



We Serve

www.5m7.org
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The Gram



May 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!

Another MD5M Convention is "in the books" as they say. It was a very fun and informative event indeed! I don't know about you but I am looking forward to the 2025 MD5M Convention at the Minneapolis Airport Hilton. This promises to be an event not to be missed! Sign up early.

As our International President Patti Hill stated our purpose is to serve and by serving we can "Change the World". When you think about your service to your community you change your community and also the world. You may never know the full extent of your influence on others when you serve but the effects are real and your service has the potential to change lives. The people whose lives you change have the potential to change your community and the world in ways you don't even realize.

How does changing the world fit with my motto "Find Your Roar"? When you "Find Your Roar" you become passionate about your service and that passion is contagious. People in the community become excited and want to be involved and will want to become part of the action. It makes it easy to increase membership because your club is a vibrant part of the community.

LCIF plays a part in being vibrant and relevant. When clubs think outside the box, they are not afraid to dream big especially when there is a funding source to draw from to make those dreams become a reality. The Team Sheehan Foundation is there to help, too. Starting this June, the Team Sheehan Foundation will be taking applications for funding your membership and project goals and the grants will start rolling out on July 1st of the next Lions year. Stay tuned for more information.

How have your club's projects been shaping up for the summer? Are you ready to plant some trees? Clean-up some parks? Roadside clean-up? Paint some park benches and shelters? Stock a food shelf? Award scholarships? Clean-up an elderly resident's yard? Put your club's project here: _____.

It is spring so the possibilities for service are endless. They are only limited by your imagination.

Find Your Roar!

DG Peter



Hello Fellow Lions and Leos of SM7

By DGE Lion Mary Curtis

Happy Spring!

I love how things are starting to turn green! Spring is a wonderful time of year. It is full of new beginnings and growth.

Your club is most likely getting ready for a summer of activities, community service projects and a new slate of officers. Make sure they attend one of the Spring Training sessions being held May 20 or May 28.

A MD5M dues increase was approved at the recent Multiple Convention. It will be \$1.50 starting July 2024, ending January 2029. It will provide support for the MD5M International Convention 2029 Host Committee and expenses related to MD5M hosting the 2029 International Convention.

We attended the LCIF Gala held recently and had the opportunity to take an 'action' photo with LCIF Chair Immediate Past International President Lion Brian and Lion Lori Sheehan.



Your Governor Team for next year has been busy setting goals and making plans for next year. We are getting excited to SERVE alongside you.

Get outside and enjoy the fresh Spring air! Meet New People and Do Cool Things! Lion Mary



5/12/24

Greetings Fellow Lions and Leo's!

By Lion Deb Weston 1VDG Elect

Spring has sprung and life is busier than ever! I'm sure this is true for you too. As 1VDGE, I enjoy visiting clubs with DG Peter and DGE Mary Curtis for Governor's visits and Zone meetings. I'm so impressed with the incredible Lions I've met that are doing great thing to help individuals, their communities and the world.

This past weekend I attended the MD5M Convention in Winnipeg. It was a wonderful convention with great speakers, fun events, catching up with friends throughout MD5M and making new ones. We were extremely fortunate to have our International President, Dr. Patti Hill in attendance. She wowed us with her knowledge, compassion and sincerity.

Dr. Lion Patti's theme is "Change the World", one relationship at a time, one life at a time, one community at a time. She shared her programs and initiatives which focus on four key priorities for Lions International that are critical to our mission of service. They are 1) Creating a greener, cleaner environment, 2) Sharing our stories with the world, 3) Reaching our full potential as Lions and leaders and 4) Supporting our global foundation, LCIF. She continued to stress that "it takes a team" to accomplish our goals. We are not in this alone. We have a team, our club, the multiple, Lions International. We have tremendous resources and just need to reach out. Individually we make a difference but, together we can change the world!

The convention finale on Sunday morning was a performance from Elvis Presley himself! Well, an Elvis Tribute artist, Corny Rempel. He was an incredible performer, singer and comedian. We left the convention with big smiles on our faces.



Exciting news! The new Lion Portal is up and running. If you haven't received an email yet to register, you can go to Lions International's website and log in and it will take you to the Portal.

