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Form in this newsletter! Contact:

DGE Sue Kulbeik

kulbeik@gmail.com

Cell: 605-949-0161



# We are in full swing!



PDG Bob Kulbeik and DG Sue Kulbeik

The 5M4 Lions Club visits are in full swing and we are having such a wonderful time seeing old friends and meeting new ones! Clubs are getting so creative with how they raise funds and what service they offer to their communities. There is no end to great ideas in District 5M4! Please be sure you send pictures and descriptions of your projects to our newsletter so we can share your ideas.

We are also in full swing with the Mid-Winter Convention planning. In our December issue, we will be publishing a full agenda, but just know it will be busy and tons of fun. We are changing things up and trying some new ideas — so be sure you get your registration in soon (registration form included in this newsletter). One of my favorite things to do, is to get people together and just watch them come up with ideas, solve problems, or be creative. There will be plenty of that at our Convention. On Saturday afternoon, there will be a panel discussion about how to get new, younger, members, how to keep them, and what kind of service projects attracts these younger Lions. If your club is in need of some new blood, be sure and put this on your calendar. It certainly won't be the same old stuffy speech from behind a podium, but instead a group of terrific, young Lions talking about what gets them excited. How can we take that enthusiasm and put it out to our communities so we can attract more young Lions. The idea to do this kind of presentation came from a conversation I had with one of our Zone Chairs and his frustration with the apathy of some clubs and their members. He wanted to get the message out that Lions clubs are not just for your Grandparents — but for the 2nd and 3rd generations. Things are changing and we must change with them or our clubs will die. That's the last thing we want!

We have been inducting many new members at each club meeting! This is terrific progress toward our 1.5 million members by 2027. I've enjoyed speaking to many of these new members and finding out what drove them to join Lions. Sometimes it's to give back to their community, other times it's wanting to try something new, but many times it's just because someone ASKED them to join. Be sure you're that person who asks others if they would like to know more about Lions and attend one of your meetings.

Lastly, I'd like to take a moment to express our condolences to the Jerri and the whole family of PDG Skipp Timmons. Lion Skipp passed away recently and I think I should share the story of how I met him. You see, we were in the Florida Keys celebrating our 25th Wedding Anniversary years ago and my phone rang. It was then District Governor Skipp Timmons asking me if I could arrange to come to one of his clubs and speak about being a puppy raiser for Leader Dogs for the Blind. That club was in Elbow Lake, MN (we lived in Milbank, SD at the time). We were thrilled to agree to come and bring our puppy – because, you see, I had spent a good part of my life at our family cabin on the Lake near Elbow Lake.

We did our presentation that day and many of the Elbow Lake Lions club members were old friends and we so warm and welcoming. We were also approached by the Economic Development folks about coming to Elbow Lake and buying a business there. To make a long story short, that's exactly what happened. So, without PDG Skipp, we would have never made the move that changed our lives. Neither PDG Bob, nor I, would have had the honor of becoming District Governor. And for that, we will always remember him and be grateful.

Many blessings on your family during this Thanksgiving season. We are grateful for all of you too. DG Sue Kulbeik

kulbeik@gmail.com 605-949-0161

Remember, 5M4 is "Leading the Way"!

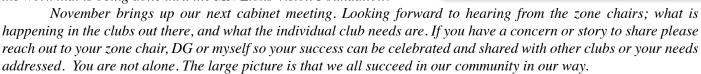


Jottings from Jacque!

Greetings fellow Lions...

The USA/Canada Leadership forum in Reno NV did not disappoint. The class line-up was impressive and that made it difficult to choose which sessions to attend. Much was focused on the LI goals of Mission 1.5 (reaching 1.5 million members by 2027) and Changing the World – by serving one person, one community at a time, thus being able to make a change in our world. Hoping to serve 3 Million people a year worldwide!

October is busy with a 2 day Vice District Governor training and the Council of Governor meeting in Brainerd Oct 18-20. Oct 27&28 are the annual Eye Ball and the Thanksgiving for Vision. An annual event to hear from the Vision Foundation, the new procedures for preventing blindness and to hear from people and families that have benefitted from the work that is being done thru the MN Lions Vision Foundation.



Please take a look at the enclosed Cabinet list – are there areas that may interest you? Could you help in some small way or a larger roll? What would interest you? Diabetes, Childhood Cancer, Protocol? – We could find a spot for you. Please consider accepting a role, OR to co-chair a position on the cabinet, I'd be happy to discuss what may be involved or expected for any position even if now is not the time for you. Thank you for all you do.

... Until December, Ask One, and continue to Serve.

1VDG Jacque Heinen

1VDG Jacque Heinen

Thank you. I looking forward to attending your club and district events.

