

5M4 Newsletter



Greetings 5M4,

September has been another busy month, and I am enjoying the chance to visit your clubs and hear about all the events you're hosting! Which brings me to the question "Why aren't you bragging more about your accomplishments?! Where are your pictures to share with your 5M4 friends in this newsletter?" At every club I've visited, I've reminded members: marketing your club is so important! Sharing your service brings awareness of your club to your community and shows the real value of your club's footprint. We need to celebrate what we're doing! We need to promote ourselves! So please - don't forget to take pictures of everything you do and get it to your newspaper, on your Facebook page and be sure to tag "Lions District 5M4" so we all can see, and on all other social media. Let's stop keeping ourselves a secret and start showing your communities the impact your Lions Club has!

We're putting the finishing touches on plans for the Mid-Winter Convention in Willmar, February 6-8, 2026! If you'd like to be part of the planning, know a great speaker we should feature, or have ideas to make this weekend even more memorable, we'd love to hear from you. Keep an eye out for your convention packet coming at the end of October or early November, it'll have all the details you need!

I am so proud to announce to all that we have two matching grants approved in 5M4 from LCIF! Ashby Lions Club was awarded a \$150,000 matching grant for a greenhouse at the Ashby school. Buffalo Lake Lions Club was awarded a \$59,200 matching grant for an inclusive playground at their ballfield complex. Both clubs have started fundraising and would appreciate your support. Watch for updates!

Lions Quest is a comprehensive social and emotional learning (SEL) program that empowers young people with the skills they need to navigate life's challenges and succeed academically, socially, and emotionally. Designed to foster positive attitudes in school and reduce risky behaviors, Lions Quest equips students with essential life skills such as self-awareness, empathy, and responsible decision-making. Our district is thrilled to have received a \$1,500 grant to promote Lions Quest, and we invite clubs to take advantage of this opportunity to implement the program in your schools. Lions Quest is also a tool to engage LEO's in this curriculum. Together, we can create a supportive environment where young people thrive and grow into responsible, caring adults. If your club is interested in promoting Lions Quest or starting a LEO's club within your school districts, please contact us to learn more about how you can get involved to make a lasting impact in your community.

Your first deadline for the Club Excellence Award is to participate in a service project for Mental Health and Well Being Week, October 4-12th! Have you planned your event yet? If you need idea's, please see some that our GST, IPDG Jacque has provided in this newsletter. I also have MH&WB awareness yard signs. If you would like some for your club, let me know!! Thank you to Zone 6 for hosting Dr Black, her insights on "The Anxious Generation" will be powerful! See the invitation flyer elsewhere in this newsletter - all are welcome to attend.

Thank you for all you do to support the communities of 5M4! Your dedication and service truly make a difference, not only in your community but across our district and beyond. Together, we will rise higher - one project, one event, and one act of kindness at a time.

DG Susan Krumrey ~ susanreuberkrumrey@outlook.com ~ 320-295-8327



*DG Susan Krumrey
and Lion Brad Krumrey*

Is your club hosting an event or planning a service project?

I'd love the opportunity to attend, lend a hand, and show support. If you have a flyer or event details, we'd be happy to help promote it on the District 5M4 Facebook page. Is your club posting events and projects on your Clubs Facebook page? Let us know so we can help spread the word by sharing it on ours?!

Don't keep those great activities a secret!
*Let's work together to showcase all the amazing things
happening across our district -
let me know how 5M4 can support you!*

Contact me anytime at

susanreuberkrumrey@outlook.com or 320-295-8327.

The Buffalo Lake Lions Club along with Oakdale Golf Course, and the Lake Allie Association have worked together to fundraise money and install an outdoor AED. Their project has recently been completed!!





Harvest time, a busy time for all,

Is there ever a time when a person is not busy at all? I thought of this last week when I was on my sales route and I need to meet my deadline to get my orders turned in and figured there was no way I was going to make it. But I did. This is the same way we can look at the thought of getting new members in our Lions family. It may look like a tall mountain to climb and where does one start? But yes, there is a way and there is a bunch of untapped potential members that are willing to help their community but they just haven't been asked yet?...be that person to ask one of your acquaintances?

As I am writing this article, this past weekend I had the chance to participate with the "Willmar Welcome Weekend", where we promoted membership and everything Lions have to offer. We did make a few good connections with people that stopped in at our booth. I really enjoyed hearing the stories from the children and grandchildren of members who shared stories of remembering their parent or grandparent doing things for the Lions when they were younger. That was proof that we are not just doing good for mankind but also setting a great example for the next generation. When you are reading this I'll have attended my first US/Canada Forum in Atlantic City NJ. I am looking forward to taking in this opportunity. I will give a report of my experience in next month's newsletter. Also coming up in October I'll be attending the First and Second Vice District Governor Training in Alexandria (but I have to skip out a day to be at my middle daughter/ son-in-law's wedding!). Sure wish I had a Second Vice District Governor to attend with. Let me know if you'd like to fill this rewarding position, we can make it work.



*Lion Jason Kerfeld,
1VDG District 5M4*

The week of October 4-12th, 2025 is the International week of Service for Mental Health and Well-Being, does your club have something planned for that week?...Make sure share your service stories and get them reported!! Remember it can be part of your club excellence award qualifications. Has your club completed their officer training? Also a reminder for our clubs to keep on promoting the Special Olympic Golf Passports, even though the outdoor golf season is soon coming to an end, but the golf simulator at Hook & Slice in Alexandria is open year around and using your card there nearly pays for the card itself. If you need more cards please contact me. As you can see, it's a busy season....but the Lions family is always up to the challenge.

Lion Jason Kerfeld
Your 5M4 First Vice District Governor
320-429-0794(cell)
333 Morning View Lane, Sauk Centre MN 56378

Cabinet Meetings:

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

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

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

May 6, 2026 – Alexandria, Place and Time TBD

Please RSVP to DG Susan if you plan to attend.

OPEN CABINET POSITIONS

2nd Vice District Governor

Zone 3 Chair

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

ZOOM MEETING

Officer and Portal Training Happy Hour!

Zoom in for Club Excellence! Whether you're in the role now or just curious what it involves, join us from the comfort of your couch for up-to-date information on these key leadership positions, and to learn more about the portal (make your account, all the features, reporting service, where to find the Learn tab...). No traveling, just grab your pumpkin spice latte (or your favorite beverage), and come learn with us!

Watch your emails for the zoom link, sent to you from 5M4 Lions.

Presidents ~ Wednesday, October 8th ~ 7pm

Secretaries ~ Tuesday, October 21st ~ 7:30pm

Portal Training ~ Tuesday, October 21st ~ 8pm



LIONS INTERNATIONAL PEACE POSTER CONTEST

The theme for this year's PEACE POSTER CONTEST is

"Together As One"

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

Global Service Team

October 2025



	2024-2025	2025-2026	
People Served	257,232	82,104	Insights
Service Activities		98	KPI
Volunteer Hours	30,534	4,972.5	Insights
Funds Donated	479,878.00	90,333.00	Insights
Funds Raised	466,201	72,990.12	Insights

GST Goals:

1. Kindness Matters Award
2. Mid Winter Service Project
3. Promote 3 International Weeks of Service
 - a. Oct 4-12 Mental Health
 - b. Jan 3-11 Hunger
 - c. Apr 8-16 Environment
4. DG Diabetic Kits Emergency Kit and Promote Awareness.
5. Increase Club Reporting
 - a. This year's Goal: 79% **Currently 34%**
 - i. Currently

KPI

Lion Jacque Heinen
 320.249.6536
 lionheinen@gmail.com

Congrats!



