

5M7 GRAM



WE SERVE *OCTOBER 2020*

Lions, Lioness and Leo's,

Autumn is here. The trees are turning to fashionable fall colors and the days are getting shorter. Soon the trees will be without the leaves to shade the yard or mask off the view of the neighbor's house. We are entering the season where the ghosts and goblins and jack-o-lanterns greet our gaze with steely and sometimes creative countenances. Thoughts of our childhood come back to "haunt" us as we pass on the traditions of Halloween to the next generation.



Are we passing on the joys and traditions of service to the next generation? How about to others in the community? No, I'm not just talking about those who are the recipients of our service, but also about those who may be looking to serve their community – and don't know it yet... That's where it is important to put your club in the paper and social media. Put your club in the limelight.

I know not all clubs can meet in large groups for fundraisers or projects and some may know of needs in the community that are going unmet because of a decrease in fundraising capacity. I have some good news, LCIF has available several grants programs to help clubs with this. One is the District and Club Community Grant (DCG) Program. Clubs can apply for this grant for programs of a humanitarian nature. They can also use this grant program as seed money to apply for larger grants. If you are interested in finding out more go to www.lionsclubs.org and click on the LCIF link near the top next to the Member Login link and scroll down to programs to find the links to the grants.

Consider the grants as a source of helping your clubs fund your community projects. It is our foundation to draw from when our community needs demand it.

Thank you for allowing me to ramble. I hope this helps you help your community.

Yours in service
DG Lion Peter Lendway

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1st VDG Lion Judy Herrala



5M7 Lions, Lioness and Leos,

I just returned from the USA/Canada Leadership Forum sitting here at home in front of my computer at the dining room table. It was amazing! I remember getting the email that the Forum was cancelled. I was bummed. But just two months ago there was a comeback. The Forum committee decided to host a Virtual Forum. They set this up in just two months.

There was a chatroom where I got to meet my friends from previous forums and met new ones. There was an exhibit hall just like at all forums have. There were 9 session times to attend with a total of 24 different topics to choose from. And the cool thing about this is that all of the sessions are available online for those who attended this Lions Virtual Forum. So I will be spending time in the near future attending ALL the sessions.

Membership is an important topic lately, and it seems to pop up here and there in meetings, forums, and district gatherings. So what would happen if each of our clubs came to the end of the year with +1 for members at the end of this year. Our district would have 52 more members than when we started and District Governor Peter would be thrilled. But there's more...more members means there will be more service. More service means more work in our communities which lets us be seen more. There are more people watching us serve and pretty soon they will want to be a part of this great thing. We sign more new members and all of a sudden there will be more leaders! How exciting is this? Let me know if you/your chapter/your zone would like some ideas to meet more people to become members of your club.

Are there any of our clubs/club secretaries out there who still need assistance with reporting in MyLion? So there has been all this hullabaloo about reporting our service because as of last year we all of a sudden had to report in MyLion. MyLion began as a large cumbersome reporting webpage with many pages to go through. We didn't like it and LCI listened. They have been tweaking MyLion for over a year now and dang, I think they've got it about right now. It is almost exactly as we used to report in My LCI. So it's a good thing! If YOUR clubs do not report your service activities, nobody does. Please let me know if you need assistance. I've assisted many and can help you and your club, too.

Please remember to connect with ALL of your members during this time of Covid. All members communicate differently with the club. Some members thrive with emails. Some do not enjoy email so they like to text. For meetings some don't like zoom and would rather have in person meetings, but what if your club isn't meeting in person? Some don't have capabilities for zoom. And that is okay, but then we must figure out ways to communicate with each of our members during this time of Covid.

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

Hope to see you soon!

1st VDG Judy Herrala



2nd VDG Lion Mark Landwehr

Well, try as I might, I'm still unable to reach 2nd VDG Lion Mark. When/if he chooses to share, I'll be more than happy to include his article. I do wish to thank all those cabinet members who send articles in for the Gram. They are GREATLY appreciated!

