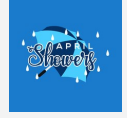




We Serve

www.5m7.org
FB: 5m7Lions

The Gram



April 2024

The latest news, views, and announcements for District 5m7

2023-24 5M7 Cabinet

- DG Peter Lendway
- DGE Mary Lea Curtis
- 1VDGE Deb Weston
- Sec/Treas Jim Pokela
- IPDG Mark Landwehr

Zone Chairs:

- Zone 1
- Zone 2:
- Zone 3: Nancy Senn
- Zone 4: Deb Weston
- Zone 5: Angie Sedesky
- Zone 6: Pete Yelle
- Zone 7: Nancy Johnson
- Zone 8: Cathy Kaiser
- Zone 9: Vern Koepp

Inside This Issue....

- DG Message: 1
- VP Message: 2-3
- Conventions: 4
- Mission 1.5-LCIF: 5
- Cabinet News: 6-10
- Leos/Youth Ex: 10-11
- Environment: 12-14
- Marketing: 15
- District News: 16-19
- Intl's Directors: 20



Find Your Roar!

Hello Lions and Leos!

Spring is here and soon we will be planting the gardens we have planned all winter. Admittedly, it has been an unusual winter. The lack of snow may affect that garden we so carefully planned for due to lack of moisture. Watering will be all the more important an activity this year.

A garden is a little like our clubs and our district. Our clubs need to be "watered" too. Training, or watering, is needed to ensure the officers know what to do in their positions. Even the veteran officers benefit from training as new techniques and technologies are constantly being improved and developed.

Professional baseball players get together for spring training, yes, even the veteran players are required to attend. Lions are no different. Spring training is upon us! Read on for more information about times and locations.

Our International President Patti Hill has challenged each Lions Districts world-wide to plant 500 trees between May 1st and June 30th . This is a notable and worthwhile project District 5M7 supports. We are looking into some options to accomplish that goal. Stay tuned for more information.

For clubs to flourish, it is important to "fertilize", too. Conventions are a little like fertilizer where sharing club successes with other clubs can inspire and motivate them to try new things. The MD5M Convention will convene in just a few weeks in Winnipeg. There are two ID (International Director) candidates running this year that will be voted on. There are also some C and BL (Constitution and By Laws) items that will be voted on as well. Input from District 5M7 is important and your attendance is requested. It is not too late to sign up to go. Keep reading for more information on the C and BL items that will be presented at the convention. Be prepared and willing to share your clubs successes with others.

I would be remiss if I did not remind all clubs to have their elections done and reported no later than May 1st. I want to thank the clubs that have done that already. This is the same thing as planning and planting the club garden.

Find Your Roar and Remember to water!

DG Peter

Hello Fellow Lions and Leos of SM7

By DGE Lion Mary Curtis

Mother Nature has certainly given us a lesson in accepting change. Winter and spring, so far, have not followed any sort of normal routine. We have learned to adapt and make the best of what we are given daily. Are you doing the same with other aspects of your life?

'Change is the law of life. And those who look only to the past or present are certain to miss the future.' John F. Kennedy It's time to elect the leadership of your Lions club for the upcoming year. Are you stuck in a comfortable routine? Or are you ready to venture into new opportunities and challenges?

International President Dr. Patti Hill has challenged us in Changing the World this year. Change begins with each of us. If we don't change, we don't grow. Be the change. Don't wait for someone to offer you an amazing opportunity – even if you are unsure. You can do it. Volunteer, say yes and learn how to do it. Nobody has all the answers and knowhow when they step into new roles.

Change takes baby steps. When we're new to something or haven't tried it in a while – it can feel impossible. Don't focus on those with skills beyond yours. Believe in yourself. All you need is enthusiasm and perseverance to reach that level of confidence you admire. (This also applies to your club and the different projects you do. Don't be afraid to mix things up a little bit. Try adding something new, be it a current or totally different project.)

There are a multitude of resources to support us in our journeys. Networking and learning from our peers are excellent opportunities not to be missed. We will hold two Spring Fling sessions of learning for club officers. Make sure all your officers – new and seasoned – attend one of them. Spring Fling dates are May 20 in Spring Lake Park and May 28 in Monticello. Additional plans are being finalized. Current club officers, keep an eye out for further information.

We are all going to experience a change this spring. Invites to access the new Lion Portal will be sent via email from Lions International on a rolling basis starting April 15. Yes, you read that correctly! The new Lions Portal is ready. This is why it is important that all club officers attend spring training. Get your officers elected and submitted to LCI by May 1. Everyone needs a valid email address. Compliance assures your officers are getting up to date information as soon as possible. 'Be the change that you wish to see in the world.' – Mahatma Gandhi

Are you ready to step up and help your club and our district be the best it can be? I am, I hope you are too!

DGE Mary Lea Curtis

Greetings Fellow Lions and Leo's!

By Lion Deb Weston 1VDG Elect

As I look out my window and watch the snow fall, it is hard to believe it's spring and Easter is next weekend! The great news is that by next weekend, the snow will be gone, the weather will warm, trees will begin budding and our flowers will start peaking through the ground!

What does spring mean for our Lions Clubs? Election of club officers! It is time to choose our new leadership for our upcoming year. It is important that your club elects your 2024-25 officers in April and report it to LCI by May 1st. It is crucial that you report your list of new officers to LCI by this date.

If you haven't taken a leadership role in your club, consider doing so this year. It is a wonderful experience and LCI has excellent training materials available for you online to help you succeed. Additionally, our district will conduct officer training this spring at two locations to make it convenient for you to attend. On Monday evening, May 20th at Spring Lake Park High School we will offer training and on Tuesday evening, May 28th at Monticello High School. More information will be sent to your club shortly. Be sure to mark your calendars and plan on attending. Even if you've been an officer previously, it is important that you attend. New information will be available plus it would be advantageous for you to be there to share your experiences with new leaders.

Very exciting news arrived in my email last week! Hopefully you received this information as well. Plans to launch the new Lion Portal is in the near future. The target launch window is April 15 - May 13th. During this time, all current Lions Account users will receive an email inviting them to access the new Lion Portal. LCI is phasing the rollout to ensure staff are available to provide the best support possible and offer all Lions and Leos a positive introductory experience. If you don't receive an email, check your spam and junk folders before contacting LCI.

If you are responsible for reporting service, accessing member data and other key data, your access will remain the same as always. If all goes as planned, from May 13 and beyond, if you are accessing the previous portal, you will be automatically redirected to the new Lion Portal. Please be aware that these dates are subject to change. If LCI determines they require more time to ensure the new portal is functioning optimally, the dates may be adjusted accordingly. For the latest information and resources, including how-to-videos visit: lionsclubs.org/portal-updates. This resource will be available soon!

Wishing you a wonderful spring and you and yours a very blessed Easter. Thank you for your heart of service!

Lion Deb Weston 1VDG Elect

Hello Lions and Leos of 5M7!

By DG Peter Lendway



It is now official! We have a 2VDG for the Lions year 2024 – 2025. Starting July 1st, 2024, our updated Governor Team will be DG Mary Lea Curtis from Spring Lake Park, 1VDG Deb Weston from Elk River and 2VDG Nancy Johnson from Centerville.

From Centerville Lions President Lion Ron Hogan:

'Our Lions Club is honored to endorse Lion Nancy Johnson for 2VDG. Nancy is always is willing to step up and take action to remedy an issue or fin answers to questions. Her generous spirit assists our club in its success as well as the success of clubs around Centerville to thrive.'