Cell: 320.249.6536 VDG Jacque Heinen Email: lionheinen@gmail.com

Cell: 320.249.6536

#### GLOBAL SERVICE TEAM

Lions how are we doing with service projects? Maybe it is time to add a new project. Keep looking for new ideas to help your community. Ask your members for new ideas. New club members often bring new ideas. Is there something you can do for your local nursing home or help with a Special Olympics event. What does your local school need? Here is a list of 100 Service Projects, hopefully you get a few new ideas.

#### Lions Portal coming

The new Lions Portal will be released after January 2024. Please keep reporting in myLion and myLCI until it is available. The new Lions Portal will be gathering the same information that is reported in myLion and myLCI. Please contact Global Service Team if you need help entering service projects. PCC Dennis Heinen at heinende@centracare.com or cell 320-491-3996.







#### 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
- 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.

Please contact Lion Bonnie Lay at: laybonnie@icloud.com or 5M4 DG 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.



#### 2024 MID WINTER CONVENTION

45TH DISTRICT 5M4 LIONS MIDWINTER CONVENTION JANUARY 26, 27, AND 28, 2024 WILLMAR CONFERENCE CENTER, WILLMAR, MN

Please make your our Room Reservation HOST HOTEL - BEST WESTERN PLUS, WILLMAR, MN 2100 E HIGHWAY 12, WILLMAR, MN 56201

320-235-6060

OUR ROOMS WILL BE RELEASED TO THE PUBLIC ON DEC. 29, 2023



# Mada in Minnosota



m peme.	rjade ur Tijuuessaa 🏢				
INDIVIDUAL & FAMILY	REGISTRATION FORM				
Name	Club				
Lion's Title	Lion Lioness Non-member				
	Club:				
Lion's Title	Lion Lioness Non-member				
	City State Zip				
	E-mail				
	Ages				
	Ages				
REGISTRATION OPTION	IS				
REGULAR CONVENTION PACKAGE (INCLUDES ALL MEALS) REGISTER BY DECEMBER 19, 2023  @ \$125.00 Regular Attendees @ \$50.00 First Time Attendee (Dist. 5M4 only)  @ \$50.00 Children 12 and Under  REGULAR CONVENTION PACKAGE (INCLUDES ALL MEALS) REGISTER DEC 20, 2023 OR AFTER  @ \$135.00 Regular Attendees @ \$50.00 First Time Attendee (Dist. 5M4 only)  @ \$50.00 Children 12 and Under  PLEASE CHOOSE YOUR BANQUET MEAL: Walleye Turkey (note how many each)  Any special dietary needs?  For those attending ONLY Saturday or Sunday (no meals sold on site)  Breakfast @ \$25.00 / Lunch @ \$30.00  Banquet @ \$40.00 / Please include your meal choice: Walleye Turkey  Sunday Brunch @ \$30.00					
PAYMENT OPTIONS					
Cancellations after January 10, Make Checks P Send to: S	NS NEED TO BE RECEIVED BY JANUARY 10, 2024 2023 will be charged \$20. Cancellations after January 15, 2024 - no refund. Payable to: District 5M4 Lions Mid-Winter Convention Fund Schellberg Lions, 6233 97th Ave. NE, Spicer, MN 56288				
Credit Card	Exp. Date CVC				

\_\_\_City \_\_\_\_

Signature \_\_\_\_

Printed Name \_\_\_

\_\_\_\_\_ State \_\_\_ Zip \_\_\_\_

#### Mid-Winter Convention Monthly Update Page

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

Date: January 26, 27, 28, 2024

Place: Willmar Convention Center/Best Western Motel

Theme: "Made in Minnesota"

NOTE THE TWO REGISTRATION PAGES - ONE FOR LEOS AND CHAMPION LIONS. ANOTHER FOR EVERYONE ELSE. PLEASE FILL OUT YOUR REGISTRATIONS AND SEND THEM IN ACCORDING TO DIRECTIONS AT THE BOTTOM OF THE PAGES.

**NEW PANEL DISCUSSION** 

How to attract new, younger Lions, how to keep them, and what type of service projects interests them

#### **FUN FOR LEOS & CHAMPIONS**



They will be having "Dining in the Dark," white cane training, and test driving a Leader Dog – all while blindfolded. Special guests from Leader Dog will 'quide.'

#### RECYCLING SERVICE PROJECT



Bring your collected glasses, hearing aids, shoes for Soles for Souls, and plastic garbage bags. We will be sorting at the convention and would love to get as much of these items as possible

#### **GOOD OLD MINNESOTA POT LUCK**

Be sure and bring a snack to share in our Hospitality Room! What's your favorite munchie? Herring? Lefsa? Bars? We're hoping to have the biggest smorgasbord of snacks ever offered on Friday night. And what are we having on Saturday night, you ask? Leftovers - a Minnesota tradition! There will also be s'mores and a cash bar available.