Another incredible event that I attended this spring was MD5M's 1st LCIF Gala. It was held on April 13th at the Parkers Prairie Event Center. Over 300 Lions from across the state were in attendance. We were thrilled to have our LCIF Chairman, Brian Sheehan and his amazing wife Lori joining us. They both provided us with inspiring presentations on their travels across the world raising funds for our Foundation. This event was a huge success and raised \$177,000 for LCIF. Thanks to all who made this possible.

I look forward to seeing our new officers at our 2024 Spring Expo – Officer Training on May 20th at Spring Lake Park High School and May 28th at Monticello High School. I wish you well on all your events and service projects this spring. Please reach out to me if you have any questions or if I can help in any way. Thank you for your heart of service! Lion Deb

CONVENTIONS/FORUMS

By Lion Judy Herrala



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

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



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

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

This is the convention where District Governor Elect Mary Curtis will be inducted into her role as District Governor. You can find the information on the international website OR there is a link from our [5m7.org website on the conventions/institutes page](#) Lions Judy Herrala and Mark Landwehr

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

5M7 please consider attending the MD5M Convention in April 2025 in Bloomington, MN. Our own district, 5M7, is hosting this convention! This convention will be held in Bloomington, MN at the Hilton Minneapolis-St Paul Airport.

There is a registration form available on the Multiple Convention Website (www.lionsmd5m.org) and our own www.5m7.org website also has a link to that form and to the google site which hosts all information for this convention. This convention is a fun one to attend as you will meet others from MN, Manitoba and NW Ontario who are part of our multiple district (MD5M).

Here is a photo of our 5M7 table promoting our Bloomington convention when we were in Winnipeg this past weekend.



PDG Lion Judy Herrala,
Convention and Forums

Here is who I met at
MD5M convention in
Canada just this past
weekend! →



More convention pics next page →

From the Multiple Convention in Canada



DG Lion Peter....dressed to the KILTS!



DGE Lion Mary Curtis

The 5M7 Group



CLUB FUTURE FOCUS

Time to get ready for the new Lions year!

LEADERSHIP ELECTIONS

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

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

2024 SPRING EXPO—OFFICER TRAINING

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

- PRESIDENTS & VICE PRESIDENTS
- SECRETARIES
- TREASURERS
- SERVICE CHAIRS
- MEMBERSHIP CHAIRS

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

- Monday, May 20** 6—8:30 PM
Spring Lake Park High School
- Tuesday, May 28** 6—8:30 PM
Monticello High School



RSVP LINK—by May 15

<https://forms.gle/PYhW7CcTYTMRTtx6>

GET READY for the LIONS PORTAL

Around April 15th, Lions International will be sending emails to all members who have emails on their profile at Lions International. Please click on this link to go to the webpage about the Lions Portal. You will find good information there about the new portal and dates that the change is coming. <https://www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates>. Please let me know if you have any questions.
Lion Judy Herrala JLHBELLS@earthlink.net



LIONS AND LEOS

By Lion Steve Linder

More than 100,000 Americans are in need of eye, tissue, or organ donations right now. Worldwide, a shortage of corneas for transplant is leaving too many people waiting for the chance to see. You can help! Please consider becoming an eye donor after death. The gift of sight is a precious thing.

- ◆ **Donation Facts:** Almost anyone can be an eye donor. Poor vision, cancer, or age may not prevent donation. Most religions support eye, tissue, and organ donation as the final act of love and generosity towards others. Eye donations are used for sight saving cornea transplants, research, and education.
- ◆ **Transplants:** Donated corneas restore sight and improve a person's quality of life. Donated corneas benefit the public by returning individuals to productive and active lives. More than 1.5 million recipients have benefited since 1961!
- ◆ **Research:** Eye tissue donated for research helps scientist learn more about diseases like Macular Degeneration, Diabetic retinopathy, and Glaucoma. Donated eye tissue leads to the development of new medications and surgical techniques and educates the next generation of doctors.
- ◆ **Stories From Recipients:** Eye surgery complications left Christine nearly blind in her left eye. She struggled to preform ordinary activities until a cornea transplant restored her sight. Kailee was not yet two when a Christmas tree needle pierced her right eye, scarring her cornea. Thanks to a young donor, Kailee received a sight-saving cornea transplant and is now thinking about becoming eye doctor. Marcia's vision problems started in high school. Thick glasses and front-row seats didn't overcome her failing eyesight; but a cornea transplant did. Now Marcia is pursuing a career in criminal justice. Jason was diagnosed with aggressive keratoconus in both eyes, Jason needed cornea transplants for normal vision. His donor corneas allowed Jason to serve in the Military with a sharpshooter ranking.