Officer History:

2014-2015: Club First Vice
 2015-2017: Club President
 2021-2023 Club Service Chair
 2023-2024 Club LCIF Coordinator
 2023-2024 Club Membership Chairman
 2023-2024 Zone Chairperson

From Lion Nancy Johnson:

'I believe I will be an asset to the Cabinet and to our district. I have always been passionate about being a Lion. There is nothing more fulfilling than seeing the results and how we can help in so many ways. I believe teamwork, respect and public image can be so influential. I will do my absolute best to represent our District.'

Please fill out the DG Visit form early in the year to get the best available date for your club visit.

DG Peter

Get Ready for the LIONS PORTAL

Finally, with excitement I am able to share with you that we are less than a month away from the new portal becoming reality. On or about April 15th, Lions International will be sending emails to all members who have emails on their profile at Lions International. Please click on this link to go to the webpage about the Lions Portal. You will find good information there about the new portal and dates that the change is coming. <https://www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates>

Please let me know if you have any questions.

Lion Judy Herrala

JLHBELLS@earthlink.net

CLUB FUTURE FOCUS

Time to get ready for the new Lions year!

LEADERSHIP ELECTIONS

All clubs need to select their leaders and have them reported in the Lions portal by **May 1**

It is important to meet this deadline and report emails so new club leaders can receivei communcation from District leadership

2024 SPRING EXPO—OFFICER TRAINING

Club leaders for 2024-2025 should mark their calendars for leadership training to prepare for their roles and responsibilities

More details will be published in May. All leaders should plan to attend one of these sessions, even if they have served in leadership roles before—they can share what they know in addition to picking up new skills



Monday, May 20 6—8:30 PM

Spring Lake Park High School

Tuesday, May 28 6—8:30 PM

Monticello High School



CONVENTIONS/FORUMS

By Lion Judy Herrala

♦ Multiple Convention-April 19-21, 2024

5m7 please consider attending the MD5M Convention in April 2024 in Winnipeg, MB. Our district, 5M7, is hosting this same convention next year in 2025 in Bloomington.

This convention will be held in Winnipeg, MB at the Victoria Inn and Hotel and Convention Centre. It is a 3 day event and just about 6 hours away from us! There is a registration form available on the Multiple Convention Website (www.lionsmd5m.org) and our own www.5m7.org website also has a link to that form. Please let us know if you need help getting signed up.



106th Annual Convention Lions International Convention 2024 Melbourne

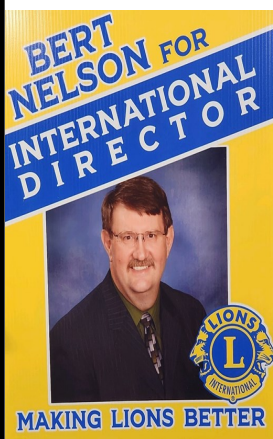
The Lions International Convention is happening June 21-25, 2024. Celebrate service with your fellow Lions and Leos in one of the most unique and exciting travel destinations in the world – beautiful Melbourne, Australia!

Known as the cultural capital of Australia, Melbourne offers world-class restaurants and bars, exciting nightlife, eclectic festivals, legendary street art, unique shopping boutiques, incredible beaches and dazzling views, as well as some of the friendliest people you'll ever meet.

You can find the information on the international website OR there is a link from our 5m7.org website on the conventions/institutes page. Watch for more information on our 5m7 Facebook page and in the newsletters that come out monthly for information on upcoming conventions and forums. We will see you there!



Lions Judy Herrala and Mark Landwehr



You're going to Canada in April, eh?

We do have a race for the endorsement of International Director. We need to show Lions Clubs International that the Lions from MD5M strongly support our members in the service they do for Lions. I appreciate the support that I have been given already and I encourage your clubs to send voting delegates to the MD5M convention in April in Winnipeg, MB. Lion Bert Nelson.



SETTING THE PACE USA/CANADA LEADERSHIP FORUM SEPTEMBER 5-7, 2024

This will take place September 5-7, 2024 in Louisville, Kentucky. Get signed up now. This forum is amazing and it takes place somewhere in the US or Canada once per year. It is an incredible opportunity to be with other lions in a setting where we share. It is an amazing experience for every lion who has attended.

Looaville, Luhvul, LLooville, Looeyville, Louisville.....however you say it, it is going to be a great time! - More than 80 seminars in 2 ½ days * 4 motivational speakers * General Sessions * Strides Walk * A service project 8 Networking with partner programs and like minded Lions members. * 5 hotels full of Lions....need I say more? This forum was originally slated for 2020, we were all signed up to go and Covid struck. The Kentucky Lions have another chance to show up their city in 2024. Website: www.lionsforum.org and also linked on our own district website. This website is extensive and you will find much information there. This is linked on our 5m7 website to the conventions/institutes

HELP NEEDED

Hello Fellow Lions and Leos,

We have a good committee and accomplished many tasks at our last meeting. There is still a lot to do and we will be recruiting more volunteers as we need them. Please consider helping us, The dates of this convention are **April 24th through the 27th of 2025**. Let's show the other districts we can put on one **FANTASTIC** convention!

PDG Lion Mark Landwehr mrlandwehr55@gmail.com


MISSION 1.5
By Lion Judy Herrala, GMT

LIONS AND LEOS
By Lion Judy Herrala,
Lions and Leos,

Welcome to all of our new members who have joined our lions family this year. There is so much for everyone here in Lions. We all join for different reasons. Some join for the social aspect, some join to serve their community and "give back." Others join because perhaps their parents or grandparents are lions. Whatever the reason, THANK YOU for being a part. Jump right in, ask questions, and have fun!

5M7 Membership = 1,710 members (as of 3/25/2024)
Added this year: 138 members
Dropped this year: 136 members
Net gain/loss: +2


District 5m7 has small clubs and we also have large clubs. Does your club invite other clubs nearby to participate in your club events, or social meetings?

This is a great way for your club members to meet other lions nearby for some social time and fun. It is also a great way for small clubs to get speakers who can speak to a larger audience.

Sometimes clubs that are small need just a few more people to conduct a larger project. Working together with clubs nearby your city will also gain visibility for all of the clubs which are working together.

Don't forget to include a membership chair in your elections process for the new year. Having a person dedicated to the membership process helps your club to work with prospective members and the new members to your club. Who is doing that if your club does not have a membership chair?

Lion Judy Herrala, 5M7 GMT JLHBELLS@earthlink.net

Did you know that if your club donates at least \$5,000.00 per year to the Lions Clubs International Foundation (LCIF), 15% of that \$5,000.00 comes back to your club in the form of a grant that your club can use for a club project? Please let us know if you would like more details about this program.

Not only can clubs make donations to LCIF...individuals can also. It is easy to make an individual donation: online at lionsclubs.org/donate. Or mail a check payable to "LCIF" to Lions Clubs International Foundation, Dept 4547, Carol Stream, IL 60122-4547 USA. You may send either of us a check payable to "LCIF" and we will forward it for you.

When you donate individually, you will build up your own Melvin Jones credits. Think about setting up an automatic monthly donation at lionsclubs.org/donate. You can decide your amount: \$5 or \$10 monthly makes a huge difference and you won't miss it. Can you give up a cup of coffee per month for our foundation?

