NOVEMBER 2021





5M7 Gram

5M7 LIONS AND LEOS



October is a very busy month in the Lions world. And what an absolute JOY it has been to attend our 5m7 zone meetings, governor visits, club meetings, club projects, member inductions, MN Lions Vision Foundation Board Meeting, zoom meetings, Council of Governors Meeting, and by the time this newsletter is out we will have had our district cabinet meeting.

Our 5m7 clubs inspire me every single day. You do so much and I am so proud to be the DG in this awesome district. Thank you to all of our clubs for being so welcoming. If you haven't yet set up a governor visit with me, please do. I would love to meet as many members of your club as I can. Shoot me an email or call me on the telephone and I will get right back to you and we can set up a time for me to visit your club. I am eager to share with you and learn more about your clubs.

Did you know that you can get speakers for your meetings from our cabinet? The requests are few and our cabinet members are wanting to come to your clubs and your zones to present their foundations/ areas. Please request them to speak at your meetings, they are waiting for your requests. They also would like to hear from you about what your club is doing for for projects! You can find cabinet member names on the www.5m7.org website. Click on that name to email those people to request them to visit your club or zone.

Congratulations to the Rush City Lions Club. They have been serving their community for 50 years! They had an amazing anniversary gathering in October and it was lovely meeting all of their members and hearing from many of them. It was fun to hear two of their charter members reminisce and talk about the 50 years of the club. Rush City Lions thank you for all you do and all that you are.

Are you thinking that you might like to run for the office of the next 2nd Vice District Governor in 5m7? We are still looking for someone who would like to run. Give me a call and we can chat about whether this is something you would like to do. You must have been a club president and a zone chair. I know that there are many of you out there who have been in both of these offices. And I look forward to meeting you, so give me a call or an email today and we can discuss. I want to tell you that in the governor position you are never alone. There are always those who have served before us who are there and ready to help. I really want to talk with any of you who have even a minor thought of being a governor. I will share my experience with you.

Interested in Lions University mostly online classes? Ask me about this awesome opportunity to learn more about lions. All lions can do this. 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.

Hope to see you soon Lion Judy

See pic on page 2

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International President Doug Alexander presented DG Judy with her Masters degree from Lions University.

VDG Messages



1VDG Lion Mark Landwehr....

I have been to several club visits this past month, Otsego, Clear Lake, Clearwater, Hanover, Albertville, and the Crow River clubs were some of them. When I walked into the Otsego meeting I thought I was in the wrong place. The room was full of young adults. They inducted ten new members that evening and the fellowship was outstanding. Keep up the good work Otsego. At the joint Clearwater/ Clear Lake meeting our District Governor Judy picked up a new zone chair. [See pics page 10]

I enjoyed my time spent with all these good Lion members and look forward to seeing them at our mid-winter convention in January. While attending training this past October 14-16 to be a governor I met and spent time with a great team of 1VDG's from around our multiple. We also heard presentations from different foundations. One that really stood out to me was the childhood cancer foundation. This presentation was done by a very passionate and well informed young lady from a Minneapolis lions club. She made me cry. In my opinion if you only invite one foun-

dation to speak at your club it should be this young lady. After hearing her it will be hard for your club to not donate to this foundation.

1VDG Lion Mark Landwehr

2VDG Lion Steve Milius

With Thanksgiving just around the corner, I think it is time for all Lions to give themselves a pat on the back and receive a big THANK YOU for being a Lion. As a Lion you have given up time with your friends and family, not to mention the time you have given up with your children and grandchildren. With this being said, I would like to give each and every Lion a giant handshake and a well-deserved good job and Thank You.

A Lions share of this time has been spent on service projects, fundraisers, and benefits. These are all so important to the well-being of the Lions Clubs International as well as your local club. They help local community members as well as the community itself. It also helps keep your members excited about being a Lion and helps bring in new members and gives the club leadership a chance to setup mentors for these new members. Once again, I don't think we can say it enough, THANK YOU for your dedication and service to the Lion Organization. Happy Thanksgiving and an early Merry Christmas. 2VDG Lion Steve Milius

Your Leadership Team





GLOBAL SERVICES TEAM

I would like to thank the clubs that have reported their service activities for the 2021-2022 year to date. We are moving in the right direction. The more activities we can get reported the better it will make our district look. It will also help ensure that we have the funds available that we need for grants and matching grants in our District 5M7. This becomes very important in the event of a natural disaster or any other event that may require multiple grants for a District.

