

5M4 Newsletter



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PDG Bob Kulbeik and DGE Sue Kulbeik



Time to celebrate!

Growing up in West Central Minnesota, we always had a very traditional, all-American, 4th of July. We always had friends and family around, hotdogs and hamburgers and all the trimmings, a boat parade on the lake, and fireworks to end the night. One year was extra special. You see, we loved the 4th of July so much we chose it as a great day to get married! This year we will be in Boston celebrating the 4th along the Charles River. They have their annual parade, the Constitution will sail into Boston Harbor, and finally a huge fireworks show and the Boston Pops playing the 1812 overture along with REAL cannons going off! Doesn't get much more patriotic than that!

We will be celebrating with our Lions friends from all over the world. The International Convention brings thousands and thousands of Lions together to celebrate, march in the Parade of Nations, to learn how to lead, and to share our passion for serving others. I've gotten my schedule of events and it will be a very busy time. As incoming District Governor PDG Bob and I are invited to all the best parties – put on by nations in attendance, along with banquets with other District Governors and the International Board members and Leadership. I plan to take it all in and bring back the enthusiasm and new ideas to 5M4 and hopefully implement them in our district.

If you haven't already done so, please be sure your officers for the coming year are registered on LCI with the correct emails and birthdates for the entire membership of your club. The new portal at LCI will be coming soon and you sure want all the info for your club to be correct. Also, don't forget to order your Peace Poster kits for this fall.

Please keep our Lions Alert Program in mind. Let Lion Bonnie Lay know who your contact person will be as we move forward. Bonnie's contact info is on the Lions Alert page in this Newsletter. We need to have a name and their contact info for each club.

As I mentioned last month, my theme for the coming year is – "Leading the Way". 5M4 has always been a leader among Districts and I want to continue that tradition. Who are the leaders in your club, your community, and how can you help them? What do you need to put yourself in a position to become a leader in our district. There are many opportunities to gain experience by attending Leadership Institutes and training around the district and Multiple District. Just reach out to us and we'll get you all set up. Check out some of the registration forms elsewhere in this newsletter.

I've already started booking club visits and can't wait to come to yours. I have developed a District Governor request form that will be included in this newsletter each month. I am committed to coming to each and every club before my term is over. I know many clubs combine meetings with a neighboring club, so if that works in your area, let me know.

Thank you, again, for your trust and confidence in me as District Governor. I am open to your ideas and suggestions and want to hear from you.

*Contact DGE Sue
to schedule your
club visit!*

Form on Page 9 and contact:

DGE Sue Kulbeik
kulbeik@gmail.com
Cell: 605-949-0161

DGE Sue Kulbeik
kulbeik@gmail.com
Cell: 605-949-0161



Tottings from Jacque!

Hello Lions, I'd like to introduce myself to you. I have been appointed by the District to be your 1st VDG, along with my partner in service PCC Dennis Heinen. We live in Sauk Centre and are a member of the Sauk Centre Lions Club (remember the pancake breakfast people – raising money for Fairy Lake Park). We have three adult children, Michael, Collin, and Krystal, and three grandchildren, the oldest having just graduated from high school this past May. The other two are in elementary school.

I work at Abel Chiropractic Associates for Dr Scott and Dr Sarah Abel, as the office manager, mostly full time expecting to need additional time off to complete my VDG and DG roles. I like being busy and helping people. Dennis and I enjoy most outdoor activities in the summer and winter. Boating, gardening camping, traveling, snowmobiling. We play cards and Carbles often with friends.

I have a busy schedule right off the bat with the International Convention fast approaching in Boston come July 6, and the COG meeting later in July. Our Leader Dog visit in Michigan is scheduled for September as well as US/Canada forum in Reno.

We again attended the D-Feet hearing walk at the Minnesota Arboretum – what a wonderful venue to hold such a worthwhile event. (Bemidji was pretty awesome last year!) Hard to compare it is great to be able to attend whichever location is convenient for you. Hope to see you next year.

