

# 5M4 Newsletter



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PDG Bob Kulbeik and DG Sue Kulbeik

## Lots of info for your club!



Summer is quickly passing – the State Fair is just around the corner and that's always a sign that fall is upon us. My calendar is quickly filling up with club meetings, zone meetings, trips to Reno for the USA/Canada Expo, club fund raisers and other events around the District, and of course, that pesky thing known as a job! It's hard to fit it all in – but we're loving it!

You'll notice some changes in the newsletter this month. **We are including a list of all the 5M4 Cabinet members, the organization or foundation they represent, and their contact information. This is for your use. If you want to secure a speaker for an event or a club meeting – here's the info you will need to contact the right person. If you want to request an award, these are your people.** We are also providing details on upcoming Zone meetings and Officer Training sessions. This is your opportunity to find out what changes have been made at LCI on duties for officers, reporting to LCI, and what a Zone meeting should look like. Your leadership team feels that these are all positive changes and will make your life so much easier! ALL LIONS are welcome to attend these meetings, whether you're in an officer or zone chair position or not. It may prepare you for future leadership in your club or Zone.

There is still time to sign up for working a shift at the State Fair. You can work in either the Kidsight booth helping with screenings or greeting parents, or the Vision/Hearing/Diabetes booth handing out information and collection glasses and hearing aids. They also have a PLINKO game the public can play. It's a great way to spend part of a day at the best State Fair in the nation!

We're going to have another Mid-Winter Convention meeting this week and the planning is really coming together! More than anything else, I am intent on everyone having fun at this Convention. Our theme of "Made in Minnesota" is really opening doors to some great ideas, terrific speakers, and fun projects. I hope you will make plans to join us in Willmar on the last weekend of January. Come and meet International Director Lion Bob Lee from Honolulu and his lovely wife Lion Pam. They will be sharing not only their LCI message, but how the rebuilding mission on Maui is going.

Remember to get your Lions Alert Plan contact person selected. This should be reported to Lion Bonnie Lay of the Forada Lions. (All the info is on the separate sheet within this newsletter.) We're ready to start making lists of what resources we have within our District but first we need the contact names. We are now making placement of AED equipment part of this plan too. Whether it's indoors, like many current locations are, or outdoors – every community needs these and who better than us to provide them! Any PDG, Zone Chair, Leadership Team Member can work with you on the Lions Alert Program and tell you about the steps we will be taking.

There is a DG Visit request for within the Newsletter. Please send it to me as soon as you can select a date for the visit. I'm looking forward to each and every club visit! It's what I have been working toward for several years. See you soon!

DG Sue Kulbeik  
 kulbeik@gmail.com  
 605-949-0161

## "Leading the Way"

Contact DG Sue to schedule your club visit! Page 9

Form in this newsletter! Contact:  
 DGE Sue Kulbeik  
 kulbeik@gmail.com  
 Cell: 605-949-0161



DG Sue rode with the Elbow Lake Lions float in her hometown 'Flekkfest' festival parade. Lion Bob and future Lion Kyler were among those who joined her in the parade.



# *Tottings from Jacque!*

*Greetings fellow Lions!*

Well it's official, July 1 has come and gone, the International Convention has too. Dennis and I attended the 105th International Convention it was an AWESOME transition from Together we Can with IPIP Sheehan to Changing the World with IP Dr. Patti Hill from Canada. We also voted in a new International Director from our Multiple: JoAnn Ogden 5M10 from Canada congrats to her. Welcome to 5M4's DG Sue Kulbeik, and all her fellow DGs. We enjoyed marching in the Parade of Nations with our snowman MOM (Minnesota, nw Ontario, Manitoba) and seeing so many people coming together, and some of the traditional wardrobes worn. It was a hot day for a parade.

We will have attended our first Cabinet Meeting and CoG meeting for this year in July. As well as the youth exchange students dinner where they prepare a traditional meal from their home country and give a short presentation of what they learned while visiting America and their countries history. August 8th we will be attending a Charter Night to welcome our newest club the Sauk River Champions Lions Club. (See photo below)

Remember 5M4 is always looking for Lions to help at the state fair for KidSight screenings and to work at the Diabetes/Hearing/Vision booth. Please consider helping out each has short 3 hour shifts to sign up for – if you'll be going anyways please consider helping out.

*Thank you.*

*I looking forward to attending your club and district events.*

*VDG Jacque Heinen*

*Email: lionheinen@gmail.com*

*Cell: 320.249.6536*

*VDG Jacque Heinen*

*Email: lionheinen@gmail.com*

*Cell: 320.249.6536*



## **A note from Lion Mike Beilke, Zone 1 Chair.**

**There will be a Zone 1 meeting on Wednesday, September 20 at Knights Pub & Grub in Osakis MN. Social hour at 6 p.m. and the meeting starts at 7 p.m.**



# ALERT TEAM

preparedness · response · relief

*Exciting  
news!*

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

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

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

### 1. Communication

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

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

### 2. Club Participation

We will begin to roll this out immediately.

