that are very passionate about helping others and raising monies for the foundation projects and fund raisers. This helps get and keep new members excited to be a Lion. Thanks for your time



2VDG Lion Steve Milius, GSTC for 5M7

CONVENTION NEWS.....

At the end of the convention each delegate was given a survey regarding the convention. **If any lion wants to see the entire survey results, including survey comments, I'll send it to them.** Each survey item had a maximum score of 10. You are seeing the **weighted** average of all respondents.

Friday night reception 7
 Gambling seminar 8
 Camp Friendship 9.5
 Leo's Back packing project. 9.2
 Town Hall meeting with the ID. 9.2
 Opening Ceremony 8
 Saturday lunch 8
 Memorial Service. 8
 Business meeting. 6
 Leo's Speech contest 9
 Banquet. 8
 Saturday Entertainment 8
 Saturday breakfast 9
 Sunday Leo's presentation 8
 Hotel Space 8
 Overall experience 7

The results of the survey will be discussed at the Cabinet meeting and at the next Convention planning committee meeting. There are four pages of comments but here's a sample of some of the comments.....

- *Loved the involvement with the Leo's*
- *Seeing awards being give to our members*
- *Banquet and entertainment*
- *Meeting DG & PDG's. The Town Hall was fun to listen too.*
- *Listening to the ID talk*
- *Governor's reception*
- *The Equestrian presentation*
- *The horse therapy speaker was very good*
- *The integration of the LEO's clubs with the Lions clubs*
- *Leo and Lions Service Projects*



Lion Jim Kugler

Hello Lions and Leos,



I'll begin with a short story.

When a friend mentioned a clinic offering free vision screenings and affordable eyeglasses, 65 year old Francois, who could not see clearly beyond 10 inches, hopped aboard his motorbike and traveled the 29 miles to the clinic. The trip was a bit treacherous but Francois was desperate and knew the risks would be worth the reward. He had the screening done and bought his first pair of eyeglasses for \$10. "I can see everything perfectly!" exclaimed Francois, whose trip home on his motorbike was a far safer journey.

Bringing that life-changing clinic to fruition were LCIF and the Lions in Burkina Faso, who used nearly \$111,000 in LCIF SightFirst grant funds to work with local partners to build optical clinics in areas of the country where eye care was unavailable or unaffordable. The project, which began in 2018, will screen the vision of 124,000 people and distribute 26,400 pairs of eyeglasses.

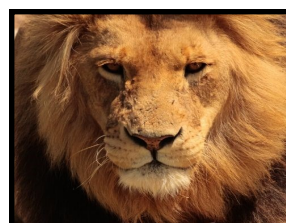
Campaign 100 is the name of LCIF's fundraiser for the last 3 years. It will end on June 30, 2022. The original goal was to raise \$300 million in 3 years but has been extended for an additional year because of the pandemic.

There are ways for clubs and individuals to contribute to LCIF in order to reach the goal:

- A club can become a model club where, in three years, a club gives an average of \$500 per member.
- A club may also become a 100 100 club where every member of a club gives \$100 to LCIF.
- Individuals may give a one-time gift or give monthly until a personal giving goal (pledge) has been met. Whether it be a one-time or monthly donation check with your employer to see if they have a matching program.

You can donate directly at lionsclubs.org/donate or visit lionsclubs.org/waystogive for other ways to give. If you or your club has questions ask me out to present to you LCIF's opportunities for giving and grant opportunities.

IPDG Lion Peter Lendway ,
 District 5M7 LCIF Coordinator



A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others.

Douglas MacArthur

funnyMemeFeed.com



102nd Annual MD5M Multiple Convention April 29th – May 1st, 2022 | Mankato, MN, USA



Your District & Club Name: _____

Lion ____ Leo ____ Guest ____ **1st TIMER** ____ * Please complete 1 form per attendee *

Title & Name _____
 Address _____
 City/Town _____
 State/Prov. _____
 Zip/Postal _____
 Phone (w/area code) _____
 Email _____

To register online follow link below
<https://district5m2lions.com/md5m-multiple-convention>

“Will you require Braille Documents at the convention?”