I look forward to helping DG Sue Kulbeik have a successful upcoming year and working with



1stVDG Jacque Heinen and PCC Dennis Heinen

2VDG Susan Krumrey. Please consider filling a position on DG Sue's cabinet – many hands make light work, I also look forward to meeting many new Lions around the district, putting a face to the many names I heard while visiting when Dennis was DG.

VDG Jacque Heinen

Email: lionheinen@gmail.com

Cell: 320.249.6536

SOLES4SOULS SHOES

**Sauk Centre Lions & Leos
can now accept shoes! Please
contact Lion Jamie Shoutz
about delivering to
Sauk Centre 320-699-0371.**



ALERT TEAM

preparedness · response · relief

*Exciting
news!*

A "Lions Alert Program" is being developed within our District.

The Objective: "Preparedness, Response, Recovery, and Relief in relation to a disaster, means measures taken during or immediately after a disaster in order to bring relief to people and communities affected by the disaster".

- **PREPAREDNESS** involves the development of a plan of action in case of emergency. A logistic operations center and a practiced emergency response plan are two elements of the preparedness phase. Lions Clubs continuous cycle of planning, organizing, training, equipping, exercise, evaluation and improvement activities to ensure effective coordination and the enhancement of capabilities to respond to incidents or disasters.
- **RESPONSE** includes the mobilization of Lions Clubs and Lions Alert Coordinators. They should be prepared to do a rapid needs assessment and bring Lions to where they can do the most good.
- **RECOVERY** aims to restore the affected area to its previous state, such as rebuilding destroyed property, infrastructure. Recovery can be immediate and/or can be longer term depending on the situation. Relief can come in the form of providing food and drink to recovery workers and affected people, working with other agencies, assistance in long term recovery.

1. Communication

Our first phase of the program will be communication. We need to develop a plan of communicating the program information to our clubs. This will happen through a variety of means:

- District Leadership
- Cabinet members
- PDGs
- Zone Chairs
- Newsletter
- Leadership meetings with clubs
- Meeting with non-Lions organizations

2. Club Participation

We will begin to roll this out immediately.

Each Lions Club meeting should include the following discussion:

1. Focus of the plan
2. Structure of the program
3. Develop a leader in each club (or neighboring club if none available in all clubs)
4. Develop a call chain template in case of emergency to muster membership
5. Develop a list of members who are willing to go through training
6. Organize training sessions for Lions to become prepared for emergencies
7. Develop a list of resources available already and contact names (equipment, generators, tools, capabilities, storage, etc.)
8. Work with local Emergency Management Directors so they know of our availability and capabilities

3. Types of Emergencies

- **LEVEL ONE: A local emergency. House fire, flood, lost child, are some examples.** A single club could respond to the affected area. Each club will develop their own plan on how to help their community.
- **LEVEL TWO: Affects a larger geographical area, flooding, fires, or storm damage.** At this level, Districts would respond and may possibly be eligible for a LCIF Emergency Grant. Our District will develop a plan for response, capabilities, and communication depending on what each local club is willing to provide.
- **LEVEL THREE: Catastrophic event such as earthquake, tsunami, or large tornado affecting a huge area and thousands of people.**

Questions?

Please contact Lion Bonnie Lay at: laybonnie@icloud.com or 5M4 DGE Sue Kulbeik at kulbeik@hotmail.com

This is just the start of the Lions Alert Program in our District. First, communicating the information to the Leadership and then the clubs. From here, the rest of the program will be defined and implemented. Each club or Zone could develop their own plan according to their capabilities and their needs. They must work with local Emergency Management and First Responders to maximize their contribution. We will also work to have each club insured properly and be able to provide proof of insurance to local command centers on site. Our hope is to eventually have a mobile command unit stocked with equipment need to provide assistance and relief in case of emergency, both short and long term.



PRESIDENT'S MESSAGE

**Together we can with
International President,
Brian Sheehan**

Dear Lion,

When you love what you do as much as we do, you can't help but share that joy everywhere you go. And this year, I am so amazed at all the incredible ways that you have shared your service and the joy of being a Lion.

