

5M4 Newsletter



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Clubs: Would you like to give a Melvin Jones Fellowship award? Contact me to find out the amount of MJF credit you have to

give out a MJF award and I can also help you order. Thanks!

*Lion Allan Ulbricht,
Cell 320.267.4207 •*

Allan.ulbricht@gmail.com

**Welcome to 5M4 our
newest club: The
Alexandria Champions!**

Reflect on our progress

Greetings Lions, as the crisp autumn air approaches, it's an excellent time to reflect on our progress and gear up for the upcoming months. Our district Lions Clubs are bustling with activity, and we have several important updates and events to keep on your radar.

1. Club Visit Forms

A reminder to all Lions Club members: please ensure that your club DG visit forms are submitted promptly. These forms are crucial for planning and coordinating our district governor visits, which are a cornerstone of our efforts to strengthen connections and share ideas across clubs. So please take a moment to review and complete them if you haven't already. Your timely submission helps us ensure a smooth and effective visit schedule.

2. US/Canada Forum in Louisville, KY

I'm excited to report that the US/Canada Lions Leadership Forum that was held in Louisville, KY this year was a great success, providing an enriching experience with full days of engaging classes, workshops, and networking opportunities. It was a great way to gain valuable insights, enhance leadership skills, connect with fellow Lions, and gather fresh ideas to bring back to your club.

3. Embrace the Fall Spirit

As we move into the fall season, let's embrace the spirit of renewal and reflection. This is a great time to revisit our club's goals, plan upcoming projects, and engage with our community. With the season of giving around the corner, let's work together to make a significant impact and continue our tradition of service. Let's make this fall season a memorable one for our district and the communities we serve.

4. Convention

Jan 24-26, 2025 is our district's midwinter convention. Watch for details in the newsletter and emails to your club. Friday night theme is Summer Block Party, so get your summer fun on and join us at the Alexandria Holiday Inn. Plan a club or zone hospitality room. Live music until 11 p.m. Fri. and Sat. nights in the pool area. And Service of Remembrance information should be forwarded to PDG Marty Athmann. More details to come.

Together, let's make your mark!

---Ask One ---Keep One

Yours in Service,

5M4 DG Jacquie Heinen

lionheinen@gmail.com 320.249.6536



PCC Dennis Heinen and DG Jacquie Heinen

**5M4 Cabinet Meeting Dates: October 30, 2024 January 24-26
2025 Midwinter and the last meeting on April 30, 2025.**



A note from Susan

Greetings 5M4,

Wow, September has been awesome! It started at the USA/CANADA forum in Louisville KY. There were over 90 seminars to choose from, way too much to learning and fun in a few short days. I know everyone's time is precious, but it really could be another day... or, just go back again next year! The sessions were not only informative but also inspiring. Each speaker shared powerful insights into the core values of Lionism – service, community building, leadership, and of course, training on the Lions Portal!! It was great to meet up with friends from near and far, and meet new friends as well. This annual event is well worth the time! Not only for learning but to connect with like-minded people who are passionate about making a difference in their communities and around the world.

I was privileged enough to join in a session with 1st International Vice President A.P. Singh, from Kolkata India. I have heard him speak before in my training sessions, but to greet him in person was an honor. His insights into the vision for the future kept everyone energized, reaffirming the importance of the work we will continue to do next year as I become District Governor, and him, International President. He is passionate about the direction we are going and will be a great leader for us to continue to move forward with.

The year is in full swing, meeting with Clubs, talking to Zone Chairs, and planning for DG Jacque's Mid-Winter Convention for our district. We are planning a fun weekend in Alexandra! Please take a look further in this newsletter for information on promoting your club activities in our convention booklet and getting your reservations sent in! As always, we will have a raffle room that we would like you to participate in, raffle tickets for the chance to win a little cash, great speakers, learning opportunities, and a whole lot of fun!! Save the date for January 24-26!!

Clubs – support your Zone Chairs!! It is so important to not only come together as a club and do great things, but also come together and support your neighboring clubs! We are not in this alone. Supporting each other and your neighbors' events paves the way for broader outreach and spreads your kindness a bit further. The sense of camaraderie and mutual encouragement is what we do as Lions, we are a united force for good! Your zone meetings are a great way for your club to highlight what you are up to and allows others the opportunity to support you. Your zone chair is the facilitator to make this happen, to invite others to help you achieve your goals and share in the service and/or fundraising that your neighbors are doing as well. Please support your Zone Chairs! Go to your Zone Meetings! Do not keep the great works that you are doing in your communities a secret, allow your neighbors to help you make in a difference in your community as well!