5M7 Gram Editor



DISTRICT CABINET NEWS



MINNESOTA LIONS
VISION FOUNDATION



HELEN KELLER

Born in 1880, Helen Adams Keller contracted an illness at the age of 19 months that robbed her of sight and hearing. For five years, she lived in a dark and silent world until Anne Sullivan became her teacher and companion. Sullivan gave to Helen Keller the gift of light and language. Sullivan gave to the world the gift of Hellen Keller.

Helen Keller's achievements are absolutely astounding for a deaf and blind woman and this was before any significant consideration was given to the rights of the disabled.

Helen Keller received her BA degree cum laude from Radcliffe College in 1904. She became a published author, an ardent lecturer and human rights advocate. She was awarded the Presidential Medal of Freedom, and served as a spokesperson and ambassador for the American Foundation for the Blind until her death in 1968.

In 1925, the legendary Helen Keller spoke to Lions members at their annual convention and challenged them to become "knights of the blind in the crusade against darkness." Millions of Lions members worldwide have devoted their service careers to helping people with visual impairments.

Looking at all Hellen Keller has accomplished; it is quite natural that the Minnesota Lions Vision Foundation developed the Helen Keller Sight Award as a tribute to her. Helen Keller Awards are given to honor those who have distinguished themselves on behalf of sight. They are an excellent way to honor a Lion, Lioness, non-Lion individual, business, or organization. A \$1000.00 donation to the Minnesota Lions Vision Foundation (for Lion Gift of Sight, the Lions Children's Eye Clinic, the MAC Center, the Minnesota Lions Eye Surgery Center, or other Vision Foundation projects) allows the donor to present a Helen Keller Award. The award recipient receives a beautiful plaque and pin, and the recipient's name is displayed on a Helen Keller board in the University of Minnesota's Eye Clinic. Both the donor and the recipient have the satisfaction of supporting worthwhile Lions projects.

More than 5,000 Helen Keller Awards have now been given to those who demonstrate caring on the MN Lions Vision Foundation [website: mnlionsvisionfoundation.org](http://mnlionsvisionfoundation.org) For speakers or to pick-up used collected eyeglasses, please contact:

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

Lion Steve Linder [East]
linder71@usfamily.net
5567 153rd Ct. NW
Ramsey, MN. 55303
H) 763-572-9348

Greetings fellow Lions, Leos and Lioness of 5M7!

Remember, we are available to attend club meetings, zone meetings, meeting with school nurses and child-care centers. Call us if you need help coordinating an event or would like additional information on vision screening. We are here to help you as you SERVE your community youth.

Lion Ann Kaduce and Lion Mary Curtis, 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!

REMINDER: PEACE POSTER CONTEST

It is with mixed emotions of sadness and anticipation that I have decided to postpone the Peace Poster Contest. The rules of the contest and the social distancing guidelines have made the Contest to unwieldy to administer. I hope this has not disappointed many to the point of not sponsoring or not participating it next year.

In fact, next year will be the year, I feel, those who were on the fence about sponsoring it in the past will get off the fence and do it. Life, as we have seen very recently, can change quickly. So let's not delay with the opportunities to serve our youth, after all many will become future Leos and Lions and leaders in our communities.

The Drug Awareness Poster Contest, however, will go on in some form. Contact Lion Ginny Hestekind at vhestekind@comcast.net or 763-786-3474 and she will share some ideas in how to administer the contest through your Lions Club.

Stay safe, and serve safe...DG Lion Peter Lendway



DISTRICT CABINET NEWS

WEATHER, GLOBAL WARMING...CLIMATE CHANGE?

