



OCTOBER 2022

SM7 GRAM

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the District

HELLO FELLOW LIONS AND LEOS,

Before I started to write this I had to read what I wrote in the last gram; I don't want to sound like a broken record and repeat myself. I want to show all the club presidents what dates I am already booked for the coming year so they can get their governor visits scheduled. Here goes: I'm booked in October on the 3,4,7,8,11,12,15,18,20,and 25th. I'm booked in November on the 17, 21, and 22nd. In December on the 1,2,8, and I better leave the 24 and 25 open for family. 😊 In January I'm booked on the 2 and 16th. In March on the 27th. Call, text or email me, I want to visit all 52 clubs this year, and I will come more than once if you want. I would like to see everyone before the mid-winter convention if we can make that work.

1VDG Peter Lendway has put a lot of work into organizing our mid-winter convention; if you haven't been to a mid-winter for a while you are going to be impressed. We are bringing hospitality rooms back and a whole lot more. The main reason we have a mid-winter convention is for fun and fellowship. We managed to lower the meal package from \$130, "LAST YEARS PRICE", to \$99 , this year's price. We are running a Corn Hole/Bean Bag, whatever you call it tournament, on Friday night while the hospitality rooms are open. On Saturday evening after our banquet and guest speaker ID Ken Iberra, we are having a Black Jack tournament and a 50's rock band. We have a good speaker for Sunday's brunch also. I believe tickets will sell fast this year, don't wait until the last minute, they might be gone.

I have gone to many club visits over the last three month's and I enjoyed all of them. I'm going to try and make at least one service project for all 52 clubs. I was at Almelund's Apple Days a week ago and it brought back fond memories of when I first joined Lions. Their club had fun working together selling brats and hamburgers; great fellowship, you could see it in their faces.

There was an International Forum in Calgary, British Columbia, last weekend. I wanted to go but didn't. I had trouble with the airlines getting back from the International Convention in Montreal in early July. American Airlines oversold my connecting flight from New York to Minneapolis and I got home a day later than planned. I had a family reunion on Saturday the 17th, that I helped plan and I couldn't risk not being home for it. The forum went from the 15th-17th. We are a close family. Always remember it's God, family , and then Lions.

DGE Mark Landwehr



LEADERSHIP MESSAGES



Hello Lions and Leos

PDG Lion Peter has been out of town. Watch for info from Lion Peter in our next Gram. Gram Editor

Greetings Fellow Lions and Leos,

This Lions gig is kicking up a notch and I am LOVING it! I'm typing something up quick before my Uber arrives and takes me to the airport. (Don't want to miss my Gram submission deadline!)

Canada here I come! I'm so excited for the USA/Canada Lions Leadership Forum. It is a wonderful platform to connect with fellow Lions. Everybody goes home reenergized and super pumped up with the **WE SERVE** motto at heart. I'm spending an extra week to do some hiking and soak in the Canadian Rockies. Let's hope I come home in one piece!

My October calendar is starting to fill up! I've been invited to a couple Governor nights for which I am excited. I have VDG training at Cragun's. There are club events to attend as well as the Vision Foundation's festivities. I hope to see many of you at these events.

Yours in Lionism,
2VDG Lion Mary Curtis

Dear Lions and Leos



Fall is in the air! October is almost here, and will be here when you read this. How did it feel for you when you went outside a few mornings ago? Cold, fresh, chilly, amazing? I LOVE FALL! Did you know that Fall is one of the greatest times to gain new members into your club? School has begun, summer activities come to a close, and people are looking for something more to do. Something different. I am sure you all can agree with me, that joining a Lions club is a great choice! We want to be that choice.

There are many Fall Festivals going on right now and many of your towns have them. I've looked. And many of your clubs are already participating in the Fall fun. So why not set up an extra table at your event with some

membership brochures, membership applications, a fun game or two.....What about a spinning wheel where kids and/or adults can win trinkets or prizes from your club? That is such a simple thing to set up. It will draw the kids, and as I've always said, "where there are kids, there are parents." We can do a simple activity with the kids and have a chat with parents at the same time. My own club has a baggy of treats for kids and some of those bags have a gold coin in them. That gold coin gets them a cute stuffed lion. Fun for the kids, more time with the parents

Where is our district at with membership?

- ◇ We currently have 1,685 members. (as of September 23)
- ◇ This year we have added 55 members and dropped 55 members so we are at where we began.

So we have 55 new members in 5m7 so far this year. Have our 55 new members had a new member orientation? The information presented during orientation provides a foundation for our new members. It helps them understand how your club functions, what their role will be and gives them the big picture of their district and the association. When you were a new member, how did you learn about your club? How did you learn what impact your club make in your community.