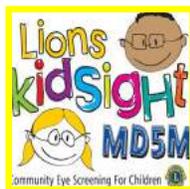
Please consider becoming an organ donor! Minnesota DMV has information, and I can also help. **PLEASE HELP SAVE A PERSON'S SIGHT OR A LIFE BY BECOMING A DONOR!**

For more information, please contact
 PDG Steve Linder 612-382-2236 Slinder71@usfamily.com
 PDG Terry Wold 612-759-5433
terry_wold@hotmail.com
 MLVF 5m7 Directors



Cinco de Mayo

May 5th



Lions and Leos

By Lion Deb Johnson

THANK YOU! We would like to extend our appreciation and thanks to the clubs that showed us so much support these past couple of months. It really warmed our hearts to see the overwhelming response we received for donations for our silent auction baskets. Thank you to the following clubs: Big Lake, Clear Lake, Forest Lake, Fridley, Lions Club of Big Lake Lioness, Montrose, Rockford and Spring Lake Park. We made 12 baskets with all different themes. This picture is just some of the ones we did. Blaine Central and Coon Rapids made and brought baskets up too. We apologize if we missed anyone. There were a lot of baskets in total that were donated from the whole multiple. We will share with you how much was made once we know.



Looking for a service project to do? SIGN UP TO HELP AT THE STATE FAIR! MD5M Lions KidSight will be at the Kare 11 Health Fair building at the State Fair this year. District 5M7 will be screening on Monday, August 26th and Tuesday, August 27th. If you would like to volunteer and work a shift, click on the link and sign up.

<https://www.signupgenius.com/go/5080D45ADAC2FA7F58-48608689-state/>

Or scan the QR code →



Scan me!

For volunteering, you will get free entrance into the fair. There are 3 different roles to sign up for: Greeter, Escort and Screener. Please contact Lion Deb if you have any questions about what each role does. Don't worry, we will train you. It's easy and so much fun!

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.



Greetings 5m7 Lions and Leos

By Lion Judy Herrala

The Minnesota Lions Diabetes Foundation (MLDF) met in person for committee and board meetings in March. At it's meeting, trustees approved \$100,000 to increase support for four research initiatives at the University of Minnesota.

- ◆ Development of a Next-Generation Approach to fight inflammation and Type 2 Diabetes.
- ◆ Curing Diabetes by stopping attacks by the body's immune system.
- ◆ Bringing immune tolerance to clinics for people with diabetes and kidney failure.
- ◆ Production of genetically engineered pigs as donors of organs for the treatment of diabetes and its complications.

To date this Lions year, MLDF has approved \$200,000 in funding to support University of Minnesota research related to diabetes. This funding supports next steps in research opening opportunities for additional funding from other sources.

Also at the March meeting, MLDF trustees approved a \$5,000 grant to be devoted to Camp Sweet Life's camper scholarship program. Camp Sweet Life is a non-profit organization that provides children with Type 1 Diabetes with a mix of fun, recreation and educational opportunities.

Following the board meeting, MLDF held our Annual Diabetes Research Update in St. Cloud. Five University of Minnesota researchers who are conducting research aimed at both preventing and curing diabetes gave updates about the progress on their research, as well as answered questions about smart and not-so-smart nutrition practices by people who are diagnosed with diabetes, and those who have not been diagnosed with diabetes.

We continue to ask our clubs in 5m7 to let us know when you are working on a diabetes project. If you would like some ideas for diabetes projects, please let us know. LCI provides a great list of ideas as well.

Please let us know if you have questions.

Lion Judy Herrala, 5m7 MLDF co-trustee

JLHBELLS@earthlink.net

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

mnedwards1@bellsouth.net

Lions Diabetes Foundation

GREETINGS FELLOW LIONS AND LEOS

By Lion Mike Benedetto MD5M Hearing Trustee

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



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



Scan This Code

to register for the
D-FEET hearing
loss walk

Visit us at;

www.5mhf.org

To see all the wonderful
things we are doing to
assist those suffering with
hearing disabilities.

