5M4 Newsletter





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Happy Summer Lions!

Keeping it short for July as I am attending the International Convention in Melbourne Australia. And most of you are busy in your communities with all the summer activities going on,

family get-togethers and enjoying this wonderful time of the year.



PCC Dennis Heinen and DG Jacque Heinen

First, I would like to thank PDG Sue Kulbeik for her past year of service as 5M4 District Governor and for her commitment to continue to serve 5M4 as Public Relations, working on the Lions Alert team and serving as the Multiple District Leader Dog Chair.

Secondly, please check out the Club Excellence Award criteria for 2023-2024. Applications can be sent to DG Sue after July 1. May this be your clubs 2024-25 goal as well!

Thirdly, I am excited to come and visit your club this next year, please submit the enclosed 2024-2025 DG Club Visit form, also available on 5M4 e-district web page so I can get you your preferred date. Thank you.

The 2024-2025 Cabinet Contact listing is enclosed if you need to contact any Lions Programs or Foundations as you plan your upcoming year for guest speakers.

5M4 Cabinet Meeting Dates:

July 31, 2024 October 30, 2024 January 24-26 2025 Midwinter and the last meeting on April 30, 2025.

Have a safe and Happy 4th of July! 2024-25 5M4 DG Jacque Heinen 320.249.6536 lionheinen@gmail.com

---Ask One ---Keep One • In Lions, We Serve

5M4 Newsletter www.e-district.org/sites/5M4 JULY 2024

REMEMBER THESE 2 KIDS?



IT'S TIME TO WELCOME THEM HOME!

WHEN:	Friday, 、	July 19.	2024
• • • • • • • • • • • • • • • • • • • •		J C., , , , ,	

WHERE: Best Western Plus Kelly Inn

100 - 4th Avenue S.; St. Cloud, MN; (320) 253-0606; Rooms: \$115/night https://www.bestwestern.com/en_US/book/hotel-rooms.24113.html?groupId=1H4EB8R3

TIME: Warm up: 6:00 pm

Dinner: 6:45 pm Program: 7:30 pm

DRESS: Black and White attire (Notice we didn't say "black tie")

COST: \$15.00 PER PERSON (Not a typo!); CAPACITY: Only 280

NO GIFTS PLEASE: THEY ALREADY NEED TO BUILD AN ADDITION ONTO THEIR HOME!

ONLY IF YOU INSIST:

Consider bringing a check payable to "LCIF" or "TEAM Sheehan Charitable Foundation"

Name(s)		District #
Dinner Choices: Top Sirloin	Chicken Breast	Vegetarian
Please mail the completed form and yo	our check for \$15/person p	oayable to "Lion Brian Campaign
Fund" to:		

Mike Molenda 1462 Featherstone Court Hastings, MN 55033-9181

Morris Lions celebrate and honor



Lion Pat Feist receives Hearing Research Fellow Award from Lion Barry Erdahl



Lion Linda Holland receives Catch the Dream Award from Lion Barry Erdahl



Lion Ann Farwell receives Melvin Jones Award



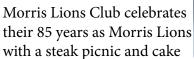
Don Reicosky receives Helen Keller Sight Award



Lion Ray Farwell receives Melvin Iones Fellow Award



Lion Linda Holland receives Heart of A Lion Award from District Governor Sue Kulbeik





DISTRICT 5M4 2024/2025 CLUB VISIT REQUEST FORM

CLUB VISIT REQUEST FORM
DISTRICT GOVERNOR JACQUE HEINEN



PLANT THE SEED

CLUB INFORMATION			
CLUB NAME			
CONTACT NAME			
CONTACT EMAIL			
CONTACT PHONE			
MEETING INFORMATION			
PROVIDE THREE CHOI	ICES OF DATES:		
1ST CHOICE	2ND CHOICE	3RD CHOICE	
PROVIDE START TIME			
SOCIAL	MEAL	MEETING	
TIME	TIME	TIME	
	MEETIN	G LOCATION	
BUSINESS NAME:			
STREET ADDRESS:			
CITY			
SF	PECIAL REC	QUESTS & NO	TES
NEW MEMBER	OFFICER	AWARD PRESENTA	TION
INDUCTION	INSTALLATION	PRESENTA	TION
OTHER			
DG Jacque's chosen	charities are LCIF or Ca	n Do Canines.	
	Poturn form to: lie	nheinen@gmail.com	

or call with above info at 320.249.6536

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Sign up now to help with KidSight at the state fair!

