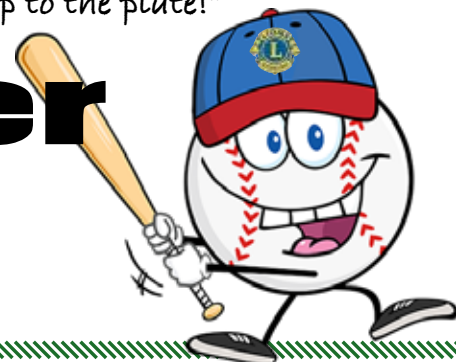




5M4 Newsletter

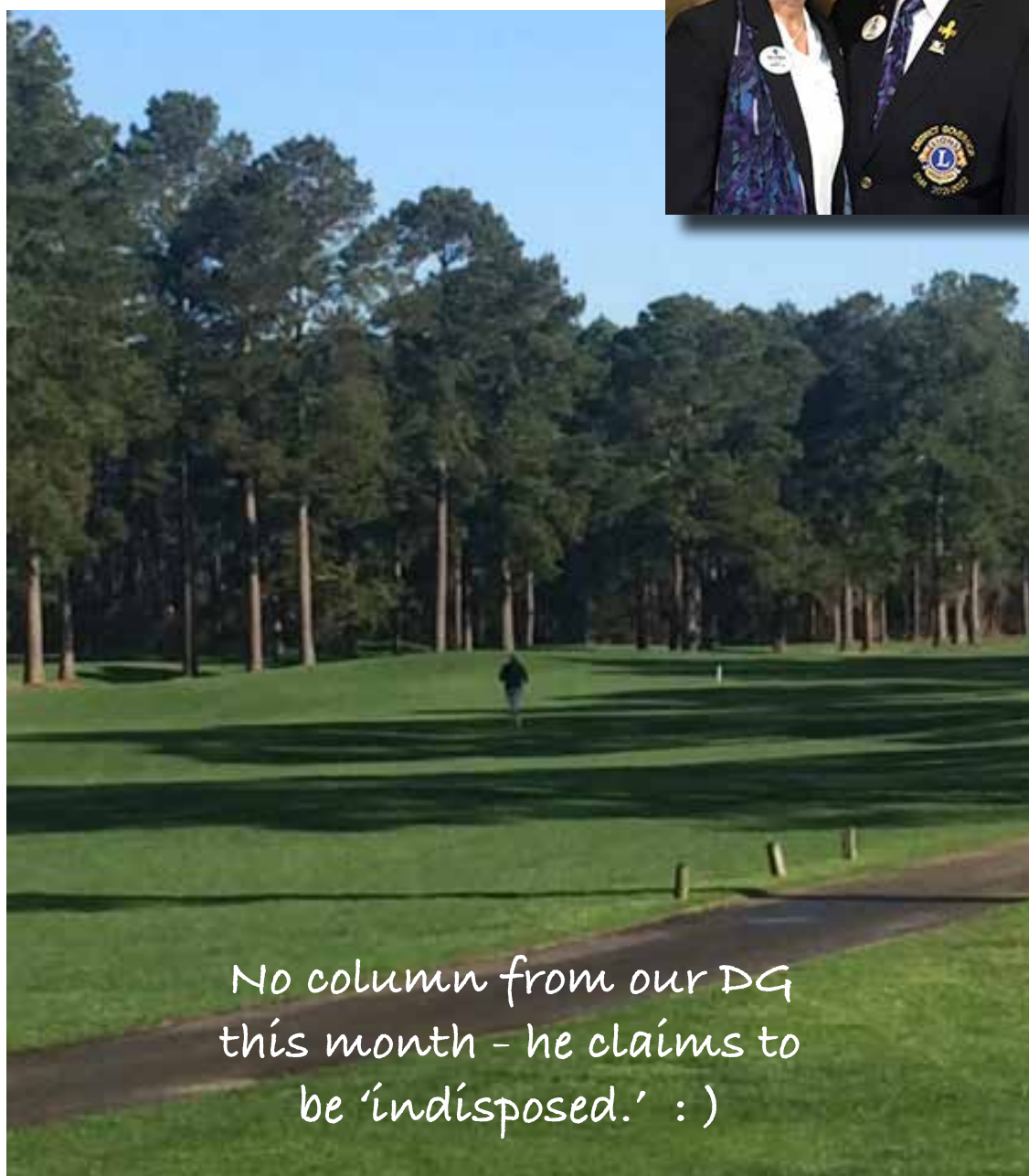
"It's time to step up to the plate!"