Special Dietary Needs: Vegetarian, Gluten Free, Allergies _____

Full Hospitality Book (Includes Friday night Social, Saturday Breakfast, Lunch, Banquet & Sunday Brunch and registration fee)

		<u>\$ AMOUNT</u>
Full Hospitality Book	\$ 150 USD \$ 185 CDN	_____
Friday Night Social	\$ 20 USD \$ 25 CDN	_____
Saturday Breakfast	\$ 25 USD \$ 30 CDN	_____
Saturday Lunch	\$ 30 USD \$ 40 CDN	_____
Lunch Options (Select 1): Turkey on Wheat Berry <input type="checkbox"/> Ham on Wheat Berry <input type="checkbox"/> Chicken Shawarma Wrap <input type="checkbox"/>		
Saturday Banquet	\$ 50 USD \$ 65 CDN	_____
Banquet Options (Select 1): Vegan Stuffed Pepper <input type="checkbox"/> Chicken Diane <input type="checkbox"/> Roast Beef <input type="checkbox"/>		
Sunday Brunch	\$ 25 USD \$ 30 CDN	_____
Registration Fee	\$ 25 USD \$ 30 CDN	_____

ADD Registration Fee if registering Ala Carte for Meals. No Fee if attending only the No Charge Events: (Business Sessions, Flag Ceremony, Memorial Service, or Seminars) For virtual registration only please see website.

*****NO Meals available after April 20, 2022**** Totals _____

Make checks payable to: **MD5M Convention**
 Mail form & payment to: 2VDG Christy Trutnau, 110 Rebecca Drive, Jordan, MN 55352
 For Convention Information contact: IPDG Anna Wickenhauser, lionannaw@gmail.com ; Phone: (952)-913-1467 or
 CC Matt Huggenvik, squiggy23@hotmail.com ; Phone: (507)-250-6598.

Check our website for information & updates on the 2022 MD5M Convention, www.lionsmd5m.org

Hilton Garden Inn: 20 Civic Center Plaza Mankato, Minnesota 56001



Booking Link: <https://group.hiltongardeninn.com/sbpfu9>

Hotel: Hilton Garden Inn Mankato Downtown **Phone:** 1-(507)-344-1111

Group Name: Lions MD5M Convention

Arrival Date: 28-Apr-2022

Departure Date: 01-May-2022

Rates: Starting @ \$134 USD

Courtyard Mankato: 901 Raintree Road Mankato, Minnesota 56001



Booking Link: [Courtyard Mankato](#)

Hotel: Courtyard Mankato **Phone:** 1-(507)- 388-1234

Group Name: Lions Club

Arrival Date: 27-Apr-2022

Departure Date: 01-May-2022

Last Date to Book: Sunday, March 27, 2022

Rates: Starting @ \$109 USD

Kelley's Story

(not her real name or photo)



Lions All, We need your help!!!!!!!

Born deaf in her left ear, little Kelley went through numerous tests to figure out the cause of her hearing loss. Because she appeared to be otherwise healthy, her doctors suspected a genetic or structural issue was to blame.

But when Kelley also showed signs of a delay in her gross motor development at 2 months of age, a special education teacher who works with infants with hearing loss wondered whether cytomegalovirus (CMV) was instead responsible.

CMV is a herpes virus that most women of child-bearing age have already acquired. Pregnant women who are infected with CMV rarely have symptoms, but rather their developing baby may be at risk for congenital (meaning from birth) CMV disease. CMV Exposure in Pregnancy

Kelley's pediatrician thought CMV was unlikely to have caused her hearing loss. But her parents pushed to have her tested. At 10 months, through retrospective testing of a blood sample given at birth, they learned Kelley had been born with CMV.

Together, the physician and Kelley's parents decided to put Kelley on a yearlong course of antiviral medication in hopes of preserving the hearing in her right ear and minimizing the wrath of CMV on her developing body.

