

OCTOBER 2021



5M7 Gram



5M7 LIONS AND LEOS

I am back from the USA/Canada Forum which was held in Des Moines, IA. This forum is an amazing experience that each lion should experience at least once. I have gone twice now and have graduated with my Bachelor's and Master's in Lions from Lions University. Ask me how YOU can do this too! This forum provides so many experiences...old friends, new friends, incredible seminars, so much motivation and IDEAS. To be there with 1,400 people from all over the world in over 70 incredible sessions, with a store and an exhibit hall, is quite the experience. I was able to spend some time with the International Director Dr. Dianne Pitts who will be attending our Mid-Winter Convention. She is a lot of fun and I can't wait until you can meet her as well. Yup! I am already signed up to attend the next one which will take place next September in Calgary, AB Canada. I hope to see YOU there!

Governor visits are being scheduled and I thank you for getting those forms to me. These visits to your clubs are amazing to me. I love to meet your club members and learn more about your clubs and your projects. If your club is having a governor visit, please do attend as I would like to meet as many lions members as I can. You are all amazing and you all have a story and I want to hear them. I am simply amazed at the love for lions that I am seeing in each of our 5m7 clubs. And you are so proud of what you do. Thank you 5m7. Get your governor visit forms to me soon! As soon as I get your form or even a phone call or email I will contact you to confirm the date for your governor's visit. I look forward to visiting your club.

The \$35.00 membership fee which is paid for each new member continues to be waived until the end of December. This will save each new member \$35.00 when they join. Be sure to tell them that joining before the end of December is a good idea to save that money.

The 5m7 convention committee has been meeting and continues to work on details for the convention which takes place January 7-9, 2022. This will be taking place in Brooklyn Park at the Marriott NW which is the old Northland Inn. Be on the lookout for more information to be on the 5m7 website, Facebook page and it will also be sent to each club as soon as a few more details are finalized.

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!

District Governor Judy Herrala

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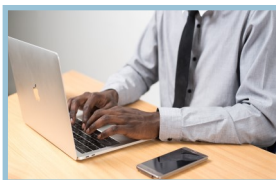
5m7 Lions at the USA-Canada Forum



Lion Cindy Hagen Working the Project New Hope booth at the USA-Canada Forum!

FROM THE DESK OF...

2nd VDG Lion Steve Milius



A couple of weeks ago I had the honor of being asked to work in a food stand at the Nowthen Threshing Days. After the time off for Covid, it truly was an honor. It once again reminded me why I love being a Lion. It is my feeling that the smaller projects and fundraisers are what make the Lions grow!! These smaller projects are what allows newer members to get involved and learn the ropes, so to speak. They have fun working in a small group (we had from 3 to 6 people work at a time) You get to know everyone and meet their families. This is what gets the new people excited!! Excitement translates into more new members and gives the more experienced members a chance to mentor the newer members. Thus, when a larger project or fundraiser does come along, they can jump right in and help.

On another note, it is fast approaching the time to start thinking about serving your fellow Lions in a new way. That would be as the next 2nd Vice District Governor for 5M7. It is a very exciting and informative position to hold. You would be nominated and voted on at the Mid-Winter Convention in January. You would then receive training and meet the other Vice Governors for the MD5 area. You will establish many new friendships and have several opportunities to bond with the other vice Governors. You will learn many skills that carry over and apply to your regular work activities and your everyday life, along with the Lions activities. If you would like more information, feel free to contact me. I am more than happy to answer any questions you may have. My phone and text # 319.239.1636

Thanks for your time!