**Each Lions Club meeting should include the following discussion:**

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

### 3. Types of Emergencies

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

*Questions?*

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

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



## August 8, 2023 Sauk River Champions Lions Club Charter Night

Please welcome the newest club to 5M4 the Sauk River Champions Lions Club, with members from Sauk Centre and the surrounding communities. This club has been formed for adults with intellectual and physical disabilities to gather for fellowship and to integrate into the community with service. Much support was provided from the public and surrounding Lions communities...thank you. With that continued support this club will strive. They already have a service project under their belt and a club visit to camp confidence is planned. If you have any questions about how to start a champions club in your area, feel free to contact guiding Lion PCC Dennis Heinen



5.

5M4 Newsletter

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

SEPTEMBER 2023



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

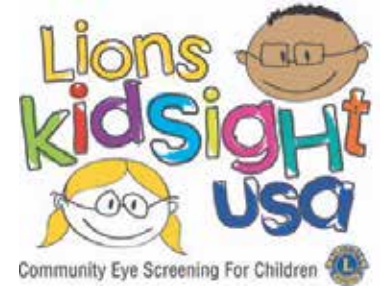
**We need volunteers!**

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

**Here is your link:**

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

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



**SEPT. 21-23, 2023**  
**THE ROW • Reno, Nevada**

**EARLY  
REGISTRATION  
ENDS MAY 31, 2023**

**FREE PARKING  
at The Row hotels**

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

**4  
INSPIRATIONAL  
SPEAKERS  
during meals**

**3 RESORTS – ONE DESTINATION**  
**El Dorado • Silver Legacy • Circus Circus**

**4 MEALS  
included with  
registration**

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

**OVER 80  
SEMINARS**



Visit [LionsForum.org](http://LionsForum.org) for more information

Need something in the newsletter? Send to: [aneo@runestone.net](mailto:aneo@runestone.net)

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

# 2023/24 5M4 CABINET MEMBERS

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

DG Lion Sue Kulbeik	District Governor	<a href="mailto:kulbeik@gmail.com">kulbeik@gmail.com</a>	605-949-0161
1VDG Lion Jacque Heinen	1 <sup>st</sup> Vice DG (2024/25)	<a href="mailto:lionheinen@gmail.com">lionheinen@gmail.com</a>	320-249-6536
2VDG Lion Susan Krumrey	2 <sup>nd</sup> Vice DG (2025/26)	<a href="mailto:susan@ksmillwrights.com">susan@ksmillwrights.com</a>	320-295-8327
Lion Susan Krumrey	Cabinet Secretary	<a href="mailto:susan@ksmillwrights.com">susan@ksmillwrights.com</a>	320-295-8327
Lion Denise Sundblad	Cabinet Treasurer	<a href="mailto:district5m4@outlook.com">district5m4@outlook.com</a>	320-766-3266
PDG/CC Lion Rob Wiener	Council Chair	<a href="mailto:5m4lionrob@gmail.com">5m4lionrob@gmail.com</a>	320-241-7100
Lion Craig Shellberg	5M4 Convention Chair	<a href="mailto:spicerlioncraig@gmail.com">spicerlioncraig@gmail.com</a>	320-894-6843
Lion PDG Bob Knutson	Childhood Cancer	<a href="mailto:lionbobbyk2017@gmail.com">lionbobbyk2017@gmail.com</a>	320-295-1757
Lion Merlin Athmann	Childhood Cancer	<a href="mailto:athmann_mer@gmail.com">athmann_mer@gmail.com</a>	320-522-1264
Lion Amy Swenson	Diabetes Foundation	<a href="mailto:aswenson@isd2342.org">aswenson@isd2342.org</a>	218-770-1219
Lion Lori Schellberg	Diabetes Foundation	<a href="mailto:lorischellberg@gmail.com">lorischellberg@gmail.com</a>	320-894-8643
Lion Jeff Gunderson	Environment Chair	<a href="mailto:shergund@hotmail.com">shergund@hotmail.com</a>	320-815-3478
Lion Mickie Rogal	Global Leadership Team	<a href="mailto:mickierogal@gmail.com">mickierogal@gmail.com</a>	218-731-9749
Lion PDG Marty Athmann	Global Membership Approach	<a href="mailto:athmannmarty@hotmail.com">athmannmarty@hotmail.com</a>	320-522-0856
Lion Jason Kerfeld	Global Membership Team	<a href="mailto:kerfeld@mainstreetcom.com">kerfeld@mainstreetcom.com</a>	320-429-0794
Lion PCC Dennis Heinen	Global Service Team	<a href="mailto:heinende@centracare.com">heinende@centracare.com</a>	320-491-3996
Lion Barry Erdahl	Hearing Foundation	<a href="mailto:barry.erdahl@gmail.com">barry.erdahl@gmail.com</a>	
Lion PDG Bob Kulbeik	Hearing Foundation	<a href="mailto:kulbeik@gmail.com">kulbeik@gmail.com</a>	
Lion Sara Stricker	KidSight	<a href="mailto:sjstrickes@yahoo.com">sjstrickes@yahoo.com</a>	641-430-6329
Lion Allan Ulbricht	LCIF	<a href="mailto:allan.ulbricht@gmail.com">allan.ulbricht@gmail.com</a>	320-267-4207
Lion Mary Bolas	Leader Dog	<a href="mailto:marybolas.mb@gmail.com">marybolas.mb@gmail.com</a>	
Lion Jamie Shoutz	LEOS	<a href="mailto:storedirector.2022@cobornsinc.com">storedirector.2022@cobornsinc.com</a>	320-699-0371
Lion Bonnie Lay	Lions Alert Program	<a href="mailto:foradalions@outlook.com">foradalions@outlook.com</a>	
Lion PDG Ron Branch	Long Range Planning	<a href="mailto:branch@rea-alp.com">branch@rea-alp.com</a>	
Lion Anne O'Flynn	Monthly Newsletter	<a href="mailto:aneo@runestone.net">aneo@runestone.net</a>	320-815-5790
Lion PDG Dan Plowman	Nominations	<a href="mailto:mtdrplowman@hotmail.com">mtdrplowman@hotmail.com</a>	
Lion PDG Bob Kulbeik	PDG Advisor	<a href="mailto:kulbeik@gmail.com">kulbeik@gmail.com</a>	
Lion Ron Buse	Project New Hope	<a href="mailto:ron.buse06@gctel.com">ron.buse06@gctel.com</a>	
Lion PDG Dennis Zimmerman	Protocol	<a href="mailto:dezim@mainstreetcom.com">dezim@mainstreetcom.com</a>	
Lion Dianna Nelson	Special Olympics	<a href="mailto:diannanelson@mainstretcom.com">diannanelson@mainstretcom.com</a>	
Lion PDG Kent Beissel	T.E.A.M. Sheehan Foundation	<a href="mailto:kjibeissel@mainstreetcom.com">kjibeissel@mainstreetcom.com</a>	
Lion PCC Dennis Heinen	Technology	<a href="mailto:heinende@centracare.com">heinende@centracare.com</a>	320-491-3996
Lion Craig Shellberg	Vision Foundation	<a href="mailto:spicerlioncraig@gmail.com">spicerlioncraig@gmail.com</a>	320-894-6843
Lion Pat Posl	Website	<a href="mailto:patrickposl@gmail.com">patrickposl@gmail.com</a>	
Lion Mike Beilke	Zone 1 Chair	<a href="mailto:mbeilke62@gmail.com">mbeilke62@gmail.com</a>	320-761-9406
Alexandria, Carlos, Forada, Miltona, Osakis, Sauk Centre, Sauk River Campions, Villard			
Lion Todd Jorgenson	Zone 2 Chair	<a href="mailto:todd.jorgensen3@gmail.com">todd.jorgensen3@gmail.com</a>	320-288-5888
Ashby, Brandon, Elbow Lake, Evansville, Grant County, Hoffman, Kensington, Wendell, Wheaton			
Lion Tom Moe	Zone 4 Chair	<a href="mailto:tmoe@fedtel.net">tmoe@fedtel.net</a>	320-413-0247
Appleton, Dawson, Maynard, Milan, Montevideo, Watson			
Lion Sue Honken	Zone 5 Chair	<a href="mailto:susanhonken@gmail.com">susanhonken@gmail.com</a>	320-905-2412
Clara City, Danube, Raymond, Renville, Sacred Heart			
Lion Todd Fritsche	Zone 6 Chair	<a href="mailto:dragon376381@yahoo.com">dragon376381@yahoo.com</a>	507-766-7528
Bird Island, Buffalo Lake, Fairfax, Franklin, Hector, Olivia			
Lion Terry Smith	Zone 7 Chair	<a href="mailto:tgs1871@yahoo.com">tgs1871@yahoo.com</a>	320-894-1871
Kerkhoven, New London, Pennock, Spicer Sunrise, Willmar Noon, Willmar Vyas			
Open Position	Constitution/By-Laws		
Open Position	USA/Canada Forum		
Open Position	Zone 3 Chair		
Benson, Garfield, Glenwood, Hancock, Lowry, Morris			
Open Position	Zone 8 Chair		
Atwater, Cedar Mills, Cosmos, Darwin, Grove City, Kingston, Litchfield			



