



# JUNE 2023

# SM7 GRAM

## HELLO FELLOW LIONS AND LEOS,

This past May 20th we held our leadership training for club presidents, secretaries, treasurers, zone chairs, and membership chairs at the Spring Lake Park High School. I would like to thank Lion Orville Lindquist and all the other Lions members that helped make this so successful.

Last month I talked about the 5M7 hosting the 2025 Multiple Convention (April 24-27, 2025). I reread my last gram article and realized something has changed regarding where this will be held. It will not be at the Radisson Blu in Bloomington. That hotel gave us a quote two and a half times our allotted budget for hosting us. I would like to drive a Lamborghini but you can not do that on a Ford budget which I drive! The committee putting this convention together is currently looking for another hotel large enough to accommodate this event. **WE ARE ALSO LOOKING FOR VOLUNTEERS TO JOIN THIS COMMITTEE.** We held our first meeting on Wednesday May 24th. We have a chair, a co-chair, a secretary, a treasurer, first timers contest chair, and someone working on entertainment to name a few. We have a lot of spots open that we need to fill to make this a successful event. Please volunteer and help.

**WE** also need to come up with a theme for this convention. **WE** have a few ideas and here they are: 1. Service with a Smile. 2. Promise of the Pride. 3. Igniting Team Spirit and 4. Igniting the Pride. If anyone has an idea for a theme please send it to me. This committee will be meeting once a month until we get things put in place. The next meeting will be on Wednesday June 7th and will be a zoom meeting.

I was in construction for over 50 years, most of the time pouring concrete. I kind of retired and sold my business three years ago. Yesterday I poured some concrete curb and gutter for my church with volunteer help. Good men but not experienced around concrete work especially curb and gutter. I woke up this morning feeling almost as beat up as I felt when I ran a 32 kilometer ski race when I didn't train for it. I wonder how many of the good Lion members knew how bad I felt at our planning meeting last night. My wife used to tell me to be careful what I volunteered for with Lions. This morning she told me to volunteer more and quit pouring concrete. Good advice from someone who has been married to me for over 45 years. Enough of this.

I would like to thank all the Lions members who I had the pleasure of serving with this past year. My wife and I are hosting a dinner at our home on Saturday June 10th from six P.M. until one of my neighbors calls the cops. I have really nice neighbors and get along with all of them. This is free to all who come. Deb and I are providing the meal, beer and wine. I said this is free, just don't talk about concrete. :)

Let's get together and have fun.

DG Mark Landwehr

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## LEADERSHIP MESSAGES

### Hello Lions and Leos!

Here we are at the end of our Lions year and what a year it has been! We are up in membership, surpassed our LCIF fundraising goal and had a fantastic midwinter convention, just to name a few accomplishments. This next year should prove to be as accomplished as we are one of the best districts in the multiple, though Lions from other districts may say otherwise! LOL!

This is the last article I will be writing as your 1VDG (DGE) as on July 1st I will be the District Governor. I have learned a few important things from DG Mark and I want to thank him for his leadership and example. I hope I can fulfill the duties and expectations of serving as DG as well as DG Mark did. Next time you see him thank him for his service as DG for 5M7.

We are, I feel, one of the best districts in the multiple because of you, not because of DG Mark or any of the current or past DG's but because of you! That's right! **YOU!** Without you and the clubs you are a part of, the leadership teams, past and present would not have achieved what we have set out to do. The innovative ways you serve your communities have made me proud to be a part of the best district in the multiple. Thank you.

I look forward to the next year to see what new ideas you come up with. During the next year I will not, nor would I try, to take credit for your successes. I know you will continue to serve your communities with pride and commitment. I will continue to support you, as did DG Mark, in your endeavors.

*Find your "Roar"*

DGE Peter Lendway



### Greetings fellow Lions and Leos,

I do believe Spring has finally arrived! Yeah! Did you take advantage of those undesirable days to get stuff done around the house? Can you spend time playing in the sunshine without feeling guilty about your unfinished projects? Have you done the same for your year-end transition of Lions officers?

Have all your service projects been logged into MyLion? How about updating your club officers for 2023-2024? It is also very important to have updated all your club member information in preparation for the new Lions Portal. Do you preplan your service projects for the year? Do you provide training for new officers? Are accounts up to date with your budget? Did you remember dues increases for the upcoming year? (\$.50 to multiple and \$3.00 to international) Uff da! That seems like a lot to do, but it really isn't. It is especially easy when you keep updating your information throughout the year.

It was great to see those that were able to attend the training session on May 20. Thanks to all for your active participation in the open discussions. We had some excellent suggestions for growth and process improvement. Let's make them a reality in our district and clubs. Let's keep great dialogues a priority in our Zones and clubs. We can mentor and learn from each other. Why don't we strive to make the elimination of assumed knowledge a top priority and goal.

It is hard to believe that next month I will be your 1VDG! This past year has flown by. I had the opportunity to meet many of you at club visits and Lions events. I look forward to meeting more of you this coming year. You are our future. Your insight and experiences are invaluable! May we continue to grow as Lions with the help of each other. Always feel free to contact me with any questions, concerns, or suggestions.

Yours in Service,  
Lion Mary Curtis

**ALL YOU MARKETING PROFESSIONALS in the district.** Your help is needed for the 2025 Multi District planning committee. Please contact Lion Cathy McCauley, if your willing to help with the planning. Requirements are 2 hours monthly for a professional in the industry that's ready for the excitement! Thank you!

Lion Cathy McCauley phone: 612-219-1006  
email: [lionsclubcathy@gmail.com](mailto:lionsclubcathy@gmail.com)

## Membership

**Dear Lions and Leos,**

This year so far we have welcomed 199 new members into our 5m7 clubs.. 143 members have dropped their membership so far this year. Our net positive membership is +56 members. To me, this means more service in our communities, more leadership in our clubs and more lifelong friendships in each of our clubs. We have 56 more people out working in our communities! Thank you to our new members who have joined the world's largest humanitarian service organization.

Please consider conducting a new member orientation as soon as possible in your club. And it doesn't hurt to have your current members there, too! All of us can learn more about our organization and even chime in at a new member orientation.