So far, 4-year-old Kelley is meeting developmental milestones and will be monitored closely as she grows. With the help of weekly speech therapy and regular audiology visits, Kelley has amassed a substantial vocabulary and is working hard on articulation. She loves chasing her 5-year-old sister around the house, helping in the kitchen, and singing "Let It Go" (from the movie "Frozen") at the top of her lungs. Kelley gets on-going testing at the Lions Children's Hearing Clinic

We would love to share stories about how the Minnesota Lions Hearing Foundation has helped both adults and children in your community, or someone you know. Send them to: HearingPublicity@gmail.com

For more information about cytomegalovirus, go to <https://kidshealth.org/en/parents/cytomegalovirus>

Lion Hal Hinchliffe
PDG Lion Jim Mulroy



Below are the links to the landing pages for sending automated letters to our state legislators. There are two links for each chamber of the legislature, the Senate and the House. Those links are one for Lions to use and another for non-Lion supporters of our legislation to use.

Please feel free to share these links with anyone and everyone you feel may be supportive of our proposed laws. You have received in a previous email copies of the legislation that you can share with our fellow Lions and others. You can also use the cover letter that was previously sent to you to help with explaining why we are pursuing this legislation.

Please post these links on your social media pages and I request that these links be posted on the MLVF website and Facebook pages. If you receive any responses to any emailed letters sent through our landing pages, please share them with me. If you have any inquiries you cannot answer from legislators or from anyone you share these links with, please call or email me and I will try to assist you. I thank you all for your help in this matter and hope our efforts will get these bills passed into law.

Sincerely,
Lion Lyle

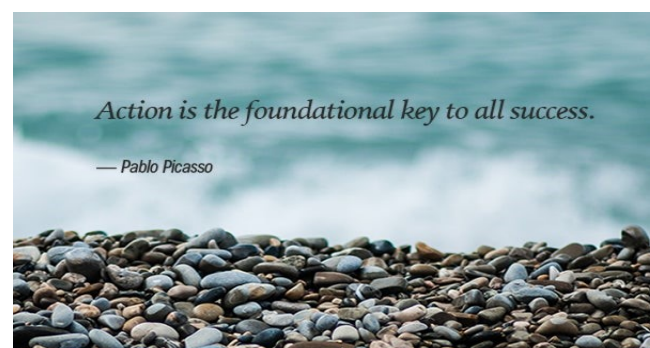
Links:

Senate – Lions: <https://igniteadvocacy.com/go/stop-for-profit-eye-banking-in-mn/312>

Senate – Lions Supporters: <https://igniteadvocacy.com/go/stop-for-profit-eye-banking-in-mn/318>

House – Lions: <https://igniteadvocacy.com/go/stop-for-profit-eye-banking-in-mn/307>

House – Lions Supporters: <https://igniteadvocacy.com/go/stop-for-profit-eye-banking-in-mn/324>





Happy Countdown to Spring!

We can only hope the cold winter days are behind us and we look forward to warmer weather again. Can Do Canines has been extremely busy, working to train more dogs for graduations and team placements, preparing for the annual Fetching Ball Gala and doing what they do best – to enhance the quality of life for people with disabilities by creating mutually beneficial partnerships with specially trained dogs.

Did you catch the video that was promoted as part of the Animal Planet's Puppy Bowl XVIII? If you haven't viewed it yet, check it out at <https://www.animalplanet.com/video/puppy-bowl-animal-planet-atve-us/puppy-bowl-more-ways-to-serve> and enjoy!

This year's Fetching Ball Gala was held on Saturday, February 26th at the DoubleTree Bloomington Hotel. Even if you couldn't attend the gala, you can still support their cause. There were over 130 items to choose from the auction so I'm sure to be something to suit everyone's interests. The auction closed on Saturday, February 26, at 7:30 p.m. CST. Winners were notified via email to coordinate pick-up your item/s at Can Do Canines in New Hope, MN.

