

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

Time to 'amp' up!

Greetings fellow Lions as Labor Day is fast upon us schools are amping up and getting ready for students - we should be amping up our club goals and service projects for the year. Where to start you ask? Look up the 2024-2025 Club Excellence Award a GREAT starting point for all clubs.



PCC Dennis Heinen and DG Jacque Heinen

I am looking forward to a couple 'new to me' events in the district. August 28th I will be attending the Grant County Corn Plot appreciation dinner. September a double header Dueling Pianos in Buffalo Lake Fri. Sept. 13 and Hector Fly-In Breakfast Sun Sept. 15. And Oct. 4th I plan on attending the Fallen Hero's football game at New London-Spicer High School. It is amazing what our clubs do in their communities!

September also is a time of learning for Lions - the US/Canada Forum will be Sept. 5-7 in Louisville, KY and closer to home the Northern Pride in St. Cloud Sept. 20-21. There are many valuable classes at both events - well worth your time.

I have started receiving several club visit forms so please contact me to get your date scheduled. The Mid-winter Convention is set for Jan. 24-26, 2025 at the Alexandria Holiday Inn. Watch for information to be coming out next month, and it will also be available on our website.

International news, Past International Director Tony Benbow from Vermont South, Australia is the certified and endorsed candidate for 3rd International Vice President for election in Mexico City July 2025. May each of you have a successful year in Lions service.

....Until October,

Ask One ... Keep One ... and continue to Serve.

2024-25 5M4 DG Jacque Heinen

lionheinen@gmail.com

320.249.6536

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

**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,

Here we go, we are off to a great start! There have been many activities happening this summer in our first couple months of this Lions year. Have you reported your service yet? If you have questions or would like extra training on our new portal, please reach out to one of us. The last page in the newsletter has your current year cabinet members listed. We are here to help you! I had the privilege of attending the Mission 1.5 Summit with PCC Rob Wiener this past month. We learned a lot about growing our Lions International clubs and how we can go about this. We talked about not only gaining members (our Mission) but retaining the ones we currently have. Have you ever done a SWOT analysis with your club members? Get them to brainstorm, write down your clubs Strengths, Weaknesses, Opportunities, and Threats. This club activity can be very valuable to the life of your club and its members. But not only is this Mission about membership, more members create more service! Within our organization, the best part about Mission 1.5 is the ability to then serve 1 BILLION people in need! We can do this by finding these needs within our own communities, get to work, and then report your service! If you would like more information on Mission 1.5, if your club is struggling and needs new life, or if you have great ideas to share with others in our district, please reach out to us! We are here for you! One of our many supported organizations is Leader Dog. As 1VDG, I will be their guest (along with my husband Brad) in Michigan to tour their facility and learn more about their puppies, how they are raised, and the end result/the process of how those in need acquire this life changing companion. I am really looking forward to learning more about Leader Dog and will share with you next month!



Lion Brad Krumrey and
1st VDG Susan Krumrey

The USA/Canada Forum in Louisville KY is right around the corner! I am looking forward to all the knowledge of Lions that will be gained at this event. As we know, not everyone can travel, we are very excited to bring back our Northern Pride Leadership event, held in St. Cloud! If you are interested in learning more about Lions or leadership skills for your personal life as well, this is a great opportunity for you right here at home! All seminars are on Saturday, so if you choose to not stay overnight on Friday and just come for the day on Saturday, you will not miss anything except great Lions Fellowship on Friday night. Please see the registration form with more information in this newsletter. And as I have said before, if you have any questions, please reach out – we are here for you!! On a personal note, because I am super excited about it... not only does being a Lion Leader take up a lot of my time, towards the end of the month I will have another granddaughter in my schedule! We are really looking forward to the next addition to the Krumrey family! Have a blessed September – I know we will!!

Together In Service,
Lion Susan Krumrey, 1st VDG – 5M4
Buffalo Lake Lions Club President
320-295-8327



*Morris Lions do a
great job with
BINGO at the
Stevens County
fair in Morris!*



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



Join us at the Can Do Woofaroo!

