



We Serve

www.5m7.org
FB: 5m7Lions

The Gram

June 2024

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

2023-24 5M7 Cabinet

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

Zone Chairs:

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

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Find Your Roar!

Hello Lions and Leos!

Spring is here and before we know it we will be into summer. With summer comes all the activities we have waited all winter to do: fishing, camping, graduations, visiting friends and family, county fairs, mowing, gardening, biking, vacation trips, spending time at the lake cabin, etc.

As Lions, there are activities we do for our communities, not only during summer but year around; church functions, cleaning parks, planting trees, community gardening, keeping food shelves stocked, giving away scholarships, etc.

We have much to be thankful for and as long as we keep our communities in mind as we engage in these activities, our communities will continue to benefit from having the Lions there to assist when needs are present. You have heard it before, Lions exist to serve whenever and where ever needed.

We have had our club officer trainings and have had a great turnout to these events. Thank you to those that have attended. It is the dedication of volunteer leaders that the Lions will remain a vital force within the communities these clubs serve. Without these dedicated volunteers the clubs would not be as effective in their communities.

We have an awesome leadership team ready to serve you during the next Lions year. Many good things are planned for this next year and I am looking forward to seeing our district and clubs grow and serve their communities.

This will be my last 5M7 Gram entry as District Governor of 5M7 and I wanted to say it has been fun and challenging and in addition to being a time of personal growth. It has also been humbling. The members of the clubs in this great district have awesome ideas, awesome dedication, and awesome love for the communities they serve. I salute you and look forward to hearing about all the great things you have planned!

Thank you!

Find Your Roar!
DG Peter Lendway

G'Day Fellow Lions and Leo's,

By DGE Mary Lea Curtis

I'm busy working on a few last-minute things before heading 'down under' for Lions International Convention. It's in Melbourne Australia and where I take my District Governor's oath. The plan is to come home refreshed, energized and ready to serve our District.

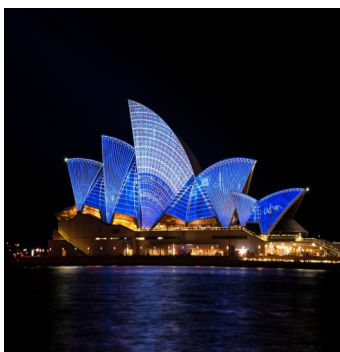
When I return, I will put the finishing touches on the Governor's Contest. Yes, you read that correctly; I am revising a program that was in place many years ago. I am waiting for the 2024-2025 Club Excellence Award guidelines to be published. The goal of the contest is to help clubs grow, achieve deadlines and gain recognition for the services you provide.

The Governor's Team will be traveling together, as much as possible, to all club visits this year. It is very difficult to determine District goals when you have not met together with all the clubs. We would also like to visit you sooner rather than later. It's hard to help you achieve goals when the year is coming to an end. I would be happy to visit you again in the spring, if it's your club tradition, for your officer installations. Please start putting in your requests.

There is a new program this year, **"Cruising with the DG"**. We will take any interested Lion or Leo with us on club visits. This is an opportunity for us to share experiences and traditions with other clubs. A random drawing will be held for the Cruising Lion or Leo. Every effort will be made to have visits with clubs in a different zone. You will receive a special pin and have your name entered in a random drawing at year's end for a Melvin Jones Fellowship.

Your 2024-2025 Governor's Team wants you to join together as a District while we 'Meet New People – Do Cool Things'. I'm looking forward to meeting you. Don't hesitate to contact me with any questions or concerns.

District Governor Elect Mary Lea Curtis



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)



Greetings Fellow Lions and Leo's!

By Lion Deb Weston 1VDG Elect

May has been a very exciting time for me. I attended the GAT Summit on May 18th in Sauk Centre. It was a wonderful learning experience. PCC Jodi Burmester from the great state of Wisconsin was our guest speaker. Jodi spoke on "Growing Lionism" by utilizing the GAT Approach to help us be successful. I bet many of you are wondering what GAT is besides another acronym! I didn't know about GAT until I became the 2VDG. GAT, Global Action Team, is a vast network of dedicated Lions – at all levels – who are focused on helping districts achieve their MISSION 1.5 targets.

Lions International has set a challenge to grow Lions membership to 1.5 million by June 30, 2017. We've been stuck at 1.4 million members for the past 30 years thus the big push for 1.5 million members. When we reach this goal, we will be able to serve over 1 billion individuals across the world! The Global Action Team is positioned to help grow club membership, build strong, innovative leaders and increase Lions' visibility in the community through impactful service.

Global Action Team leaders work as a team and play a huge role in ensuring that districts are successful in reaching their MISSION 1.5 targets. The GAT Leaders include the District Governor, 1VDG, 2VDG, Global Leadership Team (GLT) District Coordinator, Global Membership Team (GMT) District Coordinator, Global Service Team (GST) District Coordinator and the Global Extension Team (GET) District Coordinator. These leaders work with the clubs in their district to help them accomplish their membership, service, and leadership goals.