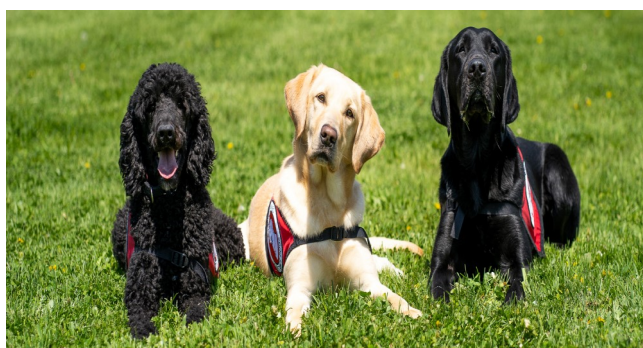
The next graduation will be held on Saturday, March 26th, but due to COVID restrictions, will still be a private gathering for the newest 13 graduates and their dog's long-term foster family. You can watch the graduation on a video so you can see all of the amazing new teams in action. If you'd like to receive the link, please call or email Can Do Canines to be put on their e-newsletter list and automatically receive an email with the video.

Thank you for your continuing support of this wonderful organization and helping them to help so many other people in need.

Lion Kathy McMillan

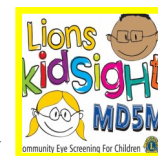
5M7 Can Do Canines Chairperson

612-743-0152 kathyjmillan@gmail.com



These are no ordinary dogs; our dogs bring freedom, independence and peace of mind to their human half, making them extraordinary canine partners!

What is KidSight?



Lions KidSight is an MD5M Foundation created to serve vision needs of children in our communities. Lions Clubs ensure our children receive free vision screenings and follow up care as needed. 1 in 3 young children have poor but correctable vision – often just needing eyeglasses. Our focus is 6 months to 6 years because certain conditions become permanent if not corrected by age 7. However, we screen up to age 17.

The money generously donated as a part of the Parade of Green and throughout the year is used to buy screening machines for use by Lions clubs in the District as well as paying for service and warranties on the machines. Through donations our District has 6 machines ready for your club to use serving the children in your community.

Lions throughout 5M7 have screened children at various locations including Early Education and Head Start programs, child care centers, elementary and middle schools, community events and county and state fairs. Since KidSight started in 2017, 5M7 Lions have screened almost 10,000 children!! Of those screened, 12% exhibited factors referring them to an eye care professional. As a result of referrals and follow up support 5M7 Lions have enabled over 100 children to receive needed glasses. How many more children could we serve if you got involved too?

As your 5M7 Lions KidSight Directors, it is our responsibility to educate Lions about Lions KidSight MD5M, as well as train Lions and Lion Clubs to conduct screenings. We also ensure screening machines receive routine maintenance. As a part of this maintenance, we maintain a calendar of 5M7 events ensuring screening equipment is ready to be lent out for various Lion screening events. Statistics of all screening events are submitted by KidSight Directors to Lions KidSight USA.

Plans are underway to conduct a KidSight Certified Training session this spring. The session will be in person and virtual so everyone will be able to attend and learn together.

With children in every community there is a built-in need. The District has the needed equipment including masks and gloves. You only need 2-3 volunteers and supply the paper and ink. We can also line up individual Lions with Lions in other clubs to form a screening team. This low-cost service project has an immediate impact to your community. So why not add KidSight to your service projects?

Again, we will be at the State Fair this summer. 5M7 volunteers will be manning the KidSight booth in the Health-fair building conducting free vision screenings Monday, August 29 and Tuesday August 30. Use the link below to choose your spot and time. Join the Fun! <https://www.signupgenius.com/go/5080D45ADAC2FA7F58-state2>

Lion Ann Kaduce and Lion Mary Curtis, 5M7 Directors, MD5M Lions KidSight Foundation, Inc. 5M7LionsKidSight@gmail.com

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



Happy March from the 5m7 Leos Clubs!

February was a month of giving of love and kindness for our Leo Clubs in 5m7. Rush City Leos have been under the radar, but we are bringing them to the surface. They are a consistent club doing great work.