***Every lions club should go into LCI and on your club page, look to make sure that all of your members' information is correct. Our organization is about to change over to a new computer system and those whose information is not correct may have a hard time signing in to the new system when it comes up for use.***

- ◇ There is a report that you can print for each member which shows what information LCI has for them, and allows a space for them to change their information. LET ME KNOW IF YOU NEED ASSISTANCE WITH FINDING THIS INFORMATION. I can help with this. Print these and bring them to your June meeting to get accurate information for your members.
- ◇ Everyone who uses MyLCI will have to have a unique email. I know many lions who share an email with a spouse. If both of those folks are planning to enter the portal in the new system they MUST have a separate email from each other.

Please let me know if you have any questions. Please consider filling the Membership Chairperson officer position in your club. You will be glad you did.

PDG Judy Herrala, GMT



To ensure that your newsletter continues to get to the right person, please email me at [5m7gram@gmail.com](mailto:5m7gram@gmail.com) your club name, president and secretary's name, and their email address for the 2023-24 year. If club officers remain the same, please share that information also. Thank you

## Gram Editor

***Recognition Party for District Cabinet, Zone Chairs,  
and PDG's.***

# District 5M7

## Recognition Party

Saturday, June 10, 2023

At The  
Landwehr Home

72 - 170TH AVENUE N W  
ANDOVER, MN

6 pm until Late

COME and ENJOY

District Governor: Lion Mark Landwehr

First Lady: Lion Deb Landwehr

Please RVSP to  
Lion Dan Kaiser by June 1st  
651.583.3428 or  
Email: [danandcathy@frontiernet.net](mailto:danandcathy@frontiernet.net)



## North Branch Lions Club



## 50th Anniversary Celebration



You're invited to join us in celebrating the North Branch Lions Club's 50 years of serving the North Branch Community.

**Where:** Chisago County Community Center, 38790 6th Ave, North Branch, MN 55056

**Date:** June 3rd, 2023

**Time:** Social Hour 5:00pm - 6:00pm

**Dinner and Entertainment 6:00pm - 9:00pm**

**Meal Choices:**

**Steak with Shrimp OR Chicken and Ribs**

Both choices come with salad, baked potato, and dessert.

**Cost:** \$25/person Cash or Checks (to be made out to North Branch Lions Club)

For electronic payment options, please contact us at the RSVP points below.

*All attendees will receive a 50th Anniversary pin!*

**Entertainment will be provided by:**

Pianist Jenille Niehaus and Summertime Quartet

**Featured Speaker:** Past International Director Bruce Beck

Please RSVP by **May 24th**, with your meal selection and payment, to **NBLionsMNMarketing@gmail.com** or **763-360-0808** (*Lion Robert Olsen*)



Dear Lions and Leos,

District 5m7 has a webpage [www.5m7.org](http://www.5m7.org), and we also have a newish Facebook page, 5M7 Lions.



Greetings 5m7 Lions and Leos,



**Minnesota Lions Diabetes Foundation Update:** At our quarterly meeting March 18, trustees voted to approve funds for two grants.

- \$5,000 for Camp Sweet Life. The funds will be used to improve technology for the camp's electronic medical record system and to provide for medical, program and nutritional supplies. Camp Sweet Life provides children and young adults who have Type 1 Diabetes a mix of fun recreational and educational opportunities.
- \$100,000 supporting the following four research projects at the University of Minnesota.

>Development of a drug to fight type 2 diabetes by targeting adipose (body fat) tissue thereby blocking inflammation and cellular senescence (cells multiplying but do not die off as they should).

>Find and control only "inflammatory" immune cells that destroy insulin producing cells.

>Promote survival of pancreatic islet cell and kidney transplants without the need for drugs that suppress transplant recipients' immune systems

>Support a breeding program for genetically engineered pigs to provide donor organs (islet cells, kidneys, and hearts) for clinical trials of porcine (pig) to human transplantation.

**Diabetes Service Project:** Perform a club Diabetes Service project by sharing the Diabetes Screening Test. Ask club members to share the screening link with family, friends, neighbors, etc. Or share our brochure that includes the screening test. Have club members track how many people they shared the test with and how much time was spent sharing and report that information to your club secretary for recording on MyLion. Click on: <https://www.cdc.gov/prediabetes/takethetest> to take the test.

Please contact us to learn more about diabetes and diabetes service projects, and to schedule a club visit.

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

Lion Judy Herrala, co-trustee MN Lions Diabetes Foundation [JLHBELLS@earthlink.net](mailto:JLHBELLS@earthlink.net)

Lion Mike Edwards, co-trustee MN Lions Diabetes Foundation [mnedwards1@bellsouth.net](mailto:mnedwards1@bellsouth.net)

### Lions Portal Important Dates!

7/15/23 — 7/24/23: Target Conversion Date

Before 6/15/23: Enter all Club Officers for 2023-2024

Before 6/15/23: Enter service activity for events prior to 6/1/23. Reporting for 6/1/23 going forward will be in the new system after conversion.

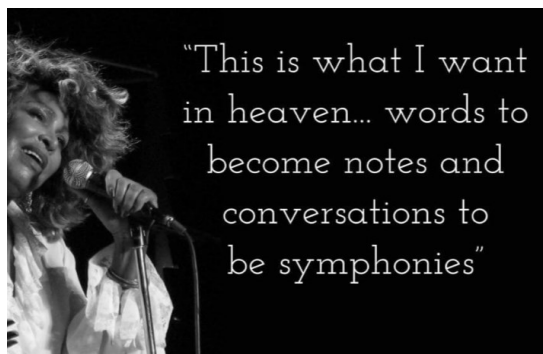
Before 6/15/23: Make sure donations to LCIF are sent in and recorded with the appropriate supporting documentation for recognition.

Before 6/15/23: Make sure club data is accurate for this year (2022-2023). Examples: New members, sponsors, new clubs formed, transfers and other end of year activities specific to clubs are correct and recorded in MyLion/MyLCI.

- Make sure every member has an email listed and no shared emails can be used in the new LIONS PORTAL.
- Make sure member birthdays are entered since birth dates in MyLCI will be converted. Hint: in MyLCI under reports run "Member Information Update Report" and have your members update their information.
- Training is slated to begin in late April 2023 — Stay Tuned

Completing the above will make for a smooth transition.

