

February 2011

5M7 GRAM



RAMBLINGS FROM District Governor Brian

It's already mid-February and the Mid-Winter Convention circuit is just about complete. What a wild journey for Lion Joanne and I. We have enjoyed representing the Lions of 5M-7 at several of the MD5M conventions.

We have also had the opportunity to attend several Governor Nights with Becker, Santiago, Crow River, Albertville, Livonia, Zimmerman, Lino Lakes (Lions and Lioness), Circle/Lex, Annandale and Elk River. These clubs all hosted Governor Nights this past month. Your gracious hospitality and company was greatly appreciated. In addition, we are scheduled to attend Grandy, Fridley and Chisago Lakes the last week of February. Congratulations to the Elk River Lions, who will be celebrating 40 years in March!



Well, we have another four months to go in this Lion's year, and we've accomplished an incredible amount of service and giving to our communities. We can do even more by increasing our membership by extending new clubs and retaining current members. As you may remember, our goal for total membership this year in the District is to have over 2,000 members by July. We are within 30 of that goal...just ask! Look for the "diamond in the rough" that is just waiting to be asked to join the greatest service organization in the world. Who can resist? Where do I look for new members? How about these ideas:

Colleagues, relatives, neighbors, co-workers, community leaders, corporate leaders, educators, other professionals and friends. If your club is involved with youth activities, you may find parents, youth leaders and other adults interested in community service.

Demonstrate the importance Lions clubs have in helping and serving the less fortunate.

Launch a **membership campaign** and reward membership recruitment;

Strengthen **member retention**, or Initiate a **public relations campaign** to raise awareness for your club.

Now that you have that new member get him or her involved right away. Use the Pride of the Pride Program, which can be found on the 5M-7 web site (www.5M7.org). Is your club working on their Governor's Club of Excellence Award and banner patch for this year? Did you know that your club is invited to the "District 5M-7 End of Year Party" on May 17? It's being held at the Fridley Knights of Columbus. Mark your calendars now.

New on the horizon is the Global Leadership Team (GLT) and Global Membership Team (GMT), which will take the place of MERLO (Membership, Extension, Retention, Leadership, Orientation). This change will be effective as of July 1, 2011. How does this affect our district? We will need to recruit two teams to be part of these committees. So if you are interested in becoming part of something new in Lions, please contact DGE Dave Schroeder.

International President Sid Scruggs' final Global Service Action Campaign, **Protecting our Environment**, gives clubs and districts the opportunity to demonstrate Lions commitment to a healthy planet. Click the link to obtain further information on this portion of the campaign.

Club secretaries please remember to report your club activities through the **Service Activity Report** to help your district qualify for **the Light Keeper Award** and to nominate your club for the **Beacon Awards**.

Lions of 5M-7, you are the Beacons of Hope and I am very proud of all the work that you do.

In Lionism,

DG Brian and Lion Joanne

Greetings to 5M7!!

As I sit and write this article, Lion Nancy and I were supposed to be on the road to Morton, Minnesota for District 5M3's Mid-Winter Convention. But the weather man has won again, the forecast calling for 6 – 15 inches of snow had us changing our plans and staying close to home. This allowed us to spend time with family and friends in Rush City so that was a good thing. This is the second convention that we had to miss due to snow storms. The last weekend in January we had planned to travel to Thunder Bay to attend 5M10's Convention, but the Arrowhead was expecting 12-18 inches of snow so we stayed home that weekend also. We are sorry to have missed these other conventions, but felt we made the right decision for us.

On another note, I have noticed that there are 12 clubs that are behind on their reports to the International. Some have not sent in a report since August. If yours is one of those clubs that is late with reports; please try and help the secretary get them sent in.

Currently, I am planning for the Spring School sessions and working on my motorcycle ride. The ride will be in the first part of August so keep this in mind and if you would like to help in any way, contact me. This ride will be for Project New Hope. It won't be just for 2 wheeled vehicles, everyone will be welcome.