Saturday, September 14, 2024

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

MN Lions Vision Foundation

EyeBall Gala & Thanksgiving For Vision coming soon!

MLVF is recipient of proceeds from Lions Eyeball Gala and Thanksgiving for Vision by holding a basket silent auction on October 25 and 26, 2024. To be held at Earle Brown Heritage Center. Both events are a gathering of Lions from all around the state of Minnesota. We are reaching out to Lions clubs and members to donate an item or basket for the silent auction. We are also in need of bottles of wine for the wine pull fundraiser at the gala. Donations as well as tickets should be coordinated with Directors PCC Rob Wiener or Lion Craig Schellberg

Craig: 320-894-6843 spicerlioncraig@gmail.com

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



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 liondeb@mlvf.org

Earle Brown Heritage Center
Captains 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@gmail.com

Sue Honken 320.905.2412 rshonken@frontier.net

Bob Knutson 320.295.1757 lionbobbyk2017@gmail.com



Benson Lions take part in Benson Kid Day celebration

Saturday, July 20, the Benson Lions Club participated in the 93rd Kid Day parade. They also served food/beverages during the Kid Day Car Show at Ambush Park that afternoon.





NORTHERN PRIDE LIONS FORUM
FRI. SEP. 20 – SAT. SEP. 21

BEST WESTERN PLUS KELLY INN
 100 4TH AVE S, ST CLOUD, MN 56301

Learning, Networking, and Inspiration

Keynote Speakers
 Past International Lions President Brian Sheehan
 & Lion Lori Sheehan

All Lions are invited to attend!

105 registration
 Includes: Friday appetizers,
 Saturday Continental
 breakfast, Saturday Luncheon
 Buffet & Saturday evening
 banquet.

\$139 Hotel Rate

FORUM REGISTRATION



13 different topic seminars

4 Panel Discussions

Kid Sight Certification

Email: np1lfmd5m@gmail.com
<https://forum.northernpridelions.com/>

CELEBRATING THE BUFFALO LAKE
 LIONS 45TH ANNIVERSARY!

JOIN US FOR...

**DUELING
 PIANOS**

PERFORMED BY FUN PIANOS!

FRIDAY, SEPTEMBER 13 • 7 PM
BUFFALO LAKE FIRE HALL

CASH BAR HOSTED BY THE BUFFALO RANGE

FREE WILL DONATION
 Consider it our thanks to you for
 supporting our club for over 45 years!
 Proceeds go toward community projects.

PLEASE BRING YOUR USED
 EYEGLASSES, HEARING AIDS
 AND SHOES (NO MUD)




Lions Portal

LIONS PORTAL has been being made available in a phased roll out and will eventually be available to all members. Two district wide trainings have occurred and more will be scheduled if there is interest.

Having problems logging onto the portal or have questions on reporting, you can reach out to District Administrator PCC Dennis Heinen at heinende@centracare.com or 320.491.3996.



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



Looking for ways to improve your clubs?

You should consider attending the Northern Pride Lions Forum. It will be the evening of September 20th and all day September 21st. Speakers Past international President Brian Sheehan and Lori Sheehan. Breakout sessions and panel discussions on topics of service, fund raising, Special Olympics and Mission 1.5. Lions KidSight certification training will be held. The event will be held at St. Cloud and the cost is \$105. Friday evening is optional in case you want to come Saturday only. See the flyer on PAGE 6 of this newsletter, or Northern Pride Lions. Contact npllfmd5m@gmail.com if you have any questions.



SAUK RIVER CHAMPION LIONS CLUB

The Sauk River Champions Lions Club was in the Sinclair Lewis Days Parade on Saturday, July 20th and the following Saturday July 27 the Champions served Brat and Hot Dog at Coborns as a fundraiser and service project.

July 9th the Champions delivered the Sun Catchers to the Sauk Centre Care Center and put them up on the windows to brighten the dining room where they eat their meals. Some residents chose to take their sun catchers to their personal rooms to brighten their room.





