

5M4 Newsletter



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Greetings, Lions!

Spring is almost here, which means it's time for your clubs to elect officers for the 2025-2026 year. Along with officer installation, it's just as important to ensure they receive proper training. The district is offering training dates in May. Details to follow, (see page 5), and there are also e-Learning options available on the Lions International website. Additionally, you can contact GLT (Global Leadership Team) Chair Mickie Rogal to arrange one-on-one training with a trainer.



PCC Dennis Heinen and DG Jacque Heinen

We also invite you to attend the upcoming Multiple District Convention, April 25-27, at the Airport Hilton Hotel in Bloomington. Check the enclosed schedule on page 13 for full details. This is a great opportunity to meet our International President Fabricio Oliveira from Brazil and hear from other inspiring keynote speakers. Best of all, many convention events are free to attend!

With the council of governors meeting at the Multiple Convention, I will also be getting ready for our district Cabinet Meeting on April 30th. I've been busy visiting clubs and am continually inspired by the incredible work being done in our communities. Keep up the great efforts, and don't forget to share your service projects in the portal so more people can see the impact we make. Lions Serve—Worldwide.

Enjoy time with family this blessed Easter season!

Yours in Service,

Ask One - Keep One
 DG Jacque Heinen
lionheinen@gmail.com
 320.249.6536

Thank you for your continued dedication to service.

Let's keep making a difference together!

Yours in Service

5M4 Cabinet last meeting date: April 30, 2025.

Welcome
 Spring!



A note from Susan

Greetings 5M4,

March was filled with excitement and purpose! The biggest highlight was welcoming another granddaughter! We were blessed with Greta's arrival a bit early, but everyone is healthy and thriving! Mabel is the best helper and this Nana's heart is full, again!

Back to business; foundation tours, more DGE training, and an unforgettable Disney themed Friendship Banquet! I was excited to have the opportunity to tour the Can Do Canines facility and learn more about the people that their dogs serve. I know we have Leader Dogs, which serve the blind and visually impaired, but the Can Do Canines are trained to serve those who need assistance because of hearing, mobility, seizures, diabetes, and autism. The stories of what these dogs do for those that need them are heartwarming. We only have a handful of dogs placed within 5M4 so let's help spread the word! Lion Mike, on our district team, would love to share more. If you know of anyone that could benefit from Can Do Canines, please reach out to him! (Contact info is on the last page of this newsletter!)

At the U of M, we visited the Department of Otolaryngology and the Lions Voice Clinic. (Please see page 9). Returning to the Lions Voice Clinic brought back many memories, as I am well aware of the incredible work they do! It was interesting to hear about their research, explain the complexities of the voice, and the problems one can have. Seeing the Stroboscopy machine again (a founding gift to the Lions Voice Clinic) was a familiar sight. The MN Lions Hearing Foundations has also helped fund the newly opened Temporal Bone Lab. The advancements in technology for the doctors, surgeons, and students in this new lab are truly remarkable compared to the old one! What a gift!

To learn more about our efforts in assisting the eye bank, our next stop was the Lions Gift of Sight, owned by the MN Lions Vision Foundation. It is one of eight largest eye banks for transplant tissue distribution and ranked in the top four for research tissue distribution. We learned about the extensive use of corneal and eye tissue for both transplants and research. On June 30th, 2025, we will celebrate 100 years of partnering with Helen Keller to be Knights of the Blind in this crusade against darkness. What service project can you do to help celebrate this milestone? If you need eye glass and hearing aid collection boxes for your community, please reach out to Lions Craig and Rob (contact info is on the last page of this newsletter!).

Another exciting revelation was the new era of discovery in the search for a cure for Type 1 Diabetes! These scientists were so eager to share their groundbreaking work and to show us around their labs. Their passion and excitement for the accomplishments and research work they are doing was something to see! They are making incredible progress in developing a limitless source of islets for transplantation, increasing kidney transplant eligibility, and eliminating the need for long-term immunosuppression in transplant recipients. The Schulze Diabetes Institute at the U of M is at the forefront of these advances, attracting many talented researchers – this department is on fire and forging forward with passion! Contact Lion Lori for more information on the MN Lions Diabetes Foundation and our connection to diabetes research (her contact information is on the last page of this newsletter).

Since starting this journey to becoming your District Governor, I have been blessed with many opportunities for awareness and growth. Our recent gathering of our 12 DGEs found us learning more about our Multiple District. We (5M4) reside in the middle of 12 Districts within MN, Manitoba Canada, and NW Ontario. It is a true pleasure to collaborate and serve alongside each of these outstanding leaders. Our service project for the week brought us to Feed My Starving Children, "turning hunger into hope with our own two hands". One sobering statistic shared with us was that across the globe, hunger kills one person every 4 seconds. While this may seem shocking, hunger may also be affecting someone within your community. How can your Lions Club help serve one of our 8 Global Causes?

The Friendship Banquet – take a look at those pictures! The current District Governor's put on a banquet to welcome us DG Elects as new District Governors. Since our incoming convention is in Orlando, it was fitting for them to plan a Disney themed party for us! They nailed it, what a great evening! Just saying "Thank You" was not enough, they went above and beyond, setting the bar high for our party to 1VDGE Jason, whose convention will be in Hong Kong!! The thinking caps are on!

