



We Serve

www.5m7.org
FB: 5m7Lions

The Gram

August 2023

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

2023-24 5M7 Cabinet

DG Peter Lendway
1st VDG Mary Lea Curtis
2nd VDG Deb Weston
Sec/Treas Jim Pokela
IPDG Mark Landwehr

Zone Chairs:

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

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Hello Lions and Leos!

Have you ever found yourself in a situation where, if it were not for the reserves you have tucked away, you may have found yourself backed into a corner needing financial help? Or help with something as crucial as finding your next meal?

I was in a situation recently where my vehicle died on the road and had to have it towed home. It was more of an inconvenience for me than anything, compared to what someone in need might experience. The experience left me thinking about others and their needs while waiting for the tow truck to arrive.

Lions often find themselves in a position to help those who are in such a predicament. That's why we support our local food shelves, provide rides for those who can't drive themselves to doctors appointments, deliver meals and groceries, pay for eyeglasses and hearing aides, and the list goes on.

Thank you for what you do as Lions and individuals. Your hearts are big. You do it with a smile with no thought of the recognition that such actions might otherwise receive.

Someone once said that the true test of one's character is what they do for others who cannot do for them in return. Sounds like a Lion to me. Keep serving and...

Find Your Roar!

DG Peter



Find Your Roar!



Greetings Fellow Lions and Leos,

Leadership

By now you should know our new International President is Lion Dr. Patti Hill from Canada. Her theme for the year is **'Changing the World'**. I love how her theme flows right along with Lion Brians theme last year "Together We Can".

We learned last year how we can accomplish so much more when we pool resources and energy to work together. Let's keep the momentum going and continue to work together towards changing our world. Change can be personal, within your club, community, zone, district, multiple and worldwide. The beauty of change is that it doesn't need to be grandiose. Sometimes the smallest of changes have the largest effect.

Dr. Hill said one of the most significant ways to achieve true change is through MISSION 1.5. We're on a mission to grow. Mission 1.5 is the drive to reach 1.5 million members worldwide, so we can better meet the growing needs of our communities and serve more people than ever before. The goal is to raise our membership to 1.5 million by 2027. Are you ready to support the mission and meet the challenge to grow your membership? Just think of the change you can make in your world with a few more Lion members.

Are you utilizing the resources available to you? Have you done any of the courses on My Lion? Have you attended a Mid-Winter Convention? How about attending RLLI (Regional Lions Learning Institute)? Maybe you should consider attending the USA/Canada Lions Leadership Forum! If you are interested in any of these don't hesitate to reach out for additional information.

There is nothing better than networking and brainstorming with fellow Lions. The Forum and RLLI are perfect platforms for hard working Lions. You'll meet Lions like yourself while gathering ideas and resources for growth and change. **The USA/Canada Forum is in Reno, Nevada, September 21-23, 2023. RLLI is October 13-15, 2023, in Bemidji.** Please consider attending. I guarantee you'll have a great time.

Let's join together and focus on Changing our World!

1VDG Lion Mary

Greetings Fellow Lions and Leos,

My name is Deb Weston and I am a proud member of the Elk River Lions Club and have been for 15 years. I am humbled and honored to have been elected to serve as your 2nd Vice District Governor for 2023-24. This was not on my bucket list but, when asked to serve, I couldn't say no. I love being a Lion and so proud of the tremendous impact we Lions make around the world.

I finally had the opportunity to attend the Lions International Convention which was held in Boston. All I can say was WOW!!! What an incredible experience. I was 1 of over 11,000 Lions! Over 180 countries were represented. I was able to witness our own Lion Brian Sheehan run the Plenary Sessions as our International President. He is truly amazing!!!!

I was fortunate to march in the International Parade of Nations and help carry the banner for our multiple with President Brian and Lion Lori walking behind us. Lions from all over the world were running to greet them.



There was so much to learn and experience. So much I didn't know about. A highlight for me was the "The Choose Kindness Project (TCKP)". Lions Club International and Lions Quest are the founding members of the TCKP Alliance which is a coalition of the nations leading non-profit organizations championing bullying prevention, intentional inclusion and youth mental illness. This program will provide new antibullying resources to be used in schools and at home, revised service-learning models, and so much more. The program is expected to reach hundreds of schools and impact thousands of young people and caring adults through outreach, resource development and implementation, engagement of parents and community-based partners and volunteer service activities. We can contribute to this vital program by bringing these resources to our schools and organizations serving youth. Please go to the LCI website and learn more about this incredible program. If able, please consider attending an LCI Convention. It is lifechanging!

I will be attending as many Governor's Nights and Zone meetings as possible. I look forward to meeting you in the near future. If I can be of any assistance to you, please reach out to me.