**LIONS PORTAL INFO:** [www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates](http://www.lionsclubs.org/en/resources-for-members/digital-products/portal-updates)



Tina Turner 11/26/39 – 5/24/2023

If you are looking for a beautiful outing the first Saturday in June take you and your kids, grandkids and friends to the **Lions Hearing Foundation DEFEET WALK** at the Arboretum. The tulips should be in full bloom!

Questions contact Lion Mike Benedetto 5M7 Lions Hearing Foundation Trustee@ [mbenedet@smumn.edu](mailto:mbenedet@smumn.edu) or 612-735-5423



HEARING FOUNDATION, INC.

## 2023 ANNUAL WALK



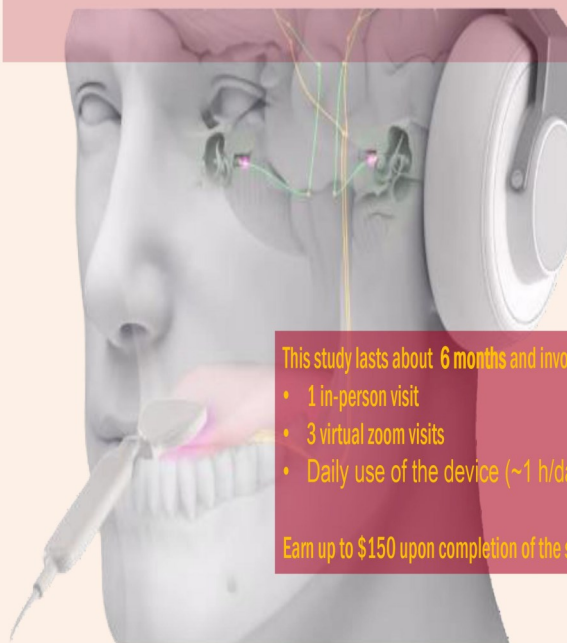
- Date: June 3th at 9:30 am
- Entry Fee: \$25 (no t-shirt) or \$35 (includes t-shirt)
- Fee includes entry to arboretum/park, lunch, plus lots of activities and games
- Kids under 12 are free!
- Fun for families of all ages!
- A chance to change a person's life through your registration donation.
- Register at: <https://secure.qgiv.com/event/2023mlhfwalk/>
- Text DFEET2023 to 50155 to donate or register!

## Tinnitus Research Study



UNIVERSITY OF MINNESOTA  
Driven to Discover®

We are testing the usability of a medical device designed to treat tinnitus. The Lenire device is made by Neuromod Devices and is CE approved for use in Europe. This neuromodulation device delivers sounds and tongue stimulation that work together to reduce tinnitus. We are interested in your feedback after using the device.



This study lasts about 6 months and involves:

- 1 in-person visit
- 3 virtual zoom visits
- Daily use of the device (~1 h/day)

Earn up to \$150 upon completion of the study



TESS Lab

Please contact us if interested

[TinnitusUMN@umn.edu](mailto:TinnitusUMN@umn.edu)

[IRB] STUDY00015524



Approved for  
Effective on 11/1/2023  
IRB Study Number: STUDY00015524

*The Minnesota Lions Hearing Foundation was founded in 1973 to promote to the fullest extent the advance of research and programs concerned with hearing health and communication disorders. Further, it was founded to provide assistance with the organization and administration of these activities throughout the Lions Multiple District 5M, which encompasses Minnesota, Manitoba, and Western Ontario. Visit us at: [www.5mhf.org](http://www.5mhf.org)*



## LIONS AND LEOS OF 5m7



Thanks to all the Lions that stopped by the Minnesota Lions Vision Foundation booth at the recent SM Multiple District convention in St. Cloud. An entire trailer of used eyeglasses was collected and the visits with the Lions throughout the Multiple were a lot of fun.

Lion Steve or I would like to visit your club or zone meetings and present a video tour of the Lions Gift Of Sight. The video explains how donated eyes are procured, transported to the University facility and processing of the donated tissue from start to finish. If, at the same time, you have donated eyeglasses, we can pick them up at that time.

Both I and PDG Lion Steve Linder will be returning to the Lions Vision Foundation as Co-Directors of District 5M7 for the upcoming 2023-2024 Lions year. I will be in my 6th & final year and Lion Steve will be starting his 4th year. Lion Steve Linder will be submitting the Gram article starting in July 2023. Thank You for all you do!

PDG Lion Terry Wold at 612-759-5433  
at [terry\\_wold@hotmail.com](mailto:terry_wold@hotmail.com)

PDG Lion Steve Linder at 612-382-2236  
at [slinder71@usfamily.net](mailto:slinder71@usfamily.net)

**PROJECT NEW HOPE** will host the next veteran retreat **June 9th - 11th at Osprey Wilds**. All of last year's retreats were full, so if you plan to sign up do it early! God bless our veterans!

### PROJECT NEW HOPE

Military Family Retreats  
at no cost to Veterans

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

FOR MORE INFORMATION GO TO  
[WWW.PROJECTNEWHOPE.NET](http://WWW.PROJECTNEWHOPE.NET) OR SCAN THIS CODE:

## 2023-24 MINNESOTA RETREATS

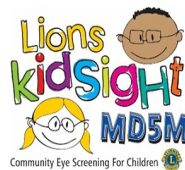
2023 JUNE 9-11  
Osprey Wilds near Sandstone, MN

2023 SEPT. 29 - OCT. 1  
Good Earth Village - Spring Valley, MN

2023 DECEMBER 1-3  
Inspiration Point near Vining, MN

## Lions and Leos

This month we celebrate KidSight Director Lion Ann Kaduce! Lion Ann was a charter member of the MD5M Lions KidSight Foundation in 2016. Her term on the board is done June 30. Lion Ann enjoyed traveling to clubs promoting KidSight. It was an honor to educate club members so they may experience the joy of screening children in efforts to assure they See Clearly.



In addition to her tasks of promoting KidSight throughout the District, Lion Ann served as the Foundation Treasurer. She efficiently performed the usual treasurer duties of paying bills, logging donations, and making sure the government was happy. She also kept track of club donations throughout the multiple making it easy for them to know their eligibility to present a Sight Saver Award.