I will say it again, your leadership team is here to support you. If you would like any of us to visit your club, please check out your 5M4 Cabinet members. We would love to hear from you!

And last but certainly not least... I wanted to share a picture of my newest family member to my Lions family ~ MaKay Krumrey joined us on September 20th. She is so beautiful! God Is So Good!

Continue to do great things and invite everyone to share in your efforts, we would love to be a part of your next successful event!

Together In Service,

1VDG Susan Krumrey, susanreuberkrumrey@outlook.com, 320-295-8327



1st VDG Susan Krumrey and new granddaughter, Makay Krumrey

KidSight happenings

We are roaring with pride over the number of District 5M4 Lions who signed up to serve the Kidsight Booth at the State Fair! 3,158 children were screened, which is a new record in the 6th year of this project. 325 were referred for evaluation by an eye care professional. Sunglasses were given to each child screened. Thank you for volunteering! Our clubs are busy scheduling screenings at schools this fall. We are excited by the numbers so far. Please remember to check with Lion Bob, Lion Ron or Lion Susan for availability before

confirming with your school or group. We are keeping track of dates scheduled. Please call us if you would like us to visit your club!

Morris Lions Joe and Linda Holland help at Kidsight Booth during MN State Fair on 9/1. Great experience. Linda was a greeter and Joe did camera screening.





You're Invited!

Charter Night Celebration
Alexandria Champions Lions Club

Date: Thursday, October 17
Time: 6:00 PM - 6:30 PM (Check-in & Social)
Location: Holiday Inn Alexandria

Join us for an evening of camaraderie and celebration!
Enjoy a Pizza Bar at 6:30 PM, followed by a special program
featuring
PIP Brian Sheehan presenting the charter.

Cost: \$20.00 per person (Payable to Alexandria Lions Club)

Please RSVP by October 10th to PDG Ron Branch
☎ Call or Text: 320-460-0135
✉ Email: branch@rea-alp.com

70 guests helped the Buffalo Lake Lions Club celebrate their 45th



Can Do Canines to Host Open House November 9

Can Do Canines invites you to attend an open house on Saturday, November 9, from noon to 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 can join us 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 five types of areas Can Do Canines trains dogs: hearing, mobility, seizure, diabetes, and childhood autism.

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

To request a sign language interpreter for the Open House, please contact Laurie at lcarlson@candocanines.org or 763-331-3000 at least two weeks in advance. We'll do our best to accommodate late requests, but availability is not guaranteed.

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





MINNESOTA LIONS VISION FOUNDATION

EYE Ball

October 25, 2024 7:00pm-9:30pm

Featuring

The Jammers

Wine Pull • Appetizers • Cash Bar

\$30 per person • \$50 per couple

Cash or Check

Semi Formal/Business Attire

Contact Lion Deb at liondebbialke@gmail.com

Earle Brown Heritage Center

Captain's Room

6155 Earle Brown Drive

Brooklyn Center, MN 55430

7:00pm - 9:30pm

All proceeds to benefit Minnesota Lions Vision Foundation



ATTENTION!

It's back to school time -
time to line up KidSight
Screenings at our local schools.

Our scanners are
equipped to test 6
months old to 18 yrs.

Please
check with your schools
to set up testing dates.

Contact one of us to
reserve our cameras and

or
get assistance.

We are here to help.

THANKS FOR
WHAT YOU DO!

Ron Honken 320.905.6282

[ronaldhonken1940](mailto:ronaldhonken1940@gmail.com)

[@gmail.com](mailto:ronaldhonken1940@gmail.com)

Sue Honken 320.905.2412

rshonken@frontier.net

Bob Knutson 320.295.1757

[lionbobbyk2017](mailto:lionbobbyk2017@gmail.com)

[@gmail.com](mailto:lionbobbyk2017@gmail.com)



November

Attention Lions of MD5M



Fill the Shelves Food Drive



We are collecting food (and money) for the local food shelves

What do we need?