Please let us know if we can help you with an individual donation to LCIF. It is a great feeling to know that you are making a difference in this way.

Many of our 5m7 clubs have credits built up from your past LCIF donations. Think about using those credits to bestow a Melvin Jones Fellowship on a member of your club or a community member.

PDG Mark Landwehr

mrlandwehr55@gmail.com

612-366-1331

IPDG Judy Herrala

JLHBELLS@earthlink.net

763-753-6962

WE CARE, WE SERVE, WE ACCOMPLISH'





By Lion Kevin Beadles

Project New Hope exists to provide veteran family retreats and fosters family togetherness through a wilderness getaway. It is our goal, at NO COST to the families, 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!

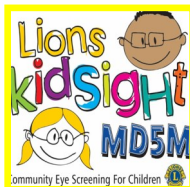


LIONS INTERNATIONAL

PEACE POSTER

2024-2025 Theme: Peace Without Limits

The list of clubs asking for a kit so far are Howard Lake, Waverly, Rush City, Andover, Elk River, Monticello, Blaine Central, Forest Lake and North Branch. Did we miss anyone? Please let Lion Jan Kugler know if you would like a kit at 763-360-1620.



Lions and Leos

By Lion Deb Johnson

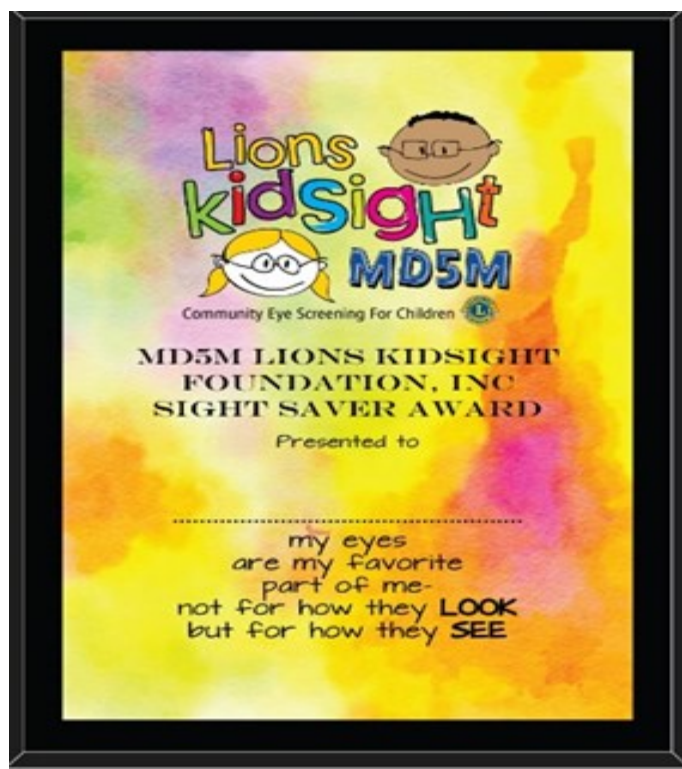
MD5M Lions KidSight Foundation is working hard on making silent auction baskets for the MD5M Multiple Convention. We would like to thank the following clubs for their cash donations to help with this: Clear Lake Lions, Lions Club of Big Lake Lioness, Big Lake Lions, Montrose Lions and Spring Lake Park

Lions! It isn't too late to donate! You have until April 15th to contribute. Any donation is appreciated as the proceeds from the silent auction go to our foundation! Please consider sending a check to: MD5M Lions KidSight Foundation, PO Box 128, Big Lake, MN. 55309

A total of 1,398 kids have been screened this quarter with 193 referrals! Spring Lake Park topped out with 548, Cedar-East Bethel with 389 and Montrose with 273. Big Lake, Clear Lake, Howard Lake, Maple Lake and Ham Lake contributed to these numbers by screening at events they had like fish fries, pancake breakfasts and community fairs/business expos. No event is too big or too small to do KidSight vision screening. Think of us when you are planning your next event! Please contact Lion Deb or DGE Lion Mary by emailing 5m7lionskidsight@gmail.com or calling Lion Deb at 612-810-2119.

Lions Mary Lea Curtis and Debra Johnson, 5M7 Directors, MD5M Lions KidSight 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.



Leadership Focus: An Occasional Feature Spotlighting 5M7 District Leaders

By Lion Orville Lindquist, GLT



LIONS AND LEOS

By Lion Steve Linder

April 2024 – Lion Vern Koepp

Lion Vern has been a member of the Rush City Lions for more than 25 years. He has been married to his wife (Cindy) for 44 years and together they have 3 children and 5 grandkids. He is a life-long educator and retired Superintendent of Rush City schools.



Vern is active in the community, outside of Lions work. He serves as President of the Rush City Education Foundation and is deeply involved in church work - singing in the choir and serving on many committees. He loves renovating houses with his son and all sorts of outdoor activities - hunting, fishing and collecting maple syrup each spring.

Lion Vern currently serves Zone Chair for Zone 9, past club president and champion of Lions KidSight in Rush City.

How did you become a Lion?

A friend asked . . . I didn't have a reason to say "no". The rest is history.

Why did you say "yes" to becoming a Lion?

I get energy from helping people.

What have you learned during your time as a Lion?

It has become more clear to me over time how satisfying service is. You meet so many neat people while serving.

What would you say to someone considering service as a Lion?

Lions bring people together. We all need to share more; we all need to be more open. As Lions, the most important thing we do is work for the common good, which is so important for our communities and for the world.

What is your favorite Lions project?

There are so many . . . I love pancake breakfasts, the roasted corn stand at the county fair, but I especially love coordinating and delivering fruit baskets to the elderly and shut-ins at Christmas

I'd like to thank the Columbus Lions Club for inviting me to their club meeting to talk about Minnesota Lions Vision Foundation. To my surprise the Columbus City Council and the Mayor were attending the meeting! I show a short video on Lions Gift of Sight Tour. Because of Covid tours of Lions Gift of Sight have been put on hold for the time being.

Lions Macular Degeneration Center: Age-related macular degeneration is the leading cause of vision loss in Americans 60 and older. A disease that causes damage to the macula (the part of the retina responsible for central vision) age-related macular degeneration (AMD) erodes our ability to recognize faces, read, view a painting, or perform intricate tasks. Over 3 million people in the United States will have AMD by the year 2021.

The Minnesota Lions Vision Foundation and the University of Minnesota changing the outlook for those who suffer from macular degeneration. Together, they established the Minnesota Lions Macular Degeneration Research and Rehabilitation Center (the MAC) and the Lions Advanced Retinal Imaging Center. The MAC is a collaboration of people, organizations, and resources working to find new treatments and a cure for macular degeneration.

Retina Clinic: University of Minnesota ophthalmologists who specialize in vitreoretinal conditions are dedicated to examining and aggressively treating patients with macular degeneration.

Visual Rehabilitation Center: This state-of-the-art low-vision center uses advanced technology and education to help people remain independent in the home, school, workplace, and community. Visual rehabilitation specialists teach people with low vision they still have.

Macular Degeneration Research: Laboratories dedicated to macular degeneration and retinal research are housed in the Lions Research Building. Scientists study many aspects of retinal disease, including the biology of aging. They collaborate with colleagues from other University departments, as well as from around the country. Research is critical to finding new medical options to treat and cure macular degeneration.