Lion Deb Weston 2VDG
Together We Serve



Lions Clubs International FOUNDATION

Hello Lions and Leos,

Welcome to the new Lion's year 2023-2024. How many of you know about the impact of the Lions Clubs International Foundation (LCIF)? Several of our 5m7 clubs have received grants and have done great things for the world and right there in each of your communities. Every single one of our clubs and our district have the ability to get a grant to help our world and our communities. LCIF has so many different kinds of grants and they can help us find the right kind of grant to use for each of our projects.

IPDG Mark Landwehr and I just got back from learning way more than we ever knew about our foundation. We are excited and we are asking YOU to be excited right along with us.

There are times when clubs would like to do a certain project but just doesn't have enough funds to pull it off themselves, but with a bit of help from the foundation they could. This is where LCIF grants come in. LCIF grants assist Lions and Leos to expand the reach of their service projects. You can find resources in the LCIF grants toolkit to help you apply. And of course, we are also here to help you. The mission of LCIF is to empower Lions clubs, volunteers and partners to improve health and well-being, strengthen communities and support those in need through humanitarian services and grants that impact lives globally and encourage peace and international understanding.

Our district right now has 16 LCIF Coordinators assigned out of 52 clubs. 36 clubs are without a member assigned to this role in My LCI. We are strongly encouraging your club to assign someone to that role. Your secretary can put that person in My LCI as LCIF Coordinator in your club. Please do so as emails come from LCI to your club periodically from the foundation and we do not want you to miss one of them. Please do this now. We will be in contact with each club to get this done. From the Lions Clubs International Standard Club Constitution and Bylaws, this is a duty of the Immediate Past President unless another Lion is appointed to this position. If you do not appoint someone, your Immediate Past President is who we will be communicating with.

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. If you have questions about how many Melvin Jones credits you may have or how many you need to make someone a Melvin Jones Fellow, please let us know. We can help!

Stay tuned for some fun ideas for fundraising for LCIF in your club and in our district. There are some fun things that your club can do to raise funds for LCIF. Don't forget to invite us to your zone meetings or club meetings to share about LCIF.

THANK YOU to all Lions and Lions clubs for your support of LCIF. Your support makes a big difference in our world and right here in our own communities.

Your LCIF Coordinators

IPDG Mark Landwehr
mrlandwehr55@gmail.com
612-366-1331

PDG Judy Herrala
JLHBELLS@earthlink.net
763-753-6962



Dear Lions and Leos,

Welcome to the new Lions year 2023-2024 and to **Mission 1.5**. Mission 1.5 debuted in Boston. **Mission 1.5 is the drive to reach 1.5 million members worldwide by 2027**, so that we can better meet the growing needs in our communities and serve more people than ever!

Does your club have a membership chairperson? Not all do and I often wonder why. Having a membership chairperson allows someone in your club to focus on membership and assist other club officers and members in working on membership. If there is not one person working on membership in your club, it really is harder to get the membership job done. Of course, being the membership chairperson in your club doesn't mean that you have to go out and sign up all the new members. This really is everyone's job in every club. Having one member as the membership chairperson allows members to be at the forefront of someone's mind always. That membership person can make sure that there are club brochures at all events. This person can report at your meetings about membership efforts. Membership is not always new members. Maybe this person is working also to retain and care for our current members. This person ensures that new members get a new member orientation. There is a lot for a membership chair to do. If your club doesn't have a membership chair maybe you could try it out. Here is the job description of the Membership Chairperson from the Lions International website: [Membership Chairperson Job Description](#)

And here is the link to the page at Lions Clubs International which is a page for the Club Membership Chairperson. One day, a several years ago, I began reading this page...5 hours later I emerged. There is some good stuff there for each of our clubs in 5M7 to utilize for membership in your clubs. [Club Membership Chairperson Webpage](#)

Please consider filling the Membership Chairperson officer position in your club if you haven't already. You will be glad you did. Occasional emails come to your membership chair from Lions International and your club misses those emails if you don't have a membership chair. Don't let that happen.

Stay tuned for more details on Mission 1.5.

Lion Judy Herrala, Global Membership Team Coordinator

CONVENTIONS/FORUMS



5m7 will be hosting the Lions Multi District Convention 2025 from Friday, April 25 to Sunday, April 27, 2025 at the Minneapolis Hilton Airport. The theme for the convention is: **Ignite Your Lions Pride**. We need help so please let us know if you're interested.

IPDG Lion Mark Landwehr and
Lion Cathy McCauley

REGISTRATION FOR THE RLLI can be found on the 5m7 website or Lions International website.



REGIONAL LIONS
LEADERSHIP
INSTITUTE

Lions who wish to pursue leadership roles within their Lions community will benefit from the RLLI, where they will learn about club operations, opportunities and resources available to clubs. They will also gain valuable leadership skills and a deeper understanding of how to better serve clubs.

PLAN TO ATTEND

Date:
October 13-15, 2023

Location:
Hampton Inn & Suites, Bemidji, MN

Save the Date:
Registration & cost will be out soon!