Non Perishable foods, Canned goods like vegetables, canned chicken, tuna, salmon, canned fruit, soup, etc.,
Dry food such as pasta, oatmeal, rice, beans, oatmeal, grits, cream of wheat, crackers, Small bags of chips, Granola bars, pretzels, macaroni & cheese, Peanut butter, Powdered milk, Baby food, Condiments (mustard, ketchup, mayo, salad dressing, etc.),

Non Food Items

Laundry detergent, shampoo, toothpaste, toothbrushes, shaving cream, razors, deodorant, feminine hygiene products, baby wipes, diapers, dish soap, toilet paper

Melrose Lions Club & Sauk Centre Lions Club
"Working together to better our communities"

Invites everyone to our

Fall Tasting Event

- Wine •Beer •Liquor
- Bucky's Horseradish Pickles
- Redhead Creamery Cheese
- Meat Sticks

Friday, October 25, 2024 6:30 - 9:00 p.m.
Melrose American Legion

Sponsored by 	Featuring Redhead Creamery Cheese & Bucky's Horseradish Pickles  	
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\$20.00 advance - \$25.00 at door
Tickets available at Spiritz Liquor, any Lions Member or eventbrite.com →

MUST BE 21 TO ATTEND





1100+ in attendance with approximately 90 planes that flew in for the Hector Airport Fly-In





2025 Lions 5M4 Convention Booklet Ad Form

Thank you for considering placing an ad in our 2025 5M4 Mid-Winter Convention Booklet! We will be printing approximately 250 booklets which will be used every day of the convention. The booklet will then go home with the attendee to share with their club members.

There are 53 Clubs in our 5M4 District, spanning 13 counties, and approximately 1415 members.

BUSINESSES: Promote your goods, services, business card, or help wanted ad!!

CLUBS: Promote your clubs favorite service project, put an ad in the book for your next meal or event that you would like others to attend, or share good idea's that you think others could use in their club as well!

Ad Size – Price (all ads are black and white unless specified below)

1/8th of a page/business card - \$40

1/4 of a page (3" x 4 5/8") - \$60

1/2 of a page (6 1/4" x 4 5/8") - \$100

Full Page (6 1/4" x 7 1/2") - \$190

Inside Front Cover – Color - \$260

Inside Back Cover – Color - \$260

Outside Back Cover – Color - \$260

_____ Will email Print Ready Ad _____ Would like the Ad created by printing company (additional fees will apply)

Business or Club Name: _____

Contact Name, Phone # or Email: _____

Ad Deadline – December 20th, 2023

No ads will be published without payment received!

Please submit questions, ad information, artwork/photos, or your print ready ad in .pdf or .jpg format to Susan Krumrey at susanreuberkrumrey@outlook.com.

Payment for your ad can be made payable to: 5M4 Mid-Winter Convention

Payment can be sent to: Buffalo Lake Lions Club – PO Box 5 – Buffalo Lake, MN 55314



November National Diabetes Month

*More than 38 million Americans have diabetes.
More than 97 million Americans are pre-diabetic.*



STRIDES for Diabetes Awareness Minnesota Lions Diabetes Foundation *Physical Activity Challenge*

November 1, 2024 – January 1, 2025

Register / Donate at MNLionsDiabetes.org Registration opens November 1, 2024

Commit to a minimum of 15 miles of activity each month. (2,000 steps = 1 mile) You choose your:

- Activities
- Days and times
- Locations (indoor / outdoor)

Be active on your own.
Be active with a team.
Physical activity, and healthy food and beverage choices, are key to preventing diabetes and improving health.



Net Proceeds benefit Minnesota Lions Diabetes Foundation, Inc.
"Catch the Dream" ...Life without Diabetes!

TURN THIS PAGE SIDEWAYS AND SEE HOW GREAT 5M4 DID WITH OUR LCIF DONATIONS!

Attached is the final year end report for LCIF by district, the new minimum and stretch fundraising goals and some of the action plan goals that were submitted at the LCIF training in San Antonio TX ten days ago (which I was unable to attend unfortunately). I'm excited that our district surpassed this past year's minimum goal, stretch goal and my personal goal. Working together our district raised \$63,078 in cash donations and an additional \$101,000 in pledges for future donations and planned giving! The stretch fundraising goal for the new year is fairly steep at \$50/member which equals \$72,750. We can easily surpass the minimum goal of \$30/member.