#### **MADE IN MINNESOTA**

Wear your favorite Minnesota wear to the Hospitality Room – sports gear, red plaid, cammo, or dress like a Minnesota famous person. Anybody got a Prince outfit, or how about Jesse Ventura?



6.

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

#### 2023/24 5M4 CABINET MEMBERS

We are here to support you! If you need anything, or would like to schedule us to come visit your club, please reach out! **We Serve Together!** 

		, , , , , , , , , , , , , , , , , , ,	e serve Together!				
	DG Lion Sue Kulbeik	District Governor	kulbeik@gmail.com	605-949-0161			
	1VDG Lion Jacque Heinen	1st Vice DG (2024/25)	lionheinen@gmail.com	320-249-6536			
	2VDG Lion Susan Krumrey	2nd Vice DG (2025/26)	susan@ksmillwrights.com	320-295-8327			
	Lion Susan Krumrey	Cabinet Secretary	susan@ksmillwrights.com	320-295-8327			
	Lion Denise Sundblad	Cabinet Treasurer	district5m4@outlook.com	320-766-3266			
	PDG/CC Lion Rob Wiener	Council Chair	5m4lionrob@gmail.com	320-241-7100			
	Lion Craig Shellberg	5M4 Convention Chair	spicerlioncraig@gmail.com	320-894-6843			
	Lion PDG Bob Knutson	Childhood Cancer	lionbobbyk2017@gmail.com	320-295-1757			
	Lion Merlin Athmann	Childhood Cancer	athmann.mer@gmail.com	320-522-1264			
	Lion Amy Swenson	Diabetes Foundation	aswenson@isd2342.org	218-770-1219			
	Lion Lori Schellberg	Diabetes Foundation	lorischellberg@gmail.com	320-894-8643			
	Lion Jeff Gunderson	Environment Chair	shergund@hotmail.com	320-815-3478			
	Lion Mickie Rogal	Global Leadership Team	mickierogal@gmail.com	218-731-9749			
	Lion PDG Marty Athmann		oach athmannmarty@hotmail.com	320-522-0856			
	Lion Jason Kerfeld		kerfeld@mainstreetcom.com	320-429-0794			
	Lion PCC Dennis Heinen	Global Service Team	heinende@centracare.com	320-491-3996			
	Lion Barry Erdahl	Hearing Foundation	barry.erdahl@gmail.com	320-349-1108			
	Lion PDG Bob Kulbeik	Hearing Foundation	kulbeik@hotmail.com	605-949-0136			
	Lion Sara Stricker	KidSight	sjstrickes@yahoo.com	641-430-6329			
	Lion Allan Ulbricht	LCIF	allan.ulbricht@gmail.com	320-267-4207			
	Lion Mary Bolas	Leader Dog	marybolas.mb@gmail.com	320-815-0343			
	Lion Jamie Shoutz	LEOS	storedirector.2022@cobornsinc.com	320-699-0371			
	Lion Bonnie Lay	Lions Alert Program	foradalions@outlook.com	320-766-5394			
	Lion PDG Ron Branch	Long Range Planning	branch@rea-alp.com	320-460-0135			
	Lion Anne O'Flynn	Monthly Newsletter	anneo@runestone.net	320-815-5790			
	Lion PDG Dan Plowman	Nominations	mtdrplowman@hotmail.com	320-813-3790			
	Lion PDG Bob Kulbeik	PDG Advisor	kulbeik@hotmail.com	605-949-0136			
	Lion Ron Buse		ron.buse06@gctel.com	218-639-1114			
	Lion PDG Dennis Zimmerman	Project New Hope Protocol		320-333-8404			
			dezim@mainstreetcom.com				
	Lion Dianna Nelson Lion PDG Kent Beissel	Special Olympics	diannanelson@mainstretcom.com	320-766-7412			
		T.E.A.M. Sheehan Founda		220 401 2006			
	Lion PCC Dennis Heinen	Technology	heinende@centracare.com	320-491-3996			
	Lion Craig Shellberg	Vision Foundation	spicerlioncraig@gmail.com	320-894-6843			
	Lion Pat Posl	Website	patrickposl@gmail.com	220 761 0406			
	Lion Mike Beilke	Zone 1 Chair	mbeilke62@gmail.com	320-761-9406			
	Alexandria, Carlos, Forada, Miltona, Osakis, Sauk Centre, Sauk River Campions, Villard						
	Lion Todd Jorgenson	Zone 2 Chair	todd.jorgensen3@gmail.com	320-288-5888			
			ille, Grant County, Hoffman, Kensington, Wendell,				
	Lion Tom Moe	Zone 4 Chair	tmoe@fedtel.net	320-413-0247			
	Appleton, Dawson, Maynard, Mil						
	Lion Sue Honken	Zone 5 Chair	susanhonken@gmail.com	320-905-2412			
	Clara City, Danube, Raymond, Ro						
	Lion Todd Fritsche	Zone 6 Chair	dragon376381@yahoo.com	507-766-7528			
			o Lake, Fairfax, Franklin, Hector, Olivia				
	Lion Terry Smith	Zone 7 Chair	tgs1871@yahoo.com	320-894-1871			
	Kerkhoven, New London, Pennoo	ck, Spicer Sunrise, Willman	Noon, Willmar Vyas				
1							