The Great Minnesota Get Together is right around the corner and again, we will be providing KidSight screening in the Healthcare building at the State Fair! Our 5M4 date is September 1st – however, if this day doesn't work for you, sign up for any day that does!!

Volunteering has benefits! The sign up is watched and before your day, you will receive a parking pass and a free State Fair entry pass for the day, AND if you need, you can ask to be reimbursed for mileage and part of your hotel stay. As you can already see on the sign up from others, when you enter your name, in the memo section enter your district "5M4". This helps track volunteers from our district for reporting our service and makes it easier for Lion Dennis to track you down to sent your pass and ticket to.

You can spend the whole day at the Fair and volunteer for 3+ hours! It's a great time and you can "meet new people and do cool things!" We need you! Please consider giving of your time (We Serve)! If you have any questions, please contact Lion Dennis Kelly III, Chairperson for the MD5M Lions KidSight Foundation at dkellylion@gmail.com or text to 651-788-3486, or our 5M4 Representative, Lion Susan Honken at susandenisehonken@gmail.com.

Our sign up link is: https://www.signupgenius.com/go/5080D45ADAC2FA7F58-48608689-state#/

Also, have you provided KidSight screening in your area this year? Have you reported your service? If you haven't and not sure how, please reach out to Lion Susan (email above) and she will help get this done. It is important to report all those we have provided service for.



at the Minnesota State Fair!

Buffalo Lake Lions





The Buffalo Lake, Hector and Stewart Lions Clubs have been busy, working hard so they can donate for their BLHS School kids! Donations were given for the kids to go to Legionville School Patrol camp and for the school officer to go to the D.A.R.E. program training to offer drug awareness in the school. The Buffalo Lake Lions Club also donated to the woods class so they could buy better materials for a dresser or coffee table as their final project, in hopes this item will be a family heirloom for many years to come!

NORTHERN PRIDE LIONS FORUM







Learning, Networking, and Inspiration

Keynote Speakers
Past International Lions President Brian Sheehan
& Lion Lori Sheehan

All Lions are invited to attend!

\$105 registration

includes: Friday appetizers, Saturday Continental Breakfast, Saturday luncheon Deli Buffet & Saturday evening banquet.

\$139 Hotel Rate





13 different topic seminars

4 Panel Discussions

Rid Sight Certification

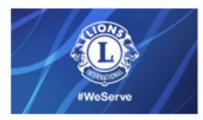


Email: npllfmd5m@gmail.com https://forum.northernpridelions.com/

5M4 Newsletter www.e-district.org/sites/5M4 JULY 2024

Lions Clubs International – Public Service Announcements matter!

Lions Clubs International is an organization we are proud to be members of and we provide valuable volunteer and monetary support for our communities and beyond. Lions do so much, and we need to do a much better job in promoting our actions and sharing the impact we make in our



communities. These promotions can ensure greater public participation in our club events and projects. In addition, the promotions we undertake can help recruit others to become Lions. One type of promotion that Lions clubs can utilize is public service announcements (PSAs).

A public service announcement (PSA) is a message in the public interest disseminated by the media without charge to raise public awareness and change behavior. You have undoubtedly seen or heard hundreds of PSAs covering a multitude of topics over the course of your life. What you may not know is that the Lions have PSAs available for use by their members.

Lions Clubs International has prepared several public service announcements that cover the following topics:

- Fellowship
- Hunger
- Vision
- Environment
- Service
- Lions as a Global Force for Good

These Lions public service announcements are for both radio and television. The PSAs have varying run times of 15, 30, and 60 seconds in length. The public service announcements are available for download and can be shared with your local radio or television stations.