So let's keep the momentum going and get more activities reported. If your club is having difficulty getting your service projects reported let me know. I will be happy to get together with your Secretary or Service Chair to help them discover the information needed to report the events or if they need to have some added training I can help with this as well. Thanks for your service as a Lion. My contact info:

2VDG Lion Steve Milius GSTC for District 5M7 Cell Ph.# 319.239.1636 Text # 319.239.1636

E-mail smdancer54@gmail.com



CONGRATULATIONS to 2nd Vice District Governor Lion Steve Milius and Lion Stefanie Nelson, District Youth Exchange/Leo Chair on their graduation from Regional Lions Leadership Institute (RLLI) October 21-24, 2021, in Detroit Lakes. They both came back with a new sense of passion to bring back the spark of Lionism to the District. The weekend was filled with great learning of leadership skills, networking opportunities and plenty of new ideas for service. The guest speaker for the banquet was PID (Past International Director) Bruce Beck who encouraged everyone to live and breathe

positivity their daily lives. It was awesome. When you network with either of them, they will gladly share what they learned. They want to thank district 5M7 for the encouragement and support to attend this amazing training.

2nd VDG Lion Steve and PID Bruce Beck





CONVENTION NEWS



MULTIPLE DISTRICT5M7 Convention in April of 2025. We are looking for more lions to help with putting on this convention. The first step in the process is to put together a proposal to be presented to the Council of Governors this spring. We're looking for Lions who would be interested in helping with both the bid process and the planning of the 2025 Convention. If you are interested contact DG Judy Herrala or Lion Jim Kugler @jimkugler@comcast.net.

MIDWINTER CONVENTION: DATES: January 7 through January 9, 2022. LOCATION: NW Marriott in Brooklyn Park, 7025 Northland Blvd. WATCH FOR REGISTRATION INFO ON THE 5M7 WEBSITE

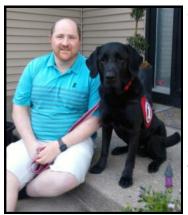
CALLING ALL DELEGATES! Yes, the Mid-Winter Convention is coming! And sooner than you think. The official letter to all Clubs requesting your delegates will be coming out in December, 2021 (once I

have received the official numbers from LCI). That doesn't mean you can't start thinking about it and talking about it at your Club Meetings. Don't be caught off guard. The rule is 1 delegate for every 10 members. And the same number of alternates. The number of members is based on your totals to LCI as of November 30, 2021. More information is coming in future 5M7 Grams. Please make sure to read the 5M7 Gram and the District 5M7 Website for valuable information on the coming Convention. Lion Jim Pokela, District 5M7 Cabinet Secretary/Treasurer

Lion Kathy McMillian
h) 763-498-8277
kathyjmcmillian@gmail



Consider what it would be like to feel completely fine, and then only a moment later, "you're completely lost." This is how Malcolm describes having Type 1 diabetes. "You have no capability of doing even the basic tasks. And people don't often see that when they look at someone with diabetes. They see someone who's perfectly fine, there's



no issues, and then all of a sudden they're acting like they have no idea."

Channeling some optimism,
Malcolm applied at Can Do Canines and was matched with a
large and loving black Lab
named Blaze. "I wasn't 100%
sure what was going to happen, I
was more just hopeful of the
changes that could happen."

Blaze quickly proved that he was in his glory alerting Malcolm to his lows. "It's ridiculous how much [these dogs] can do for people," says Malcolm. "I'm still in shock of the abilities that he has and the things that he catches . . . It's been a lot more than I had hoped or expected. "And Blaze has certainly found his calling. Malcolm says, "He's pretty much caught just about every time my blood sugar has [gone low]. He's actually prevented quite a lot of situations that could have been quite bad and have been bad in the past before I got him." That security has helped Malcolm not only physically, but also mentally. "He gives me the confidence that if something is going to happen, there's that extra layer of defense, catching things before it gets too serious where I can't deal with it myself." He adds, "Having him in the house makes all the difference."

