



We Serve

www.5m7.org
FB: 5m7Lions

The Gram

July 2024

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

2023-24 5M7 Cabinet

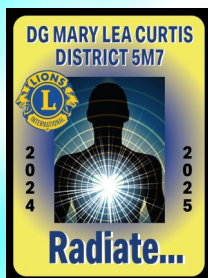
DG Mary Lea Curtis
1VDG Deb Weston
2VDG Nancy Johnson
Secretary
Treasurer
IPDG Peter Lendway

Zone Chairs:

Zone 1 Josh Gunderson
Zone 2: Glen Nemec
Zone 3:
Zone 4: Kevin Beadle
Zone 5: Steve Asplund
Zone 6: Pete Yelle
Zone 7:
Zone 8:
Zone 9: Bob Olson

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Radiate ...and Make Your Mark!

Greetings fellow Lions and Leos from Melbourne Australia!

We just wrapped up the 106th Annual Convention of Lions International where the theme was Grow the Good. Emphasis was placed on finding new members in order to grow our service.

The final session was the induction ceremony for new officers. I was sworn in as your District Governor for 2024-2025 by our new International President Fabricio Oliveira.

It was an honor to experience this with our 1VDG Deb Weston at my side. And to have her perform the ceremoniously removal of the 'elect' banner from my name badge.

Much thanks and gratitude to our outgoing District Governor Peter Lendway. Your guidance and support is greatly appreciated. May we all continue to follow your lead and Find our Roar.

I'm excited to get back to Minnesota and get started as your Governor. I may shake some things up a bit as change is good and necessary for growth. I'm a listener and receptive to ideas and suggestions. Don't hesitate to reach out with your comments and thoughts.

My theme for the year is 'Radiate'. President Fabricio's theme is 'Make Your Mark'. I think they meld perfectly into one impactful message.

My goal is for us all to Radiate!...Radiate from your heart, service, gratitude, compassion, the list can go on and on. Fabricio wants you to Make Your Mark through service and compassion not only to ourselves but our communities far and wide.

Radiate ...and Make Your Mark!

DG Mary



President Fabricio and DG Mary

DG Mary's pic's from Convention.....



Elk River Lions representing 5M7 at convention. Lions all Michelle, Dianna and Priscilla.



1VDG Lion Deb celebrated her birthday while at convention



DG Lion Mary and
1VDG Lion Deb

G'day Lions and Leos!

By 1VDG Deb Weston

Greetings from Melbourne! I'm happy to report that the 106th Lions International Convention was a huge success! It's been an incredible experience for me. I've so enjoyed sharing this experience with Lions from our Multiple District and visiting with Lions from across the world.

Almost 11,000 Lions representing 160 countries were here in Melbourne celebrating our accomplishments. "Grow the Good" was this year's theme. Our International President, Dr. Patti Hill, shared that around the world this year, Lions provided 1.5 million projects that served over 390 million people. This is a remarkable number of lives touched. Once Mission 1.5 is accomplished, just think of how many more lives will be changed.

The Parade of Nations is one of my favorite experiences during the convention. I've included a picture of our Multiple District lining up for the parade. We were #28 of over 150 Multiple Districts marching. It was impressive to see so many dressed in their native attire.

Throughout the convention the common thread was that we are so much stronger together. We must work as a team. Henry Ford professed that "Coming together is a beginning, keeping together is progress, working together is success.

Lion Brian Sheehan, Lions Club International Chairperson, from Bird Island (where in the h__ is Bird Island?) reported that this year the Foundation gave out 20,000+ grants totaling U.S \$1.3 billion dollars. This year's goal is to raise, by the end of the fiscal year, \$52.5 million with a stretch goal of \$70 million. Amazingly, by the end of Lion Brian's presentation, \$75 million had been raised - exceeding the stretch goal...yahoo!!!

Chairperson Brian shared that for Disaster Relief, US \$12 million was provided. We saw numerous videos of horrific disasters that occurred throughout the world and Lions were the first to serve and the last to leave. \$3.6 million was contributed to fight hunger, and \$8.6 million to Vision. I encourage you to go to the LCI's website and explore the ways LCIF provides support around the world and consider making a donation.

More on page 3 →

Cont. from page 2

The highlight of the Convention was the installation of our 2024-25 LCI President, Fabricio Oliveira, and district governors. I had the honor of helping to install our new District Governor Mary Curtis. She is an incredible leader and I look forward to serving her as our districts 1VDG. We are bringing back valuable information to share with you to help you accomplish your goals.



2025 Lions Convention



Cruising With The DG

Join the Governor's Team as they journey through the District visiting clubs and attending community events. Seize the opportunity to network with fellow Lions and learn about their Clubs. A random drawing will be held for each visit. Cruising Lions will receive this pin and their name will be placed into a random drawing at years end for a Melvin Jones Fellowship.

Cruising With The DG

Instructions: Cut out and send to DG via mail or in Word, complete information, right click to copy, then paste and send in email. For PDF, complete information, save and send in email or use Adobe Acrobat and send.

Which days of the week work best for you?
(Circle)

Mon Tues Wed Thurs Fri Sat Sun

Name: _____

Club: _____

Cell #: _____

Email: _____

Email to DG Mary @
lionmaryleacurtis@gmail.com or send to
10749 Tyler Court NE; Blaine, MN 55434
(612-269-3121)



CONVENTIONS/FORUMS

By Lion Judy Herrala



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

We are heading down the back stretch and it's only four months till we kick off the Forum in September.