On February 27th, I will be frying pancakes and French toast at Circle-Lex's breakfast. It will be at the St. Joseph Catholic Church at 171 Elm Street in Lino Lakes. So come out for breakfast and you might also see Governor Brian flipping a few pancakes too at this event!!

Until next time – Hear the Roar!!

DGE Dave



Hi

We need you.

This is the time of year where the District is looking for good Lions to fill the various positions for next year. If you have thought about serving in one of the many positions in our Lions Organization now is the time to step forward and let it be known.

We need leadership in many areas of our organization so if you are a long term Lion, a mid- term Lion, or a new Lion please think how you can help the organization.

If you have sponsored a Lion, talk to them about the possibility of doing one of the jobs mentioned last month. The best way to make our organizations strong and retain good Lions is to get them involved in activities. I personally can say I have learned so much about the organization both at a Zone level, a District level, and the Multiple District level serving in various positions in the Club and the District. All Lions any age please consider serving in one of these positions. It will greatly expand your knowledge of our Lions organization.

I have rambled on long enough about reviewing your plans for the rest of the Lion year, recruiting new members, and serving on various organization positions. It is probably time to stop and let you consider all the opportunities I have mentioned if we are going to stay within the theme of.

Keep it Simple Keep it Fun

2nd Vice District Governor Lion Paul..

VDGE Paul and Shirley enjoying the music at 5M2's Mid-Winter Convention



Club Events



February

17- **Circle Pines Lexington Lions Club**
Breakfast 8AM - 1PM St Joseph Church Lino Lakes

March

5- **St Michael Lions Club**
Ice Fishing Contest Noon - 3PM Beebe Lake

11- **Clear Lake Lions Club**
Fish Fry @ St Marcus Catholic Church
Clear Lake 5-8PM

13- Daylight Savings Begins

20- **Columbus Lions Club**
Breakfast @ Columbus Senior Center 8-1

21- **SPRING BEGINS** Yipee!

24- Empty Bowls-
**Sponsored by Ham Lake Lions, Cedar-
East Bethel Lions-Lioness, Oak Grove
Lions, St Francis Lions-Lioness**
St. Patrick's Catholic Church Oak Grove
5-8 pm

25- **Clear Lake Lions**
Fish Fry @ St Marcus Catholic Church
Clear Lake 5-8PM

26 - **Anoka Lions Club**
Country Music Show

26 - **Rush City Lions Club**
Bowling Tournament

April

9- **St. Francis Lioness Club**
Luncheon & Fashion Show

16- **St. Francis Lions and Lioness Clubs**
Easter Egg Hunt St. Francis Community Park

Welcome New Lion Member
Coon Rapids Lions Club
Lion Deb Manthei –
Sponsored by Lion Roger Johnson

Governor's Travels



February 22 Fridley Governor's Night
February 23 Chisago Lakes Governor's Night

March 2 Centerville/Columbus Governors night
March 7 Cokato Governors night
March 8 North Branch Governor's Night
March 10 St Michaels Governors Night
March 14 Isanti Governors Night
March 18 to 20 Council of Governors-Brooklyn Center
March 22 Cabinet Meeting-North Branch
March 24 Delano Governors night

April 7-10 Regional Leadership Institute
April 11 Stacy Zone Meeting
April 12 Lioness Group 1 Meeting



DG Brian posing with newly crowned Miss Coon Rapids Megan Ehlert and her Can Do Canine Chloe. Megan is a puppy raiser for Can Co Canines.

Meetings

Zone Meetings

April 11 R2 Z2 @ Stacy
April 21 R2 Z4 @ Spring Lake Park

Governor's Cabinet Meeting
March 22 @ North Branch





DG Brian with PDGs Mary Ellen and Clay Storley preparing for the Fridley Wine tasting Event.