Sincerely, Allan A. Ulbricht Direct - 320.357.7080 / Cell - 320.267.4207

FY 23-24 Fundraising Progress												Stretch Goal Fundraising Overview							
Multiple District	District	Lion Leader	Membership	FY23-24 Fundraising Goal	Cumulative Cash Received as of 8/31/2024	Cumulative Total Fundraising	Per Member Average	Gap to FY23-24 Goal	Percent to FY23-24 Goal	Total Fundraising Numbers as of 7/30/2024	Growth over Last Report	Cumulative Model Club Balances as of 8/31/2024	Planned Giving as of 7/10/2024	Pledges	Chairperson's Stretch Goal	Progress to Chairperson's Goal	Percent to Chairperson's Goal	Per Member Average	
5 Lion David Czymanski	5 NE	PDG Richard Swenson	1,161	\$ 31,347	\$32,664	\$32,664	\$28	(\$1,317)	104%	932,510	\$155	\$10,656	\$0	\$0	\$41,709	\$32,664	78%	\$28	
	5 NW	PDG Sherry Fetch	1,149	\$ 31,023	\$55,073	\$55,073	\$48	(\$24,050)	178%	551,961	\$3,112	\$0	\$0	\$0	\$41,278	\$55,073	133%	\$48	
	5 SE	PDG Tom Gimmond	1,020	\$ 27,540	\$47,115	\$47,115	\$46	(\$19,575)	171%	\$44,145	\$2,970	\$0	\$0	\$0	\$36,644	\$47,115	129%	\$46	
	5 SW	Vacant	608	\$ 16,416	\$13,094	\$13,094	\$22	\$3,322	80%	\$13,094	\$0	\$0	\$0	\$0	\$21,843	\$13,094	60%	\$22	
			Undistricted		\$ -	\$1,400	\$1,400	\$0	\$ -	-	\$0	\$1,400	\$0	\$0	\$0	\$1,400	\$0	-	\$0
			MD 5 Totals	3,938	\$ 106,326	\$149,346	\$149,346	\$38	(\$43,020)	140%	\$141,710	\$7,636	\$10,656	\$0	\$0	\$141,474	\$149,346	106%	\$38
5M PCC Bert Nelson	5M1	Lion Ron Albright	1,745	\$ 47,115	\$41,676	\$41,676	\$24	\$5,439	88%	\$40,775	\$901	\$0	\$0	\$0	\$62,690	\$41,676	66%	\$24	
	5M2	PDG Anna Wickenhauser	2,293	\$ 61,911	\$63,460	\$63,460	\$28	\$5,549	103%	962,835	\$625	\$0	\$0	\$0	\$62,377	\$63,460	77%	\$28	
	5M3	PDG Allen Struck	1,019	\$ 27,513	\$11,606	\$11,606	\$11	\$15,907	42%	\$11,606	\$0	\$0	\$0	\$0	\$36,608	\$11,606	32%	\$11	
	5M4	Lion Allen Ulbricht	1,455	\$ 39,285	\$63,078	\$63,078	\$43	(\$23,993)	161%	\$62,763	\$315	\$0	\$51,000	\$50,000	\$52,271	\$164,078	314%	\$113	
	5M5	IPDG Jennifer Marshall	1,308	\$ 35,316	\$45,887	\$45,887	\$35	(\$10,571)	130%	\$45,862	\$25	\$0	\$50,000	\$0	\$46,990	\$95,887	204%	\$73	
	5M6	PDG Carol Farley	1,227	\$ 33,129	\$63,044	\$63,044	\$51	(\$29,915)	190%	\$62,884	\$160	\$0	\$100,000	\$0	\$44,080	\$163,044	370%	\$133	
	5M7	IPDG Mark Landwehr PDG Judy Herrala	1,711	\$ 46,197	\$49,655	\$49,655	\$29	(\$3,458)	107%	\$49,390	\$265	\$0	\$0	\$0	\$61,468	\$49,655	81%	\$29	
5M8	PDG Frank Leidenfrost Lion Carrie Stofner	2,805	\$ 75,795	\$142,722	\$142,722	\$51	(\$66,987)	188%	\$141,557	\$1,165	\$0	\$10,000	\$0	\$100,771	\$152,722	152%	\$54		
5M9	Lion Zaida Novak Lion Larry Novak Lion Erin Beck	1,946	\$ 52,542	\$79,304	\$79,304	\$41	(\$26,762)	151%	\$77,799	\$1,505	\$0	\$0	\$105,000	\$0	\$69,911	\$184,304	264%	\$95	
5M10	PDG Melvin Millender	680	\$ 18,360	\$8,384	\$8,384	\$12	\$9,976	46%	\$8,384	\$0	\$0	\$0	\$0	\$24,429	\$8,384	34%	\$12		
5M11	PDG Allen Bertinud Lion John Vik	1,263	\$ 34,101	\$22,181	\$22,181	\$18	\$11,920	65%	\$22,181	\$0	\$0	\$0	\$0	\$45,374	\$22,181	49%	\$18		
		Undistricted		\$ -	\$6,780	\$6,780	\$0	\$ -	-	\$0	\$6,780	\$0	\$0	\$0	\$0	\$6,780	-	\$0	