Scan This
Code



to go to the
Hearing
Foundation
WebSite to
make a
donation.



JUNE 1, 2024 - 9:30 AM

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

FUN FOR FAMILIES
OF ALL AGES!

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

KIDS UNDER
12 ARE FREE!

Register at: <https://secure.gqiv.com/event/2024/walkto-d-feet-hearing-loss>
Text DFEET2024 to 50155 to donate or register.





Ava and Alfred

As a bright, energetic young girl with autism, Ava thrives on structure and routine. She struggles to cope with sensory issues and transitions, and being overwhelmed sometimes leads to meltdowns. Since being diagnosed with autism when she was about 3 years old, Ava has been using multiple techniques and resources to help her handle emotions. Despite many efforts, she still experiences angry outbursts, anxiety, and stimming behaviors. Ava's family limit activities to try to prevent emotional reactions.

Ava's mother, Diane, saw a story on the news about Can Do Canines, and the very next day, a co-worker encouraged her to apply for Ava to receive an Autism Assist Dog. Diane hoped a dog would help Ava intentionally choose to connect with a dog instead of reacting to overstimulation, so she began the process.

The leap of faith led them to Alfred, a 2-year-old black Labrador Retriever, who is as playful as he is cuddly. Ava remembers being excited to meet Alfred, and when he came home, she had quite a case of the giggles. Their fun-loving energy is a perfect match, though his calm presence still balances out her heightened emotions when needed.

Ava is learning to recall and apply Alfred's cues, and she is improving response timing, as well as patience, with giving him feedback. Ava has also written his cues on slips of paper, and she pulls them from a bowl to practice together.

When she is feeling overwhelmed or frustrated, she can cue him to "snuggle," prompting him to lie across her lap to provide light pressure therapy. Ava's brother, Cameron, even leads Alfred to snuggle with her before a meltdown if her canine companion isn't near her.

Routine is a big part of Ava's day, and such a sudden major transition to online school really threw her for a loop. Ava's frustration and resulting behavior was escalating quickly due to being confined to a space with her siblings in their St. Louis Park home, but Alfred is now able to suppress any major tantrums from erupting. In public, she focuses on holding his cape's handle to stay safely with her parents. Since the start, Alfred has picked up on her frustrations and has helped her find her calm so that she can better communicate her feelings. He bridges any social gaps with her friends, in particular. Ava tells everyone he is a great partner for her, and that he's a loving, silly boy, referring to him sometimes as "Dude."

Diane said it was initially challenging to keep everyone in

the family consistent in his training, but they're proud of what the family has collectively accomplished. They are thrilled with how his full-body wiggle brings joy to all, and look forward to returning to an enhanced routine, thanks to Alfred. "Thank you for doing this for me!" smiles Ava. Diane and Kevin, Ava's father, add, "We've been really impressed with everything from puppy raisers to the prison program. Plus the time and tireless effort from the trainers, and fosters, and all of the volunteers...you can see he was raised with love and respect, and we'll take care of him."



Can Do Canines to Host Open House May 18

Can Do Canines invites you to attend an open house on Saturday, May 18, from 12-2 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 are invited to attend 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 each of the 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.

More information about Can Do Canines is at www.candocanines.org.





5M7 Leo Clubs

By Lion Stephanie Nelson

son

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

The Leo clubs of 5m7 have come together and have written a grant to plant 500 trees in the 5M7 district. The plans are still under way— set for planting in late May— fingers crossed. We will look for Lions clubs across the district to help reach our goal of planting 500 trees. This is in part due to International Director Dr. Patti Hill's commitment to the environment and her [#LionsGoGreen](#) [#MissiontoGrow](#).



This would be a good time to gather your city officials, your neighboring clubs and community members to plant the seedlings and show them how Lions clubs are invested in the environment.

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



Calling all Lions and Leos!