Livonia/ Zimmerman Governor's Night



Albertville /Hanover Crow Rivers Governor's Night



Coon Rapids Lions Wine and Epicurean Delights Extravaganza Wall of Wine



Becker /Santiago Governor's Night



DG Brian inducts three new members at Elk River Lions Governor's Night

Peace Poster Awards

Peace Poster Awards
Gov. Brian and Lion Ginny
Hestekind were at Forest
Lake Lions Club regular
meeting on Feb. 3 to
present two District 5M7
Bruce Gagnelius Drug
Awareness Poster Contest
awards.



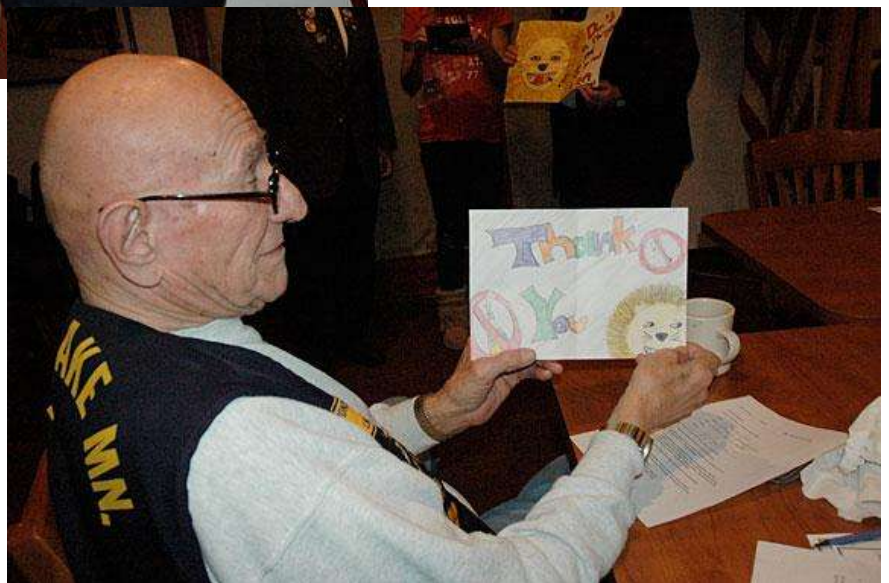
Gov. Brian Toews presents a district award to Kajsja Pelland, fourth grader from Lakes International Academy, Forest Lake. Lion Ginny Hestekind, Youth Activities Chair, holds the winning poster.

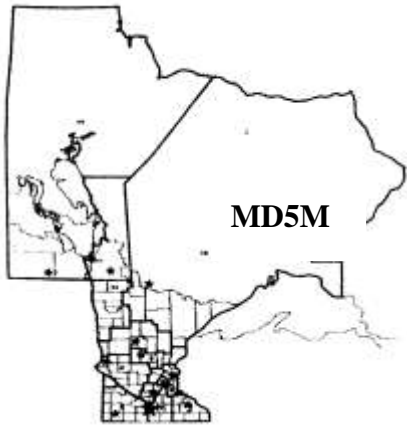


Olivia Lefto, sixth grader at Wyoming Elementary School, proudly holds her District 5M7 plaque, flanked by Gov. Brian and Lion Ginny, holding Olivia's winning poster.

Forest Lake Lions Club Drug Awareness Poster Contest

Chairman, Lion El Ewert, displays a thank you from one of the club's poster winners. Lion El has chaired the local contest for 15 years. He said 12 schools in the local club's service area participated with 682 posters created.





**JOIN US AT THE BEND IN THE
RIVER
MDM 5M 2011 Convention
Mankato, Minnesota
April 29 through May 1, 2011**

**Forums, Fun, Entertainment, & Meals
Information and Registration Forms
available**

**On the 5M website and 5M Directory
Registration Online at
www.lionsmd5m.org**



DG Brian and Lion Joanne at the 5M3
Convention in Morton with ID Bob Smith from
California.

MERLO



Lions All!

As part of your Club's on-going efforts to recruit new members, one thing to remember is to have on hand the necessary materials required for promoting and signing up your prospects. No matter if you're Club has an event such as a community breakfast/dinner, concession stand or other such public exhibition; or a permanent location such as a hall, pull tab booth or meeting space, please make sure to have the Club post it's materials at all times. Items like Club brochures, membership applications, business cards, personalized pens/pencils or Lions International provided recruitment materials should always be on hand.