We are pleased to have Sam Glenn as our keynote speaker at the opening Thursday night general session. For nearly three decades, Sam Glenn's inspirational and artistic speeches have impacted audiences of all sizes - some audiences as large as 75,000 people at stadium events. Sam has spoken for just about every industry you can imagine.

When it comes to attitude - nobody is excluded. Organizations get better when their people get better, and it all starts with attitude. It promises to be a great way to start the Forum.

Please also note that the current registration rate is only good until the end of this month. The rate will increase from \$325 to \$340 on June 1st so make sure you get your registrations in before the increase.

Registration before June 1, 2024 - \$325.00
Registration rate after May 31, 2024 - \$340.00

Website: www.lionsforum.org and also linked on our own district website to the conventions/institutes

NORTHERN PRIDE LIONS LEADERSHIP FORUM (NPLLF)

September 20-21, 2024.

This forum is right here in our own multiple district at the Kelly Inn in St Cloud. Join in for a weekend of learning, networking, and inspiration. Keynote Speaker Past International Lions President Brian Sheehan. The event will take place at the Best Western Plus Kelly Inn starting on Friday September 20, 2024 at 5:00 PM. This in-person forum is a great opportunity to connect with fellow leaders, gain valuable insights, and enhance your leadership skills. Don't miss out on this exciting event! Follow the **Facebook page** for the forum at "Northern Pride Lions Forum" for more information.

MULTIPLE CONVENTION

Ignite Your Lions Pride April 25-27, 2025

Hello Fellow Lions and Leos of the Great 5M7,

Our 2025 convention planning committee met May 4th and accomplished quite a bit. We have our registration set up, you can go on our [5M7 website](#) and register online or if you prefer paper you can print the registration papers, fill it out and mail the form with a check to the address on the form. If you have problems with registering please contact Lion Orville Lindquist, Judy Herrala, or myself.

We have a subcommittee working on different activities to raise money to cover the cost of this convention, good speakers and printing are some of the extra expenses. One of the fund raising activities will be a raffle where for the price of a \$20 ticket you have a chance to win \$1,000 first place, \$500 second place or \$250 for third place. We are waiting for our permit so we can print tickets and get them out to the clubs; I'm hoping we get help from all the clubs with this fundraiser. Another fundraiser we are looking at is selling ads in our 2025 convention booklet. If you know of a business that might be interested in advertising in our booklet please contact me at, mrlandwehr55@gmail.com or call me at 612-366-1331.

You might be wondering why we aren't charging more for the meal package and cover our extra expenses with the sales of these meals like we usually do at the 5M7 mid-winter convention. Our full meal package is already at \$192 for the 2025 convention and we feel that it will hurt sales to raise it further.

Let's work together and put on a really great convention for the rest of the 5M multiple. I will keep you informed of what is going on. Please plan on getting involved and helping out. Thank you.

IPDG Mark Landwehr



Global Extension Team (G.E.T.)

By Lion Judy Herrala

Lions and Leos,

I am Lion Judy and I am our 5M7 Global Extension Team (GET) Coordinator for 5m7. The Global Extension Team is an offshoot of the Global Membership Team that is focused on starting new clubs within the district.

Welcome to the new Lions year 2024-2025. Cue up the excitement because I am out looking for opportunities for new clubs. And I will need your assistance with this because YOU know your community and nearby communities better than I do. Do you know a community which could use a Lions Club?

Do you have friends or family members that live in a neighboring community? Do you have a network of people in a neighboring community that you could use to help promote a new club? Would those network members like to be a lion?

There are several different types of clubs. There are the traditional lions clubs, campus clubs, Leo to Lion clubs, and specialty clubs. Let me tell you about specialty clubs. Specialty clubs are chartered in the same way as traditional Lions Clubs. It is during the application process that a club can choose a specialty category if they want to be identified as a specialty club. A specialty club can focus its specialty on any common interest shared by club members. Some examples include, but are not limited to:

- ◇ Cause Specific: Childhood cancer, diabetes, disaster relief, environment, humanitarian, hunger, vision and youth..
- ◇ Cultural
- ◇ Life stage/experience such as: academic focus, profession, retiree
- ◇ Recycling Gurus-can you imagine a club full of people who love to recycle? The awareness that this kind of club could bring to the world?
- ◇ Partnerships with organizations
- ◇ Sports or hobbies

All new Lions clubs are assigned a sponsoring club and also a guiding lion or two. If you are interested in being a sponsoring club or a guiding lion please let me know. Stay tuned for more information about a Guiding Lion Workshop which 5m7 will be hosting this year.

At the end of this workshop you can become certified. When details are finalized we will let you know. Questions? Please let me know. I will be in touch.

Judy Herrala, JLHBELLS@earthlink.net



By IPDG Peter Lendway

Hello Lions and Leos..

Is your club considering a project that may seem a little larger than your club coffers would allow you to consider pursuing? Is your club in the middle of a new project that funding might seem a little slow to flow, like molasses in February? LCIF has many grants available that may help in your clubs situation.

Go onto LCI's website www.lionsclubs.org and on the Home Page (you do not need to log in) click on "Members Resource Center" near the center of the page and scroll down to page two and click on "LCIF Grants" in the green bar. There you will find descriptions of the various grants your club can apply for.