We have lots to accomplish! Service is at the heart of our mission! If you are looking for fresh ideas for service within your communities, consider completing a Community Needs Assessment. Resources such as this and other information can be found at www.lionsclubs.org under the Member Resource Center tab. Or reach out to Lion Dennis (his contact information is on the back page of this newsletter).

In closing, I not only hope this article was informative for you, I hope you understood that there is more to learn, that supporting our foundations has very true meaning and purpose, that there is service to be done within our communities that can span the globe (such as collecting eye glasses), lots of fun to be had, and a dedicated Lion at your service as well! We are here for you! Our communities rely on us to be vibrant, active clubs. Let's be that! We Serve!

Lion Susan Krumrey, DGE – 5M4

320-295-8327 (call or text) susanreuberkrumrey@outlook.com



*Big Sister Mabel, Greta, and Nana
DGE Susan Krumrey*



**BUFFALO LAKE LIONS
FISH FRU
FRIDAY APRIL 4TH
11AM-7PM OR UNTIL GONE**

**JOIN US FOR DELICIOUS BEER BATTERED
ALASKAN POLLOCK!**

\$16
ADULTS

\$8
AGE 6-10
5 & UNDER FREE

Sides Include:
Baked Beans
French Fries
& Coleslaw

***Beer Sold Separately By
The Buffalo Range**

**Located at the Buffalo Lake Fire Hall
315 N Main St, Buffalo Lake, MN 55314**

DINE IN ONLY!

TAKE OUT AVAILABLE!

PROCEEDS TO GO TOWARDS COMMUNITY AND GLOBAL NEEDS



MD5M with 2025-2026 CCE Denise Laudenbach from 5M9



DIABETES INSTITUTE

A NEW AGE

Science has entered an exciting new era in delivering a bona fide cure for T1D. This new era will be defined by a limitless source of islets for transplant, increased eligibility for kidney transplants, and no need for long-term immunosuppression in transplant recipients. Your previous support enabled us to show diabetes reversal in people following islet transplantation and to make islet transplants survive long-term in transplanted monkeys without the need for anti-rejection drugs.

Inspired by these advances, many researchers joined the field and industry made a large commitment, building considerable momentum and delivering tangible successes:

- In ongoing clinical trials conducted by industry, >10 diabetic recipients have achieved insulin independence after transplantation of stem cell-derived islets.
- These results indicate that stem cell-derived islet could soon provide an unlimited supply of islets for transplantation.

"Diabetes is history. My family doesn't worry about it. Hypoglycemia and insulin aren't even in our vocabulary. We have quickly adapted to this new life (without diabetes), and it has been a wonderful gift"

UMN islet transplant recipient

ELIMINATION OF IMMUNOSUPPRESSION

A second key area in which significant progress has been made involves developing strategies to induce immune tolerance to transplanted islets and kidneys. Inducing immune tolerance to transplants would eliminate the need for immunosuppressive drugs, thereby decreasing the risks of infections, cancers, and other complications associated with these medications in transplant recipients.

The implications would be far-reaching. Performing transplants without immunosuppression would be transformative in diabetes care and transplantation, analogous to conducting phone calls without a land-line and driving cars without gasoline.

Previously, our team was the first to induce tolerance to transplanted islets in monkeys, thereby allowing long-term diabetes reversal after islet transplantation without immunosuppressive drugs. This major accomplishment was published in the highly acclaimed publication *Nature Communications*.

By working with scientists, diabetologists, and our biotech partner, our larger team has:

- Obtained clearance from the FDA to conduct clinical testing of our immune tolerance protocol to human islet transplants in patients with diabetes.

• Secured a multi-year award from NIH to apply the immune tolerance technology to kidney transplantation. The objective of these preclinical studies is to develop a safe and effective protocol for testing in humans who will undergo kidney transplantation.

WHAT DOES THIS MEAN FOR YOU?

In this new era, several novel clinical trials of islet transplantation are on the horizon, several with regulatory approval in place. For patients with diabetes to benefit to the fullest extent from these trials, we must be able to answer these questions:

"From which trial can I expect the most benefit?" In transplant trials in T1D, a key question is whether the autoimmunity, which caused diabetes decades earlier, has persisted and puts the transplanted islets at risk. If so, a suitable study must be selected.

"I have diabetes and kidney failure, will kidney transplants w/o immunosuppression become possible?" The clinical protocol used to prevent islet cell rejection is being tailored so that it also prevents kidney (solid organ) transplant rejection.

"Will human islet cell transplants become a treatment option for my type 2 diabetes?" For a subgroup of people with type 2 diabetes, increasing their islet cell mass through transplantation (w/o the need for immuno-suppression) may cure T2D.