ARTICLES are due into the Gram on the 25th of each month unless otherwise noted. PLEASE adhere to that timeframe.

Gram Editor

Lions and Leos,

District Governor Peter is looking for a few folks to round out his convention committee for our **Mid-Winter convention 2024 in St Cloud**. Please let DG Peter or I know if you are interested in being on our 5m7 Mid-winter Convention Committee. Please let us know quickly so that you can get in on the planning fun! Our Mid-Winter will take place January 12-14, 2024 in St Cloud at the same hotel it was held in last year.

There is still time to register for the **USA/Canada Forum** which takes place **September 21-23, 2023** in Reno this year

And finally, consider attending the 104th Multiple District 5M Convention in Winnipeg, , MB, Canada April 19-21, 2024. You will find the registration form on our 5m7 website and it is also on the MD5M website. Full registration for this is \$165 US dollars OR \$220.00 CDN. Conventions are a wonderful time to meet up with friends and make some new friends.



SEPT. 21-23, 2023



THE ROW
Reno, Nevada

3 RESORTS – ONE DESTINATION
El Dorado • Silver Legacy • Circus Circus

NO SHUTTLES NEEDED
all Forum hotels are connected to the city center

OVER 80 SEMINARS

FREE PARKING
at The Row hotels

4 MEALS
included with registration

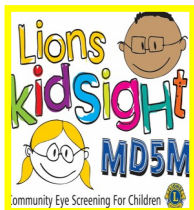
4 INSPIRATIONAL SPEAKERS
during meals

EARLY REGISTRATION
ENDS MAY 31, 2023

Visit LionsForum.org for more information

There are many opportunities to think outside of our own clubs and districts and meet even more new friends from around the world.

PDG Judy Herrala and IPDG Mark Landwehr
Conventions and Forums Co-chair



Last call, this year for volunteers at our State Fair Booth. We have a handful of openings left. Please consider volunteering three hours in the **KARE 11 Healthfair Building** doing vision screenings. It is a very fulfilling and fun experience. Contact us for a time slot or if you have any questions. Has your club considered hosting a screening event? Do you need

information? Please reach out to us. We would love to provide your club with the information they need to know.

Lion Mary Curtis and Lion Debra Johnson,
SM7 KidSight Foundation Directors
Sm7lionskidsight@gmail.com

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

Mark your calendar for Project New Hope's September retreat at Good Earth Village in Spring Valley, MN.

PROJECT NEW HOPE

Military Family Retreats
at no cost to Veterans

"At Project New Hope, we are driven by our mission - to provide education, training and skills necessary to manage their lives after wartime service."

FOR MORE INFORMATION GO TO
WWW.PROJECTNEWHOPE.NET OR SCAN THIS CODE:

2023-24
MINNESOTA
RETREATS

2023 JUNE 9-11
Osprey Wilds near Sandstone, MN
2023 SEPT. 29 - OCT. 1
Good Earth Village - Spring Valley, MN
2023 DECEMBER 1-3
Inspiration Point near Vining, MN



STATE FAIR UPDATE



We still need volunteers to work the State Fair this year. I have close to 90 open spots this years that aren't filled. The workers don't have to be Lions, they can be your friends, neighbors, your church group or a community organization. Volunteers must be 18 yrs. or older. Compensation is \$12/hr. and you get to spend the rest of the day at the State Fair for free with free parking as well! **LET ME KNOW ASAP!** Larry Kounkel at larryandmk@gmail.com!

Hello Lions and Leos



Well, I'm back! Thanks to PDG Terry for submitting articles for the last year. I missed July's newsletter, because Lion Kathy and I were celebrating our 49th Anniversary cruising the inland sea of Alaska. We brought back a lot of pictures, souvenirs, tons of memories, and Covid. Lots of folks on the cruise also connected Covid also. So, we've been hiding out up north since the 2nd of July and now have tested negative.

So far in 2023 we have sent over 228,500 pairs of used eyeglasses to Rosholt, Wisconsin to be cleaned, prescriptions read and sorted, to be sent to under privileged countries. Thanks to all the Lions in the Greatest District in MD5M, without you these numbers could not be reached.

On July 28 and 29 the Minnesota Lions Vision Foundation will be holding our annual training. We will learn about new things happening within Lions Gift of Sight. We'll meet all the new Lions taking on positions in the Minnesota Lions Vision Foundation for the upcoming year. Congrats to them for taking on this position.

Lastly, please contact PDG Terry or me to pick up your clubs used eyeglasses that you have collected. We will come to you or plan on meeting you somewhere in between. Thank you for all you do!