DGE Mary Curtis and our 2024-25 leadership team will provide information to the clubs on how the Global Action Team can help them succeed. In July, the District GAT Coordinators will be announced along with their contact information. They are eager to assist your club reach their club goals.

I am excited to announce that we have over 78 Lions attending our Officer Training Sessions. Our 1st training session was held on May 20th at the Spring Lake Park High School and our 2nd session will be held on May 28th at the Monticello High School. This has been a wonderful opportunity for me to meet and help train our club leaders. We have an amazing group of leaders in our district and I look forward to working with them and their clubs this coming year.

I am off to Australia for the International Convention, June 21-25. I will be writing my July Gram article in Melbourne and will have lots of great information to share! Lion Deb Weston



MISSION 1.5

By Lion Judy Herrala

Lions and Leos,

5M7 Membership = 1,720 members (as of 5/25/2024)
 Added this year: 162 members
 Dropped this year: 150 members
 Net gain/loss: +12

There is still time for each club to sign one new member prior to yearend. There is a whole month to get this done. Remember that if you end the year at +1 member, this will count towards your club excellence award for this year.

Reminder: Please don't forget to get your membership up to date in the portal before June 30, so that you will not be billed for any members that you forgot to drop before the beginning of the new year. If you need assistance, please let me know.

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



By PDG Lion Judy Herrala

Dear Lions and Leos,

District 5M7 you are amazing. I hope you know this. We have reached our 5M7 Goal which has been given to us by LCIF.

We reached this goal a couple months ago. We are now on our way to our stretch goal which our chairperson put in place for us. He raised the bar for us this year. If your club, or if you individually happen to have some \$\$ that you would like to give to our beloved foundation, please do. This money goes to good causes for service. Our own district and clubs have gotten many grants over the years to do great things in our communities.

This money is used to do great things in our world. Clubs and district get a certain amount of money back from the giving process for our own grants. Please contact me with questions about this.

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



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





LIONS AND LEOS

By Lion Steve Linder

It's that time of the year where we say good by to the Directors that have been on the Minnesota Lions Board of Directors for their term and we and we welcome the new Directors starting their term.

So good by to PDG Terry Wold from the Blaine Central Lions, finishing he's six-year term.

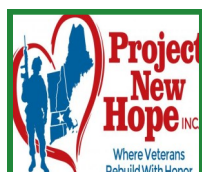
Now we need to welcome Lion Ron Tierman. from the Albertville Lions. Lion Ron is a lifelong Albertville resident and works for Scherer Bros Lumber at the Truss Division. Lion Ron is a second-generation Albertville Lion, as his dad was a charter member back in 1977. Lion Ron is a 17-year member, past President from 2011-2012, and was Zone 2 Zone Chair in 2018-2019 Lion Ron is looking forward to working with the Lion Clubs in the District 5M7 through the Minnesota Lions Vision Foundation. Lion Ron and myself will have more information about how the district will be divided and how we can help the clubs in the Greatest District in MD5M.

Thank you for all you do!

PDG Steve Linder 612-382-2236

Lion Ron Tierman 612-462-2651

MLVF 5m7 Directors

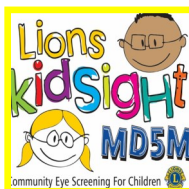


By Lion Kevin Beadles

Project New Hope provides (at no cost) combat veterans and their families with the education, training, and skills necessary to manage their lives after wartime service; repair of relationships is a primary goal. And of course, have fun in the process! **Our next retreat is scheduled for JUNE 7th-9th, 2024 at Osprey Wilds near Sandstone, MN**



Osprey Wilds is a residential environmental learning and conference and retreat center in east central Minnesota, providing environmental and outdoor education programs since 1971. Our focus is on developing understanding, ethics, and responsibility regarding the environment and the role of humans through experiential learning that links nature and humans. As a 501(c)(3) public charity, Osprey Wilds is eligible to receive tax-deductible charitable contributions.



Lions and Leos

By Lion Deb Johnson

SILENT AUCTION UPDATE

First of all, thank you again to all the clubs that donated to the MD5M Multiple Convention Silent Auction. Total made for the auction items was about \$6,000 and in cash donations were \$5,500 for a total of approximately \$11,500.

STATE FAIR SIGN UP

We have 19 total shifts still 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. If you have questions about these positions, please call Lion Deb at 612-810-2119.

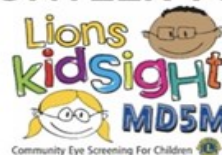
KIDSIGHT DIRECTOR FOR 5M7

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.

Lions Mary Lea Curtis and Debra Johnson, 5M7 Directors, MD5M Lions KidSight Foundation
5m7lionskidsight@gmail.com

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

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

The Minnesota Lions Diabetes Foundation (MLDF) thanks to each and every one of you who helps to get the word out about what the MLDF is doing to reach our Dream for a Cure for Diabetes.