*Hello .... ZONE 3 .....*  
**Benson, Garfield, Glenwood, Hancock ,  
 Lowry, and Morris Lions**  
 ...It has been quite some time since a zone meeting has been held for you in your zone. I would like to invite all club members to a zone meeting.


**WHAT** Zone 3 Meeting  
**WHO** All zone 3 Lions  
**WHEN** Thursday Sept 7, 2023  
 6:00 Social order from menu  
 6:45 Meeting called to order  
**WHERE** Minnewaska House Glenwood MN

On the Agenda: Lions 5M4 Alert Program  
 Mission 1.5  
 Foundation  
 Upcoming Events

Please Come! **Share** a meal  
 \* **Socialize** with other Lions  
 \* **Learn**

RSVP suggested but not necessary to:  
[lionheinen@gmail.com](mailto:lionheinen@gmail.com) or text to 320.249.6536  
**Looking forward to seeing you soon.**  
**1stVDG Jacque Heinen**

**“WE SERVE”**



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

*Invites everyone to our*  
**Fall Tasting Event**

**◆ Wine ◆ Beer**  
**◆ Liquor ◆ Cheese**  
**◆ Meat Sticks**

**Friday, October 27, 2023 6:30 - 9:00 p.m.**  
**Melrose American Legion**

Sponsored by



&





\$20.00 advance ~ \$25.00 at door  
 Tickets available at Spiritz Liquor,  
 Coborn's & any Lions Member  
 MUST BE 21 TO ATTEND




*Elbow Lake Lions serve hundreds at their annual Flekkefest Fish Fry*



Each year the Elbow Lake Lions give away a Golden Ticket - which gets the winner FREE entry to the Fish Fry - for life! Willie Wonka has nothing better than that!