The 16th Annual Minnesota Lions Diabetes Foundation Research Update was held March 15, 2025 in St Cloud, MN. We heard from some of the University of Minnesota scientists who are conducting leading-edge research aimed at both preventing and curing diabetes. Faculty Research Presentations were given by:

Dr. Brian Fife - Curing Diabetes by Stopping the Body's Immune System

Dr. Sabarinathan Ramachandran and Dr. Singh - Bringing Immune Tolerance to the Clinic for People with Diabetes and Kidney Failure

Dr. Byrne - Generation of cells, tissues and organs in animals for the treatment of human disease

More than 29 million people in the United States are living with diabetes—a growing number that includes 340,000 people in Minnesota alone. Unfortunately, that number is on the rise. Dr. Byrne highlighted the tremendous human cost of kidney and heart disease. Kidney failure is one of the worst side effects of Diabetes. When disease management fails, Renal or Cardiac transplantation is necessary. Renal allotransplantation (human to human)....27,000 kidney transplants per year in the US. Cardiac allotransplantation.....(human to human) 4,100 transplants per year in the US. Unfortunately, there is a limited supply of human organs. He then went on to explain about Xenotransplantation as a solution. Clinical Xenotransplantation has begun: 2 pig to human heart transplants at the University of Maryland and 4 pig to human renal transplants (NYU Langone (2) and Massachusetts General Hospital (2)). He highlighted those human cases. The pig heart transplant patients lived for 40 days and 60 days. They each had complications due to human blood products with anti pig antibody. This discovered after the fact. The pig kidney recipients had somewhat better results, with two of them still surviving 49 and 110 days post transplant.

Following the research presentations, guests had the chance to interact with the scientists one on one, learn more about their research, and ask questions. There were silent auction items where you had the opportunity to support the Minnesota Lions Diabetes Foundation in our mission.

A Zoom link was available to join in to hear the researchers' presentations.

Lion Lori Schellberg, trustee 5M4

ATTENTION! KIDSIGHT!

*Our scanners are equipped to test
6 months old to 18 yrs. Please
check with your schools to set up
testing dates.*

[Contact one of us to
reserve our cameras and or
get assistance.](#)

[We are here to help.](#)

**THANKS FOR
WHAT YOU DO!**

**Ron Honken 320.905.6282
ronaldhonken1940**

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**Sue Honken 320.905.2412
rshonken@frontiernet.net**

**Bob Knutson 320.295.1757
lionbobbyk2017@gmail.com**

Spring has sprung...wait, maybe

This Saturday morning, I looked outside my kitchen window and watched the snowflakes fly by, it was only 12 hours ago it was nearly 70 degrees! Just have to love Minnesota weather, something different every single day. We as Lions can also enjoy the variety, but our variety is in the form of service. Depending what draws at our heart-strings we can find something to give back to. Many of us do this on a local level, which is great and very much needed. One thing I didn't realize when I joined Lions back in 2001 was the levels of Lions beyond the local level and without the district/multiple districts and beyond up to International many of the great things that Lions are known for would be impossible if it wasn't for that chain of teamwork. I know I have requested it in past newsletters but, here we are in the last quarter of our Lions year and we are very thin at some key spots on next year's District Cabinet. Please consider stepping up and joining our team. Currently we have openings in the following spots (as far as I know) ...2nd Vice District Governor, Cabinet Secretary, MN Lions Hearing Foundation, MN Lions Mission Foundation, Project New Hope, Team Sheehan Foundation, Website, Multiple Zone Chairs. Next month will bring many elections to each club and with that we are excited to offer training at 3 separate times in our district so our club officers can feel confident in their positions. The dates and locations will be announced shortly and shared in next month's newsletter. I'd really like to see someone fill the 2VDG position soon so they could start to enjoy the entire experience of the "journey". Within that position you'll find yourself meeting 11 new friends that share a common love of service that will last you a lifetime. Please feel free to call me some evening if you have any questions regarding this position.

Also, in April we will have a chance to attend the Multiple Convention in Bloomington the weekend of April 25-27. I am really excited about the strong lineup of speakers on tap and if you are available to come down and take some or all of it in, I am sure you'll not regret it. Make sure to check with your friends, neighbors, co-workers or family members to see if they'd be interested in joining our Lions family? It doesn't hurt to check with them, many people are looking to serve just don't want to do it on their own. Just imagine how fast we can get to our Mission 1.5 goals if everyone got their 1!! If DGE Susan or I can do anything to assist with you or your club please do not hesitate to reach out to us, we'd be happy to help.

*Roar with you soon,
Lion Jason Kerfeld 1VDGE 5M4
Phone: 320-429-0794*



Lion Jason Kerfeld,
1VDG District 5M4



Montevideo Lions

The Montevideo Lions held their 4th annual purse bingo on Sat. Feb 22. 177 enthusiastic bingo players vied for 11 name brand handbags worth over a thousand dollars. This has become a super fundraiser!

Mark Your Calendars!

Everyone is invited to participate in our
Golf Tournament @ Oakdale Golf Course
Sunday, June 22nd, 2025

This is a fundraiser to purchase an outdoor
AED Smart Cabinet, emergency defibrillator
system. It will be placed on Co Rd 38, golf
course side at Lake Allie.

Golf tournament, silent auction, supper – we
hope to see you there!

More information will be coming out soon!

Sponsored by the Buffalo Lake Lions Club, working together with Oakdale Golf Course
and the Lake Allie Association.

Lions – We Serve, Together





5M4 Lions Successfest 2025

Regional meetings will be held in May for officers and any club members that would like to engage with the District Team and learn new tools to have a successful Lions year.

District Update
President
Secretary
Treasurer

Now is the time to elect your 2025-2026 officers! We are looking forward to an amazing year. Let's keep working to finish out this year strong and be prepared SERVE our district in the coming year.