The link below takes you to the LCI Lions Press Center website page. On this page, you can find the section containing the various radio and television public service announcements:

https://www.lionsclubs.org/en/footer/lions-press-center

The work is already done with these public service announcements so your local radio and television stations can just add a tag to the end of the announcement, if you wish to have a call out for your club. You can also work with the local stations to see if they will work with you on creating PSAs specifically for your club. Make sure your locally created PSAs incorporate all the necessary requirements regarding the use of Lions branding. Please use public service announcements to your advantage. Expand your marketing and public relations efforts by incorporating PSAs into your plans.

Lion Lyle Goff MD5M Marketing & Lions Information Chair gofflt@msn.com



Benson Lions donate to Veteran's Home







Wednesday, April 24, Benson Lions members ventured down to the Minnesota Veteran's Home in Montevideo to present them with a monetary gift. Cindy Wilkens, Public Affairs/Volunteer Coordinator, gave a tour of the facility. The group toured the SWIFT County corridor and observed the old photos from the county. Other corridors were CHIPPEWA, LAC QUI PARLE and YELLOW MEDICINE.









Lions lend helping hands in Memorial Day Program

The Benson Lions Club members participated in the annual Memorial Day Program held Thursday, May



23 at the Swift County Historical Museum. The Lions decorated tables, etc. After the program, they served cupcakes, coffee and water to all who attended. Red, white and blue sprinkles highlighted the frosting of the cupcakes. Leftover cupcakes were delivered to the Scandi Haven Apartment

Building for the residents to enjoy during their Friday lunch gathering.











More from the Morris Lions!



Morris Lions Members- Joe and Linda Holland, Crissy Gausman, Sarah Eckel, Barry Erdahl sitting on one of park benches we donated to parks.



District Governor Sue Kulbeik came to our June 3 meeting and installed our 3 new members. Welcome to Gordon McIntosh, Crissy Gausman, and Becca Schrupp. Sponsors are LionsJ oe Holland, Sarah Eckel and Mark Torgerson.

The Morris Lions Club is selling Football Raffle Tickets this summer for \$20 each. Drawing will be held on Sunday, August 11, 2024 during our Stevens County Fair. Please consider purchasing a ticket to support our community donations. Contact any Morris Lion member for a ticket.

We are also conducting our Morris Lions Bingo stand during our Stevens County Fair from August 8-August 11, 2024. Join us for a round of Bingo as it is a split the pot win.



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2024-2025 5M4 CABINET DIRECTORY

District.	DC 1 1 11 1	220 240 6526	THOMES IN COLUMN
District Governor	DG Jacquelyn Heinen	320.249.6536	LIONHEINEN@GMAIL.COM
1st VDG1VDG	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	kelssomerville@gmail.com
Cabinet TreasurerLion	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 Knudsen	320.226.4156	kellieknudson@yahoo.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	320.579.1357	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	320.905.2412	rshonken@frontiernet.net
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 Ulbritch	320.267.4207	allan.ulbricht@gmail.com
Leader Dog	Lion Mary Bolas	320.815.0343	marybolas.mb@gmail.com
Leo Chair	Lion Jamie Shoutz	320.690371	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 Foundation	Lion Lori Schellberg	320.894.8643	lorischellberg@gmail.com
MN Diabetes Foundation			
MN Hearing Foundation		320.349.1108	barry.erdahl@gmail.com
MN Hearing Foundation	PDG Bob Kulbeik	605.949.0136	kulbeik@hotmail.com
MN Vision Foundation	Lion Craig Schellberg	320.894.6843	spicerlioncraig@gmail.com
MN Vision Foundation	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 (til Jan25)	PDG Kellie Knudsen	320.226.4156	kellieknudson@yahoo.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 Foundation	PDG Kent Beissel	320.352.3482	KJJBEISSEL@mainstreetcom.com
Technology	PCC Dennis Heinen	320.491.3996	heinende@centracare.com
Website Lion	Posl Pat		patrickposl@gmail.com
Youth Exch/Outreach/PeacePost	er Lion Todd Fritsche	507.276.2556	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	LionTom Moe	320.413.0247	tmoe1@mchsi.com
Zone 5 Chair			
Zone 6 Chair			
Zone 7 Chair	Lion Vicki Vogt 320.28	2.5016	vic56273@gmail.com
Zone 8 Chair			Č
Zone Chair Advisor			

Thanks in advance to all the Lions Clubs that have supported Camp Sweet Life - for kids with Type 1 Diabetes! We are in our 14th year of providing diabetes camp and could use a few volunteers!

