



5M4 Newsletter



IN THIS ISSUE

- Page 2 - A note from DGE Sue Kulbeik
- Page 3 - Alert Team Flyer
- Page 4 - Penquin Sock Walk Info
- Page 5 - MD5M Convention in St. Cloud
- Page 6 - MD5M Convention registration form
- Page 7 - **D-FEET HEARING LOSS WALK - June 3**
- Page 8 - **D-FEET HEARING LOSS** registration form
- Page 9 - Morris Lions Serve!
- Page 10 - Montevideo, Benson, and Spicer Sunrise Lions news
- Page 11 - Lions PORTAL DEADLINE DATES, In Memory of Mick Boone - Benson Lion Club member
- Page 12 - Tinnitus Research Study information
- Page 13 - Boston Conv. info. and USA/Canada Leadership Forum Sept. 21-23
- Page 14 - Forada Food Packing Day!
- Page 15 - Heart of a Lion Award form
- Page 16 - Wendell and Elbow Lake Lions news
- Page 17 - Glenwood and Lowry Lions Peace Poster winners
- Page 18 - Hearing Research Fellowship Application
- Page 19 - Cancer Foundation 'Believe Award' application
- Page 20 - MN Lions VISION annual meeting notice
- Page 21 - LCIF Tidbits



Let's get excited!

Coming soon to the Sauk Centre area is the new champions club, this club is designed for people with disabilities. This will be a unified club. Meaning there will be mentors helping out with the meetings and activities. This club is open to anyone with a disability. We have teamed up with local homes and providers to make this club a reality. We will be sending out information on the club's chatter night in the near future.

Other exciting news:

- * The multiple convention in St. Cloud on May 5th, 6th, 7th.
- * The international convention in Boston 7th through the 12th.
- * Spring officer training (dates and location to be decided)

For those Lions attending the multiple convention in St Cloud, congratulations. It is going to be very informative and fun. If you are not attending this year, consider going next year. It will be in Winnipeg MB.

The international convention in Boston will be 5M4 way to say THANK YOU to our international president Lion Brian Sheehan. This will be Lion Brian's big convention. Let's get as many people to the International Convention as possible. What great summer get away for the family.

Spring officer training what we like to call success fest is coming soon. This is a opportunity to share. knowledge and InSite on the officer positions as well as learn new ideas and ways. This training will be important with new platform coming out from LCI. This a exciting time for reporting. The new platform has been tested and should make club reporting much easier.

Can I ask you all to help me make these last few of our Lion year amazing and rewarding? I ask that we gather behind DGE Lion Sue and help her hit the ground running to achieve the goals of 5M4 in the next calander year. Reach out to DGE Sue and ask if there is something you can do to help. There are plenty of opportunities available.

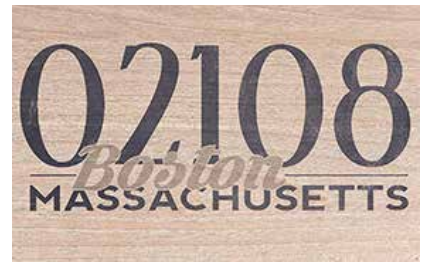


DG Lion Rob Wiener and Lion Jo Wiener

We are all looking forward to warmer weather. Remember if you have any questions thoughts or concerns never hesitate to contact me. I may not have the answer, but I do have the number to the person who does.

Thank you All.
5m4 DG Rob Wiener
5m4lionrob@gmail.com
320-241-7100





SIGN UP!

<https://www.signupgenius.com/g60B0E49AAAA2AA6FB6-mnlions1>
 Newsletter website Facebook page.

Lion Rob

A note from DGE Sue

PDG Bob Kulberk and 1st VDG Sue Kulbeik

I just re-read my article from the April newsletter where I was apparently premature in announcing Spring was arriving. It is snowing, again, as we speak. It has just got to stop!