DID YOU KNOW? *"We just got three new members, and they are two parents and their daughter. Do they qualify for family membership?"*

The answer is yes, they do if they all live in the same household. *If the daughter is on her own in her own home she would not qualify. There are several types of membership to keep in mind when you have people joining your club. Please be familiar with these types so you know how to classify your new members. You can find these membership types on the Lions International website OR of course, let me know and I can help you find this information also.*

- Family Membership-the member and four additional family members (those family members must live in the same household)
- Student Member (legal age of your jurisdiction-age 30)
- Leo-Lion Membership
- Former Leo Member

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Continue from page 2.....

I'm going to hold a club brochure contest at convention and our members will be the judges. So let's begin the updating of our club brochures and we shall see who will win the 2022-2023 club brochure contest at Mid-Winter Convention! Start on your club brochures today! More details to come.

Lion Judy Herrala (h)763-753-6962 (text)763-229-9005
JLHBELL@earthlink.net

Hi Fellow Lions



Exciting things on the horizon with Global Service coordinators working on a 5M Multiple District service project - look for more details next month.

I'm trying to get to all your zone meetings, please share with me the specifics, so I can join you!

Remember membership also grows within Lions with us creating service projects, that everyone wants to be a part of. Remember, that's why we chose Lions, we believe and live SERVICE in our lives.

Let's remember the simplest of acts is carrying out service within our clubs.

Let's get our service projects updated in My Lion. If your having a problem entering them, let me know. The multiple district is shooting for all Clubs to enter all our service projects - we're currently under 40% for 5M7.

I'm here for any Club that needs help brainstorming some new Service projects.

Lion Cathy McCauley phone: 612-219-1006
[email: lionsclubcathy@gmail.com](mailto:lionsclubcathy@gmail.com)



MINNESOTA LIONS VISION FOUNDATION

EYEBall

October 21, 2022 7:00pm-9:30pm

Featuring

Ben Marti Jazz Group

Wine Pull • Appetizers • Cash Bar
\$30 per person • \$50 per couple
 Cash or Check
 Semi Formal/Business Attire
 Contact Lion Deb Bialke at liondebbyialke@gmail.com

Earle Brown Heritage Center
 Captains Room
 6155 Earle Brown Dr,
 Brooklyn Center, MN 55430
 7:00pm - 9:30pm

Can your club donate wine for our wine cork pull?
 Contact Lion Deb Bialke at liondebbyialke@gmail.com

The **Minnesota Lions Vision Foundation (MLVF)** is excited to announce we will be holding both the Eye Ball and the Thanksgiving For Vision at the Earl Brown Heritage Center, 6155 Earle Brown Drive, in Brooklyn Center on Friday, October 21st & Saturday the 22nd!

- * Our second annual Eye Ball is held Friday the 21st. (the eve of Thanksgiving for Vision). Tickets are on sale from your 5M7 MLVF Director, \$30.00 for single & \$50.00 per couple. It begins at 7:00 pm and ends at 9:30 pm. There will be a wine cork pull where you purchase a cork & the number on the cork corresponds to a number on a bottle of wine in the wine vault, and that is the bottle you win. We will have the Ben Marti Jazz Group, appetizers, a silent auction, cash bar and a whole night of fun.
- * The Thanksgiving For Vision will be held on Saturday, October 22nd starting with registration and coffee at 9:00 am, Symposium featuring Ophthalmology Faculty and Silent Auction at 9:30 am with lunch and program featuring music, food, eye bank and cornea recipient speakers at 11:30 am. Semi-formal/business attire please. Please contact myself or PDG Lion Steve as shown below asap!

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



ZIMMERMAN AREA LIONS CLUB CHARTER NIGHT



Host Zimmerman Area Lions Club
 Phone 763-443-8878
 When Saturday, October 15 at 5:00 PM
 Where Zimmerman Civic Building 25850 Main St Zimmerman, MN 55398

Message From Host: You're Invited ~ Zimmerman Area Lions Club Charter Night We are thrilled to have chartered a new Lions Club in the Zimmerman Area and we would love your support to come and celebrate with us and get to know some of our members!

Tickets are \$20 each payable at the door and include dinner from Papas Italian and one drink ticket.

Event Address: Zimmerman Civic Building 25850 Main St Zimmerman, MN 55398

Social hour begins at 5:00 p.m. Dinner will be served at 6:00 p.m. Program begins at 7:00 p.m.