Our MLDF just completed a three month STRIDES Challenge. It was an online activity challenge in which participants could be active in any way that they wanted. We had an original goal of raising \$30,000.00, and halfway through we raised that goal to \$50,000 as we had gotten a large donation from a family. Well we are here to say that we reached our goal by raising over \$50,000 to reach our dream! THANK YOU to all who participated in our fundraiser. Whether you or your club donated, were on a team, made phone calls, sent emails, or talked about it..... we THANK YOU so much!

This fundraiser taught all of us that activity is activity. There are many, many ways to be active. It didn't matter what activity we did, it all counts toward being active to help prevent diabetes. We thank you all.

Please consider doing a diabetes project with your club. You could do something such as bring diabetes brochures, bookmarks, etc to your projects for people to pick up. That is great outreach to your community. You could organize a diabetes speaker to come to your meeting, or work with your senior citizen community and invite a speaker to give a talk to that group of people. You could also host your own strides walk in your community to raise money for the MN Lions Diabetes Foundation. 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



GREETINGS FELLOW LIONS AND LEOS

By Lion Mike Benedetto

MD5M Hearing Trustee

If you are looking for supporting a good cause why not support the Minnesota Lions Hearing Foundation by attending the annual **DEFEET WALK Saturday June 1st at the Minnesota Arboretum** from 9:30am-1:30pm If You haven't pre registered that's okay, you can register at the site. With your donation you will receive free entrance to the park for the day, a free T-shirt, free lunch(including root beer floats) and lots of children's activities. Also..

Check out the Minnesota Lions Hearing Foundation at our website: SMHF.org Old hearing aids can be dropped in the same container as the used glasses boxes in your town. For more information or to donate:

Minnesota Lions Hearing Foundation
251 371st Avenue
Green Isle, MN 55338

".....deafness separates people from people."

-Helen Keller



LION PORTAL UPDATE *May 2024*

By Lion Judy Herrala

Lions and Leos,

It is here! Introducing The Lion Portal. The Lion Portal is here and by now, every lion account holder prior to this new portal should have gotten your invite to join the portal. If you have not, there are instructions below for all lions to join the portal!

With excitement I am sharing with you that when we had our first officer training session on May 20, the secretaries in the room were asked if they had signed into the Lion Portal yet. Most had. Great job.

I want to share a Facebook page which has been created by the staff at Lions International dedicated only to the Lion Portal. It is called "**Lion Portal Forum**". Go there, like the page, and in your Facebook feed you will find every question and answer that is posted there. You will read things and then you will want to go see what "they mean by that." You will be amazed at what you can learn there. Here it is: [Lion Portal Forum on Facebook](#)

Sue Ben, Chief Technology Officer at Lions International regularly posts there about the Portal. It is an amazing resource. Here is a post from there that will get you signed onto the portal if you haven't been able to sign in yet.