Having a booth or table at an event manned by members of the Club should always be a part of any function the Club participates in. This provides you an opportunity to interact with the public, promote the benefits of being a Lion and enable you to be a positive image in your community. You may be surprised by what you can learn from talking to attendees at these events. Take the positive and negative feedback to your Club to analyze what impression is being made by the Lions. You may also discover something the Club has overlooked in the past that may offer you other opportunities to serve your community.

With these final months approaching for FY 2010 – 2011, let's all try to make an effort to avoid that membership numbers drop-off at the end of the year by adding more members than you lose. Our District is so close to making it to well over 2000 members that it can be accomplished with ease if every Club has one more member on its roster than what it started the year with. If you need any assistance at all or are looking for a speaker at your Club or Zone meeting, the MERLO Team is ready to help. Keep up the efforts, 5m7!

Lion Lyle Goff
10520 Tamarack St NW, Coon Rapids, MN 55433
R: 763-754-8921 B: 763-259-3204
gofflt@msn.com

Lion Dwight (Dewey) Gunnarson
410 Excelsior Avenue S, Annandale, MN 55302
R: 320-274-3015 C: 763-238-6443
Dwight@Lions5m7r1z2.org

The Lion's Code of Ethics: Citizenship

Always bear in mind my obligations as a citizen to my nation, my state and my community, as to give them my unswerving loyalty in word, act and deed. To give them freely of my time, labor and means.

This is the sixth of eight statements making up the Lion's Code of Ethics and the third of five relating to community. Many years ago, a co-worker received his citizenship and, during our office celebration, was kidded by another that if there were a war he would now have to fight. He looked us all in the eye with deep appreciation for the freedom of life and choice he now had and humbly responded "I will fight!" You could have heard a pin drop while we all swallowed the shortest and sweetest lesson any of us had ever received.



PEACE POSTER CONTEST



The kits are now available at Lions International, the new slogan is **"CHILDREN KNOW PEACE"** The new Governor elect wants this project to continue in his year. I will be that person, so the monkey is still on your back. Hints: Please read the rules from International carefully.

-NO numbers or Words on the poster.

-Paper size no smaller than 13"by 20"and no larger than 20"by 24" Clubs get the Poster paper.

-The Eligible birth dates.

If I were in charge at International, this project would be a "Given" Who in the right mind doesn't want "PEACE " in this world? And maybe at will take youth too make it happen.

Lion Ginny Hestekind {I'm In the Book]}

ORDER NOW!



Elk River officers, DG Brian, DGE Dave and Lion Nancy, VDGE Paul Hansen and Shirley Klein



Blaine Central Lions Golf Tournament

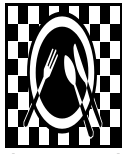
The Blaine Central Lions Club is pleased to announce our 1st Annual Golf Tournament to be held on Wednesday, June 1st at the Victory Links Golf course in Blaine. This will be a best ball scramble with a 12:30 PM shotgun start followed by dinner. We are looking for anyone interested in a sponsorship for this event as well as interested golfers. Please contact Lion Rick Nelson at 763-442-4872 or by email:rnprimera1@hotmail.com for more information or to participate!



Lioness Clubs

Ah February.....the time of Valentine's

Day and giving that special gift of love to a loved one! My personal favorite 'gift' is dinner, wine and of course anything chocolate for dessert.



Our Montrose ladies have been very busy! These ladies sponsored a spaghetti supper for Landon Tourville of Montrose. Landon is the son of [Lioness] Sonya and Jim Tourville. Landon has been selected to serve as an Ambassador for the People to People program and will be heading to Australia in June. The Montrose Lioness was honored to be able to help Landon raise funds for his upcoming trip.