- ◆ Alcoholic beverages will be available for purchase. Cash only.
- ◆ There will also be a silent auction.
- ◆ For questions, please reach out to: Zimmerman Area Lions Club President, Shane Lambert zal.president@gmail.com | 651-689-3206
- ◆ Zimmerman Area Lions Club Secretary, Tiffany Wetterlind zimmarealionssecretary@gmail.com | 763-443-8878
- ◆ Guiding Lion from Nowthen Lions Club, Judy Herrala jhbells@earthlink.net | 763-753-6962

Please RSVP by Wednesday, October 5, 2022. We ask that you kindly update your RSVP by October 5 if your plans change and you no longer are able to attend. Each RSVP counted as of October 5 will be responsible for the \$20 payment. We hope to see you there!

Club Address: Zimmerman Area Lions Club PO Box 163 Zimmerman, MN 55398

Thank you so much for sharing in this exciting time with us!

Good Day 5m7 Lions and Leos



Diabetes impacts people who have been agnosed – more than 37 million in the United States, and people who are diabetic but have not been diagnosed – nearly 9 million, as well as their family members, friends and others who are part of health emergencies related to diabetes.

We are Increasing Awareness and Preparing for Hypoglycemia Emergencies. **MDLF is preparing a Diabetes Emergency Kit service project** for Lions International Board members who will help when the LCI Board meets in Minnesota in October.

The Diabetes Emergency Kits

- Will be used when an individual is experiencing a low blood sugar level
- Include an Emergency Action plan information card, Glucose Gel packs and cracker packs
- Will be distributed to schools and other community organizations throughout Minnesota beginning in mid-October through November (Diabetes month)
- Provide important resources when an individual is experiencing Hypoglycemia

What is Hypoglycemia? Hypoglycemia is a condition in which glucose (blood sugar), the body's primary energy source, levels are below a healthy range and can result in severe medical conditions. It may also occur in someone who has not been diagnosed with diabetes. Hypoglycemia may be related to a variety of medical conditions or related to the use of certain medications or treatments. If glucose levels drop below a healthy range and continues to drop without treatment, the brain does not receive enough glucose to function to maintain the body. As a result, symptoms of low blood sugar levels will occur and if the glucose drops too low for an extended time, a person may experience seizures, lapse into a coma, or die.

Hypoglycemia Symptoms

- ⇒ Mild Hypoglycemia: Person is alert, but demonstrates one or more of the following symptoms: difficulty concentrating, dizziness, or lightheadedness, fatigue, headache, hunger, irritability or anxiety, nausea; is pale, shaky, sweating or has tingling or numbness of lips, tongue or cheek.
- ⇒ Moderate Hypoglycemia: Person is demonstrating confusion, unusual behavior, blurry vision or tunnel vision, loss of coordination, nightmares when asleep, slurred speech.
- ⇒ Severe Hypoglycemia: Person is unresponsive, has lost consciousness, is in a coma, or experiencing convulsions or seizures.

Treating Hypoglycemia: Hypoglycemia requires immediate treatment. Severe symptoms require immediate professional help. Call 911. MDLF's Diabetes Emergency Kits provide an option for quickly treating mild or moderate hypoglycemia and directions for contacting emergency help.

How your club can help: Incidents of hypoglycemia (low blood sugar) can happen anytime, anywhere. Your support in working with us to place these kits in your schools, fitness centers and other community locations is important. Please contact us about these kits and how you can help us place them in your community.

Financial contributions to MLDF provided funds to create these kits. Your support of MLDF is making a difference for countless people in your community and across the world, as new treatments are developed and progress toward a cure for diabetes advances.

Lion Judy Herrala, co-trustee MLDF
JLHBELLS@earthlink.net

Lion Mike Edwards, co-trustee MLDF
mnedwards1@bellsouth.net

PROJECT NEW HOPE



The Project New Hope retreats are as follows:

Oct 28-30 at Good Earth Village near Spring Valley, MN

Dec 2-4 at Inspiration Point near Clitheral, MN

PLEASE HELP US SPREAD THE WORD TO VETERANS AND VETERAN GROUPS OF THE GOOD AND URGENT WORK THAT PROJECT NEW HOPE DOES AT THESE RETREATS!

Kevin Beadles email: farfromthinkin@gmail.com



Magnus Veterans Foundation

Healing and honoring our veterans and their families through community fellowship and a comprehensive approach to restoring the body, heart, mind, and spirit.