Without your support of LCIF these grant would not exist. Thank you for your continued club and personal donations to keep this vital foundation operating. One time donations are accepted as are monthly donations. Some employers will match your donations, as my former employer did.

If you have any questions you can contact either LCIF Coordinator PDG Mark Landwehr or IPDG Peter Lendway at mrlandwehr55@gmail.com and lendwaypeter@hotmail.com for answers to your questions.

Your LCIF Coordinators

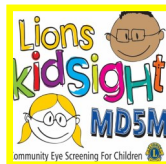
July 4th Fun Fact...

One of the greatest misconceptions of the 4th of July lies in the name and date. It is widely believed that America declared their independence from Britain on July 4, 1776. However, the official vote actually took place two days before and the "Declaration" was published in papers on July 4.



LIONS AND LEOS

By Lion Steve Linder



STATE FAIR SIGN UP = WE NEED YOU!

There are still a lot of shifts to fill for the State Fair. Each shift is about 3 to 3 ½ hours. Volunteers get free admission into the fair and reimbursement of 50 cents per mile for mileage. Not sure what the positions do so you aren't sure what to sign up for?

LIONS Gift of Sight: A Legacy of Service

Thanks to the Lions, hospitals now had the kits they needed to remove eyes. But how to get the donated eyes to the eye bank in time remained a problem. Fortunately, in June 1962, the Minnesota Highway Patrol stepped in and offered to relay donated eyes from patrol district to patrol district (with lights and sirens, if necessary) until they reached the University Hospital in Minneapolis. For 42 years, the Minnesota State Patrol was a dedicated transportation partner, helping the eye bank serve its 86-thousand square mile territory.

A nationwide effect called the Eye Bank Network was an early example of how those fighting blindness believed in partnership and working together for the benefit of humankind.

The amateur network of ham operators reported emergency cornea needs throughout the nation. In this way, corneas from one area could be rushed to patients in other states—by plane, police, or sheriff escort, with the help of doctors, eye bank personnel, and Red Cross. Soon the Eye Bank Network had 122 stations that broadcast daily at 7 am and 7 pm, and in just six years the network handled 1,500 cases.

Think about this tremendous community support that I have been detailing. I don't believe we (the eye bank) would have had nearly the influence with the public, funeral directors, the State Patrol, and the State Legislature, if we don't have the might, reputation, and the good works of the LIONS behind us. **BE PART OF THE VISION!!!!**

We would like to THANK YOU for your contribution to the Minnesota Lions Vision Foundation. Your generous donations assist our work and programs including Lions Gift of Sight, Lions Children's Eye Clinic, Macular Degeneration Center, Lions Eye Surgery Center and the used eyeglasses collection!

We are proud to represent YOU as members of the board! We look forward sharing with you, the amazing things going on!

Enjoy the your summer (as soon as it quits raining) and remember, if you have additional funds looking for a home, we can still use those donations!

Thank you for all you do!
PDG Steve Linder slinder71@usfamily.net
Lion Ron Tiernan rtiernan@scherebros.com

- ◆ Greeter = you ask the people walking by if they would like their child screened and explain a little bit about what it is. You get the parent to fill out the consent form.
- ◆ Escort = you take the paperwork and bring the child to the vision screener. You report the results to the parents.
- ◆ Vision Screener = you are the one operating the machine and screening the child.

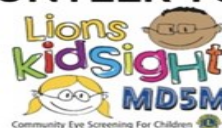
If you have questions about these positions, please call Lion Deb at 612-810-2119.

FOUNDATION DIRECTOR OPENING

Have you ever thought about getting more involved in Lions at the District level? Do you believe that helping catch vision problems in children is important? If you answered yes to these questions, you should think about becoming a KidSight Foundation Director!

DGE Lion Mary Lea Curtis' term is done on June 30, 2024 when she becomes our district governor. We are looking for someone to be on the foundation in her place. It is a 3-year commitment. The directors meet quarterly, twice in person and twice by zoom. If you are interested but have more questions about what it would entail, please email 5m7lionskidsight@gmail.com or call Lion Deb at 612-810-2119.

VOLUNTEER TO HELP



SIGN UP TO WORK A
SHIFT AT THE



FREE ADMISSION INTO THE FAIR



SCAN this QR code and it will take you to the online sign up app. Look for District 5M7. We have Monday & Tuesday, August 26th & 27th to fill! You don't have to be a Lion to work a shift! It's easy to do and training will be done onsite!

CONTACT LION DEB JOHNSON FOR MORE INFORMATION
EMAIL 5m7lionskidsight@gmail.com



Greetings 5m7 Lions and Leos

By PDG Lion Judy Herrala

Greetings 5m7 Lions and Leos,

Welcome to the new Lions year 2024-2025. We are Lions Mike Edwards and Judy Herrala, the two co-trustees for District 5M7. The trustees on the MN Lions Diabetes Foundation (MLDF) promote awareness of diabetes to both lions and the public. We also raise fund for the incredible work that the MLDF is doing at the university of Minnesota. We also work to raise money for the foundation through the parade of green and various other fundraisers. The funds that we raise throughout the year are helping our dream of finding a cure for diabetes.

Our mission of the Minnesota Lions Diabetes Foundation is: "The Minnesota Lions Diabetes Foundation, Inc. is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventative health activities.