The 5M4 Winners for the 2024-2025 Kindness Matters Award goes to:

Montevideo LEOs Club and the Sauk Centre Lions Club



The Montevideo LEOs service project of Food Packing for kids. They partner with the Bring it Home Food Packing and the Montevideo Lions to pack 127 food bags to provide food for school children who may otherwise have inadequate food to eat on the weekend or over an extended school vacation. Each pack contains two breakfast items, two lunch items, two fruit/vegetable items, and two snacks, along with a coupon for a gallon of milk redeemable at a local grocery store. **JOB WELL DONE!**



The Sauk Centre Lions Club partnered with the City, and the Community Garden Coordinator to plant 10 apple trees to be used by the community. Working with Tree Top Nursery to provide a mix of eating and baking apples. Trees will take 3 years before they produce fruit, each tree will be labeled as to how to harvest, when to harvest and best uses. **JOB WELL DONE!**

Clubs of 5M4 keep your favorite 2025-2026 service project in mind and submit by August 2026.

Thank you,

Global Service Chair
 Lion Jacque Heinen



2026 5M4 Mid-Winter Convention

Feb 6, 7, & 8 2026

Willmar MN Conference Center



Soaring to New Heights

Soaring to New Heights

EARLY BIRD REGISTRATION FORM

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

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

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

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

Address _____

Phone _____ Email _____

Club Name _____

Prices Good Thru December 20, 2025

Full Registration Book – includes all convention meals. (\$ after 12/20/25)

Lions and Guests: _____ @ \$115.00=\$_____ (\$125.00)

First Timers(5M4 lions only): _____ @ \$50.00=\$_____ (\$60.00)

LEO's: _____ @ \$50.00=\$_____ (\$60.00)

If purchasing individual Meals:

Sat am \$20 _____ Sat noon \$35 _____ Sat banquet \$50 _____ Sun am \$30 _____

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

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

SPECIAL MEAL REQUESTS: GF Vegan Dairy Other _____

Hotel Information Willmar Holiday Inn and Best Western. Rooms starting @ \$129.99

Please call direct at 320.235.6060 and ask to book with the Lions Club for Feb 6-8, 2026

Or at the link

https://www.bestwestern.com/en_US/book/hotel-rooms.24139.html?groupId=7X5JA115

HOTEL ROOM BLOCK EXPIRES: 1-5-2026





Lions International

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



MENTAL HEALTH AND WELL-BEING

Facts and Statistics

SUSTAINABLE DEVELOPMENT GOALS

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

THIS GLOBAL CAUSE SUPPORTS SDG #3

3 GOOD HEALTH AND WELL-BEING



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



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



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



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



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



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



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



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MENTAL HEALTH AND WELL-BEING

Service Ideas

lionsclubs.org/mental-health



Promote education, awareness and advocacy resources and tools from reputable organizations such as the **World Health Organization** and **World Federation for Mental Health**.



Find your region or country's suicide prevention hotline using the **International Association for Suicide Prevention's International suicide crisis hotline search feature** and promote the hotline at awareness events and on social media.



Volunteer at your local center for elderly care to assist with enrichment and well-being events.



Explore the **World Health Organization's mental health and well-being stigma reduction resources** and promote them using social media to highlight the importance of lessening mental health stigma and debunking common misconceptions.



Use resources, facts and statistics from the World Health Organization and World Federation for Mental Health to create a **World Mental Health Day** social media campaign with your club, district or multiple district. Share your impact on social media with photos, videos and other assets using the hashtag **#WorldMentalHealthDay**.



Support **Lions Quest** social-emotional learning and well-being curriculum for youth in your community. Consider providing promotional support and curriculum delivery for **Lions Quest** by applying for a **Lions Quest Promotional Grant** or **Lions Quest Community Partnership Grant**.



Contact local, state/province and federal government representatives to advocate for increased mental health funding and expanded services. Use our **Lions Advocacy Toolkit** to get started.



Donate food, toiletries or maintenance services to a local transitional living home serving disabled individuals and/or those living with various mental health conditions in your community.



Use resources from the **International Association for Suicide Prevention** to highlight **World Suicide Prevention Day** in your community.



Explore ways to increase access to vital mental health screening services in your community among underserved groups by contacting and utilizing mental health professionals, psychologists and psychiatric physicians in your networks. Connect with local stakeholders such as schools, hospitals and community leaders to collaborate on shared goals.



Host a walk or event in partnership with a local mental health organization to raise mental health and well-being awareness utilizing the World Health Organization's **mental well-being resources and depression infographics**.



Provide assistance to mental health agencies and treatment centers by hosting fundraisers, providing publicity on social media and collecting needed supplies.



Encourage well-being and development of life skills among youth by creating a local social and mentorship group in your community. Get started by **watching this video** about Camp Conquer, a community-based youth wellness group created by Lions in Delaware, USA.



Lions International

LIONS AND LEOS, WITH THE SUPPORT OF LIONS CLUBS INTERNATIONAL FOUNDATION (LCIF),
IMPROVE FOOD SECURITY AND ACCESS TO NUTRITIOUS FOOD TO HELP ALLEVIATE HUNGER.

Food Collection, Preparation
and Distribution

Agricultural Development
and Support

Hunger Initiatives for Women
and Children

Hunger and Nutrition
Awareness, Education
and Advocacy



COMMUNITY FEEDING EVENT

Promote wellness and nutrition by providing meals and community engagement for local families.

SUSTAINABLE DEVELOPMENT GOALS

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

THIS SERVICE AREA SUPPORTS SDG #2

2 ZERO HUNGER



END HUNGER, ACHIEVE
FOOD SECURITY AND
IMPROVED NUTRITION
AND PROMOTE
SUSTAINABLE
AGRICULTURE



Approximately **2 billion people** globally do not have regular access to safe, nutritious and sufficient food (United Nations).



While it can vary, **food insecurity is higher among rural communities** while lower in urban areas, highlighting the need to support rural populations globally (Food and Agriculture Organization).



Densely populated areas experience food insecurity due to rises in urban poverty, inequality and other health risks associated with city living (World Food Program).



Rising food prices, regional conflict, environmental disasters and economic instability all **affect a person's ability to access food**, leading to a consistent rise in hunger (World Food Program).



Vulnerable populations, including those who are lower-income or underrepresented, are **most likely to be undernourished** (World Health Organization).



Eating with community members can **improve quality of life** and overall feeling of **hopefulness** (Oxford University).



Lions International

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IMPROVE FOOD SECURITY AND ACCESS TO NUTRITIOUS FOOD TO HELP ALLEVIATE HUNGER.

Food Collection, Preparation
and Distribution

Agricultural Development
and Support

Hunger Initiatives for Women
and Children

Hunger and Nutrition
Awareness, Education
and Advocacy



COMMUNITY FEEDING EVENT

Service Ideas

lionsclubs.org/hunger



Use the United Nations Food and Agriculture Organization's (FAO) **Hunger Map** to research the prevalence of undernourishment and food insecurity around the world and in your community, and explore what issues are most impactful for your club, district and multiple district.



Consider collaborating with local food organizations and businesses for support with your community feeding event. Use our **Developing Local Partnerships guide** to start planning.



Provide community members with meals during local or regional celebrations and significant holidays.



Watch and share the most recent **State of Food Security and Nutrition in the World** video created by FAO.