Open Position Constitution/By-Laws

Open Position USA/Canada ForumOpen Position

Open Position Zone 3 Chair, Benson, Garfield, Glenwood, Hancock, Lowry, Morris

Open Position Zone 8 Chair, Atwater, Cedar Mills, Cosmos, Darwin, Grove City, Kingston, Litchfield





#### Hector and Buffalo Lake Lions - KidSight!

The Hector and Buffalo Lake Lions Clubs screened 214 children from classes, pre-school to high school, at the BLHS District. Of those, we caught 28 children that were referred. Our clubs will now work with the area optometrist if further funding is needed for classes. Pictured are Hector Lions member Sara Stricker (who is also our District KidSight Chair), employees from Frandsen Bank, and Pam Kottke and Susan Krumrey from the Buffalo Lake Lions Club.

Cabinet Secretary Needed

Due to other leadership roles coming up, I am in need of giving up the position of Cabinet Secretary to another capable individual that is interested in learning more about how our district runs, has interest in a leadership role, and is willing to take meeting minutes for us! You will need to commit to 4 meetings a year, one happening at the Mid-Winter convention, and also take notes for the business meeting at the convention. This person will also keep an email list of all clubs in our district (Secretary and/or President) for furthering on communication with them as directed from our District Governor or other cabinet members, to ensure our zone chairs and clubs within our district are well informed. You will be the contact for them as they may reply to you – you will need to have good communication skills, answering their needs or furthering on their email to the correct person to ensure all club members are taken care of in a timely manner. If this position is for you, or you have interest and want to learn more, please contact DG Sue Kulbeik at kulbeik@ gmail.com, 1VDG Jacque Heinen at lionheinen@gmail.com, or myself/2VDG and Cabinet Secretary Susan Krumrey at susan@ksmillwrights.com. There is a cabinet meeting coming up, I invite you to come along with me, I can train you in!







#### 2024 MID WINTER CONVENTION

**45TH DISTRICT 5M4 LIONS MIDWINTER CONVENTION** JANUARY 26, 27, AND 28, 2024 WILLMAR CONFERENCE CENTER, WILLMAR, MN

Lea and Champions registration form

HOST HOTEL - BEST WESTERN PLUS, WILLMAR, MN 2100 E HIGHWAY 12, WILLMAR, MN 56201 • 320-235-6060

A special January 27 is planned for you!



**Printed Name** 

QUESTIONS? CALL: 320-894-8643

## Theme: 'Made in Minnesota'



#### A full day of events on Saturday just for you Leos and the Sauk River Champions Club!

- Recycling project Pízza 'Lunch &' Learn' with Leader Dogs and their partners
- "How does it feel to be blind?" lunch in the dark, white cane training, and Leader Dog test drive!

LEO & SAUK RIVER CHAMPIONS REGISTRATION FORM					
Name	Club _				
Lion's Title		(President, etc.)			
City	State Zip				
Phone	E-mail				
REGISTRATION FOR S	SATURDAY, JANUARY 27, 2024				
(all served while you are vand eating your lunch)	any?)@ \$15.00 - Includes pizza, a bewearing a blindfold so you can feel v	<u> </u>			
PAYMENT OPTIONS					
Cancellations after January  Make Check	ONS NEED TO BE RECEIVED E 10, 2023 will be charged \$20. Cancellations as Payable to: <u>District 5M4 Lions Mid-Winter</u> be: Schellberg Lions, 6233 97th Ave, NE, Spice	after January 15, 2024 - no refund. r Convention Fund			
Credit Card	Exp. Date	e CVC			
Address	City	State Zip			