ANOKA LEO- TORNADO SERVICE CLUB The Anoka Leos completed projects to show kindness through the month.

ANDOVER LEOS Andover Leos spread some love by making Valentine's Day cards for Andover staff. The Andover Leos visited all freshman advisory classes to share an important message about mental health, and how to connect with in school resources. They also created a video to share with grades 10-12. In the coming weeks, the Andover Leo Club will be putting together care packs to be distributed to people experiencing homelessness. The care packs will include socks, shampoo, toothpaste, toothbrush, and a snack, and will be donated to Our Savior's Housing in Minneapolis. Research shows that volunteering is a great way to boost your mood and improve physical and mental health. Therefore, the Leos are in the process of planning a mood boosting "Day of Service" for the entire school. Watch for more information to come.

BLAINE BENGALS The Bengals in Action from Blaine High School finished their Hunger/Homeless project. They did two Feed My Starving events, where they packed food to be sent to third world countries. They also had a "Sock Drive" with the help of our Lions Chapter and collected about 800 pairs of socks for Hope 4 Youth.

Next is Mental Health. We worked with Alexandra House on Valentine's Day and spoke with over 200 students in the lunchroom about healthy relationships. We also plan to revamp our "Take What You Need" board and include more resources for Mental Health services for students. We also plan on making and giving away business type cards that have positive messages on them, poking a hole in them and adding a bracelet to them. We are making them now and plan to give out in March.

Then we move onto our next project which is the Environment. We plan to work with our Lions and do a park clean up and more.

COON RAPIDS HIGH SCHOOL/MIDDLE SCHOOL Random Acts of Kindness was February 14-18 at CRHS- students engaged in identifying students who were kind in the school but filling red or pink hearts that hung in the school entry way. Students nominated staff and teachers for the kind acts they did throughout the day. Teachers who received the most nominations will be celebrated on March 1st at the staff meeting. The Leos hosted a community Movie "Soul" to families in the area in the high school auditorium. The movie is advertised to the local elementary schools, middle school and high school. The club heled to celebrate a CR Lions 80th birthday by designing and sending 25 birthday cards which were delivered to his home.

RUSH CITY LEO CLUB Assistance to an individual (family of four; Service Activity) A local High School teacher lost

her husband this fall, and the Leos decided to do a fundraiser for her and her young children. Leos attended several athletic events, letting people know donations being taken and collecting donations. People who donated were encouraged to put a simple message on a paper heart and they could sign it if they wished. Hearts were posted throughout the High School. Leos raised \$1000 for this family and presented it to the teacher just before Christmas. 5 Leo volunteers - about 26 hours total.

Snow Week Events (Service Activity). The Leo club filled an important role in the High School Snow Week activities. The week before Valentine's Day the Leos sold Carnations to students and staff who wanted to send a message to someone. The flowers, with notes attached, were delivered during first hour on Valentine's Day.

Leos also coordinated special dress up challenge days each day of Snow Week. Monday was Grammys vs Jammies (fancy vs pjs), Tuesday was Teen Beach Day (bikers vs surfers), Wednesday was Color War (each grade was assigned a color), Thursday was Country vs Country Club, and Friday was Valentine Dress up (pink, red, or white). The whole week was designed to create a positive environment and boost morale of students and staff. 8 Leo volunteers - about 14 hours total

SPRING LAKE PARK SLP Leo club has been working hard at connecting with the community and students in the district. They have completed many projects to benefit the school and students. They are in the process of planning a project to complete with their Lions club.

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 members:

Lion Stefanie Nelson

Lion Pete Yelle

stefanieenelson@gmail.com

pete.yelle58@gmail.com



We are looking for host families for the summer exchange program. We have three applicants thus far that will need a place to lay their heads and enjoy the great things of Minnesota.

Family Stay Dates: July 1-21, 2022

Camp Dates: July 22-30, 2022

Please let me know if you are interested and willing to host a student coming from another country in your home. Get together with other Lions close to you and host together.