What can your club do to promote our MN Lions Diabetes Foundation within your lions club and in your community. Some clubs are already doing this, some are pondering it, and some don't know where to start. Lions Mike and Judy can help. Please let us know how we can help your club promote diabetes awareness in your community. A great start would be to participate in your local farmers markets or town celebrations. We can come out and help with your promotion, or we can come to your events and promote diabetes awareness and provide information about our foundation.

If your club has done a project or a fundraiser for diabetes, please let us know. We want to share and will also share ideas from across Minnesota with our 5M7 clubs about how lions clubs are promoting diabetes awareness, sharing information with communities and perhaps hosting fundraisers for the MN Lions Diabetes Foundation.

The next Mn Lions Diabetes Foundation meeting takes place at the end of July in conjunction with a tour of the Schulze Diabetes lab on the U of M campus. Please stay tuned for more information from the upcoming foundation activities.

Need ideas? Need help? Please let us know. Lions International also has a great list of ideas for projects, we can help you find it. Please let us know if you have questions.

Lion Judy Herrala, 5m7 Co-trustee
MN Lions Diabetes Foundation
JLHBELLS@earthlink.net

Lion Mike Edwards, 5m7 Co-trustee
MN Lions Diabetes Foundation Co-Treasurer
mnedwards1@bellsouth.net



I am privileged to have been the 5M7 Secretary/Treasurer for six years. What a wealth of knowledge and experiences I have accumulated! When PDG Al Kvistero asked me to take on this volunteer position I must have given him quite the look! I was sure he had the wrong guy. He assured me I would get plenty of help. I took on this responsibility, and I sure needed the help.

Governor Mary Curtis decided to go another direction with the positions I held, and I respect her decision.

There are things I will never be good at, but the skills I have gained will be with me the rest of my life. I know I have left the 5M7 records in clean, usable form. I have created many Microsoft Word and Excel documents that will be used by future Secretaries and Treasurers to make their tasks easy to accomplish.

I wish to say thank you to the great Lions of 5M7, who are a pleasure to work with. I'm not going away, but you might have to come work at an Anoka Lions event to see me! Continue to have fun and do great things. Peace.



★ STATE FAIR UPDATE

By PDG Larry Kounkel

Karen Strong is taking over the state fair for Lion Larry starting this year. She can be reached at kj0702@gmail.com



July 4th Fun Fact...

Only two men Signed the Declaration of Independence on July 4, 1776 Charles Thompson and the infamous John Hancock were the only two men who actually signed the Declaration of Independence on July 4, 1776. The other 54 delegates signed over the course of the next month.



Alex and Marvel

Marvel Entertainment features some amazing superheroes: Captain America, Spider-Man, Hulk, Iron Man, and Black Widow are just a few. Eleven-year-old Alex, who has autism, has an equally amazing superhero in his life—Autism Assist Dog Marvel!

Alex's mom, Thomera, describes her son as "smart, kind, and funny." He enjoys Legos, video games, soccer, and playing Star Wars. But, describing the challenges of having a child with autism, she notes, "Every day is a struggle. Structure is important, and deviation from the plan can cause a meltdown. Textures, food, and fabric can be hard. Sounds, lights, and over-stimulation can cause dysregulation." For loud noises, Thomera always carries earplugs with them. However, that one tool only solved one problem.

The family needed more help keeping Alex safe and calm, so they turned to Can Do Canines. "We were hoping to improve our son's life," says Thomera. "We wanted to have a dog that would help keep Alex in place when he wanted to run off." She explains, "Alex has a heightened fight or flight and will often run and hide or shut down when corrected. Elopement in the school and public can be very scary and requires hyper-vigilance." She adds another reason for assistance dog: "We also wanted an emotional grounding source for Alex that would help him feel calmer and help him to relate to his peers." Thomera says, "Alex needs physical touch to help regulate himself, and providing that and meeting that need can be challenging as he gets older. He likes to hug his friends, but not all friends are comfortable with that." Others don't always understand Alex's quirks, to which Thomera shares, "It can be lonely and hard when all he wants is to fit in."

The first time Alex was introduced to Marvel, a yellow Lab, was pretty special. "We have a video of it," states Thomera. "Alex was just stunned. It was like we handed him a best friend." She says that Alex took to working with Marvel "like a duck to water. He was so engaged and excited. It was really fun to see."

But the best part? "Seeing the impact on my son," admits Thomera. The list of positive changes is impressive. In Thomera's words:

- Marvel gives our son a safe place to pour out all his emotions, (serving as) a rock when things shift under him.
- Marvel likes hugs, so Alex is able to get the physical touch he needs from his furry best friend ... with an active wagging tail that my children call the "windshield wiper."
- Alex is more willing to be independent with Marvel.

- He is calmer with Marvel.
- Since Marvel takes a bath, Alex is more willing to take a bath too. Marvel gets his nails filed; so does our son. Marvel needs recharge time; so does our son. Marvel has to get up for breakfast and go outside; our son has to get up for school. Alex does all these activities better when he is doing them with Marvel.
- There have been no fights about homework, chores, or personal care. Marvel reduces the processing time when Alex becomes stuck. Marvel provides lots of deep pressure therapy with 'Snuggle.'
- We have had positive notes home from school for the first time in forever.
- Marvel helps Alex feel accepted.

Thomera sums up these changes, saying, "I cannot believe all that has happened. Just seeing how much things have changed, both big and small, is amazing. Marvel seems to understand what is needed and when. He is always on the lookout for "his boy."