Serve meals at a soup kitchen, homeless shelter or feeding event organized by a local organization alleviating food insecurity.



Host a feeding event to provide relief in times of crisis, such as a natural disaster (earthquakes, floods, tsunamis, droughts), conflict, famine, emergency or other occurrences that displace people and communities.



Work with your club, district or multiple district to organize a recurring community feeding event that brings people together regularly to increase sustainability. Use our **Direct Food Service Project Planner** to get started.



Sponsor a community kitchen or cooking class where families can be involved in creating their own meals while learning useful cooking skills and gaining important nutrition education.



Plan a community feeding event to bring people together to address food insecurity on an international day of action, such as **World Food Day** on October 16. Share your impact with photos, videos and other assets on social media using the **#WorldFoodDay** hashtags.



Lions International

LIONS AND LEOS ARE WORKING TO PROTECT THE ENVIRONMENT
TO CREATE HEALTHIER COMMUNITIES AND A MORE SUSTAINABLE WORLD.

Clean Water & Sanitation

Environmental Advocacy,
Awareness and Education

Environmental Cleanup
& Restoration

Tree Planting &
Tree Care

Recycling & Waste Management

Conserve resources and reduce waste released into the environment to minimize adverse impacts on sustainability.

SUSTAINABLE DEVELOPMENT GOALS

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

Globally, approximately **37% of waste is disposed of** in some type of landfill, **33% is openly dumped**, **19% undergoes recycling and composting**, and **11% is treated through incineration.****

11.2 billion tons of solid waste are collected worldwide every year.*

3 billion people globally do not have access to waste disposal facilities.†

THIS SERVICE AREA SUPPORTS SDG #12

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

ENSURE SUSTAINABLE CONSUMPTION AND PRODUCTION PATTERNS

For every ton of paper recycled, **17 trees** can be saved.*

13% of the world's food is lost after harvesting and before reaching retail markets. **17% of total food is wasted** at the consumer level.‡

*UN Environment Programme (UNEP) **World Bank †UN Habitat ‡UN Sustainable Development Goals Report 2022

Lions International

LIONS AND LEOS ARE WORKING TO PROTECT THE ENVIRONMENT
TO CREATE HEALTHIER COMMUNITIES AND A MORE SUSTAINABLE WORLD.

Clean Water & Sanitation

Environmental Advocacy,
Awareness and Education

Environmental Cleanup
& Restoration

Tree Planting &
Tree Care

Recycling & Waste Management

Service Ideas

lionsclubs.org/environment

Explore resources through the **UN Environment Program's World Environment Situation Room** with relevant information on **Pollution and Waste** and initiatives from around the world to tackle it.

Explore food waste composting options in your area in honor of **International Day of Awareness on Food Loss and Waste Reduction** on September 29. Learn how to avoid food waste ending up in landfills, and **how composting can reduce our impact on the planet.**

Partner with local schools to establish organic school gardens and a composting program to improve the quality of school meals and reduce waste. Download LCI's **guide to developing local partnerships** to get started.

Reach out to your local government officials to discuss participating in the UN Habitat's **Waste Wise Cities** initiative to address waste management on a global scale.

As electronic waste is one of the fastest growing waste streams in the world, visit the **World Health Organization's Electronic waste webpage** to explore how to responsibly recycle electronics in your community. Collaborate with your local recycling facility and waste management provider.

Work with your club, district, or Multiple District to identify where to recycle toxic items and share a collection schedule. Partner with city officials to paint "no dumping" signs near road drainage areas.

Plan a club service activity in honor of **Global Recycling Day** on March 18. Consider a community-wide recycling drive that mobilizes people to connect on a global day of service to protect the environment. Use the posters, photos, videos, and other assets provided by UNEP to raise awareness of the day in your community. Share your impact on social media using the #GlobalRecyclingDay hashtags.

Plan a monthly trash pickup event in a high-traffic area of your community, and distribute recycling bins & trashcans.

Donate food through food sharing apps. This helps unused food to go to those in need, while avoiding food waste and unnecessary production. Get inspired by a **food app project feature by the UN Climate Change.**



HAVE A QUESTION? CURIOUS ABOUT ANYTHING?

Ask away! Questions regarding 5M4 Lionism can be directed to any cabinet member. District Governor Susan Krumrey will facilitate/direct your questions, edit for clarity if needed, and forward to the right person for your answer. Watch the newsletter for your answers!

Send your questions via email to susanreuberkrumrey@outlook.com!

Let's Learn!!



The Sauk River Champion Lions Club Members enjoyed a trip to the Camp Confidence Learning Center!! Fishing, picnic, pontoon ride, and ride on the glass bottom boat!!! Great day. Thanks Camp Confidence for a great day!



KIDSIGHT!

A huge thank you to everyone in District 5M4 who volunteered at the State Fair. 3,807 children were screened and 383 were referred to see an eye Dr. We have been assigned the last Sunday of the Fair. Do you have an opinion about the day? What would be a better option? Share your opinion. The Kidsight equipment is on the move. Clubs have been reserving dates. October is almost fully booked. If you haven't made any plans yet, please start talking to your schools, preschools and daycares. Please remember that a report is required after each day of screening. Report to Lion Susan. Then report to your club secretary so your club receives credit at the district level. It's exciting to see how many children will benefit from these screenings.

*We are encouraged to hold more screenings
for children between the ages of 6 months-3 years.*

*Your Kidsight Directors Lion Ron and Lion Susan
320-905-6282/320-905-2412*



Greetings 5M4,

As you know, part of the criteria for the Club Excellence Award is to join the world in three service projects – the first one is Mental Health and Well-Being, coming up on October 4-12th. I have worked with 2B Continued (www.2bcontinued.org) in the past and support their mission – suicide prevention, mental health, and wellness. In light of the upcoming service project week that has been set, I have reached out to Tammy Diehn, Founder and Executive Director, to offer a few options for your communities. Their mission is to increase awareness of suicide prevention, mental health and wellness through advocacy, education and outreach. Those at high risk are middle age men, elderly, and those in rural areas.

The following four trainings are offered for your consideration.

QPR Training – Question, Persuade, and Refer is evidence-based training designed to help individuals recognize the warning signs of suicide and take action to prevent it. This class is 2 hours, and the class limit is 40 inperson, and 20 per Zoom.

The Anxious Generation Presentation

– teaches us about our youth, and how cell phones and social media impacts their mental health. This presentation gives us knowledge, so we have a better understanding. This is a 2 hour presentation and there is no class limit.

Changing the Narrative – this presentation gives us vast knowledge in conjunction with the MN Department of Health. It touches on Suicide Prevention, Safe Language, the 8 Dimensions of Wellness, and Self Care. This is a presentation that can be scheduled on zoom and has no limits. You club could host a “watch party” for community members to join.

Safe Talk for Ag – this 4 hour presentation is an evidence based training and is not offered via zoom. Class size is limited to 40.

If you are in Renville or Meeker County, these trainings will be offered free of charge. All other counties will have a cost plus mileage. If you are interested in setting up a class for your community (don't forget to invite your neighboring clubs/zone, share the cost), or want to know more, please reach out to Tammy Diehn at 2B Continued, 320-854-4673 or email info@2bcontinued.org with any questions.

I have also secured “Yard Signs” with messages on them. I have 200, and they are free of charge. If your club wants any to put out in your communities or at your schools, please let me know and we can connect.

Please consider using this great resource as part of your service week. Also, check out other idea's from IPDG Jacque, our Global Service Team leader in this newsletter.