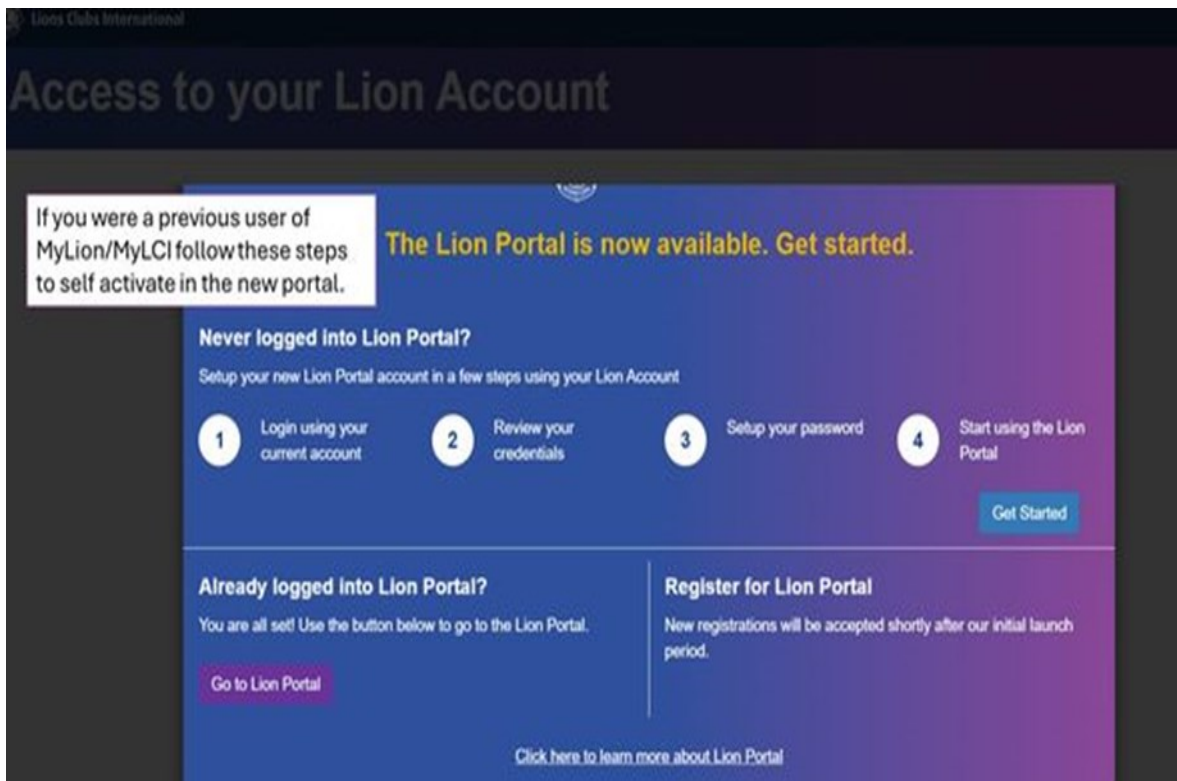
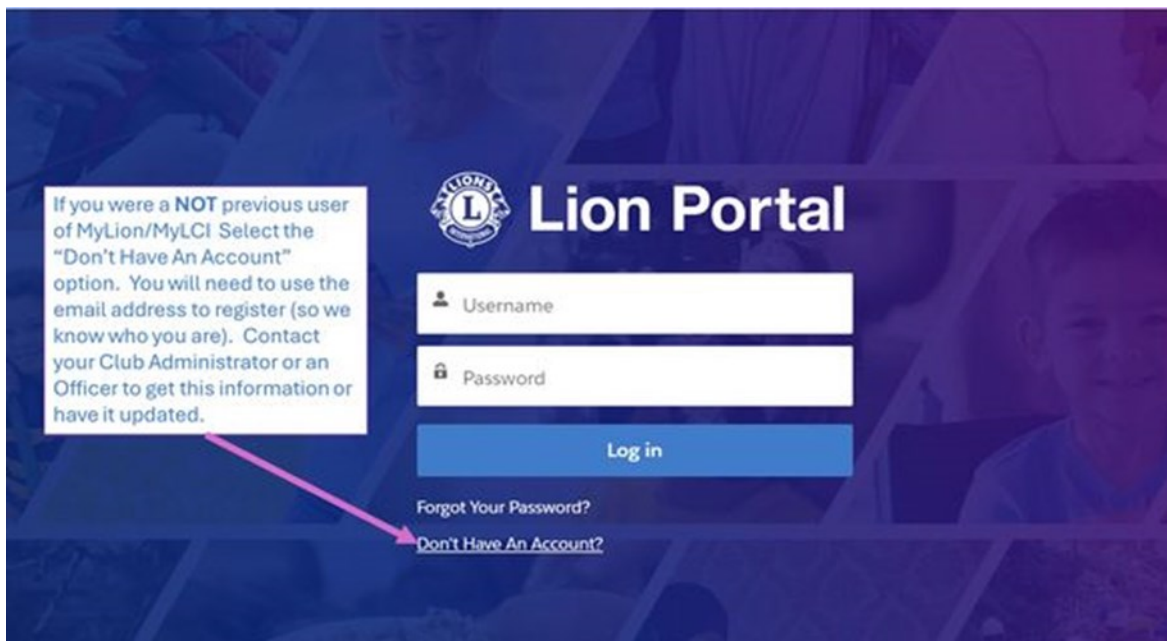
From Sue Ben: All of the personalized invitations to current users of MyLion/MyLCI went out earlier this month. If you did not receive one (or it got blocked or sent to Junk folder)... No worries you can "self activate".

Existing MyLion/MyLCI see attached picture (shown below new register). This should show if you try to go to MyLion sign in.

Continue page 7

Are you a new user wanting access? Yes you can register. You will need to have an email address in your club member record. You can check with your Club or contact Member Services. The link for new registrations is <https://lonsinternational.my.site.com/s/login>

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





Ruth and Gina

"I could do anything," Ruth says of her seemingly normal life before 2020. Then, a minor injury changed everything.

While working with a child with disabilities with their wheelchair, Ruth sprained her left thumb. Strangely, the pain and symptoms didn't stay contained to her thumb. "My hand blew up the size of a football," recalls Ruth. Within about a month, a simple sprained thumb turned into something nobody expected as Ruth was diagnosed with the rare condition complex regional pain syndrome. She cites that the pain moved into her arms and then her legs, and she has even experienced strokes and heart attacks as a result. Sharing her perspective, she says, "Your sympathetic nerve overreacts to the injury and pumps fluid to your extremities, and it causes things like ulcers. Your hand is so swollen that it breaks down the myelin sheath, and it feels like somebody took a hot knife and shoved it into your hand or foot—whatever's affected." In addition to constant pain, balance becomes compromised, so Ruth began falling frequently too.