More details will be coming soon!
GLT Mickie Rogal
mickierogal@gmail.com
1-218-731-9749



Benson Lions Club makes donations

During their monthly meeting Monday evening, the Benson Lions Club made four monetary donations: Swift County Food Shelf \$500; Benson Area Memory Loss \$300; CentraCare Gorecki Guest House \$150; Performing Arts Center (PAC) \$500. Pictured above are members of the Benson Lions Club.



Sauk River Champions have a great party!



The Sauk River Champions Lions Club held a grand St Patrick's Day Dance today with DJPete. Many danced the entire time!!! There was 125-130 attending. Fun time enjoyed by all!

Sauk Centre Lions awards night



Lion Molly Erickson received a new award for Sauk Centre Lions called the Rise Award. This award is in memory of one of our members (Dennis Zimmerman) who passed away a couple of years ago...he was a club member for 48 years, club secretary, and past DG. The award was given for Molly for service to the club and community. Pictured with her are Jason Kerfeld and current club president Joe Uphus.



Lion Craig Sunder (club Assistant Secretary), receiving the new Rise award for his service to the club and community.



Jacki Mead receiving the Kidsight MD5M award for her service to the club and community.



Lions Kenneth and Deborah Gieske receiving the Melvin Jones award for their service to the club and community. Person on far right side is Craig Schwinghamer (he was their sponsor when they joined the club 8 years ago).



Lion Richard Betlach receiving the Lions Presidential Award for his service to the club and community.



Before the awards were given out by Jason Kerfeld (he might have been nervous), Terry Mead took his phone to distract him.

Can Do Canines and what they DO!



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

OUR PROGRAMS

- Hearing Assist
- Mobility Assist
- Seizure Assist
- Diabetes Assist
- Autism Assist
- Facility Dog



Danube Lions

celebrating 70 years since we became a Chartered Club.

Thursday, May 8, 2025

6:30 pm

Danube Community Center

407 Main St

Danube MN

All are invited

Please RSVP at 320-826-2236, by April 15, 2025 if you plan to attend.

Cost: \$15

2 Meat buffet, Mashed Potatoes

Carrots, Coleslaw,

Carrot Cake and Beverage

If gluten free, please let us know when you RSVP



Spicer Sunrise Lions

The Spicer Sunrise Lions donated \$1,000 to The Link, which works to address hunger needs in the New London-Spicer area. We also delivered hygiene kits and diapers from the Midwinter Convention.

Lions of CA1 only... Here is your opportunity to meet and hear from your Lions International Convention Orlando, International Director Candidates from CA1 on a Zoom Meeting on Tuesday, April 8th, at 7:00pm CST. Here is the link to register!

https://us06web.zoom.us/meeting/register/thW3UVE5Rdi8-jlv_bKAnA

This Zoom will be Moderated by our 2nd IVP Lion Mark Lyon! We look forward to seeing you there!





'Returning to the Lions Voice Clinic brought back many memories, as I am well aware of the incredible work they do! It was interesting to hear about their research, explain the complexities of the voice, and the problems one can have. Seeing the Stroboscopy machine again (a founding gift to the Lions Voice Clinic) was a familiar sight.'

- DGE Susan Krumrey

Lions
VOICE
clinic



UNIVERSITY OF MINNESOTA
Driven to Discover

The Lions Voice Clinic

Jesse Hoffmeister, Ph.D., CCC/SLP
Assistant Professor
Department of Otolaryngology
University of Minnesota

Dan Weinstein, M.M., M.A., CCC/SLP
Speech Pathologist
Lions Voice Clinic
University of Minnesota

March 5th, 2025

Stroboscopy





*MD5M Multiple
Convention*

Leo Gathering

SATURDAY, APRIL 26, 2025

8:30am-5:30pm

**Hilton Minneapolis- St. Paul Airport
3800 American Blvd East
Bloomington, MN 55425**

Learning Sessions and Service Projects

Registration required by
Sunday, April 6, 2025





APRIL | 2025

LEADING THE WAY

Leader Dogs for the Blind - Lions Newsletter



Top Dog Clubs Supporting Our Mission

Eighty-five years ago, three Detroit-area Lions founded Leader Dogs for the Blind. **Today, Top Dog Lions Clubs continue to be sustaining supporters of our mission.** Top Dog clubs are those who donate \$5,000 USD throughout the fiscal year. We recognize these clubs with a call from a client, a Top Dog lapel pin for each club member, a Top Dog certificate and patch for the club's banner, a Leader Dog plush, recognition on Leader Dog's Facebook page, and a Top Dog digital badge to display on their website and social media.

This year, we will celebrate more than 50 Top Dog clubs, including the Galveston County Cigar Lions Club, chartered in Texas in 2023. **Galveston County Cigar Lions Club** offers an atmosphere of fellowship for cigar enthusiasts and members look for ways to increase funding to serve their community. President Lion Joel Canary suggested hosting their first Car Show, with the proceeds benefiting Leader Dogs for the Blind. **The Car Show was a great success with more than 30 entries, merchandise sold, event sponsors, and a 50/50 raffle.** Though the Car Show started as a project, it will now become a yearly event. Thank you Galveston County Cigar Lions Club!