As we move into the time where I am required to submit my goals for the year as District Governor, it has me reflecting on everything we have going on in District 5M4. What a terrific group of clubs, members, and leaders we have! I am always proud to attend conferences and conventions and let people know I'm from 5M4! We are the leaders within our Multiple – who else has an International President as one of their members?

I think we really have a so much to offer our members. We support each other and, when needed, offer a hand up – not out. I think that we lead the way for others and I'm happy to say that many districts from around the U.S. are aware of the work we have done and the way we serve our communities.

PDG Bob and I recently traveled to St. Augustine, FL, for a vacation and while we were there, we attended their local Lions Club meeting. It's fun to attend and meet other Lions and to hear about their projects. They just completed their annual "Lions Seafood Festival," which is a weekend of food, music, arts and craft sales, and did I mention FOOD, etc. They have THOUSANDS, of people from all over the country attend and it's a giant fund raiser for them. It also helps them spread the word about their club and service projects. They use much of the funds to support a local school for the Blind and Deaf. We're invited back for next year!

We also made a point to visit "Ivy Green" which is the home of Helen Keller. If you are ever in NE Alabama, please make a trip to this wonderful place. Lots of Lions have supported the property and there is a beautiful fountain in the garden of the 10 acres, which is dedicated to Lions. I could have stayed there all day. Coincidentally, there was a lovely lady who offered to take us on a tour of the house and grounds. As we talked, we discovered we are both District Governor Elects and will be installed together in Boston! We agreed it felt like we had definitely made a new friend while we talked.

I hope everyone has signed up for the Multiple Convention in St. Cloud in May. I'm looking forward to 5M4 setting the standard for attendees and, since we are hosting this event, it is most important that we are leading the way in attendance. Don't forget to bring hats, socks, gloves, for our project for the Ukraine!

If you have an event, project, or just something fun going on, please let us know. We can help you publicize your event and maybe increase attendance. We can share it on Facebook and also in this newsletter.

See you in St. Cloud!

DGE Sue Kulbeik

Cell: 605-949-0161

Email: kulbeik@gmail.com



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.



PENGUIN SOCK-WALK



MD5M 2023 CONVENTION FUND RAISER

SATURDAY, MAY 6TH

IMMEDIATELY FOLLOWING LUNCH!

PROCEEDS GO TO

TEAM SHEEHAN CHARITABLE FOUNDATION

Receive a Penguin Sock-Walk pin for a minimum donation of \$20.

Register in advance at the registration table.

Walk in your favorite Penguin Socks! (not required) All penguin attire welcome and encouraged!

All walking will be indoors at the Holiday Inn. One lap around the center of the hotel pool area.





103rd Annual MD5M Multiple Convention

May 5-7, 2023

Holiday Inn, St. Cloud, MN

HIGHLIGHTS

IP Brian & Lion Lori Sheehan
Live, in-person and not flat!

Mark Lindquist
Motivational Speaker

Ukraine Service Project

Sheehan Foundation Penguin
Sock Walk

Starkey Hearing Session

John Harrington
1980 Olympic Miracle on Ice



REGISTER ONLINE
If you plan to pay by check, it is kindly requested you fill registration out online. Details for mailing the check are included there.



MAKE YOUR HOTEL RESERVATION
SCAN WITH YOUR PHONE'S CAMERA



6.

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



May 5-7, 2023
Holiday Inn & Suites
St. Cloud, MN
www.lionsmd5m.org
Registration Questions? contact Dennis Heinen
320-491-3996
heinende@centracare.com
OR
Nikki Fisher, Visit Greater St. Cloud
320-202-6712
nikki@visitstcloud.com

Complete 1 form per attendee

Name _____
Title _____
Your District Club & Name _____
Phone Number _____
Address _____
City _____ State _____ Zipcode _____
Email _____
Are You A... Lion Leo First Timer
Will you require Braille Documents at the Convention? YES NO