7.

5M4 Newsletter

[www.e-district.org/sites/5M4](http://www.e-district.org/sites/5M4)

SEPTEMBER 2023



**5M4 has 69% of clubs who report their members info and meeting attendance.**

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

## Club Secretaries - we need your reports please!

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



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

Need something in the newsletter? Send to: [anneo@runestone.net](mailto:anneo@runestone.net)





***Benson Lions, along with DG Kulbeik and PDG Kulbeik volunteer "to serve" the Swift County Veterans at Grill-Out***



A large crowd attended the Swift County Veterans appreciation grill-out that was held Wednesday, July 26. The event was scheduled for the Swift County Courthouse lawn but with the 90+ degrees, it was moved to the Drop In Center in Benson. The Benson Lions Club helped do the grilling of brats/burgers and also helped to serve all in attendance. The event was sponsored by the Swift County Veterans Services.





Club Name: \_\_\_\_\_

Club Location: \_\_\_\_\_

Address: \_\_\_\_\_

Dates for Club Visits: 1<sup>st</sup> Choice \_\_\_\_\_

2<sup>nd</sup> Choice \_\_\_\_\_

What time does your club meeting begin? \_\_\_\_\_

What time does your social hour start? \_\_\_\_\_

Do you have a Board Meeting? Yes \_\_\_\_\_ No \_\_\_\_\_

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

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

Please List other Clubs: \_\_\_\_\_

\_\_\_\_\_

Will you have a meal? Yes \_\_\_\_\_ No \_\_\_\_\_

Lion, or Leo requesting the Governor's visit: \_\_\_\_\_

Contact telephone # \_\_\_\_\_ Email address \_\_\_\_\_

Will the Governor be expected to install officers? Yes \_\_\_\_\_ No \_\_\_\_\_

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

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

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

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



## Join us at the Can Do Woofaroo!

**Saturday, September 23, 2023**

Registration starts at 10 a.m. at Can Do Canines

Invite your friends (even the four-legged ones) to celebrate the amazing partnership between assistance dogs and the people who need them. This outdoor fundraising event includes a one-mile walk, live music, dog-centric vendors, dog costume contest, food and more!

**The Lions Clubs of Minnesota will once again be the Presenting Sponsors.**



[candocanines.org/woofaroo](http://candocanines.org/woofaroo)

# HEAD START

## Volunteers Wanted

Join WCMCA Head Start in making a positive impact on children and families in your community.

**Volunteer opportunities include:**

- Parent Planning Committees
- Classroom Activities
- Cultural/Language Supports
- and much more...

**Questions?:**  
Talk with Head Start/  
Early Head Start staff or call  
1-218-685-7009.

**Ready? Sign up Today!**




## Sacred Heart Lions donate \$1650

The Sacred Heart Lions Club recently had a fundraiser at Almich's Market in Granite Falls for Ryder (2 years old) who has Acute Myeloid Leukemia. Pictured are Howard Dahlager(left) Sec/Treas and Paul Lanning(far right) President of the Sacred Heart Lions to present a check for \$1650 to Nicole and Ryder Schultz. This will certainly help the Schultz family with expenses from Ryder's treatments he has been getting in the cities.



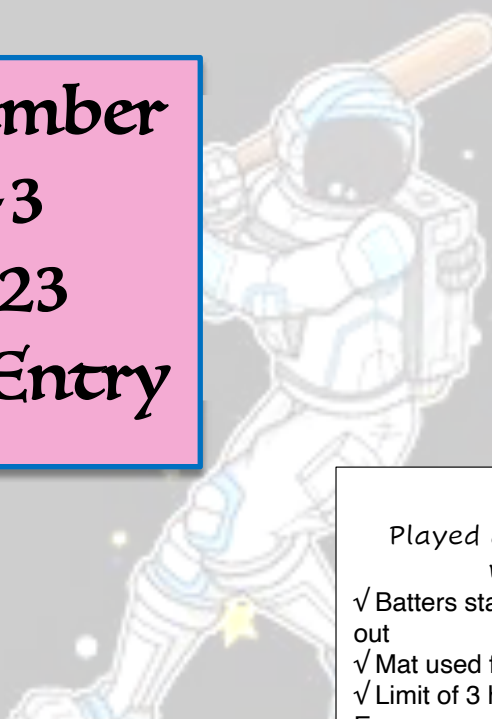
# Cosmos Lions Labor Day Co-Rec Softball Tournament

Between the Milky Way and Venus since 1972



**September  
2-3  
2023  
\$220 Entry**

- Burgers
- Beer
- Concession Stand (Please support your friendly, neighborhood Lions Club)
- Free Camping (No Hookup)



**Send \$220 Entry Fee to Cosmos Lions:  
Butch Schmeling, 201 Saturn Street,  
Cosmos, MN 56228**

Include, with your entry fee check, this information:  
 Team Name \_\_\_\_\_  
 Telephone Contact Number \_\_\_\_\_  
 Address \_\_\_\_\_  
 Manager \_\_\_\_\_

Entry Deadline is August 26, 2023  
 For Information, call 320.583.2531; or  
 email: cosmoslions@mac.com