<https://magnusveteransfoundation.org>

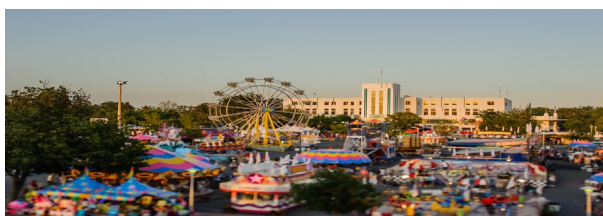
PLEASE NOTE THE FOLLOWING:

ARTICLES are due the 25th of each month. You'll receive a notice 5 days before as well as a 24-48 hours notice prior to the 25th. All articles are due by 5pm on the 25th of the month. Months with 30 days will receive an earlier notice. Thank you Gram Editor

STATE FAIR UPDATE...

I have just finished balancing my books to the state fairs books. It wasn't too bad. We worked 2102 hours and earned \$23,122.00. That is out of a possible 2464 hours and possible \$27,104.

I would like to send a big **THANK YOU** to some people and clubs that really stepped up to help me out, Brian Heichel from Nowthen, Cheryl Thompson from Buffalo, Monica Sage from St Louis Park, Deb Weston and the whole Elk River Club, Ruth Larson, Carol and Ron Novak from Cedar East Bethel, and the Edina Club. These people stepped in when someone called, they were sick or came down with Covid at the last minute. They let me move them around to different booths or worked extra shifts. **Again, Thank you.** I hope to have checks in the mail in the next couple of weeks.



More good news I may have a couple of people that are considering taking over for me. PDG Lion Larry Kounkel

MEET YOUR NEW ZONE CHAIRS

Zone 1: Lion Rick Anderson

Zone 2: Lion Logan Stockamp

Zone 3: Lion Nancy Senn

Zone 4: Lion Deb Weston

Zone 5: Lion Angela Sedesky

Zone 6: Lion Andrew Macko

Zone 7: Lion Nancy Johnson

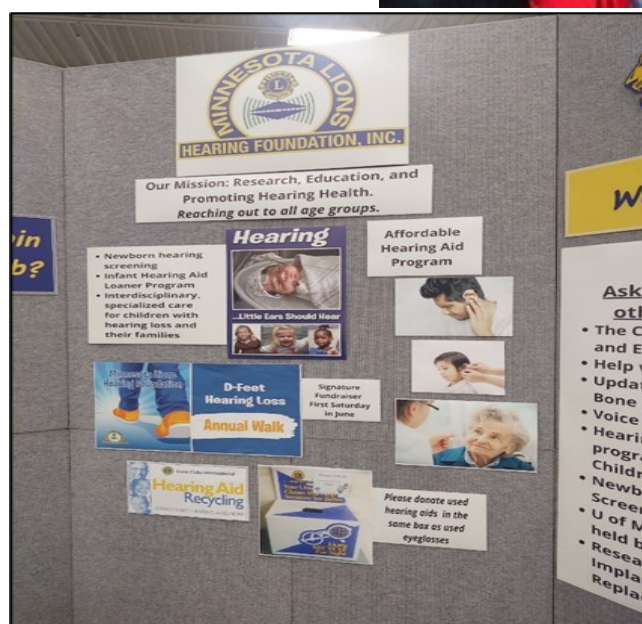
Zone 8 & 9: PID Dan Kaiser

BELIEVE AND BE HEARD

What a great way to start off the 2022-23 year for the Minnesota Lions Hearing Foundation. We have 5 new members to bring you news of what the foundation is doing this year. Please ask them to come to a meeting some-time in the next year if you haven't done so yet. Both old and new members are anxious to share all the good news we have in research and outreach.



Minnesota State Fair Hearing Foundation booth in the Education building, PDG Tom & Lion Michele Plagman, handing out information and earplugs



Lion Mike Benedetto 612-735-5423
mbenedet@smumn.edu

The most important thing in communication is hearing what isn't said.

—Peter Drucker

Learn more at
SpiritualCleansing.Org





5m7 Leo Clubs

Anoka, Andover, Blaine, Coon Rapids,

Rush City, and Spring Lake Park

★ CALGARY AWAY!

M57 had a great representation at the USA/Canada Form in Calgary, Alberta September 15-17, 2022. Calgary did not disappoint in learning, fellowship, and fun. Lions from all over gathered to be inspired by great presenters and her our own International Director Brian. Club members came back with a new sense of Lionism and excitement for finding new members. Attendees were blessed with great speakers who shared their passion for community and leadership. As a first timer, I am hooked on attending more conferences to expand and network with other Lions for more ideas for new projects. Spring Lake Park Lions had eight members in attendance and started the conference out with a Stride walk. It was great to be able to serve and learn.

Reminder that the International Conference is in Boston, July 7-11, 2023. The next USA/Canada Forum will be September 21-23, 2023, in Reno, NV. I highly encourage all to attend.