PRICE INCREASES TO \$160.00 MARCH 1, 2023 **\$AMOUNT**

Full Hospitality Book	\$160.00	USD	includes all meals and registration fee	<input type="text"/>
Registration is included in any meal chosen below:				
Friday Night Social	\$25.00	USD		<input type="text"/>
Saturday Breakfast	\$30.00	USD		<input type="text"/>
Saturday Lunch	\$35.00	USD		<input type="text"/>
Saturday Banquet	\$55.00	USD		<input type="text"/>
Sunday Brunch	\$30.00	USD		<input type="text"/>

CIRCLE Saturday Banquet Option

Stuffed Chicken Roasted Pork Shoulder Wild Mushroom Fettuccine

Special Dietary Needs: _____

★ Make Checks payable to Lions MD5M Convention
PCC Dennis Heinen 12069 Bluegill Drive
Sauk Centre, MN 56378

→
Cancellation fees apply - NO cancellations accepted
after April 1, 2023

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



Minnesota Lions Hearing Foundation Annual Walk
TO D-FEET HEARING LOSS

JUNE 3, 2023
9:30 AM
DIAMOND POINT PARK - BEMIDJI, MN

- Entry Fee: \$25 (no t-shirt) or \$35 (includes t-shirt)
- Fee includes entry to park, lunch, plus lots of activities and games!
- Kids under 12 are free!
- Fun for families of all ages!
- A chance to change a person's life through your registration donation.
- Register at: <https://secure.qgiv.com/event/2023mlhfwalk/>
- Text DFEE2023 to 50155 to register or donate!

Sign up Today!

*Two locations
to choose
from...*

Minnesota Lions Hearing Foundation Annual Walk
TO D-FEET HEARING LOSS

JUNE 3, 2023
9:30 AM
MINNESOTA LANDSCAPE ARBORETUM - CHASKA, MN

- Entry Fee: \$25 (no t-shirt) or \$35 (includes t-shirt)
- Fee includes entry to arboretum/park, lunch, plus lots of activities and games!
- Kids under 12 are free!
- Fun for families of all ages!
- A chance to change a person's life through your registration donation.
- Register at: <https://secure.qgiv.com/event/2023mlhfwalk/>
- Text DFEE2023 to 50155 to register or donate!

Sign up Today!

**Registration
form on the
next page!**





D-FEET WALK REGISTRATION FORM

Club Name _____ District _____

Contact Person (please print) _____

Address: _____ City _____ State _____ Zip _____

Phone # _____ Email address: _____

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

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

Donation is on behalf of your club _____

Personal donation _____

\$25 donation with no t-shirt.

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

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

Youth sizes: small _____ medium _____ large _____

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

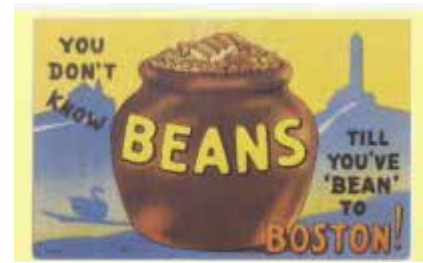
Attending the Dfeet Walk at the Minnesota Landscape Arboretum _____

Attending the Dfeet Walk in Bemidji _____

Please send check and registration form to:

Lion Rose Thies, Treasurer
Minnesota Lions Hearing Foundation
21515 371st Avenue
Green Isle, MN 55338-2027

Please make check payable to: Minnesota Lions Hearing Foundation



Morris Lions 'serve'

The Morris Lions Club sponsored the Morris Community Meal held on February 27, 2023 along with Federated Church and So-dexo. Our Lions members helped prepare the food on Sunday, March 26th and also volunteered to serve the meal and cleanup afterwards on March 27th. Our Lions Club has sponsored the Morris Community Meal for many years. It is a great fellowship event.

and...

Morris Lions Pancake Breakfast is held annually at the KKOK/KMRS Home Show held the 3rd weekend in March each year. Our Lions members volunteer their time to setup and serve pancakes and sausages to the community. A free will donation is taken and money is designated to a worthy cause. This year money raised will go towards purchase of books for second graders at Morris Area Elementary and St Mary's schools.