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Where's Marty?



No column from our DG
this month - he claims to
be 'indisposed.' :)





Spring is here???

Well spring training for district governor elects is done anyways. With our amazing leader Lion Brian Sheehan taking over. We have had some intense online training. I was in training for three weeks every Tuesday and Wednesday from 6 To 9. We also have two days of training at the international convention. That is what we have to do for international training. Our multiple district training was held in the first part March which was three days of live training in Roseville. And I can tell you this I have a lot to learn yet. I learn something new and exciting everyday I am in this position. I am truly enjoying every step of the way.

We have the multiple convention coming up on April 29th through the 31st. In Mankato. There is still time to sign up.

Lets talk goals. With the end of the Lions year only three months away it is time we Rally and help DG Marty reach his goals. These are goals that were set last year about this time. These goals were discussed and thought out with the District Global action team. These are goals that were turned into LCI. They are tracked. I believe as a district we can work together and achieve these.

Like I have always said if you a question or concern do not hesitate to contact me. I may not know the ans we er but I do know the person who does.

DGE 5M4

Lion Rob Wiener

5m4lionrob@gmail.com

320 241 7100 320-241-7100



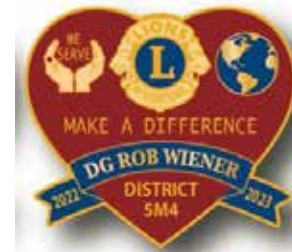
**1st VDG Lion Rob Wiener
and Lion Jo Wiener**





"Make A Difference"

Jan. 27 -29, 2023 Convention



Registration Form

44th District 5M4

LIONS MIDWINTER CONVENTION

January 27, 28, 29, 2023 at Arrowwood Resort, Alexandria, MN

PLEASE MAKE YOUR OWN HOTEL RESERVATIONS!

Call Arrowwood Resort @ 320-762-1124

2100 Arrowwood Lane NW, Alexandria, MN 56308

INDIVIDUAL & FAMILY REGISTRATION FORM

Name: _____ Club _____ Club Title _____ Lion _____ Lioness _____ Leo _____ Non-Member _____

Name: _____ Club _____ Club Title _____ Lion _____ Lioness _____ Leo _____ Non-Member _____

District or Other Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Guest Children: _____ Age: _____

Guest Children: _____ Age: _____

+++++

Convention Package (includes all meals)

Regardless of postmark: Name on Card _____

(Credit card add 3% for card fee) Credit Card # _____ EXP Date _____

_____ @ \$50.00 (\$51.50) Children 12 & Under Security Code _____

_____ @ \$50.00 (\$51.50) LEOs

_____ @ \$ 50.00 (\$51.50) First Time Attendee (District 5M4 members only)

+++++

Postmarked 1/30/22 – 7/15/22 Name on Card _____

(Credit card add 3% for card fee) Credit Card # _____ EXP Date _____

_____ @ \$100.00 (\$103.00) Regular Attendees Security Code _____

+++++

Postmarked 7/16/22 – 12/15/22 Name on Card _____

(Credit card add 3% for card fee) Credit Card # _____ EXP Date _____

_____ @ \$115.00 (\$118.45) Regular Attendees Security Code _____

+++++

Postmarked 12/16/22 – 1/10/22 Name on Card _____

(Credit card add 3% for card fee) Credit Card # _____ EXP Date _____

_____ @ \$135.00 (\$139.05) Regular Attendees Security Code _____

PLEASE CHOOSE YOUR BANQUET MEAL: Beef _____ Fish _____ Vegetarian _____ (How many for each selection)

Any Special Dietary Needs? _____

Waterpark tickets \$10.00 per day per child (To be purchased after arrival.)

Cancellations will be charged a \$20 fee. Cancellations after January 1, 2023 no refund will be made.

Make Checks payable to: District 5M4 Lions Mid-Winter Convention Fund

Send to: Cindy Fronning, 324 E. Hillside Ave. Fergus Falls, MN 56537

Contact Cindy Fronning for questions 651-324-8415 or email cindy@nadona.org

"It's time to step up to the plate!"



PDG Bob Kulberk and 1st VDGE Sue Kulbeik

'We're all in it together!'