This pair does not just lie low though, and Malcolm now enjoys freedom he hasn't always known. Growing up, he gave up a lot of experiences because he didn't want to put people through stress. He felt the same type of burden with his family, who used to worry about him, even as he commuted to and from work. That's changed, and Malcolm says, "Now I don't feel that's the case because if I can go, Blaze can go." The pair go together to Malcolm's work at Trustone Financial in Golden Valley, and Blaze also accompanies him to the golf course, where Malcolm says, "All the people there love him already." Plus, when some of his golf swings force Malcolm to play "lost and found," Blaze's cheery personality keeps him from getting discouraged.



What happens with the Eyeglasses we collect!

A Lions Club President places collection pails in Minnesota optical stores, banks, school city halls, etc., so individuals can easily donate their old eyeglasses.

When an amount is collected by a Lions Club, please call either PDG Terry Wold or PDG Steve Linder and we will pick them up from you. We send the eyeglasses to the Minnesota Lions Eye-



glasses Recycling Center in Sauk Rapids. From there, glasses are periodically taken to a recycling facility in Rosholt, Wisconsin, where optometrist-trained Lion members and others wash, repair, determine the prescriptions, and pack the eyeglasses. The glasses are put in bags, labeled with their prescriptions, and inventoried in a computer database. Glasses are des-

tined for use in countries other than the United States, and groups can request eyeglasses for missions and international projects.

Hearing aids can also be placed in collection pails, but any hearing aids collected will be forwarded to a Hearing Foundation trustee.

The fundraiser the Minnesota Lions Vision Foundation that was scheduled for Friday October 29, the Eye Ball and October 30, 2021, Thanksgiving for Sight had to be canceled again this year do to Covid. We felt it would be unsafe to continue with these venues.

Lions Clubs can make arrangements by calling PDG Terry Wold or PDG Steve Linder to receive collect pails or have glasses

picked up. Thank You For All You Do!

PDG Steve Linder 612-382-2236 PDG Terry Wold 612-759-5433





November 14 is World Diabetes Day

Diabetes Service Project

Ideas for Lions

Lions Clubs International encourages every club to contribute to the day by doing a Diabetes Service Project. Following is a list of diabetes service project ideas taken from the LCI list of service projects for the Five Global Service Areas. Some are very easy to do requiring minimal effort and manpower. Encourage your club to perform one of these or an original diabetes service project that your club develops.

If you perform a service project please provide a summary of your project to your MN Lions district 5M7 Diabetes Trustees - Lion Joel Anderson and Lion Mike Edwards. Thanks for living the Lions motto "**We Serve**".

- ♦ Have group take a Diabetes at Risk Test
- ♦ Start a walking group
- ♦ Canoe or kayak down a local river
- Do a diabetes health fair with free testing for Type 2 Diabetes free services and screenings, activities, and giveaways during November [Diabetes Awareness Month]
- ♦ Serve diabetic friendly meals at a Lions meeting and/or event
- Do a STRIDES WALK for diabetes awareness [benches along walking trails]
- A Raise money by doing a fun event at a golf driving range
- Collect [or donate] non-perishable food that is healthy for low income people with diabetes
- Do a testing clinic for diabetic retinopathy and blood test blood glucose or A1C
- Furnish books about Diabetes, healthy eating and exercise / fitness and donate to city library or local school.
- Place diabetes kits in every classroom and bus in our schools. Kit details are available from your GST Coordinator

Contact Lion Mike or Lion Joel for more information.

Lion Mike Edwards

Lion Joel Anderson

mnedwards1@bellsouth.net

joeland1954@gmail.com

Cell: 321-795-8235

Cell 612-723-9120 Foundation Co-Treasurer

District 5M7 Co-Trustee

Our Mission Statement is: The Minnesota Lions Diabetes Foundation, Inc. is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventive health activities.

LIONS AND LEOS



It is hard to believe it's the first of November! We trust you had a good time seeing all the children in their Halloween costumes and handing out

treats. Let's hope the sugar highs are short lived. As you know November is the month of Thanksgiving. It is a time families gather and count their blessings. It is also a time that we as Lions and KidSight directors take time to reflect and express our Thanks.