**Little tomato plants
will produce big
tomatoes!**



Montevideo Noon Lions

Montevideo Noon Lions members putting together 178 weekend snacks/meal bags together on March 28th for the Bring it Home backpack program that benefits students in the Montevideo school district.



Benson Lions

Benson Lions donate to Swift County Food Shelf. Marlys Boone, Benson Lions treasurer, presents a \$500 donation from the Benson Lions Club to Sue Fragodt of Swift County Food Shelf for the 2023 Food Share March Campaign

Spicer Sunrise Lions recycling efforts supported by local businesses

Don Williamson of West Central Sanitation and Jeff Karnes of the Little Crow Sports Center are recognized for their support of the Spicer Sunrise Lions efforts in protecting the environment by collecting glass, plastic, and aluminum cans for recycling.

When the county went to single sort recycling, the Lions were short of the big yellow top cans for all the glass and plastic from the Message in a Bottle containers located at the local service stations (Mels, BP, and Teals). The club received containers for collection from West Central. Lions empty and sort out the glass, paper and plastic for the county program. The alu-



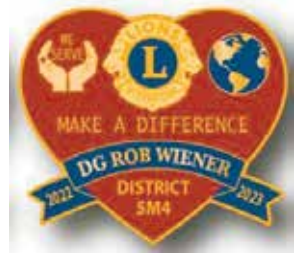
Spicer Lions president Lori Schellberg and Jeff Karnes of Little Crow Sports



Don Williamson of West Central Sanitation and Lion Lori Schellberg

minum is combined with cans from the club's trailer parked between Little Crow Sports Center and Perkins Lumber. Money earned from sale of the aluminum supports the Lion's charitable work.

Lions appreciate everyone who also protects the environment by properly recycling waste. Thanks go to Little Crow Sports Center for providing a place to park the trailer and to West Central Sanitation for providing a way to recycle the glass and plastic since the closing of the recycling site in Willmar.



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!



In Memory of Mitchell 'Mick' Eugene Boone

January 6, 1945 • April 17, 2023

Mitchell "Mick" Eugene Boone, 78, passed away peacefully at home with his wife at his side Monday morning, April 17, 2023, in Benson, Minnesota. On October 9, 1965, Mick was united in marriage to Marlys Ruth Dokken at Our Redeemer's Lutheran Church in Benson by Rev. Melvin Sucher. Together, they moved into their current home where they have resided for 57 years. They were blessed with three daughters, three sons-in-law, eight grandchildren, 60 years of love and 57 years of marriage.

Mick was very involved with church, school, and community activities in Benson. He was a faithful member of Trinity Lutheran Church for over 71 years where he proudly served on the church council, as a youth advisor, usher, and enjoyed being a part of men's group. He volunteered with the Benson Lions Club, served as a Hospice volunteer and many other civic activities. Mick and Marlys loved the outdoors especially biking and walking. Together, the Boones were avid swimmers year around at the Benson pools. Mick treasured visiting with friends, playing cards, dominoes, and working on puzzles. Mick also enjoyed woodworking, cruising, and "tinkering" in his garage.