		MD 5M Totals	17,452	\$ 471,204	\$597,776	\$597,776	\$34	(\$126,572)	127%	\$586,035	\$11,741	\$0	\$316,000	\$50,000	\$626,970	\$637,776	154%	\$55	
9 PDG Jim Bixler	9 EC	Lion Bernadette Lane	1,120	\$ 30,240	\$56,247	\$56,247	\$49	(\$526,007)	1839%	555,042	\$1,205	\$0	\$0	\$0	\$40,236	\$56,247	1382%	\$49	
	9 MC	PCC Judith Stone	850	\$ 22,950	\$18,160	\$18,160	\$21	\$4,790	79%	\$18,110	\$50	\$0	\$0	\$0	\$30,537	\$18,160	59%	\$21	
	9 NC	PDG Mike Nissly	855	\$ 23,085	\$13,279	\$13,279	\$16	\$9,806	58%	\$12,094	\$185	\$0	\$0	\$0	\$30,716	\$13,279	43%	\$16	
	9 NE	PDG Stephen Becker	1,144	\$ 30,888	\$23,042	\$23,042	\$20	\$7,846	75%	\$22,922	\$750	\$0	\$0	\$0	\$41,099	\$23,042	56%	\$20	
	9 NW	Vacant	608	\$ 16,416	\$11,762	\$11,762	\$19	\$4,654	72%	\$11,687	\$75	\$0	\$0	\$0	\$21,843	\$11,762	54%	\$19	
	9 SE	PCC Paul Hain	809	\$ 21,843	\$17,602	\$17,602	\$22	\$4,241	81%	\$17,432	\$170	\$0	\$10,000	\$0	\$29,064	\$27,602	95%	\$34	
	9 SW	PDG Ken Klemish	1,156	\$ 31,212	\$38,947	\$38,947	\$34	(\$7,735)	125%	\$38,594	\$353	\$0	\$0	\$0	\$41,530	\$38,947	94%	\$34	
			Undistricted		\$ -	\$1,851	\$1,851	\$0	\$ -	-	\$0	\$1,851	\$0	\$0	\$0	\$0	\$1,851	-	\$0
			MD 9 Totals	6,442	\$ 176,634	\$680,890	\$680,890	\$104	(\$504,256)	385%	\$675,251	\$5,639	\$0	\$10,000	\$0	\$25,024	\$690,890	294%	\$106
27 Lion Mary Vrieze	27 A1	PDG Jerry Gibbons	1,934	\$ 52,218	\$48,204	\$48,204	\$25	\$4,014	92%	\$48,084	\$120	\$27,241	\$0	\$0	\$69,480	\$48,204	69%	\$25	
	27 A2	PDG Dan Montaine	1,279	\$ 34,533	\$28,558	\$28,558	\$22	\$5,975	83%	\$27,458	\$1,100	\$0	\$0	\$0	\$45,949	\$28,558	62%	\$22	
	27 B1	CC Bernard Blahnik	1,864	\$ 50,328	\$33,807	\$33,807	\$18	\$16,521	67%	\$33,157	\$650	\$1,320	\$0	\$0	\$66,965	\$33,807	50%	\$18	
	27 B2	PID Wayne Heiman	2,169	\$ 58,563	\$55,786	\$55,786	\$26	\$2,777	95%	\$54,300	\$4,300	\$0	\$0	\$0	\$77,922	\$55,786	72%	\$26	
	27 C1	Vacant	1,358	\$ 36,666	\$15,085	\$15,085	\$11	\$21,581	41%	\$14,735	\$350	\$0	\$0	\$0	\$48,787	\$15,085	31%	\$11	
	27 C2	PDG Dennis Knott	1,426	\$ 38,502	\$28,810	\$28,810	\$20	\$9,692	75%	\$27,490	\$1,320	\$0	\$0	\$0	\$51,230	\$28,810	56%	\$20	
	27 D1	PDG Conrad Dreyer	2,080	\$ 56,160	\$36,463	\$36,463	\$18	\$19,697	65%	\$34,333	\$2,130	\$0	\$0	\$0	\$74,725	\$36,463	49%	\$18	
27 D2	PDG Eric Ender	1,569	\$ 42,363	\$18,773	\$18,773	\$12	\$23,590	44%	\$16,948	\$825	\$0	\$0	\$0	\$56,367	\$18,773	33%	\$12		
27 E1	Lion Mary Vrieze	1,400	\$ 37,800	\$29,136	\$29,136	\$21	\$8,664	77%	\$28,926	\$210	\$0	\$1,000	\$0	\$50,296	\$30,136	60%	\$22		
27 E2	PDG Brad Barth	1,588	\$ 42,876	\$27,825	\$27,825	\$18	\$15,051	65%	\$25,325	\$2,500	\$0	\$0	\$0	\$57,050	\$27,825	49%	\$18		
		Undistricted		\$ -	\$1,500	\$1,500	\$0	\$ -	-	\$0	\$1,500	\$0	\$0	\$0	\$0	\$1,500	-	\$0	
		MD 27 Totals	16,667	\$ 460,009	\$323,947	\$323,947	\$39	\$126,062	72%	\$308,942	\$15,005	\$28,561	\$1,000	\$0	\$98,769	\$324,947	54%	\$19	
		Area D Totals	44,599	\$1,204,173	\$1,751,959	\$1,751,959	\$39	(\$547,786)	145.5%	\$1,711,938	\$40,021	\$327,000	\$50,000	\$0	\$1,602,237	\$1,728,959	133%	\$48	