Be Well, DG Susan Krumrey 320-295-8327

TAKE 5 TO SAVE LIVES

YOU HAVE AN IMPORTANT ROLE IN PREVENTING SUICIDE

Make a difference by taking these 5 easy action steps and joining the worldwide movement to save lives.

LEARN The Warning Signs, Risk Factors, and Protective Factors

KNOW How to Help Yourself, How to Help Others

DO Raise Awareness, Advocate for Change, Volunteer, Practice Self-Care

TALK About Suicide, Dispel Myths, Reduce Stigma

SHARE The Take 5 Campaign with Others

Scan to complete the Take 5 to Save Lives action steps!

Take5toSaveLives.org
Join the Take 5 Movement — #take5tosavelives

Take5toSaveLives.org is a project of The National Council for Suicide Prevention and is supported by other national organizations.
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2B CONTINUED
Educational Trainings

Mental Health FIRST AID
 THE NATIONAL COUNCIL FOR MENTAL WELLBEING
 ADULT

Mental Health FIRST AID
 THE NATIONAL COUNCIL FOR MENTAL WELLBEING
 YOUTH

Mental Health FIRST AID
 THE NATIONAL COUNCIL FOR MENTAL WELLBEING
 TEEN

LIVINGWORKS ASIST

safeTALK
 LIVINGWORKS

safeTALK
 LIVINGWORKS for AD

CHANGING THE NARRATIVE
 on Suicide & Mental Health

American Foundation for Suicide Prevention
 More Than Sad.

QPR INSTITUTE

Contact us about bringing a free training to your community or workplace!

Call, Text, or Chat
988
 SUICIDE & CRISIS LIFELINE
 No judgment. Just help.

2B CONTINUED is a MN based 501c3 nonprofit organization with the mission to increase awareness of suicide prevention, mental health & wellness through advocacy, education and outreach.

2B CONTINUED
 305 7th St E
 PO Box 24
 Glencoe, MN 55336
 320-854-HOPE (4673)

Counties we serve:
 Brown, Carver, McLeod, Meeker,
 Nicollet, Renville, Sibley, Wright

2BCONTINUED.ORG @2BCONTINUEDMN

Clubs should continue to promote the Golf Passports for Special Olympics...& that it is a 2 year fundraiser and there has been a couple clubs that have returned some of the unsold ones already. This is like stopping a baseball game after the 3rd inning!!! just too early!!! we are just getting started!!! Keep up the great work!!





**SPECIAL OLYMPICS
USA GAMES
MINNESOTA 2026**

2026
**Coming to
MINNESOTA
JUNE
20-26**





**Multiple District 5M
proudly announces...**



**Lions Clubs International
FOUNDATION**

Your donations designated to
Special Olympics USA Games
Minnesota to LCIF will help make
our \$300,000 grant possible!

Family Night!

For all athletes & their families

Opening Eyes®

Vision Screening for
participating athletes

A Ball For All

A sensory ball is gifted
from MD5M to all
participating athletes.

Scan this code
for more about
all clubs


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

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

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

Must make tee times with participating courses

GOLF COURSE NAME	ADDRESS	WEBSITE	PHONE
Albany Golf Club	600 Church Ave., Albany <i>Monday play only</i>	albanygolfcourse.com	320-845-2505
Alexandria Golf Club	2300 N. Nokomis NE, Alexandria	alexandriagolfclub.com	320-763-3605
Appleton Golf Club	331 E. Wyman Ave., Appleton	appletongolfclub.com	320-239-2511
Benson Golf Club	2222 Atlantic Ave., Benson	golfatbenson.com	320-542-7961
Dawson Golf Course	1380 Walnut Street, Dawson	320-769-2212	
Eagle Creek Golf Club	1000 28th Ave NE, Minnetonka	eaglecreekgolf.com	320-235-1166
Geneva Golf Club	4181 Geneva Golf Club Drive, Alexandria	genevagolfclub.com	320-762-7089
Greystone Golf Club	1055 S. Adams, Dover, Sauk Centre	greystonemn.com	320-351-4653
Hardwood Hills Golf Course	8466 County Road 27 SW, Alexandria	hardwoodhillsgolf.com	320-886-1400
Hawk Creek Country Club	100 Spicer Ave N., Raymond	hawkcreekcc.com	320-967-4853
Island Pine Golf Club	1601 Wyoming Ave. W., Atwater	islandpinegolf.com	320-974-8600
Little Crow Country Club	15880 Hwy 23 N., Spicer	littlecrowresort.com	320-354-2296
Lynx National Golf Course	40204 Prienrose Lane, Sauk Centre	lynxnationalgolf.com	320-352-0242
Mayflower Golf Club	46321 Co. Rd. 39, Fairfax	mayflowergolfclub.com	567-426-9964
Meadowlark Country Club	837 Country Club Drive, Melrose	meadowlarkcc.com	320-256-4989
Minnewaska Golf	23518 Dero Drive, Glenwood	minnewaskagolf.com	320-634-3680
Nordic Trails Golf	4343 39th Ave NE, Alexandria	nordictrailsgolf.com	320-762-5420
Oakdale Golf Club	55116 Co Rd 38, Buffalo Lake	oakdalegolfclub.com	320-587-0525
Olivia Golf Club	5125 S. 1st Street, Olivia	oliviagolfclub.com	320-523-2313
Osakis Country Club	801 14th Ave E., Osakis	osakiegolf.com	320-859-2140
Pomme De Terre Golf Club	24860 State Hwy 9, Morris	pdgolfclub.com	320-589-1009
Stoney Creek Golf Course	21278 820th Ave., Renville	golfrentville.com	320-779-4653
Tipsinah Mounds Golf Course	15185 Golf Course Road, Ellboro Lake <i>Misc-West play only</i>	tipsinahgolf.com	218-685-4271
Valley Golf Course	1900 Becker Ave SE, Willmar	valleygolfwillmar.com	320-235-6790
Hook & Slice Simulator	2621 Hwy 29 S., Alexandria <i>Buy 1 hr, get 2nd hour FREE</i>	hookandslice.com	320-391-5353

LCIF grants in action in District 5M4

District 5M4 is using Lions Clubs International Foundation (LCIF) grants to fund local service projects. Here are some local projects that just received LCIF Grants in the last few months.

5M4 Emergency Preparedness Grant for a Food Trailer for 5M4 Lions ALERT

- District 5M4 is utilizing an LCIF Disaster Preparedness Grant for \$15,000 to establish a food trailer.

- The food trailer will be used in partnership with local emergency management to provide food to the community following natural disasters.

- District 5M4 Lions worked with the Bird Island Lions and the Bird Island Fire Department to fund this trailer.

- LCIF Disaster Preparedness Grants are used to proactively prepare for disasters, and require a local matching fund commitment.

Ashby High School Greenhouse

- The Ashby High School Greenhouse project received a \$150,000 LCIF grant.
- The Ashby Lions Club is working to raise additional funds to qualify for the matching grant.
- Besides the educational value of students learning to produce food will be that the food raised in the Greenhouse will be used for the local food shelf.

Buffalo Lake Playground

- The Buffalo Lake Lions Club received an LCIF grant for \$59,200 for new handicap accessible playground equipment to improve their town park.
- The project also received contributions from the Buffalo Lake Economic Development Authority (EDA), Renville County EDA, and the Buffalo Lake Lions to match these funds.