1st VDGE Sue Kulbeik

According to the calendar, spring has arrived, but it doesn't feel like it with snow still around and today there are flurries and howling winds. The only good news is that when it comes to weather, good or bad, we're all in it together!

Together is how we keep our clubs and our District thriving and growing. We are all striving to add more members as we move toward IVP Brian Sheehan becoming President on July 1st. We want to show the world that we are the strongest District in all of Lions world. Ask us how to find new members and make them feel like they have found a home in your club. Who is that person you have always wanted to ask - now is the time!

Look around your club. Who might be a good candidate to join the District leadership? Maybe it's you! We will help you with training, get a clear picture of time and financial commitment, and don't forget the fun. When my husband, PDG Bob, was District Governor we had the best time. Traveling and making friends that we will have for life. The memories will last forever.

By working together we can reach our goals and have some fun along the way. Please contact me if I can answer any questions or help in any way.

1stVDGE Sue Kulbeik
kulbeik@hotmail.com
Cell phone: 605-949-0161

2023 5M4 Mid-Winter Lions Convention Tidbits



Hi Everyone,

It's hard to believe that the 2022 5M4 Lions Convention is already over. It was a terrific convention! I believe that District Governor Marty hit it out of the ballpark with his speakers, decorations and entertainment. It was a great time and everyone seemed to enjoyed the event.

As we turn now and look forward, we see the next great convention on the horizon! District Governor Elect Rob and his team are already in the planning stages for the 2023 convention. Each month we will bring you more tidbits about the convention coming up.

The 2023 5M4 Mid-Winter Convention will be held in Alexandria at the Arrowwood Resort from Jan. 27 through January 29, 2023. The room blocks are already available so feel free to call and make your reservations. Water Park tickets will be available after check in for \$10.00 per child per day. The registration form is included in this newsletter. Note the registration fees as they increase over time. Advantage of registering early to get the best deal.

That's it for now! More to follow in the coming months. Remember that we can all make a difference all that we do but especially through Lions. With all of us working toward common goals think of the impact we could make!

Until next month,
Lion Cindy Fronning
2023 Convention Chair



Lions Match Campaign Launches!

By Pearland Silverlake President Lion Fay Watson



September 2021 the Pearland Silverlake Lions Club (above) held their first "Helping Hounds, A benefit for Leader Dogs for the Blind" at Killen's Steakhouse in Pearland, Texas. Over 70 attendees and volunteers enjoyed a dog friendly evening on the Killen's Steakhouse Patio dedicated to helping raise money for this worthy cause.

The idea of a fundraiser just for Leader Dogs for the Blind was brought to our club by Lions Charise Berry and Sandy Cavazos. The pair decided our club could make an impact if we could donate enough to pay for one puppy to be purchased and trained to be a Leader Dog. The board thought the idea was great and planning began.

Sponsorships were created with names like Hair of the Dog and Best In Show ranging from \$250 to \$2500. There was a dog costume contest as well.

The event resulted in a \$20,000 donation to Leader Dogs for the Blind which will be used as a "Lions club donation match" mail campaign hitting club mailboxes early April.



IN EVERY LEADER DOG
LIES THE HEART OF A LION.

A Leader Dog partner since 1939.



A New Podcast Launches

Leader Dogs for the Blind presents Taking the Lead. A podcast where we will take a deep dive into the blindness community.

Our goal is to bring awareness of not only the blindness community but the free services we provide to those who are blind or visually impaired.

Meet one of your hosts of Taking the Lead. Timothy Cuneio was diagnosed with retinitis pigmentosa when he was 12 years old. Throughout his life he has continued to be proactive and never letting his visual impairment define him or hold him back.

Timothy, along with LDB staff, will lead you on a journey as we learn, laugh, and make a difference in people's lives.

Listen to Taking the Lead in your favorite apps like Amazon music, Spotify and Google Podcasts.



BE OF SERVICE

LeaderDog.org/Lions

FOLLOW THE LEADER   



"It's time to step up to the plate!"



Sauk Centre Lions Club

The Sauk Centre Lion hosted their annual Pancake Feed last month - and it was a wonderful success!

Good thing that the Sheehans showed up to help!






Brooklyn Park Lions
59th Annual
"WORLDS LARGEST"
ALL YOU CAN EAT

Smelt Fry



April 27, 28, and 29
5 pm to 8pm

Brooklyn Park Community Activity Center / Armory
5500 85th Ave. N.