LEADERSHIP DEVELOPMENT

LOCAL INSTITUTE PROGRAM



RLLI Training (Regional Lions Leadership Institute)

November 14-17, 2024 Detroit Lakes Holiday Inn



RLLI participants learn more about club operations, and opportunities and resources available to clubs while developing valuable leadership skills and a deeper understanding of how to better serve clubs.

ELLI Training (Emerging Lions Leadership Institute)

March 13-16, 2025 Site: TBD



ELLI is for Lions who wish to pursue leadership roles within their club. You will learn the history and goals of LCI and LCIF, develop strategies for being an effective leader, creative thinking, change management and collaborate with a diverse group of fellow Lions.

You qualify for trainings if you:

- Are a current member in good standing
- Have an interest in becoming a better Lions member.
- Enjoy meeting other Lions and sharing ideas
- Like having FUN!!!!

Participants are required to:

- Attend all sessions of the three-day institute.
- You may commute to trainings if you attend all sessions and can do so safely.
- Complete pre-assignments prior to beginning of training weekends

Contact your Global Leadership Team (GLT) District Coordinator or District Governor to register



Lions Clubs International – Marketing Tools matters!

Lions Clubs International has some tools available to you to help your efforts to promote your Lions' projects, activities, and your club in general. By utilizing these tools, you may learn something which will help you in your efforts to market your club as a community-minded, fun, and engaging organization.



This link will take you to the LCI Marketing Matters website that provides you with some informational videos which provide some Marketing 101 training and tips:

<https://vimeo.com/showcase/marketingmatters>

Some of the videos cover topics such as utilizing social media and how to use LCI marketing kits available on the website. Here are some direct links to some of the informational videos that may prove useful to you:

How to Use Hashtags to Grow your Lions' Clubs Social Media Following -

<https://vimeo.com/showcase/10353816/video/909166997>

Take Your Promotions to the Next Level – Making High-Impact Promotions -

<https://vimeo.com/showcase/10353816/video/799208700>

How to Use the Lions Clubs International Social Media Kits -

<https://vimeo.com/showcase/10353816/video/564738434>



Lions Clubs International PR Kit Overview – Working with your Local Media -

<https://vimeo.com/showcase/10353816/video/880303247>

Lions Get Social - Tell a Story to Promote Your Club -

<https://vimeo.com/showcase/10353816/video/819214881>

Which Social Media Platform Should Lions Use? -

<https://vimeo.com/showcase/10353816/video/564739219>

How to Build Community on Social Media -

<https://vimeo.com/showcase/10353816/video/565614103>



Social Media Photo and Video Tips – Improving you Social Media Presence -

<https://vimeo.com/showcase/10353816/video/564738541>

How to Create a Facebook Reel with Captions – Lions Social Media Tutorial -

<https://vimeo.com/showcase/10353816/video/815466447>

These videos are informative, can be watched repeatedly, and can be viewed in a setting to be shared with other Lions. Over time, LCI will be adding other marketing videos to this [Vimeo](#) LCI marketing showcase.

Speaking of Lions' videos, if you haven't visited it please check out the Lions International YouTube channel for fun and informative on-line videos:

<https://www.youtube.com/lionsclubs>

Lion Lyle Goff

MD5M Marketing & Lions Information Chair

gofflt@msn.com



Lions District 5M4 Mid-Winter Convention

January 24-26th, 2025

Holiday Inn – 5637 Hwy 29 South – Alexandria

REGISTRATION FORM

NAME _____ Title: PID PCC CC PDG DG

(Please circle all that apply) Lion LEO Spouse First Timer

NAME _____ Title: PID PCC CC PDG DG

(Please circle all that apply) Lion LEO Spouse First Timer

Address _____

Phone _____ Email _____

Club Name _____

Hospitality Book – (Includes all convention meals): *Indicate number of books needed.*