USA Special Olympics 2026

Lions of MD5M (Minnesota, Mantioba and NW Ontario) have pledged to raise \$250,000 for the USA Special Olympics 2026. Please consider a donation to help fund this event. Donations should be made to LCIF –Special Olympics MN 2026 and sent to me. Keep selling Special Olympics Golf passes as these are good all off next year also.

LCIF Grants are possible because of the support of Lions Clubs and individual Lions. The district has raised \$5,790 toward its goal of \$47,616 for this year. Please keep supporting our communities with a donation.

Send LCIF donations to:

PCC Dennis Heinen

5M4 LCIF Coordinator

12069 Bluegill Dr.

Sauk Centre, MN 56378

320-491-3996

Heinende@centracare.com

Clubs should continue to promote the Golf Passports for Special Olympics...& that it is a 2 year fundraiser and there has been a couple clubs that have returned some of the unsold ones already. This is like stopping a baseball game after the 3rd inning!!... just too early!!... we are just getting started!!! Keep up the great work!!



The Hector Lions Club hosted their annual Fly-In breakfast, with proceeds going towards a local community member who is currently battling cancer. Just over 100 planes flew in, and 1311 meals were served. Pictured are the Hector Lions members that served. Supporting the event was DG Susan and granddaughter Greta, Spicer members PDG Bob, Lion Jan, Jerry Johnson (Hector), and Lion Bob. Congratulations Hector on an event well done!!

More about the Golf Passport!



Lions Teeing it up to help Special Olympics!!

Get your Golf Passport today!

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

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



A GREAT SAVINGS FOR YOURSELF OR A PERFECT GIFT IDEA!

Available from your Lions Club or selected participating golf courses

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

\$50 25 Courses
This card expires October 1, 2026
TAX DEDUCTIBLE

Hello Lions!

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

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

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

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

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

New Global Service Focus: Mental Health

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

District Service Focus Windows

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

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

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

More info and ideas coming soon!

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

In service and gratitude,
Lion Jacque Heinen



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



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

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

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

Full Hospitality Book:

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

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

*Hospitality book includes convention and all meals

Separate Meals:

*Do not select if you have purchased a hospitality book

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

Total amount if separate meals chosen: _____

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

No meals available after March 31, 2026.

Make Checks payable to: 2026 MD5M Conv.

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

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

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

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

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

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

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

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

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



OCTOBER 2025

LEADING THE WAY

Leader Dogs for the Blind - Lions Newsletter



A Focus on Vision: Blindness Awareness Month

In North America alone, more than 3 million people are legally blind. Of those, only 10% have the skills they need to travel in their daily life safely and independently using a long white cane or guide dog. **This is where Lions come in.**

Since Lions were founded in 1917, we have been knights of the blind. We test vision in schools and neighborhoods, provide eyeglasses to millions worldwide, and produce Braille books and magazines. We organize summer camps for youth who are blind and connect adults who are blind with job opportunities. We made white canes with red tips a universal tool, and founded and supported guide dog schools like Leader Dogs for the Blind around the world.

Only 1 in 10 people who are blind travel safely and independently with a white cane or guide dog.



October is Blindness Awareness Month, when we celebrate our impact and set aside time to learn more about Vision as a cause. Did you know, more than 80% of people who are legally blind still have some remaining vision? **A common misconception is that only people who have no vision at all are blind and eligible for support. Even people experiencing vision loss may not realize they are eligible for services to regain their independence.** Visit LeaderDog.org and navigate to [Resources - People Who Are Blind](#) to learn about organizations and websites that provide assistance. Navigate to Client Programs to learn about Leader Dog's [Orientation & Mobility](#) and [Guide Dog](#) programs, provided at no cost thanks to the support of Lions and donors.



"Blindness is, in fact, a spectrum. **It's not all or nothing, black or white.** Matter of fact, only a very small number of people who are blind see nothing at all."
- Lion Walker Jones of Georgia, pictured with Leader Dog Loki

See the [complete video](#) and follow Walker and LD Loki on [TikTok @tunnel.vision6](#).





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: _____



Shown are the Arrow Weightlifters and District Lion Jacque Heinen (center), to her left local Lions president Marsha Bowman, and Coach Kevin Fick (right)

Lions of District 5M-4 donate to South Africa trip

Students of the Ashby High School Lady Arrow Lifting Club received a generous donation of \$4,000 from the Lions Minnesota District 5M-4 for their trip to South Africa. The grant was presented by Past District Governor Jacque Heinen through the "Lions Youth Exchange Program". The aim of the program is to connect young people with life-changing opportunities and experience new cultures and perspectives. The program receives its funding via generous contributions from Lions clubs across 12 counties in West Central Minnesota.

In the spirit of this grant, the Ashby student's trip will be focused on experiencing the South African culture of agriculture, wild game management, and its fragile, unique environment. The students will camp in the Karoo Mountains and on the beach of the Indian Ocean; they will visit sheep and dairy farms and see the "Big Five" on the wild game preserve; and the students will spend time with local South African people learning harvesting, fishing, and cooking skills.

Kevin Fick, coach of the Lady Arrow Lifting Club, is the force behind the trip. Having been to South Africa before, he knew the experience would be an incredible opportunity for his weight lifting club. The team of 5 students and 4 adults will head to East Cape, S.A. on February 28 and return March 11th, 2026. They will share their adventure with the entire community when they return. Kevin and crew want to extend a very big thank you to the Lions clubs at all levels—local, district, and state, and especially to Lions Jacque and Dennis Heinen for their support in attaining the Grant.

As Lion Jacque Heinen noted, "The Lions Youth Exchange Program embodies our motto 'We Serve' by building bridges of peace and understanding one young person at a time". In the town of Ashby, there are five young people who will have the chance to do this.



OCTOBER 8, 2025
SPEAKER DEB HADLEY

Finding Strength Through Adversity

Deb Hadley is an inspirational speaker and author who shares her journey of overcoming great loss and finding strength through adversity. With honesty and hope, she encourages others to care for their mental well-being and reminds us that even in our hardest seasons, healing and purposes are possible.

Meal at 5:30pm
 Speaker at 6:30pm

Sponsored by the
 Buffalo Lake Lions

Menu Includes
 chicken salad, fruit,
 chips, and pies made
 by Pete's Grill

Buffalo Lake
 Community Center

Free will donation. All
 are welcome!

BUFFALO LAKE LIONS CLUB
 PO Box 5
 Buffalo Lake, MN 55314

**A FREE
 COMMUNITY
 EVENT**

2B CONTINUED

IN PARTNERSHIP WITH



**The Anxious
 Generation**
DR. AMANDA BLACK

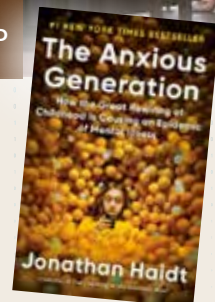
OCTOBER 5 | 2:00-4:00PM
BLHS - LARGE GYM
 220 3RD ST W, HECTOR, MN 55342

DOORS OPEN AT 1:00PM
LIGHT REFRESHMENTS WILL BE SERVED

Parents and community members are invited to this enlightening event exploring how the "Internet Age" has fundamentally reshaped childhood and adolescent experiences.

Presented by Dr. Amanda Black, a board-certified psychiatrist with Hutchinson Health this discussion draws insights from Jonathan Haidt's book, *The Anxious Generation*. Dr. Black will explore how constant device use and unlimited Internet access impact mental health and wellbeing in kids and teens.

Don't miss this opportunity to gain valuable insights and tools for fostering mental health in the digital age!