Adults \$15.00 in advance, \$16.00 at the door
Children 12 and under \$8.00

Meal includes one serving of fresh coleslaw, beans, chips, dinner roll, your choice of pop, milk or water
and all the delicious breaded and deep fried Smelt you care to eat.
Beer available for an additional cost

Advance tickets available at
Community Activity Center
Godfathers Pizza
Online @ www.BrooklynParkLions.org

Proceeds provide free eyeglasses for children in need in Brooklyn Park and support many other local, national, and worldwide charitable causes.





Buffalo Lake Lions Club

The Buffalo Lake Lions Club proudly accepted the Dream Catcher Award at our February Lions meeting. We were honored to have participated and grateful to be the recipients of this award in hopes for a cure someday.

Turkey + Ham + Cash

BINGO

Thurs. April 7, 5-7:30 p.m.

31 Bingo Games, 50 cents a game
Free Will Donation for a Sloppy Joe Meal

at LOWRY COMMUNITY CENTER by LOWRY LIONS



Having a hard time finding new members?...maybe you should ask one of these?...

your spouse
 your children
 your neighbor
 your brother
 your sister
 your best friend
 your mailman
 your garbage man
 your insurance agent
 your banker
 your car dealer
 your doctor
 your nurse
 your pastor
 your boyfriend
 your girlfriend
 your mother
 your father
 your cousin
 your past Lions members
 your business partner
 your barista
 your mayor
 your local store owners

As you can see the options are limitless. Find one of the above or one of your own choices. Share the gift of Lionism today!!

Submitted by Jason Kerfeld

"It's time to step up to the plate!"



Minnesota Lions Diabetes Foundation, Inc.

Dear MD5M Lions,

The Annual Meeting of the Minnesota Lions Diabetes Foundation, Inc. will be held on Saturday, April 30, 2022. The meeting will be held at the MD5M Convention at the Mayo Clinic Health System Event Center in Mankato, MN, USA. Each Lions Club in the Multiple District is allowed one voting delegate. The Foundation Meeting will be held from 8:15 a.m. to 8:35 a.m. in the "vault" room.

During the annual meeting we will review the past year's activities, recognize, and honor outgoing Trustees, and announce the Board of Trustees that will serve starting July 1, 2022.

I want to personally thank all the Lions, Clubs, Districts, individuals, and businesses in Minnesota that have supported our Foundation this year. We are using your donations to improve the quality of life for people by funding research to cure diabetes, providing education, and sponsoring preventative health activities.

Yours "Catching the Dream",

Lion Brian Rykhus

Chairman

Minnesota Lions Diabetes Foundation, Inc.



Lions Club donates to Swift County Food shelf

The Benson Lions Club members Donna Christenson, Mick Boone, Marlys Boone, LuAnn Olson and Laura Thomas presented a \$500 check for the March FoodShare Campaign to Tami Klucas of the Swift County Food Shelf.





Mn Lions Childhood Cancer Foundation Inc.

**Believe Award
Application**

Club Name _____

Address _____

City _____ State _____ Zip Code _____

Recipient:

Name _____

Address _____

City _____ State _____ Zip Code _____

Please check:

_____ Memorial Donation \$1,000.00, given in memory of a deceased Lion or non-Lion.

_____ Cumulative Award - Accumulated gifts over time resulting in a \$1,000.00 donation.

Mail or Email Application to:

Lion Genia Sjerven
14496 Geneva Ave N
Hugo MN 55038
sjerven@gmail.com

Mail Award to: Name _____

Address _____

City _____ State _____ Zip Code _____

PUT YOUR EVENT ON THE 5M4 WEBSITE!

Please let us know if you'd like us to post your 5M4 club event.

Send to patrickposl@gmail.com



Minnesota Lions Hearing Foundation Hearing Research Fellowship Application

The Hearing Research Fellowship Award can be presented to a club member, family member or member of the community by a local club on behalf of the MN Lions Hearing Foundation. For every \$1000 donated to the Hearing Foundation, a Club earns one recognition award. Please consult with your District Hearing Foundation Trustee to determine how many club credits your club has earned.

