

5M4 Newsletter



Let's Rise Higher!

Summer is here and so is our new Lions Year! I'd like to begin by sincerely thanking IPDG Jacque for her incredible collaboration this past year with both myself and 1VDG Jason. Your inclusion, encouragement, and commitment to planting the seed of Lionism in our members truly laid a strong foundation for us to stand on. I'm excited to continue building on that momentum and guide District 5M4 to Rise Higher in 2025-2026! I appreciate you and your ongoing dedication – thank you for continuing to serve with us as our 5M4 GST!!

Our leadership team will kick off this new Lions year with Mission 1.5 training in Las Vegas, centered around growing our district. Where can our district Lion members make an even greater impact to better their communities, foster fellowship and inclusion for the betterment of those around us? Get looking for ways you can "Do Better Than Yesterday". Let's strengthen our current clubs so we can impact more through our service projects. Let's expand our reach - more hands, more service, helping empower others! How can we help your club thrive? Your 5M4 leadership team is here for you!

1VDG Jason and I are scheduling club visits early to ensure we connect before the end of 2025. If you have a preferred date, please reach out soon! Getting the chance to visit with you early gives us the opportunity to meet you, share our district goals learn about yours, highlight our foundations, and answer any questions you may have. What can we do to help you succeed this Lions year? How can we help you make your club stronger? Do you have an event planned? We would love to come support you! Need extra workers? We're a phone call away! Starting these conversations early sets a collaborative tone for the year, giving you time to plan and opening the door for fresh ideas and new connections... knowledge is powerful!

The 2025-2026 Global Cause focus areas for this Lions year were chosen from the heart, and are very near and dear to my family. They are Childhood Cancer, The Lions Voice Clinic (part of the MN Lions Hearing Foundation), and Health and Well-Being. I am honored to serve as an ambassador for these causes this year. IF your club is planning a gift for the district governor's visit this year, please consider a donation gift to any of these meaningful initiatives.

Service to others is at the heart of what we do! This year brings exciting focus areas and new opportunities for service. In addition to the service your club provides, please see Page 12 for a glimpse of what we will be promoting this year throughout 5M4. First one; in October we are focusing on a Mental Health and Well-Being initiative. We will be partnering with others to plan something meaningful for all our 5M4 clubs. Details will be shared soon – we hope every club will be a part of it.

District 5M4 is proud to welcome our newest LEOs Club from the New London-Spicer school district! Their enthusiasm is "AWESOME"! We know they will foster great relationships with others in their school, do great things for their communities, and be roll models for others! We can't wait to see all the great things they accomplish! Interested in starting a LEOs club in your school? Let's talk! This generation is not only our future, they have ideas worth listening to right NOW! Let's get our youth hooked on Lionism! Learn more about how Lions Quest (www.lionsquest.org) supports our youth leadership and character development.

As we look ahead to this exciting year of Lionism, let us embrace the opportunity to Rise Higher – our membership growth, our personal growth, impactful service in our communities, providing more for our foundation (LCIF), and soar ahead to lead your clubs with renewed strength and dedication. Our collective success depends on each of us—every club, every member, together as 5M4. With clear goals, strong leadership, and a united vision, we will elevate our impact across our communities and beyond. Let this be the year we challenge ourselves to "Do Better Than Yesterday," to be an eagle – soar to new heights, lifting up those around us with honor and purpose, and leave a lasting legacy of service to and for all.

District Governor Susan Krumrey susanreuberkrumrey@outlook.com 320-295-8327



DG Susan Krumrey
and AP Singh, Int. Pres.



Celebrate Summer!

Is your club hosting a summer event or planning a service project? I'd love the opportunity to attend, lend a hand, and show support. If you have a flyer or event details, we'd be happy to help promote it on the District 5M4 Facebook page. Is your club posting events and projects on your Clubs Facebook page? Let us know so we can help spread the word by sharing it on ours?! Don't keep those great activities a secret! Let's work together to showcase all the amazing things happening across our district - let me know how 5M4 can support you! Contact me anytime at susanreuberkrumrey@outlook.com or 320-295-8327.



Jottings from Jason

Blast Off!

What a fitting title for the first article of the Lions year. Just like your 4th of July fireworks, we are hoping to start the year with a bang! Some of our clubs will see new people in new positions. If you have any questions, please do not hesitate to get a hold of me and ask...if I don't have an answer, I can certainly try to find someone who does. You will never be alone on your Lions journey. DG Susan and I are excited to get the year off and running and will likely be reaching out to many clubs about coming out and doing an initial visit sometime in the first quarter or so of the Lions year. We are both looking forward for a very successful year for your club and District 5M4 as we work together to help grow membership as we spotlight service within our communities. Make sure you promote (& report) what you are doing within your community, if I was new to your community I would be very impressed if I saw the Lions Club in the newspaper every week doing something good-I'd sure want to be part of something like that!!

We can comfortably say that summer is now in full swing, and County Fairs and town festivals will be front and center very soon. Please make a point to make your club noticed at those functions. A handful of our members are heading to Orlando for International Convention in July, lets wish them safe travels during their time there. In late July we will have our first cabinet meeting of the year at Tutti Fruitti in Sauk Centre on July 30th.