PDG Steve Linder 612-382-2236 Slinder71@usfamily

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

MINNESOTA LIONS VISION FOUNDATION

EYEBall

October 27, 2023 7:00pm-9:30pm

Featuring
The Jammers
Wine Pull • Appetizers • Cash Bar

\$30 per person • \$50 per couple

Cash or Check

Semi Formal/Business Attire

Contact Lion Deb Bialke at liondebbialke@gmail.com

Earle Brown Heritage Center

Captains Room

6155 Earle Brown Dr,

Brooklyn Center, MN 55430

7:00pm - 9:30pm

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



Greetings 5m7 Lions and Leos,

By the time you read this newsletter, all 22 MN Lions Diabetes Foundation (MLDF) trustees will have had our first board meeting together in Roseville. Annually, in conjunction with our first board meeting we tour the labs at the U of MN where our researchers spend much time working to find a cure for diabetes. This is a time when we hear from the researchers from the MN Lions Diabetes Foundation, MN Lions Vision Foundation and also the MN Lions Hearing Foundation. The next day is our Annual Board Meeting, on July 29, 2023. Please stay tuned for a lot of information from the Diabetes Foundation after our first meeting.

Our cumulative total donations for University of Minnesota research has exceeded \$2,150,000 as of Lions year 2022-2023. MLDF has also supported other causes over the years, such as Operation Springpoint and Camp Sweet Life.

Strides for Diabetes Awareness was MLDF's major fundraiser for the 2022-2023 year. The event ran from February 1 through April 30. The event was online. It was a push to add physical activity to participant lifestyles and provide diabetes awareness in efforts to promote healthy decision making and activity. A goal of raising \$25,000 was set and funds raised exceeded \$27,000.

MLDF raises funds to support research to identify a cure for diabetes and provides funding for diabetes, education, diabetes screening, and programs and services related to diabetes.

Will this be the year that **YOUR CLUB** does a diabetes project? There are many kinds of projects out there for your lions or Leos club to do. You could do something as simple as hand out brochures and provide diabetes awareness at your local farmer's market. I have always believed that if we touch just one life and make it better we've done our job. Clubs could work together and put on a Strides Walk For Diabetes in the Fall or in the Spring. Please contact Lions Mike and/or Judy to get some ideas for a diabetes project for your club. Please keep the MLDF in mind as your club is making choices about where you might make donations this year.

Thank you so much 5m7. Your support of the MN Lions Diabetes Foundation is making a difference in your community and across the world!

Lion Judy Herrala, 5m7 MLDF co-trustee

JLHBELLS@earthlink.net

Lion Mike Edwards, 5m7 co-trustee; co-treasurer

mnedwards1@bellsouth.net

MN Lions Diabetes Foundation



Submitted by PDG Lion Jim Mulroy

Hello Lions!

We just want to keep you updated!

We will be attending the Wisconsin Lions Missions meeting at the end of August in Beaver Dam Wisconsin. At that time we will have a better feel for the exact number of people that will be going, and more details on the price of group airfare, and how we can arrange for proper training. Regarding airfare, regardless of whether you will be traveling with the group or making your own arrangements, travel insurance is a top priority item. It is available through a number of places, and you can Google "travel insurance" and find many companies that provide it. The prices for insurance varies from about \$150 to \$300 per person, but whatever you purchase be sure that it includes medical evacuation. You can also check with your private health insurance company, but most do not include this feature routinely. Most travel insurance companies will not allow you to purchase the insurance before you have your airline tickets, so this is just a heads up message on this.

After this meeting we will also be requesting a firm commitment from everyone planning to go. In the meantime, please be sure your passports are in order, and good at least through September 2024. Check with your health care provider to get any immunizations you may be needing, and get authorizations to your pharmacy for any medications you need to take with you, especially if it will involve an early refill.

We continue to be in contact with our hosts in Guatemala City, and are confident they are doing a good job for us. They have assured us that ice will be available at our hotels for those who may need to keep medication cold.

Gary Donaldson has handled the shipment of 7000 eyeglasses to Guatemala through Vine International. Our hosts will pick those up from Vine and store them until we arrive. There was a shortage of the kind of eyeglasses that we needed at the time of shipment deadline, so Gary and Steve McCabe from Wisconsin Lions Missions went to the distribution center and picked up more eyeglasses. We will distribute them to our members to carry in their luggage.

Finally, if you know you will not be able to make this trip, please notify us as soon as possible because there is a waiting list of those wanting to participate. As always, if we can answer your questions please contact us. Also, if you are aware of anyone not receiving our emails, let us know. We have had some erroneous addresses in our list.

Dan and Nancy, Minnesota Mission Coordinators.
507-454-4118



Kaden and Gucci

For most of his nine years, Kaden and his family have been living a rather isolated life. Beth, Kaden's mom, describes Kaden as a "friendly and social, but quiet and reserved boy." He was diagnosed with Level 2 Autism when he was 3 years old. Commonplace activities like shopping for groceries or going out to dinner as a family were insurmountable obstacles, because Kaden could quickly become overwhelmed. Beth recalls how in the early days of Covid shutdowns, their daily lives continued without much change. "Having to stay home all the time actually helped people understand a little more what we were going through."