Have a great Memorial Day

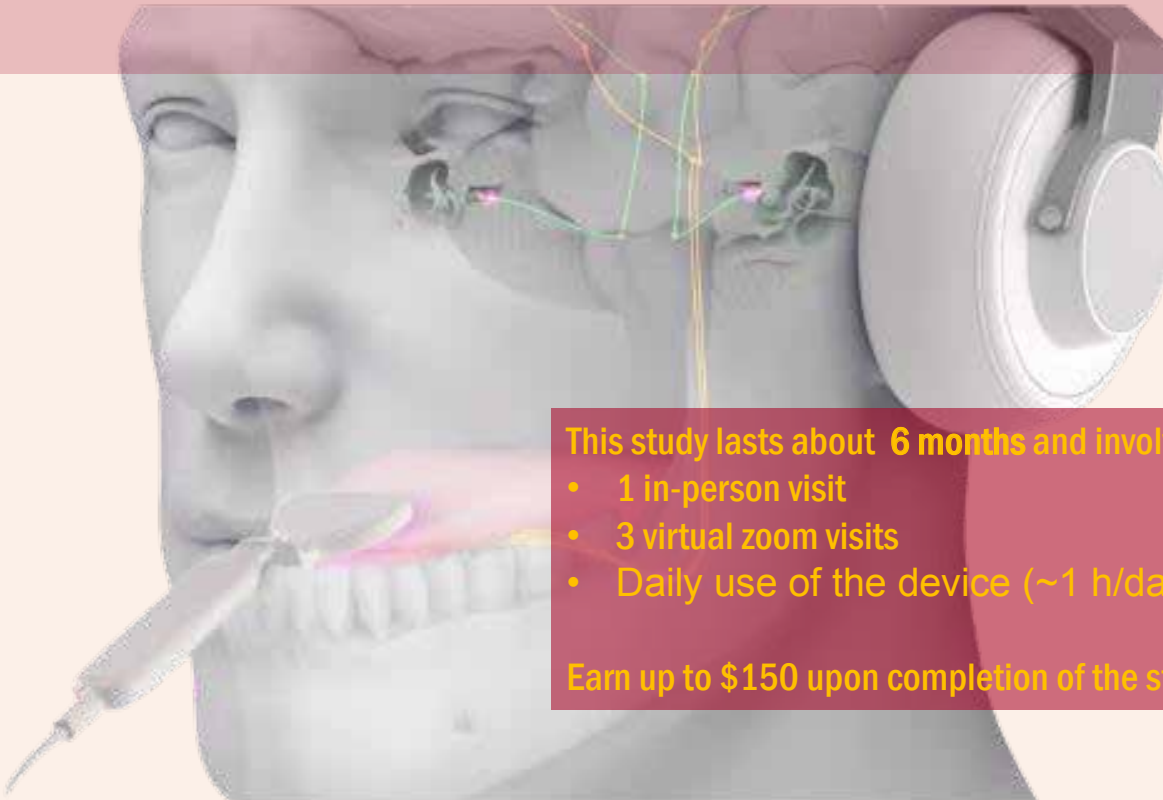


Tinnitus Research Study



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 10/1/2022
IRB Study Number: STUDY00015524



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://lcicon.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

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.

4 MEALS
included with
registration

**OVER 80
SEMINARS**



Visit LionsForum.org for more information



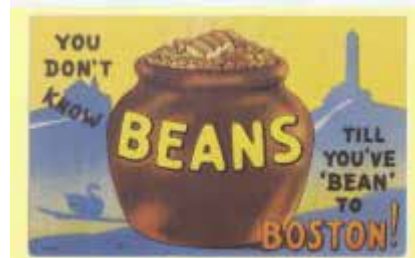
Fabulous Forada food packing event!

The Forada Lions held a very successful food packing event on Thursday, April 13 at the Forada Fire Hall.



Benson Lions lend helping hands

for the Harvest Food Packing Program. A group of Benson Lions members participated in the Harvest Food Packing Program that was held April 13 at the Forada Fire Hall. Terry Smith, Linda Smith, Jon Buyck, Beth Buyck, Cheryl McGeary, Pat McGeary, Patti Madden, and Donna Christenson represented the Benson Lions Club.



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)
_____ **Date:** _____
(Signature of club president or secretary)

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

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

_____ **Served as a Club Officer or District Chairperson.** _____ **Date:** _____
(Office or Committee Chaired)
_____ **Date:** _____
(Signature of club president, secretary or DG)

_____ **Be a Chair or Co-Chair of a club or district project.** _____
(Name of Project)
_____ **Date:** _____
(Signature of club president, secretary or DG)

_____ **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:** _____



Wendell Lions Fish Fry

The Wendell Lions were busy serving up a delicious fish meal last month. Lion Cindy helped serve and DGE Sue and PDG Bob and Lion Mickie had a chance to visit, too.