The "Lions Teeing it Up to Help Special Olympics" have been mailed out to all Lions Clubs in our District. Please make a point to help out by either buying this Golf Passport or selling some to your golf playing friends or neighbors. We are hoping to do very well with these as we begin to support for LCIF-Special Olympics MN as we prepare the USA Games in 2026. It is a SUPER buy with the cards being open to use until October 1 2026. YES... **2026**. If the card holder only uses it twice it has already paid for itself. These funds are being forwarded through us to LCIF-Special Olympics MN. If your club needs more cards please do not hesitate to reach out to me. Thanks so much



*Lion Jason Kerfeld,
1VDG District 5M4*

Your First Vice District Governor,
Lion Jason Kerfeld
Sauk Centre Lions Club
320-429-0794(cell)



LIONS INTERNATIONAL PEACE POSTER CONTEST

The theme for this year's PEACE POSTER CONTEST is

“Together As One”

Kits are available through the Lions Store. They are for ages 11-13 (as of November 15, 2025) Completed winning entries must be postmarked by November 15, 2025 and send to DG Susan Krumrey, PO Box 134, Buffalo Lake MN 56314

BUFFALO LAKE DAYS SOFTBALL TOURNAMENTS

MEN: FRIDAY & SATURDAY, JULY 18 & 19
COED: SUNDAY, JULY 20



ORGANIZED BY
THE BUFFALO LAKE LIONS



PROCEEDS WILL BENEFIT COMMUNITY
PROJECTS HOSTED BY THE BUFFALO
LAKE LIONS CLUB AND WILL HELP
SUPPORT OTHER CAUSES WITHIN
OUR COMMUNITY AND AROUND

100% PAYOUT!

\$100 ENTRY FEE

OPEN TO C, D, & E TEAMS

ASA RULES WITH UNLIMITED ARC & UNLIMITED HOME RUNS!

CONTACT COURTNEY WEISPFENNIG AT 320-444-6554

OR MATT RATH AT 320-583-2120

CONCESSIONS AND BEVERAGES ON SITE ALL WEEKEND!

NO OUTSIDE BEVERAGES ALLOWED

BUFFALO LAKE DAYS VOLLEYBALL TOURNAMENT

SATURDAY JULY 19



ORGANIZED BY
THE BUFFALO LAKE LIONS



PROCEEDS WILL BENEFIT COMMUNITY
PROJECTS HOSTED BY THE BUFFALO
LAKE LIONS CLUB AND WILL HELP
SUPPORT OTHER CAUSES WITHIN
OUR COMMUNITY AND AROUND

\$1,000 OVER 100% PAYOUT

\$60 ENTRY FEE

REC & POWER DIVISIONS, PAYOUT TO 1ST, 2ND, & 3RD IN EACH DIVISION!

OPEN TO 28 TEAMS OF ALL SKILL LEVELS!

POOL PLAY FOLLOWED BY DOUBLE ELIMINATION TOURNAMENTS.

5 COURTS OF SAND VOLLEYBALL PLAY!

TO REGISTER CONTACT STEVE SCHULTZ AT 320-583-3271

CONCESSIONS AND BEVERAGES ON SITE ALL WEEKEND!

NO OUTSIDE BEVERAGES ALLOWED.



Cabinet Meetings:

All Lions members are warmly invited to attend any upcoming cabinet meeting this year. This is a great opportunity to gain deeper insight into the business of District 5M4 and to better understand the roles and responsibilities of our cabinet members. Whether you're curious about district operations or considering future leadership, your presence is welcome and encouraged.

July 30, 2025 – Tutti Fruitti Restaurant and Market, Sauk Centre, 6pm

October 29, 2025 – Max's Bar & Grill, Olivia, 6pm

February 6, 2026 – Best Western Conference Center / Mid-Winter Convention, Willmar, Time/TBD

May 6, 2026 – Alexandria, Place and Time TBD

Please RSVP to DG Susan if you plan to attend.

OPEN CABINET POSITIONS

2nd Vice District Governor

Environment Chair

MN Lions Missions Foundation

Zone 1 Chair

Zone 3 Chair

Zone 5 Chair

If you are interested in any of these leadership positions or have questions on what each position does, please reach out to DG Susan Krumrey at 320-295-8327 or at susanreuberkrumrey@outlook.com.

2026 MD5M Convention

April 24-26, 2026

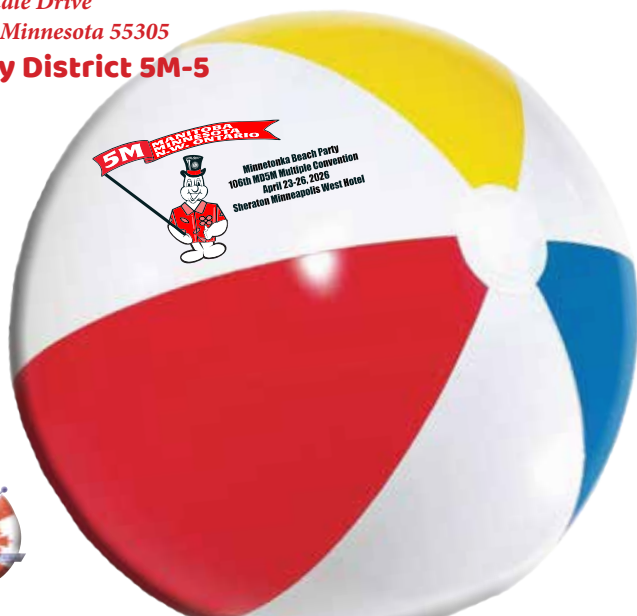
Minnetonka Beach Party

Sheraton Minneapolis West Hotel

12201 Ridgedale Drive

Minnetonka, Minnesota 55305

Hosted by District 5M-5



Sign up today and save!

First 150 Receive a Free souvenir Beach Ball with early sign up.

Cost May 1, 2025 thru
December 31, 2025
\$185 US - \$266 CDN

Cost January 1, 2026 thru
March 31, 2026
\$195 US - \$280 CDN

MD5M

gives a roaring
thanks to

PID Joanne Ogden



You are invited to a Welcome Back and Thank You celebration to be held on:

Friday, July 25, 2025

Best Western Plus Kelly Inn, St. Cloud

social hour 6 pm
chicken dinner 7 pm
followed by program

\$40 USD per person

Please call Best Western Plus Kelly Inn to book your own room 320-253-0606.
Make sure to ask for the Lions room rate ASAP as the hotel is filling up fast.