She hired a personal care assistant (PCA) to stay with her for 11 hours every day. Yet, at night, she was alone in her home, and that brought fear, since her pain can prevent her from being able to open a door. "I was always afraid if there was a fire, I wouldn't be able to get out, or I'd fall on the floor, and I'd be [stuck] there."

Ruth's doctor was the one to suggest Can Do Canines to her. Ruth didn't want to put the stress of an additional dog on her two older pet dogs at the time, but after each of them passed away, she knew it was time to follow her doctor's advice.

A 3 ½-year-old black Lab named Gina proved to be a welcome relief. Custom-trained for Ruth, Gina can pick up dropped items, lift Ruth's legs onto the bed, open doors, and more. She seems to have her thumb on the pulse of whatever Ruth needs. "She's more incredible than I thought she would be," acknowledges Ruth. She says that having Gina "has literally changed my life. It's the most amazing thing that ever happened to me."

Noting a favorite task of Gina's, Ruth adds, "She picks up the clothing and brings it into the laundry room and hands it to me. We put it in. She loves doing it." Noting her own increased independence, Ruth shares, "With her help, I can do a lot more."

One activity she does a lot more of is walking. Since she lives close to the Mall of America, Ruth takes Gina there regularly. It's not uncommon for the two of them to gradually circulate three full levels in a single visit.

The relief that Gina offers is even measurable. Ruth notes, "For the first time in 23 years, my blood pressure is perfect. My doctor was stunned. I mean, I had blood pressure of 210 over 110—really, really high. And my last blood pressure check was 127 over 67." Ruth attributes the improvement to her increased overall good mood with Gina. "You get up in the morning, you're happy. You have that squishy little face in your face, and you want the day to continue no matter how bad you feel."

Realizing that Gina's benefits are a reflection of much effort, Ruth says, "From the prisoners to everybody that had anything to do with her training, they have made my life worth living. They really have. I just can't express how much it's changed my life, how much joy she brings, how much laughter she brings, and how much better my life is because she's here. They are heroes in my book. Absolute heroes."



BOB-FM is proud to invite you to the 1st ever golf tournament benefiting Can Do Canines! This golf tournament is a four person scramble with a Noon shotgun start.

The Can Do Cup is held at the Links at Northfork in Ramsey and includes lunch, golf & dinner for \$149pp. The Golf tournament registration begins at 10:00 AM the day of the event. see-
info@candocanines.org





5M7 Leo Clubs

By Lion Stephanie Nelson

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

The Leo clubs of 5m7 attempted to gather students to plant 500 trees, however, due to the late part of the season, and school ending in June. The project will have to be tabled to next year. Continue to think about environmental projects to lower your carbon footprints.

School is ending in June; the Leo clubs has celebrated all their great work this year. Here are a few clubs' reflections:



Andover Leo Club: Construction of 30 "We Care" packages for Meals on Wheels. The packages included puzzle books, hand lotion, stationery, pens, pot-holders, first aid kits, and sewing kits, and will be given to seniors with limited transportation.

The Leos worked hard to ensure that the staff at Andover High School felt appreciated during Staff Appreciation Week! Through the generous donations of community members, the Leos helped assemble 170 treat bags for all staff members. They also wrote personal thank-you note to staff members who have made a significant impact on their lives.



Coon Rapids Leo Club : Celebrated cultures for the 4th year with the festival. A time for community to gather and learn about the different culture we have. We need the evening with a free community movie.



Rush City Leo Club : In April the Leo club had a bake sale to raise funds for a community member who is fighting cancer. In May they serve cake and coffee to seniors at our largest senior facility, and they played Bingo with the seniors.



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



5M7 YOUTH EXCHANGE REPORT

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

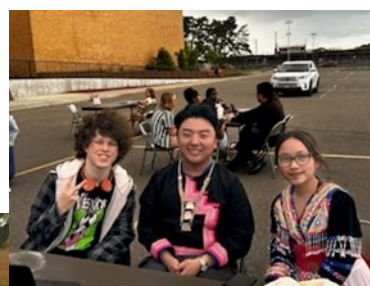


If you like to travel during the summer months, visit the lakes, checking out the local museums, or make new dishes that can be shared.

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



**Support local LEO clubs...
they are future LIONS clubs**



ENVIRONMENTAL NEWS

By Lion Judie Zaske

The climate crisis can leave many of us feeling helpless, as though there is nothing we can do to affect change. However, behavioral changes go a long way in shifting to a greener society. Implementing small habits into your everyday life will help you live a more environmentally friendly lifestyle.

It is important to use your voice and speak up about the harmful human activities that are destroying our planet. Become a climate activist by discussing climate-related topics with friends, family, your neighbors, or your local community. Bringing the climate crisis into the limelight will help those around you become more aware and conscious about the current environmental problems we are facing. If Covid-19 can be a frequent topic of conversation, so can the climate crisis.