BY Jan Dubats

It is difficult to ignore what is happening around us: drought, heatwaves, hurricanes, floods, wildfires. **Weather** refers to atmospheric conditions that happen locally over short periods of time - from minutes to hours or days. Examples would be rain, snow, clouds, winds, floods or thunderstorms. **Global Warming** is the long-term heating of the Earth's climate that has been observed since the pre-industrial period (1850-1900) due to human activities which increases trapping greenhouse gas in the Earth's atmosphere. This is primarily due to fossil fuel burning. Since the pre-industrial era the Earth's average temperature has risen by about 1.8 degrees Fahrenheit and is increasing .36 degrees per decade. It is likely that 95% of the current warming since 1950 is the result of human activity. **Climate Change** is observed by scientists from the ground, air and space to monitor and study past, present and future climate changes. Some of the indicators are land and ocean temperatures rise, ice loss at the earth's poles and in mountain glaciers, frequency and severe changes in weather. Greenland and Antarctic ice sheets have lost an average of 286 billion tons of ice per year between 1993 - 2016. Antarctica lost about 127 billion tons per year during this same time - the rate has tripled in the last decade. **Glaciers** are disappearing around the world, including the Alps, Himalayas, Andes, Rockies. Satellites reveal that the amount of snow cover has decreased in the past 50 years and the snow is melting earlier. The sea level has risen about 8 inches in the century and the rate in the last 20 years is nearly double that of the last century and is increasing every year. **The Earth Institute** - Columbia University has a list of several ways climate change impacts all of us. These are a few: Damage to homes from floods, fire, storms. People working outdoors will find it more unbearable during heatwaves. High electric bill and more blackouts as temperatures rise and an increase demand for electricity in order to stay cool. More allergies with warmer temperatures, as the pollen season lasts longer. The smoke from the fires in the western US drift to the Midwest, affecting the weather. Water quality could suffer as heavy rains create runoffs into our lakes, rivers and oceans. **As Climate Change** impacts our lives -remember the Kenyan proverb **"Treat the earth well. It was not given to you by your parents. It was loaned to you by your children."**

This is Lion Jan's last article. We wish her and her husband well!



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

15 8th Avenue North,
St. Cloud, MN 56303

Goals/Mission: To promote the mission of the MN Lions Diabetes Foundation which is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventive health care activities.



**"Catch the Dream -
Catch some Cash!"**

Get ready to help the Minnesota Lions Diabetes Foundation raise funds to fight Type 1 and Type 2 Diabetes. We are having another raffle and tickets will be available after October 3, 2020 through your MLDF Trustees, Lion Joel Anderson and Lion Karen Norell; they will be glad to get tickets to your club and zone meetings.

Tickets will be \$10 each and all prizes are CASH.

Prizes are:

- 2 @ \$1000**
- 2 @ \$500**
- 2 @ \$200**
- 4 @ \$50**

Lion Joel Anderson
joeland1954@gmail.com
612-723-9120

Lion Karen Norell
Karennorell2161@gmail.com
612-718-3627

We are constantly updating our website:
www.mnlionsdiabetes.org so please check it out for more specifics on events and educational information.



DISTRICT CABINET NEWS

Lion Anne Emanuel
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Lion Stefanie Nelson
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This all began with the vision of a man called Melvin Jones in 1917. The organization became international in 1920. At the international convention in 192, Helen Keller challenged the lions to become knights of the blind.

In 1987 we were watching Three Men and a Baby, Fatal Attraction, Good Morning Vietnam and Dirty Dancing. The average cost of a home was \$92,000, gas was priced at \$.89 a gallon and stamps were \$.24. LCIF was also launched.

Since that beginning, the first grant of \$5,000 was made to South Dakota for flood relief; the Melvin Jones fellowship was established in 1973; the first major catastrophic grant of \$50,000 was sent to Mexico for earthquake relief; 1990 saw the beginning of Sight First, a program to restore sight and prevent blindness; by 2011 there were 318,070 Melvin Jones Fellowships awarded with 58,126 progressive fellowships; by 2017 there were 13,000 grants totaling 1 billion dollars.