Volunteer Needed Specifics:

Location of Camp: Camp Courage, Maple Lake MN (8046 83rd St. N.W. Maple Lake, MN 55358)

Date needing volunteers: Sunday, July 28th and Thursday August 01 Doing what: helping with registration, driving a golf cart, helping with Tie-Dye activities!

To volunteer - contact Lion Rene' Maes at 507-995-6910 cell or email Rene at Rene.Maes@campsweetlife.org

Below is a specific need for volunteers from 2pm - 5:00pm on Sunday, July 28th helping with a tie-dye activity!

Sunday - 2:00-pm – 5:00pm helping with Tie-Dye – shirts Volunteers (lead by Kristin) – 5
volunteers (snack provided plus a free Camp Free Shirt
(while supplies last on Camp Shirt)! □

Name
Cell#

1. Robin - Sunrise Lions Club
2.

4. ______

3._____

Also - next page is the complete list of volunteers needed. Thanks for passing out to your Lions Club!

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Prefer One Volunteer per golf cart

Camp Volunteers Needed Sunday July 28th and Thursday August 01, 2024

Date: Sunday July 2 Location: Camp Courage	28th, 2024 8046 83 rd St NW Maple Lake, MN 55	358
Volunteer Leads:		Life Board Member – cell - 650-619-3378
E	Rene' Maes Jr. Camp Director - Co	11 – 507-995-6910
Front Gate Check In – To		of CC, Direction to Dining Hall (Vendor Area)
	0am (2 volunteers) (Out by front gate)	
Front Gate	e Directional / Check-In 1. Paul Wilkin	son, Mankato Sunrise Lions chford, Cokato Dassel Lions
	2. Dave III	CHIOIU, COAGO DASSO LIOIIS
	00am (2 Volunteers (Park by front gat	
Front Gate	Directional / Check-In 3. Beth Janish, C 4	
Golf Cart Drivers (7 need 9:30 – 2pm (ded):	vork with vendors, etc to field and to Dining Hall)
	If Cart #2 - Dan Janish, Cokato Dassel	
	olf Cart #3 Duane Kroells, Hamburg Lie	
	olf Cart #4 <u>Tim Emmers, CSL Board Pr</u> olf Cart #5	
Golf Cart relief	drivers (2) - 10:30 am (1)	
	10:30am (2)	
2024 Comp Shirts die	etribution 10 c0 cm 2 00 cm	ione Vacalla Hamburg Lione
2024 Camp Sinits dis	stribution 10:00am – 2:00pm: <u>D</u>	Wanda Briemhorst & Deb – Jordanese Lions
		Trailed Briefiniors & Bes Voldaness Erons
Camp Store – sales –	(old Camp Shirts) (2) 10:30 – 2	30 1. <u>Angie Jagodzinski's -320-282-6178</u>
camp store sailes	(610 64111) (2) 1616 6	2.Ron <u>Jagodzinski's</u> – 320-282-2787
		2 Non <u>vagous mone</u> 020 202 2707
• • •	m helping with Tie-Dye – shirts Voluntee	ers (lead by Kristin?) – 5 volunteers (snack provided plus a free Camp Free Shirt (while supplies last on Camp Shirt)!
Name	Cell#	
1. Robin - Sunrise Lions (
2		
5		
	Thursday Aug	ust 01 Volunteers Needed
3 7.1 4 T 1.4	v	
Volunteer Lead 1	for Thursday Afternoon V	olunteers
Camp Food: Sher	i Murry – Huotari – Help T	ara with Camp Food – Noon – 1:30 (or until done)
Med Shed helper:	1:00pm – 4:00pm	
Noon – 4pm		_ volunteer - camp program takedown
Noon – 4pm		volunteer – camp program takedown
1:30 4:00nm	Sheri Murry-Huotari	(golf cart driver)
_		
2:00pm – 4:30		_ (golf cart driver)
Note: MUST BE	18 Years OF AGE to DRIV	E A GOLF CART

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Leader Dog News - A New Way to Reach Out

Leader Dog is expanding their free Guide Dog and orientation and Mobility programs to individuals living in the US and Canada who prefer receiving training in Spanish.