2VDG Steve Milius

More pics on page 10



A Brief History of the MN Lions Childhood Cancer Foundation

Lions Clubs International has designated Childhood Cancer as one of its five Global Causes. Undoubtedly, this is in recognition of the devastating effect childhood cancer has on families around the world, as well as the recognition that research into this disease is woefully underfunded. The Lions of Multiple 5M have developed two foundations to address this global cause: The MN Lions Childhood Cancer Foundation and the Canadian Lions Childhood Cancer Foundation. Our organization was initially incorporated as MD5M LIONS CHILDREN'S CANCER FOUNDATION of MINNESOTA, Inc. on January 8, 2019. The Articles of Incorporation were amended on August 12, 2019, changing the name of the organization to MN Lions Childhood Cancer Foundation, Inc. On June 29, 2020, the Internal Revenue Service approved our application as a 501(c)(3) charitable organization. Donations to the Foundation may be claimed as charitable contributions. This designation is also significant for charitable gambling contributions. Our Goal was to Raise \$100,000 in the 2019-2020 Lions year (7/1/19 – 6/30/20) to fund programs and research for survivors of childhood cancer at the University of Minnesota Masonic Children's Hospital. We had an Incentive: The University Foundation would match our donation, dollar for dollar, up to \$100,000. The Children's Cancer Research Fund would match our donation, dollar for dollar, up to \$100,000. We met our goal and our \$100,000 became \$300,000 to address the issues facing survivors of childhood cancer! In our second year, we raised and donated an additional \$50,000 for the University of Minnesota Masonic Children's Hospital for their cancer survivorship programs. One of the projects funded by our contributions is a smart phone app to enable providers and patients to remain in contact after the patient completes treatment, so that any new developments can be communicated back and forth to head off any side effects or other medical issues. Additionally, the Foundation contributed to Kamp K.A.C.E. (Kids Against Cancer Everywhere) to assist in their mission of providing a camp experience for children afflicted with cancer and their siblings. A relatively new initiative by the Foundation involves partnering with local Lions Clubs to help local families dealing with childhood cancer. Thus far, we have approved matches \$500 to three local Lions Clubs who had fundraisers for local families. The Believe Award has been established to recognize clubs and individuals who have donated \$1000 to the Foundation to further our mission to assist patients and families dealing with childhood cancer. Your support is truly appreciated!

Lion Genia Sjerven @ sjerveng@gmail.com



TEMPORAL BONE DISSECTION LAB

The Temporal Bone Dissection Lab, finished around 1995, was built with three sequential grants from the Lions that totaled about \$250,000. Its purpose is to educate and train future surgeons. Not knowing the anatomy of the ear may cause serious consequences to patients due to injury to vital structures.

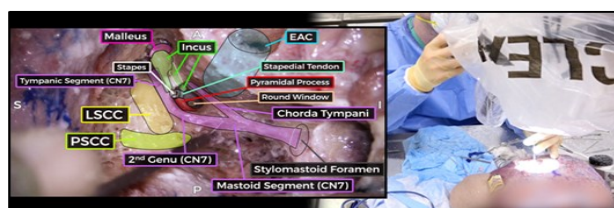


At the time that it was built, it had state-of-the-art air handling to remove dust and viral particles in the air. It was the first temporal bone lab with an integrated video system on all microscopes. The drills in the lab are duplicates for the equipment used in the OR, so students will be familiar with the equipment when they are finally doing surgery on real people.

The University of Minnesota bone lab was the first medical center to use this kind of lab to teach neurosurgery and audiologists from around the state and the nation as well as residents and medical students learning the basic anatomy of the ear.



The Minnesota Lions Hearing Foundation is busy with many projects, along with newer ones being proposed. The temporal bone lab has been a very longtime project that is in dire need of upgrading and modernization. Thanks for your continued support with all our projects. Without it, we wouldn't be able to fulfill our mission to the hard of hearing community.





5M7 LEO CLUBS

ANOKA LEO-TORNADO SERVICE CLUB; AND-OVER LEOS; BLAINE BENGALS; COON RAPIDS HIGH SCHOOL/MIDDLE SCHOOL; SPRING LAKE PARK LEOS

Schools have started and club have started to meet. New students are joining and gathering to start planning projects for the year. 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.

Upcoming Activities: *Application for Leo Cabinet member was distributed to Leo clubs with the virtual interviews happening the week of October 11th. We are hoping to have a Leo sit at the table at the district cabinet meeting in October. *Find your Passion guidelines have been distributed to all Leo club members for the final competition happening at the Mid-Winter convention. You will have to attend the convention to see the great talent among our Leo groups.