Lion Stefanie Nelson - SLP Club President

The fall brings lots of great new projects for our Leo Clubs. Check out what some of our clubs have been up to:



Coon Rapids Leos assisted with the Pancake breakfast this Fall. It was a great event for the community held at the Coon Rapids High School. Pancakes, French toast, scrambled eggs, and sausage. The community helped raise fund with a bake sale. Great to see the Leos serve.

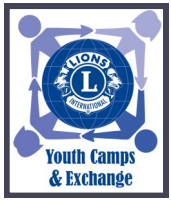


Lion Stefanie Nelson stefanieenelson@gmail.com

Lion Pete Yelle pete.yelle58@gmail.com

5M7 YOUTH EXCHANGE

Youth Exchange will start to seek for students and host families in January 2023. Families host students during the month of July 2023. We look forward to having a few more families in 5m7 host exchange students this year.



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

★ **Do not forget the Peace Posters need to be to Governor by November 15th.. Hope all 14 clubs who have free kits are working on them. Its Fall, lots of things going on for clubs Just planting seeds. Remember the youth are the future LIONS and their hugs are GREAT!**

Lion Ginny Hestekind Youth Outreach



JodiAnn and Alvin

Seventeen years ago, at the age of 45, JodiAnn's independent life as she knew it changed overnight. She experienced a brain stem stroke, leaving her with balance issues that caused frequent falls—one that even resulted in a broken hip. For her own safety, her doctors and her children recommended that she no longer live alone. Her daughter moved in, and just like that, her sense of independence was gone. "I was never allowed to be alone," explains JodiAnn. "My kids worried about me a lot, so I had to live with my daughter. She went with me everywhere."

Then along came Wilma, JodiAnn's first Mobility Assist Dog from Can Do Canines. The duo was together for 13 years before Wilma passed away in 2020. During those years with Wilma, JodiAnn was able to regain her independence. "I had the freedom to do things and go places," she reminisces. She also realized Wilma had helped with simple everyday tasks like just picking up her shoes, which she struggled with again in her absence. "I didn't realize how much I needed her until she was gone."

Being without Wilma made it difficult for JodiAnn to even want to go outside or do any of the things she enjoyed doing. "If I dropped my keys, I was at the mercy of strangers, asking them to pick up my keys," she explains. "And I didn't feel safe with the grandkids, taking them places." Although it was hard for JodiAnn to move on after losing Wilma, she knew she needed to get another assistance dog, so she reached back out to Can Do Canines. That's when she was paired with Alvin, a nearly 3-year old black Lab. She brought him home in December 2021, nearly a year after she lost Wilma. He's been a constant companion and very affectionate since the first time they met. "I call him a 'velcro dog,'" JodiAnn jokes. "If I'm in the bathroom, he has to guard me from the toilet paper, I guess. He always wants to be right there. He's very loving."

With Alvin, JodiAnn has had to learn some new cues; the commands Alvin learned during training were more extensive than those taught to Wilma. She keeps a sheet with the commands next to the couch so they can practice together after work. Besides picking things up, pushing buttons, and taking off JodiAnn's socks, Alvin is also able to open up the door for her. He also likes retrieving her closest pair of shoes. "Whether they match or not is unimportant to Alvin," JodiAnn says with a laugh. But perhaps JodiAnn's favorite task of Alvin's is one that came as a surprise—when he pulled the covers over her in bed for the first time. She couldn't help but chuckle in disbelief. It was such a funny moment, showing how much he cared about her

comfort and security in a way only a well-trained dog could.

On a more serious note, though, Alvin has given JodiAnn back her sense of independence. "I don't worry about things as much," she says. "When we're outside and if I fall, he can retrieve my walker and bring it right to me so I can get back up. He picks up my car keys, my wallet. That is a big independence thing for me and makes me want to go out."



Prior to teaming up with Alvin, JodiAnn had been contemplating selling her house and getting into a different living arrangement. But with Alvin as her new partner, she was able to stay in her own home and maintain her freedom and self-sufficiency.

Alvin enjoys working and "wants a job to do all the time," but JodiAnn recognizes that playtime is equally important to his well-being. He likes playing in the yard with JodiAnn and her grandson's cat, and she looks forward to bringing him to the park across the street when the weather is nicer. "Sometimes he just needs to be a puppy," she says. She also enjoys bringing him to church and is looking forward to taking Alvin on a road trip from her own Northern Minnesota home to visit her son in Duluth.

While JodiAnn has been able to form a successful partnership with Alvin in their time together, that doesn't mean she has forgotten about Wilma. "They become such a part of your lives," she says of her assistance dogs. "I wouldn't be able to live alone if it wouldn't have been for Wilma and Alvin. (Can Do Canines) made that a possibility, and their training is great. And I love that (Can Do Canines) spends the whole journey with you. I mean, in all the years I had Wilma, I knew they were always there for me if I needed help or questions or anything. They're always right there, and that was comforting to know that I was not on my own."