**Rules & Regulations**  
 Played according to MSF/NSF Guidelines with following exceptions

- ✓ Batters start with 1-1 count. Foul on 2-strike count is out
- ✓ Mat used for strike zone
- ✓ Limit of 3 homeruns for men and 3 for women. Excess are outs.
- ✓ Must have at least 8 players to start, may not field more men than women
- ✓ Balls supplied
- ✓ There are no restrictions for defensive alignment
- ✓ If a male walks, following female has option to walk or bat *if 2 outs*
- ✓ 10-run rule after five innings; 15 runs after four
- ✓ Six-foot minimum, 12-foot maximum arc
- ✓ Rosters may include 20 players
- ✓ No steel spikes or cleats
- ✓ In case of rain, tournament directors will determine makeup
- ✓ All umpires' decisions are final
- ✓ Grace time of 10 minutes for team's first game only
- ✓ **Rosters must be turned in prior to first game**



**Prizes (Based on 8 teams)**  
 First: \$450  
 Second: \$325  
 Third: \$220

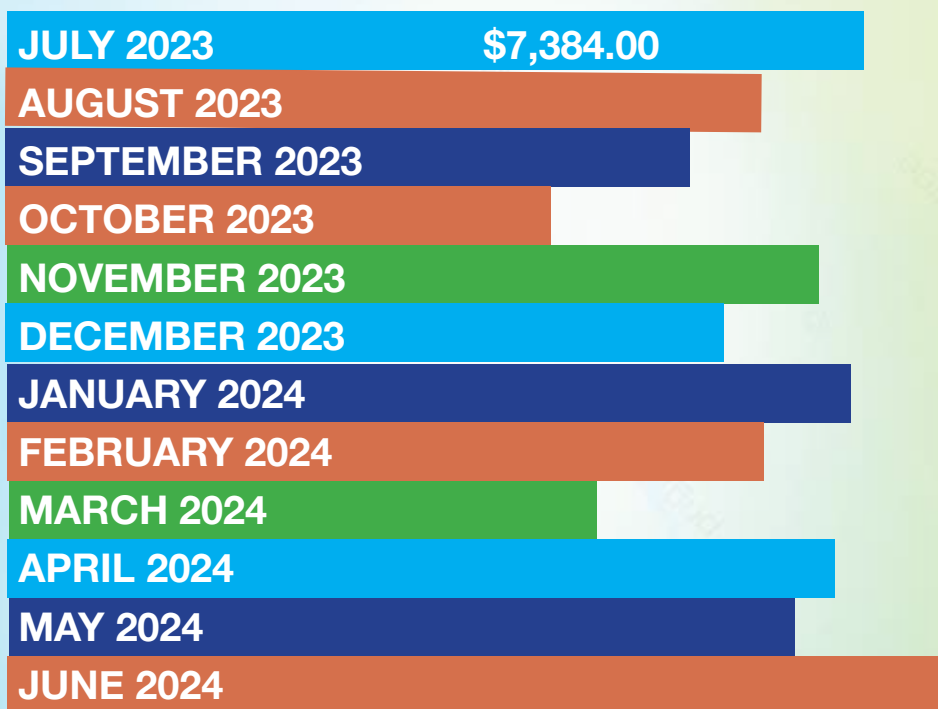




Your donations to **LCIF** make a difference at home and in the world!



5M4 is proud of our contributions! Watch this chart to see how we are supporting the amazing work of Lions at home and around the world.



Thank you to all 5M4 Clubs for your donations!

[www.lionsclubs.org](http://www.lionsclubs.org)



**MD5M REGIONAL LIONS' LEADERSHIP INSTITUTE**

**October 13-15, 2023, Hampton Inn & Suites Bemidji MN**

**PARTICIPANT APPLICATION FORM**

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

NAME: \_\_\_\_\_ DATE JOINED LIONS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-Mail : \_\_\_\_\_ PHONE NO: \_\_\_\_\_

CLUB NAME and NUMBER: \_\_\_\_\_ MEMBER NUMBER: \_\_\_\_\_

CURRENT OFFICE HELD: \_\_\_\_\_

OTHER OFFICES HELD: \_\_\_\_\_

I WAS REFERRED BY: \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Any food or other allergies or special dietary requirements? \_\_\_\_\_

APPLICATION MUST BE SIGNED BY THE FOLLOWING:

APPLICANT: \_\_\_\_\_ DATE: \_\_\_\_\_

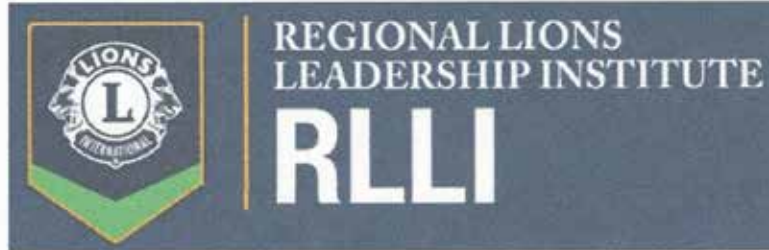
CLUB PRESIDENT OR ZONE CHAIR: \_\_\_\_\_ DATE: \_\_\_\_\_

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

**PUT YOUR EVENT ON  
THE 5M4 WEBSITE!**

Please let us know if you'd like us to post your 5M4 club event.