Ideas under Development: *Fall Leo conference/gathering for leadership development and service has been moved to Spring due to COVID *Promoting of the Mid-Winter Meeting service projects and development in January. **If you are interested in getting more involved with a Leo club, or would be interested in starting a Leo Club, please reach to either chair member:**

Lion Stefanie Nelson
stefanieenelson@gmail.com

Lion Pete Yelle
pete.yelle58@gmail.com

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! We will promote the Find your Passion contest, the finals occurring at the Mid-Winter Convention in January. The top 11th or 12th grad-er will win a scholarship to use for an amazing adventure with Youth Exchange. If you have Leo clubs that would be interested in learning more about the Youth Exchange program, please do not hesitate to reach out.



It's back to **PEACE POSTERS!** Clubs get your posters started to get them to the Governor on time. All rules are in the kits.

Lion Ginny Hestekind



MINNESOTA LIONS VISION FOUNDATION



October 29, 2021 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 liondebbialke@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 liondebbialke@gmail.com**

To order tickets for the Eye Ball please contact...

.PDG Steve Linder 612-382-2236 Slinder71@usfamily

PDG Terry Wold 612-759-5433 terry_wold@hotmail.com

Also if you need eyeglasses picked up or the new collection pails please contact one of us.

Thank you for all you do

Minnesota Lions Vision Foundation Directors

Lions and Leo's of District 5M7,

5M7 is looking at hosting the Multiple District 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.



There will be a short meeting on October 18th at 6:30pm to go over the bid process. District 5M7, to my knowledge, has never hosted a multiple district convention. If you are interested contact DG Judy Herrala or Lion Jim Kugler

@jimkugler@comcast.net. Thanks for your interest!

CONVENTION

NEWS**

The location will be the NW Marriott in Brooklyn Park, 7025 Northland Blvd. All of the convention details will be out in an invitation the first week in October. Here are some of the details:



FIRST, The dates are set for January 7 through January 9, 2022. There will be a cabinet meeting on Friday January 7th. The Zone chairs should expect to provide the International Director a short update on your respective zones. The other cabinet officers will be able to give the Director an update of their respective committees at the business meeting Saturday afternoon. Following the cabinet meeting there will be a reception for the cabinet and club presidents. Nothing else is planned for Friday evening.

SECOND, Saturday morning will feature 3 or 4 presentations. The last presentation will be an open discussion with our International Director. Immediately following the directors, the convention will convene. We will have a service of remembrance and business meeting. For the first time there will be a Leo's Speech Contest. There are three categories; grades 7 and 8, grades 9 and 10, and grades 11 and 12. There will be cash awards for each category. The winner of grades 11 and 12 will be offered a youth exchange scholarship of \$1k or a \$250 gift card. Following the banquet we will be entertained by Bryce Hegge. He's a talented young man from the Buffalo area. You can look him up online at BryceHeggemusic.com

THIRD, Sunday morning we'll hear from our International Director. Our International Director is Lion Dianne Pitts from South Carolina.

FOURTH, there will be tables available from the convention committee for the Foundations. We have a limited number of tables available for the convention as part of our overall costs therefore, anyone wanting a table will have to rent a skirted table from the Marriott at the cost of \$30.

FIFTH, clubs will be asked to donate a door prize. Door prizes will be handed out during each meal. The Leo's will be tail-twisting at the noon luncheon. There will be a link for hotel reservations available later this fall. Cost for a standard room, which is a suite, will be \$119 +tax.

Lion Jim Kugler, 2022 Convention Chair

****Updated info is still in process. As it becomes available, it will be posted in the Gram, FB page and website.**



STILL TIME TO SIGN UP!!

The next Project New Hope retreat is scheduled for October 8th - 10th at Ironwood Springs Ranch near Stewartville, MN.