Lion Ann Kaduce, Thank you for seven years of dedicated service as a 5M7 Director on the MD5M Lions KidSight Foundation Board. You are appreciated.



Welcome to our new 5M7 KidSight Director, Debra Johnson! Lion Deb is a member of the Big Lake Lions. Lion Deb and husband Lion Scott were some of the first Lions in the District to embrace the service of KidSight. And as a bonus, she has an accounting background! She has been working with

Lion Ann since the first of the year on the reporting processes of KidSight. She attended our annual Foundation meeting in May and was elected to serve as Treasurer. Lion Ann will continue to serve in the background as a mentor.

Although, I will miss working beside Lion Ann, I am looking forward to serving the District with Lion Deb. My term will be done next year, so that means I am looking for my replacement! (Hint, Hint)

We still have some open slots at the State Fair! Find the **Sign-up Genius Link** at: [kidsightmd5m.org](http://kidsightmd5m.org), then click on scheduled screenings.

Lion Ann Kaduce receiving Certificate of Appreciation from Board Chairman, PDG Dennis Kelly at Annual BOD meeting.



**Lion Mary Curtis and Lion Ann Kaduce, 5M7 KidSight Foundation Directors** [5m7lionskidsight@gmail.com](mailto:5m7lionskidsight@gmail.com)

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



## Mobility Assist Dog ION Brings Positive Charge to Carrie's Life

Carrie, who battles juvenile rheumatoid arthritis and osteoporosis, first applied to Can Do Canines while in college in the early 2000s. She was accepted for a Mobility Assist Dog, but with the stress of graduating, moving, finding a job, etc., she decided to defer going through the process.

In 2019, Carrie had a major neck surgery, which "really changed things for me," she says. "Mobility has been getting harder the last few years." She explains that with continual bone deterioration and the use of crutches, she has difficulty picking up items and performing other needed motions. Carrie lives alone and was feeling less and less comfortable doing so. She explains that sometimes if she dropped something, "I'd have to wait until somebody came over or call somebody over to have them help me pick it up." Of course, if it was her phone on the ground, she couldn't even make a call. "I was very dependent on others," she states.

So she reapplied with Can Do Canines and was matched with a yellow Lab named Ion. She remembers how nerve-racking it felt waiting for the initial introduction with him, but was quickly put at ease. "When I actually got to meet him, when I actually saw him walk in, it just all went away," she says.

With matching laid-back personalities, Carrie and Ion clicked from the get-go. Carrie says, "Our relationship is building so quickly." Perhaps that is partly because Ion is so eager to help Carrie with whatever she needs. Whether it is carrying her bag, tugging open drawers and cupboards, removing her shoes and socks, or yes, picking up anything Carrie drops, Ion is ready to work. "Even if it looks like he's in a deep sleep, he is always kind of listening and paying attention," says Carrie.

Ion gets Carrie's attention, in return, with his expressive emotions. Carrie describes, "He always has puppy eyes. It doesn't matter if he's excited or if he's tired or whatever, he just always looks up at you, you know, with his little puppy eyes, and ... oh, it's hard to resist him."

Ion is equally expressive when going to work with Carrie. As a programmer at Schwan's Company, Carrie brings him to the office the four days each week she goes there. She explains how Ion is charged and ready when approaching the building, saying, "He gets super excited to push the buttons to open up the doors when we go in and out. He's just always like, 'Okay, is it time yet? Is it time yet?'" After the button-pushing fun, he follows up by looking at Carrie, seeming to ask, "Did I do

a good job?" Ion is also fine with Carrie's computer mouse in his mouth anytime she needs it picked up, and Carrie is relieved not to have to find another human anymore for assistance—whether at the office or elsewhere. She shares, "He is really helping to ease my anxiety about going out and doing things because I know he'll be there to help me."

Carrie is especially grateful for Can Do Canines, and admits that when considering other options for service dogs, "There's no way I could have afforded that." Although the amount of information to consume during the process of welcoming an assistance dog can be overwhelming, Carrie appreciates the comprehensive client manual and says notes that "the relationship that I have with the team there at Can Do [Canines] is a huge help."

Also of help to Carrie is Ion. "He's helped me in more ways than I anticipated," she says.



***Can Do Canines is dedicated to enhancing the quality of life for people with disabilities by creating mutually beneficial partnerships with specially trained dogs.***





### 5m7 Leo Clubs

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

### Happy June Lions and Leos!

We are coming off the Multiple convention. We had eleven Leos from the multiple attends. We have four Leos from 5m7 attend. The Leos had the opportunity to talk with International President Sheehan and Lion Lori. It was a great way to have the youth be heard on the great service they are doing in their own communities.



If you are interested in getting more involved with a Leo club, or would be interested in starting a Leo Club, please contact: Lion Stefanie Nelson  
[stefanieenelson@gmail.com](mailto:stefanieenelson@gmail.com)



### Lions and Leos!

We are **STILL** looking for host families for the summer exchange program. We have 11 young men and 6 young ladies, that will need a place to lay their heads and enjoy the great things of Minnesota. Join with others in your club to host together to make the weeks before camp even more fun! They are coming to town with nowhere to lay their heads.

**Family Stay Dates: July 1-21, 2023**

**Camp Dates: July 21-29, 2023**

Please let me know if you are interested.  
Lion Stefanie Nelson 612-298-1523  
[stefanieenelson@gmail.com](mailto:stefanieenelson@gmail.com)



**Twelve Days of FUN  
Ending Labor Day**

***The State Fair is a  
CHANGING!***

That's correct! As we have known the Mighty Midway for selling tickets for the last 25 years is coming into the 21st century! **NO MORE TICKETS!!!** People will be using a coupon card like a credit card good for how many coupons they purchase that will be swiped at the ride or game. There will be Kiosks like ATM's scattered around the Midway to purchase additional coupons. There will be only 4 large booths to sell the cards rather than seven and we have been given three of them. No more small two person booths. I still need clubs to sign up \$12.00/hr. for am and pm shifts of 6 ½ hr. except Labor Day pm of 4 hr. shift

You'll be working in an air conditioned booth, have free parking and bus ride to fair with ticket to fair. Let me know if your club is interested. **ASAP**

PDG Larry Kounkel [larryandmk@gmail.com](mailto:larryandmk@gmail.com)





## ENVIRONMENTAL NEWS.....

*Lion Judie Zaske*

Remember as a child running about in the yard and picking all the dandelions you could hold to bring back to your mother and show her. Remember putting them under her nose to smell and seeing all the yellow 'dust' under her nose (and yours!)