Thank you for all you do!

PDG Steve Linder 612-382-2236 Slinder71@usfamily
PDG Terry Wold 612-759-5433 terry_wold@hotmail.com
MLVF 5m7 Directors



A LIONS organization that provide s hands on service projects to people less fortunate. Primarily we will be providing eye-glass missions to Guatemala. As the group grows, we will be able to do other types of missions. Lion Jim Mulroy



Greetings 5m7 Lions and Leos

By Lion Judy Herrala

The **STRIDES Physical Activity Challenge** fundraiser began on February 1 and ends on April 30th. Please let Mike or I know if we can help you get signed up!

Has your club considered giving a Dream Catcher Award to someone who is deserving? Do you ever wonder if someone in your club has received one? A Lions Club or an individual qualifies for a Dream Catcher Award for every \$1,000.000 which is donated to the MN Lions Diabetes Foundation. Your club may give this award to any member that your club feels is deserving. To check to see how many Dream Catchers your club may have accumulated over the years, please contact Lion Judy or Lion Mike to find out. We will be glad to assist you with this.

Please don't forget to let us know what diabetes projects your club has done throughout the year. We would like to share your ideas with other clubs. Please let us know if you have questions.

How to register:
 Registration opens February 1, 2024.
 Turn in the bottom portion of this flyer
 - OR -
 Register online here: <https://secure.qgiv.com/event/mldfstrides2024/>
 \$30.00 Registration fee
 T-shirts available

How To Participate:

- Choose your own activity
- Be active on your own
- Be part of a team
- Donate or register anytime between Feb 1 and April 30
- Commit to 15 miles of physical activity per month

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

Questions? Please contact your district trustees:
 Lion Judy Herrala JLBELLS@earthlink.net
 Lion Mike Edwards mnedwards1@bellsouth.net

Lions Club Name: _____ District: _____
 Challenge Team Name: _____
 Name: _____
 Street Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____ Phone: _____
 Donation Amount:
 \$30 ___ \$50 ___ \$100 ___ \$250 ___ \$500 ___ \$1,000 ___ Other: _____
 Mail to:
 Lion Mike Edwards, MN Lions Diabetes Foundation, 11070 15th St NE, St. Michael, MN 55376
 (Net Proceeds benefit the Minnesota Lions Diabetes Foundation)

Lion Judy Herrala, 5m7 MLDF co-trustee
JLBELLS@earthlink.net
 Lion Mike Edwards, 5m7 co-trustee; co-treasurer
mnedwards1@bellsouth.net
 Lions Diabetes Foundation

GREETINGS FELLOW LIONS AND LEOS

By Lion Mike Benedetto MD5M Hearing Trustee

Registration materials can be found on the Hearing Foundation [website 5mhf.org](http://www.5mhf.org)

- Reaching out to those with hearing needs since 1973
- Construction of Children's Hearing & ENT Clinic at the University of Minnesota
- Annual support of hearing research at the University of Minnesota
- Establishment of the Universal Newborn Hearing Screening program in Minnesota Hospitals
- Creation of Affordable Hearing Aid programs for all ages
- Establishment of the Lions Professorship in Otolaryngology at the University of Minnesota
- New audiology testing booth & equipment at the Lions Children's Hearing & ENT Clinic
- "Walk to D-Feet Hearing Loss" first held in 2012 and continuing today in 2 locations in Minnesota
- New projects: remodel of the Lions Temporal Lab, first established by Lions 25 years ago & portable hearing testing devices for use throughout the multiple
- Collection of used hearing aids



Scan This Code
 to register for the
 D-FEET hearing
 loss walk

Visit us at:
www.5mhf.org
 To see all the wonderful
 things we are doing to
 assist those suffering with
 hearing disabilities.

Scan This
 Code
 to go to the
 Hearing
 Foundation
 WebSite to
 make a
 donation.



JUNE 1, 2024 - 9:30 AM

MINNESOTA LANDSCAPE ARBORETUM - CHASKA, MN
DIAMOND POINT PARK - BEMIDJI, MN

**FUN FOR FAMILIES
OF ALL AGES!**

**A CHANCE TO CHANGE A
PERSON'S LIFE THROUGH
YOUR REGISTRATION
DONATION!**

**KIDS UNDER
12 ARE FREE!**

Register at: <https://secure.qgiv.com/event/2024walktod-feethearingloss>
 Text DFEET2024 to 50155 to donate or register.



Karen and Ulla

"I used to fall 2 or 3 times a week," says Karen, referring to the effects of having her leg amputated below the right knee in 2020.

In late 2013, a joint in Karen's foot collapsed, prompting a series of reconstruction surgeries—several of which were unsuccessful. She then developed type 2 complex regional pain syndrome, a neurological condition associated with intense or prolonged pain. By the time the amputation was necessary, mobility was a real challenge. "I had not walked in six years, Karen explains. "It was like having to learn how to walk again, and now I'm having an amputation. So I'm having to maneuver and learn all those skills to get me to walking again."

Thus, all the falling. Not to mention the frustration. Karen recalls, "I actually had become a shut-in. I stopped doing anything, going anywhere. I was giving up on life."

That's when Karen's husband, Calvin, told her about a conversation he had with his boss, whose wife, Hannah, was in the application process for a Can Do Canine. Based on their experience, he suggested the same course of action for Karen. Learning about an upcoming open house, Karen attended. "Once I went to the open house, I did see where having an assistance dog would help me very much in my everyday life and routines."

Karen promptly applied but felt a bit nervous when, about nine months later, she was told she was matched with a female yellow Lab mix named Ulla (YOU-la). "I was hoping she would like me. When I saw her, that was it. She walked through the door with the trainer. I called her name, and she wagged her tail and came right to me, and that was it at that point. That sealed the deal."

It's as if they both fell for each other. Yet, it's Karen who is falling less now, saying that Ulla helps her by picking up items she drops. Whether Karen is using her manual wheelchair, her walker, her cane, or her electric scooter, Ulla is close at hand, ready to help—even bringing some of those mobility aids to get Karen moving. Karen explains that only once in the three months that she has had Ulla so far has she stumbled to the ground. "I had fallen in the hall. My wheelchair was in the living room, and the way it was turned, Ulla was able to tug it right to me." Without Ulla, Karen would have had to crawl—an especially painful and unadvised activity with her replaced left knee. "It's just been so good not to fall as much," remarks Karen.

Ulla does more than just keep Karen upright, though. She loves getting the phone for Karen and grabbing a bath towel out of a drawer for her. She also helps with laundry,

pulling clothes out of the dryer, placing them in a basket, and tugging the basket for Karen. "All the tasks that she can perform really help me get through my day much easier than I could have without her. Without her, I would have had tons of falls, not being able to walk far, not going outside walking at all. So she has changed my life for the better."

Their life together also includes going to appointments and listening to music. Karen is a reading enthusiast too... but luckily, a flexible one, as it is Ulla who makes the selection from the bookcase. Karen discloses, "Whatever book she retrieves is the choice for the day."

Karen's partnership with Ulla is a bit of a fairytale, bringing Karen to tears. "I love Ulla so much. She's been an angel in my life to be able to help me so much daily. She makes my life so worth living." Everything is really falling into place to make this a special long-term partnership



COMING UP...

Spring Graduation — Saturday, March 23, 1 p.m.

We have a few spots left for our spring graduation, being held at Can Do Canines next Saturday. If you would like to attend and celebrate our newest grads, please RSVP here.