Project New Hope was started by a few Lions of MD5M in 2007 and has since spread to several different states, each organization being their own entity based on the Minnesota model. At the recent USA/Canada Forum in Des Moines, a few Lions from MD5M ran a Project New Hope exhibit with the goal of planting a seed in another district. We had contact with Lions from several districts, some of who were very enthusiastic. If even one of these contacts results in a Project New Hope startup in another district it would be a success. Project New Hope exists to provide veteran family retreats. Including the whole family (even the kids!) is unique to Project New Hope and fosters family togetherness through a wilderness getaway. It is our goal to provide combat veterans and their families with the education, training, and skills necessary to manage their lives after wartime service; repair of relationships is a primary goal. And of course, have fun in the process! **NO COST TO PARTICIPANTS.** That's right. There is no cost to the families on the retreat.

Lion Kathy McMillian
 h) 763-498-8277
[kathyjmcmillian@gmail](mailto:kathyjmcmillian@gmail.com)



It's right there in their eyes.

When Kim and Mobility Assist Dog Mazie look at each other, their shared love is obvious to anyone. During one such moment, Kim quietly says, "She really likes me." Mazie is not the only dog to have this feeling for Kim, though. Kim was first matched with Can Do Canine Tagg,

a Labradoodle, in 2011. Kim, who was diagnosed with multiple sclerosis in 1987, when she was in her late 20s. The disease causes her to fall frequently, and dropping items poses a challenge that can spiral. She explains, "Picking up can lead to tipping over, which can lead to being on the ground." Once on the ground, she can't get up on her own, so having Tagg to go get her husband or someone else for help was crucial. Tagg was a treasured lifeline for Kim until he passed away in December 2020. Kim knew she needed another assistance dog, saying, "I'm not walking as much as I used to." She uses a wheeled walker in the house, has a stair lift and uses a scooter when out in public. Plus, with the fear of falling, Kim says she felt "very anxious if left alone."

It wasn't long before she met Mazie, a black Labrador Retriever. Leslie, Kim's Can Do Canines client service coordinator, shares, "Mazie won [Kim] over with her 'smile,' which is when she gets her lower lip under her teeth, making a smile." Kim agrees, saying, "The fun part about Mazie is when I say 'clean up' and she picks up all her toys. Then she comes back and she smiles at me." Maid Mazie takes this job very seriously, making sure there is nothing on the floor to trip Kim. Other skills Mazie happily performs for Kim without even blinking an eye include lifting Kim's legs into position onto the bed or onto a footplate, getting clothes out of the washer and dryer, tugging Kim's walker to her, retrieving a cell phone, and more. Grateful for all these ways Mazie lends a hand, Kim says, "It's just that little bit of security that an assistance dog gives you."

With that restored sense of safety, Kim happily reports that she was able to get a job in an assisted living home. "Mazie's going to be going to work with me," she says. "We're going to work every other weekend. I'm really looking forward to this opportunity to be with people, and to be on my own and do it."



DG Judy at the Can Do Canines Woof-a-Roo



DG Judy at the Can Do Canines Woof-a-Roo



The MN State Fair is over and so is 22 years of Lions working selling tickets on the Midway. This year was quite a challenge with Covid-19 and all of the questions surrounding what is going to happen with the fair. A number of individuals and even whole clubs back out due to Covid, leaving us to scramble to fill spots. Out of a needed 384 spots we were still able to fill 342 meaning there were 42 empty spots at various times during the 12 days of the Fair. It could have been so much worse except for the Lions and clubs that stepped up. I'd like to especially thank a few; Lion Cheryl Thompson and the Buffalo Lions, Lion Stephanie Nelson and the Leos, Albertville Lions, Lions Lyle & Theresa Goff and the Coon Rapids Lions, Blaine Central Lions, Hamel Lions, Ham Lake Lions, Lion Brian Heichel, Lion Monica Sage, Lion Norm Kelzenberg, and the clubs that let me move them from their assigned booth to other booths to balance the need. **A BIG THANKS FOR ALL THAT WORKED THIS YEAR. Thank you!!**

PDG Larry Kounkel. We will be back in some form next year.