One of the most overlooked yet effective ways of becoming more environmentally sustainable is through sensible travel. Is the travel distance short enough to avoid unnecessary carbon emissions? If walking or cycling is out of the question, perhaps consider using public transportation. Going on holiday? A short haul return flight can account for 10% of your annual carbon emissions. Think about opting for a domestic staycation, travelling to a destination closer to home or exploring other means of transport beyond flying, such as by train.

Single-use plastic is one of the greatest threats to the environment. Approximately 300 million tons of plastic is produced worldwide every year, with more than 90% ending up in landfills, the ocean or simply dumped. When ordering takeout, consider using your own reusable food containers. Going for coffee? Bring your own portable mug or thermos. Going grocery shopping? Bring reusable shopping bags. Opt for reusable products instead of single-use plastic to limit your plastic consumption. Being a bit more aware of your consumption habits will definitely help you help the planet.

Be environmentally aware and knowledgeable on current climate-related affairs. We have access to numerous news outlets at our fingertips – it has never been easier to stay up to date with news about the climate crisis. Staying updated will help you become more mindful of your everyday habits, and will hopefully inspire others around you to implement the same small changes to help the planet that will eventually add up.

Donating to environmental organizations helps fund projects that fight against the climate crisis and tackle the causes behind environmental decline. There are many ways to donate beyond giving money. You could set up a birthday fundraiser, get sponsored to run a charity race, set up a bake sale or sign petitions- the list is endless.

Recycling can help reduce the amount of new materials being produced, and upcycling is an innovative way of transforming old items into something valuable and 'new'. This could include reusing jam jars as candle holders or using old tins as plant pots- the possibilities are endless and projects like these give you the opportunity to be creative (see below).

Food waste is another factor to consider when thinking about recycling. An estimated one-third of all food produced in the world is lost or wasted. This is shocking, especially when considering that more than 820 million people around the world do not get enough to eat. Composting organic waste, for example, goes a long way in reducing food waste.

There are many local projects that you can get involved with that help the planet. Beach clean-ups are one of the most popular ways to help clear litter, prevent waste entering marine ecosystems and reduce the amount of waste products polluting the environment overall.

Devoting a morning or an afternoon once or twice a week will make a big difference in the long run, it is also a fun way to get friends and family involved in an activity that benefits the environment.

Whether it be through starting a club, society or a corporate program, any green initiative at your work environment will help increase awareness about the climate crisis. Green initiatives like these will look great on your CV or on your business plan and will help society shift to more sustainable practices.

Becoming more environmentally conscious seems daunting. But when broken down into smaller fragments, adopting a greener lifestyle is not as overwhelming to achieve. These examples of things you can do to help the planet are within everyone's reach, and it takes one positive action to spark a cascade of positive outcomes.



Recycled cans with succulents or herbs



Lions Clubs International

By Lion Lyle Goff,
MD5M Marketing & Information Chair

Marketing Awards matters!

Has your Lions club been heavily promoting your club projects and activities to recruit new club members? Were your promotional campaigns a success in increasing membership and bringing more people to your events? Did you know there is an award available for your club to win from Lions International based upon your marketing efforts?

The Lions International Marketing Award is a way to showcase your club's creativity through its marketing – and be recognized for your innovation. To be eligible for this award, clubs must plan and execute a marketing campaign to promote a membership drive, club service project with a recruitment focus, fundraising event with a recruitment focus, or an invitation for prospective members to reach out about your club via a social media campaign.

If your Lions' club marketing campaign award submission is a winner, your club will receive the following:



US\$2,000 cash award (or its equivalent) for winning clubs



Trophy presented to club



One downloadable certificate per club to winning clubs to print per member



Four complementary LionsCon registrations

With an increased focus on membership recruitment, Lions International wants to see the marketing steps you took to promote your membership drive, service project or fundraiser along with the steps you took to recruit prospective members at your event. For example, while you might create flyers and share them on social media to attract more event attendees, you might also hand out brochures about your club, have attendees fill out membership interest forms or hand out cards with your club information and invite community members to your next club meeting. Your link to the Lions International Marketing Award webpage is below:

<https://www.lionsclubs.org/en/resources-for-members/resource-center/club-marketing-communications-chairperson/marketing-award>

All the information your club will need to help plan your marketing campaign and to apply for the marketing award can be found on this webpage. Make sure to review everything thoroughly so your marketing plan qualifies under the award guidelines. Now is the time to start work on your club's 2024-2025 marketing plans.

All marketing campaigns being applied to this contest must be completed between July 1, 2024 and February 1, 2025. All applications for the Lions International Marketing Award must be submitted between July 1, 2024 and February 1, 2025.

Please contact me with your questions and please also speak with your district marketing team about how they can help your club will your marketing award campaign and application.