Shortly after Kaden's diagnosis, Beth began researching assistance dogs. As she learned about the benefits and opportunities an Autism Assist Dog could provide, the name Can Do Canines came up over and over. She says, "Everyone who spoke of Can Do Canines had nothing but wonderful things to say about the program. The more I learned, the more Can Do Canines felt like the right fit, and the more I was confident in the quality and qualification of any dog we would get from Can Do Canines."

Kaden's family was incredibly excited to be selected to be partnered with an assistance dog. "For whatever reason, almost as soon as we were notified Kaden had been selected, the Can Do Canines staff knew Gucci would be a good fit for Kaden," explains Beth. From that moment on, it was a bit of a "whirlwind." She adds, "Everyone was just so wonderful, super friendly, and helpful welcoming us into the program. The education and training Can Do Canines provides has been wonderful."

Since Autism Assist Dog Gucci joined their family, doors have opened for Kaden. "Gucci has really helped Kaden be involved in the community," says Beth. Gucci's soothing presence helps Kaden remain calm and regulated in public. With Gucci at his side, Kaden is able to navigate through a store to spend the Christmas shopping money from his grandpa. For the first time in years, Kaden and his family are able to eat together at a restaurant. Soon, Gucci will be joining Kaden at school to help him remain grounded and focused in his classes.

Thinking of all the ways Gucci is making a difference in Kaden's life and their family's opportunities, Beth says, "We are so grateful for this opportunity."

See page 8 for Can Do Canines additional facility.... the WAG Center.



Join us at the Can Do Woofaroo!

Saturday, September 23, 2023

Registration starts at 10 a.m. at Can Do Canines

Invite your friends (even the four-legged ones) to celebrate the amazing partnership between assistance dogs and the people who need them. This outdoor fundraising event includes a one-mile walk, live music, dog-centric vendors, dog costume contest, food and more!

**The Lions Clubs of Minnesota will
once again be the Presenting Sponsors.**



candocanines.org/woofaroo





5m7 Leo Clubs

*Anoka, Andover, Blaine, Coon Rapids,
Rush City, and Spring Lake Park*



The Leo clubs of 5m7 are still on summer break. We look forward to hearing all about new projects that will make communities great. If you are interested in getting more involved with a Leo club, or would be interested in starting a Leo Club, please contact: Lion Stefanie Nelson stefanieenelson@gmail.com 612-298-1523



Youth exchange welcomed youth from several countries to Minnesota this month.

The youth welcomed many members of the MD5M leadership group to a banquet featuring homemade food representing their own countries. Both youth and attendees enjoy the education in food and country.



Thank you to Joe and Wendy Graves from Stanchfield who host Tim from Germany during his stay in the states.

We'll hear all about their experience in the September newsletter. Please think about hosting youth next summer.

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

Puppy Center Open House – Can Do Canines

Tuesday, August 22, 5-8 p.m.

You're invited to tour the additional facility we just purchased in New Germany, Minnesota—about 45 miles southwest of our main site. We will temporarily use this location for whelping litters until a building project is completed in a few years. Come check out our aptly named Whelping and Growth (WAG) Center on Tuesday, August 22, when we will have the facility open to the public from 5-8 p.m. The address is 8127 Yale Avenue, New Germany, MN 55367. Please note that this facility is not accessible for those with mobility challenges.



The **Minnesota Lions Hearing Foundation** voted in 2004 to commit more than \$920,000 over five years to establish the Lions Children's Hearing Center. We held our first clinic in early 2006. At our hearing center, a family can see up to six specialty doctors in one setting in one day. These doctors include: Audiologists, Ear, Nose, & Throat Specialists, Neuropsychologists, Speech-Language Pathologists, Infectious Disease Specialists, Geneticists.

Once the child and their family leave the center, our professionals use a team approach to determine what course of treatment will be sought. The Lions Children's Hearing Center also serves as an educational resource for those who work with hearing-impaired children, and as a research center for pediatric hearing disorders. There is no other such comprehensive center in the upper Midwest.

Minnesota Lions Hearing Foundation established the Lions Hearing Aid Loaner Bank, providing pediatric hearing aids free of charge to infants who are newly identified with hearing loss. This much-appreciated service allows babies to hear sounds immediately while their parents organize the considerable financial resources necessary and the family and medical team devise and implement a treatment plan.

Similarly, the Lions Children's Hearing Center provides hearing aids free of charge to cancer patients treated at the University Hospital-Fairview. Hearing loss can be an unfortunate side effect of cancer treatment.

Lion Mike Benedetto Hearing Foundation Trustee
mbenedet@smumn.edu



ENVIRONMENTAL NEWS

Lion Judie Zaske

Cultural flare-ups around gas stoves have been popping up in the news lately. I guess I'd been living under a rock when it comes to this latest controversy so I decided to check out what the issue/s were and why now we want to 'abolish' gas stoves.