Perhaps the two will be looking out over the Grand Canyon someday in the near future. Thomera confesses, "It has been a fear that Alex would run right off the edge, but now with Marvel, we are more confident that Alex will stay with the family."

In addition to upcoming vacations, the family is excited about the opportunity for Marvel to be with Alex at middle school to help with that stress. For this calming influence and everything else Marvel offers to Alex, Thomera and the rest of the family are grateful to those who helped develop this superhero in their lives. "Thank you for all of your hard work, dedication, and love. Marvel is life-changing for Alex. Marvel can support and help Alex in ways that, as parents, we cannot."

"I cannot wait to see how far these two go."





Can Do Canines invites you to attend an open house on Tuesday, August 20, from 6-8 p.m., at its Can Do Canines campus (9440 Science Center Drive, New Hope, Minnesota). Potential volunteers, clients, or anyone who might be interested in supporting the organization can join us to learn how an assistance dog changes the life of a person with a disability.

Through a self-guided tour, attendees will be able to watch a trainer working with an assistance dog, hear from a volunteer dog host, talk with staff members from the volunteer department, pose questions to client services coordinators about the application process, and meet graduate teams from five types of areas Can Do Canines trains dogs: hearing, mobility, seizure, diabetes, and childhood autism.

There is no pre-registration for this event, though attendees will be asked to share some contact information when arriving. To request a sign language interpreter for the Open House, please contact Laurie at lcarlson@candocanines.org or 763-331-3000 at least two weeks in advance. We'll do our best to accommodate late requests, but availability is not guaranteed.

Also, the first 75 people in attendance will receive free Culver's custard! More information about Can Do Canines is at www.candocanines.org.



5M7 Leo Clubs

By Lion Stephanie Nelson

Anoka,

Andover, Blaine, Coon Rapids, Rush City,
Spring Lake Park, Blaine Bengals in Action

Schools out so Leo's are taking a break. Watch for info beginning in the fall.

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:

2024 MINNESOTA RETREATS

2024 JUNE 7-9	Osprey Wilds near Sandstone, MN
2024 OCTOBER 4-6	Good Earth Village - Spring Valley, MN
2024 DECEMBER 6-8	Faith Haven Camp near Battle Lake, MN

Project New Hope chairs will be attending a mini retreat in July for training purposes, with the goal to better serve the families who attend the retreats.



5M7 YOUTH EXCHANGE REPORT

Submitted by: Lion Stefanie Nelson 5M7 Youth Exchange Chair 23-24

If you like to travel during the summer months, visit the lakes, checking out the local museums, or make new dishes that can be shared.

Do you have room to share at your home during the month of July. We are seeking you!

Still seeking homes for youth coming for the youth exchange program. We are still seeking places to stay for 12 youth. If you are interested in hosting a youth or two, do not hesitate!

Contact Stefanie Nelson 5M7 Youth Exchange Chair 612-298-1523 stefanieenelson@gmail.com



ENVIRONMENTAL NEWS

By Lion Judie Zaske

We love our fresh vegetables in the summer. But let's face it, they are often expensive and we don't know what kind of pesticides are used on the plants. *Some have turned to using raised garden beds which allow us to plant what we want in a small space and know what we're eating.*

In total, American households use around 80 to 90 million pounds of pesticides per year, but there are habitat-friendly alternatives to controlling bugs and other pests in your home and garden.

Many plant species have developed their own defenses, and you can team up with them to keep pests to a minimum – without the harsh chemicals that, in reality, will likely cost you more money.

Here's where to start: Basil's natural odor is actually so unpleasant to many bugs that they'll avoid the whole area around it, so planting it strategically can keep pests out of the entire garden. Basil's characteristic odor is unpleasant for many of the common garden pests that eat other plants. Not only will most bugs stay off the basil itself, but they'll also even avoid the whole area around it. But in order for basil to be effective, you must strategically place your basil. For example, smaller gardens simply putting basil at the center of the space will work well. By placing basil in the center of our raised bed area, the basil odor creates a defense barrier against many bugs,

In larger gardens, that won't cover the space, so gardeners can use basil to form a wall around the garden instead. The video shows a larger field with a row of potted basil plants surrounding it on three sides. Acorn Land Labs calls this "a three-angled defense for the plants."

Basil's natural pest control ability has several advantages. For one thing, it's passive, as you don't need to mix, spray, and reapply treatments as you would with a pesticide. For another, you can eat the basil, which is a star ingredient in many cuisines, including Italian, Thai, Indonesian, and Vietnamese

Onions are thought to help repel pests away from strawberries and other delicious plants, thanks to their extreme smell.

Aluminum foil on the base of squash, zucchini, cucumber, and pumpkin plants helps keep pesky squash vine borer moths from laying eggs in the stems and ruining the plants' health as the larvae feed on them.

These techniques might take a little more forethought, but chemical pesticides are a detriment to human health and the health of the ecosystems we live in. Opting for natural deterrents helps the life around us and, in turn, makes our own lives better.

Spraying those chemicals on plants you intend to eat is inconvenient at best since you'll have to wash them thoroughly before using them. At worst, pesticides are dangerous to people and wildlife alike, so eliminating them is key to healthy, eco-friendly gardening.

Ancient Gardening Method...

Do you ever have trouble remembering to water your garden? Well, this ancient hack is about to save your plants. The olla watering technique allows plants to receive water slowly and consistently over time.