Town Hall — Thursday, April 18, 7 p.m.

Instead of hosting a virtual conversation via Zoom this spring, we invite you to an in-person town hall. Executive Director Jeff Johnson will share the latest news and updates. Lindy Luopa from our Puppy Program will also share thoughts we have about including a puppy center in addition to a whelping center for our building expansion.



5m7 Leo Clubs

*Anoka, Andover, Blaine, Coon Rapids,
Rush City, Spring Lake Park, Blaine
Bengals in Action (BIA)*

Leo clubs designing great projects in their communities.
The clubs are making a great impact!



Anoka Tornado Leo Club-
Kindness Week



Bengals In Action-
Blaine Leo Club
Charter Night and
Elementary Read-
ings



**“THE WILLING-
NESS TO SERVE
MAKES YOU A
BETTER PER-
SON...AND THE
WORLD A BETTER
PLACE.” -ANON.**



Andover Leo Club Pet Blankets for
Midwest Animal Rescue and Paint-
ing with Arbor Oaks Residents



If you are interested in getting more in-
volved with a Leo club, or would be
interested in starting a Leo Club, please
contact: Stefanie Nelson
612-298-1523
stefanieenelson@gmail.com

5M7 YOUTH EXCHANGE REPORT

Submitted by: *Lion Stefanie Nelson 55M7 YOUTH EXCHANGE REPORT*

Submitted by: *Lion*

Stefanie Nelson 5M7 Youth Exchange Chair 23-24



Coon Rapids Leo Club
Lunchroom Jeopardy and
Community Movie



Frequently asked questions...

Calling all Lions and Leos!

We confirmed youth from Belgium, Taiwan, Germany, Hungary, and Mongolia. Learn a new language, culture, and history from these great service leaders in their own countries. Share your love of Lionism and have some new adventures. Still seeking for hosts for young men for July.

Do we have to have kids to host youth coming from other countries?

No, we welcome single individuals, empty nesters, and families. The key are homes that would welcome youth from other countries for the month of July.

What if I work full-time during the day?

The times have changed, and so are the requirements to host. We require you be able to spend as much time engaging with the youth as possible. If you work during the day, perhaps team up with a fellow host family and tag team connection time. The youth are on vacation, so if they don't have to rise at 7am every day, they too will be thankful. We do still need to have a clear plan of supervision, so a plan of how to reach you when you are not home is vital.

Can we leave the state with our youth?

The youth that you are hosting are in your care. If leaving the state for a grand adventure, or cabin time, is in the cards then better the adventure. You will be in communication with the family of the youth you are hosting, so plans can be shared ahead of time.

If you are interested in hosting a youth or two, do not hesitate!

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



Rush City Leo Club
Feed My Starving
Children and Santa
Shop





Lions and Leos

By Lion Judie Zaske

In the last of our three-part series, we'll continue to look at our biggest environmental problems affecting us in 2024. I hope you've found this series interesting and enlightening.

9. Melting Ice Caps and Sea Level Rise: Today, sea levels are rising more than twice as quickly as they did for most of the 20th century as a result of increasing temperatures on Earth. Seas are now rising an average of 3.2 mm per year globally and they will continue to grow up to about 0.7 meters by the end of this century. In the Arctic, the Greenland Ice Sheet poses the greatest risk for sea levels because melting land ice is the main cause of rising sea levels. Last year's summer triggered the loss of 60 billion tons of ice from Greenland, enough to raise global sea levels by 2.2mm in just two months. According to satellite data, the Greenland ice sheet lost a record amount of ice in 2019: an average of a million tons per minute throughout the year, one of the biggest environmental problems that has cascading effects. If the entire Greenland ice sheet melts, sea level would rise by six meters.

The Antarctic continent contributes about 1 millimeter per year to sea level rise, which is one-third of the annual global increase. According to 2023 data, the continent has lost approximately 7.5 trillion tons of ice since 1997. Additionally, the last fully intact ice shelf in Canada in the Arctic recently collapsed, having lost 40% of its area over a two-day period.

Sea level rise will have a devastating impact on those living in coastal regions. Sea level rise this century could flood coastal areas that are now home to 340 million to 480 million people, forcing them to migrate to safer areas and contributing to overpopulation and strain of resources in the areas they migrate to. Bangkok (Thailand), Ho Chi Minh City (Vietnam), Manila (Philippines), and Dubai (United Arab Emirates) are among the cities most at risk of sea level rise and flooding.

10. Ocean Acidification: Global temperature rise has not only affected the surface, but it is the main cause of ocean acidification. Our oceans absorb about 30% of carbon dioxide that is released into the Earth's atmosphere. As higher concentrations of carbon emissions are released thanks to human activities such as burning fossil fuels as well as effects of global climate change such as increased rates of wildfires, so do the amount of carbon dioxide that is absorbed back into the sea.

The smallest change in the pH scale can have a significant impact on the acidity of the ocean. Ocean acidification has devastating impacts on marine ecosystems and species, its food webs, and provoke irreversible changes in habitat quality. Once pH levels reach too low, marine organisms such as oysters, their shells and skeleton could even start to dissolve.

However, one of the biggest environmental problems from ocean acidification is coral bleaching and subsequent coral reef loss. This is a phenomenon that occurs when rising ocean temperatures disrupt the relationship between the reefs and algae that lives within it, driving away the algae and causing coral reefs to lose their natural vibrant colors. Some scientists have estimated coral reefs are at risk of being completely wiped by 2050. Higher acidity in the ocean would obstruct coral reef systems' ability to rebuild their exoskeletons and recover from these coral bleaching events. Some studies have also found that ocean acidification can be linked as one of the effects of plastic pollution in the ocean. The accumulating bacteria and microorganisms derived from plastic garbage dumped in the ocean to damage marine ecosystems and contribute towards coral bleaching.

11. Food and Water Insecurity: Rising temperatures and unsustainable farming practices have resulted in increasing water and food insecurity. Globally, more than 68 billion tons of top-soil is eroded every year at a rate 100 times faster than it can naturally be replenished. Laden with biocides and fertilizer, the soil ends up in waterways where it contaminates drinking water and protected areas downstream.

Exposed and lifeless soil is more vulnerable to wind and water erosion due to lack of root system that hold it together. A key contributor to soil erosion is over-tilling which short term will increase production but is physically destructive to the soil's structure and in the long-term leads to soil compaction, loss of fertility and surface crust formation that worsens topsoil erosion. With the global population expected to reach 9 billion people by mid-century, projections are that global food demand may increase by 70% by 2050.

Around the world, more than 820 million people do not get enough to eat. It is clear that there is an impending global food security emergency that could have long term impacts on hundreds of millions of adults and children. Countries need to rethink their food systems and encouraged more sustainable farming practices.

In terms of water security, only 3% of the world's water is freshwater, and two-thirds of that is tucked away in frozen glaciers or otherwise unavailable for our use. As a result, some 1.1 billion people worldwide lack access to water, and a total of 2.7 billion find water scarce for at least one month of the year. By 2025, two-thirds of the world's population may face water shortages.

12. Fast Fashion and Textile Waste: The global demand for fashion and clothing has risen at an unprecedented rate that the fashion industry now accounts for 10% of global carbon emissions, becoming one of the biggest environmental problems of our time.

continues page 13



ENVIROMENT CONTINUED.....