Yours in Lionism,
Lion Lyle Goff email: goffit@msn.com



Social Media
Enthusiast/s

Objective: Looking to educate the district's marketing team and the SM7 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

Returning to Hugo Lions Volunteer Park ...

GOOD NEIGHBOR DAYS

Lions ROAR in '24

JUNE 7-9 2024

FREE SHUTTLE
Friday & Saturday

LIONS BEER GARDEN

FRIDAY 5PM-12AM, SATURDAY 10AM-12AM
SUNDAY 10AM-4PM

LIVE MUSIC

COCONUT TIGER FRIDAY 8PM - 12AM
SIX TO MIDNIGHT SATURDAY 8PM - 12AM

HUGO'S GOT TALENT

SATURDAY 1PM - 4PM

CRAFT & VENDOR FAIR

SATURDAY 10AM - 6PM
SUNDAY 10AM - 3PM

BINGO IN THE PAVILION

SATURDAY 1PM - 5PM
SUNDAY 12PM - 3PM

TOURNAMENTS!

CORNHOLE SATURDAY
PICKLEBALL SATURDAY & SUNDAY

COMMUNITY SPONSORS:

PARADE

SATURDAY 11AM - 12PM

BACKYARD RIBFEST

TICKET SALES BEGIN AT 12PM
PUBLIC TASTING BEGINS AT 4PM

FREE KIDZONE

FACE PAINTING, CARICATURES & BALLOON TWISTING
SATURDAY & SUNDAY 12PM - 3PM

FIREWORKS!

SATURDAY 10PM

SKATEPARK DEMOS

PRESENTED BY HANG TIME BOARD SHOP
SATURDAY 1PM - 4PM
SUNDAY 1PM - 3PM

CLOSING CEREMONY

SCHOLARSHIP PRESENTATION & DRAWINGS
SUNDAY 4PM

CARNIVAL

ADVANCED SALES



Come and join the LC of Big Lake Lioness at the SPUD FEST BINGO tent on Sunday June 30 starting at 12noon. Many prizes given away with blackout around 3:30/4pm.

BIG LAKE SPUD FEST

Supporting local youth and community since 1972!



The Forest Lake Lions Club is proud to bring the concessions to the Forest Lake Brewers baseball home games!!! We have a great time talking with the spectators and cheering on our beloved local team!! Since 1987 the Brewers have been

playing hard for Forest Lake and we are glad to be a part of that!! GO BREWERS!!!

May 17th was a great day for the Forest Lake Lions Club! We were honored to meet with our local 6th graders to hand out seedlings and talk with this fabulous young group of students. They were very excited to receive their seedlings and couldn't wait to get home to plant them!! We are hoping to see many new trees sometime in the years to come!!



This year the Forest Lake Lions also worked with the students attending North Lakes Academy to bring some new trees to their campus. The students were happy to do their part in the digging and planting!

"The opposite of networking is NOT working"
 - Someone smart

JUNE 27TH-30TH

DISTRICT HIGHLIGHTS AND EVENTS

Albertville Lions 10th Annual

CAR SHOW

Saturday, June 8

10am-2pm

Lachman Ave & 57th Street

(between Coborn's & STMA Ice Arena)



\$10 per car/vehicle
On-site registration only
Includes t-shirt*
*while supplies last

FOOD BOOTH BY
ALBERTVILLE CUB SCOUTS PACK #547

AWARDS
will be presented at 1:45

Thank You to our generous sponsors!

- Gerber Collision & Glass • Superior Brake & Auto
- Kremer's Toy & Hobby • Westside Liquor
- Center Cut Meats • Don's Auto • Rally Gear
- Albertville Car Care Center • Willy McCoy's • Culver's
- BJ's Sports Tavern • Precision Auto • Fehn Companies
- Neighbors Eatery & Saloon • Long Haul Trucking

More info: albertvillelions@gmail.com

- 1st, 2nd & 3rd Place
- Lions President Award
- People's Choice Award

Otsego Lions had a very successful Putts and Pars pub crawl on May 18. We had over 150 golfers again this year. We continue to grow and everyone had a great time. Thank you all for coming out to support the Otsego Lions. We may have even added our newest member at the event. Time will tell. So far this year we have added 8 new Lions and hoping to grow that number as the year continues.

The **Montrose Lions** completed another community service project doing ditch clean up.



19 seniors joined the **LC of Big Lake Lioness** for desserts and bingo. Cash prizes were given to the bingo winners and all enjoyed the luscious dessert/s.

Save The Date

July 16-20, 2024

Centerville
Lions

LaMotte Park, Centerville, MN
fetedeslacs.org



← Lions Dee, Ginny, Sue, Sue and Sandy



Everyone won something!

DISTRICT HIGHLIGHTS AND EVENTS

We know that we're not supposed to be too full of pride, but sometimes when we're really excited about something, we have to share! So far this year the **Forest Lake Lions Club** has had the honor of donating over \$40,000 to help support local organizations and non-profits. This is one of the reasons we all became Lions ~ to HELP!! We've been able to do this in just half a year, hopefully the second half will be just as wonderful!