Signature

OR E-MAIL: spicerlioncraig@gmail.com





#### Please remember your club members who have passed away this past year

5M4 Memorial Service names/photos are needed to honor them at the convention. It's time to gather the names and photos of any Lions members, from your club, who have passed away in 2023. This will be used for the Mid Winter convention Memorial Service in Willmar on Friday, January 26th. Please email Kellie Knudson, no later than January 10th, your Club name, a list of deceased members and a photo for each Lion to be included in the slide show. My email is:lionkellieknudson@yahoo.com





#### Three new Elbow Lake Lions!

Lance Wittnebel, sponsor: Matt Miller; Craig Beytien and Kristina Beytien, sponsor: DG Sue Kulbeik



#### We need you!

I am passing along a great opportunity to volunteer at the SO State Bowling Tournament in Alexandria,

November 11 and 12th. There are various jobs available! Come have some fun with our Special Olympic athletes – they wouldn't be able to do this great tournament without people LIKE US!!! Please consider giving of your time! Club Presidents and Secretary's – Please make sure to pass this along to your club members! Communication is key to making sure all our members are aware of great opportunities such as this. Please pass this along!!







#### District Governor Club Visit Form



Club Name:
Club Location:
Address:
Dates for Club Visits: 1st Choice
2 <sup>nd</sup> 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? YesNo
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. Lam looking forward to coming to visit with your club!!

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









#### Wendell Lions serve up Harvest Festival meal

On October 7 the Wendell Lions held a Harvest Festival meal at the Wendell Community Center. Proceeds from the meal were donated to the Wendell Fire Department for new gear.

#### Can Do Canines to Host Open House November 11

Can Do Canines invites you to attend an open house on Saturday, November 11, from 12-2 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 dog host, talk with staff members from the volunteer



department, 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 12:15, 1:55, and 1:35, and the dog host will speak at 12:15, 12:35, and 1:15.

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.





#### PDG'S of MD5M,

MISSION 1.5 is the drive to reach 1.5 million members worldwide, so we can better meet the growing needs of our communities and serve more people than ever before. MISSION 1.5 starts with you.

When we invite new members to our clubs and build new vibrant clubs, it does more than make our communities stronger, it makes the world a kinder, healthier and better place to live.

Our International President Dr. Patti Hill is challenging all of us to step up and help grow our association. Dr. Hill is asking all of us to go out and find at least one new member to join our association.

We have all heard the different acronyms that are associated with PDG. Everything from Power Done Gone, Permanent Dinner Guest, Pretty Darn Good and the one that is the most accurate, Providing District Guidance.

Now more than ever we need to step up and provide that district guidance. All Lions have been challenged to grow our association and International President Dr. Patti Hill is asking us as PDG'S to step up and show the Lions of MD5M that we lead by example.

The challenge is simple, recruit at least one new member to our association. As leaders of our multiple will you accept the challenge of our International President and sign up that new member?

The challenge is made!

Will you accept the Challenge? I Have!! If you are ready to accept our International Presidents Challenge, let your Fellow PDG'S know that you are on the team to grow our association.

PDG Jay Norby CA1 GAT Area "C" Leader IA/MN/ND/SD/WI Lions International 218-298-1031 ljnorbs@arvig.net





The CarFit event was hosted by Countryside Public Health, Prairie Five Community Action, and Big Stone Therapies with volunteers from the **Benson Lions Club** Wednesday, Sept. 27 at the Benson baseball fields parking lot.

CarFit is an educational program for older adults that provides a quick, yet comprehensive review of how well you and your vehicle work together. The program also provides information and materials on resources that could further enhance safety as drivers. At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety with a 12-point checklist



assessment. Some areas that are assessed include mirror and driver positioning, line of sight, seat belt use, and safety features. A CarFit check takes approximately 20 minutes to complete. Physical changes, such as arthritis and decreased range of motion, can make vehicle safety especially challenging for older drivers. That's why CarFit is committed to educating older drivers on how they can adjust and interact with their vehicles in ways that optimize comfort and safety.

Keep an eye out for future CarFit events.









TERNATION



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

5M4 is proud of our contributions!

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

**JULY 2023** \$7,384.00 **AUGUST 2023** \$1,115 YTD: \$8,499 \$2,990 YTD: \$11,489 **SEPTEMBER 2023 OCTOBER 2023 NOVEMBER 2023 DECEMBER 2023 JANUARY 2024** FEBRUARY 2024 **MARCH 2024 APRIL 2024 MAY 2024 JUNE 2024** 

Last year (2022-2023) our district donated \$52,120.
The year before (2021-2022) we raised \$98,251.
Goal for our district this year is \$57,350 (which is \$39.50/member)

Thank you to all 5M4 Clubs for your donations!

www.lionsclubs.org

14.