*“Catch the Dream” –
Life Without Diabetes!*

www.MNLionsdiabetes.org

Lion Mike Edwards mnedwards1@bellsouth.net

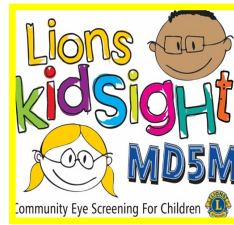
Cell: 321-795-8235

Lion Joel Anderson joeland1954@gmail.com

Foundation Co-Treasurer District 5M7 Co-Trustee

Cell 612-723-9120

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.



Happy fall y'all! The air is crisp, the leaves are starting to change, pumpkins and gourds are aplenty. Best of all, our 5M7 Lions are keeping us busy! Kids are back in school and you know what that means...

vision and SIGHT SCREENINGS! Huge shoutout to our fellow Lions in Hanover, Montrose, Rush City and Spring Lake Park. They have kept us busy getting machines ready and delivered for KidSight Vision Screenings in their school systems followed with reporting. You can add to our craziness; we are a quick email or call away and would love to get you screening the eyes of your community children!

Congratulations to Spring Lake Park Lion Pam Smith-Owens on receiving the very first Progressive MD5M Lions KidSight Sight Saver Award! Lion Pam has screened 1,533 children through the Spring Lake Park ECFE program.



192 of those children received a referral for a 13% referral rate. 22 children are wearing glasses today thanks to Pam and her dedication to helping children see clearly! Lion Pam was presented this prestigious award by Spring Lake Park Past President Lion Pete Yelle.



We received preliminary results for our screening project at the Minnesota State Fair. Our foundation screened 1,014 children during the ten day event with a 12.9% referral rate. Of the ten fair days,

5M7 spent two days with a total of 115.5 service hours by twenty lions from six clubs. Many Thanks to our volunteering Lions from Blaine Central, Columbia Heights, Coon Rapids, Ham Lake, Rush City and Spring Lake Park.

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!

ENVIROMENTAL NEWS

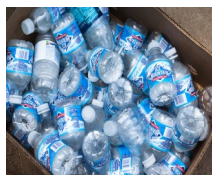


TRUTH ABOUT PLASTIC RECYCLING

Think that all of what you toss in the recycling bin actually gets recycled? Think again! One reason is that most plastic isn't easily recyclable. 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.

Perhaps the most important reason is that there is very little financial incentive to recycle...it's far less expensive to manufacture most types of plastic from scratch than it is to recycle old plastic into something new. The least recyclable plastic products include many labeled with the number 3 through 7 in the recycling triangle as well as the majority of plastic bags and packaging film.

Certain types of plastic however, are economically viable and relatively easy to recycle and even in high demand. These include PET plastic bottles, like the ones soda and water are sold in HDPE milk jugs [labeled with 1 or 2 located in the recycling triangle]. But only 29% of the plastic used in these jugs and bottles was recycled in 2018. In 2018 the U.S. generated more than 35 million tons of plastic waste. Less than 10% of it was recycled.



Recyclable material is sorted at a Material Recovery Facility and the material is packed into 'bales' to sell to recycling mills. Contaminated or non-recyclable plastic is sent to a landfill or incinerator.



Until 2018 a significant share of the plastic the EPA counted as recycled was sent abroad where its fate was uncertain. Many countries have recently stopped accepting U.S. waste.

In 2018, 8.7% of plastic was recycled. Much was used to make items that can't be recycled again and will end up in landfills or incinerated. Incineration produces energy, but also generated toxic emissions and greenhouse gases. In 2018, 15.8% of plastic trash was incinerated.

Most plastic waste...75.5% in 2018 ends in landfills, where it can break down over time, creating microplastics that end up in the air, water and soil.

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

The **ELK RIVER LIONS CLUB** was busy in August and September.

The club donated school supplies to CAER.



Volunteered at all the Magnus Veteran Foundations fundraiser concerts.