I am so proud to have been a part of this extraordinary year of innovation, optimism and generosity. Your service has made a difference in the lives of millions of people around the world. And I want you to continue to share the joy, the fun and the incredible pride of being a Lion everywhere you go.

Let's make a great day. That's the message I've closed my letters with and those are the words I want you to remember. Because together, we have made a great day for so many people around the world. And Together We Can make a great day for so many more.

It has been an incredible joy and the greatest honor of my life to serve you as international president.

Make a great day,
Brian Sheehan
International President

5.

5M4 Newsletter

www.e-district.org/sites/5M4

JULY 2023



Let's go to BOSTON!

Have you made your travel plans for the new year yet? Here is a great opportunity; for learning, serving, and to have some fun!! Our own 5M4, International President Lion Brian will be passing on his duties during this time; he is an unbelievable motivational speaker, you will not want to miss this!!

Also a plug for Facebook if you do social media... if you have not "Liked" the pages yet, please find the Lions International page and the 5M4 page. There is a lot of items shared on these to keep you connected.

The Lions International Convention will be held in Boston this year; July 7-11. Please click on the link below for more information and to complete your registration online!

<https://lcon.lionsclubs.org/>

Cabinet Members – a quick link for you.

Clubs – please forward this to your members and encourage them to attend as well. This is a great experience in a great city! Sincerely, Lion Susan Krumrey, 5M4 Cabinet Secretary



SEPT. 21-23, 2023

THE ROW • Reno, Nevada

**EARLY
REGISTRATION**
ENDS MAY 31, 2023

FREE PARKING
at The Row hotels

**NO SHUTTLES
NEEDED**
all Forum hotels are connected
in six city blocks

**4
INSPIRATIONAL
SPEAKERS**
during meals

3 RESORTS – ONE DESTINATION

El Dorado • Silver Legacy • Circus Circus

4 MEALS
included with
registration

THE ROW Reno offers 24-hour entertainment with access to 23 restaurants, 23 bars and lounges, and several venues and nightspots all within day-trippable range of world-class recreation destinations.

**OVER 80
SEMINARS**



Visit LionsForum.org for more information

Need something in the newsletter? Send to: aneo@runestone.net

6.

5M4 Newsletter
www.e-district.org/sites/5M4
JULY 2023

**PUT YOUR EVENT ON
THE 5M4 WEBSITE!**
Please let us know if you'd like us to post your 5M4 club event.
Send to patrickposl@gmail.com

You are invited to the Elbow Lake Lion's next big event! Contact Anne at anneo@runestone.net or ANY Elbow Lake Lion for tickets. Details below:



LIONS DEN
SPEAKEASY
& LOUNGE
COCKTAILS & SPIRITS

Tickets Available at Wendell Pioneer Insurance or from any Elbow Lake Lions Club member

Elbow Lake Lions Fundraiser for local community projects

**at Historic Lakeside Pavilion, Barrett
5-9 p.m.
Saturday, August 26, 2023**

- Full Bar
- A Delicious Meal
- Entertainment
- Dancing
- Live Music

ADVANCE TICKETS \$50
\$60 at the gate

The Lions thank our co-sponsors:




Dinner
Music
Cocktails
Games
PRIZES




Need something in the newsletter? Send to: anneo@runestone.net



MD5M REGIONAL LIONS' LEADERSHIP INSTITUTE
October 13-15, 2023, Hampton Inn & Suites Bemidji MN
PARTICIPANT APPLICATION FORM

MUST BE SUBMITTED to your DISTRICT GOVERNOR no later than September 22, 2023

NAME: _____ DATE JOINED LIONS: _____

ADDRESS: _____

E-Mail : _____ PHONE NO: _____

CLUB NAME and NUMBER: _____ MEMBER NUMBER: _____

CURRENT OFFICE HELD: _____

OTHER OFFICES HELD: _____

I WAS REFERRED BY: _____

WHY DO YOU WISH TO ATTEND THE MD5M REGIONAL LIONS' LEADERSHIP INSTITUTE?