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

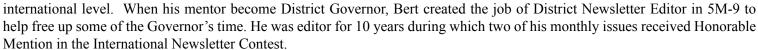


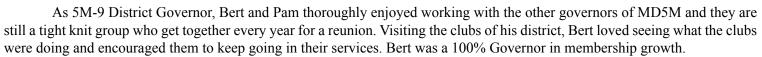
#### Bert Nelson for International Director

Bert would like to encourage you to attend the MD5M Convention in April 2023 in Winnipeg, Canada. The convention is a great place to learn more about what Lions can do and have accomplished. Not only will you meet new Lions and old friends, but you will also have the opportunity to vote for our next International Director from our great multiple.

PCC Bert Nelson has been a member of the New York Mills Lions club in Minnesota since 1991. He became a Lion to meet members of his community, but since then, he has become a Lion who loves how this organization gives him to opportunity to help others in need around the world.

Bert soon became a Zone Chairman after joining Lions and began to see the level of work on the district, multiple and





Bert 's true passion for helping a Lion become a better leader/person was created when he became an instructor at the original Regional Lions Leadership Institute and taught for 14 years. He is proud of the graduates from RLLI and enjoys watching them grow in their own Lions future. Bert has also presented a seminar at five USA/Canada Leadership Forums.

For the last 11 years, Bert has been MD5M's LCIF Chairman. He has consistently kept our great multiple in the top three contributors to LCIF in Area 1.

With all his involvement in Lions, you would think Bert had no time for other things, but like Pam says, if you want something done, ask a busy person. Bert held the job of Township treasurer for over 20 years. He was on the Church council as trustee. Bert currently is a 30+ year fire warden and a pyrotechnician. He has been helping area communities celebrate by setting off fireworks shows for 20+ years. For the past 30 Christmas's, Bert has been New York Mills Santa Claus at their festival. He was told by a little boy who had seen Santa in another town that "he (Bert) was the real Santa".

Bert and Pam have 3 children and 3 grandchildren. Bert enjoys deer hunting, golf, playing cards, and uplifting the mood by telling a joke or two. Life is just better with happiness in it.

Contact information of Bert Nelson, Cell phone 218-298-0599, Email lionbert.a.nelson@gmail.com

Thank you for your support in Bert's campaign for International Director.



15.

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

#### News from the Home Front from Future Leader Dog Hawkeye

A warm lick to all Lions!

The day has arrived – Mom and Dad are taking me to college at the Leader Dog Campus. I'm looking forward to meeting new friends and my littermates – it will be fun to play with them. Mom says that College isn't just all fun – that I will need to work and think about how to keep my human safe as we confidently go places together. Mom sat me down and had "the talk" about how Leader Dog will make sure if I am physically up to the riggers of college and guide dog work. Once I pass that hurdle it will be time to hit the books (so to speak). Here is my schedule at college (college is 4 months long).

FUNDAMENTALS-Building a Relationship with my teacher.

- Intro to Guide Equipment
- Establish base behaviors, social behaviors.
- Curb ID
- Comfortable with stairs and elevators

#### BASIC – Simple environment

- Guide dog skills
- Walking in a straight line
- Targeting doors, chairs, and stairs
- Distractions Staying Focused
- Obstacles low, overhead, narrow, full blockage

#### MID TERM EVALUATION

INTERMEDIATE – Increase in activity and distractions in work environment.

- Obedience
- Impulse control
- Separation
- Turns
- Crossing streets
- Up and Down Stairs

ADVANCED – More distracting environments with LOTS of activity. Escalator work

#### **GRADUATION!**

I have made many Lion friends during my puppy months. International President Brian, District Governor Sue 5M4, she gave me pins to wear on my jacket! They are very shiny and pretty. Thank you, Sue! Went to the Wendell fundraiser supper. Attended the DG combined meeting of Kensington and Hoffman Lions. Attended the zone chair informational meeting and secretary/treasurer meeting in Elbow Lake. Bye! Hawkeye







### DK3 for ID

Hello Lions,

As some of you already know I am seeking the endorsement of our Multiple District for the office of International Director of Lions Clubs International.

I have dedicated my Lions' life to service and leadership. commitment to help make my community and world a better place by working with other Lions to make a difference, to leave things better than the way they were before. To lead by example and inspire and motivate other Lions to do the same. To continuously challenge present day thoughts and actions to make sure that the path we are on is the best for our members, clubs and association.