We are Thankful to the Lions, their communities and schools that have grasped the opportunity to provide vision screenings to their children. We are Thankful that 1174 children have had their vision screened by a 5M7 Lion since July 1, 2021. We are Thankful 147 children received a referral to see an eye care professional. We are Thankful this gives us a 13% referral rate. This is a step towards meeting our goal of every child seeing clearly. We are Thankful the average age of the children referred is six years old. Some vision problems if not corrected by the age of seven may become permanent.

These statistics are the result of one community event, fourteen school screenings and were done by four clubs! Imagine the numbers and impact we could have if your club started vision screening events in your community. The future vision of our children would be so much clearer!

Much Thanks to the Lions of Centerville, Montrose, Rockford, and Spring Lake Park. We have two more events scheduled to finish out the month of October – Thank you Rush City and Spring Lake Park.

We are Thankful for all the Lions and Lion Clubs that have done KidSight Vision Screenings. As we always say: Vision screening is not the goal; it is the method we use to reach our goal of every child seeing clearly! We appreciate the volunteer time spent working toward this goal. May more clubs and communities reach a comfort level where they can once again provide this service. We're pretty sure there are many teachers, parents and children who are Thankful for you and your quick simple vision screenings. Thank you for allowing us to be your guide as you provide a service that will help children see clearly!

Lions Ann Kaduce & Mary Curtis, Directors, MD5M Lions Kid-Sight Foundation 5m7lionskidsight@gmail.com

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

L E O

5M7 LEO CLUBS

ANOKA LEO-TORNADO SERVICE CLUB; AND-OVER LEOS; BLAINE BENGALS; COON RAPIDS

HIGH SCHOOL/MIDDLE SCHOOL; SPRING LAKE PARK LEOS

We are looking for new Leo clubs near you! We are excited about building relationships with school and communities to develop more Leo clubs! If you Lions club would like to sponsor a Leo club, please reach out to us and we would love to make it happen.

Connection Made this year:

- Hosted a Lions/ Leo Advisor virtual meet and greet to discuss ways to collaborate and communicate with each other. We plan to connect monthly.
- Leo Clubs have started planning projects to get students involved in the community.
- Leo Clubs have started to discuss the Passion Project within their clubs for the Mid-Winter passion project competition.

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 Lion Pete Yelle

stefanieenelson@gmail.com pete.yelle58@gmail.com

Lion Stefanie Nelson 5M7 District Youth Exchange stefanieenelson@gmail.com 612-298-1523



School has started so we are hopeful for some movement in borders being open for students to travel again- more to come!

Youth Exchange is moving forward for summer travel. We are following similar post COVID procedures- requiring all students and host families to be vaccinated prior to travel or arrival.

We are hosting students here in Minnesota the last week in July. Please think about hosting a student during their stay in the United States. More information and asked for host sites to come.



HELLO LIONS.....

So this is what I now know! Clubs who can do the Peace Posters be sure you read the directions all of

them and send to The Gov Judy on time. We will do them but different than past years. The Centennial Schools will not let us do them because nobody but teachers and students can be in the schools.. The drug awareness posters will be done but they're still not sure how. The rules are on the 5M7 Web site. Hope this will answer your questions.

Lion Ginny Hestekind vhestekind@comcast.net

ENVIROMENTAL NEWS



TRUTH ABOUT PLASTIC RECYCLING

Plastic products are often made of mixtures of many chemicals, which can stymie recycling processes by making it harder to isolate a base material that can be recovered and reused.

The popular perception that plastic is easily and widely recycled has been shaped by decades of carefully calculated messaging designed and paid for by the petroleum and gas companies that make most of that plastic in the first place and the beverage companies that depend on plastic to bottle their products.

"Recycling is sold as a means of not worrying about the problem" says a former reginal administrator at the EPA and president of Beyond Plastics, a group focused on ending plastics pollution. The companies paying for the ads that frame recycling as an easy solution to a potentially devastating environmental problem know that recycling cannot keep up with the flood of new plastic.

One of four things happens to plastic after you're done with it. If it's not recycled [and its usually not] it is landfilled, incinerated, or littered. The EPA estimates that in 2018, about 16% of U.S. plastic waste was incinerated while a relatively small amount was littered. Most end up in landfills, including the plastic people dutifully put into recycling bins.

Over decades much of that littered and landfilled plastic breaks down into tiny particles know as microplastics which contaminate our food, the air and our water. They also accumulated in our bodies, potentially increasing our risk of chronic inflammation and other ills.