Use the back of this document or add another page if you require more space.

Any food or other allergies or special dietary requirements? _____

APPLICATION MUST BE SIGNED BY THE FOLLOWING:

APPLICANT: _____ DATE: _____

CLUB PRESIDENT OR ZONE CHAIR: _____ DATE: _____

NOTE: Please submit this completed application to your District Governor by September 22, 2023. The registration fee for the Institute will be \$150 USD. This fee will be payable by check or credit card before you can attend the Institute. You will be notified of your acceptance and provided with the payment information by September 31st, 2023. Attendees will receive a rebate upon completion of the Institute. The amount of the rebate will be determined by the amount of Lions attending RLLI.



Benson Lions Club



Summer Concession Stand

Pictured above: Barb Nelson helps out customers that stopped at the Snack Shack to check out the popcorn and hot dogs. At left: Terry Smith dishes up popcorn from their new popcorn machine purchased this year.



New Officers Sworn In

Monday evening, May 15, President Laura Thomas performed a swearing in ceremony for new officers: Tail Twister Lion Nancy Dokken and Director Lion Eric Payne (1 year). Not pictured: Lion Mark Frank (director 1 year).





Club Name: _____

Club Location: _____

Address: _____

Dates for Club Visits: 1st Choice _____

2nd Choice _____

What time does your club meeting begin? _____

What time does your social hour start? _____

Do you have a Board Meeting? Yes _____ No _____

Would you like the DG to attend the Board Meeting? Yes _____ No _____

Are there other Lions Clubs or Leo Clubs involved for the DG Visit? Yes _____ No _____

Please List other Clubs: _____

Will you have a meal? Yes _____ No _____

Lion, or Leo requesting the Governor's visit: _____

Contact telephone # _____ Email address _____

Will the Governor be expected to install officers? Yes _____ No _____

If yes, please send names of new officers. If inducting new members, please have the LCI New Member Kit with Pin and signed Certificate.

Will the Governor be expected to give out awards to club members? Yes _____ No _____

If yes, please send information stating the awards and the names of those receiving the awards. Please have awards, certificates, pins, or changes in installation or inductee ceremony available when I arrive for the Governor's visit. I am looking forward to coming to visit with your club!!

DGE Sue Kulbeik
kulbeik@gmail.com
Cell: 605-949-0161



An Honor to be Honored!

The Benson Lions Club was honored to be the Grand Marshals for the Flag Day - Pioneerland Band Festival held Wednesday, June 14, 2023



Besides the Benson High School Band were bands from 11 other cities including: Sartell, Montevideo, Waconia, KMS, Patriots, Alexandria, Litchfield, Fergus Falls, Bemidji, Dassel-Cokato and Champlin Park.





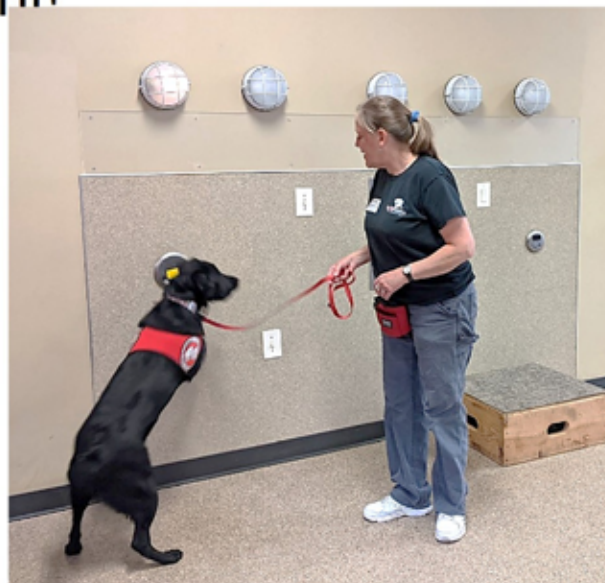
The Next Can Do Canines Open House is on a Weeknight!