RSVP by July 15th

fill out this registration and mail to:

Cindy Walters, 1915 Waterford Circle, Chaska, MN 55318

Make checks payable to MD5M

Name _____ and/or

Partner in service _____

District _____ Cell phone _____

How many meals _____ total cost _____



April 24-26, 2026
106th - MD5M Multiple Convention
Sheraton Minneapolis West Hotel
2026 MD5M Registration Form



☐ Lion ☐ Leo ☐ Guest
☐ Check if this is your 1st Multiple Convention

☐ Lion ☐ Leo ☐ Guest
☐ Check if this is your 1st Multiple Convention

Name: _____	Name: _____
Address: _____	Address: _____
City: _____	City: _____
Prov/State: _____ Zip: _____	Prov/State: _____ Zip: _____
Email: _____	Email: _____
Title: _____ District: _____	Title: _____ District: _____
Club: _____	Club: _____

Full Hospitality Book:

Cost May 1, 2025 thru
December 31, 2025

\$185 US - \$266 CDN _____

Cost January 1, 2026 thru
March 31, 2026

\$195 US - \$280 CDN _____

*Hospitality book includes convention and all meals

Separate Meals:

*Do not select if you have purchased a hospitality book

Friday Night Social	\$25 US - \$36 CDN _____	\$27 US - \$39 CDN _____
Saturday Breakfast	\$36 US - \$52 CDN _____	\$38 US - \$55 CDN _____
Saturday Lunch	\$41 US - \$59 CDN _____	\$43 US - \$62 CDN _____
Saturday Banquet	\$68 US - \$98 CDN _____	\$70 US - \$101 CDN _____
Sunday Brunch	\$38 US - \$55 CDN _____	\$40 US - \$58 CDN _____

Total amount if separate meals chosen: _____

Please specify dietary needs: ☐ Vegetarian ☐ Gluten Free ☐ Other: _____

No meals available after March 31, 2026.

Make Checks payable to: 2026 MD5M Conv.

Mail registrations to: 2026 MD5M Convention c/o Rhonna Hed, 17440 45th Ave N, Plymouth, MN 55446

-OR- you may pay by Venmo to: @Rhonna-Hed Then Email your registrations to: rhed@summitfire.com

Please provide an email address or phone # if you'd like to receive a confirmation _____

HOTEL INFORMATION: Sheraton Minneapolis West Hotel, 12201 Ridgedale Drive Minnetonka, Minnesota 55305

Call (952) 593-0000 to book your room reservation. Ask for the "Lions 2026 Convention" rate.

Room rates are \$135.00 per night plus taxes and fees. Room reservation cut-off is April 9, 2026.

[Book your group rate for MD5M Lions 2026 Convention here](#)

FOR MORE INFORMATION contact: PCC Rob Rand at (612) 715-6055, robrandmn@gmail.com

Lion Rhonna Hed at (651) 248-0749, rhed@summitfire.com



Lions... can you help with these events?

MN LIONS DIABETES FOUNDATION

Minnesota Lions Vision, Hearing and Diabetes:

2025 State Fair Booth Volunteering

<https://www.signupgenius.com/go/70A0B45A9A72AABFE3-51742227-2025#/>

Hey Lions! The Minnesota State Fair is fast approaching. The Minnesota Lions Diabetes, Hearing and Vision Foundations host an annual information booth at the Minnesota State Fair in the Education Building. Volunteers are asked to staff the booth, hand out promotional and informational materials, plus answer questions posed by visitors. Thanks for your support of your Diabetes Foundation.

More information at our website: mnlionsdiabetes.org
5M4 trustee, Lion Lori Schellberg 320.894.8643
lorischellberg@gmail.com

KIDSIGHT TESTING

The MD5M is hosting Kindsight testing at the MN State Fair District 5M4 is asked to provide Lions to assist. Screening will be in the Education Building this year, Sunday, August 31st. <https://www.signupgenius.com/go/5080D45ADAC2FA7F58-56251349-state#/>

the great response from 5 M 4 Lions last year. Please checkout this sign up genius for dates and times if the 31st doesn't work for you, choose another date

Many thanks to the clubs who are out and about conducting screenings! If you have community events you want to screen at, let us know if you'd like sunglasses for the children.

CONTACT: rshonken@frontiernet.net



Just a friendly reminder that Special Olympics Minnesota will be hosting its annual Bocce and Golf competitions this summer in Alexandria, MN.

We'd love to have you join us again—learn more and sign up below!

2025 Regional West Bocce – Alexandria Date: Saturday, July 12, 2025

Time: 8:00 AM to 4:30 PM (split into morning and afternoon shifts)

Location: Northstar Sports Complex, Alexandria, MN

Volunteer Roles:

General Event Support

Bocce Pitch Assistant (a fun and interactive position, especially if you can volunteer with a partner)

Awards Assistant (assist in preparing and presenting awards — very rewarding seeing athletes' reactions!)

Sign Up Link: <https://cerv.is/0101x3913>

2025 Regional North Golf – Alexandria Date: Friday, August 1, 2025

Time: 8:30 AM to 1:30 PM (shift times vary)

Location: Lake Miliona Golf Club

Volunteer Roles:

Scorekeeper (drive golf cart for athletes and help track scores)

Skills Assistant (help guide athletes through various skill-building stations)

Sign Up Link: <https://cerv.is/0101x3914>

Thanks for being part of the Inclusion Revolution in Alexandria. We hope to see you again this summer!

Best., Ryan Hallonquist, ryan.hallonquist@somn.org, Tel.: 763-270-7111

Volunteer Coordinator - Special Olympics Minnesota

900 2nd Ave S, Suite 300, Minneapolis, MN 55402



Heart of a Lion Award Application

District 5M4 Lion members are eligible to apply. A Lion member may apply or a club may apply on behalf of a member. Applications can be turned in throughout the year. Awards will be presented at the Mid- Winter Convention following completion of the application. Any criteria completed after July of 2015 qualifies toward this award and may be earned over several years.

A Lion member must MEET 5 of the 8 CRITERIA listed below to RECEIVE the AWARD!