ALL COMMUNITY MEMBERS WELCOME

LIONS WILL BE ACCEPTING AN OPTIONAL FREE WILL DONATION, PROCEEDS GOING TO 2B CONTINUED

2BCONTINUED.ORG
 info@2BCONTINUED.ORG
 (320) 854-HOPE (4673)

@2BCONTINUEDMN

**HOSTED BY 5M4 DG SUSAN KRUMREY
 AND ZONE 6 LIONS CLUBS OF BIRD
 ISLAND, BUFFALO LAKE, FAIRFAX,
 FRANKLIN, HECTOR, AND OLIVIA.**



2026 MD5M Convention

April 24-26, 2026

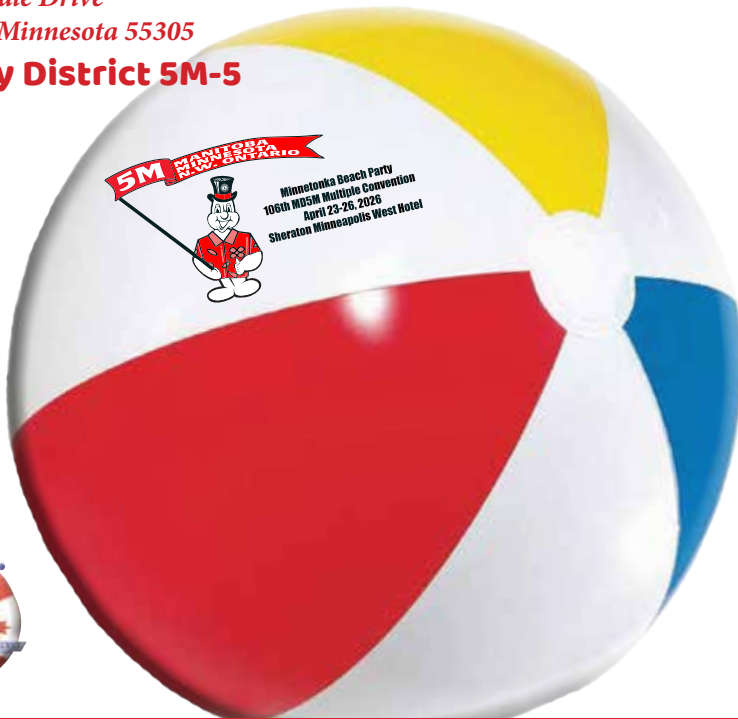
Minnetonka Beach Party

Sheraton Minneapolis West Hotel

12201 Ridgedale Drive

Minnetonka, Minnesota 55305

Hosted by District 5M-5



Sign up today and save!

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

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

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



*Willmar Welcome
Weekend and Cedar
Mills Pork Chop Feed.*



*Wendell
Lions are up
bright and
early to serve
our Heros at
the Yellow
Ribbon event
on September
13th.*





Make sure your plans for **Mental Health Service** is well under way.

This is the 1st of 3 global service weeks planned for this Lions year.

OCTOBER 4-12. ****These services will be required to apply for the Club Excellence Award for 2025-2026.

Full steam ahead. Time to start planning for future service projects.

Diabetes/Hunger for November and a Humanitarian service project for December.

Looking for more ideas – see [Lionsclubs.org](https://lionsclubs.org) *member resource center
*service *weeks of service (or any other service area needing ideas).

lions ... WE SERVE

GST Global Service Team Chair

Lion Jacque Heinen

320.249.6536

lionheinen@gmail.com



Highlight your impactful Week of Service!

Lions and Leos are showcasing their Weeks of Service projects with a video of their service projects in action. Area leaders and constitutional area leaders will select videos to be featured in our online showcase, so show the world how we're taking on these global challenges!

We invite all clubs to participate in the first ever Weeks of Service Video Showcase. These global service weeks are an opportunity to highlight Lions' dedication to key focus areas: Mental Health and Well-Being, Hunger and the Environment.

The first Week of Service for **Mental Health and Well-Being** is **October 4-12, 2025**, and as a Lion leader, you have an exciting opportunity to help coordinate the Video Showcase.

Please download the Weeks of Service Video Showcase Resource below to learn more about your role, the submission and selection process, and deadlines. Top videos will be featured in the showcase event following each service week.

Thank you for your participation in this initiative. You'll be part of three impactful weeks dedicated to creating positive change and making a difference in communities around the globe *...together!*

For questions regarding Weeks of Service and the Video Showcase

Contact us at serviceactivities@lionsclubs.org.

Fall is in the air!

That means the Minnesota Lions Vision Foundation,

THANKSGIVING FOR VISION *is coming soon.*

The Thanksgiving for Vision has moved to a new location and a new date.

The new location is St Cloud Holiday Inn. And the New date is Saturday November 1st. Each club has received an invitation for the event. We are asking that each club sends two representatives to the event. (rsvp required). Ask your club secretary for the invitation.

There will be speakers there who received corneal implants.

And speakers who have donated corneas.

There will also be lots of baskets to bid on.

Hope to see you there.

PCC/DGMT/MLVF

Rob Wiener 5m4lionrob@gmail.com 320-241-7100



District 5M4 Service Calendar 25-26

Month 2025-2026	Focus Area	Project Ideas
August	★ Youth	- Host a youth leadership workshop. - Support a local school with supplies. - Organize a youth sports day.
September	★ LCIF	- Plan a fundraiser dinner or auction. - Promote LCIF grants and projects. - Share success stories of LCIF impact.
October	★ Mental Health October 4-12, 2026 <i>International Service Initiative</i>	- Conduct a mental health awareness campaign. - Partner with local mental health organizations for workshops. - Organize a community walk for mental health.
November	★ Humanitarian	- Organize a community service day. - Collect winter clothing for those in need. - Volunteer at a local shelter.
December	★ Diabetes	- Host a diabetes awareness event. - Provide free diabetes screenings. - Distribute educational materials on diabetes prevention.
January	★ Hunger January 3-11, 2026 <i>International Service Initiative</i>	- Coordinate a food drive. - Partner with a local food bank for distribution. - Host a community meal for those in need.
February	★ Vision/Childhood Cancer	- Support a childhood cancer support group. - Organize a vision care event for children. - Fundraise for childhood cancer research.
March	★ Youth	- Plan a youth mentorship program. - Organize a career day at a local school. - Host a youth talent show.
April	★ Environment April 8-16, 2026 <i>International Service Initiative</i>	- Organize a tree planting event. - Conduct a community clean-up day. - Launch a recycling awareness campaign.
May	★ Hunger	- Continue food drive efforts. - Develop a community garden project. - Partner with local restaurants for food donations.
June	★ Humanitarian	- Focus on mental health initiatives. - Support the MN Lions Hearing & Voice Clinic. - Organize a childhood cancer awareness event.