Made pancakes with the Otsego Lions club at Otsego Prairie Fest and helped cleanup at Thumbs Up High 5K fundraiser for mental health and suicide presentation




Dedicated a park bench at the Elk River Boys and Girls Club to Autumn Hallow with her family in attendance.



- Attended the Chamber of Commerce ribbon cutting for Aegir's new taproom.
- Financed and volunteered with a Community Table meal giveaway.
- Toured Elevier Women's Center
- Attended the Elk River Scouts Annual Leadership Breakfast.

HERE'S WHAT'S HAPPENING....



- ◆ *2nd Cabinet Meeting: October 28, 2021 @ 6:30pm. Location: TBD*
- ◆ *MN LIONS DIABETES FOUNDATION, INC. Our next meeting will be October 2 in St. Cloud. As meeting via Zoom has some positive advantages, we are still keeping Zoom available for those that prefer that instead of in person. We look forward to your support this year with any donations and Parade of Green.*
- ◆ *2021 REGIONAL LIONS LEADERSHIP INSTITUTE WHEN: October 21-24 2021 WHERE: Holiday Inn, Detroit Lakes MN The Regional Lions Leadership Institute [RLLI] is a leadership development program for Lions who want to get more deeply involved in Lionism—and an opportunity to meet other Lions throughout the region (MD5M) . Questions concerning the Institute, please contact: Lion Dennis W. Kelly III dkellylion@gmail.com.*
- ◆ *RUSH CITY LIONS 50TH ANNIVERSARY Saturday, October 16, 2021 Chucker's Bowl & Lounge 1270 West 3rd Street Rush City, MN 55069 Social Hour: 6:00 PM (Cash Bar) Dinner: 7:00 PM Cost is \$20.00 per person **RSVP by October 1, 2021** Mail payment to: Rush City Lions PO Box 141 Rush City, MN 55069 Please include Name, Club and phone number FOR FURTHER INFORMATION CONTACT LION VERN KOEPP 612-799-4443*
- ◆ *PANCAKE BREAKFAST AT RUSH CITY FIRE HALL... Sunday October 10th, 2021 serving from 8am thru noon. All the pancakes you can eat plus eggs, sausage, juice and coffee. Sponsored by the Rush City Lions. Benefits the Rush City Fire Department.*
- ◆ *MONDAY OCTOBER 11th is Columbus Day or Indigenous Peoples Day. Columbus Day is a U.S. holiday that commemorates the landing of Christopher Columbus in the Americas in 1492. It was unofficially celebrated in a number of cities and states as early as the 18th century, but did not become a federal holiday until 1937. For many, the holiday is a way of both honoring Columbus' achievements and celebrating Italian-American heritage. Columbus Day and the man who inspired it have generated controversy, and many alternatives to the holiday have been proposed since the 1970s including Indigenous Peoples' Day, now celebrated in several U.S. states.*
- ◆ *October 31st is HALLOWEEN!* 
- ◆ ***ARTICLES FOR THE NOVEMBER GRAM ARE DUE SEPTEMBER 25TH.***

HERE'S WHAT'S HAPPENING....



Lions Judy and Hal Hinchliffe at the USA-Canada Forum



Almelund Governor Visit

WANTED

**2ND VICE DISTRICT GOVERNOR
CANDIDATE TO BE
GOVERNOR IN 2024-2025**

ATTENTION DISTRICT 5M7 LIONS

**ARE YOU LOOKING FOR ADDITIONAL WAYS TO
SERVE THE LIONS?**

**HAVE YOU SERVED AS CLUB PRESIDENT AND ZONE
CHAIR AND/OR DISTRICT SECRETARY/
TREASURER?**

**THIS ELECTION TAKES
PLACE AT MID-WINTER
CONVENTION IN
JANUARY. YOUR TIME
IS NOW.**

THIS COULD BE YOU!



**If you are interested in being our next 2nd Vice
District Governor, or know someone who is,
please call or email DG Judy for more
information.**

*"True leaders always practice the three
R's: Respect for self, Respect for others,
Responsibility for all their actions."*

- Anonymous