Fashion alone produces more greenhouse gas emissions than both the aviation and shipping sectors combined, and nearly 20% of global wastewater, or around 93 billion cubic meters from textile dyeing. The world generated an estimated 92 million tons of textiles waste every year and that number is expected to soar up to 134 million tons a year by 2030. Discarded clothing and textile waste, most of which is non-biodegradable, ends up in landfills, while microplastics from clothing materials such as polyester, nylon, polyamide, acrylic and other synthetic materials, is leached into soil and nearby water sources. Monumental amounts of clothing textile are also dumped in less developed countries as seen with Chile's Atacama, the driest desert in the world, where at least 39,000 tons of textile waste from other nations are left there to rot.

This rapidly growing issue is exacerbated by the ever-expanding fast fashion business model, in which companies relies on cheap and speedy production of low quality clothing to meet the latest and newest trends. Unfortunately a majority of businesses around the world have yet to address their roles in climate change.

13. Overfishing: Over three billion people around the world rely on fish as their primary source of protein. About 12% of the world relies upon fisheries in some form or another, with 90% of these being small-scale fishermen – think a small crew in a boat, not a ship, using small nets or even rods and reels and lures not too different from the kind you probably use. Of the 18.9 million fishermen in the world, 90% of them fall under the latter category.

Most people consume approximately twice as much food as they did 50 years ago and there are four times as many people on earth as there were at the close of the 1960s. This is one driver of the 30% of commercially fished waters being classified as being 'overfished'. This means that the stock of available fishing waters is being depleted faster than it can be replaced. Overfishing comes with detrimental effects on the environment, including increased algae in the water, destruction of fishing communities, ocean littering as well as extremely high rates of biodiversity loss.

14. Cobalt Mining: Cobalt is quickly becoming the defining example of the mineral conundrum at the heart of the renewable energy transition. As a key component of battery materials that power electric vehicles (EVs), cobalt is facing a sustained surge in demand as decarbonization efforts progress. The world's largest cobalt supplier is the Democratic Republic of Congo (DRC), where it is estimated that up to a fifth of the production is produced through small scale miners not affiliated with a mining company.

Cobalt mining is associated with dangerous workers' exploitation and other serious environmental and social issues. Southern regions of the DRC are not only home to cobalt and copper, but also large amounts of uranium where scientists have noted high radioactivity levels. In addition, mineral mining, similar to other industrial mining efforts, often produces pollution that leaches into neighboring rivers and water sources.

15. Soil Degradation: Organic matter is a crucial component of soil as it allows it to absorb carbon from the atmosphere. Plants absorb CO₂ from the air naturally and effectively through photosynthesis and part of this carbon is stored in the soil as soil organic carbon (SOC). Healthy soil has a minimum of 3-6% organic matter. However, almost everywhere in the world, the content is much lower than that.

About 40% of the planet's soil is degraded. Soil degradation refers to the loss of organic matter, changes in its structural condition and/or decline in soil fertility and it is often the result of human activities, such as traditional farming practices including the use of toxic chemicals and pollutants. If business as usual continued through 2050, experts project additional degradation of an area almost the size of South America. But there is more to it. If we do not change our reckless practices and step up to preserve soil health, food security for billions of people around the world will be irreversibly compromised, with an estimated 40% less food expected to be produced in 20 years' time despite the world's population projected to reach 9.3 billion people.

Minnesota's Future Forest Fund

From MN DNR Website



Forests play a major role in Minnesota's ecosystem: they clean our air and water, provide food and habitat for wildlife, gives us the raw material for the wood products we use every day, and offer beautiful places to explore and find solitude.

While a majority of the funding needed to reforest public land comes from the legislature, the Future Forest Fund gives Minnesotans the opportunity to partner with the DNR to keep state forests healthy for future generations. By donating to the Future Forest Fund, individuals and corporations can increase the number of trees planted and cared for on state land.

Continue page 14

Continue..... Minnesota's Future Forest Fund

DNR foresters carefully select areas where Future Forest Fund gifts are used, focusing on land where the need is greatest. In addition to supporting replanting efforts on certified sustainably harvested DNR-managed land, your donations to the Future Forest Fund help replace trees lost to disease, fire, storms, insects, and other elements. Foresters plant millions of seedlings on state lands each year. They then nurture, protect, and ensure those trees are wisely used.

Forest facts: Our Minnesota State Forests aren't just beautiful to look at, they play a critical role in our way of life. For example:

- One acre of trees, which is about the size of a football field, produces enough oxygen each year for 18 people. Each year, an acre of trees can remove roughly the same amount of carbon emitted by two cars.
- On a hot day, a tree in full leaf can give off 900 gallons (7,500 pounds) of water vapor into the air, which is equivalent to cooling as much air as six room-size air conditioners.

Your donation:

Sponsorship Level	Donation	Recognition
Seedling	\$10-999	A personalized letter from the state forester.
Sapling	\$1k-\$5k+	Opportunity to sponsor a project designated in the Division of Forestry's work plan and a letter from the state forester.

For more information about how to contribute to the Future Forest Fund, please contact: futureforest.dnr@state.mn.us or, download the donation form (PDF).

'All we have to do is wake up and change.'

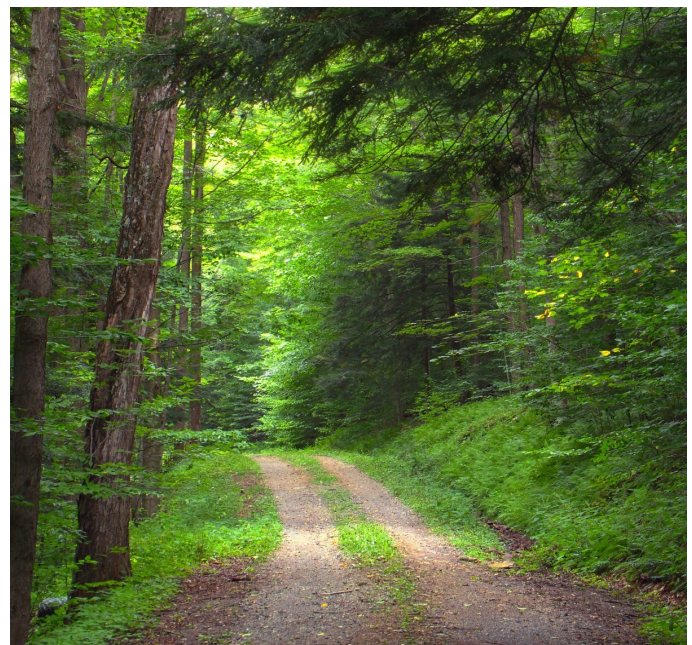
Greta Thunberg

BREAKING NEWS...

The LEO clubs of 5M7 are in the process of writing a grant for the cost of seedlings that they would distribute to Lions Clubs in the District. This is in part due to International Director Dr. Patti Hill's commitment to the environment and her [#LionsGoGreen](#) [#MissiontoGrow](#).

With the help of Lions clubs, seedlings would be planted in various communities in the 5M7 District. This would be a good time to gather your city officials, your neighboring clubs and community members to plant the seedlings and show them how Lions clubs are invested in the environment.

Earth Day, Monday April 22nd, should be the **START** of your environmental project. Your project doesn't have to encompass a huge amount of money but rather use it as a tool to encourage your fellow citizens to join you in making your city, neighborhood, park a beautiful and inviting place to be. Set the date for your project and invite the public to join in with your club in protecting our planet.