The **Forest Lake Lions** are busy signing up and recruiting our friends, family, and neighbors to sign up to **walk for the Minnesota Hearing Foundation to DFET hearing loss and issues**. A bunch of us will be at the Minnesota Landscape Arboretum on June 1st at 9:30 to walk and help raise money and awareness on deafness and work on eliminating it!! Please join us!!

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

VOLUNTEERS NEEDED AT SPECIAL OLYMPICS OPENING EYES

Special Olympics Minnesota Summer Games is at the Stillwater Area High School from June 23-25.

Stillwater Area High School will host the annual Special Olympics Minnesota Summer Games! Roughly 2,500 athletes will be competing in basketball and track and field throughout the weekend. Outside of competition, there will be entertainment in Victory Village, health screenings for athletes, Celebration Ceremonies, and many other activities for everyone! Summer Games is open to the public and family friendly!

The Lions have played a major part in this competition for many years, and will once again host the Opening Eyes screening. As part of the Healthy Athletes program offerings, Opening Eyes provides a complete eye exam, conducted by eye doctors and eye care professionals. During the Opening Eyes screening, Athletes have the opportunity to receive new eye glasses, sunglasses or sports goggles, free of charge! Opening Eyes is presented by Lions Club International.

Opening Eyes in Minnesota was first undertaken by Lions Clubs of 5MS, but we need you to make this screening happen! Opening Eyes volunteers directly impact the health of SOMN Athletes! Volunteers will also have the opportunity to meet and interact with Special Olympics Minnesota Athletes, and also meet Lions from other clubs and other districts. Volunteers will receive a Summer Games Volunteer t-shirt and Volunteers working over six hours will also receive a complimentary lunch.



- Summer Games volunteer shifts available:**
- Friday, June 21, 9:00 pm - 1:00 pm (set up only)
 - Saturday, June 22, 8:15 am - 12:30 pm
 - Saturday, June 22, 11:45 am - 4:30 pm

- Lions Club volunteers are needed for a number of roles, including:**
- Assisting doctors
 - Conducting initial eye chart exam
 - Directing and escorting athletes
 - Athlete registration

TO REGISTER VISIT:

SOMN.ORG/LIONS

These volunteer shifts are reserved for Lions & Friends of the Lions registration. Lions Club members, family and friends are all welcome and encouraged to volunteer!

Questions? Please contact:
Lion Ray Moonen, 952.201.7031; moonen@myinmail.com
Lion Jim Cain, 763.232.0790; jhcain2@gmail.com.
Lion Laura Maki, 507.964.5796; relamaki@frontiernet.net



4th Annual Community Bazaar



Saturday, June 8, 2024
Buffalo Civic Center
9:30 AM – 2:00 PM

A fabulous opportunity to see talented crafters, popular vendors, and find treasures at a garage sale table!

- Free to the public
- Food available for purchase: hot dogs, chips, sodas, water, popcorn, & snacks
- Learn about the "Splash for Andrew" project



See You There



DISTRICT HIGHLIGHTS AND EVENTS



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



FOUR PERSON SCRAMBLE

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

\$100 PER PLAYER

REGISTER NOW

Please Register by July 19th, 2024

ALL PROCEEDS BENEFIT COMMUNITY PROJECTS!

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

ANDERSON KOCH

651-775-7198
North Branch, MN

Hole Sponsorships Still Available



Remember to support
other club activities.

The Elk River Lions Club is getting ready for the busy season. We will be serving food at the Sherburne County Fair, July 18-21. Tentative plans: June 8th we are tentatively planning to serve food for the Smoke-N-Show at the Sherburne County Fairgrounds. Also tentatively, we have an opportunity to host a pancake breakfast Saturday June 15th 9-noon at Oliver Kelley Farm to help them open their tour season. We might send out a call for help for Smoke-N-Show, and we will send out a call for help with the County Fair.

Spring Lake Park Lions and Spring Lake Park Schools Scholarship Foundation. This foundation began with a large donations from the Spring Lake Lions Club to Spring Lake Park Schools in 1988-89. The purpose of this foundation is to provide scholarships for Spring Lake Park High School graduates and to raise funds to ensure a future self-perpetuating source of income. Thank you to the Board of Directors along with the Lions, school district and the community for making these scholarships and awards possible for our students.

★ Thank You SM7...

Pam and I would like to thank everyone who helped with my campaign to become the endorsed candidate for International Director. Your help throughout this endeavor made it possible.

We would also like to thank all the Lions from MD5M who supported us and voted for us in Winnipeg. We are truly honored and will do our best to represent this great multiple.

Now it is off to the International Convention in Melbourne, Australia to have my name put on the ballot. We wished we could take you all with us. Wish us luck!!!



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



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.