↑ Cokato Dassel Lions Club



Thank You fellow Lions! We had a great time volunteering with you at the State Fair. Joining us were Lions from Cedar East Bethel, Cokato Dassel, Coon Rapids, Ramsey, Rush City, Spring Lake Park as well as family and friends. Sincere apologies to the handful of Lions and friends that escaped our camera shutter! Every one of you made our days at the fair enjoyable while we worked together to confirm our children are seeing picture perfect!

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

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



ENVIRONMENTAL NEWS...

Lion Judie Zaske

As fall approaches, we find ourselves thinking about what we need to do to 'winterize' our lawns and gardens. It seems raking leaves has been a fall 'tradition' for years yet there is a movement to trade this 'tradition' in and leave the leaves on the ground.

Environmental experts say raking leaves and removing them from your property is bad not only for your lawn but for the planet as a whole. Although people often rake fallen leaves and send them to a landfill to prevent their lawns from being smothered and to make yards look better, in most cases, you're fine not mowing them.

"Just leave them where they are and grind them up," said John Sorochan, a professor of turfgrass science at University of Tennessee. However, if you have a lot of trees dumping leaves or the piles begin to mound up, you should mow over the leaves with a mulching blade about once a week.

Leaves and yard waste take up space in landfills. According to EPA data, yard trimmings, which include leaves, created about 34.7 million tons of waste in 2015, which is about 13% of all waste generation. The majority of that – 21.3 million tons – was composted or mulched in state programs, the EPA says, yet still, 10.8 million tons went to landfills, accounting for just under 8% of all waste in landfills.

"The worst thing you can do is put (leaves) in bags and send them to landfills," states a naturalist at the National Wildlife Federation. Leaves take up space and they also can break down with other organic waste to create methane, a potent greenhouse gas which contributes to climate change.

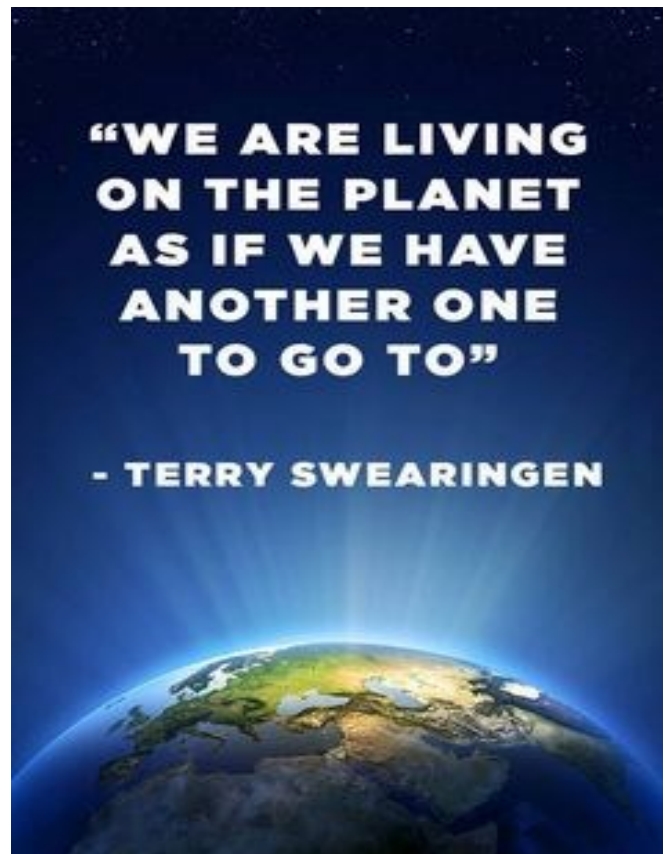
Leaving your leaves could make your lawn healthier – and save you money. Think you need to spend money on expensive fertilizers to keep your grass healthy? Think again. Leaves cover up root systems, preserve soil moisture, suppress weeds and other plants. They also slowly break down and return (essential) nutrients to plants. It's a perfect system. Nothing is wasted in nature. Some leaves like maples do a great job of reducing weed seed germination while other species like honey locust add a lot of nitrogen to lawns.

The environment around you depends on your leaves. Butterflies and songbirds alike depend on leaf litter.

Over winter months, a lot of butterflies and moths as pupa or caterpillar are in the leaf litter, and when you rake it up you are removing the whole population of butterflies you would otherwise see in your yard. Without the insects in the leaf litter, you also risk driving away birds that might have come to your yard looking for food to feed their offspring in the spring.