Dandelion – the ubiquitous weed – is a flowering plant belonging to the Asteraceae family. There are several fun and interesting dandelion facts that shed light on different aspects of this plant.

*Taraxacum officinale*, dandelion's botanical name, has been derived from some Greek words referring to the medicinal characteristics of this species. 'Dandelion', their common name, has been derived from the French phrase 'dents de lion', which means lion tooth. The shape of this plant's leaves resembles a lion's tooth. Dandelion is known by various other names in different regions around the world, the popular ones being cankerwort, wild endive, pissenlit, yellow gowan, puff ball, blow ball and more.

Dandelions have around 30 species and can be found throughout the world. They inhabit different habitats which offer them adequate sunlight, like meadows, forest edges, grasslands, lawns, and gardens.

Dandelions have been a vital element in the field of traditional Chinese medicine for around a thousand years. Considered as a native to Mediterranean, dandelion plants were known quite well by ancient Egyptians, Romans, and Greeks. The leaves and roots of the plant were medicinally used as a tonic for removing toxins from bloodstream, as they serve as a mild diuretic to improve the digestive system functioning.

Ancient physicians were not much aware of vitamin and nutrition deficiencies. However, they found that dandelions were beneficial in many problems, including fevers, toothaches, constipation, anemia, arthritis, diabetes, gall bladder problems, heartburn, skin irritations, and liver, stomach and kidney disorders. Modern herbalists now realize that growing dandelions are enriched with Vitamins A, E, and C, as well as iron, zinc, and calcium.

The beauty of the plants was also appreciated. Making dye was a common application of the plants – pale yellow dye was made from the yellow dandelion flower and a purplish hue was derived from inner ribs of dandelion leaves.

Botanists state that some dandelion species are originally from North America. However, according to historians, early European settlers had introduced the plant's two most familiar species – common dandelion (*Taraxacum officinale*) and red-seeded dandelion (*Taraxacum erythrospermum*) – to the New World owing to their medicinal and nutritional benefits. Both of these dandelion types have naturalized and are found abundantly across the country.

Here are some fun facts about dandelions:

- ◆ Dandelion makes the only flower representing three

celestial bodies during different phases of its life cycle – sun, moon, stars. The yellow flower of the plant resembles the sun, the dispersing seeds of the plant resemble stars, and the puff ball of dandelion plant resembles the moon.

- ◆ The dandelion plant's every part is useful – roots, leaves, flower. Its uses include dye for coloring, food, and medicine.
- ◆ Dandelion seeds can be carried away to up to 5 miles from their place of origin.
- ◆ The dandelion flower has a yellow-orange hue and comprises many individual, miniature flowers called ray florets. The dandelion flower opens at the time of sunrise and closes at night.
- ◆ Animals like butterflies, insects, and birds consume the seeds or nectar of dandelion.
- ◆ The dandelion leaves are 2 to 10 inches long. A rosette is formed by these green leaves at the stem's base. Dandelion leaves appear tooth-like at the edges.
- ◆ Dandelion plants can reach a height of 17 inches.
- ◆ Dandelions are pollinated by various types of insects. Yellow flower of the plant becomes a puff ball which comprises many fruits known as achenes. Dandelion seeds have a disk-like extension which serves as a parachute and helps dispersal by wind.
- ◆ Consuming or touching dandelion can lead to allergic reaction for some people. However, the pollen of the plant cannot cause allergies as the grains are way too large in size to bother, but the milky sap (latex) contained by the plant may cause contact dermatitis.
- ◆ In folk medicine, dandelions are used for treating liver disorders and infections. Tea made from dandelion serves as a diuretic i.e., facilitates urine excretion. And let's not forget the taste of a good dandelion wine!
- ◆ Dandelions are also called pioneer plants or ruderals – the first plants to colonize any disturbed lands (like land after a wildfire).

So, the dandelion has a fascinating history and several exciting facts associated with it. These dandelion facts reveal many interesting things about the commonly occurring weed. And maybe, just maybe, its food for thought in keeping the dandelion growing in our yards and fields.



# BRINGING NEWS FROM AROUND THE DISTRICT



Fun for the whole family! Join us at **Big Lake Spud Fest June 22-25, 2023** Big Lake Spud Fest is a 4-day community celebration FULL of entertainment, food and family fun! Visit us at [www.biglakespudfest.com](http://www.biglakespudfest.com) for more info and calendar of events.



For Arbor day the **FOREST LAKE Lions** packaged 600 seedlings for the 6th graders at our local elementary schools. The kids were able to hear about the importance of trees and how to plant and take care of their seedlings. We now have 600 more trees growing in Minnesota!!

Spring is definitely here for the **RUSH CITY Lions Club**. We moved our meetings from the golf course clubhouse to our corn stand in the fairgrounds. In addition, members met prior to our May 11 to do roadside cleanup. We will meet early for our meeting May 25 and then head over to the city park for a chili competition in which Lion Doug Armstrong is a contestant. More events this summer to share in the July Gram.