The Lion member: _____ **Club:** _____
(Name of Lion Member)

_____ **Sponsored a New Lion** _____ **Club:** _____
(Name of new member)

(Signature of club president or secretary) Date: _____

_____ **Attended a Zone Meeting** _____ **Date:** _____
(Date and Zone # meeting attended)

(Signature of a Zone chairperson) Date: _____

_____ **Attended the 5M4 Mid-Winter Convention.** _____ **Date:** _____
(Signature of convention chairperson)

_____ **Served as a Club Officer or District Chairperson.** _____ **Date:** _____
(Office or Committee Chaired)

(Signature of club president, secretary or DG) Date: _____

_____ **Be a Chair or Co-Chair of a club or district project.** _____
(Name of Project)

(Signature of club president, secretary or DG) Date: _____

_____ **Attended one training event: 5M4 Forum, Officer training, Leadership training or other Lions Clubs International sponsored class.** _____ **Date:** _____
(Training attended and date)

(Signature of District officer, trainer or copy of certificate of completion) Date: _____

_____ **Attended one of the following: USA Canada Lions Leadership Forum, International Convention or Multiple Convention.** _____ **Date:** _____
(Event attended and date)

(Signature of District officer, Council Chairperson or Convention Chairperson) Date: _____

_____ **Promote a new idea, service project or fundraiser that is adopted by your club or District that meets the mission of LIONS.** _____ **Date:** _____
(Promotion Idea and Date)

(Signature of club president, secretary or DG) Date: _____

Original to be completed and turned in to the DG or District Secretary

Signature of DG or District Secretary _____ **Date:** _____



2026 5M4 Mid-Winter Convention Feb 6, 7, & 8 2026 Willmar Conference Center



EARLY BIRD REGISTRATION FORM

NAME _____ Title: PID PCC CC PDG DG 1VDG 2VDG

(please circle all that apply) Lion LEO spouse First Timer

NAME _____ Title: PID PCC CC PDG DG 1VDG 2VDG

(please circle all that apply) Lion LEO spouse First Timer

Address _____

Phone _____ Email _____

Club Name _____

Full Registration Book - includes **all** convention meals.

Lions and Guests : How many _____ @ \$115.00 Total \$ _____

Make checks payable to: District 5M4 Mid-Winter Convention

Mail Registration Form AND check to: Lion Jacque Heinen
% 2026 Convention
12069 Bluegill Dr
Sauk Centre MN 56378

Prices Good Thru December 20, 2025

Hotel Information Willmar Best Western. Rooms starting @ \$129.99.
Please call direct at **320.235.6060** and ask to book with the Lions Club for **Feb 6-8, 2026**

Thanks to everyone for their continued support of LCIF. You are truly making an impact. Needs within our district, country and world continue to grow. Our support gives hope and courage to those in need. As of end of May we are short \$2,644 of our goal of \$43,211. We do have donations mailed in which should bring us above our goal. Please continue to give. 100% of donations go to our causes and programs and not to administrative expenses. Allan Ulbricht, 5M4 District LCIF Coordinator



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 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	\$2,128.35	YTD: \$34,142.85
APRIL 2025	\$ 2,890	YTD: \$37,032.85
MAY 2025	\$ 3535	YTD: \$40,567.85\$
JUNE 2025		YTD: \$

GOAL
is
\$43,211

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

Ways to Give



Donate online

lionsclubs.org/WaysToGive



Make a Pledge

lionsclubs.jotform.com/90524105483149

Mail

Mail USD checks drawn from a U.S. Bank and payable to LCIF to:
Lions Clubs International Foundation
Department 4547
Carol Stream, IL 60122-4547 USA

Visit lionsclubs.org/WaysToGive for mailing checks in Canada and India

Wire transfer

JPMorgan Chase Bank, N.A.
ABA Routing Number: 021000021
10 S. Dearborn St.
Account Name: Lions Clubs International Foundation
Chicago, IL 60603 USA
Account Number: 754487312
Swift International Banking number: CHASUS33

Email a copy of your receipt or transfer form – along with your name, Member ID, club name, and district name – to donorassistance@lionsclubs.org.

If requesting recognition for someone else, please include the recipient's name, Member ID, club name, and district name.

Contact Donor Services

For assistance, contact Donor Services at +1.630.203.3836 or donorassistance@lionsclubs.org.



Lions Clubs International Foundation
300 W. 22nd Street, Oak Brook, IL 60523 USA
www.lcif.org

LCIF001A_06/2024



Lions International

LIONS AND LEOS ARE WORKING TO RAISE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELL-BEING, TO EDUCATE AND SUPPORT THEIR COMMUNITIES, AND ADVOCATE FOR POSITIVE CHANGE.



MENTAL HEALTH AND WELL-BEING

Facts and Statistics

SUSTAINABLE DEVELOPMENT GOALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.

THIS GLOBAL CAUSE SUPPORTS SDG #3



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



An estimated **700,000 people** die by suicide every year (World Health Organization).



People who are exposed to adverse circumstances — including poverty, violence, disability and inequality — are at **higher risk of developing a mental health condition** (World Health Organization).



For depression, the gaps in service coverage are wide across all countries: in high-income countries, an estimated **23% of cases** receive minimally adequate treatment for depression and in low- and lower-middle income countries this is estimated at **3% of cases** (World Health Organization).



On average, **2% of health budgets** go to mental health (World Health Organization).



Depression is the leading cause of disability globally, affecting an estimated more than 300 million people worldwide — the majority of them women, young people and the elderly (United Nations).



More than 80% of all people with mental disorders live in low- and middle-income countries, where the vicious cycle between mental health and poverty is particularly prevalent because of a lack of welfare safety nets and poor accessibility to effective treatment (World Health Organization).



SPECIAL OLYMPICS
USA GAMES
MINNESOTA 2026

2026
Coming to
MINNESOTA
JUNE
20-26



Multiple District 5M
proudly announces...

PLATINUM SPONSORSHIP!



Lions Clubs International
FOUNDATION

**Your donations designated to
Special Olympics USA Games
Minnesota to LCIF will help make
our \$250,000 grant possible!**

Family Night!