You are invited to the Elbow Lake Lion's next big event! Details below:



Elbow Lake Lions Fundraiser for local community projects

Tickets Available SOON!

at Historic Lakeside Pavilion, Barrett, MN • 5-9 p.m.
Saturday, August 26, 2023
SAVE THE DATE!

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

ADVANCE TICKETS \$50
\$60 at the door

Dinner Music
Cocktails
Games

PRIZES





Glenwood and Lowry Lions Clubs recognize 6th Grade Lions' Peace Poster artists



Last fall all 6th graders at Glacial Hills and Minnewaska Elementary were invited to participate in the Lions International “Peace Poster” contest. Nine students were awarded cash prizes last Tuesday evening at a joint Glenwood and Lowry Lions dinner meeting for the students, parents, and teachers.

Lions Clubs around the world have long been sponsoring this annual art contest in schools and among youth groups. By creating Peace Posters, children have an opportunity to express their visions of a peaceful planet, thereby inspiring the world through idealism, creativity, and posters.

Theme of the 2022-2023 contest was “Lead With Compassion.” Special thanks to the 6th grade teachers for sharing their passion for art and inspiring their students.

(Top Photo: L – R) Miranda Smith (Glacial Hills Elementary); Ryan Norsworthy (Glacial Hills Elementary); Piper Barsness (Minnewaska Elementary); Alyssa Pederson (Minnewaska Elementary). Back row: Glenwood Lion President Mike Bartell and Lowry Lion Secretary Deb Dahlseng. Others recognized for their creativity were Ariana Quelle, Emma Heidelberger, Aubrey Polzin, Cate Frey from Minnewaska and Mason Swenson (Glacial Hills). (Photo at left) Posters created by Ariana and Emma were recognized as the top two and submitted to the Lions 5M4 District convention for further competition.





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

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

Please PRINT

Club Name: _____ District _____

Person submitting Application: _____

Address where to ship recognition: _____

City _____ State _____ Zip _____ Phone _____

Contact email address: _____

RECIPIENT:

Name _____

Address _____ City _____ Zip _____

Please Check Appropriate Fellowship:

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

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

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

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

Amount of donation: _____ Check # _____ Date _____

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

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

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

Hearing Research Fellowship Application

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

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

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 _____

Annual Meeting Notice



MINNESOTA LIONS VISION FOUNDATION

Dear Lions and Leos of Multiple District 5M:

The Minnesota Lions Vision Foundation (MLVF) wishes to thank each and every one of you for your continued support of the foundation. Your Parade of Green donations, memorial and honorary gifts, fundraising events, and legacy (deferred giving) pledges have enabled us to continue fulfilling our mission to help improve and restore sight by supporting vision related projects.

Our Annual Meeting will be held on the morning of Saturday May 6, 2023 at the MD5M Multiple Convention in St. Cloud, Minnesota. This year we have a proposed amendment to Bylaws to change the term limits of Directors and will require a vote. Each Lions Club in Minnesota, and in attendance at the annual meeting, is entitled to one vote on this proposed by-law change.

Significant events for the past year include:

- SARS-CoV-2 research: Epidemiological evaluation of SARS-CoV-2 in donor corneal tissue. .
- Automated software to evaluate endothelial cell loss in DMEK. We have developed a sophisticated software that can automatically evaluate how much damage there is in a donor cornea after it has been processed for transplantation.
- MAC Center - Dr. Glenn Lobo reported at Thanksgiving for Vision on the use of the gift of ~\$30K to the MAC center to purchase a High-Performance Liquid Chromatograph (HPLC). Dr. Lobo reported on his work on Vitamin A metabolism in the retina and its role in Macular Degeneration.
- Lions Children's Eye Clinic - purchased 2 non-mydratic (Does not require dilation) cameras. The cost for two cameras is \$35K, and an additional \$5K to integrate patient images to their electronic medical record.
- Minnesota Lions Eyeglass Recycling Center: Over 12 millions recycled glasses have been collected since the start of this program.
- LifeSource: Our relationship with LifeSource continues to improve and evolve, including their participation at Thanksgiving for Vision. This strengthened relationship has led to four leaders at LifeSource joining the Minneapolis Ambassadors Lions Club.
- Legislation - The legislative effort by Minnesota Lions Vision Foundation is currently on pause due to our redeveloped partnership with LifeSource. This new level of friendship and cooperation could be derailed by the pursuit of eye banking legislation that may not have their support.
- Lions Gift of Sight continues to recover and distribute ocular tissue for transplant, research, and education in records numbers in their effort to restore sight.