We confirmed youth from Belgium, Taiwan, Germany, Hungary, and Mongolia. Learn a new language, culture, and history from these great service leaders in their own countries. Share your love of Lionism and have some new adventures. Still seeking for hosts for young men for July. **We are still seeking places to stay for 18 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

LIONS INTERNATIONAL

PEACE POSTER

2024-2025 Theme: Peace Without Limits

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



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***





ENVIRONMENTAL NEWS

By Lion Judie Zaske

As we move into spring, I'm a firm believer this is a good project for clubs to seriously think about, so I'm repeating last months info. At your next meeting, consider bringing up this concept to your club and possibly your surrounding clubs and make it Zone Project for the environment!

Minnesota's Future Forest Fund

From MN DNR Website

Forests play a major role in Minnesota's ecosystem: they clean our air and water, provide food and habitat for wildlife, gives us the raw material for the wood products we use every day, and offer beautiful places to explore and find solitude. By donating to the Future Forest Fund, individuals and corporations can increase the number of trees planted and cared for on state land.

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

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

**For information on seedlings, see the Leo page*

For more information about how to contribute to the Future Forest Fund, please contact:

futureforest.dnr@state.mn.us or, download the donation form (PDF).



ON ANOTHER NOTE.....

NO MOW MAY is an effort to allow grasses to grow undisturbed for the month of May. This started a few years ago and it means that you won't mow your lawn or use any other lawn equipment that could disturb the growth of the grass. Instead, you can sit back, relax, and enjoy the beauty of your lawn in its natural state.

So why do people participate in No Mow May? At the onset of the growing season, hungry and recently emerged native bees face a critical period. In urban and suburban areas, it may be challenging to locate floral resources. However, you can assist your bee neighbors in thriving by allowing your lawn to grow for a more extended period, letting the flowers blossom, which provides pollinators with nectar and pollen. Reducing the frequency of mowing your lawn establishes a natural habitat, which, in turn, can enhance the diversity and abundance of wildlife, bees and other pollinators. As an added benefit, letting your grass grow longer can lead to needing to water your lawn less.

But as we've seen and/or read, some cities are going away from a NO Mow May due to unsightly lawns along with updated research that shows not mowing for a whole month can be more detrimental than once thought. Researchers are pointing out that some ground cover (clover) needs to be mowed at least every couple of weeks to 'regenerate'. We also know that mowing after a month leaves a lot of grass clippings that can kill off new grass rather than provide the nutrients needed to grow new grass. Also turf grass can be stressed if it's left to grow too long.

So let's take a more moderate approach to this dilemma and scale back to a '**Slow Mow May**'. Let's start by mowing our lawns every 2-3 weeks. This will help with growth, the need to water the lawn and of course with our pollinators. This may even be good practice for over the summer! Take a look at ways you can re-define your lawn by planting gardens with native plants and flowers and look into various seed mixes that create a pollinator haven. Let's all take a long look at how we can improve our environment by better utilizing our lawns for everyone!

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead

BrainyQuote



Lions Clubs International

By Lion Lyle Goff,
MD5M Marketing & Information Chair

Lions Clubs International – Social Media Matters!

Lions can use social media to make a bigger impact:

- Connect with other community organizations, leaders, and the public to spread the word about your club.
- Show your local and global community how you serve.
- Engage current and potential members.
- Create a fundraiser to support LCIF.

Lions need to reach out to others by utilizing the social media channels that are used by their potential audience. Facebook, X (formerly Twitter), and Instagram are three of the most used social media sites. Don't overlook other sites such as YouTube, Threads, Tik Tok, and Linked In for reaching out to your community and beyond. If your Lions club isn't currently on one of these sites, you should become a subscriber. Your Lion's club is missing out on opportunities to promote your club.



The link below takes you to the LCI website page that features information on social media sites, plus videos and tools for utilizing these sites. <https://www.lionsclubs.org/en/resources-for-members/social-media>

On this webpage you can find items you need to successfully market your club via social media. Put the Lions brand to work with ready-to-use graphics and customizable templates for your social media channels! – from photos and videos for digital communications to Lions emblems, service icons, Leo logos and more.

Some tips regarding your social media channel:

- ◇ Make sure that you keep your social media channels current. Nothing will turn off potential viewers of your sites more than an outdated website or social media channel.
- ◇ Make sure to keep your social media channels full of photos and videos. A website or social media channel filled with just text will deter people from exploring your site to learn more about your club and its activities.
- ◇ If you have multiple social media channels, make sure

the content for upcoming activities or events is consistent on all sites.