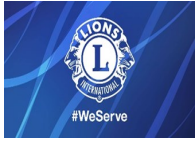
In an informative TikTok video from Art's Nursery ([@artsnursery](#)), viewers learn about the olla watering method and its benefits. "A time-tested watering solution that's been around for thousands of years," reads the caption.

The video goes through the watering system step by step. Using a clay pot, plug the hole in the bottom with putty or silicone, and then bury it in your garden's soil.

From there, fill it with water and put a lid on. The water will slowly seep out through the clay pot's pores, providing surrounding plants with a consistent water source for a long time.

4th of July Fun Fact...

Thomas Jefferson, 82, and John Adams, 90, both died on July 4, 1826 within five hours of each other on the 50th anniversary of the signing of the Declaration of Independence.



Lions Clubs International

By Lion Lyle Goff,
MD5M Marketing & Information Chair

Lions Clubs International – Public Service Announcements Matter!

Lions Clubs International is an organization we are proud to be members of and we provide valuable volunteer and monetary support for our communities and beyond. Lions do so much, and we need to do a much better job in promoting our actions and sharing the impact we make in our communities. These promotions can ensure greater public participation in our club events and projects. In addition, the promotions we undertake can help recruit others to become Lions. One type of promotion that Lions clubs can utilize is public service announcements (PSAs).

A public service announcement (PSA) is a message in the public interest disseminated by the media without charge to raise public awareness and change behavior. You have undoubtedly seen or heard hundreds of PSAs covering a multitude of topics over the course of your life. What you may not know is that the Lions have PSAs available for use by their members.

Lions Clubs International has prepared several public service announcements that cover the following topics:

- Fellowship
- Hunger
- Vision
- Environment
- Service
- Lions as a Global Force for Good

These Lions public service announcements are for both radio and television. The PSAs have varying run times of 15, 30, and 60 seconds in length. The public service announcements are available for download and can be shared with your local radio or television stations.



The link below takes you to the LCI Lions Press Center website page. On this page, you can find the section containing the various radio and television public service announcements: <https://www.lionsclubs.org/en/footer/lions-press-center>

The work is already done with these public service announcements so your local radio and television stations can just add a tag to the end of the announcement, if you wish to have a call out for your club. You can also work with the local stations to see if they will work with you on creating PSAs specifically for your club. Make sure your locally created PSAs incorporate all the necessary requirements regarding the use of Lions branding.

Please use public service announcements to your advantage. Expand your marketing and public

Lion Lyle Goff
MD5M Marketing & Lions Information Chair
gofflt@msn.com



Social Media Enthusiast/s

Objective: Looking to educate the district's marketing team and the 5M7 Lions in promoting our work and approaching others to become Lions

Currently seeking individual/s with social media experience or interest to be a part of the district's marketing team.

- ◆ Individual/s may be the source of information for the team or be the "host" of a social media site for the district.
- ◆ As part of the district marketing team they will be promoting who the Lions are and what they do in our communities.
- ◆ The team will be working with individual Lions clubs in getting them to reach their communities and potentially recruit new members.
- ◆ The social media enthusiast can be a family member or friend of a Lion.

Any interested parties can contact DG Mary or Lion Lyle Goff

DISTRICT HIGHLIGHTS AND EVENTS

BIG LAKE SPUD FEST JUNE 27TH-30TH

Come and join the **Big Lake Lions Club** and the **LC of Big Lake Lioness** at our three day festival. There's lots of fun, games, carnival rides, potato games, bingo, etc. Go to biglakespudfest.com/events for all that's going on!

Every Tuesday, the **Forest Lake Lions** bring the food truck to our local community park and participates in Arts In The Park. We have wonderful engagement with community members, business owners, and we get to listen to some great entertainers! This year our first outing was a resounding success. We sold so many items we came incredibly close to breaking our all time record for sales! Come to Forest Lake on a Tuesday evening in the summer, and check it out!!



As the **Montrose Lions** said farewell to their outgoing officers we thanked them for another successful year. Outgoing Lion President Judy Wood was given special recognition for a job well done. We awarded her with a genuine diamond pin. Well, to be honest, it was a dime glued on a pin. But it's the thought that counts - right?



Members of the **Howard Lake Lions** and **Maple Lake Lions** presented donations to the Howard Lake Legion Post #145 for the new Veterans Memorial which is being planned. The Memorial will be located near the new Library in Howard Lake.



The **Forest Lake Lions** were honored to be asked to host a rest stop for the MS 150 Bicycle ride. We had 12 Lions and 7 Guests providing 38 hours of service ~ stocking goodies, helping the cyclists stay hydrated, and cheering them on!! A great time was had

by all! Pictured here is our final shift of volunteers.



Pictured from left to right are Howard Lake Lions Craig Brose, Harvey Krohn, Peggy Wick, and Jeff Wick, Legion Members Rod Werner, and Commander Ed Johnson, and Lion Randy Mills from the Maple Lake Lions, and Lions LaNette Thorson, and Terry Thorson from the Howard Lake Lions. The money raised was from proceeds from the meat raffle which is held at Troubles Restaurant and Bar in Howard Lake.

Every summer we raise our hands to help at Safety Camp. This is a great experience for us, the **Forest Lake Lions**, as well as over 60 students. Safety Camp teaches students about bike safety, maintenance, trail safety and laws relating to bike riding. First aid, fire and electrical safety as well as other personal safety issues are taught, talked about, and shared. These teachers are trained professionals and the Forest Lake Lions have found it very special to team with them all. We provided the kids and all adults with a great lunch which we cooked, served, and cleaned up in three hours! Can't wait for next year!!