Raise a puppy. Change a life.

By being a volunteer puppy raiser, you and your family create life-changing moments, while helping a person who is blind or visually impaired regain independence.



WHAT DOES A PUPPY RAISER DO?

- Devote 12-15 months of your time, energy and love to raising a puppy
- Provide daily care, such as feeding and walking
- Teach basic commands based on Leader Dog guidelines
- Introduce the puppy to a variety of people and environments
- Receive tons of ongoing support from Leader Dogs for the Blind

There are multiple puppy raising options to fit your lifestyle.

ONE HOUSEHOLD

This traditional way to puppy raise is perfect for families, college students, active singles, retired couples and empty nesters.

CO-RAISING (PRIMARY AND SECONDARY RAISER)

This option is for someone who wants to share duties with a person from another household.

PASS-ALONG

One raiser has the puppy for the first six months and a second raiser has the puppy for the next six months.

- Ideal for people who can commit only to a limited time raising a puppy
- Individuals with pet weight/size restrictions or who may be more comfortable handling a younger, lighter dog can raise for the first six months, while individuals who prefer a dog that already has foundational behaviors may prefer raising the last six months.

CORPORATE

Employees can raise puppies individually or in teams of up to three.

- Great for employee engagement and social responsibility
- Provides marketing, traditional media and social media opportunities

CAMPUS PUPPIES

For college students raising on campuses approved by Leader Dog.

- Must participate in campus puppy club and meet with assigned puppy counselor
- All supplies, veterinary care and food paid by Leader Dog



To get more information, scan this QR code or visit LeaderDog.org and click on Volunteer.



IGNITE **2025 Lions MD5M Convention Schedule**
"Ignite the Lions Pride"
 (times, sessions, speakers and details subject to change)
Airport Hilton Hotel
Bloomington, Minnesota

REV 1.20.25

Thursday, April 24, 2025

4:00 PM - 7:00 PM **Registration Opens**

Friday, April 25, 2025

7:00 AM—12 Noon **Council of Governors Meeting**

11:00 AM—6:00 PM **Registration & Credentials**

1:00 PM—5:00 PM **Foundation Service Projects
Foundation Display Tables**

3:30 PM—4:30 PM **2029 Int'l Committee Meeting**

5:00 PM—6:30 PM **PDG Social & Dinner**

6:00 PM—6:30 PM **First-Timers Meeting**

6:30 PM—7:00 PM **Opening Session &
Flag Ceremony**

7:00 PM—8:00 PM **Service of Remembrance**

8:30 PM—12:00 AM **Welcome Reception
Social, DJ, Games, Cash Bar**

Saturday, April 26, 2025

6:45 AM—8:30 AM **Breakfast**

7:00 AM—6:00 PM **Registration & Credentials**

7:30 PM—8:30 AM **Foundation Meetings**

9:00 AM—5:00 PM **Silent Auction Open**

9:00 AM—10:00 AM **General Business Meetin**

10:00 AM—5:00 PM **Foundation Display Tables**

10:00 AM—11:15 AM **Seminar I
Joe Schmit & Katie Shatusky**

Saturday, April 26, 2025 (continued)

11:30 AM—1:30 PM **Luncheon**

1:45 PM—2:15 PM **Lions in Motion - Salsa Dancing**

2:30 PM—3:30 PM **Seminar II
CC Judy Zewers
DG Mary Curtis**

3:45 PM—4:30 PM **Seminar III
Lion Daniel Marney- Elkins**

5:30 PM **Reception & Cash Bar**

6:30 PM—9:00 PM **Banquet
IP Fabricio Oliveira**

Sunday, April 27, 2025

7:00 AM—7:45 AM **PDG Business Meeting**

7:45 AM—8:40 AM **Int'l Convention Meeting
For those going to Florida**

8:00 AM **Silent Auction &
Raffle Results Posted**

8:45 AM—11:00 AM **Brunch & Closing Session
PCC BJ Blahnik**

11:00 AM **Adjourn**

11:15 AM—12:15 PM **Council Chair-Elect &
Past Council Chair Meeting**

IGNITE **Ignite the Lions Pride**
MD5M Multiple District
Convention
April 25-27, 2025

Lions of MD5M,

Attendees of the MD5M 2025 Convention in Bloomington, Minnesota will be in for a real treat with the lineup of guest speakers scheduled to appear. These speakers will provide you with heart-warming stories and inspirational talks on mental health, inclusiveness, service dogs, and helping others while making a mark in your community.

 **Joe Schmit** is an award-winning broadcaster, community leader, author, and popular keynote speaker. He is a long-time youth mentor committed to advocating for several community organizations and has contributed time to many other charitable organizations including Big Brothers and Big Sisters, Juvenile Diabetes Research Fund, The Mind over Matter Foundation, VEAP, and the Fairway Foundation. Joe is also an author of three books: "Silent Impact, "The Impact Blueprint" and "The Right Thing To Do," a children's book about Minnesota Twins Hall of Famer Joe Mauer.

 **Katie Shatusky** is the Executive Director and Co-Founder of Thumbs Up, a nonprofit organization dedicated to helping others and uplifting the community. In 2014, she co-founded Thumbs Up in honor of her late grandfather, Bob Schmit, who died by suicide in 2010. Katie is also the author and illustrator of the children's book, *The Ladybug Hug*. One of her most profound experiences was donating a kidney to a complete stranger in October 2020, exemplifying her commitment to making a difference in the lives of others.