The first grant to 5m7 came in 1987 for an expanded facility for the disabled. Since then, the district has received \$616,484.01 in grants.

LCIF is our foundation. Last year clubs and individuals donated \$17,200. For those donations, thank you. In upcoming articles, we'll discuss some of those grants in more detail.

Our cabinet members are always willing and able to attend club meetings and share their information and knowledge about these wonderful programs. Feel free to contact them and set up a date.

Lion Jim Kugler
5m7 LICF District Coordinator



DISTRICT CABINET NEWS

MN LIONS CHILDHOOD CANCER FOUNDATION

Each year, more than 300,000 children are diagnosed with cancer globally. This means that a child is diagnosed with cancer every 2 minutes.

Globally, 37% of children with cancer survive, but survival rates vary widely by region. In 2018, the World Health Organization launched the Global Initiative for Childhood Cancer with the goal of reaching at least 60% survival rate for children with cancer by 2030. The Initiative brings together stakeholders from around the world and across sectors towards the common goal.

Nearly 80% of children with cancer live in low or middle-income countries, where only 10% of children survive cancer. In developed countries like Canada, Japan, and the United States, more than 80% of children with cancer survive. The good news is that the world can be more successful at curing cancer in children. However, much work needs to be done to improve access to drugs and treatment, train healthcare providers, improve facilities and technology, and address socio-cultural barriers to improve global childhood cancer survival rates.

BELIEVE AWARD: Clubs donating \$1,000.00 have earned our beautiful, Believe Award. We are so proud of the design and hope your club can display your successful contributions to assisting children with cancer. Currently our foundation is keeping records of all the club donations. Your club does not have to contribute all the funds at once to earn the Believe Award. Donations to the U of M Hospital will be designated for the Childhood Cancer Survivor Program. And the MNLCCF is the leading contributor for this new program! And we have pins!!!! Please request pins from your district representative, they are \$5.00/each.

Clubs can now write their checks to the MN Lions Childhood Cancer Foundation!!!!(we just got our 501c3 status) and send the checks to:

Lion Tom McCarthy, (Treasure of the MNLCCF)
23535 735th Ave, Dassel MN 55325.

Lion Tom will keep careful records of all club donations. Again, once a club reaches the \$1,000.00 donation level, they are eligible to receive a Believe Award.



MN LIONS CHILDHOOD CANCER FOUNDATION CHILDHOOD CANCER T-SHIRT SALES

Show your support for Childhood Cancer Awareness month with a long sleeve t-shirt from our Foundation!



MN Lions Childhood Cancer Foundation Childhood Cancer T-Shirt Sales



Jerzess 50/50

Please print

Name _____

Address _____

City _____ State _____ ZC _____

Phone _____ District _____

T-Shirt: S ___ M ___ L ___ XL ___ \$ 25.00

2XL ___ 3XL ___ 4XL ___ 5XL ___ \$ 30.00

Long Sleeve - S-XL \$30.00 2XL & 3XL \$35.00

Send order form and check payable to:

'MN Lions Childhood Cancer Foundation'

Linda Albrecht

1021 5th Avenue NW

Perham, Mn. 56573

218-298-4743 pdalinda@gmail.com





UPCOMING EVENTS

LION'S DAY AT FMSC –

TUESDAY OCTOBER 20, 2020

Sign up now to be a part of the 2020 LION'S DAY at FEED MY STARVING CHILDREN!! www.fmsc.org Click on Volunteer at the top of the page. Scroll down the page to Looking for a Specific Group? Type in LION'S DAY. Click on Search Groups. Choose the location from the list below and the time slot that you would like to volunteer. Click on Join. Either Log In (if you already have an account with FMSC or Create an Account). To create an Account, all you need to do is put in your name, address, phone number, email and a password. Once you are into the Join Group, just answer the questions and there will be a confirmation that you need to do and you are registered. If you need any help with this OR want us to sign you up, please feel free to contact us – Co-Chairman of LION'S DAY – Lions Bill & Marcia Guthrie, #763-786-8072, bmguthrie9@q.com