## CAR SHOW

**Albertville Lions - 9th Annual**

**Saturday, June 10th - 10am to 2pm**

**Albertville MN - Lachman Ave NE & 57th Street NE -**  
(between Albertville Coborns and STMA Hockey Arena)

**Cars, Customs, Rat Rods, Trucks, All Makes & Models, All Years. Bring what you've got and have fun!**

**\$10 Car/Vehicle registration fee day of show only**  
(registration includes event T-Shirt\*)

\*T-Shirts while supplies last

**Trophies for 1st, 2nd & 3rd place, People's Choice Award**  
**Albertville Lions President Award**

**Awards at 1:45pm**



**Food Booth by Albertville Cub Scouts pack #547**

For info Email: [albertvillelions@gmail.com](mailto:albertvillelions@gmail.com) - or follow us on Facebook

**Thank You to our generous sponsors!**

Albertville Auto Body -- Superior Brake & Auto -- Kremer Toy & Hobby  
Westside Liquor -- CenterCut Meats -- Dons Auto -- Rally Gear  
Albertville Car Car Center -- Willy McCoys -- Culvers -- BJ's Sports Tavern  
Precision Auto -- Neighbors Eatery & Saloon -- Fehn Companies

**Albertville Lions 9th Annual CAR SHOW - Saturday June 10th - 10am to 2pm**

Albertville MN - Lachman Ave NE & 57th Street NE (between Albertville Coborns and STMA Hockey Arena)

Cars, Customs, Rat Rods, Trucks, All Makes & Models, All Years. Bring what you've got and have fun.

\$10 Car/Vehicle registration fee day of show only (registration includes event T-shirt\*) T-shirts while supplies last.

Trophies for 1st, 2nd and 3rd, People's Choice Award, and a Albertville Lions Presidents Award (awards at 1:45pm)

Food Booth by Albertville Scouts Pack #547

**Crusin at the Park- THURSDAYS - June 22nd, July 20th and August 17th - Albertville Lions Farmers Market - MUSIC - CARS - FOOD**

**Market starts at 3pm --- Cruisin starts at 5pm --- Music starts at 6pm**

Cars, Customs, Rat Rods, Trucks, All Makes & Models, All Years. Bring what you've got and have fun.

Albertville MN - Central Park - 5801 Main Ave NE -

Food Trailer by Albertville Lions Club

**Thursday - June 22nd** - (Band = Jack Knife and the Sharps)

**Thursday - July 20th** - (Band = Monroe Crossing)

**Thursday - August 17th** (Band = The Scotty Reed Band)

**Albertville Lions - 7th Annual Crusin' & Rock'n - Car Crusin' - PIG ROAST - CARS and MUSIC Saturday September 9th - 2pm to 9pm**

Albertville MN - Central Park - 5801 Main Ave NE -

Food & Drink Trailer by Albertville Lions Club - "Famous Pig Roast Sandwich"

Band = 70's Sunshine Band

For info, Email: [albertvillelions@gmail.com](mailto:albertvillelions@gmail.com) or follow us on Facebook



**Albertville Lions Club**  
**"We Serve"**



## AND MORE NEWS.....



The members of the **FOREST LAKE Lions Club** were very excited to donate a freezer! The Forest Lake High School SADD Chapter (Students Against Destructive Decisions) was in need of a freezer so they can sell ice cream during student lunchtimes. This is a fundraiser for their chapter and we wish them all the luck in raising money!!

**SPRING LAKE PARK Lions Club** and Metro Dining are offering you an opportunity to enjoy 2 for 1 Dining at 138 Anoka area restaurants. Each restaurant is offering a prestigious card for their own restaurant. You and your guest could go out for breakfast, lunch, or dinner. Order from the regular menu; Steak, Prime Rib, Shrimp, etc at 2 for 1. Buy one Breakfast Lunch or Dinner and receive the second "On-The-House" every month at each restaurant for an entire year! That equates to over 1600 free dinners for only \$30.00! (retails for \$35.00) These cards are quite popular The boxes of cards will be ready mid-May. We are accepting preorders! Contact me for additional information. [lionmaryleacurtis@gmail.com](mailto:lionmaryleacurtis@gmail.com)

**STACY Lions** are preparing for **100 years this year**. We are working on Stacy Daze, Vendors, Parade, Fireworks, etc. Come all and enjoy the festivities this **August 5th**. Our kitchen is in full swing on Wednesday and Thursday for the Softball teams to enjoy food, snacks and refreshments.



Members of the **HOWARD LAKE Lions Club** delivered May baskets to residents of the Lodge assisted living in Howard Lake on May Day. Pictured are Lions members Gary Hagemann, Debbie Workman, Renee Lahr, Harvey Krohn, Vern Lemke, LaNette Thorson, Terry Thorson, with resident John Horsch.



**ANNANDALE Lions** just helped out the all night graduation party running our casino night, something we've been proud to host for 35 years! Lions fundraise and donate gifts to seniors attending the event and this is always a huge success! Lastly we are preparing for our annual Memorial Day pancake breakfast serving our veterans and cosponsored by our Scouts.

Nurses in the Forest Lake area were recently honored during a Nurse Recognition Week. The **FOREST LAKE Lions** contributed to that with 162 gift cards to Dairy Queen! We recognized Amira Choice of Forest Lake, Birchwood Senior Living, Allina Clinic and the Nurses in the Forest Lake School District! Our Nurses and Health Care professionals are so very important for our community. We were honored to add to their recognition!



The **COKATO DASSEL Lions** have had a busy month of May Serving our youth. We did 45 Vision Screenings at the Health & Wellness Fair, Cooked 500 pork chops for the Marching Band fundraiser and presented 2 scholarships to deserving Seniors





## AND MORE NEWS.....

The ladies of the **Lions Club (LC) of BIG LAKE LIONESS** were busy cleaning out multiple tubs of items in preparation for our annual **GARAGE SALE** September 23, 2023 from 8a-2p and Shopping with Santa in December.



Look for us at **SPUD FEST** on Sunday June 25th at the **BINGO TENT!** We'll be handing out bingo cards and dishing out the prizes! Come join us!!



The **ELK RIVER Lions Club** served adult beverages (beer, White Claw, etc.) for 4 days at Zimmerman Wild West Days over Memorial Day weekend, with the help of several other organizations including the new Zimmerman Area Lions Club, the Otsego Lions, Nowthen Lions, MN Jets, Quilt Pink, and others. Thank you to all who helped! The money raised will help several local organizations. The next project for the Elk River Lions Club is serving food at the FFA Alumni Smoke N Show tractor pull and truck show at the Sherburne County Fairgrounds Saturday June 10th.