For athletes &
their families

Opening Eyes®

(Vision Screening)

ALL BALLS

**Separate Sponsorships will be
available for (Sensory) All-Balls are
for each participating athlete.**

*Sponsorship information will be coming
in the District Newsletters and Multiple
District Website soon.*

Scan this code
for more about
All Balls





More info regarding the Platinum Sponsorship...

On to the next thing our Multiple is a Platinum Sponsor for the Special Olympics USA Games Minnesota 2026!

Please check out this website for more information about the Special Olympics Games. It is very well done and informative.
www.2026specialolympicsusagames.org

MD5M is committed to \$250K

That \$250K covers the hosting of the Family Night for the athletes/families/coaches. The understanding is that Special Olympics organizes the event and we come in and volunteer.

MD5M will also be involved in the Special Olympics Lions Clubs International Opening Eyes Program for the athletes. www.specialolympicsminnesota.org

We will be sending out more information for volunteers as it gets closer!

Where does LCIF come into the picture?

LCIF is willing to give us a grant for the \$250K. This will be a pass through grant, NOT a Matching Grant. These donations will count for MJF/PMJF credit and also your LCIF Coordinator's Goals.

The only thing it will NOT count for is your District and Club Community Impact Grant (DCG).

These are some tips on how to handle this for your clubs going forward.

For any clubs or individual donors that mail their donation into LCIF. Please **MARK ON YOUR CHECK** and **ON THE FORM** that it is designated to **SPECIAL OLYMPICS MN.**

For any online donations. When you get the receipt from LCIF call into Donor Services or email Donor Services with your receipt and tell them you would like it put in **SPECIAL OLYMPICS MN.**

For recurring donations. You must contact Donor Services via phone @ (630) 203-3836 and tell them you want to designate your donations to **SPECIAL OLYMPICS MN.** Remember to change your recurring contribution back to wherever you want it to go after we have met our \$250k Goal.

A Ball for All is something that MD5M is working on gifting a Ball (that jingles) to each athlete that is competing in Minnesota. There is a 25 minute YouTube Video www.youtube.com/watch?v=5AedEvi5Rw or website aballforall.com

See Page 12 to see how to get this Golf Passport!

Bearer entitled to 9 FREE HOLES with the purchase of 9 holes, continuous play, or as stated on Passport
1 offer per participating location

Can be used Monday-Friday (Friday until 3 p.m.)

*Courses might limit play availability due to other scheduled events. Not available on holidays.

Must make tee times with participating courses

GOLF COURSE NAME	ADDRESS	WEBSITE	PHONE	
Albany Golf Club	500 Church Ave., Albany Monday play only	albanygolfclub.com	320-845-2505	
Alexandria Golf Club	2300 N. Nokomis NE, Alexandria	alexandriagolfclub.com	320-763-3605	
Appleton Golf Club	331 E. Wyman Ave., Appleton	appletonmn.golfcourse.com	320-289-2511	
Benson Golf Club	2222 Atlantic Ave., Benson	golfclubson.com	320-842-7901	
Dawson Golf Course	1380 Walnut Street Dawson		320-769-2212	
Eagle Creek Golf Club	1000 26th Ave NE, Willmar	eaglecreekma.com	320-235-1166	
Geneva Golf Club	4181 Geneva Golf Club Drive, Alexandria	genevagolfclub.com	320-762-7089	
Greystones Golf Club	10548 Rochester Drive, Sauk Centre	greystonemn.com	320-351-4653	
Hardwood Hills Golf Course	8442 County Road 27 SW, Alexandria	hardwoodhillsgolf.com	320-886-1400	
Hawk Creek Country Club	100 Spicer Ave N., Raymond	hawkcreekcc.com	320-967-4653	
Island Pine Golf Club	1601 Wyoming Ave. W., Atwater	islandpinegolf.com	320-974-8600	
Little Crow Country Club	15980 Hwy 23 N., Spicer	littlecrowsort.com	320-354-2296	
Lynx National Golf Course	40204 Primrose Lane, Sauk Centre	lynxnationalgolf.com	320-352-0242	
Mayflower Golf Club	48321 Co. Rd. 38, Fairfax	mayflowergolfclub.com	507-428-9964	
Meadowark Country Club	837 Country Club Drive, Melrose	meadowarkcountryclub.com	320-256-4989	
Minnewaska Golf	23518 Dero Drive, Glenwood	minnewaskagolf.com	320-634-3680	
Nordic Trails Golf	4343 39th Ave NE, Alexandria	nordictrailsgolf.com	320-762-5420	
Oakdale Golf Club	55100 Co Rd 38, Sault Lake	oakdalegolfclub.com	320-587-0525	
Olivia Golf Club	512 S 5th Street, Olivia	oliviagolfclub.com	320-523-2313	
Osakis Country Club	501 18th Ave E., Osakis	osakisgolf.com	320-859-2140	
Pomme De Terre Golf Club	24860 State Hwy 9, Morris	pdgolfclub.com	320-589-1009	
Stoney Creek Golf Course	21278 820th Ave., Renville	golfrentville.com	320-779-4653	
Tipsinah Mounds Golf Course	15785 Golf Course Road, Elbow Lake Mon-Wed play only	tipsinahgolf.com	218-685-4271	
Valley Golf Course	1900 Becker Ave SE, Willmar	valleygolfwillmar.com	320-235-6790	
Hook & Slice (indoor simulator)	2921 Hwy 29 S., Alexandria Buy 1 hr., get 2nd hour FREE	hookandsliceinn.com	320-391-5353	

YOUTH EXCHANGE UPDATE

Good morning 5M4!

We still have a few students to place this year! Please help out! Please see below for a list of children, ages and where they are from. If you would consider and/or have more questions, please reach out to Lion Todd Fritsche, email is below.

Todd Fritsche <dragon376381@yahoo.com>

Here is the latest list of students needing hosts...

<md5mlionsyouthexchange@gmail.com>

One of the students requires a host family after camp instead of prior. If any of you know anyone who would like a boy after camp it would be #29 Amarilyo Ido from Israel.