Lions Clubs International Branding Matters!

By Lion Lyle Goff

Marketing your club and its projects or events is crucial for gaining public support for your activities and for growing club membership. In doing so, it's important to remain consistent with Lions Clubs International branded materials to maintain the brand equity our organization has built over the last century.

Lions' clubs are completely autonomous. However, one of the reasons that members choose to join a club is because they identify with what our association stands for. Correctly using the graphic elements, verbal tone and personality developed by Lions Clubs International will ensure that all clubs are communicating clearly and effectively with a unified voice.

The link below takes you to the LCI website page that features all the tools you need to publicize your club's events, updates, recruitment and more while staying true to the Lions International brand.

<https://www.lionsclubs.org/en/resources-for-members/brand-guidelines>

On this webpage you can find items you need to successfully market your club – from photos and videos for digital communications to Lions emblems, service icons, Leo logos and more. Your club can utilize the resources, templates, and everything else found there to help you jumpstart your club marketing. From service event promotions to new member engagement, use these tools to elevate your club marketing efforts.

Included on this webpage is a branding guideline manual that you can read or download. Please use this reference guide to ensure that your club is properly using all the Lions logos and other branding. The guidelines found in this manual should be used in everything you do for promotion and marketing, whether it is printed materials like brochures, signs, and flyers, or websites & social media posts.

One very important item that your club can do to immediately assist in your Lions branding is to use the proper Lions logo. Many clubs have not replaced the former logo with the current logo that was implemented many years ago. Below is a side-by-side comparison of the former and current Lions logos:

Usage of the correct Lions logo is important. A few of the easiest ways to recognize the correct logo branding requirements are:

- if the logo has a red tongue, it is the wrong logo,
- if the logo is multi-colored and not the two-colored version, it is the wrong logo,
- if the logo is not smooth across the top, it is the wrong logo, and
- if the I and the L in the word International are illegible, it is the wrong logo.



If any of your printed materials, advertisements, webpages, or social media sites are using the wrong logo, please change them to the current logo at your earliest convenience.

Yours in Lionism,

Lion Lyle Goff email: goffit@msn.com

MD5M Marketing and Lions Information Chair



Build something 100 people love, not something 1 million people "kind of like." – Brian Chesky,
Co-Founder and CEO, Airbnb

DISTRICT HIGHLIGHTS AND EVENTS

Come join us as we celebrate 50 years
as Andover Lions Club



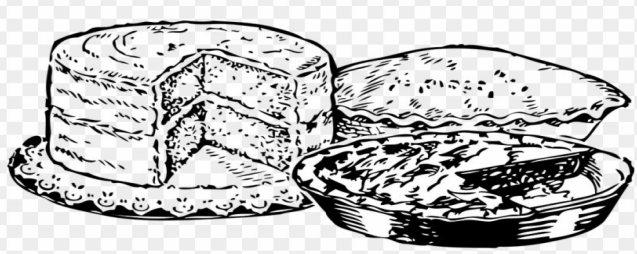
April 19th at 5:30pm
Andover Courtyards
\$35/person
Dinner, Games, and Memories
RSVP by 4/1/24 to Brook at bvander103@gmail.com

ATTENTION ZONE 7 CLUBS:

Our next Zone meeting is Tuesday May 14, 2023. Social hour begins at 6:00pm, meeting opens at 6:30. The menu will be Wise Guys Pasta Bar catered in for \$20. The venue is at Ron Hogan's Pole Barn, 13451 Zodiac Street, Circle Pines MN 55014. Any questions please contact Lion Nancy Johnson 5M7 Zone 7 Chair at 651-247-7444 or email at: njohnson10194@gmail.com



Everyone had a great time at the Lions Fish Fry and LC OF BIG LAKE LIONESS DESSERTEXTRAVGANZIE. Delicious pies and luscious cakes were available for anyone who had a smidgen of room left in their stomach after a great fish dinner! Our thanks to all who attended.



Designer PURSE BINGO

\$26
PACKET

WHEN: April 13th, 2024
WHERE: Monticello Legion
304 Elm Street Monticello, MN 55362

DOORS OPEN 10:00 AM	BINGO STARTS 12:00 PM
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Monticello Lions Club

MICHAEL KORS

For more information
visit our page
[@MonticelloLionsClubMN](#)

Gambling License #01825

13 BINGO GAMES

ADDITIONAL GAMES FOR PURSES

FOOD

50/50 RAFFLE

FUN!

CASH ONLY

Montrose Lions

**-All you can eat-
Smelt Fry**

Friday April 12, 2024 **4:00-7pm**
(While supplies last)

at the Montrose Community Center 200 Center Ave So

Smelt, Scalloped Potatoes, Coleslaw, Bread Stick, and a Beverage

\$15 for ages 12 and up
\$10 for ages 5-11
Free for ages 4 and under

DISTRICT HIGHLIGHTS AND EVENTS

Hanover Lions



Smelt Fry and

Grilled Pork Chop Dinner

SATURDAY, APRIL 27TH

HANOVER CITY HALL

11:30PM TO 5:00PM

Adults - \$16.00

Kids 6-12 - \$10.00

Kids Under 6 - Free

**DINNER INCLUDES: SMELT, GRILLED PORK
CHOPS, BREADSTICKS, COLE SLAW, BAKED
BEANS, COOKIES, MILK & COFFEE**

Otsego Lions have been busy this month. We had our new member dinner and monthly meeting on March 5th. We welcomed 6 new members. A huge welcome to - Kean, Jane, Perry, Lucas, Landon and Jill. District Governor Elect Mary Curtis was able to join us and impart us with her wisdom about all things Lions. She had a couple of special guest with her as well. District Governor elect from Manitoba, our neighbors north of the boarder. It was fun to get to know Shannon and David Dueck.

Friday March 22nd we had a bags tournament at Rockwood's in Otsego. We had 27 teams participate. Everyone had a great time. And I think those guys that beat us so badly learned their lesson!!!! Haha. We are not going to nationals anytime soon.

In April we have more fun events. Come join us for our disk golf tournament in Monticello. You can sign up on our Otsego Lions website or reach out to anyone of us for help.

Cokato Dassel Lions The Eagles Healing Nest (EHN) located in Sauk Centre, MN is a non-profit organization committed to meeting the needs of our veterans, service members, and their families who suffer from the effects of trauma and the invisible wounds of war including PTSD, anxiety, and addiction. EHN was born out of a dire need for veterans who weren't able to get help elsewhere. The mission started locally, by a mother desperately

wanting to help her son who was in a dark place after returning from Iraq.

Cokato Dassel Lion Mark Redman, through his friend Tim Burley (Veterans Advocate) learned of this amazing facility. Lion Mark heard other groups (Girl Scouts, Boy Scouts, and some Lions groups) had "adopted a bedroom" and he knew this is something our club could help with. This past December Lion Mark and five other club members visited EHN and were brought to a room off the dining area that was in need of TLC. The room, filled with storage items and basically unusable, has large southern facing windows and immediately the vision for a solarium/reading room was born. Lion Mark and a host of Cokato Dassel Lions made a total of four trips to Sauk Centre to work on this solarium/reading area. The first visit was spent cleaning, painting, and planning. Flooring was laid during the second trip, and furniture, planting table, bookshelf, sofa, chairs, and wall hangings followed. The project was finished with the purchase of numerous plants and plant kits, which will be tended to by the Vets living at this facility. Signs were made and mounted, calling this area of EHN, "The Lions Den". This project was different from our typical community service ventures, but incredibly fulfilling as the Veterans now have another space to heal. Any questions please contact Cokato Dassel Lions.