The Minnesota Lion Vision Foundation Finance, Legal, Public Relations, and Long-Range Planning Committees will give a summary of our 2022 – 2023 year.

We look forward to seeing you and thank you for continuing to be “Knights of the Blind”.

Sincerely,

PDG Rob Hed, Chair

Minnesota Lions Vision Foundation Board of Directors



LCIF Tidbits- Did You Know?

- Over the years, LCIF Grants to Multiple District 5M total \$5,897,001 (179 grants)
- During this time, our district 5M4 received 11 grants totaling \$282,365.
- In our current Lions year our district has received 4 grants \$133,000
 - Greenhouse for Food Production & Education at WCA School, Barrett MN \$100,000
 - Tornado Relief, Forada, MN \$20,000
 - School Supplies Project at Mid-Winter Convention \$3,000
 - Relief for Ukraine coming up at MD5M convention \$10,000
- Details on the Ukraine Service Project at MD5M convention in St Cloud:
 - the following items are needed:
 - New hats, gloves, socks, rain ponchos or cash donations
 - Needed by Friday May 5th at 12 noon
 - Project to run from 12 till 3
 - Come help. I look forward to seeing you there.
 - Contact PCC Dennis Heinen for more details.
- LCIF is your Foundation! – and together, we can respond quickly for a powerful impact; just like LCIF came through for us when the tornado hit Forada last Memorial Day.
- The need for humanitarian help is great across our world, our country and here in our district.
- Your donation and your club's donation make a huge difference and 100% of it goes to help others.
 - All administrative costs are paid from a separate fund and 100% of your money goes to where it's supposed to!
- It's easy to make an individual donation:
 - Do it online at lionsclubs.org/donate
 - Or, mail a check payable to "LCIF" to Lions Clubs International Foundation, Dept 4547, Carol Stream, IL 60122-4547 USA
 - Or, send to me a check payable to "LCIF" and I'll forward it for you.
 - You will build up your own Melvin Jones Progressive credit when you donate.
 - Consider setting up an automatic monthly donation at lionsclubs.org/donate.
 - You can decide the amount. \$5 to 10/month really makes a difference and you'll barely miss it.
- By making an individual donation before June 30th you'll be helping DG Rob achieve his commitment of 150 individual member donations during his term. Anything you give is appreciated.
- Please promote LCIF at your meetings and your events. Need information? I can help. LCIF has a lot of handouts, vidoes, and resources available.
 - On YouTube, search "LCIF Videos" and you'll find some really good ones.
- Need a speaker at a meeting? Call me.
- Many clubs have more than \$1,000 credit built up from past LCIF donations. Bestow on worthy members or someone in your community a Melvin Jones Fellowship award. Call me for details. Allow six weeks to receive please.
- Club LCIF Coordinator - Generally, the Past President holds this position although it can be any member. Club Secretaries, please enter the name of your club's LCIF Coordinator on MyLCI. Currently 10 clubs in our district list a LCIF Coordinator and 41 do not. You have all been very supportive of LCIF and so I think this is merely an oversight.
- I sincerely thank you for supporting LCIF. DG Rob informed me today that our district ranks 4th highest in our Multiple District for reaching 116% of our annual goal. (Let's keep it going. The need is great.

Serving others together with you,
 Lion Allan Ulbricht
 320-267-4207
allan.ulbricht@gmail.com