1st Time Attendee (Dist 5M4 only) \$50.00 per attendee _____ @ \$50 = \$ _____

Lions and Guests _____ @ \$140.00 = \$ _____

LEO attendee _____ @ \$50 = \$ _____

Total Hospitality Book Amount: \$ _____

Governor Banquet Meal - Choose One: Northwoods Chicken _____ Pot Roast _____

If Purchasing Only Individual Meal Preferences:

Saturday Breakfast: Willy T's Tavern & Grill (on your own) / Saturday Lunch: _____ at \$35.00 = \$ _____

Governor's Banquet-Saturday Evening: _____ at \$50.00 = _____ / Sunday Brunch: _____ at \$30.00 = _____

Individual Meals Only Amount Enclosed: \$ _____

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

Mail registration and check to: Buffalo Lake Lions Club - PO Box 5 - Buffalo Lake, MN 55314

Hotel Accommodations: *Should be made directly with Holiday Inn @ (320)763-6577*

Hotel Rates: King Bed -- \$189.00 | 2 Queen Bed -- \$179.00 | Pool View -- \$199.00





OCTOBER | 2024

LEADING THE WAY



LEADER DOGS FOR THE BLIND - LIONS NEWSLETTER

Partner with Leader Dogs for the Blind for Your LCIF DCG Project!

What Are District and Club Community Impact Grants (DCGs)?

- DCGs allow clubs and districts to utilize a portion of the funds they donate to Lions Clubs International Foundation (LCIF). Clubs that donate at least \$5,000, and districts that donate at least \$10,000 within a fiscal year, qualify to apply for a grant equal to 15% of their total contributions (excluding disaster donations).
- Eligible Projects: DCG funds support specific humanitarian activities that highlight the role of Lions in their communities. The funds cannot be used to pay membership dues or establish reserve funds.

Why Choose Leader Dogs for the Blind as Your Project?

- By choosing Leader Dogs for the Blind as your DCG project, you are directly supporting a nonprofit that serves individuals in your own community who are blind or visually impaired.
- Founded by Lions Club members in 1939, Leader Dogs for the Blind has a long-standing, deep connection with the Lions Clubs International community. We've partnered with over 4,900 Lions clubs worldwide to serve more than 17,000 clients across the globe, including many in your own neighborhoods.
- Lions are integral to our mission. They identify community members who could benefit from our services, provide direct assistance to clients, and help spread awareness about our programs. Lions contribute as Leader Dog Chairs, puppy raisers, and hosts for breeding stock dogs, while also advocating for the blind and visually impaired in their communities.
- By choosing Leader Dogs for the Blind, your club will help empower people with independence and mobility, fostering stronger, more inclusive communities.

Join Us in Making a Difference!

By selecting Leader Dogs for the Blind as your DCG project, you are contributing to a legacy of service and support that spans across the globe while directly impacting your local community. Together, we can empower individuals with vision loss to live more independent, fulfilling lives.

Contact Us today to learn more about how your club or district can partner with Leader Dogs for the Blind!

SCAN TO LEARN MORE!



14. *There were over 1900 people in attendance at the USA / Canada Forum. It was an amazing experience!*
Lion Susan Krumrey

USA/CANADA FORUM

*1st
International
Vice President
A.P. Singh, from
Kolkata India.*



*Speaker IP
Fabricio Oliveira.*



STRIDES WALK FOR DIABETES.

DISTRICT 5M4 2024/2025

CLUB VISIT REQUEST FORM

DISTRICT GOVERNOR JACQUE HEINEN

PLANT THE SEED



CLUB INFORMATION

CLUB NAME

CONTACT NAME

CONTACT EMAIL

CONTACT PHONE

MEETING INFORMATION

PROVIDE THREE CHOICES OF DATES:

1ST CHOICE 2ND CHOICE 3RD CHOICE

PROVIDE START TIMES:

SOCIAL TIME MEAL TIME MEETING TIME

MEETING LOCATION

BUSINESS NAME:

STREET ADDRESS:

CITY

SPECIAL REQUESTS & NOTES

NEW MEMBER INDUCTION OFFICER INSTALLATION AWARD PRESENTATION

OTHER

DG Jacques's chosen charities are LCIF or Can Do Canines.