For over 60 years, Leader Dog has provided our Guide Dog Program to clients from Spanish speaking countries who could not access guide dog training locally. Now, this exceptional programming will also be available to Spanish speakers in the U.S. and Canada.

Leader Dog is also providing ground-breaking Orientation & Mobility (O&M) program (often referred to as white cane training) in Spanish. O&M training teaches people how to safely travel using a white cane. Clients also learn orientation skills to effectively know and Latino communities where they are, where they want to go and the skills to get to their destination. Skills learned may include crossing streets and problem-solving obstacles along a route, such as maneuvering through barriers, crowds, etc.

"According to the CDC, Hispanic and Latino communities experience a higher risk of vision loss. Offering our free programs to those who speak Spanish allows Leader Dog to meet this critical need and empower more people with travel safety and independence," said Melissa Weisse, Leader Dog president and CEO. "People often learn best in their native language, especially when acquiring skills as impactful as guide dog handling or orientation and mobility."

Both free programs will follow Leader Dog's same exacting standards, simply conducted in Spanish rather than English.

This expansion allows Leader Dog to further our vision that "every person who is blind or visually impaired travels safely and independently."

Leader Dog could not function without the assistance of LIONS SUPPORT. Do you know a Spanish speaking, visually impaired person that would benefit from white cane training (O&M) or Guide Dog Mobility training? They can get started by applying at LeaderDog.org or calling 888-777-5332, press 1 to speak with client services.

5M4 Newsletter www.e-district.org/sites/5M4 **JULY 2024**

Milan Lions

Dale Spray, & Rich Isder.

Photo by Lion Steve Thompson

emptied the Aluminum can trailer June 6,2024. The proceeds go to community youth projects. Pictured left to right are Lions Mark Thompson, Don Struxness, Tom Moe, Ken Lee, Andrew Streed,



A message from Allan - District LCIF Coordinator

A big **THANK YOU** to all clubs and Lions members in 5M4. You are all awesome and you are truly making an Impact! Please continue to support LCIF, our foundation, with your ongoing donations. The need is great both in our district and everywhere the Lions serve. I will be our district's LCIF Coordinator once again for the coming year. I would enjoy being with you at a club or zone meeting or at one of your events. Please reach out to me.

Continue to use your MJF credits to give a Melvin Jones Fellowship to someone deserving within your club or community. Google LCIF Grants Toolkit at www.Lionsclubs.org to learn more about the grants that are available, how to apply for them, etc. Google LCIF Stories of Pride to see videos of projects Lions and LCIF are doing around the world. It's pretty inspiring! If you want any printed materials about LCIF and its grants or programs to give out; I'd be happy to provide. Just let me know.

> Sincerely, Allan Ulbricht **District LCIF Coordinator** 320-267-4207 allan.ulbricht@gmail.com allan.ulbricht@mn-bank.bank

Your donations to **LCIF** make a difference at home and in the world!



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 2023 \$7,384.00

AUGUST 2023 \$1,115 YTD: \$8,499

SEPTEMBER 2023 \$2,990 YTD: \$11,489

OCTOBER 2023 \$4,122 YTD: \$15,611.50

NOVEMBER 2023 \$614 YTD: \$16,225.50

DECEMBER2023 \$8,811 YTD: \$25,036.50\$3

JANUARY 2024 \$3,834.32 YTD: \$28,870.82

FEBRUARY 2024 \$15,325.95 YTD: \$44,196.77

MARCH 2024 \$855.00 YTD: 45,051.77

APRIL 2024 \$1,205.00 YTD: 46,256.77

MAY 2024 \$11,061.23 YTD: \$57,318

JUNE 2024

sonly
\$32 away
from our goal
as of the end
of May!

Thank you to all 5M4 Clubs for your donations!