In January of this year, several news outlets were reporting the Biden Administration was going to ban gas stoves. This came after a statement from the head of the US Consumer Product Safety Commission said natural gas stoves are a 'hidden hazard' and suggested that this product should be banned. That came at the same time about 100 cities or counties, and three states, are putting new building codes in place that either ban the installation of natural gas hookups in newly constructed homes and buildings or offer incentives for not doing so. In this political climate, that's all it took for a variety of false statements to start circling the news media.

But, a little research can bring the facts to light. For instance, this subject doesn't affect the majority of Americans. Most surveys show 35% to 40% of stoves in the United States use natural gas. Overall, natural gas is much less used in the Southeast, and it's most common in the West, Midwest and Northeast.

So let's consider the facts because in matters of public health and climate science alike, long-term, evidence-based scientific research is the gold standard to help sort fact from fiction. Poorly ventilated gas stoves can cause health hazards inside the home. A Harvard study published in June found natural gas contained varying levels of volatile organic chemicals and was more likely than realized to leak. A study in December found using a gas stove was associated with an increased risk of asthma among children living in a house with a gas stove.

Natural gas is methane. When burned, it produces small but detectable amounts of nitrogen dioxide and other pollutants. Exposure indoors, when there isn't enough ventilation, is associated with more severe asthma especially in children.

The problem: Two-thirds to three-quarters of Americans seldom if ever turn on their stove's ventilation fans. Many homes and apartments either don't have adequate stove ventilation or have fans that simply recirculate the air through a filter, which doesn't remove the nitrogen oxide.

Want to make your stove safer? Turn on your fan or open a window every time you use your stove or invest in an air purifier. By ventilating, you're drastically reducing the

emissions down to levels that are unlikely to cause any harm. Make sure the fan vents to the outside, not just a filter that blows back into the kitchen. A study done with children who lived in homes that always used ventilation when their gas stove was on were 36% less likely to be diagnosed with asthma,

So the other question is, are gas stoves bad for the environment. Yes. And that's a big reason there's an effort in some areas to phase out natural gas from new buildings.

Natural gas has been the fastest-rising fossil fuel over the past decade as it largely replaced coal. Though it produces less carbon dioxide than coal, burning methane is still nowhere near carbon-neutral. Studies have shown that burning natural gas contributed 8 billion tons of carbon dioxide pollution a year. Carbon dioxide and methane are the primary greenhouse gases that are causing climate change. Research has found that the 40 million gas stoves in the United States annually produce pollution equivalent to the tailpipe emissions of 500,000 cars.

"Gas stove bans" primarily references the effort to stop new construction from being piped for natural gas, not removing existing stoves. That is meant to help wean the country from fossil fuels. A new building piped for natural gas means decades more fossil fuel use, just when the country is trying to move away from such fuels and toward all-electric construction. Rest assured no one is barging into homes and ripping gas stoves out of people's kitchens.

Replacing a gas stove **IS NOT** high on anyone's priority list. With that being said, one can reduce the use of their gas stove with small appliances such as air fryers, rice cookers, toaster ovens, or even a portable induction burner. I'm no Gordon Ramsey or the Pioneer Woman but there are alternatives that I can safely and effectively use to heat/cook my food without causing harm to myself, my family or the environment. And under the Inflation Reduction Act, if you are considering a new stove, you can request rebate amounts to help defray the cost.

Portable Induction Countertop Burner

Cooking time 20-40% faster than gas or electric. Safer surface that cools down quickly with easier cleanup. No dangerous gases.



Double Induction Cooktop Portable Countertop

DISTRICT HIGHLIGHTS AND EVENTS

We had 16 members of the **Howard Lake Lions** club cheering for the Howard Lake Orphans on Wednesday, June 28th. It was Lions night at the Orphans game. Lion President Craig threw out the first pitch and the Lions all lined up with the team for the National Anthem. We all had a great time. Thank you to Chris Bickman team manager and the Orphans for inviting us.



The **Cokato-Dassel Lions** have teamed up with the Cokato Dassel Rotary to replace the 11 deteriorating wood benches, placed over 30 years ago, on the 5-mile trail along Hwy 12 that connects the 2 communities. We signed up for the TREX bench recycling project. For every 500 lbs. of soft plastic taken to the collection sight in Hutchinson, which is the closest for us then we will get a beautiful bench. The communities have embraced the idea and the response has been almost overwhelming. Since starting the project in May almost 3,000 lbs. have been collected. Since a non-profit can receive 1 bench every 6 months many other community groups have joined in the effort to collect with our Club being the driver and organizer. This is an easy project that will benefit your community, environment and draw awareness to your club. Go to www.trexrecycling.com for more information.