Return form to: lionheinen@gmail.com
 or call with above info at 320.249.6536





2024-2025 5M4 Cabinet Directory

District Governor	DG	Jacquelyn Heinen	320.249.6536	LIONHEINEN@GMAIL.COM
1st VDG	1VDG	Susan Krumrey	320.295.8327	susanreuberkrumrey@outlook.com
2nd VDG	2VDG	Jason Kerfeld	320.429.0794	kerfeld@mainstreetcom.com
IPDG	IPDG	Sue Kulbeik	605.949.0161	kulbeik@gmail.com
Cabinet Secretary	Lion	Kelsey Sommerville	320.295.8657	kelsomerville@gmail.com
Cabinet Treasurer	Lion	Denise Sundblad	320-766-3266	district5m4@outlook.com
Can Do Canines	Lion	Mike Beilke	320.761.9406	mbeilke62@gmail.com
Childhood Cancer	PDG	Bob Knutson	320-295-1757	lionbobbyk2017@gmail.com
Childhood Cancer	Lion	Merlin Athmann	320.522.1264	athmann.mer@gmail.com
Constitution & By-laws	PDG	Kellie Knudson	320-226-4156	lionkellieknudson@gmail.com
District Admin	PCC	Dennis Heinen	320.491.3996	heinende@centracare.com
Environment	Lion	Jeff Gunderson	320-815-3478	jeffwgund@gmail.com
GET	PDG	Dan Plowman	320.219.8814	mtdrplowman@hotmail.com
GLT	Lion	Mickie Rogal	218-731-9749	mickierogal@gmail.com
GMA	PDG	Marty Athmann	320-522-0856	athmannmarty@hotmail.com
GMT	PCC	Rob Wiener	320-241-7100	5M4Lionrob@gmail.com
GST	PCC	Dennis Heinen	320.491.3996	heinende@centracare.com
KidSight Foundation	Lion	Ron Honken	320-905-6282	ronaldhonken1940@gmail.com
KidSight Foundation	Lion	Susan Honken	320-905-2412	rshonken@frontiernet.net
LCI Advisor	PIP	Brian Sheehan	320-212-7330	bsheehan@rccbi.com
LCIF Chair	Lion	Allan Ulbricht	320.267.4207	allan.ulbricht@gmail.com
Leader Dog	Lion	Mary Bolas	320.815.0343	marybolas.mb@gmail.com
Leo Chair	Lion	Jamie Shoutz	320-699-0371	JSHOUTZ1@GMAIL.COM
Lions Alert	PDG	Marty Athmann	320-579-1357	athmannmarty@hotmail.com
Long Range Planning	PDG	Ron Branch	320-460-0135	branch@rea-alp.com
Midwinter Convention		M.Athmann S.Krumrey		
MN Diabetes Fndtn	Lion	Lori Schellberg	320.894.8643	lorischellberg@gmail.com
MN Diabetes Fndtn				
MN Hearing Fndtn	Lion	Barry Erdahl	320-349-1108	barry.erdahl@gmail.com
MN Hearing Fndtn	PDG	Bob Kulbeik	605.949.0136	kulbeik@hotmail.com
MN Vision Fndtn	Lion	Craig Schellberg	320.894.6843	spicerlioncraig@gmail.com
MN Vision Fndtn	PCC	Rob Wiener	320.241.7100	5M4lionrob@gmail.com
Newsletter	Lion	Anne O'Flynn	320-815-5790	anneo@runestone.net
Nominations	PDG	Jeff Swenson	218-770-1779	jfswens@runestone.net
PDG Advisor	PDG	Kellie Knudson	320-226-4156	lionkellieknudson@gmail.com
Project New Hope	Lion	Ron Buse	218-639-1114	ron.buse06@gctel.com
Protocol	PCC	Dennis Heinen	320.491.3996	heinende@centracare.com
Public Relations	IPDG	Sue Kulbeik	605.949.0161	kulbeik@gmail.com
Special Olympics	Lion	Dianna Nelson	320.766.7412	diannanelson@mainstreetcom.com
TEAM Sheehan Fndtn	PDG	Kent Beissel	320-352-3482	KJJBEISSEL@mainstreetcom.com
Technology	PCC	Dennis Heinen	320.491.3996	heinende@centracare.com
Website	Lion	Posl Pat		patrickposl@gmail.com
Youth Exch/PPoster	Lion	Todd Fritsche	507-766-7528	dragon376381@yahoo.com
Zone 1 Chair	Lion	Paul Skorheim	320.491.5738	paulskorheim@gmail.com
Zone 2 Chair	Lion	Ed Bolas	320-304-0117	edmary1973@gmail.com
Zone 3 Chair	Lion	Linda Holland	320-760-2303	lindakholland5@gmail.com
Zone 4 Chair	Lion	Tom Moe	320-413-0247	tmoe@fedtel.net
Zone 5 Chair				
Zone 6 Chair	Lion	Richard Haugen	320.522.2115	richard.haugen@yahoo.com
Zone 7 Chair	Lion	Vickie Vogt	320.282.5016	vic56273@gmail.co,
Zone 8 Chair				