At their February meeting, they welcomed *two more members* to their group! Lionesses Marcie Epple and Cheri Day were sponsored by Lioness Sandy Saurerbrey, the club's secretary. Lioness Sandy has served as secretary and an active member for many years. That makes **FOUR NEW MEMBERS** for the Montrose Lioness Club! I know I speak for DG Lion Brian, VDG Lion Dave and Paul and Lion/Lioness Illa when I say.....**Congratulations!** These ladies will be officially installed during installation of officers in June.



We have a variety of things coming up that you should mark on your calendars. First off we have the **Big Lake Lions Fish Fry and Lioness Pie Sale**. This year the event will be held at the Big Lake Fire Station on **Friday, March 11th** from 5pm to 8pm. The fish is good but I have to tell you.....the pies are to die for!

On **Friday March 18th** the **Montrose Lioness** will be working with the Montrose Celebration Committee at its annual **Fish Fry** held at the Montrose Community Center from 5pm to 8pm.



Funds raised support the annual Montrose Days celebration held the 3rd full weekend in August. If you're looking to purchase advanced tickets, please contact Lioness Carol at 763-675-6537



And last but not least, Clear Lake Lioness will be hosting our **Group 1 Meeting on Tuesday April 12th** at Rejoice Lutheran Church in Clearwater. Watch for more information to follow.



We all know February is 'Heart Healthy' month. Here are some food ideas that you may find interesting as well as tasty!

Blackberries have about twice as much antioxidant power as blueberries, raspberries and strawberries. Each cup of frozen blackberries contains 8 grams of fiber.

Blackberry Dressing: In a blender, whirl together ½ c thawed blackberries, 2 tbsp. olive oil, 1 tbsp. balsamic vinegar, 1 tsp. honey and a handful of fresh mint. Drizzle over greens.

Peach Slices [10 slices of thawed frozen] provide more than double the daily quota for Vitamin C, a powerful antioxidant.

Cinnamon Peach Topping: In a saucepan, combine 1c frozen peaches, ½ c orange juice, 1 tsp. lemon zest, and ½ tsp cinnamon. Simmer 5 minutes; add 2 tsp. cornstarch and 2 tsp. maple syrup. Simmer until slightly thickened. Serve over pancakes or pork loin.

And one last thing.....

*Each year in March, local food shelf's hold annual campaigns to replenish their food supply. Now, more than ever, our food shelf's need our help. Supplies are low after the holidays and more people are finding they need the services of a food shelf. All clubs in 5M7 should be donating money or food to their local food shelf during the month of March. It's what we do..... **WE SERVE.***

Thank You.



Can Do Canines Open House

Saturday, February 26th, Noon - 4 PM



Please join us to learn about assistance dogs, meet graduate teams, puppy raisers, volunteers, and staff all while touring our state of the art New Hope facility!



Cokato Lions: “Outside the Box: Lions Trade Up”

Fundraising, in a tough economy, is a difficult task for Lions Clubs/nonprofits. However, Cokato Lion Mark Redman was introduced to a new idea of trading items of value, which are later sold to fund a greater cause after watching a news segment featuring the Big Trade Up, a project to fund scholarships to underprivileged children in the Twin Cities.

Intrigued that via “trading” a Number 2 pencil could turn into a \$100,000 Timberwolves season package, Lion Mark contacted the co-founder of the Big Trade Up, Tony DeIDotto.

Lion Mark explained to DeIDotto that the Cokato Lions host a fundraiser each year to raise money for their scholarship program for Dassel-Cokato High School students. Though the goal of the Cokato Lions project is much smaller than DeIDotto’s initiative, the idea is the same. DeIDotto supported the project and allowed Cokato Lions to use the name of “Cokato Lions Trade Up”. He even made the first trade with the club by trading the book, “Interior Freedom” for a Cokato Lions pin. DeIDotto has a special interest in Lions as his grandfather had been a Lion member and he understands that being a Lion is about giving back to the community.