August 2nd and 9th come visit the **LC of Big Lake Lioness** at the city's Farmer's Market. They will have information on their club and its activities, eyeglass/hearing aid donations, diabetes information and a fish toss game for the kids. Also in August, the club will be having their Appreciation Dinner, celebrating the achievements of their members this past year.



Otsego Lions have been busy. We are proud to have helped the Albertville Lions with a very success beer tent at the Friendly City Days event. Otsego Lions are excited about our Otsego Prairie Fest on Saturday September 16th. It will be a full day. Starting at 9am with a car show and Pancake breakfast. We will have Bingo, a Corn Hole Tournament and all day beer tent. With beer cider and margaritas. Also live music and fireworks in the evening. Please come out and support the Otsego Lions.

From Albertville Lions....

Cruisin' & Rock'n'

ALBERTVILLE 7th Annual

Saturday, September 9th 2pm - 9pm
Central Park - 5801 Main Ave NE - Albertville MN 55301

PIG ROAST
2pm til its gone

Albertville Lions "Famous Pulled Pork Sandwich" -- Grilled Items -- Food/Drink And Adult Beverages.

MUSIC

2:00 pm to 5:00 pm
Band / DJ TBD

6:00 pm to 9:00 pm
The 70's Sunshine Band

CARS

Cruise In, Show off your ride, Cars, Trucks, Rat Rods, Bikes, Customs, All Makes, All Models, All Years, .Bring what you have and have fun!

For info, Email: albertvillelions@gmail.com or follow us on Facebook

IMPORTANT: You are responsible for your own vehicle(s) and/or property. The Albertville Lions Club, individual members, volunteers or volunteer event organizers are not liable or responsible in any way for your vehicle(s) or other personal property.

DISTRICT HIGHLIGHTS AND EVENTS

The Elk River Lions Club had another successful Sherburne County Fair, selling burgers, dogs, root beer floats, french fries, and cheese curds, etc. The club also donated thousands of dollars to the fair, gave prizes for free drawings, and participated in the parade.



The next event for the Elk River Lions will be Community Hope Fest, August 13th at the Sherburne County Fairgrounds from 2:00 p.m. to 6:00 p.m. It's a free event with vendors giving away food and drinks. There will also be music, horses, and games, etc. The Elk River Lions will be giving away root beer floats. We hope to see you there!



The Albertville Lions teamed up with the Local FYCC to put on Kids/Ninja Day. This was a day with for Kids.

>>It started with the Farmers Market Kids program, where the kids can sign up for Free Fruits and Vegetables, this program goes through the summer.

>>The Ninja course had both a traditional ninja course and some blow up versions. This made it grate for kids of all ages

>>We also had a Petting zoo, Face painting and Balloon animals

>>The Great River Children's Museum did projects and had a creative play area

>>Wright County Sheriffs K-9 unit put on a K-9 demonstration

>>Then finished out the night with a Live band (part of our Music in the Park, every Thursday throughout the summer) It was a great day of fun!



The Forest Lake Lions were proud to partner with the American Red Cross this month to conduct a blood drive. The event went incredibly and we are happy to say we collected 96 units and potentially saved 288 lives!!! Thank you to the American Red Cross and our community for generously giving the gift of life!

DISTRICT HIGHLIGHTS AND EVENTS

It's been a busy summer for the **Rush City Lions**. Club members served a delicious pancake breakfast at the Rush City Fly-In at the Rush City Regional Airport on June 11. Attendees at the event queued up to enjoy pancakes, sausages, and scrambled eggs. The club served more than 900 people.

The Chisago County Fair is another big event for the Rush City Lions. We don't have the final numbers yet; however, the Lions Corn Stand is a popular food venue every year and this year was no different. People had no qualms of standing in line for the hot buttery cobs of corn with many saying that our corn is their favorite of the fair.

North Branch Lions Hay Days 2023 Feel free to come on out to Hay Days, "The Official Start of Winter" and visit the North Branch Lions' Food Stand. Hot Dogs and Brats, along with a few side choices and beverages. We hope to see you there!

Dates: September 9th and 10th

Time: 7:00am to 5:00pm (7:00pm for the grounds)

Located at: 38740 Oriole Ave., North Branch, MN 55056

On June 16, 2023 the **Forest Lake Lions Club** hosted a golf tournament. It turned out to be extremely successful!! We had 24 teams and 96 registered players. We were proud and pleased with the monies raised for the Wounded Warrior Project!



JohnnyBeriouPhoto



The **Forest Lake Lions** were thrilled to be able to have our food truck at the Forest Lake Boat Races! It was a very well attended and extremely exciting event watching the boats race across the water!

Lion Jenny



Forest Lake Food Truck and the COOKS!!