I have spent most of my Lions career and my private sector career in management positions. Leading teams, managing groups of people, giving guidance and motivation to team members and leaders to help them reach their goals and potential. I will continue to do this as a member of the board. Being able to represent our Lions and our association at the International level requires a team approach. I have an amazing service partner, Lion Cheryl. She is a proven leader and motivator who is dedicated to our motto, "We Serve." We both believe in the concept of servant leadership. This is leadership approach that puts serving others above all other priorities. Rather than managing for results, a servant leader focuses on creating an environment in which their team can thrive and get their highest-impact work done.





In our district 5M6, I have served as a trustee to the MN Lions Vision Foundation, twice as District Mid-Winter Convention Chair, and as the District Global Leadership Coordinator. In this role I developed the Club President's Happy Hour. A quarterly gathering of club presidents to improve the communication between the clubs and district leadership.

In our multiple district I am currently the Global Leadership Team Coordinator, responsible for all leadership development and training, RLLI, ELLI, and FDI as well as District Governor Elect and vice district governor, I have held this position since 2019.

I also was instrumental in starting the KidSight program and have held the position of Chair of the Board of Directors of the MD5M Lions KidSight Foundation, Inc since 2017. Our Lions have screened over 125,000 kids since this program began. My experience on the club, district, multiple district and international level has positioned me to be able to fulfill the duties of a member of the International board. Lion Cheryl and I pledge to do our best to represent our Lions and help to make our association the standard to which all other service associations are measured.

To read more about my experience and qualifications please visit my website: teamdennis.net and visit our Facebook page, DK3 for ID. You can also email at <a href="mailto:teamdennislion@gmail.com">teamdennislion@gmail.com</a> with any questions or if you would like to support my campaign. We hope to meet many of you at the mid-winter convention.

Your consideration of my candidacy will be greatly appreciated.

Lion Dennis



(Below) The tickets can be purchased from PDG Jeff Swenson 218-770-1779 or Lion Craig Schellberg 320-894-6843. Also gift baskets and bottles of wine are needed from members and clubs.



# The Jammers

Wine Pull • Appetizers • Cash Bar \$30 per person • \$50 per couple Cash or Check Semi Formal/Business Attire Contact Lion Deb Bialke at liondebbialke@gmail.com

> Earle Brown Heritage Center Captains Room 6155 Earle Brown Dr, Brooklyn Center, MN 55430 7:00pm - 9:30pm

Can your club donate wine for our wine cork pull? Contact Lion Deb Bialke at liondebbialke@gmail.com 5M4 has 69% of clubs who report their members info and meeting attendance.



We'd like to get that up to at least 75%! You can help!

#### Club Secretaries - we need your reports please!

- After each meeting go to Lions Clubs International link
   (on E-club site) or www.lionsclubs.org
   2. Go to Member login: MyLion
  - 3. Enter the information and you are finished!



https://www.e-district.org/sites/5m4/

#### 5M4 CLUBS!

Please start
planning your silent
auction basket
donation for
the Mid-Winter
conventionremember
the theme:
'Made in Minnesota'
THANK YOU!





# 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







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

FOLLOW THE LEADER LeaderDog.org [] 2 @

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



#### One Hundred Service Ideas





#### **Diabetes**

- 1. Organize a "Strides: Lions for Diabetes Awareness" event.
- Organize a community support group for parents of children with diabetes.
- 3. Volunteer to serve at a children's diabetes camp.
- 4. Invite a healthcare professional to speak about diabetes at your club or district meeting.
- 5. Partner with local healthcare providers to organize diabetes & vision screenings.
- Distribute educational resources to increase diabetes awareness at a community health fair.
- 7. Organize a walking club for seniors with diabetes.
- 8. Provide a diabetes magazine subscription to your local library.
- 9. Sponsor a child in need to attend diabetes camp.
- 10. Donate diabetes books to your library with a bookplate to identify your club's donation.
- 11. Work with your local school to invite a health care professional to speak about diabetes.
- 12. Post monthly articles about diabetes on your club or district website.
- Promote diabetes prevention through a radio public service announcement.
- 14. Sponsor a healthy cooking demonstration for people with diabetes.
- 15. Organize a school or community vegetable garden to encourage healthy eating.
- 16. Work with a community podiatrist or foot care specialist to provide foot screenings.
- 17. Partner with your local diabetes organization to offer programs & materials.
- Promote community resources and online materials from LCI partners NDEP, DECA & IDF.
- 19. Promote the importance of an annual dilated eye exam to detect diabetic eye disease.
- 20. Provide educational materials to schools & physician offices.

#### 0

#### **Environment**

- Plant trees with the advice of a local environment organization on the best locations and varieties.
- 22. Clean up a beach, community space or roadside area monthly as a club.
- 23. Hold an environment-themed photo contest at a school. Plant a tree or another green form of recognition to honor the winner.
- 24. Challenge all Lions in your club or district to add one green habit to their daily lives.