Cokato Dassel Lions at Eagles Healing Nest: L to R Lion Abe, Lion Dave, Lion Mark, Pat (Veteran), Tim Burley (Veterans Advocate), Lion John, and Executive Director Shawn Kor



Corner of the Solarium/ Reading Room at the EHN....The Lions Den

DISTRICT HIGHLIGHTS AND EVENTS

Rush City Lions recognized and presented pins at our March meeting to Lion Doug Armstrong for 15 years of service and Lion Deb Dahlberg and Lion Doug Armstrong for introducing new members into the club. Rush City Lions are looking forward to another year of serving their community!



Left to right Mike Papke, Deb Dahlberg, Doug Armstrong

Ramsey Lions dressed up to support a great cause! 21st Annual Hope Gala for Alexandra House on March 23.



JEFF ERICKSON BENEFIT
He is suffering with cancer and could use some help with his medical expenses

BREAKFAST BUFFET
AND BAKE SALE

SUNDAY, APRIL 21ST
8:00 am – 12:30 pm




Howard Lake Lions Hall
625 8TH STREET, HOWARD LAKE

Featuring Pancakes, French Toast, Scrambled Eggs, Sausage, Potatoes, Biscuits and Gravy, Milk, Orange Juice, and Coffee

Free will donations for the meal

Please come and eat and help the Lions help the community
Everyone is invited!



Howard Lake Lions Club
WE "GET TO" SERVE



On April 6, 2024 the Forest Lake Lions will be participating in the Lakes Area Expo. We will be able to have an area to offer Kids Sight testing as well as a booth promoting Kids Sight and all of our other projects. Please feel free to come out and check it out! We'd love to see you there!

Forest Lake Area Chamber of Commerce
PROUDLY PRESENTS

LAKES AREA EXPO
DISCOVER · SHOP · CONNECT

APRIL 6TH 2024

Maranatha Church • Forest Lake, MN

Title Sponsor  GREGORY CONTRACTING INC
Event Sponsor  KADORA
Event Sponsor 

FORESTLAKECHAMBER.ORG/LAKES-AREA-EXPO/


DISTRICT HIGHLIGHTS AND EVENTS

LIVE

on 65

2023-2024 SEASON

B2WINS DUO CONCERT



B2wins Duo Monday, May 13, 2024, 7 p.m.

Thanks to a generous sponsorship from the Spring Lake Park Lion's Club we are able to offer incredible ticket prices so the whole family can attend.

Online Ticket Sales: Adult: \$15 Student/Child: \$5
 Box Office: Adult: \$20 Student/Child: \$5

<https://www.springlakeparkschools.org/community-education/ticket-office/live-on-65>

Forest Lake Lions hosted their annual Easter Waffle Breakfast. We were fortunate to have Lakes Floral Gift and Garden donate the space for this event! The turnout was great and the kids really enjoyed the Easter Bunny!!



Lion Carol with the Easter Bunny

The **Forest Lake Lions** are participating in a Senior Expo, April 23. The vendors are mainly senior based and we've found we make some great connections with the public. We love it when seniors join our club ~ they bring a lot to the table in experience and wisdom and they usually have a little more time to donate for projects and events!! Don't waste that fabulous resource!

Free Vendors Free Speakers Prizes



SENIOR SEMINAR & EXPO

Tuesday, April 23, 2024
9am - 1 pm

Forest Lake YMCA

19845 Forest Rd N., Forest Lake MN 55025



On April 12, 2024 the **Forest Lake Lions Club** is packing food for Feed My Starving Children. This is an event we participate in multiple times a year and it is so rewarding knowing that we are helping children in other places who have NOTHING else to eat!! On top of that our Club really has a great time working together. There are a lot of laughs and it's just a great time!

This year the **Forest Lake Lions Club** was fortunate to team up with the Forest Lake Police Department and offer a fraud presentation to the public. The police were so impressed with the number of people who participated, they've decided to offer it quarterly! Of course the Forest Lake Lions will be there to support and promote every step of the way!!

Don't become a victim of fraud!



"Congratulations! You've just won \$10,000! All you have to do is send us your bank account information..."



Please join the Forest Lake Police Department & AARP for a presentation on FRAUD PREVENTION

Wednesday, April 3rd at 10am
Forest Lake City Hall - Community Room





PDG Dennis Kelly III for International Director



Hello Lions,

It's not about how long you've been a Lion. (28 years, but who's counting?) It's not about how many offices or positions you've held. It's not about how many awards, medals, or certificates you've received. It's about your impact.

KidSight, a new program since 2016. Leading a team of Lions. Over 180,000 kids have had their vision checked. Over 22,000 have seen an eye doctor changing their lives. Changing the lives of hundreds of Lions.

MD5M GLT since 2019. Leading teams that have resulted in more training being done at the club and district level. Two leadership institutes happening every year rather than one institute every other year. The least number of vacancies in the District Governor, 1st VDG and 2nd VDG leadership position, only three, in the last five years. That is my impact.

We are asking for your vote. Please vote for the Lion who has made an impact on our Multiple District and the lives of thousand of Kids and Lions through KidSight. Please vote for the Lion who has made an impact on leadership development both in our multiple district and Internationally. Your vote will allow me to continue to make an impact in our multiple district and on the International level. Please allow me to represent you and be your voice. Please vote for PDG Dennis Kelly III for International Director.

We appreciate you and thank you for your support and your vote.



Bert Nelson Candidate for International Director

lionbert.a.nelson@gmail.com
cell: 218-298-0599



REMEMBER THESE 2 KIDS?



IT'S TIME TO WELCOME THEM HOME!

WHEN: Friday, July 19, 2024
 WHERE: Best Western Plus Kelly Inn
 100 - 4th Avenue S.; St. Cloud, MN; (320) 253-0606; Rooms: \$115/night
https://www.bestwestern.com/en_US/book/hotel-rooms.24113.html?groupid=1H4EBBR3
 TIME: Warm up: 6:00 pm
 Dinner: 6:45 pm
 Program: 7:30 pm
 DRESS: Black and White attire (Notice we didn't say "black tie")
 COST: \$15.00 PER PERSON (Not a typo!); CAPACITY: Only 280

**NO GIFTS PLEASE:
 THEY ALREADY NEED TO BUILD AN ADDITION ONTO THEIR HOME!**

ONLY IF YOU INSIST:
 Consider bringing a check payable to "LCIF" or "TEAM Sheehan Charitable Foundation"

Name(s) _____ District # _____
 Email Address: _____

Dinner Choices: Top Sirloin _____ Chicken Breast _____ Vegetarian _____

Please mail the completed form and your check for \$15/person payable to "Lion Brian Campaign Fund" to:

Mike Molenda
 1462 Featherstone Court
 Hastings, MN 55033-9181





SAVE THE DATE

NORTHERN PRIDE LIONS FORUM



ST. CLOUD KELLY INN

SEPTEMBER 20-21 2024



**SEMINAR INFORMATION WILL BE COMING SOON.
 SPREAD THE WORD - WE'RE BACK!**