We are also starting to connect with students about choosing where they would like to travel- if there are questions send them my direction.

Lion Stefanie Nelson

stefanieenelson@gmail.com



Catch the Dream...



Life without Diabetes
Minnesota Lions Diabetes Foundation

To: All great Lions of District 5M7

Subject: STRIDES FOR DIABETES AWARENESS

STRIDES for Diabetes Awareness

February,
March
April 2022



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 January 25, 2022 \$25 Registration Fee T-Shirts available Physical activity, and healthy food and beverage choices are key to preventing diabetes and improving health. Net Proceeds benefit Minnesota Lions Diabetes Foundation

MARCH UPDATE

Strides for Diabetes...Brief summary of Activities.

- 18 teams registered with 9 listed as Lions / Lions Clubs
- 48 individual registrations (29 @ \$25; 14 @ \$31 to \$99; 4 @ \$100 to \$199; 1 @ \$200 plus)
- 9 MLDF Trustees have registered and / or made donations
- 3 Lions Clubs have made donations as sponsors
We are at 54% (\$11,930.70) of our goal.

Register at MNLionsDiabetes.org and be directed to our campaign site. Cost is \$25.00 per person – this is a fundraiser and an encouragement to involve yourself in healthy fun activities! Physical activity and food choices are key to preventing diabetes and improving health.

Co-Trustees for District 5M7

Lion Joel - Joeland1954@gmail.com

Lion Mike - Mnedwards1@bellsouth.net



Thirteenth Annual Minnesota Lions Diabetes Foundation Research Update.....March 19, 2022

Hosted by the University of Minnesota Foundation and 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 prevention and curing diabetes. Learn 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.

*St. Cloud River's Edge Convention Center
Opportunities Suite
10 4th Ave So St. Cloud, MN 56309*

Saturday March 19, 2022

**11 am/ Registration
12 pm/Lunch
1 pm/ Program
2:30pm/ Meet /greet with scientists**

Faculty Research Presentations:

- David Bernlohr, Ph.D: New discoveries on the roll of cellular senescence in diabetes
- Brian T. Fife, Ph.D: How regulating the body's immune response could stop the immune attack on the islet cells
- Michael Garwood, Ph.D./Paul Wang, M.D./Ph.D candidate: Technology to monitor oxygen availability for transplanted islet cells.
- Bernhard Hering, M.D.: Updates from Schulze Diabetes Institute

Please RSVP by Tuesday, March 8th by contacting Larry Winner at lrrywinnr@gmail.com and a confirmation email will be sent prior to the event. Please contact Larry Winner at lrrywinnr@gmail.com or 218.260.8110 with any questions.

ENVIRONMENTAL NEWS

SUSTAINABILITY

sus-tain-a-bil-i-ty...the ability to be maintained at a certain rate or level



However, it actually refers to four distinct areas: human, social, economic and environmental – known as the four pillars of sustainability.

HUMAN sustainability aims to maintain and improve the human capital in society. Investments in the health and education systems, access to services, nutrition, knowledge and skills are all programs under the umbrella of human sustainability.

SOCIAL sustainability focuses on maintaining and improving social quality with concepts such as cohesion, reciprocity and honesty and the importance of relationships amongst people. It can be encouraged and supported by laws, information and shared ideas of equality and rights.

ECONOMIC sustainability aims to maintain the capital intact. If social sustainability focuses on improving social equality, economic sustainability aims to improve the standard of living. In the context of business, it refers to the efficient use of assets to maintain company profitability over time.

ENVIRONMENTAL sustainability aims to improve human welfare through the protection of natural capital (ex: land, air, water, minerals, etc) Initiatives and programs are defined environmentally sustainable when they ensure that the needs of the population are met without the risk of compromising the needs of future generations.

Most cities have a Sustainability Committee or Task Force whose purpose is to review the human, social, economic and environmental impact on their city. This committee serves as a valuable resource for their community in guiding them towards sustainable products and services.



Take this opportunity to contact your local city government and ask if they have a Sustainability Task Force/Committee and ask how you can become a member.