The only way to stem the rising tide of plastic is for companies to make less of it and for recycling programs to be retooled so that more of what we throw aways is actually turned into something useful.

There is little to suggest that this will happened anytime soon. Plastic production is expected to more than double by 2050 and even if it doesn't, the plastic trash that people continue to throw away will still have to go somewhere.



Watch for more information on plastics in your December Gram....



FROM MD5M LIONS

Since the Opening Eyes Healthy Athlete event at Summer Games was canceled due to COVID in 2020 and 2021 Lions reached out to Special Olympics Minnesota about hosting a modified screening where we could screen athletes with the Spot screeners and then have the optometrists present to talk with them about the results and refer them to their local optometrist if needed.

They also shared handouts on the importance of protecting your vision, the 20-20-20 Rule, and Tips for Preventing Vision Loss. For those athletes already wearing glasses they also offered to clean their glasses. It was felt that this type of screening could be offered at different times and places to reach more Special Olympics Athletes when we can return to more in person tournaments.

This modified version of the Opening Eyes Clinic was held on September 25th, during the Bocce and Softball Tournaments held in Woodbury at the Health East Sports Center. We saw a total of 66 athletes, screening 34 with the Spot screeners and all the athletes visited with our two Clinical Directors, Lion Ragna Godtland of the Lakeview Lions in Albert Lea and Megan Sis from Ramsey. Other Lions who assisted with the screening portions were John Hjelmeland, John LeRoy and Ray Moonen – Edina Lions; 5M5 KidSight Chairs Bill & Shari Thurston – St Louis Park Lions and Laura Maki – New Auburn Lions.

We are hopeful that we can return to a regular Opening Eyes Screening at the 2022 Summer Games. With COVID-19 cases on the rise in Minnesota, (state average of over 50 cases per 100,000) Special Olympics Minnesota recently suspended all in -person practices and events which mean that the upcoming Bowling Tournaments scheduled for November have now been changed to virtual events.

Special Olympics Co-chairs:

Lion Laura Maki relamaki@frontiernet.net Lion Ray Moonen moonen@myinfmail.com





Is there someone in your club who's eligible for these award/s?





Awards-Hall of Fame and Al Jensen

Hall of Fame Award

Our Mid-Winter convention is coming in January, so please consider nominating a Lion member for the <u>Hall of Fame Award</u>. To honor those Lion and Lioness members of character and substance who have demonstrated the highest level of commitment and dedication to the efforts of their club, district or multiple district and the motto of our association, "We Serve."

Criteria for this award is:

- May be a Lion or a Lioness
- Must have been a member in good standing for at least 15 years
- Must be at least 2 years removed from the Council of Governors, if a PDG
- Have qualifications above and beyond the call of duty including social and human endeavors
- Should be of good moral character
- Should have a good reputation in good standing in his/her community
- If deceased, must have been a member in good standing of a MD5M Lions or Lioness Club at the time of his/her death

There is a nomination fee of \$150.00. For each candidate nominated and must accompany the nomination to the District Governor. All nominations must be received to the District Governor no later than 30 days prior to our MidWinter Convention, which is no later than **December 8**, 2021.

Lion Al Jensen Leadership Award

Selection Process:

- One or two awards may be presented annually to Lions who have been members for five years or more.
- 2. The candidates' selection must be based only on contributions at a District or Multiple level.
- 3. Each District Governor shall annually nominate no more than one Lion to receive the award.
- 4. The nomination must be on the official nomination form, signed by the District Governor and submitted to the Council Chair each year no later than **March 1**.
- 5. Final selection of the award recipients shall be made by a committee of the seated Council Chair and the two previous Council Chairs.