In 2019, citing a September study published in the peer-reviewed journal *Science*, found that North America has lost nearly 3 billion birds since 1970. Keeping some leaf litter can really benefit these kinds of declining wildlife. This is wildlife conservation on the scale of your lawn. Keeping leaves on your lawn also has the added benefit of reducing fertilizer runoff. Algal blooms can kill wildlife and harm human health, and they often form when excess fertilizer runs into waterways. Because leaving leaves on your lawn serves as a fertilizer, if no other fertilizers are added, it will reduce runoff. Blowing leaves into the street is also bad, because leaves have so many nutrients in them, they can break down when they get into sewers and also cause algal blooms in waterways.

So this fall, rethink your plans for your lawn and consider mulching rather than raking and see what it does for your lawn next spring and the environment. You might be pleased with the results!



BRINGING NEWS FROM AROUND THE DISTRICT



Here is a picture of the **Rush City Lions** preparing for our annual Senior Picnic. Each August our club provides a BBQ to our community senior citizens, giving them a memorable evening of fellowship while enjoying grilled burgers and hotdogs, including all the fixings and Root Beer floats for dessert.

Before being deployed for a year in October, The 257th Military Police Company and their families were treated to a day of fun, including a rock wall, yard games and corn dogs made by the **Monticello Lions** members on Saturday Sept 17th! Later that evening 125th Monticello Fire Department hosted a street dance, our Lions Club served beer and made Corn Dogs to sell on behalf of the MFD. **Let's Chalk** features street art by professionals, local amateurs and art enthusiasts from all over the World! Join us on October 22-23 from 10am-5pm in Downtown Monticello! Our club will be selling Corn Dogs and beer as a fundraising event!

The **LC of Big Lake Lioness** will be providing Halloween Treat bags to residents of Options, Inc. in Big Lake. Options is a private, nonprofit offering services that develop and maintain life skills for people with developmental disabilities or related conditions so individuals can fully participate in their community.

The **Andover Lions** would like to donate this handmade podium to another club. Please forward all inquiries to Lion Angie Sedesky 612-723-4118



The **Cokato Dassel Lions** club has been busy! We tried some new service projects. Several Lions helped out at Camp Sweet Life with Tie Dying and Clay Crafting. We took a shift at the Kidsight Vision screening at the State Fair (see page 8) and learned a lot!. We hope to bring this to Community. The Club served 2300 Pork Chops at the Cokato Corn Carnival which is our biggest fund raiser. We are looking forward to hosting the Governor in October.



The **Cedar-East Bethel Lions** had a very busy September. On Labor day weekend we finished up our working the ticket booth at the Minnesota State Fair. Our Business meetings are always held the first Tuesday of the month. With Joe from Cars for Neighbors came to give us a personal thank you and update on our donation to the program. We helps three different families with car repairs!!!! September 10th was the clubs annual fish fry at Lion Guy Johnson's house with about 200 people in attendance this year. September 16th and 17th we served beer and wine at the East Bethel Ice Arena for their adult tournament they hold for a fundraiser to make improvements to the arena. September 19th the Lions served 150 hotdogs and chili at the annual East Bethel Fire Department Open House!! On the 21st we worked out monthly shift at NACE the local food shelf!! We have our road side clean up on Viking Blvd. scheduled to take place on October 1st.

The **Annandale Lions** had a fantastic September capped off by a ribbon cutting of our book vending machine at Annandale Elementary. The machine distributes books via a token earned by students demonstrating the core values of their school. We are proud of our community and our special relationship with our schools.



Mid-Winter Convention News

Our **Forty-fifth Annual Mid-Winter Convention** will be held at the Kelly Inn in St. Cloud on **January 27-29, 2023**. The address is: 100 4th Ave S, St. Cloud, MN 56301. Reservations are being accepted online or by telephone. The reservation form for the convention is in this booklet, and the hotel reservation information is on the convention registration form. You will also find all convention documents on the 5m7 website at www.5m7.org. Clubs must designate one person from their club to pick up the name tags and meal tickets for all that are attending from their club.

This will be an exciting convention for all as we are now in person for the 2nd year for convention. The convention committee is excited to be together again with our members. This convention will be a new experience for us in a new hotel. Clubs are again able to host hospitality rooms but only in the individual sleeping rooms around the pool area where there will be a bean bag tournament. We will have a cash bar on Friday night and on Saturday night. After the banquet we will have socializing and games and entertainment. You will find the tentative schedule on www.5m7.org. For clubs who desire to have a hospitality room and be automatically entered into the hospitality room contest please call DG Mark at (612) 366-1331 to reserve your hospitality room. The theme for the hospitality rooms this year is Boston, Massachusetts, where the next Lions Club International Convention will be held.