## Elk River FFA Alumni Smoke N Show



**Saturday June 10th, 2023**

Sherburne Country Fairgrounds  
Elk River Mn

Beer served by American Legion

**12pm-Truck Show**  
**12pm- Touch a Truck**  
**3pm- Pedal Pull**  
**5pm- Tractor Pull**

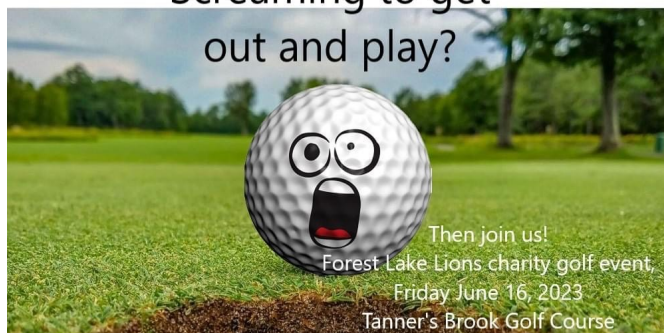


**Admissions: \$10 (13+) \$5 (6-12)**

We had our **MONTICELLO LIONS** Mystery Day on Saturday, 5/20 & we had the pleasure of supporting the Otsego Lions Putt & Pars Bar Crawl! It's was a beautiful, sunny day for a great event, as we all walked around the town of Otsego & played 1 hole of mini golf at the surrounding participating bar establishments!



Screaming to get  
out and play?



Then join us!  
Forest Lake Lions charity golf event,  
Friday June 16, 2023  
Tanner's Brook Golf Course

See next page for details on the **FOREST LAKE** golf tournament.



## AND STILL MORE NEWS.....



# FOREST LAKE LIONS GOLF tournament

## June 16th, 2023

Tanners Brook Golf Course

11am Registration • 1pm Shot Gun Start

\$125 per person • Best Ball Scramble

• Lunch • Free Drink Ticket • Dinner •

• 18 Holes with Cart • Wall of Beer/Booze Raffle

### Player Information

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

### Four Some

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

Return completed sheet to ForestLakeLions@gmail.com or  
P.O. Box 543 • Forest Lake, MN USA 55025

### Registration

\_\_\_\_ \$125 Golfer Registration

\_\_\_\_ \$20 Dinner Only (Guests)

### Sponsorship

\_\_\_\_ \$150 HOLE SPONSOR (\$50 discount with registered team)

\_\_\_\_ \$250 HOLE SPONSOR (Choose Option Below)

\_\_\_\_ RUN LONGEST DRIVE

\_\_\_\_ RUN CLOSEST TO PIN

\_\_\_\_ \$600 HOLE SPONSOR (includes 1 team registration.)

\_\_\_\_ \$2000 SILVERS SPONSOR (includes 1 team registration.)

\_\_\_\_ \$3000 GOLD SPONSOR (includes 1 team registration.)

\_\_\_\_ \$4000 PLATINUM SPONSOR (includes 2 team registrations.)

\$ \_\_\_\_\_ DONATION

\$ \_\_\_\_\_  
TOTAL SPONSORSHIP

Please make checks payable to :  
The Forest Lake Lions Club • C/O Lion Chris Stauner • P.O. Box 543 • Forest Lake, MN USA 55025

### Lead Beneficiary : The Invisible Wounds Project

The Invisible Wounds Project provides therapy services and other resources to Minnesota's military, first responders, front-line medical staff, corrections, dispatch, and their families, relating to mental health, PTSD and suicide issues.

See back for more information about who we serve.

### Winings

1st Place - \$800 Plus Trophy

2nd Place - \$600

13th Place - Free Round with Cart

\$10,000 Hole in One Prize



#### WHAT THE COLORS STAND FOR:

- Green represents military
- Blue represents law enforcement
- Red represents fire
- Gold represent dispatch
- White represents EMS and frontline medical staff
- Gray represents corrections

#### HOW TO GET HELP:

- Call 855-HELP-IWP (435-7497)
- Visit the website [www.iwproject.org](http://www.iwproject.org)
- Message us on Facebook

#### HOW TO SUPPORT THE MISSION:

- Donate at [iwproject.org/savealife](http://iwproject.org/savealife)
- Become a sponsor at [iwproject.org/sponsor](http://iwproject.org/sponsor)
- Volunteer at [iwproject.org/volunteer](http://iwproject.org/volunteer)
- Attend our events [iwproject.org/events](http://iwproject.org/events)
- Email [Russ@iwproject.org](mailto:Russ@iwproject.org) to discuss donations, sponsorships, events, etc.



#### OUR SERVICES:

##### TRAUMA INFORMED THERAPY:

We have nearly 20 Invisible Wounds Project certified therapy providers and centers throughout the State of Minnesota allowing us to serve over 75% of the population with in-person therapy services. We offer telehealth (virtual) therapy services throughout Minnesota. Our therapists are specifically trained in serving veterans and first responders needs.

##### RETREATS:

We provide and facilitate individual and group retreats to assist those we serve in having the chance to pause, escape, and re-center their minds.

##### SERVICE DOGS:

We assist qualifying members with obtaining service dogs to serve their needs related to PTSD.

##### SOCIAL CONNECTIONS:

Not everyone is in need of a prescribed therapy program, or mental health treatments. We offer regular monthly social engagement opportunities for people to connect, including outdoor activities, woodworking classes, meals, events and more.

**Proceeds from the Golf Tournament go to the Forest Lake Lions Invisible Wounds Project**

[www.iwproject.org](http://www.iwproject.org)

855-HELP-IWP (435-7497)



AND MORE NEWS.....



## FOURTEENTH ANNUAL NORTH BRANCH LIONS GOLF TOURNAMENT

### JOIN US FOR 18 HOLES OF GOLF!

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

### FOOD, GAMES, FUN & PRIZES AWAIT!

Men, Women & Mixed Team Competitions Available

## REGISTER NOW

Please Register by July 14th, 2023



**Bulrush Golf Club**  
RUSH CITY · MN

### FOUR PERSON SCRAMBLE

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

**\$100 PER PLAYER**

**ALL PROCEEDS BENEFIT COMMUNITY PROJECTS!**

**JOIN THE FUN  
SATURDAY, JULY 22!**

**\*11:00AM SHOTGUN START**

**DONATIONS & DOOR PRIZES NEEDED**

For more information contact  
Lion John Dolin at 651.246.8839

ANDERSON KOCH



**CountyMarket**

This Event Sponsored by



North Metro Properties, LLC



651-775-7188

North Branch, MN



Hole Sponsorships Still Available

North Branch Mid Sommer Days, June 16th-18th where the **North Branch Lions** will have their Corn Booth on the South East corner of HWY 95 & Co Rd 30. Delicious Sweet Corn and Pulled Pork Sandwiches will be available.