Send to [patrickposl@gmail.com](mailto:patrickposl@gmail.com)



### 2023 MD5M Regional Lions' Leadership Institute (RLLI)

*RLLI prepares you for leadership roles  
within your club, district and multiple district.*

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.

#### You qualify for RLLI training if you:

- are a current member in good standing
- have an interest in your district (5M-4) or multiple district (MD5M)
- have not attended RLLI in the past five years

#### RLLI Participants are required to:

- Attend all sessions of the three-day institute.
- Arrange personal travel to and from RLLI.
- Complete pre-assignments prior to beginning of RLLI.
- Pay \$150 participation fee.
- Participants who complete all sessions and required assignments will receive a rebate upon completion of RLLI. The amount of the rebate is determined by the number of Lions attending RLLI.

**RLLI will be held in Bemidji, MN  
October 13 - 15, 2023.**

**Completed applications, including club president or  
zone chair review and signature, must be submitted to  
District Governor Sue Kulbeik at [kulbeik@gmail.com](mailto:kulbeik@gmail.com)  
by September 22, 2023.**

For more information about RLLI and the application process, contact  
Lion Mickie Rogal, 5M-4 District Global Leadership Team (GLT)  
Coordinator at: [mickierogal@gmail.com](mailto:mickierogal@gmail.com) or 218-731-9749.



**2023 MD5M Regional Lions' Leadership Institute (RLLI)**

*RLLI prepares you for leadership roles  
within your club, district and multiple district.*

## ***RLLI Refer a Lion Contest***

**Refer a Lion to attend RLLI and qualify for a drawing to  
win a \$100 Amazon Gift Card**

(Your name would be placed in the "Referred by" section on the RLLI application. Drawing will take place at the Saturday evening banquet.)



**RLLI will be held at the Hampton Inn & Suites in Bemidji, MN  
October 13 - 15, 2023.**

**Completed applications, must be submitted to your  
District Governor by September 22, 2023.**

For more information about RLLI and the application process, contact your District GLT coordinator or PDG Lion Dennis W. Kelly III, MD5M Global Leadership Team (GLT) Coordinator at: [dkellylion@gmail.com](mailto:dkellylion@gmail.com)





## All Star Invitational



## Membership Information and Officer Training Seminars

**September 10<sup>th</sup>** - St John's Lutheran Church, 401 Day Street, Raymond

**October 1<sup>st</sup>**- Elbow Lake Community Building, 117 Central Ave

Two great opportunities to come together and learn more about how we can better serve our clubs and communities. These days are open to ALL lions. We would love to see all clubs represented!

5:00 PM- Zone Chair Training

6:00 PM- Light Lunch provided by local clubs (Free Will Offering encouraged)

6:30 PM- Welcome- DG Sue Kulbeik

6:45 PM- Breakout sessions

Member Orientation

Presidents and Leadership

Secretary, Service, and Reporting

\*\*Please RSVP to GLT Coordinator Mickie Rogal.

218-731-9749 text or call [mickierogal@gmail.com](mailto:mickierogal@gmail.com)



**Everyone who RSVP's and  
attends training will be entered  
to win a \$25.00 Gift Card!**



## Spicer Beach now has AED

(Above) Because of Lions Lori and Craig Schellberg and the Spicer Sunrise Lions Club, Spicer's Salisbury Beach has an AED ready to save a life. Spicer now has three, all place this summer.

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



SPONSORED BY:  Buffalo Lake LIONS CLUB

**Gatekeeper Training Course**  
Wednesday, September 27, 2023, 7:00-8:30PM  
Buffalo Lake Community Center  
203 Main St N  
Buffalo Lake, MN 55314

**ASK A QUESTION, SAVE A LIFE!**  
QPR stands for Question, Persuade and Refer – the three simple steps anyone can learn to help save a life from suicide.

Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. It is the most widely taught gatekeeper training in the United States that teaches best practices in suicide prevention.

QPR gatekeeper training is intended for community members 18 years and older and professionals including health care workers, first responders, law enforcement, educators, clergy, bankers, lawyers and more! Certificate of Attendance for professional Continuing Ed.

The FREE 90 minute class includes QPR training, loss survivor's personal story, information of high-risk populations. Learn suicide warning signs, statistics, myths & local resources.

- Pre-registration is required
- Class size is limited to 30 participants
- Open to anyone 18 years & older
- Continuing Education Credits available



To register, visit:  
[2bcontinued.org/events](http://2bcontinued.org/events)

**2B CONTINUED**

Class Instructor: Tammy Diehn

- Certified QPR Gatekeeper Instructor
- Suicide Loss Survivor
- 2B CONTINUED Founder & Exec. Director
- Family Nurse Practitioner

MINNESOTA LIONS VISION FOUNDATION

# EYEBall

October 27, 2023 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 Bialke at [liondebstialke@gmail.com](mailto:liondebstialke@gmail.com)

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

Can your club donate wine for our wine cork pull?  
Contact Lion Deb Bialke at [liondebstialke@gmail.com](mailto:liondebstialke@gmail.com)



# Benson Lions celebrate Kid Day 2023



## Parade and Car Show



The Benson Lions Club celebrated the 2023 Kid Day Celebration July 15, 2023 by having a float in the parade Saturday morning. The Lions gave out key chains to the spectators. Later in the afternoon, they helped at the Car Show by serving BBQs/hot dogs, all the fixins along with root beer floats. They sold out so that means next year "Bigger and Better!"