Social media should be a vital part of your Lions club and its marketing strategy. Get a digital presence today!

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



UPDATE:

Minnesota Lions Helen Keller Award

In 1925, Helen Keller challenged the Lions to become knights of the blind in the crusade against darkness. As a tribute to this inspirational woman, Minnesota Lions created the Helen Keller Award.

The award is an excellent way to honor an exceptional Lion, Leo, non-Lion individual, business or organization. Recipients are typically persons or groups who have distinguished themselves on behalf of sight and who see and care for the needs of those less fortunate than themselves.

A \$1,000 donation to the Minnesota Lions Vision Foundation allows the donor to present a Helen Keller Award. The award recipient receives a beautiful plaque and pin. The recipient's name is put up on the Helen Keller award board in the University of Minnesota's ophthalmology clinic. Both the donor and the recipient have the satisfaction of supporting worthwhile Lions projects.

Donations help the Lions Gift of Sight eye bank, the Lions Children's Eye Clinic, the MAC Center, and other Vision Foundation endeavors. Donations can be in the form of a one-time payment or cumulative donations to equal \$1,000.

Minnesota Lions Eye Bank (now the Vision Foundation) established the Helen Keller Sight Award in 1992. Since then, more than 6,700 awards have been given to those who demonstrate caring and commitment to their communities or to the Lions sight mission. The application can be found on the [5m7 website](#).

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

<p>LIONS BEER GARDEN FRIDAY 5PM-12AM, SATURDAY 10AM-12AM SUNDAY 10AM-4PM</p> <p>LIVE MUSIC COCONUT TIGER FRIDAY 8PM - 12AM SIX TO MIDNIGHT SATURDAY 8PM - 12AM</p> <p>HUGO'S GOT TALENT SATURDAY 1PM - 4PM</p> <p>CRAFT & VENDOR FAIR SATURDAY 10AM - 6PM SUNDAY 10AM - 3PM</p> <p>BINGO IN THE PAVILION SATURDAY 1PM - 5PM SUNDAY 12PM - 3PM</p> <p>TOURNAMENTS! CORNHOLE SATURDAY PICKLEBALL SATURDAY & SUNDAY</p> <p>COMMUNITY SPONSORS:</p> <div style="display: flex; justify-content: space-around; font-size: x-small;"> <div style="text-align: center;"> GRUNDEOFERS BLP BARRIUM MIXERS </div> <div style="text-align: center;"> BB Landscaping </div> <div style="text-align: center;"> HUGO LIONS </div> <div style="text-align: center;"> CITY OF HUGO </div> <div style="text-align: center;"> ADVANCED SALES </div> </div> <p style="font-size: x-small;">Designed & Printed by: TRADE PRESS INC. in White Bear Lake</p>	<p>PARADE SATURDAY 11AM - 12PM</p> <p>BACKYARD RIBFEST TICKET SALES BEGIN AT 12PM PUBLIC TASTING BEGINS AT 4PM</p> <p>FREE KIDZONE FACE PAINTING, CARICATURES & BALLOON TWISTING SATURDAY & SUNDAY 12PM - 3PM</p> <p>FIREWORKS! SATURDAY 10PM</p> <p>SKATEPARK DEMOS PRESENTED BY HANG TIME BOARD SHOP SATURDAY 1PM - 4PM SUNDAY 1PM - 3PM</p> <p>CLOSING CEREMONY SCHOLARSHIP PRESENTATION & DRAWINGS SUNDAY 4PM</p> <p>CARNIVAL</p>
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LC OF BIG LAKE LIONESS will be having a Dessert/Bingo Event for local seniors at the Senior Center in Big Lake on Tuesday May 7th beginning at 1:00pm. A delicious 'main' dessert with a variety of scrumptious bars will be served to those attending. After, a few rounds of Bingo with prizes will be enjoyed by all!



Also in May, the club's Scholarship Committee will give three \$1k to three deserving seniors to assist in furthering their education. Along with their volunteer activities, each candidate was selected based on their essay "What Community Service Means to Me". Congratulations to our winners!

On Saturday May 18th the Otsego Lions will be hosting a Putts and Pars- Pub Crawl in Otsego. It's a great event were you travel to several local bars and take turns putting on various holes created by each bar. We have had a great turnout in the past and this year will be no exception. Sign up early to reserve your spot. You can sign up at Otsego Lions Club and use the link.