### MARK YOUR CALENDAR

**Big Lake Lions** will be celebrating their 50th Anniversary on Saturday, September 16, 2023.

Watch for more information.



# 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 5M5, 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 23, 9:00 pm - 1:00 pm (set up only)
- Saturday, June 24, 8:30 am - 5:00 pm
- Saturday, June 24, 8:30 pm - 12:30 pm
- Saturday, June 24, 12:00 pm - 5:00 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](http://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!

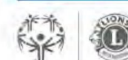
Questions? Please contact:

Lion Ray Moonen, 952.201.7031; moonen@myinffmail.com

Lion Jim Cain, 763.232.0790; jhcain2@gmail.com.

Lion Laura Maki, 507.964.5796; relamaki@frontiernet.net

Special Olympics  
Lions Clubs International  
**Opening Eyes®**





## 2023-2024 District Governor Club Visit Request



Club: \_\_\_\_\_

Preferred Date: \_\_\_\_\_ Alternate Date: \_\_\_\_\_

Social Hour Time: \_\_\_\_\_ Dinner/Meeting Time: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Meeting Location: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Directions: \_\_\_\_\_

Dinner: Yes \_\_\_\_\_ No \_\_\_\_\_ Joint Meeting: Yes \_\_\_\_\_ No \_\_\_\_\_

If so, list other club (s): \_\_\_\_\_

Special Requests during visit: (Install officers, Induct Members, Present Awards, Other):

\_\_\_\_\_

Dress Formal? \_\_\_\_\_ OR Dress Casual? \_\_\_\_\_ (check one)

1<sup>st</sup> Vice District Governor Invited? Yes \_\_\_\_\_ No \_\_\_\_\_ Spouse? Yes \_\_\_\_\_ No \_\_\_\_\_

2<sup>nd</sup> Vice District Governor Invited? Yes \_\_\_\_\_ No \_\_\_\_\_ Spouse? Yes \_\_\_\_\_ No \_\_\_\_\_

Zone Chair invited? Yes \_\_\_\_\_ No \_\_\_\_\_ Spouse? Yes \_\_\_\_\_ No \_\_\_\_\_

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

Thank you. I look forward to visiting your club!

District Governor Peter Lendway  
215 Central Drive W., PO Box 14  
Braham, MN 55006-0014  
(320) 396-4621 (c) 651-214-7154  
lendwaypeter@hotmail.com

## ***Hello Lions and Leos,***

Would you like to make friends from around the world who have the same common goal that you have....to serve? The upcoming conventions and forums are your chance to do just this. And while meeting all kinds of new, lifelong friends, you can learn new things, learn how to do things better, hear from lions experts, shop, and do all things Lions. ***CHECK OUT OUR 5m7 website (under Conventions/ Forums) for more information***

### **Lions International Convention in Boston, Massachusetts-July 7-11, 2023**

- Information is available on the Lions International Website ([www.lionsclubs.org](http://www.lionsclubs.org)) OR there is a link from our [www.5m7.org](http://www.5m7.org) website in the conventions/forums area.

**USA/Canada Forum-September 21-23, 2023 in Reno, Nevada** Would you like to make friends around our Multiple District which encompasses Minnesota and parts of Canada?

- [www.lionsforum.org](http://www.lionsforum.org)
- Also linked on our 5M7 website to the forum page.

### **5M7 Midwinter Convention, January 12-14, 2024**

- Best Western Kelly Inn, St Cloud, MN  
(We are still looking for people with great ideas to be on the convention committee. Contact IPDG Judy or DGE Peter for details.)

## **IMPORTANT READ**

### ***COLLECTION AND USE OF PERSONAL MEMBERSHIP DATA BY MULTIPLE DISTRICT 5M.***

Multiple District 5M (MD5M) recognizes the importance of protecting the private information of its members. MD5M is dedicated to preventing the unauthorized data access, maintaining data accuracy, and ensuring the appropriate use of information.

Club president's should review the policy (found on the [5m7 website](http://www.5m7.org) under "What's New?" with their membership before June 30th. More information will be forthcoming.

## **CONVENTION NEWS**

From Brian Sheehan, International President

The Lions International Convention is coming up very soon. It will take place in Boston, MA on July 7-11, 2023.

Below you will find the "Call to Convention" from International President Brian Sheehan at Lions International.

**Convention Call** In compliance with Article VI, Section 2 of the International By-Laws, I hereby issue the Official Call for the 2023 International Convention.

Our 105th International Convention will be held in person, with some events available on demand after the convention. It begins at 10 a.m. on July 7 and ends July 11. The purpose of the convention is to elect a president, first vice president, second vice president, third vice president and 17 members of the International Board of Directors, and to transact such other business as may properly come before the meeting. Our International Convention will be held in the historic city of Boston, Massachusetts in the United States. Convention is the Lion event of the year, bringing Lions and Leos from around the world to celebrate our service, enjoy friendship and fellowship, and to experience everything that convention has to offer.

The five-day convention will feature inspiring speakers, world-class entertainment, engaging seminars, and Lion traditions like the swearing-in of our new international president and our Parade of Nations through the streets of Boston. And you'll be surrounded by the incredible nightlife, vibrant shopping, the rich history and delicious cuisine of our beautiful host city.

So come join us in Boston for fellowship, fun and learning. Celebrate all we've accomplished. Get inspired for another year of service and make some memories that will last a lifetime.

DGE Peter Lendway and IPDG Judy Herrala,  
Conventions and Forums Co-chairs.

***PLEASE NOTE: Official Notice 2023 International Convention, Boston, Massachusetts, USA. The proposed amendments to the International Constitution and By-Laws will be reported to the delegates for vote at the 2023 International Convention. These amendments will be sent out to club officers in a separate email.***