As of today all boys except Ido have a home! Yay!!!

We have three more girls tentatively placed: Lisa from Belgium; Hannah from Germany; Maiju from Finland...

Girls Still requiring homes:

2 Aminkhishig - 16 from Mongolia

13 Sare Nil - 18 from Turkey

15 Alejandra - 18 from Spain

23 Valentina - 19 from Brazil

25 Emilija - 18 from Lithuania

26 Angele - 17 from France

Cindy Walters

Camp Spicer

MD5M Lions Youth Exchange



Danube Lions Members at their 70th Anniversary.



Lions Teeing it up to help Special Olympics!!

*Get your Golf
Passport today!*

This Golf Passport will fund
Family Night at the
2026 Special Olympics USA Games
that will be held in
Minnesota in June 2026 and other
Lions charitable endeavors

Sponsored by the Lions
Clubs of
West Central
Minnesota-District 5M4



A GREAT SAVINGS FOR YOURSELF OR A PERFECT GIFT IDEA!

Available from your Lions Club or selected participating golf courses

Bearer entitled to 9 FREE HOLES with the purchase of 9 holes, continuous play.
1 offer per participating location
Can be used Monday-Friday (Friday until 3 p.m.)
*Courses might limit play availability due to other scheduled events. Not available on holidays.
Must make tee times with participating courses
When Purchasing the passport, make checks payable to...Lions

Hello Lions!

From Your 2025-2026 District Service Chair, Lion Jacque Heinen

I'm honored to serve as your District Service Chair this year!

As we kick off the new Lions year, let's start strong:

- Define your clubs goals
- Plan ahead
- Get ready to serve!

Now's the perfect time to launch a new service project or bring fresh energy to an existing one.

New Global Service Focus: Mental Health

Lions Clubs International is introducing Mental Health as a new area of service. Let's think about how our clubs can make a real impact in this important space.

District Service Focus Windows

Our Multiple District is encouraging projects during these key timeframes to align with other Lions around the world:

- October 1-12 - Mental Health
- January 3-11 - Hunger
- April 8-26 - Environment

What can your club do in these areas? Start planning, dreaming, and making it happen!

More info and ideas coming soon!

Let's make 2025-2026 a year of meaningful, compassionate service.

In service and gratitude,
Lion Jacque Heinen



Let's Rally the Lions for Childhood Cancer Night at the Hamel Rodeo – July 10

On Thursday, July 10, the Hamel Rodeo will host "Childhood Cancer Night," an evening dedicated to raising awareness and support for the Minnesota Lions Childhood Cancer Foundation. It's a night filled with energy, community spirit, and a cause that reflects the very heart of Lionism — serving where the need is greatest. This is currently our largest annual fundraising event to generate funds for our mission.

We would love to see Lions from across Minnesota come together to show the children and families impacted by childhood cancer that we are with them in this fight. It's also a powerful way to introduce your members to this vital foundation and energize them with a meaningful service event early in the year.



Please encourage all your members to attend! Together, we can make a strong impact and show the community that Minnesota Lions are champions for children and their families. I hope to see many of you at the rodeo!

**** The only place to buy tickets is at www.hamelrodeo.org. Any other website will be charging a fee. No one should pay any more than \$27.00 each.

Morris Lions



Morris Lions donated the emergency Diabetes snack kits to Morris Area Elementary School nurse.



Morris Lions donated box of Lions snacks packed during District Cabinet meeting to our Community Ed director to use for summer class.



Lions International

2024-2025

CLUB EXCELLENCE AND 5 STAR EXCELLENCE AWARD APPLICATION

This application features criteria for the Club Excellence Award and 5 Star Excellence Award. As you go through the application, please check all qualification boxes that your club has met. At the end of the application are criteria for the 5 Star Excellence Award. Your club will be awarded either the Club Excellence Award or the 5 Star Excellence Award.

Club name: Club number: District:

2024-2025 club president name:

Member number: Email address:

1. MEMBERSHIP

☐ Achieved a net growth of two (2) members or 10% or more members (whichever is greater) **or** ☐ Chartered a new Lions club.

Name of Lions club:

2. SERVICE

☐ Started a new service project. *Consider one of our global causes!* Explain:

☐ List three service activities your club participated in that were reported to Lions International:

1.

2.

3.

3. LCIF

☐ Contributed to LCIF an amount greater than or equal to the club's membership total multiplied by US\$10.

Year-end membership count x US\$10 =

4. LEADERSHIP AND ORGANIZATIONAL EXCELLENCE

☐ Club is in Good Standing: Not in Status Quo or Financial Suspension. District dues paid and no unpaid balance with Lions International greater than US\$50 outstanding 90 days or more.

☐ Reported club officers to Lions International.

☐ Key officers participate in club officer training.

☐ District

☐ Webinars

☐ Multiple district

☐ Lions Learning Center

☐ International

5. MARKETING

- ☐ The club has publicized its service activities through local media or social media.

Provide a link to where they were publicized: _____

Learn more about [promoting your club and activities](#), and learn about the Marketing Award.

DOES YOUR CLUB QUALIFY FOR THE 5 STAR EXCELLENCE AWARD?

- ☐ Achieved the Club Excellence Award.
- ☐ Membership increase of 20% (minimum of five (5) members for small clubs).
- ☐ Minimum donations of US\$20 per member or US\$1,000 (whichever is less).
- ☐ Annual service and membership report submitted.

2024-2025 district governor signature*: _____

District: _____

District governor member number: _____

Date: _____

**If sent from district governor's registered email, it qualifies as signature on applications submitted electronically.*

Due by: August 31, 2025

Send to: clubexcellenceaward@lionsclubs.org

Awards mailed to: 2025-2026 district governors

Request to review award eligibility from a disqualified club will be considered only if received at Lions International Headquarters within 12 months after completion of the Lion year, provided that the original application form is already filed at Lions International.