Please PRINT

Club Name: _____ District _____

Person submitting Application: _____

Address where to ship recognition: _____

City _____ State _____ Zip _____ Phone _____

Contact email address: _____

RECIPIENT:

Name _____

Address _____ City _____ Zip _____

Please Check Appropriate Fellowship:

_____ **Individual Fellowship** = gift totaling \$1000 made by individual, Lions Club, or Lions District to honor someone as a Lion Hearing Research Fellowship.

_____ **Memorial Fellowship** = gift totaling cumulative \$1000 given in memory of a deceased Lion or individual.

_____ **Cumulative Fellowship** = accumulated gifts over time resulting in \$1000 donation. Fellowship plaque awarded upon cumulative \$1000 donated.

_____ **Progressive Fellowship** = gift to honor an individual who has previously been awarded a Hearing Fellowship Award.

Amount of donation: _____ Check # _____ Date _____

Please send completed application to PDG Mike Vos, Foundation Treasurer for processing.

Check Payable to: **Minnesota Lions Hearing Foundation**

Payment to: PDG Mike Vos, Foundation Treasurer
20472 371st Avenue, Green Isle, MN 55338

Please allow 30 days to process & ship award recognition

Hearing Research Fellowship Application

This award can be awarded to a Lion, a community member or business or other organization the club chooses. The award helps with the ongoing hearing health research projects at the University of Minnesota.

This award can be given for every \$1,000 the club gives to our organization. Clubs can check with their trustees to find our their balance.



"Catch the Dream"

...Life Without Diabetes!

Minnesota Lions Diabetes Foundation
STRIDES for Diabetes Awareness

February, March & April 2022

Commit to 15 Miles of Physical Activity a Month

2000 steps = 1 mile

You Choose Your Activity

Be active on your own

Be a part of a team

Register at: MNLionsDiabetes.org

Registration opens January 25, 2022

\$25 Registration Fee

T-Shirts available



Physical activity, and healthy food and beverage choices are key to preventing diabetes and improving health.



Net Proceeds benefit
Minnesota Lions Diabetes Foundation



"It's time to step up to the plate!"



Laura's Story

Laura's hearing loss as an adult didn't keep her from enjoying life and exploring new things. As a wife, mother of four, employee and volunteer, she kept very busy. She even learned to salsa dance by following the beat of the music through the vibrations on the floor. Then she received **cochlear implants** at University of Minnesota Medical Center, and everything changed.

Patients with **cochlear implants** have to re-associate the sounds they perceive with their auditory memory, and they use visual cues in the process. As Laura explains, "Engineered hearing is very different. For example, I couldn't tell the difference between the faucet running and my dog lapping water. Making the visual connection helped."

She even had to re-learn to dance. When she could hear the music, she had to train herself differently. It took hours of listening to the music and practicing dancing at home in her living room. Her positive attitude and determination paid off—she continues to dance and assists the instructor, too.

Thanks to all the Lions who donate to the Minnesota Lions Hearing Foundation. You are helping to change the lives of many with hearing loss—and changing the world.



Our major fundraiser is the D-Feet Walk, June 4th. It is going to be held simultaneously at the University of Minnesota Arboretum in Chaska and at Diamond Point Park in Bemidji. Please look for more information soon. In the meantime, our current 2022 donation site is: <https://secure.ggiv.com/event/2022mlhfwalk/>

June 24-28 | lcon.lionsclubs.org

Early pricing extended until March 31

As we look forward to our 104th Lions Clubs International Convention in Montréal, we realize that current international travel guidelines continue to change. In order to give all Lions and Leos a better opportunity to make their travel arrangements to the convention, we are extending the early discounted pricing deadline to **March 31, 2022**.

Register by March 31, 2022, and pay the discounted US\$175 registration fee.

We can't wait to see you in Montréal!





LCIF = Our Lions Foundation - Donation Information

Campaign 100 started July 1, 2018

- * Our district 5M4 targeted is to do our part for this 3 year campaign matching with the 100 theme:
- > 100 percent participation
- > \$100 average per club member per year with personal and club donations going into the average
- * Easy ways to donate are:
- > Go to web address: lcif.org and set up ACH bank account or credit card automatic giving
- > Go to lcif.org and donate with credit card

Mail with attached form to

Lions Club International Foundation, Dept 4547, Carol Stream, IL 60122-4547

or give to your president, secretary or treasurer

OR: Give or mail to: 5M4 Foundation District chair Craig Schellberg, 6233 97th Ave NE, Spicer, MN 56288. Phone/text: 320-894-6843 email: spicerlioncraig@gmail.com