CHANHASSEN – 18732 Lake Drive East, Chanhassen, 55317

Lion's contact person – GST (5M2) Lion Darlene Mondor – mondordarlene8@gmail.com

GST (5M5) Lion Bernie Braegelmann – Bernxie@aol.com

Shift times and # of reserved spots – 9:00 AM – 11:00 AM - 70
12:00 PM - 2:00 PM - 70
6:00 PM - 8:00 PM – 70

COON RAPIDS – 401 – 93rd Avenue NW, Coon Rapids, 55433

Lion's contact person -(5M7) Lions Bill & Marcia Guthrie – bmguthrie9@q.com

Shift times and # of reserved spots – 9:00 AM – 11:00 AM - 50
12:00 PM - 2:00 PM - 50
6:00 PM – 8:00 PM - 50

EAGAN – 990 Lone Oak Road, Suite #136, Eagan, 55121

Lion's contact person -DG Lion Gina Detviler – gmdetviler@lions5m-6.org

Shift times and # of reserved spots - 9:00 AM – 11:00 AM - 75
12:00 PM - 2:00 PM - 75
6:00 PM - 8:00 PM – 75



TURN HUNGER INTO HOPE WITH YOUR OWN TWO HANDS!

LIONS, LIONESS, LEO'S.....

Have you talked to your club membership and set a date for your Governor's Visit yet? The Governor is a pretty busy man so it's important you get that request in as soon as possible. You can go to the 5M7 website to find the form. 5M7 Gram Editor



Important Dates: September 18: Start of mailing absentee ballots to voters who have applied. October 15: Registering to vote closes but reopens on Election Day. November 3: Election Day.

Anyone can request an absentee ballot at mnvotes.sos.state.mn.us and you can track your ballot just as you would a package.

- ⇒ Mail in your ballot or deliver it to the county election office by 3:00 pm on Election Day.
- ⇒ Most polling places are open from 7:00am to 8:00 pm.
- ⇒ You can register at a polling place on Election Day. You'll need a Minnesota Drivers license or other form of identification such as bill, bank statement, etc.
- ⇒ If you registered 21 days before Election Day, you do not need to supply identification at the polls.
- ⇒ Polling places will follow CDC guidelines for health and safety. Voters will be offered masks and hand sanitizer but will not be required to wear a mask.
- ⇒ With fewer election workers, some polling places may be combined. Check with your county or city election office to find your location.

Here are five reasons to vote: 1] Elections have consequences such as the power to decide on the quality of life you want for yourself and future generations. 2] Not voting is giving up your voice 3] It's choosing how your money/taxes are used 4] It's an opportunity for change 5] Your community depends on you to vote.

Make sure your voice is heard – vote!

Looking for a community projectwell here's one we can all do. Help those without transportation by providing a ride to their polling place.



ZONE CHAIR NEWS

ZONE 3 Lion Deb Johnson

magnamomma@hotmail.com

ZONE 4 Lion Monica Johnson

mdaljohn@msn.com

ZONE 5 Lion Angela Sedesky

sedesky641@msn.com

ZONE 6 Lion Mary Curtis

maryleacurtis@yahoo.com

ZONE 7 Lion Brian Sjerven

briansjerven@gmail.com

ZONE 8 Lion Paige Spink

ppatriot12@hotmail.com

We're hoping in November the Zone Chairs can give us an update on what's going on with their clubs/Zones.

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.



Seasonal flu shots protect against the three or four influenza viruses that research suggests may be most common during the upcoming season.

CDC recommends use of any licensed, age-appropriate influenza vaccine during the 2020-2021 influenza season, including inactivated influenza vaccine [IIV], recombinant influenza vaccine [RIV], or live attenuated influenza vaccine (LAIV). No preference is expressed for any influenza vaccine over another. Both trivalent (three-ingredient) and quadrivalent (four-ingredient) influenza vaccines will be available. A trivalent flu shot made using an adjuvant (an ingredient that helps create a stronger immune response), approved for people 65 years of age and older.