Lions International

District and Clubs Administration

Lions International

300 W. 22nd St.

Oak Brook IL 60523-8842 USA

www.lionsclubs.org

DA-CEA 4/2024 EN



JULY 2025

LEADING THE WAY

Leader Dogs for the Blind - Lions Newsletter



Leader Dog at USA/Canada Forum

Lion BJ Blahnik, Leader Dog client, will take the stage with Leader Dog Jackson at this year's USA/Canada Forum in Atlantic City, New Jersey. **Lion BJ will share his story from a diagnosis of retinitis pigmentosa at age 10 to today with his fifth Leader Dog ("Jackson Five").** He has traveled to more than a dozen states and provinces to share the mission of Leader Dog with Lions - this is a session you won't want to miss.

Earlier in the Forum, our Lions team will facilitate a seminar on how Lions can best support those who are low vision in our communities, including acting as a human guide. **If you are going to be at USA/Canada Forum, we want to look out for you. Email us at LionsSupport@leaderdog.org.**



Lions Tour Experience in October

Each year, Leader Dog invites Lions to visit our campus for a Lions Tour Experience. **Any Lion is invited to sign up to attend the afternoon session, which includes a campus tour, client speaker, and presentation.** The next Lions Tour Experience is October 18, 2025 from 1-4pm ET. October is the perfect opportunity to visit beautiful Michigan, we hope to see you here! We are limited to 30 guests to provide the best experience, so sign up soon (QR code for more information is to the right of the page).



"Since I finished Orientation & Mobility training, I **have been able to go to my favorite places without fear.** I am much more confident with unfamiliar terrain, and I'm back out exploring flea markets, farmers markets, and concerts. "

- Laura, Leader Dog Client from Mississippi





Spicer Sunrise Lions honored
Spicer Sunrise Lions Robert Moller and Pam Erickson were honored by their club for their dedication to monthly KidSight preschool screening for New London Spicer Schools.

Lions Quest and Mental Health

Every day youth deal with challenges that affect their ability to learn and succeed in the classroom, from academic stress to bullying to feeling unsafe in their school. Adding to those stressors is the rise of mental health challenges among adolescents.

70%

7 IN 10 TEENS see anxiety and depression as "significant" issues among their peers and in their communities.¹

When students feel less safe at school, they face challenges learning and experience increased emotional problems.²

- Increased anxiety and depression
- Decreased test scores
- Increased risk of behavioral problems

Anxiety disorders are the most common mental illness in the United States, affecting more than 25% of children between 13 and 18.³

Social and emotional learning (SEL) is essential to the health and wellbeing of students, and the implementation of evidence-based programming, such as Lions Quest, is a key piece of any initiative to address their mental health.

Research indicates that SEL can help "reduce anxiety, suicide, substance abuse, depression and impulsive behavior in kids, while increasing test scores, attendance, and prosocial behaviors such as kindness, personal awareness, and empathy."⁴

1. Pew Research Center (February 2015), "Mental Ill & Suicide: New Anxiety and Depression as a Major Problem Among Young People."
2. George Mason University, Center for Prevention, Research and Education on School Readiness, Learning, and Development (September 2014), "The Role of School Readiness in the Development of Children's Mental Health." (PDF) (2014-09-09).
3. National Institute of Mental Health, (November 2012), "Mental Health in Children and Adolescents." (PDF) (2012-11-09).
4. Pianta, R.C., & Kohn, K.A. (2014). Promoting Social-Emotional Learning in the Classroom (2014).

Sauk Centre Lions donate robes



The Sauk Centre Lions Club donated robes for the Sauk Centre/Melrose Golden Eagles Special Olympics Swim Team. The robes for the swim team are to be used for the State and Regional Swim Competitions each year to keep the athletes warm during the competitions when they are waiting for their event. Thank you Sauk Centre Lions Club!!!

Sponsor a hero. Be a hero.

Throughout our history, thousands of amazing donors worldwide have helped us empower people who are blind or visually impaired with lifelong skills for safe and independent daily travel. Now you have the opportunity to show your support in a new way, through a **Symbolic Puppy Sponsorship**. For \$500, you'll receive a picture, a profile and an official certificate of your sponsored Future Leader Dog.

Leader Dog services are critically important. LAST YEAR, we were able to safely provide:

- **500,000+** Days of safe and independent daily travel
- **123** Guide Dog clients served
- **149** Clients received white cane training
- **3** Clients who are deaf and blind received customized guide dog training
- **18** Teenagers gained leadership and travel skills
- **287** Current and potential clients received a visit from a field services guide dog mobility instructor
- **336** Clients and O&M pro's viewed virtual learning videos
- **\$0** Cost to client

IN EVERY LEADER DOG LIES THE HEART OF A LION.
A Leader Dog partner since 1939

"Leader Dog does a great job training these dogs to be faithful, supportive leaders and companions. Leader Dog Hanna is truly my hero, and so are all those who were involved in helping her become a Leader Dog." -Laura & LD Hanna

LEADER DOGS FOR THE BLIND

For more information or to sponsor, visit LeaderDog.org/sponsor-a-puppy

FOLLOW THE LEADER
LeaderDog.org

1039 S. Rochester Rd | Rochester Hills, MI 48307-3115

IMPORTANT CONTACTS!