PUTTS & PARS PUB CRAWL

DRESS YOUR BEST!

Join us for a fun day of putts and pars while helping out the people and businesses of Otsego and surrounding areas.

Proceeds will be used by the Otsego Lions to support our local community.

4th Annual SATURDAY MAY 18th

\$30

PER GOLFER

PRIZES

will be awarded for High Score, Low Score, Best Dressed and more!

Check-in from
11:00 - 11:45am
with a shotgun start at **Noon**

Visit Otsego's participating pubs listed and golf the mini putt holes at each establishment. Golfing ends at 4pm.
awards ceremony from 4-5pm
at **BOONDOX BAR & GRILL!**

SIGN UP TODAY!

Just go to...

OTSEGOLIONS.ORG

and click on the link to register!

Must be 21+ to participate in this event.

ROCKWOODS

POUR!
Wine Bar & Bistro

BOONDOX
BAR & GRILL

POUR COCKTAIL BAR

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

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

More info: albertvillelions@gmail.com

The Cokato Dassel Lions club made the commitment last year to place 11 benches along the 5 mile trail that connects the 2 towns along Hwy 12. The communities were so enthusiastic that 2500# was collected for 5 benches. We partnered with the Rotary and Spring Lake Association since the TREX recycle program only allowed for 1 bench every 6 months. Recycling continued thru the winter. TREX changed the requirements to 1000# now for 1 bench. 3 more will be installed this spring!



The Centerville Lions celebrated their 50th Anniversary as a club on Saturday, April 20th. We would like to thank all of those who attended our Cadillac Dinner to celebrate with us. A special shout out goes to Lion Ron Hogan for receiving the highest honor presented to a Lion!



We were proud to present Ron with the "Melvin Jones Fellowship Award"



Save The Date

July 16-20, 2024

Centerville Lions

LaMotte Park, Centerville, MN
fetedeslacs.org

DISTRICT HIGHLIGHTS AND EVENTS

LIVE

on 65

2023-2024 SEASON

B2WINS DUO CONCERT



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

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

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

<https://www.springlakeparkschools.org/community->

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 SMS, 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@myinfmail.com
 Lion Jim Cain, 763.232.0790; jhcain2@gmail.com
 Lion Laura Maki, 507.964.5796; relamaki@frontiernet.net





Roar with Us

Want to serve your community?
Meet great people? Make a difference?

Join us for a reception and information session
We'll even buy the first beer!

Learn about the impact Lions make every day

Thursday, May 9, 2024
6:00—7:30 PM



Torg Brewery
8421 University Avenue NE—Spring Lake Park
Hosted by the Lions Clubs of Blaine, Fridley and Spring Lake Park.



LC of Big Lake Lioness put together 27 MAY 'baskets' containing 'goodies' for local seniors. Each basket contained treats, instant food packets, stamps, pens, notepads, sticky notes, cereal bars, candy, Kleenex, assorted greeting cards and much more. Items are placed in colorful bags and distributed to seniors in our community.

DISTRICT HIGHLIGHTS AND EVENTS



April was a busy month for the **Forest Lake Lions**! On the 12th we helped pack food boxes for Feed My Starving Children. During our time we collectively packed 185 boxes which amounts to 39,960 meals and feeds 109 children for a YEAR!!!! How amazing!! If you haven't done it, you should ~ it's easy, and fun, and a great team builder for your club!!

Coming up ~ Don't miss the fun!! As you all know the **Forest Lake Lions** is very committed to the Invisible Wounds Project and on May 3, 2024 the 3rd Annual Blue Jean Ball is happening! We are sure it's going to be a great evening and we'd love to have more people than they can handle to make it super special.



On April 20th our **FLL** team got together along with many others in the community for the Annual City Wide Clean



Up! We work at cleaning up the parks, beaches, and public spaces so they are ready for the coming summer. A good time was had by all, even though the weather wasn't at its most cooperative! We were proud to also sponsor lunch for all the volunteers. The **Forest Lake Lions** won 1st

place for the team who filled the most bags! 40 bags out of many!!