They were also honored to have a surprise visit from our PDG Bob Kulbeik and DG Sue Kulbeik



The **BENSON LIONS CLUB** welcomes you to Benson...

Get the.....  
**REAL MEAL DEAL**  
Hot Dog or BBQ, Chips & Pop/Water  
**\$8.00**  
(2 Sandwiches ... \$12.00)

- BBQ's \$5
- Hot Dog \$5
- Chips \$2
- Root Beer \$3
- Floater \$1
- Water \$2
- Pop \$2
- Pepsi • Diet Sprite
- Sprite
- Diet Coke
- Dr. Pepper
- Mountain Dew

Thanks for your support!

If you are interested in our October Calendar Raffle Fundraiser, please check with one of the Lions today! \$20 per calendar!

Grand Total of Raffle Prizes: \$4,000  
RAFFLE ENDS TODAY

**ROOT BEER Floats!**  
\$3.00





## 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: \_\_\_\_\_



Mn Lions Childhood Cancer Foundation Inc.

**Believe Award**

**Application**

Club Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

**Recipient:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Please check:

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

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

Mail or Email Application to:

Lion Genia Sjerven  
14496 Geneva Ave N  
Hugo MN 55038  
[sjerven@gmail.com](mailto:sjerven@gmail.com)

Mail Award to: Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

**SIGN UP!**

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



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

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

**Please PRINT**

Club Name: \_\_\_\_\_ District \_\_\_\_\_

Person submitting Application: \_\_\_\_\_

Address where to ship recognition: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Contact email address: \_\_\_\_\_

**RECIPIENT:**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Please Check Appropriate Fellowship:

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

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

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

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

Amount of donation: \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_

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

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

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

**Please allow 30 days to process & ship award recognition**

# Hearing Research Fellowship Application

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

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



## *A Time to Be Proud to Serve*

The Benson Lions Club, with the help of District Governor Sue Kulbeik and Past District Governor Bob Kulbeik, helped do the grilling of brats/burgers and also helped to serve all in attendance. The event was sponsored by the Swift County Veterans Services. Pictured also are Dave Barrett, Swift County Veterans Service Officer and Preston Flolo, Assistant Veteran Service Officer. It turned out to be a very successful event.



**Benson Lions  
welcome you  
to  
Benson, Minnesota**

# Lions Helping Lions in need

# LAHAINA BURNS

▶ Hurricane Dora passes well south of the state, but brings powerful gusts of up to 60 mph

▶ Hawaii island, Maui and Oahu residents contend with fires and power outages



Lions of District 5M5,

We would like to help out our 2023 Mid-Winter Convention visiting International Director, Lion Bob, and his wife Lion Pam, and their District of Hawaii, who have all suffered great loss and destruction due to wildfires. Please see ID Bob's comments below:

Wildfires have destroyed portions of both the Big Island and Maui, especially the town of Lahaina. Our prayers go out to our friends, relatives and neighbors who have suffered such a devastating loss. The Lions of Hawaii have requested an emergency disaster grant from Lions Clubs International Foundation (LCIF), to help with the rescue and recovery process now underway.

Unfortunately it's times like these, that we Lions realize the importance and need for LCIF and why it's necessary for all of us to support our Foundation. Where there's a need, LCIF is there!

The Lions of Maui also held a meeting, together with the District leadership team, to discuss the situation and a plan of action. We have our District foundation, the Hawaii Lions Foundation (HLEF), who maintains an emergency disaster fund to assist our Clubs and Lions in responding to such needs. These donations supplement the LCIF grants, as they have greater flexibility and less restrictions, and can be used to fill in the gaps left by the LCIF funds.

So the bottom line for those who would like to help, just for this particular situation, I would suggest monetary donations be made to District 5M5 - Hawaii Relief, earmarked for the "disaster fund".

If you or your club would like to make a donation to our District's efforts (Due date September 15, 2023), please make your check out to:

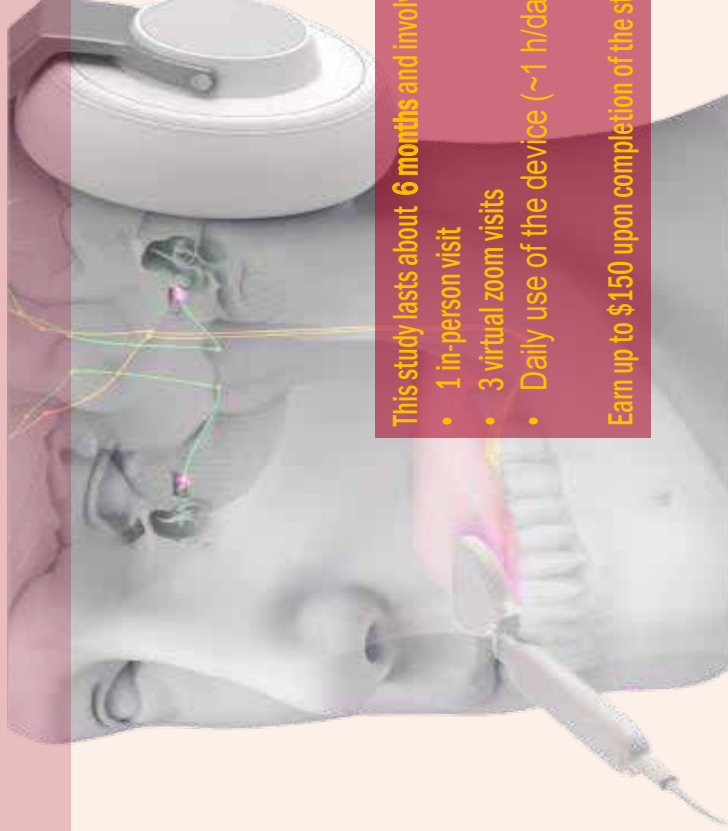
District 5M5 - Hawaii Relief  
Mail to: Lion Rob Hed  
17440 45th Ave N  
Plymouth, MN 55446