Lions Club International Foundation

Chair: Lion Dennis Heinen – heinende@centracare.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 Pam Erickson -- tapjerrickson@gmail.com

PDG Bob Kulbeik -- kulbeik@hotmail.com



MN Lions Diabetes Foundation

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

PDG Ken Harwick – kbearalive@live.com



MN Lions Childhood Cancer Foundation

Chairs: Lion Sue Krumrey – sue_krumrey@kottke-trucking.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 -- ron.buse06@gctel.com

Lion Greg Tauer – greg.tauer@northcentralintl.com

Lion Corky Gleisner – cmgleisner@gmail.com



Special Olympics MN

Chair: Lion Dianna Nelson - diannanelson@mainstreetcom.com



T.E.A.M. 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
- T.E.A.M. 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:

- T.E.A.M. Sheehan Foundation
- LCIF website



2025-2026 District 5M4 Cabinet Members

<u>Position</u>	<u>Title</u>	<u>Name</u>	<u>Phone #</u>	<u>Email</u>	<u>Home Club</u>
District Governor	DG	Susan Krumrey	320-295-8327	susanreuberkrumrey@outlook.com	Buffalo Lake
1st VDG	1VDG	Jason Kerfeld	320-429-0794	kerfeld@mainstreetcom.com	Sauk Centre
2nd VDG					
IPDG	IPDG	Jacque Heinen	320-249-6536	lionheinen@gmail.com	Sauk Centre
Cabinet Secretary	Lion	Renee Willhite	320-491-6010	rwillhite@mainstreetcom.com	Sauk Centre
Cabinet Treasurer	Lion	Denise Sundblad	320-766-3266	district5m4@outlook.com	Wendell
Can Do Canines	Lion	Mike Beilke	320-761-9406	mbeilke62@gmail.com	Sauk Centre
Constitution & By-Laws	PDG	Kellie Knudson	320-226-4156	lionkellieknudson@gmail.com	Montevideo
District Administrator	PCC	Dennis Heinen	320-491-3996	heinende@centracare.com	Sauk Centre
Environment					
GET	PDG	Bob Knutson	320-295-1757	lionbobbykf2017@gmail.com	Spicer Sunrise
GLT	PDG	Marty Athmann	320-579-1357	athmannmarty@hotmail.com	Bird Island
GMT	PCC	Rob Wiener	320-241-7100	5m4lionrob@gmail.com	Sauk Centre
GST	IPDG	Jacque Heinen	320-249-6536	lionheinen@gmail.com	Sauk Centre
LI Advisor	PIP	Brian Sheehan	320-212-7330	bsheehan@rccbi.com	Bird Island
LCIF Chairperson	PCC	Dennis Heinen	320-491-3996	heinende@centracare.com	Sauk Centre
Leader Dog for the Blind	Lion	Mary Bolas	320-815-0343	marybolas.mb@gmail.com	Hoffman
LEO Chairperson					
Lions Alert	PDG	Marty Athmann	320-579-1357	athmannmarty@hotmail.com	Bird Island
Long Range Planning	PDG	Ron Branch	320-460-0135	branch@rea-alp.com	Alexandria
MD5MLions KidSight Foundation	Lion	Susan Honken	320-905-2412	susandenisehonken@gmail.com	Raymond
MD5MLions KidSight Foundation	Lion	Ronald Honken	320-905-6282	rshonken@frontiernet.net	Raymond
MN Lions Childhood Cancer Foundation	Lion	Merlin Athmann	320-522-1264	athmann.mer@gmail.com	Bird Island
MN Lions Childhood Cancer Foundation	Lion	Sue Krumrey	320-295-1266	sue_krumrey@kottke-trucking.com	Buffalo Lake
MN Lions Diabetes Foundation	Lion	Lori Schellberg	320-894-8643	lorischellberg@gmail.com	Spicer Sunrise
MN Lions Diabetes Foundation	PDG	Ken Harwick	320-212-4393	kbearalive@live.com	Appleton
MN Lions Hearing Foundation	PDG	Bob Kulbeik	605-949-0136	kulbeik@hotmail.com	Elbow Lake
MN Lions Hearing Foundation	Lion	Pam Erickson	320-212-3031	tapjerrickson@gmail.com	Spicer Sunrise
MN Lions Missions Foundation					
MN Lions Vision Foundation	Lion	Craig Schellberg	320-894-6843	spicerlioncraig@gmail.com	Spicer Sunrise
MN Lions Vision Foundation	PCC	Rob Wiener	320-241-7100	5m4lionrob@gmail.com	Sauk Centre
Newsletter - 5M4	Lion	Anne O'Flynn	320-815-5790	anneo@runestone.net	Elbow Lake
Nominations	PDG	Jeff Swenson	218-770-1779	jfsuens@runestone.net	Grant County
PDG Advisor	PDG	Marty Athmann	320-579-1357	athmannmarty@hotmail.com	Bird Island
Project New Hope	Lion	Ron Buse	218-639-1114	ron.buse06@gctel.com	Evansville
Project New Hope	Lion	Greg Tauer	320-212-3256	greg.tauer@northcentralintl.com	Atwater
Project New Hope	Lion	Corky Gleisner	320-250-5802	cmgleisner@gmail.com	Atwater
Protocol	PCC	Dennis Heinen	320-491-3996	heinende@centracare.com	Sauk Centre
Public Relations	PDG	Sue Kulbeik	605-949-0161	kulbeik@gmail.com	Elbow Lake
Special Olympics Liason	Lion	Dianna Nelson	320-766-7412	diannanelson@mainstreetcom.com	Sauk Centre
TEAMSHeehan Foundation	PIP & PD	Brian and Marty		see their info above	Bird Island
Technology	PCC	Dennis Heinen	320-491-3996	heinende@centracare.com	Sauk Centre
Website	Lion	Ryan Beich	320-583-3288	rrbeich@gmail.com	Buffalo Lake
Youth Exchange/Peace Poster	Lion	Todd Fritsche	507-766-7528	dragon376381@yahoo.com	Bird Island
Zone Chair Advisor	Lion	Mickie Rogal	218-731-9749	mickierogal@gmail.com	Wendell
Zone 1 Chair					
Zone 2 Chair	Lion	Ed Bolas	320-304-0117	edmary1973@gmail.com	Hoffman
Zone 3 Chair					
Zone 4 Chair	Lion	Doug Godwin	218-770-8932	dgjg2241@gmail.com	Montevideo
Zone 5 Chair					
Zone 6 Chair	Lion	Richard Haugen	320-522-0987	richard.haugen@yahoo.com	Olivia
Zone 7 Chair	Lion	Kelsey Somerville	320-295-8657	kelssomerville@gmail.com	Willmar Noon
Zone 8 Chair	Lion	Jason McCoy	320-442-8200	therealmccoy70@gmail.com	Grove City