Under the direction of Cokato Lions President Joe Luhman, the club set up a website- www.lionstradeup.com - and got the word out. Cokato Lion members have presented this concept to local businesses and the response has been exciting. Starting with a Cokato Lions pin, and eight trades later, the project is now up to an \$800 landscape package. Each trade has been featured in the local newspaper and highlighted on the projects website. Lion Mark has several other businesses positioned to increase the trades and has the potential to far exceed our expectations.

Last year, the Cokato Lions built a cedar strip canoe that was raffled off for scholarships. Long hours were put in by a host of Cokato Lions, and the end result was gratifying. Thinking “outside the box” has brought new life to the Cokato Lions and having members like Lion Mark Redman, who has a passion for community service, exemplifies the spirit of “lionism”.

Cokato Lions invite you to visit www.lionstradeup.com to track our most recent activity. Perhaps you may want to “jump in” and make a trade of your own.



Help Wanted!!

Volunteers And Silent Auction Pledge Items Needed!!

Seeking your assistance for our 5M Candidate running for International Director

Visit www.rccbi.com/lionbrian and signup to help or pledge a silent auction item.

Dear Fellow Lions, Lioness and Leo's;

We are asking for your support as Lion Brian seeks the endorsement to be the next International Director of Multiple District 5M.

Volunteer: If you want to experience the International Arena there is no better place to do it than the Lions International Convention in Seattle, we can use your help and support to pass out literature about our candidate to help get him elected.

Silent Auction Item Pledge: The committee to elect Lion Brian is dedicated to raise some of the money to offset the large expense of the campaign. You can help by pledging an item for the silent auction to be held at the multiple convention in Mankato.

[To sign up go to
www.rccbi.com/lionbrian
or go to the 5M website](http://www.rccbi.com/lionbrian)

Come visit the "Lion Brian for ID" Hospitality Room in Mankato.
2nd floor of the Convention Center—Room 241A and 241B
Committee to Elect PCC Brian Sheehan
Candidate for International Director

Lion Brian



Sheehan
Candidate for International Director

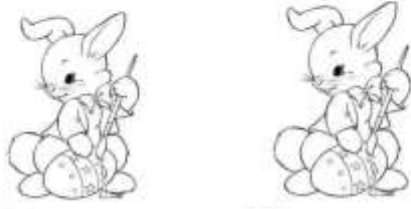
Committee to Elect
PCC Brian E Sheehan

PCC Keith Johnson
Chairperson

PCC Bert Nelson
Vice Chairperson



Easter Egg Hunt



Saturday, April 16, 2011
Time 11:00 am SHARP

Rain or Shine

St. Francis Community Park
Ages 1-10 years
Coloring Contest, Prizes

Bring your camera and have your child's picture taken with the Easter Bunny
Sponsored by St. Francis Lioness, Lions and Oak Grove Lions



You are invited to come to the
 St. Francis Lioness/Lions
 Pre-Easter Salad Luncheon
 and Fashion Show
 on April 9, 2011 at the
 St. Francis American Legion Hall
 3073 Bridge Street
 St. Francis, MN 55070
 \$7.00 donation at door
 11:00 Social
 12:00 Luncheon
 12:30 Fashion Show

As a special feature we would like to have our
 guests wear an original Easter Bonnet.
 There will be a prize given to our
 "Favorite Hat" of the day

For more information, please contact
 Lioness Marolyn Baumann
 763-753-2040 or
 Lioness Sandi Hanson
 763-753-2848



NACE Mission:

To provide food and clothing to those in need through the generosity of our community.

EMPTY BOWLS FUNDRAISER

For: North Anoka County Emergency (NACE) Food Shelf
Event Date: March 24, 2011
Time: 5:00 to 8:00 PM
Place: St. Patrick's Catholic Church
 19921 NW Nightengale Street, Oak Grove, MN
Cost: Free Will Donation

Silent and Live Auctions!

**Sponsored by Ham Lake Lions, Cedar-East Bethel Lions-Lioness
 Oak Grove Lions, St Francis Lions-Lioness, Girls Scout**

For more information or to make an offer of a donation,
 please contact

Lion, Dave Schoumaker 763-757-2832
 Joanne Yackel 763-434-7685

Non-perishable items will be collected.