Can Do Canines invites you to attend an open house on Tuesday, August 8, from 6-8 p.m., at its Can Do Canines campus (9440 Science Center Drive, New Hope, Minnesota). Potential volunteers, clients, or anyone who might be interested in supporting the organization are invited to attend to learn how an assistance dog changes the life of a person with a disability.

Through a self-guided tour, attendees will be able to watch a trainer working with an assistance dog, hear from a volunteer puppy raiser, talk with volunteer staff members, pose questions to client services coordinators about the application process, and meet graduate teams from each of the five types of areas Can Do Canines trains dogs: hearing, mobility, seizure, diabetes and childhood autism. The assistance dog demonstrations will be held at 6:15, 6:55, and 7:35, and the puppy raiser will speak at 6:15, 6:35, and 7:15.

There is no pre-registration for this event, though attendees will be asked to share some contact information when arriving.

More information about Can Do Canines is at www.candocanines.org.



SIGN UP!

[https://www.signupgenius.com/g60B0E49AAAA2AA6FB6-](https://www.signupgenius.com/g60B0E49AAAA2AA6FB6-mnlions1)

[mnlions1](https://www.signupgenius.com/g60B0E49AAAA2AA6FB6-mnlions1)

Newsletter website Facebook page.

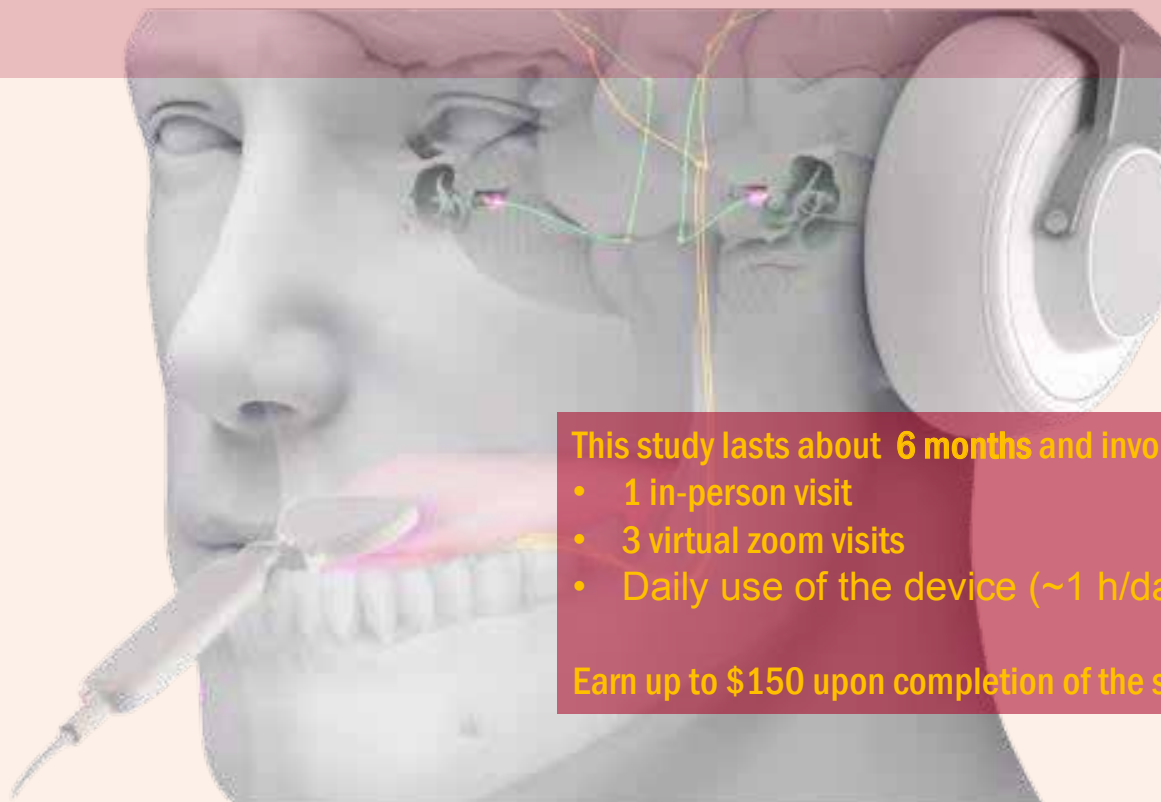


Tinnitus Research Study



UNIVERSITY OF MINNESOTA
Driven to Discover®

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



This study lasts about **6 months** and involves:

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

Earn up to \$150 upon completion of the study



Please contact us if interested

TinnitusUMN@umn.edu

[IRB] STUDY00015524



Approved for use
Effective on 10/1/2023
IRB Study Number: STUDY00015524



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)

Date: _____

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

_____ Attended one of the following: USA Canada Lions Leadership Forum, International
Convention or Multiple Convention. _____ Date: _____

(Event attended and date)

Date: _____

(Signature of District officer, Council Chairperson or Convention Chairperson)

_____ 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)

Date: _____

(Signature of club president, secretary or DG)

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

Signature of DG or District Secretary _____ Date: _____

**PUT YOUR EVENT ON
THE 5M4 WEBSITE!**
Please let us know if you'd like us to post your 5M4 club event.
Send to patrickposl@gmail.com



**Minnesota Lions Hearing
Foundation
Hearing Research Fellowship
Application**

Hearing Research Fellowship Application

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

Please **PRINT**

Club Name: _____ District _____

Person submitting Application: _____

Address where to ship recognition: _____

City _____ State _____ Zip _____ Phone _____

Contact email address: _____

RECIPIENT:

Name _____

Address _____ City _____ Zip _____

Please Check Appropriate Fellowship:

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

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

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

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

Amount of donation: _____ Check # _____ Date _____

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

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

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

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

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

Please allow 30 days to process & ship award recognition



Mn Lions Childhood Cancer Foundation Inc.

Believe Award

Application

Club Name _____

Address _____

City _____ State _____ Zip Code _____

Recipient:

Name _____

Address _____

City _____ State _____ Zip Code _____

Please check:

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

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

Mail or Email Application to:

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

Mail Award to: Name _____

Address _____

City _____ State _____ Zip Code _____



Learn!

LIONS LEARNING CENTER HAS A LIST OF COURSES - GO TO THE LIONS PORTAL AND SEARCH UNDER 'LEARN'

12:18 21° 82%

**Lion Portal
Important Dates!**

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

Before 6/15/23: Enter all club officers for 2023-2024

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

Before 6/15/23: Record any club or donations to LCIF are in the bank with the appropriate supporting documentation for recognition.

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

- Make sure every member has an email listed and no shared emails can be used in the new LIONS PORTAL
- Make sure member birthdays are entered since birth dates in MyLCI will be converted - even the old conversion 1/1/1900 date! Hint: in MyLCI under reports run "Member Information Update Report" and have your members update their info!
- Training is slated to begin in late April 2023 - Stay tuned!

17.

5M4 Newsletter

www.e-district.org/sites/5M4

JULY 2023



Fly In Breakfast

Sunday July 30, 2023

Join in the fun 8:00 a.m. – 12:00 Noon
at the Olivia Airport

Pancakes, Scrambled Eggs, and 'Prairie Meats' Sausage

\$15 per adult - \$7 kids 7-12 yrs and under 7 FREE



CHECK OUT CLASSIC CARS & TRACTORS

PEOPLE'S CHOICE CONTEST - CASH PRIZES AWARDED at 11:45

also Medivac helicopter, Jumpy Castle, Face Painting

**Our district date for KidSight screening at the State Fair is
Sunday, September 3rd! To volunteer, please follow the link below.**

We need volunteers!

**You will get free tickets into the Fair
and a parking pass for the day you work.**

Here is your link:

<https://www.signupgenius.com/go/5080d45adac2fa7f58-state3#/>

**If you have any questions, please reach out to Lion Sara Stricker –
KidSight Coordinator for 5M4.**



Need something in the newsletter? Send to: aneo@runestone.net