CLUB MEMBERSHIP UPDATE



Club Health Assess



Club Health Assess

				Status				Men								Status				Men			
Club Number	Club Name	Charter Date	Times In Status Quo In Past 2 Years	Current Member Count **	YTD Members Added	YTD Members Dropped		Club Number	Club Name	Charter Date	Times In Status Quo In Past 2 Years	Current Member Count **	YTD Members Added	YTD Members Dropped		Club Number	Club Name	Charter Date	Times In Status Quo In Past 2 Years	Current Member Count **	YTD Members Added	YTD Members Dropped	
Clubs less than two years old																							
177248	ALEXANDRIA CHAMPIONS	08/22/2024	Active	40	1	0		30254	FRANKLIN	02/21/1975	Active	19	0	0									
Clubs more than two years old																							
3132	ALEXANDRIA	03/19/1963	Active	44	0	2			Exc Award (06/30/2017)														
	Exc Award (06/30/2017)							105081	GARFIELD	03/25/2009	Active	12	0	0									
3133	APPLETON	05/05/1972	Active	15	0	0		3149	GLENWOOD	10/18/1940	Active	17	0	0									
3134	ASHBY	12/06/1967	Active	27	0	0		123557	Grant County	11/06/2014	Active	22	0	5									
	Exc Award (06/30/2017)								Exc Award (06/30/2018)														
32502	ATWATER	06/21/1976	Active	35	0	0		34159	GROVE CITY	06/29/1977	Active	18	0	0									
	Exc Award (06/30/2017)							3150	HANCOCK	10/21/1953	Active	12	0	0									
3138	BENSON	12/15/1966	Active	49	0	0		36189	HECTOR	11/06/1978	Active	46	0	0									
2990	BIRD ISLAND	01/22/1964	Active	76	0	1			Exc Award (06/30/2018, 06/30/2024)														
3139	BRANDON	03/18/1969	Active	14	0	0		3152	HOFFMAN	01/18/1968	Active	39	2	0									
	Exc Award (06/30/2017)							3153	KENSINGTON	05/26/1964	Active	20	0	0									
36678	BUFFALO LAKE	03/05/1979	Active	59	7	0		45351	KERKHOVEN	09/30/1985	Active	27	0	0									
	Exc Award (06/30/2021, 06/30/2024)							49098	KINGSTON	12/16/1988	Active	25	0	0									
30549	CARLOS	04/14/1975	Active	19	0	0		3155	LITCHFIELD	01/23/1948	Active	46	0	0									
34503	CEDAR MILLS	10/18/1977	Active	5	0	0			Exc Award (06/30/2017)														
3141	CLARA CITY	03/29/1946	Active	26	0	0		29992	LOWRY	12/10/1974	Active	28	0	0									
	Exc Award (06/30/2017)								Exc Award (06/30/2017)														
3143	COSMOS	04/20/1964	Active	19	1	0		3156	MAYNARD	01/30/1964	Active	18	0	0									
2997	DANUBE	02/03/1955	Active	13	0	1		3158	MILAN	03/29/1951	Active	19	0	0									
42046	DARWIN	12/28/1982	Active	38	0	0			Exc Award (06/30/2016, 06/30/2017)														
44281	DAWSON	10/31/1984	Active(1)	2	0	0		29832	MILTONA	10/21/1974	Active	26	0	0									
3146	ELBOW LAKE	05/22/1945	Active	43	1	1		3159	MONTEVIDEO	04/01/1946	Active	31	0	0									
	Exc Award (06/30/2017)								Exc Award (06/30/2016, 06/30/2023)														
97970	EVANSVILLE	11/07/2006	Active	13	0	0		3160	MORRIS	05/19/1939	Active	29	2	0									
30552	FAIRFAX	04/14/1975	Active	25	0	0		46809	NEW LONDON	01/09/1987	Active	16	0	0									
55139	FORADA	12/20/1993	Active	27	0	0			Exc Award (06/30/2017)														
								3017	OLIVIA	01/09/1957	Active	23	0	0									
									Exc Award (06/30/2017)														
								3162	OSAKIS	06/22/1970	Active	20	0	0									
								40489	PENNOCK	11/25/1981	Active	18	1	2									



Club Health Assess

				Status				Men			
Club Number	Club Name	Charter Date	Times In Status Quo In Past 2 Years	Current Member Count **	YTD Members Added	YTD Members Dropped		Club Number	Club Name	Charter Date	Times In Status Quo In Past 2 Years
33993	RAYMOND	06/13/1977	Active	29	0	1					
41819	RENVILLE	09/03/1982	Active	20	1	2					
3022	SACRED HEART	05/01/1953	Active	17	0	0					
	Exc Award (06/30/2017)										
3170	SAUK CENTRE	09/23/1946	Active	65	0	1					
	Exc Award (06/30/2017, 06/30/2020, 06/30/2022, 06/30/2023)										
154469	Sauk Centre Sauk River Champions	06/14/2023	Active	26	1	0					
	Exc Award (06/30/2024)										
38851	SPICER SUNRISE	08/04/1980	Active	42	1	2					
	Exc Award (06/30/2017, 06/30/2023)										
99512	VILLARD AREA	06/04/2007	Active	12	0	0					
3176	WATSON	01/19/1956	Active	10	0	0					
	Exc Award (06/30/2017)										
32912	WENDELL	11/09/1976	Active	17	0	0					
3177	WHEATON	01/27/1947	Active	24	0	1					
3178	WILLMAR NOON	09/13/1940	Active	22	0	0					



Why don't we promote our clubs?

Here are a few reasons why clubs often don't promote themselves as much as they can:

- 1. Tradition & Humility** – Lions have always emphasized service before self. Many members feel uncomfortable “advertising” what they do, because they see service as something done quietly, without seeking recognition.
- 2. Lack of Communication Skills or Tools** – Not all clubs have members with strong media, technology, or public relations backgrounds. Without clear tools or training, promotion can feel overwhelming.
- 3. Focus on Service, Not Publicity** – Lions often pour their energy into projects, and when the project is done, they move on—forgetting to share the story.
- 4. Fear of Being Seen as Fundraisers Only** – Some clubs worry that too much promotion will make the public think Lions just want donations, instead of highlighting our mission of service.

Why Promotion Matters

Promoting our clubs is not about boasting. It's about sharing stories of service to inspire others—future members, partners, and supporters. When people don't know what Lions are doing, they may never realize that they too can be part of this global movement.

Promotion connects directly to Mission 1.5 (our initiative to reach 1.5 million members and serve 1 billion people by 2027). If we don't tell our story, people will never know how much Lions are changing the world.

Remember, promotion is not bragging, it is an invitation. Every picture, every story, every shared success is an opportunity that says: “Come serve with us. You belong here.”



MD5M delegation at the USA/Canada forum in Atlantic City, NJ. Thanks to PIP Brian Sheehan and Lion Lori for representing 5M4, also thanks to 1VDG Jason for his representation, too!

IMPORTANT CONTACTS!



Lions Club International Foundation

Chair: Lion Dennis Heinen – heinende@centracare.com



MN Lions Vision Foundation Lions Gift of Sight

Chairs: Lion Craig Schellberg -- spicerlioncraig@gmail.com
PCC Rob Wiener -- 5m4lionrob@gmail.com



MD5M Hearing Foundation

Chairs: Lion Pam Erickson -- tapjerrickson@gmail.com
PDG Bob Kulbeik -- kulbeik@hotmail.com



MN Lions Diabetes Foundation

Chair: Lion Lori Schellberg -- lorischellberg@gmail.com
PDG Ken Harwick – kbearalive@live.com



MN Lions Childhood Cancer Foundation

Chairs: Lion Sue Krumrey – sue_krumrey@kottke-trucking.com
Lion Merlin Athmann -- athmann.mer@gmail.com



Leaderdog

Chair: Lion Mary Bolas -- marybolas.mb@gmail.com



MD5M Kidsight Foundation

Chairs: Lion Sue Honken -- rshonken@frontiernet.net
Lion Ron Honken -- ronaldhonken1940@gmail.com



Can Do Canines

Chair: Lion Mike Beilke -- mbeilke62@gmail.com



Project New Hope

Chair: Lion Ron Buse -- ron.buse06@gctel.com
Lion Greg Tauer – greg.tauer@northcentralintl.com
Lion Corky Gleisner – cmgleisner@gmail.com