*Come hungry for delicious soups, breads, popcorn,
 brownies topped with soft serve ice cream,
 then get ready to bid and give generously to a
 great cause, to helping your
 hungry neighbors in need!*



First Annual 5M7 Lions

BOWLING TOURNAMENT
NO TAP - SINGLES ONLY EVENT

Fundraiser for 2011/2012 Governor, Dave Schroeder

March 26, 2011

Chuckers Bowl, 1270 W. 3rd Street

Lions, Lionesses & Children Are Eligible

Children K through 7th grade & Children 8th through 12th grade

COST: \$20 for Adults - \$15 for Kids



TIME SHIFTS ARE:

11:00 am - 3:00 pm - 6:00 pm

3 games

Prizes will be awarded

For more information contact Bill Peters @ 320-358-3432

E-mail mpeters@warppdriveonline.com

Chuckers Bowl @ 320-358-0879

DEADLINE TO REGISTER IS MARCH 1

Return this portion to Lions, P.O. Box 141, Rush City, MN 55069

Name & Lions Club	Phone Number	Shift
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

3rd Annual Bow Wow Pancake Breakfast



Saturday March 12

8 AM to 10 AM

At the Plymouth Green Mill

Tickets are \$6.00

Tickets must be bought in advanced on line at www.can-do-canines.org



NORTH BRANCH LIONESS/LIONS FRENCH TOAST/PANCAKE BREAKFAST

MARCH 13TH 8 AM – 12

NORTH BRANCH AMERICAN LEGION

Age 12 and up \$6.00

Advanced Sale \$5.00

Under 12 -4 \$3.00

Age 3 and under Free

CALL: 651/674-7458 for advanced tickets

Breakfast includes: All you can eat French Toast, Pancakes, Sausage, Scrambled Eggs, Juice, Milk and Coffee



Lioness donate funds to: Food shelf, Senior All night Party, Crisis nursery, Women's Refuge, Youth Bureau, Wellness Van, Children's Eye Clinic, Lions Hearing Foundation, American Cancer Society, and many others



Spring Lake Park Lions Equipment Rentals

Pancake Grill	\$25.00	6 Foot Table	\$8.00
Pancake Dispenser	\$6.00	Folding Chair	\$1.00
100 Cup Coffee Pot	\$10.00	Tent 10/20 Ft.*	\$100.00
30 Cup Coffee Pot	\$7.50	Tent 20/30 Ft.*	\$200.00
Coffee Warmers	\$1.00		
		*Includes setup and down	
		Missing Stakes	\$10.00

Call to Reserve: 763-780-1619

Dan Blake Benefit

Saturday, February 26, 2011

2:00–5:00 p.m.

Beef 'O' Brady's

15190 Bluebird St NW
Andover MN 55304

\$10 donation

Includes unlimited beer,
Full menu available
at an additional cost.



Dan was diagnosed with Stage IV lung cancer in December 2010. He had a tumor removed from his brain in December, and in January he had the upper lobe of his right lung removed. As of February 1 Dan has been receiving radiation therapy daily to his brain.

Dan is a long time resident of Andover and has two small children. He has been unable to work since December.

All proceeds will go towards Dan's treatment and rehabilitation.



Dan and his family would like to thank everyone for their prayers and support during this difficult time.



Advertise your up-coming Lions Club Event
Your Event could be here for all to read!

BEER DONATED BY
BEEF 'O' BRADY'S

SPONSORED BY THE
ANDOVER LIONS



For more information
contact Nick Domiano at
763-434-6952
or
ngdomiano@msn.com



AMERICAN DIABETES ASSOCIATION ALERT DAYSM

Join the Million Challenge

There are many faces of diabetes - it can affect anyone regardless of age, ethnicity or social status. In type 2 diabetes, often symptoms do not appear until it's too late. If left untreated, diabetes can lead to deadly complications – including heart disease, stroke, kidney disease, blindness and amputation.