DISTRICT HIGHLIGHTS AND EVENTS



We are excited to install our latest elected officials for the **Forest Lake Lions Club**. Lion Marc Harshman is our new President (shown here), Lion Jenny Lorge our 1st Vice President, Lion Dale Oehler our

2nd Vice President, Treasurer Lion Sue Griffin, Secretary Lions Carol Oehler and Bette Geyer, Tailtwister Lion Paul Girard, Lion Tamer Lion Dennis Batty, Membership recruitment Lions Bethann Kramer and Lou Trudeau! We are looking forward to another fabulous year of supporting our community and working together to make life a little easier and a little better for those around us!



Before our last meeting, the **Forest Lake Lions** met a little early to count, clean, organize, and pack the many many pairs of glasses we have gathered. Not sure what the final count is, but we can say that many people will get help is seeing soon!!

ELK RIVER LIONS CLUB
SHERBURNE COUNTY FAIR
July 18-21

The **Elk River Lions Club** will be operating the Lions food booth at the grandstand at the Sherburne County Fair. If you would like to help out, and earn money for your Club, click on the link below: <https://www.signupgenius.com/go/10COB44AEAF2EABFBC16-50080190-sherburne> We have many shifts available all 4 days! We hope to see you there!

The **Rush City Lions** served 975 people a delicious pancake breakfast at the annual Rush City Regional Airport Fly-In on Sunday, June 9. On June 27, the club will have their awards night and installation of new officers following a potluck supper. The Rush City Lions appreciate the dedication of outgoing president, Lion Mike Papke and Treasurer, Lion LeRoy Berquist. Thank you Lion Mike and Lion LeRoy for your service!

4th of July Fun Fact...

Although an official national census was not completed until 1790, the U.S. Census Bureau estimates that there were only about 2.5 million people living in America in 1776 when the Declaration of Independence was signed. As of 2017, it has grown to become home to 325.7 million people.



Save The Date
July 16-20,
2024

LIONS INTERNATIONAL
Centerville Lions

FETE DES LACS
"festival of Lakes"

Bald Eagle
WATER SKI SHOW

LaMotte Park, Centerville, MN
fetedeslacs.org

DISTRICT HIGHLIGHTS AND EVENTS

The Forest Lake Lions are a big part of a summer event in Forest Lake called Arts in the Park. Every Tuesday between June 4th and August 27th we bring the food truck to this event and not only sell food, but also mingle with our residents, and participate in the local events ~ sometimes even running a segment of the evening! It's a lot of fun with music, vendors, food, and so much more! Bring a lawn chair and sit awhile to enjoy your community!!



Arts in the Park 2024 Concert Series

- 6/4: Patchouli
- 6/11: Potential New Boyfriend Swing Band
- 6/18: Ladies of the 80's
- 6/25: Country Night w/Gary Growden
- 7/9: Church of Cash
- 7/16: *5:30: Todd 'n' Tina
6:30: Samantha Grimes
- 7/23: JoyAnne Parker
- 7/30: Riverside Rockets
- 8/6: Special FL Marina & Boat Night
- 8/13: *5:30 Tricia and the Toonies
6:30 Sean & Ian Okamoto
- 8/20: #1 Van Halen Tribute by Balance
- 8/27: The Rockin' Hollywoods

Every Tuesday of Arts in the Park *with the exception of July 4th

Join us for nights featuring a farmer's market, a craft fair, food trucks and live music!

Open, welcome, and FREE for all ages!

* Denotes Kids and Family Night acts from 5:30 PM - 6:30 PM

Performances 6:30 PM - 8:30 PM

**2024 Concert Series and performance times are subject to change



For more information, visit www.cityofforestlake.com/ArtsinthePark

4th of July Fun Fact...

The popular belief that the Declaration of Independence was signed on July 4, 1776, is a misconception. Most of the 56 signatures, including that of John Hancock, were actually affixed to the document on August 2, 1776. The initial approval and adoption of the Declaration by the Continental Congress occurred on July 4, which is why that date is celebrated, but the formal signing took place later.



FIFTEENTH ANNUAL NORTH BRANCH LIONS GOLF TOURNAMENT

JOIN US FOR 18 HOLES OF GOLF!

Featuring Four Hole-in-One Contests, Longest Drive, Closest to the Pin, & Longest Putt!

FOOD, GAMES, FUN & PRIZES AWAIT!

Men, Women & Mixed Team Competitions Available

REGISTER NOW

Please Register by July 19th, 2024

ALL PROCEEDS BENEFIT COMMUNITY PROJECTS!



FOUR PERSON SCRAMBLE

Includes golf, cart, food, fun, games & prizes

\$100 PER PLAYER



JOIN THE FUN SATURDAY, JULY 27!

*11:00AM SHOTGUN START

DONATIONS & DOOR PRIZES NEEDED

For more information contact Lion John Dolin at 651.246.8839

This Event Sponsored by







Hole Sponsorships Still Available



DISTRICT HIGHLIGHTS AND EVENTS

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=1H4EB8R3

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



GREAT NEWS!