Special Olympics MN

Chair: Lion Dianna Nelson - diannanelson@mainstreetcom.com



T.E.A.M. Sheehan Foundation

Chair: PIP Brian Sheehan -- bsheehan@rccbi.com
Treas. PDG Marty Athmann – athmannmarty@hotmail.com



MN Lions Mission Foundation – Brand New

Foundation Awards:

- LCIF – Melvin Jones Fellowship
- MN Lions Vision Foundation – Hellen Keller Award
- MD5M Hearing Foundation – Hearing Research Fellowship
- MN Lions Diabetes Foundation – Dreamcatcher Award
- MN Lions Childhood Cancer Foundation – Believe Award
- MD5M Kidsight Foundation – Sight Saver Award
- Can Do Canines – Top Dog Award
- T.E.A.M. Sheehan Foundation – Lapel Pin & Foundation Medal

MD5M Multiple District Awards:

- Hall of Fame Award
- Al Jensen Award
- Int'l Presidents Leadership Award
- Int'l Presidents Presidential Award

District Awards:

- Club Excellence Award
- Heart of A Lion Award
- Be Kind Award

Grant Applications:

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

2025-2026 District 5M4 Cabinet Members

Position	Title	Name	Phone #	Email	Home Club
District Governor	DG	Susan Krumrey	320-295-8327	susanreuberkrumrey@outlook.com	Buffalo Lake
1st VDG	1VDG	Jason Kerfeld	320-429-0794	kerfeld@mainstreetcom.com	Sauk Centre
2nd VDG					
IPDG	IPDG	Jacque Heinen	320-249-6536	lionheinen@gmail.com	Sauk Centre
Cabinet Secretary	Lion	Renee Willhite	320-491-6010	rwilhite@mainstreetcom.com	Sauk Centre
Cabinet Treasurer	Lion	Denise Sundblad	320-766-3266	district5m4@outlook.com	Wendell
Can Do Canines	Lion	Mike Beilke	320-761-9406	mbeilke62@gmail.com	Sauk Centre
Constitution & By-Laws	PDG	Kellie Knudson	320-226-4156	lionkellieknudson@gmail.com	Montevideo
District Administrator	PCC	Dennis Heinen	320-491-3996	heinende@centracare.com	Sauk Centre
Environment	PDG	Kathy Harwick	320-226-3651	kharwick@frontiernet.net	Appleton
GET	PDG	Bob Knutson	320-295-1757	lionbobbykf2017@gmail.com	Spicer Sunrise
GLT	PDG	Marty Athmann	320-579-1357	athmannmarty@hotmail.com	Bird Island
GMT	PCC	Rob Wiener	320-241-7100	5millionrob@gmail.com	Sauk Centre
GST	IPDG	Jacque Heinen	320-249-6536	lionheinen@gmail.com	Sauk Centre
LI Advisor	PIP	Brian Sheehan	320-212-7330	bsheehan@rccbi.com	Bird Island
LCIF Chairperson	PCC	Dennis Heinen	320-491-3996	heinende@centracare.com	Sauk Centre
Leader Dog for the Blind	Lion	Mary Bolas	320-815-0343	marybolas.mb@gmail.com	Hoffman
LEO Chairperson					
Lions Alert	PDG	Marty Athmann	320-579-1357	athmannmarty@hotmail.com	Bird Island
Long Range Planning	PDG	Ron Branch	320-460-0135	branch@rea-alp.com	Alexandria
MD5MLions KidSight Foundation	Lion	Susan Honken	320-905-2412	susandenisehonken@gmail.com	Raymond
MD5MLions KidSight Foundation	Lion	Ronald Honken	320-905-6282	rshonken@frontiernet.net	Raymond
MN Lions Childhood Cancer Foundation	Lion	Merlin Athmann	320-522-1264	athmann.mer@gmail.com	Bird Island
MN Lions Childhood Cancer Foundation	Lion	Sue Krumrey	320-295-1266	sue_krumrey@kottke-trucking.com	Buffalo Lake
MN Lions Diabetes Foundation	Lion	Lori Schellberg	320-894-8643	lorischellberg@gmail.com	Spicer Sunrise
MN Lions Diabetes Foundation	PDG	Ken Harwick	320-212-4393	kbearalive@live.com	Appleton
MN Lions Hearing Foundation	PDG	Bob Kulbeik	605-949-0136	kulbeik@hotmail.com	Elbow Lake
MN Lions Hearing Foundation	Lion	Pam Erickson	320-212-3031	tapjerickson@gmail.com	Spicer Sunrise
MN Lions Missions Foundation	IPDG	Jacque Heinen	320-249-6536	lionheinen@gmail.com	Sauk Centre
MN Lions Vision Foundation	Lion	Craig Schellberg	320-894-6843	spicerlioncraig@gmail.com	Spicer Sunrise
MN Lions Vision Foundation	PCC	Rob Wiener	320-241-7100	5millionrob@gmail.com	Sauk Centre
Newsletter - 5M4	Lion	Anne O'Flynn	320-815-5790	anneo@runestone.net	Elbow Lake
Nominations	PDG	Jeff Swenson	218-770-1779	jfwens@runestone.net	Grant County
PDG Advisor	PDG	Marty Athmann	320-579-1357	athmannmarty@hotmail.com	Bird Island
Project New Hope	Lion	Ron Buse	218-639-1114	ron.buse06@gctel.com	Evansville
Project New Hope	Lion	Greg Tauer	320-212-3256	greg.tauer@northcentralintl.com	Atwater
Project New Hope	Lion	Corky Gleisner	320-250-5802	cmgleisner@gmail.com	Atwater
Protocol	PCC	Dennis Heinen	320-491-3996	heinende@centracare.com	Sauk Centre
Public Relations	PDG	Sue Kulbeik	605-949-0161	kulbeik@gmail.com	Elbow Lake
Special Olympics Liason	Lion	Dianna Nelson	320-766-7412	diannanelson@mainstreetcom.com	Sauk Centre
TEAMSHeehan Foundation	PIP & PD	Brian and Marty		see their info above	Bird Island
Technology	PCC	Dennis Heinen	320-491-3996	heinende@centracare.com	Sauk Centre
Website	Lion	Ryan Reich	320-583-3288	rrreich@gmail.com	Buffalo Lake
Youth Exchange/Peace Poster	Lion	Todd Fritsche	507-766-7528	dragon376381@yahoo.com	Bird Island
Zone Chair Advisor	Lion	Mickie Rogal	218-731-9749	mickierogal@gmail.com	Wendell
Zone 1 Chair	Lion	Lori Mausolf	320-304-3091	lorimausolf50@gmail.com	Miltona
Zone 2 Chair	Lion	Ed Bolas	320-304-0117	edmary1973@gmail.com	Hoffman
Zone 3 Chair					
Zone 4 Chair	Lion	Doug Godwin	218-770-8932	dgg2241@gmail.com	Montevideo
Zone 5 Chair	Lion	Brad Johnson	320-760-7640	yeldard600@gmail.com	Renville
Zone 6 Chair	Lion	Richard Haugen	320-522-0987	richard.haugen@yahoo.com	Olivia
Zone 7 Chair	Lion	Gary Lagerstad	320-894-4126	garylagerstedt47@gmail.com	Spicer Sunrise
Zone 8 Chair	Lion	Jason McCoy	320-442-8200	therealmccoy70@gmail.com	Grove City