There are many flu vaccine options to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional. More information on approved flu vaccines for the 2020-2021 flu season, and age indications for each vaccine are available in CDC's Table: U.S. Influenza Vaccine Products for the 2020-2021 Season.

Influenza (flu) vaccine effectiveness (VE) can vary. The protection provided by a flu vaccine varies from season to season and depends in part on the age and health status of the person getting the vaccine and the similarity or "match" between the viruses in the vaccine and those in circulation. During years when the flu vaccine match is good, the benefits of flu vaccination will vary, depending on factors like the characteristics of the person being vaccinated (for example, their health and age), what influenza viruses are circulating that season and, potentially, which type of flu vaccine was used.

Flu vaccine side effects are generally mild and go away on their own within a few days. Some side effects that may occur from a flu shot include soreness, redness, and/or swelling where the shot was given, headache (low grade), fever, nausea, muscle aches, and fatigue. The flu shot, like other injections, can occasionally cause fainting.

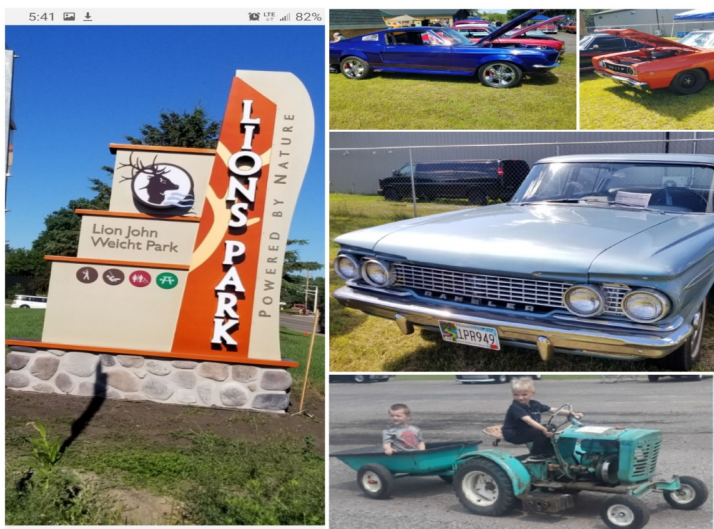


What's Up

From the Elk River Lions.....

- 29 August we ran a raffle at a car show put on by KJ's Refuge in Orrock. Big car show and the raffle was a big success.
- 19 September we took part in the rededication of Lion John Weicht Park with Mayor John Dietz and dozens of members of the Weicht family, including his widow Sandy, daughter Heidi, and son Lion Willy Weicht.
- All month we've been moving our gambling office and storage to a new location, as the building we were in is being turned into a tap room for Aegir Brewery.
- We are planning to have a Halloween party for our October dinner meeting on 20 October at KJ's Refuge.

Lion Kevin Beadles



From Coon Rapids Lions.....



On Wednesday, September 23, 25 Lions and 7 LEOS came together to honor District Governor Lion Peter Lendway during the District Governor's Night at the VFW in Coon Rapids!! Our club always has a cake made with the design of the District Governor's Lions

pin on the top, and, of course, this is then our dessert for the evening!! As you can see, **KINDNESS MATTERS**, is important to DG Lion Peter and was the theme of his presentation to us!! We were happy that 7 Coon Rapids LEOS were able to join in with the fun for the evening!

Lion Marcia Guthrie, President Coon Rapids Lions Club.

Note: If you wish to view and/or receive the CR Lions Club newsletter contact Jason Zienty at jzienty@northernstar.org

Want to see what other clubs are doing in the 5M District. Check out their newsletters and get some ideas.



Make it a Safe Halloween For Everyone