IS YOUR CLUB INTERESTING IN MAKING SOME MONEY?



The State Fair has lost a few clubs since last year and we are going to need more workers.

UPDATE

- ◆ Get a free ticket to the state fair.
- ◆ Get free parking if you decide to drive.
- ◆ Work approximately 7 hr in an air-conditioned booth.
- ◆ Will still be using tickets
- ◆ Pay is \$11.00/hr to your club no deductions.
- ◆ Will be closing one hour earlier so probably shorter hours
- ◆ You get the rest of the day to enjoy the fair.
- ◆ Your club can work multiple shifts.

Contact PDG Larry Kounkel at:

laryandmk@gmail.com if interested.

March 1st : First Day of Women's History Month. Tell your friends!



Articles for the **APRIL GRAM** be in to me by **5pm on April 25th**. Thanking you in advance!

HERE'S WHAT'S HAPPENING.....

COLUMBUS LIONS have been very busy over the month of February spreading love and smiles to those into the community. Columbus Lions put together 75 Valentine goodie bags for a local Senior Living Facility, those who were not able to see their loved ones on the special holiday.



As well as making 60 necessity bags for the homeless in St. Paul. The people who were recipients of them were extremely appreciative and thankful.



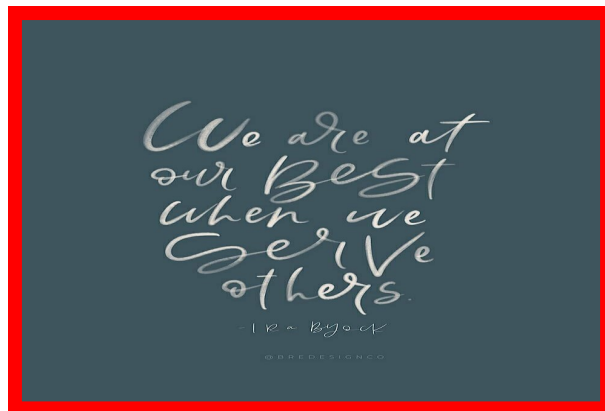
The **FRIDLEY LIONS** have been helping Fare for All Food Distribution for over 8 years. Pictured is chairman Lion Don Holum presenting a check for \$3,000 to Jay from Fare For All, to help customers save \$10 per order for the November and December Holiday Packages. Also pictured are Fridley Lions Jim Young, Dan Gourde, Ron Ackerman and Greg Gardner.

MARCH 4th Big Lake Lions Annual Fish Fry Friday March 4th from 4:30pm to 7:00pm at Big Lake Lions Park 21960 CR 5. We are **DINING IN** this year! Cost Adults: \$13 Kids 10 and under: \$8 Dinner includes fried cod fish, baked potato, cole slaw, baked beans, dinner roll and beverage.



The **BEST PART** will be the **LC of Big Lake Lioness PIE SALES** during dinner. Each slice of delicious, scrumptious pie is **ONLY \$2**. For that price you can have two pieces....one to eat after dinner and one to take home for later!!

MARCH 19TH Columbus Lions are very excited to announce that they will be resuming our amazing **Pancake Breakfasts** starting on March 19, 2022. These will be held at St. Joseph's Church in Lino Lakes from 8am-1pm. Our club has been very anxious to resume this activity, and we are all excited that we are able to get back into the community and serve them our delicious breakfast again. It took some manpower to find out new facility, so thank you to those who were involved in that. If you are in the area on 3/19, please make sure to stop in and enjoy!



102nd MD5M Convention

Mayo Clinic Health System Event Center Mankato, Minnesota

April 28 – May 1, 2022

Greetings Fellow Lions and Sponsors

I am writing to invite your Lions Club or business to advertise in the program booklet for the 102nd Multiple Convention. This year, we are going to be trying an eco-friendly way to view the Convention Booklet. By scanning a QR code, the booklet will be at your fingertips whenever you have your smartphone available! Yes, we will still have some paper programs available to for attendees at the Multiple District Convention in Mankato, April 28 – May 1, 2022.