On behalf of Immediate Past President Brian Sheehan and Lion Lori Sheehan, I am proud to announce that the TEAM Sheehan Charitable Foundation (TSCF) is now accepting 50/50 matching grant applications up to \$3000 for the 2024 – 2025 Lions year.

The last three years the TSCF Board of Directors have worked diligently to raise funds and establish the criteria for applying for a matching grant up to \$3,000. The Board agreed to award grant funds of up to 20% of the existing foundation balance, which is roughly \$25,000 for this coming year. This means TSCF should be able to award up to approximately eight \$3,000 grants this next Lions year.

To apply for a grant, the club will need to reach out to me for a grant application. My contact information is given below. You will also be able to go to the website for teamsheehan.foundation to download the application form, which can be found under "ABOUT US". You will find the guidelines/criteria on the application form.

Once filled out, the form should be returned to me, and I will forward it on to the TSCF Review Committee. TSCF grant applications should be submitted prior to July 1, October 1, January 1 and April 1. The grant applications will be reviewed in a timely fashion.

"The mission of the TEAM Sheehan Charitable Foundation (501c3) is to empower MD5M Lions clubs to provide greater service by boosting their ability to complete community projects with matching grants."

If your club has a humanitarian service project that could use a 50/50 matching grant, or you have any questions about the Foundation and matching grants, please contact me. The TEAM Sheehan Charitable Foundation is excited to help you out.

Thank you,

Lion Toni Mortensen 5M7 TSCF Director

Spring Lake Park Lions Club
Cell: (763) 242-1584
Email: mortensentoni@gmail.com

TSCF Grant ID 20__-__-__

**The TEAM Sheehan Charitable Foundation (TSCF) MD5M Club
Matching Grant Application**

“The mission of the TEAM Sheehan Charitable Foundation (501c3) is to empower MD5M Lions clubs to provide greater service by boosting their ability to complete community projects with matching grants.”

1. The Lions project must address an important humanitarian need and provide an opportunity to highlight Lions in the communities they serve.
2. Grant applicants must submit their project proposals using the TSCF MD5M Club Grant application form.
3. The maximum grant amount that may be requested is currently \$3,000.00. All grants are 50/50 matching grants.
4. Grant proposals may be submitted by any Lions club within Multiple District 5M. Applications submitted by a club shall be signed by the current club president. The appropriate meeting minutes at which the application was voted on and approved must be submitted with the application.
5. TSCF grant applications should be submitted to TSCF prior to January 1, April 1, July 1 or October 1 for consideration at the following TSCF board meeting to allow adequate processing time.
6. Lions and/or their families may not receive direct or professional benefit from TSCF projects or have proprietary interest in projects receiving TSCF assistance.
7. Projects receiving TSCF funding shall be clearly identified in marketing as being made possible by Lions and TSCF.
8. Upon project completion, grant recipients are responsible for submission of a report detailing project results, all receipts/expenditures and use of TSCF grant funds.
9. Projects should be completed within one year of approval by TSCF, unless otherwise requested by applicant.

Clubs applying for a grant should provide the following information on their project.

Project Description:

1. Project name: _____
2. Project location: _____
3. Amount of funds requested from TSCF: _____

4. If appropriate, the approximate number of people who will benefit from this project:

5. **ATTACH** description of the particular area/items to be addressed.

6. **ATTACH** project goals, plan of action and including timeline.

Project Budget: Include an itemized budget for the entire project using the information shown below.

Income and Expenses

Requested TSCF Funds: \$ _____

Expenses: Item #1: \$ _____

Other sources of income (if applicable): \$ _____

Other expenses: Item #2: \$ _____

Total Income: \$ _____

Total Expenses: \$ _____

Application Endorsement

Club approval must be included with every grant application. Please submit a copy of the club meeting minutes at which the application was approved. The minutes should make specific reference to the amount of TSCF funds being requested.

Signature Endorsement:

Club President: "I certify that I have reviewed the TSCF Application. To the best of my knowledge, the information submitted is accurate and the need exists as indicated. I endorse this proposal and will do everything within my power as administrator of any funds granted to assure their proper and efficient use, proper accounting and required reporting to TSCF Foundation."

Club President Name _____

Project Chairperson Name _____

Project Chairperson Email _____ Cell _____

District and Club Name _____

Address _____

Telephone _____

Electronic Signature and Date _____ (Type your name)

Contact your District's TEAM Sheehan Charitable Foundation Board Member with questions and to request a Grant Application.

Questions regarding donations, submit to TSCF Treasurer at athmannmarty@hotmail.com



2024-2025 District Governor Team* Club Visit Request



Club: _____

Preferred Date: _____ Alternate Date: _____

Joint Meeting: No: _____ Yes: _____ Clubs attending: _____

Dinner: Yes: _____ No: _____

Social Hour Time: _____

Dinner Time: _____

Meeting Time: _____

Contact Person: _____

Phone: _____

Email: _____

Meeting Site: _____

Address: _____

City: _____

Special Request: (Install officers, Induct members, Present Awards, other)

Please return this form to me via mail or email to schedule your club visit. I will contact you prior to the visit to reconfirm date, number of Governor team attendees and go over any special requests.

Thank you. We look forward to visiting your club!

District Governor Mary Lea Curtis
10749 Tyler Court NE
Blaine, MN 55434
612-269-3121
lionmaryleacurtis@gmail.com

*Team includes 1st & 2nd VDG's and Zone Chair
If your club typically only includes free meal for DG, we
will pay for additional meals.