 **PDG Daniel Marney Elkins** is a professional drug prevention specialist and is the executive director of the Bellevue Community Center. He specializes in creating youth leadership programming by teaching strategic thinking and service learning. PDG Daniel is one of the founders of the Lions Virtual movement and has presented at several International Conventions, USA/Canada Forums, Europa Forums, Anzi Forums, ISAME Forums and at district conventions around the world. He was appointed to the Lions' International Board of Directors in 2023 by Dr. Patti Hill. PDG Daniel has also served as a new club development consultant for Lions Clubs International.

IGNITE **Ignite the Lions Pride**
MD5M Multiple District
Convention
April 25-27, 2025

Convention Keynote Speaker



Lions of MD5M,

Attendees of the MD5M 2025 Convention in Bloomington, Minnesota will be in for a once-in-a-lifetime experience. Our current International President, Fabricio Oliveira, will be at our multiple district convention. His presence gives you the opportunity to engage with him and to learn more about the work being done by our international association across the globe.

A member of the Catolé do Rocha Lions Club since 1985, International President Fabricio has held several offices in the association. In recognition of his service as a Lion and to the association, he has received several awards including multiple International Presidents' Certificates of Appreciation, Leadership Medals, Presidential Medals, and the Ambassador of Good Will Award, the highest honor awarded by the association to its members. International President Fabricio and his wife, Amariles, also a member of the Catolé do Rocha Lions Club and a Melvin Jones Fellow, have two daughters, a son and a granddaughter.

International President Fabricio's theme for this year is Make Your Mark. The IP believes there's a leader inside every Lion. And all leaders know that, through collective action and individual commitment, we can inspire and empower whole communities. This inspiration and empowerment make our communities healthier and stronger than ever before, thus making our mark in the process. Every day provides us with a chance to make our mark as Lions, so it is time to act!

IP Fabricio will be our keynote speaker at the Saturday evening dinner. Take advantage of hearing on how you can make your mark as a Lion from the man who has envisioned it. Come to the MD5M 2025 Convention, hear IP Fabricio's inspirational words, and take them back to your community to share with your fellow Lions. Please register today for the MD5M 2025 Convention!

Thank you for your consideration,

5M7 Lions MD5M 2025 Convention Planning Committee



IGNITE **Ignite the Lions Pride**
MD5M Convention
April 25-27, 2025
Hilton Minneapolis-St. Paul Airport
3800 American Boulevard East
Bloomington, MN 55425

THE LIONS PRIDE

Join Lions from across Minnesota, NW Ontario & Manitoba

Explore opportunities for service
 Learn what is going on throughout Lionism
 Hear from inspirational speakers
 Build Lions knowledge and leadership
 Hear updates from all Lions Foundations
 Meet new friends and have fun



To register online use the QR code
 (click "skip advertisement" box)

For more convention information
[https://sites.google.com/view/
md5mmultipleconvention/home](https://sites.google.com/view/md5mmultipleconvention/home)




LCIF news from Allan Ulbricht

Thanks for your continued support of LCIF. We made wonderful progress towards our annual goal in February. Please continue to give and help us reach our district goal. Recently I had the opportunity to visit with the Sacred Heart Lions at their club meeting. I sincerely enjoyed our time together and to learn about their projects and activities. You are truly making an impact within your community and area. Thank you for making a generous donation to LCIF. A picture of Club Secretary Howard Dahlager presenting a check to LCIF accompanies this article.

By the time you read this newsletter, the LCIF Gala in St Cloud will be past. Thank you to everyone that helped make this a fun and successful event. We'll share some pictures through our district facebook post. If you don't currently follow our district FB posts, please begin to do so. Search for Lions District 5M4 on Facebook.

The next few months would be a wonderful time to recognize some of your club members. Many clubs have over \$1,000 built up in MJF credit at LCIF. Consider bestowing a Melvin Jones Fellowship to someone. Contact me if you would like to know more about this such as how much MJF credit your club has, which club members already received MJF's and how to order a MJF. I can assist you. It's fairly easy. It takes about 4-6 weeks to receive the plaque and pin.

I would enjoy attending your club meetings. Give me a call if you'd like me to attend. Thank you again for all that you are doing as a Lion. Together we are making an impact as we serve others




5M4 is proud of our contributions!

Watch this chart to see how we are supporting the amazing work of Lions at home and around the world.

JULY 2024	\$295.00	
AUGUST 2024	\$1,335	YTD: \$1,630
SEPTEMBER 2024	\$ 3,215	YTD: \$4,845
OCTOBER 2024	\$4,459	YTD: \$9,304
NOVEMBER 2024	\$1,755	YTD: \$11,059
DEC. 2024	\$1,405	YTD: \$12,464
JANUARY 2025	\$3,385	YTD: \$15,849
FEBRUARY 2025	\$16,165	YTD: \$32,014.50
MARCH 2025	\$	YTD: \$
APRIL 2025	\$	YTD: \$
MAY 2025	\$	YTD: \$
JUNE 2025	\$	YTD: \$

GOAL is \$65,000



By working together, we can meet our goal! THANK YOU!