Selection Criteria: The award shall be presented to the most qualified Lions nominated for the award, based on the following criteria:

Leadership Characteristics:

- Vision... The ability to see or seek out new ideas and new ways to advance the humanitarian service of Lionism.
- Creativity...Can see new ways to solve problems and to provide humanitarian service. Willingly solicits new ideas from others and helps implement the ideas without worrying about who shall get credit.
- Courage... Follows through on commitments or a project no matter how difficult it may be. Openly accepts
 feedback, both complementary and critical, and is able to use the feedback to improve the overall success
 of the work.
- 4. <u>Initiative...</u> Willing to step up and make things happen. Accepts assignments when asked and volunteers where needed. Makes things happen and gets things done.
- 5. <u>Unselfishness</u>... Contributes without expecting something in return. Is most interested in the success of the work and the recognition of those who contributed to the success. Finds satisfaction in the success of the work and the people served, not in the power base that may be gained.
- 6. <u>Teamwork...</u> Success in organizing a team, delegating work within the team, assuring that all members of the team are informed and committed, and follows through to make sure that the work of the team is successful. Also the ability to listen, take suggestions or directions, communicate, and work successfully as a member of a team.
- Effectiveness in leading others... Motivates others to be part of a project/ piece of work, gives them clearly
 defined recognition when the project/work is completed.
- 8. Best exemplifies the leadership qualities of Lion Al Jensen.



HERE'S WHAT'S HAPPENING....

Can Do Canines is at www.candocanines.org.

PER 11th from 6-8 p.m., at its Can Do Canines campus (9440 Science Center Drive, New Hope, Minn.). Potential clients, volunteers, or anyone who might be interested in supporting the organization is invited to attend to learn how an assistance dog changes the life of a person with a disability. There is no pre-registration for this event, and more information about

- ST FRANCIS LIONS is hosting a TURKEY DINNER and TURKEY BINGO on SATUREDAY

 NOMEMBER 20, 2021 at the St Francis American Legion. Dinner is from 5:00pm to 6:00pm. Cost is
 \$7.00/plate. TURKEY BINGO is at 6:30pm to 9:30pm. Each winner gets a turkey. Bake Sale by the St

 Francis Ambassadors. Coverall Game Prize is a \$500 gift card to County Market. Please come and
 join us for a great night of fun!
- The next PROJECT NEW HOPE RETREAT will be December 3-5, 2021 at Inspiration Point near Clitherall, MN. This will be promoted on Fargo/Morehead TV and radio stations. If you know anybody who could benefit from this or would like to volunteer, please direct them to WWW.PROJECTNEWHOPE.NET to sign up. It's all free, even for the volunteers! This year's 2nd PNH retreat was early this month at Ironwood Springs near Stewartville, MN.
- NATIONAL DIABETES DAY is NOVEMBER 14th. Let's Make Time for National Diabetes Day" so pass this forward to you club members and encourage everyone to make time for the day by logging into one of the many articles on Diabetes at https://www.lionsclubs.org/en/start-our-global-causes/diabetes/world-diabetes-day and learn more about this crippling disease.
- Make welcome Lion Ed Kolasa to Z2, Lion Nancy Senn to Z3, and PDG Lion Dan Kaiser to Z &&9.

 Best wishes to Lion Deb Johnson for her previous work in Z3.
- ◆ ARTICLES FOR THE DECEMBER GRAM ARE DUE BY NOVEMBER 25TH [that would be BEFORE Thanksgiving Dinner and football!]

Have a fun, safe Halloween!



HERE'S WHAT'S HAPPENING....



Ham Lake Governor's Visit: Pres Mickey Young and Treas Dawn Myrmel



OTSEGO LIONS CLUB MEMBERS

NEW OTSEGO LIONS....WELCOME!

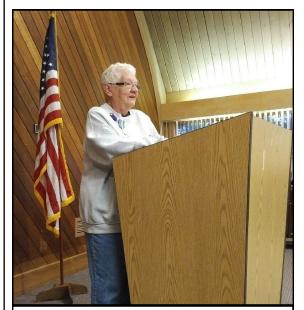


New Clear Lake Lion member and his sponsor with DG Lion Judy



1VDG Lion Mark and group of 1VDG's from our multiple .

HERE'S WHAT'S HAPPENING....



Circle Pines/Lexington Lions Club President Ginny Hestekind. SPEECH-SPEECH! Lion Ginny was presented with the Presidential Leadership Award and a Membership Key for sponsoring 25 members in her lions career for the year 2020-2021.



PDG Peter Lendway presenting LCIF information at a zone meeting.



DG Judy with Clear Lake President Allan Fahsl and Clearwater President Alan Zabinski and Clearwater Secretary Nancy Senn.



Rush City Lions on their 50th Anniversary evening.