We are excited to announce our special international guest will be, 2011-2012 Past International President Lion Wing- Kun Tam from Hong Kong. It is a huge honor to be hosting a Lion of this standing. Our international guest will be taking a copy of the program with him when he returns home, and we want him to have a favorable impression and great memories of his time here in MD5M.

Your club or business can advertise in the program with anything from a 2 line add to a full page. The costs are as follows.

- 2 Line ad - \$25
- Business Card size - \$50
- 1/4 page - \$100
- 1/2 page \$175
- Full page - \$325

All prices are in U.S. \$ (Please make all checks or money orders payable to: MD5M Lions Convention.)

Your ad can say anything you want it to say. You can talk about a special event you have coming up (after the convention) or you can brag about something you have recently accomplished. You can simply welcome the delegates to the convention if you choose to. Let us know what you would like.

Our convention theme is *"Service in the Heart of Everyday Lions"* to align with 2021-2022 Lions International Presidential Douglas Alexander's Theme: Service from the Heart.

Please contact Program booklet chair, PCC Rob Rand at robrandmn@gmail.com for further information and/or to book your ad. **Advertising deadline is Sunday March 25, 2022.**

Please visit our website at www.lionsmd5m.org to find the latest news about the convention.

In Lionism, PCC Rob Rand

6600 Lyndale Avenue South, Unit 600

Richfield, MN 55423



A Message from LCI President Douglas Alexander Regarding a Dues Adjustment Resolution Will Be Voted on at 2022 International Convention

Lions Clubs International supports clubs and members around the world so we can advance our global mission of service together. Our international support and the work of Lions Clubs International is fueled by the international dues of our incredible members.

In recent years, it has become increasingly clear that the services Lions Clubs International has been able to provide to members with the available budget is no longer in line with what Lions need and expect.

The International Board of Directors voted in October 2019 to approve an international dues adjustment resolution that would be voted on at the 2020 International Convention, but it was postponed due to the cancellation of our 2020 convention and the move to a virtual convention in 2021 as we adapted to the pandemic. The new dues adjustment model will be voted on at the 2022 International Convention.

The Board of Directors undertook an extensive review of Lions Clubs International's financials, including the implementation of substantial budget reductions. After much consideration, the board proposed to adjust dues \$7 over a three-year period.

Under the proposal, international dues would be adjusted according to the following schedule:

\$3 increase on July 1, 2023 \$2 increase on July 1, 2024 \$2 increase on July 1, 2025

We realize the association has been reluctant to adjust dues over the years, and we have not adjusted international dues since 2011. The proposed adjustment will help cover our costs and allow us to suitably serve our members' needs. With that said, the Board of Directors did not take this issue lightly, nor are we minimizing the value of each dollar that our members contribute.

As we consider this dues adjustment, it is essential that we keep in mind that our global efforts and initiatives support more than 1.4 million members in 50,000 clubs around the world. Through the support of staff, we are able to serve globally on the level that we do, keeping members and clubs fully supported with service resources, training events and software, club operational support, hybrid convention, international meetings, language services, technology, Foundation support, leadership support, and everything else we have come to expect as Lions.

A dues adjustment will allow Lions Clubs International to provide improved support to Lions and to continue to invest in improving programs and digital products such as our website and MyLion. It will also allow us to invest in new programs such as the Learning Management System (LMS), development of new curriculum such as digital literacy, training videos, global advertising, marketing automation, digital and video storytelling and other tools and initiatives that will enhance our impact, our brand, and our membership.

Essentially, we have to decide whether or not we want Lions Clubs International to continue to grow and thrive. Lions is more than a way of life. It's also an investment of money, time, energy and passion. As with any good investment, the more we put in, the more returns we see.

We need you to help our members and leaders understand why this adjustment is needed. I hope that you will see this adjustment as we do: as an investment in the future of Lions. Through your support, we can ensure that Lions are positioned for success in the future.

Yours in Service,

Douglas X. Alexander

International President