Nearly 26 million children and adults in the United States have diabetes. A quarter of those with the disease - 7 million - are unaware that they have it. If current trends continue, one in three American adults will have diabetes by 2050. With such staggering numbers - how many people in our District could be at risk or undiagnosed?

Tuesday, March 22nd is the 23rd Annual American Diabetes Association Diabetes Alert Day. This is an opportunity for all Americans, including those in our own community, to take charge of their health and “*Join the Million Challenge*” by taking the Diabetes Risk Test to find out if you could be at risk for type 2 diabetes and, if you are at high risk, to speak with your health care provider. The Diabetes Risk Test is available at stopdiabetes.com, by calling 1-800-DIABETES or by texting JOIN to 69866 (Standard data and message rates apply).

Studies have shown that type 2 diabetes can be prevented or delayed by losing just 7% of body weight (such as 15 pounds if you weigh 200) through regular physical activity (30 minutes a day, five days a week) and healthy eating. By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes. For people who have already been diagnosed with diabetes – whether they have type 1 or type 2 diabetes – these same lifestyle changes can make a significant difference in their diabetes management.

I strongly urge your readers to “*Join the Million Challenge*” by taking the Diabetes Risk Test. Remember, in order to prevent or treat type 2 diabetes, you must find out first if you, or someone you love, could be at risk.

Thank you for sharing this important information.

Chris Schaefer, Director

American Diabetes Association
5100 Gamble Drive, Suite 394St. Louis Park, MN 55415
cschaefer@diabetes.org
Phone: 763-593-5333, ext. 6592
FAX: 952-582-9000



The Anoka Lions proudly present
 Their 23rd Annual Country Music Show, *Featuring*

Country Music Legend

David FRIZZELL



We Serve

with opening act and band music by **Sherwin and Pam Linton**

Saturday, March 26, 2011

Anoka High School 3939 7th Ave N.

3:00 PM Matinee -- 7:00 Evening Show

Reserved Seats \$15.00; \$ 13.00 Gen. Adm.

David Frizzell, brother of Country Music Legend Lefty Frizzell, hit the top of the charts with two # 1 Hits; *"You're the Reason God made Oklahoma"* and *"I'm Gonna Hire a Wino to Decorate Our Home"*. His illustrious music career also included a number of other top 10 hits; *"A Texas State of Mind"*, *"Another Honky-Tonk Night on Broadway"*, *"I Just Came Here to Dance"* and several others.



David partnered with Shelly West on a number of hit records, and the twosome won the 1981 and 1982 CMA "Vocal Duo of the Year". David is still recording and pleasing Country Music Fans everywhere he sings.



Sherwin Linton has been performing for over 50 years, earning titles such as: An Entertainer's Entertainer, Mr. Versatility, Mid America's Number One Entertainer, a Nationally unknown Superstar, Mid-America's Country Music Legend, etc. Sherwin has been inducted into the South Dakota Musicians Hall of Fame, The National Traditional Country Music Hall of Fame, and the Minnesota Music Hall of Fame. He continues to receive industry awards, and more importantly, to entertain and delight his audiences everywhere.

For Tickets please **mail the coupon below**, or call for more information;

CLIP

Lions Bill or Jan Dubats (763) 757 4143 or Lions Joe or Lynn Zimmerman (763) 421 4361

Yes! We want to see The Anoka Lions Music Show featuring **David Frizzell and Sherwin Linton, Saturday, March 26, 2011**, Anoka High School, 3939 7th. Ave N., Anoka, MN.

Tickets are \$15.00 per ticket for reserved seats, \$13.00 for general admission.

Please reserve our tickets as follows: **Circle one:** **Reserved Seats** or **General Admission**

3:00 PM Matinee Show _____ # of tickets Name: _____

7:00 PM Evening Show _____ # of tickets Address: _____

Phone # (_____) _____ City/Zip: _____

Mail coupon & payment to: Anoka Lions, 12967 Crooked Lake Lane Coon Rapids, MN 55448