# Tinnitus Research Study



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



This study lasts about 6 months and involves:

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

Earn up to \$150 upon completion of the study



Please contact us if interested  
[TinnitusUMN@umn.edu](mailto:TinnitusUMN@umn.edu)  
[IRB] STUDY00015524



Approved for Effective on 10/1/2023  
IRB Study Number: s10000000024





# Kindness Matters Award

Please submit your club for the for  
service they completed in the last year.

- Addresses needs within Lions International global causes: diabetes, environment, vision, childhood cancer, hunger, disaster relief, youth, humanitarian
- Demonstrates creativity and innovation
- Achieves impact of scale and long-term sustainability
- Elevates the Lions brand· Must be reported on myLion

Please submit nomination to Global Service Chair Dennis Heinen at [heinende@centracare.com](mailto:heinende@centracare.com) by September 15th.

PCC Dennis Heinen, 5M4 Global Service Team Coordinator  
Sauk Centre Lions, 320-491-3996



## LEADER DOG – NEWS FROM THE HOME FRONT

Last month I spoke about how you can participate in the Leader Dog mission by becoming a puppy raiser. There are many other ways you individually, lions club, or district can assist.

- Leader Dog is on all major social media outlets. (Share our stories with your social media contacts.)
- Connect Leader Dog with local agencies such as the department of the blind and visually impaired, veteran's association and schools for the blind and low vision. These agencies may not know Leader Dog is a possible resource for their clients.
- Post brochures and posters around town, optometrists, and ophthalmologist offices. We serve people in your town.
- Fundraise. Not only does it give Lions and Leader Dog exposure, but it also allows Leader Dogs to serve their clients without charging a fee.

Next month I will talk about **NON-EVENT** fundraisers.

**WHERE IS HAWKEYE?** Hawkeye has been to the following events:

- Heritage Day Parade, riding a golf cart – Starbuck.
- Ashby Lions Pancake Breakfast
- Fly-in and Olivia Lions Pancake Breakfast
- Flekkafest Parade – Elbow Lake – walking behind lions' float.
- Lions Fish Fry – Elbow Lake – met a troll! Was that a surprise.
- Olivia Sauk River Champions – Charter night, met many new lions friends, and connected with past lions friends
- Harvest Festival – Hoffman; walking behind Lions float.

Hawkeye and I loved meeting all of you...Where will be go next? Invite us to your club meeting as a speaker or your next event we will do our best to be there!

Mary Bolas, Leader Dog Chair

Hawkeye – Puppy in Training (Will be going to college at Leader Dog U in October)

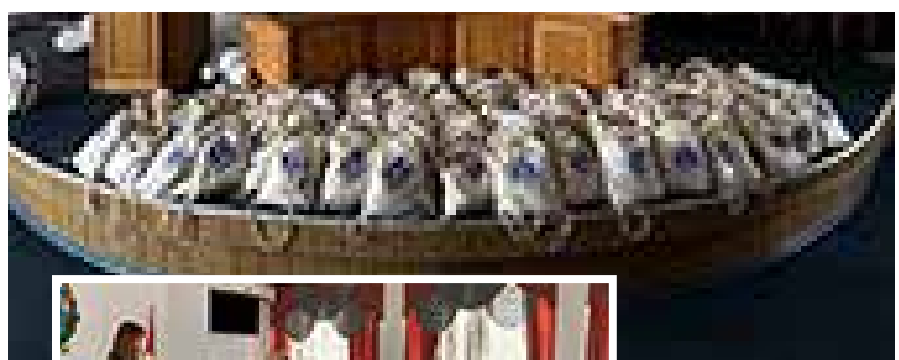


## Buffalo Lake and Hector Lions host food packaging event

The Buffalo Lake and Hector Lions Clubs put together a food packaging event which will keep 16,800 meals local, in our Renville County. We worked with Shawn Hansen (a 5M9 Lion) who manages the The Outreach Program of Brainerd Lakes. Pictured are Lions members from Buffalo Lake, Hector and Bird Island, and friends that came together to make this Hunger Event a very successful one! If you are interested in doing this for your community, please reach out to Shawn Hansen at The Outreach Program of Brainerd Lakes at [shawn@outreachprogrambla.org](mailto:shawn@outreachprogrambla.org) or by text at 218-232-3528.

## *Lion Mark brings service project items to the Ukraine*

Lion Mark Lindquist at the distribution of MD5M Multiple Convention service project backpacks to Ukrainian children.



Lions...  
making a  
difference  
around the  
world.



## *Lions in the Flekkefest Parade in Elbow Lake*



**HOFFMAN LIONS**



**WENDELL LIONS**



**LEADER DOG**