DISTRICT HIGHLIGHTS AND EVENTS



26486 Sioux Trail Madison Lake, MN 56063

VOLUNTEERS NEEDED JULY 30 TO AUGUST 3,

We have a need for volunteers in many positions. Simple, easy, we will feed ya! All at Camp Courage - Maple Lake. Please use the sign up genius link below to see the opportunities to sign up to volunteer to help at Camp Sweet Life Camp 2023: [Sign Up Genius Link to slots](#)

Camp is held at Camp Courage - Maple Lake, MN (see map below) Any questions - give me a call or send me a text. Lion Rene'

Rene' Maes Jr. Executive Director cell - 507-995-6910
email - rene.maes@campsweetlife.org
web site - www.campsweetlife.org



Camp Courage

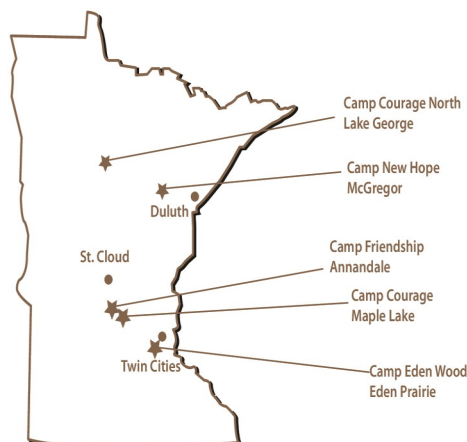
8046 83rd St. NW
Maple Lake, MN 55358
952.852.0101
www.truefriends.org



From Twin Cities on Hwy 55
Camp Courage is located one half mile west of the town of Maple Lake. A green Camp Courage sign will direct you north on Co Rd 7. Follow Co Rd 7 for 3.2 miles to gates of camp on the left.

From Twin Cities on I-94
Take Silver Creek/Hasty exit 183. Turn left onto Co Rd 8 NW for six miles. Turn right onto Co Rd 39 NW for 2.3 miles. Turn left onto Co Rd 7 NW for 1.3 miles to gates of camp on the left.

From St. Cloud on I-94
Take Clearwater exit 178. Go south toward Annandale on Hwy 24 for nine miles. Turn left onto Co Rd 39 and follow for 2 miles. Turn right onto Co Rd 7 to gates of camp on right.



2023-2024
SEASON

Live on 65 Performance Series brings world-class entertainment to the North Metro. Premier artists will perform local and live at the Spring Lake Park High School Fine Arts Center. A big thanks to the SLP Lion's Club for their generous sponsorship to make this affordable performance series possible.



BUY TICKETS

Scan QR code, visit website or call 763-600-5050

SpringLakeParkSchools.org/Liveon65



7,000 MILES TO BROADWAY Saturday, October 7, 2023 - 7 p.m.

Singer/Guitarist + Pianist + Bassist J. Robert Spencer takes you on a musical journey across genres and decades with his show "7,000 Miles to Broadway." You'll be transported back in time on a road trip in the family wood-paneled yellow station wagon where J. Robert grew up singing classic country, rock, and Broadway hits along to the car radio and 8-tracks. This is the music that helped pave his way to starring in "Jersey Boys," and "Next to Normal." From Willie Nelson's country twang to the smooth crooning sounds of Frank Sinatra and the pop favorites of Frankie Valli, the show is chock full of radio and Broadway hits!



AFTER HOURS BIG BAND Thursday, December 7, 2023 - 7 p.m.

Holiday Show Created in 2008, the band features some of the best musicians the Twin Cities has to offer, coming together to leave audiences moving their feet, clapping their hands, and always wanting more. Their holiday performance, "Dear Santa...Define Good" features music by Michael Buble, Gordon Goodwin, Disney's Frozen and Frozen II and more! Naughty or nice, get yourself into the Holiday Spirit with this show.



C. WILLI MYLES COMEDY Thursday, February 8, 2024 - 7 p.m.

Stand-Up Comic Veteran performer and funny guy C. Willi Myles has the gift of connecting people with each other through humor and storytelling that everyone can relate to. After surviving his childhood growing up with nine sisters and one brother in Alabama, Willi moved to Minnesota to attend college and play football. With his stories about growing up in the south and acclimating to the cold of MN, Willi tells extremely funny non-offensive stories and jokes and gives a unique spin to life's everyday challenges with humor. Referred to as "America's Everyday Comedian," his hilarious down-to-earth performance will convince you that Willi is truly comedy at its best!



B2WINS DUO CONCERT Monday, May 13, 2024 - 7 p.m.

American Music Classics Charismatic twin brothers from Brazil combine a plethora of genres into a feel good performance. The brothers aim to use music as a movement for positive change in the world. They bring their high energy and entertaining "Top 40 From the Last 40" - four decades of the music you know and love with a unique twist. This unforgettable, engaging show is for all ages and features one of a kind renditions of everything from Sinatra to Ed Sheeran, Louis Armstrong to Dua Lipa, Michael Jackson to Daft Punk, and Leonard Cohen to Nirvana. Get ready to sing, dance, laugh, and take your soul on a fun ride through the chart topping hits of American Music.