April 23, 2024 The **Forest Lake Lions** Club participated in the Senior Expo. We were one of about 50 other vendors. The event was very well attended and we were able to talk to people about what we do as Lions, encourage them to join us and become a member, as well as guiding people to resources they needed. It was a very productive and satisfying event!



On May 17th the **Forest Lake Lions** Club will be sharing seedlings with our local 6th graders. The kids have really enjoyed receiving the planting and our club really enjoys giving them to the kids and spending some time with them.



This month the **Columbus Lions** have been "Hosting annual Easter Egg Hunt at Columbus Elementary School, and served treats at the Lino Lake Elementary School Carnival



The Lions had their last pancake breakfast of the season with Spring in the air and beautiful flower arrangements given away to attendees.



We also had PDG Lion Steve Linder present a Melvin Jones award to Lion Jim Pankratz. →



The **Big Lake Lions** and **LC of Big Lake Lioness Club** held their Governor's Night and installation of officers for the coming year on Thursday May 25th. DG Lion Peter, DGE Lion Mary and 1VDG Lion Deb were in attendance. Congratulations to the new officers.

DISTRICT HIGHLIGHTS AND EVENTS

HUNDREDX FOR



BEGINS: APRIL 24 | ENDS: MAY 30TH

Can you take some surveys and support Camp Sweet Life Adventures, Inc?

NO COSTS TO YOU!
(except a little bit of your time on your computer or cell phone)

YOUR OPINIONS = FUNDS FOR CAMP

Camp Sweet Life will receive \$1.60 for each survey you do!

In 2023 we earned over **\$11,000** to keep the cost of camp down and provide scholarships for our kids with type 1 Diabetes!



How it works:

1. Text **CAMP** to 90412* to sign up or use the QR Code
2. Choose **Camp Sweet Life** and give your opinion (up to \$1.60 per opinion)
3. Create up to \$120 of impact for diabetes camping!



Choose Camp Sweet Life Adventures
Take Surveys (25 max per day / 75 max per total email and must be quality surveys - take at least 1 min per survey)



BE A FUNDRAISING "SUPER STAR!"
(No cost to you except volunteering your time to complete surveys)

BEGINNING APRIL 24TH - MAY 30TH

Help Us Reach our Fundraising Goal with HundredX & Get a **FREE** Camp Sweet Life Hoodie



As an added bonus for those who participate, we are offering a **FREE 2024 Camp Hoodie!**

What is the Goal?
To keep the cost of Camp down!

How?
Each person does 75 surveys! We can raise up to \$40,000

To get your free CSL 2024 Hoodie Complete your 75 surveys by following the instructions below

How it works:

1. Text **CAMP** to 90412* to sign up or use the QR Code
2. Choose **Camp Sweet Life** and give your opinion (up to \$1.60 per opinion)
3. Create up to \$120 of impact for diabetes camping!



Once you've completed the 75 surveys needed for a free hoodie you will be contacted by **Rene Maes** | rene.maes@campsweetlife.org to get your hoodie size. Hoodies will be delivered at camp in July or alternate arrangements.

Please take your time to complete the surveys. Feedback will automatically be kicked out by the system if a pattern of responses is detected or if the surveys are completed in under 45 seconds.

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!!!

Good Luck!! 



THANK YOU 5M7!!

DISTRICT HIGHLIGHTS AND EVENTS

NORTH BRANCH LIONS

GAME Day




Come for old fashioned fun!

Saturday, May 11th 2024
 at the Chisago County Senior Center
 38790 6th Ave
 North Branch, MN 55056
 Noon - 4:00pm

Board Games - Multi-player Card Games - D&D - Silent Auctions - Prize Drawings

Entry \$5/ Person
 Pizza Lunch Available \$10/Person
 Add'l Snacks and Drinks Available for Purchase
 Please Pre-Register for Headcounts
<https://www.eventbrite.com/e/north-branch-lions-tabletop-game-day-tickets-878784266397?aff=oddtcreator>

Ages 12+

*Day of walk-ins are welcome.

All Proceeds Go Back into the North Branch Community




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



Bulrush Golf Club
 RUSH CITY, MN

REGISTER NOW
 Please Register by July 19th, 2024

FOUR PERSON SCRAMBLE
 Includes golf, cart, food, fun, games & prizes
\$100 PER PLAYER

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








Hole Sponsorships Still Available

Remember to support other club activities.