Opportunity to Serve!

District 5M4 is seeking a dedicated individual who's eager to learn more about how our district operates, has an interest in leadership, and is willing to serve as our 5M4 District Secretary.

This role involves attending and taking minutes at four district meetings per year (one of them at the Mid-Winter convention), and at the annual business meeting at the Mid-Winter Convention as well. In addition, you will maintain an up-to-date email list of all club Secretaries and/or Presidents within 5M4 to help facilitate communication on behalf of the District Governor and/or cabinet members. Strong communication skills are key, as you'll serve as a point of contact for our zone chairs and club members. You'll be responsible for responding to inquiries or directing them to the appropriate person to ensure timely follow-up and support of all 5M4 members. If this sounds like a role you would enjoy, or if you are simply interested in learning more, we encourage you to reach out to DG Jacque Heinen at lionheinen@gmail.com, or DGE Susan Krumrey at susanreuberkrumrey@outlook.com. We invite you to our upcoming cabinet meeting to see firsthand what this role entails. Duties for this position will start July 1st for the 2025-2026 Lions year.

We Serve, Together!!



soles4souls.org

THE RACE 4EVERYKID 2025

A virtual run, walk, or bike benefiting children experiencing homelessness.

May 1 – 31, 2025

Millions of kids in the U.S. experience homelessness, a problem that has only grown worse in the wake of recent natural disasters. These children often lack basic necessities, including a good pair of shoes.

Join the Race4EveryKid and become a champion for children overcoming homelessness.

No child should have to feel embarrassed, discouraged, or left out simply because they lack something most of us take for granted.

At Soles4Souls, we're on a mission to provide new athletic shoes to every child experiencing homelessness in the U.S., so they can stay healthy and fully participate in school. Every kid deserves to feel the dignity and joy of a new pair of shoes.

Every \$20 raised can provide a new pair of athletic shoes to a child experiencing homelessness.

Register Today!



soles4souls.org/therace4everykid



It's super easy to make a difference.

1 On your marks...

Register for the race as an individual or as part of a team. It's free to participate!

2 Get set...

Use your personal race page to **invite support** from your friends and family. All it takes is a few clicks.

3 Go!

Raise funds and log your miles. Your supporters donate right through your race page.

SOLES4SOULS

Visit us at s4s.org

Follow us [@Soles4Souls](https://twitter.com/Soles4Souls)





IMPORTANT CONTACTS!



Lions Club International Foundation

Chair: Lion Allan Ulbricht -- allan.ulbricht@gmail.com



MN Lions Vision Foundation

Lions Gift of Sight

Chairs: Lion Craig Schellberg -- spicerlioncraig@gmail.com

PCC Rob Wiener -- 5m4lionrob@gmail.com



MD5M Hearing Foundation

Chairs: Lion Barry Erdahl -- barry.erdahl@gmail.com

PDG Bob Kulbeik -- kulbeik@hotmail.com



MN Lions Diabetes Foundation

Chair: Lion Lori Schellberg -- lorischellberg@gmail.com



MN Lions Childhood Cancer Foundation

Chairs: PDG Bob Knutson -- lionbobbyk2017@gmail.com

Lion Merlin Athmann -- athmann.mer@gmail.com



Leaderdog

Chair: Lion Mary Bolas -- marybolas.mb@gmail.com



MD5M Kidsight Foundation

Chairs: Lion Sue Honken -- rshonken@frontiernet.net

Lion Ron Honken -- ronaldhonken1940@gmail.com



Can Do Canines

Chair: Lion Mike Beilke -- mbeilke62@gmail.com



Project New Hope

Chair: Lion Ron Buse -- ronbuse06@gctel.com



Special Olympics MN

Chair: Lion Dianna Nelson -- diannanelson@mainstreetcom.com



TEAM Sheehan Foundation

Chair: PIP Brian Sheehan -- bsheehan@rccbi.com

Treas. PDG Marty Athmann athmannmarty@hotmail.com



MN Lions Mission Foundation – Brand New

Foundation Awards:

- ★ LCIF – Melvin Jones Fellowship
- ★ MN Lions Vision Foundation – Hellen Keller Award
- ★ MD5M Hearing Foundation – Hearing Research Fellowship
- ★ MN Lions Diabetes Foundation – Dreamcatcher Award
- ★ MN Lions Childhood Cancer Foundation – Believe Award
- ★ MD5M Kidsight Foundation – Sight Saver Award
- ★ Can Do Canines – Top Dog Award
- ★ TEAM Sheehan Foundation – Lapel Pin & Foundation Medal

MD5M Multiple District Awards:

- ★ Hall of Fame Award
- ★ Al Jensen Award
- ★ Int'l Presidents Leadership Award
- ★ Int'l Presidents Presidential Award

District Awards:

- ★ Club Excellence Award
- ★ Heart of A Lion Award
- ★ Be Kind Award

Grant Applications:

- ★ TEAM Sheehan Foundation
- ★ LCIF website



People

Guide Dog Nonprofit 'Urgently Needs' Volunteer Puppy Raisers for 70 Adorable Pups