- 25. Recognize a local organization or community leader for environmental conservation work.
- 26. Volunteer with your local park service to maintain trails. Help more people access and enjoy nature!
- 27. Commit to "Meatless Mondays" or not eating meat one day each week.
- 28. Collect used cellphones and donate them to individuals in need.
- 29. Lead an after-school nature walk.
- Survey homes and community areas for leaks in sinks, communal spigots or water fountains.
   Contact relevant officials for repairs.
- 31. Work with city officials to paint "no dumping" signs near road drainage areas.
- 32. Identify where to recycle toxic items and share the collection schedule.
- 33. Organize a mural competition to promote environmental awareness. Paint the mural in a prominent community location.
- 34. Implement a recycling drive where people donate gently-used items to charity organizations.
- 35. Develop a demonstration garden or landscaping plot using native plant species to restore the habitat and conserve water.
- 36. Sponsor a training program for farmers on how to make and use organic fertilizers and pesticides.
- 37. Produce a monthly nature program on a local public radio station.
- 38. Partner with a local carpenter to build rain barrels. Hold a training session with community members to promote using them for watering and irrigation.
- Organize an alternative transportation incentive program to encourage walking, biking, public transportation and carpooling.
- 40. Establish a school garden and composting program to improve school meals & reduce waste.



#### Hunger

- 41. Volunteer to deliver prepared meals to those who are elderly or visually impaired.
- 42. Organize a program at a local school to provide healthy, nutritious meals.
- 43. Prepare food baskets for families in need.
- 44. Volunteer at a soup kitchen or homeless shelter.
- 45. Take families in need shopping for fruits and vegetables.
- 46. Organize an event to benefit a food bank in your community; use cans of food as admission.
- 47. Hold a hunger walk and use proceeds to buy food for a children's center or a homeless shelter.
- 48. Create a cookbook of inexpensive, easy recipes.







#### **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:(Name of Lion Memb	Club:	
(Name of Lion Membe	er)	
Sponsored a New Lion		:
(Name of new member	**************************************	
(Signature of club president or secretary)	Date:	
(signature of club president of secretary)		
Attended a Zone Meeting		Date:
	ne # meeting attended)	
	Date:	
(Signature of a Zone chairperson)		
Attended the 5M4 Mid-Winter Convention		Date:
(Sig	nature of convention chairp	erson)
Served as a Club Officer or District Chairperson		Date:
	(Office or Committee	Chaired)
	Date:	
8.8	(Name of Project)	
(Signature of club president, secretary or DG)	(Name of Project) Date:	
(Signature of club president, secretary or DG) Attended one training event: 5M4 Forum, Office other Lions Clubs International sponsored class	(Name of Project) Date: er training, Leadership	
(Signature of club president, secretary or DG) Attended one training event: 5M4 Forum, Office other Lions Clubs International sponsored class (Training event)	(Name of Project) Date: er training, Leadership s ning attended and date)	training or
(Signature of club president, secretary or DG) Attended one training event: 5M4 Forum, Offic other Lions Clubs International sponsored class (Trai	(Name of Project) Date: er training, Leadership 5 ning attended and date) Date:	training or
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#### MN Lions Childhood Cancer Foundation Inc.

#### **BELIEVE AWARD APPLICATION**

Recipient Information:			
Name:			
Address:			
City:		ST:	Zip:
Please Check:			
Donation/cumulative dona			
Memorial Donation of \$1,0	000 given in memo	ny of a decease	ed Lion or non-Lion.
	ooo given in memo	y or a decease	d Lion of hon Lion.
	or		Application to:
Mail Application to:		Email	Application to:
Mail Application to: Lion Tom McCarthy 23535 735th Ave Dassel, MN 55325	or	Email	Application to:
Mail Application to: Lion Tom McCarthy 23535 735th Ave Dassel, MN 55325  Mail Award to Club Representa	or	Email	Application to:
Mail Application to: Lion Tom McCarthy 23535 735th Ave Dassel, MN 55325  Mail Award to Club Representa	or ative:	Email	

#### SIGN UP!

https://www.signupgenius.com/g60B0E49AAAA2AA6FB6-mnlions1 Newsletter websiteFacebook page.





#### **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 Appropria	ate Fellowship:					
	Individual Fellowship = gift totaling \$1000 made by individual, Lions Club, or Lions District to honor someone as a Lion Hearing Research Fellowship.					
Memorial Fello	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 Found	ation			
Payment to: PDG Mike Vos, Foundation Tre 20472 371st Avenue, Green Isla						

# 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 theirbalance.

Please allow 30 days to process & ship award recognition