For technical help: Phone 630-203-3836 or email: donorassistance@lionsclubs.org

Please Detach this form and include with donation

Date: _____

Name: _____ Member # _____

Address with town: _____

Donate to: _____ Empowering Service = Area of Humanitarian greatest needs
(pick one) _____ Disaster Relief
_____ Half & half

Donation amount: _____ I plan to give this amount:
(pick one)
_____ One time
_____ Monthly
_____ Yearly

I would like to receive a recognition pin (minimum \$50 donation): yes ___ or no ___

Thanks for giving to Campaign 100 for others in need!



"It's time to step up to the plate!"



BOARD OF TRUSTEES

Bill Kase & Bob Melin, 5M1
Marv Grimm & Vern Breamer, 5M2
Allen Struck & Steve Cattnatch, 5M3
Barry Erdhal & Bob Kulbeik, 5M4
Bob Jechorek & Kevin Walsh, 5M5
Marlene Haymen & Jeff Carnes, 5M6
Hal Hinchliffe & Jim Mulroy, 5M7
Mike Appel & Bob Harms, 5M8
Michele Plagman & Laurie Kommer, 5M9
Susan Balstad, 5M10
Jerry Amiot & Gladwin Lynne, 5M11

OFFICERS

Bob Jechorek, Chair
Mike & Sue Vos, Treasurers
Lori Steinemann & Dave Dominick
Executive Secretaries

WEBSITE:

www.5mhf.org

EMAIL:

sue@vosconstruction.com

REGISTRATION & PAYMENT INFO

Checks payable to:
Minnesota Lions Hearing Foundation

PDG Mike Vos, Treasurer
Minnesota Lions Hearing Foundation
20472 371st Avenue
Green Isle, MN 55338-2171

Virtual Walk Date
June 4th, 2022

DFEET WALK

2022 MN Lions Hearing Foundation Fundraiser

Dear Lions and Friends:

Your Minnesota Lions Hearing Foundation 2022 Walk to DFEET Hearing Loss is just around the corner, on June 4, 2022.

It is not too late to help those with hearing-related issues.

Please consider participating in our 2022 Walk at the Minnesota Landscape Arboretum and at Diamond Point Park in Bemidji, MN. If you or your club cannot participate at either site, you can take a walk at your local park, bring some club members together for a walk in a park, jump on your treadmill, or ride your bike.

Levels of Support (please check appropriate box)

- ☐ \$25
- ☐ \$35 includes walk t-shirt mailed to you.
- ☐ \$100
- ☐ \$250
- ☐ \$500
- ☐ \$1000 gets your Club name on back of the t-shirt
- ☐ Other _____

Children under 12 will receive a free walk shirt.

We challenge your club to create a team to help raise funds for this important event. Please complete your registration form and mail to PDG Mike Vos.

We hope you will support the Minnesota Lions Hearing Foundation to raise the much-needed funds to support our mission of research, education, and clinical support to the deaf and hard of hearing community.

With regards,

PDG Bob Jechorek

Board Chair
Minnesota Lions Hearing Foundation
rpech@gmail.com



D-FEET WALK REGISTRATION FORM

Club Name _____ District _____

Contact Person (please print) _____

Address: _____ City _____ State _____ Zip _____

Phone # _____ Email address: _____

Donation Amount: \$1000 _____ \$500 _____ \$250 _____ \$100 _____ \$50 _____ \$35 _____ \$25 _____

Club Sponsorship at \$1000 level gets Club's name on the back of the t-shirt.

Donation is on behalf of your club _____

Personal donation _____

\$25 donation with no t-shirt.

*\$35 donation includes a t-shirt. Registration form must be received by **May 10** to receive a t-shirt.*

Adult sizes: small _____ medium _____ large _____ XL _____ 2XL _____ 3XL _____ 4XL _____

Youth sizes: small _____ medium _____ large _____

Youth under the age of 12 will receive a free shirt.

Attending the Dfeet Walk at the Minnesota Landscape Arboretum _____

Attending the Dfeet Walk in Bemidji _____

Please send check and registration form to:

PDG Mike Vos, Treasurer
Minnesota Lions Hearing Foundation
20472 371st Avenue
Green Isle, MN 55338-2172

Please make check payable:

Minnesota Lions Hearing Foundation