Leader Dogs for the Blind is in desperate need of puppy raisers! Puppies are available and waiting right now. Imagine a Leader Dog puppy in your home! It's a one-year commitment, we provide the training curriculum, and you will get guidance from your puppy counselor. It's the best thing you'll ever do! Contact PDG Sue Kulbeik for more info. kulbeik@gmail.com



2024-2025 5M4 Cabinet Directory

District Governor	DG	Jacquelyn Heinen	320.249.6536	LIONHEINEN@GMAIL.COM
1st VDG	1VDG	Susan Krumrey	320.295.8327	susanreuberkrumrey@outlook.com
2nd VDG	2VDG	Jason Kerfeld	320.429.0794	kerfeld@mainstreetcom.com
IPDG	IPDG	Sue Kulbeik	605.949.0161	kulbeik@gmail.com
Cabinet Secretary	Lion	Kelsey Sommerville	320.295.8657	kelssommerville@gmail.com
Cabinet Treasurer	Lion	Denise Sundblad	320-766-3266	district5m4@outlook.com
Can Do Canines	Lion	Mike Beilke	320.761.9406	mbeilke62@gmail.com
Childhood Cancer	PDG	Bob Knutson	320-295-1757	lionbobbyk2017@gmail.com
Childhood Cancer	Lion	Merlin Athmann	320.522.1264	athmann.mer@gmail.com
Constitution & By-laws	PDG	Kellie Knudson	320-226-4156	lionkellieknudson@gmail.com
District Admin	PCC	Dennis Heinen	320.491.3996	heinende@centracare.com
Environment	Lion	Jeff Gunderson	320-815-3478	jeffwgund@gmail.com
GET	PDG	Dan Plowman	320.219.8814	mtdrplowman@hotmail.com
GLT	Lion	Mickie Rogal	218-731-9749	mickierogal@gmail.com
GMA	PDG	Marty Athmann	320-522-0856	athmannmarty@hotmail.com
GMT	PCC	Rob Wiener	320-241-7100	5M4Lionrob@gmail.com
GST	PCC	Dennis Heinen	320.491.3996	heinende@centracare.com
KidSight Foundation	Lion	Ron Honken	320-905-6282	ronaldhonken1940@gmail.com
KidSight Foundation	Lion	Susan Honken	320-905-2412	rshonken@frontiernet.net
LCI Advisor	PIP	Brian Sheehan	320-212-7330	bsheehan@rccbi.com
LCIF Chair	Lion	Allan Ulbricht	320.267.4207	allan.ulbricht@gmail.com
Leader Dog	Lion	Mary Bolas	320.815.0343	marybolas.mb@gmail.com
Leo Chair	Lion	Jamie Shoutz	320-699-0371	JSHOUTZ1@GMAIL.COM
Lions Alert	PDG	Marty Athmann	320-579-1357	athmannmarty@hotmail.com
Long Range Planning	PDG	Ron Branch	320-460-0135	branch@rea-alp.com
Midwinter Convention		M.Athmann S.Krumrey		
MN Diabetes Fndtn	Lion	Lori Schellberg	320.894.8643	lorischellberg@gmail.com
MN Diabetes Fndtn				
MN Hearing Fndtn	Lion	Barry Erdahl	320-349-1108	barry.erdahl@gmail.com
MN Hearing Fndtn	PDG	Bob Kulbeik	605.949.0136	kulbeik@hotmail.com
MN Vision Fndtn	Lion	Craig Schellberg	320.894.6843	spicerlioncraig@gmail.com
MN Vision Fndtn	PCC	Rob Wiener	320.241.7100	5M4lionrob@gmail.com
Newsletter	Lion	Anne O'Flynn	320-815-5790	anneo@runestone.net
Nominations	PDG	Jeff Swenson	218-770-1779	jfswens@runestone.net
PDG Advisor	PDG	Kellie Knudson	320-226-4156	lionkellieknudson@gmail.com
Project New Hope	Lion	Ron Buse	218-639-1114	ron.buse06@gctel.com
Protocol	PCC	Dennis Heinen	320.491.3996	heinende@centracare.com
Public Relations	IPDG	Sue Kulbeik	605.949.0161	kulbeik@gmail.com
Special Olympics	Lion	Dianna Nelson	320.766.7412	diannanelson@mainstreetcom.com
TEAM Sheehan Fndtn	PDG	Kent Beissel	320-352-3482	KJJBESSSEL@mainstreetcom.com
Technology	PCC	Dennis Heinen	320.491.3996	heinende@centracare.com
Website	Lion	Posl Pat		patrickposl@gmail.com
Youth Exch/PPoster	Lion	Todd Fritsche	507-766-7528	dragon376381@yahoo.com
Zone 1 Chair	Lion	Paul Skorheim	320.491.5738	paulskorheim@gmail.com
Zone 2 Chair	Lion	Ed Bolas	320-304-0117	edmary1973@gmail.com
Zone 3 Chair	Lion	Linda Holland	320-760-2303	lindakholland5@gmail.com
Zone 4 Chair	Lion	Tom Moe	320-413-0247	tmoe@fedtel.net
Zone 5 Chair				
Zone 6 Chair	Lion	Richard Haugen	320.522.2115	richard.haugen@yahoo.com
Zone 7 Chair	Lion	Vickie Vogt	320.282.5016	vic56273@gmail.co,
Zone 8 Chair				