Please read: This year will begin a bit differently, but rest assured we will fit all of our usual programming in. The convention will begin on Friday afternoon with the cabinet meeting, a reception for our visiting International Director, opening ceremony and much socializing and fun in our hospitality rooms around the pool area and the bean bag tournament.

Saturday morning will begin with six seminars, one from MN Childhood Cancer Research Foundation, a Leo Program, Diabetes Foundation, Can-Do-Canines, Vision Foundation and a Homeless Youth Speaker.

This will be followed by lunch, tail-twisting and Parade of Green! The Service of Remembrance, Leo's Project, Town Hall and the Business Meeting will follow lunch. The Banquet on Saturday evening will be another highlight of the convention and will be very enjoyable for all. There will be special entertainment following the Saturday Banquet.

Sunday morning will include the Ecumenical Fellowship Service, followed by the buffet breakfast with guest speaker Lion David Thoen, islet cell transplant recipient. It is requested that each club bring one door prize (\$20 value) to be given at the close of each meal. Please drop the door prizes off as soon as possible at the registration area. Hospitality books (meal tickets) may be ordered immediately by using the registration form which is in this booklet and on the 5M7 website. **This is the ONLY form that is acceptable and your check MUST accompany the order. ✕ THIS IS THE ONLY WAY THAT YOU CAN GET TICKETS FOR THE MEALS ✕ THERE WILL BE NO MEAL TICKETS AVAILABLE FOR PURCHASE AT THE CONVENTION.**

Your convention committee is doing everything possible to ensure that the convention this year will be the BEST! Your attendance and participation will make it just that. Start making your plans NOW!

PDG Lion Peter Lendway

Lions 5M7 Mid-Winter Convention
 January 27-29, 2023
 Best Western Plus Kelly Inn, St. Cloud, MN
Registration Form



Guest #1: Select One () Lion () Leo () Spouse/Guest

| | | |
|-----------------|--------------|----------------|
| Last Name | First Name: | Email Address: |
| Address/PO Box: | Club Name: | Phone #: |
| City: | State & Zip: | Dietary Needs: |

Guest #1: Select One () Lion () Leo () Spouse/Guest

| | | |
|-----------------|--------------|----------------|
| Last Name: | First Name: | Email Address: |
| Address/PO Box: | Club Name: | Phone #: |
| City: | State & Zip: | Dietary Needs: |

Hotel Reservatons:

Hospitality Room Reservations will be taken by DG Mark. Call (612) 366-1331

To book reservations online, click

https://www.bestwestern.com/en_us/book/hotel-rooms.24113.html?erounid=7X8EYQW7

Or call the Kelly Inn at (320) 253-0606. Standard rooms are \$119.00 and suites are \$189.00, per night, plus tax.

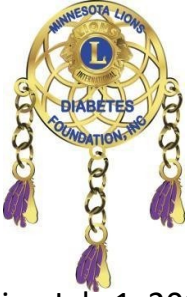
Please make checks payable to:
5M7 Midwinter Convention.

Mail this form and check to:

Lion Hal Hinchliffe
 7414 Oakley St. NE
 Fridley, MN 55432-3430

| | Price through | Price after | Guest 1 | Guest 2 | Total |
|------------------------------------|---------------|-------------|---------|---------|-------|
| | 12/15/2022 | 12/16/2022 | | | |
| Complete Meal Book | \$99 | \$109 | | | |
| Saturday Luncheon | \$35 | \$40 | | | |
| Saturday Banquet | \$60 | \$65 | | | |
| Sunday Breakfast | \$30 | \$35 | | | |
| No refunds after January 10, 2023. | | | | | |
| Total | | | | | |

Meals paid for will be indicated on attendees name badge.



Application for the Dream Catcher Award Minnesota Lions Diabetes Foundation Inc. Eligibility:

Starting July 1, 2014, to qualify for a Dream Catcher Award, a club or individual must have accumulated \$1,000 in donations to MLDF Inc. All accumulated donations in the past remain in effect for qualifying for the Dream Catcher Award. (10-5-13)

*Name of Club or Individual to be on the award

*Name of Club making the request_____

*District Number _____

* Club Name Giving Award_____

*Name and address where to send the Dream Catcher Award

**Phone
Number**

email

Trustee making the request.

To be filled out by Trustee_____

Has the person or organization received this award before

*Required Fields

**This completed form should be sent to one of
your two District Trustees.**

Updated 12-2017