Kerkhoven Lions help save lives

The Kerkhoven Lions recently purchased an AED for use at our community pool during the summer months & the town cafe in the off season. This was made possible through club fundraisers & community donations.

Growing!

The Wildflowers are starting to grow!!! The Sauk River Champions Lions club planted wild flowers at the 5M4 Mid Winter Convention. Now they are growing!



Planting...



Growing...

Diabetes is a Serious Problem!!

Submitted by 5M4 trustee Lion Lori Schellberg, Minnesota Lions Diabetes Foundation
lorischellberg@gmail.com or 320-894-8643 (text or call)

Diabetes by the numbers

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

In the United States:

- About 38 million adults have diabetes, and 1 in 5 of them don't know they have it.
- Diabetes is the eighth leading cause of death.
- Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for about 5% to 10%.
- Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.
- Medical costs and lost work and wages for people with diagnosed diabetes total \$413 billion yearly.
- Medical costs for people with diabetes are more than twice as high as for people who don't have diabetes.

Keep Reading: [A Report Card: Diabetes in the United States](#)
Graphic Text Diabetes - A US Report Card Diabetes about diabetes. .



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



SEPTEMBER | 2024

LEADING THE WAY



Leader Dogs for the Blind - Lions Newsletter



Passion, Commitment & Puppies...Eighteen to be Exact!

WITH PUPPY RAISER, IPCC PHYLLIS K., MISSOURI

Meet Immediate Past Council Chair, Phyllis and her husband, Past District Governor, Phil, our superhero puppy raisers! Together they have dedicated many years and volunteer hours to raising seventeen Future Leader Dog pups and currently training puppy number eighteen. Read why Phyllis is so passionate about being a Leader Dogs for the Blind puppy raiser:

"I LOVE PUPPIES! This has always been true, ever since I was a little girl on a farm in northwest Missouri. When I first heard about being a puppy raiser for Leader Dogs for the Blind, I was all about the opportunity to have a new puppy every year. I had absolutely no idea how that first puppy would impact my life. Puppy raising has changed how I "see" the world. Each new puppy comes a blank slate to be shaped into a confident, well-mannered dog capable of bonding with a visually impaired partner. How I interact with the puppy and the love and experiences I provide sets the groundwork for that puppy to grow into their potential to be the best guide possible for their eventual person.

Is it hard to let them go each year? Absolutely, but the joy received when I get that notification that they have been placed with a Leader Dog client is indescribable. I have been fortunate in that many of the clients my dogs have been placed with continue to stay in touch with me, expanding my world and family," said Phyllis.

Join Phyllis, Phil, and other dedicated supporters in this deeply rewarding experience. Your love and guidance can unlock a world of possibilities for someone who is blind or visually impaired.

Pictured to the left: PDG, Phil (left) and IPCC, Phyllis (right) sit on a couch in the canine development center at Leader Dogs for the Blind with their seventeenth Future Leader Dog, Jeri Ann, a yellow lab who is sitting on the ground in front of them.



ARE YOU READY TO RAISE A FUTURE LEADER DOG AND MAKE A DIFFERENCE?



SCAN ME

Sponsor a hero. Be a hero.



Throughout our history, thousands of amazing donors worldwide have helped us empower people who are blind or visually impaired with lifelong skills for safe and independent daily travel. Now you have the opportunity to show your support in a new way, through a **Symbolic Puppy Sponsorship**. For \$500, you'll receive a picture, a profile and an official certificate of your sponsored Future Leader Dog.

Leader Dog services are critically important. LAST YEAR, we were able to safely provide:

- ▶ **500,000+**
Days of safe and independent daily travel
- ▶ **123**
Guide Dog clients served
- ▶ **149**
Clients received white cane training
- ▶ **3**
Clients who are deaf and blind received customized guide dog training
- ▶ **18**
Teenagers gained leadership and travel skills
- ▶ **287**
Current and potential clients received a visit from a field services guide dog mobility instructor
- ▶ **336**
Clients and O&M pro's viewed virtual learning videos
- ▶ **\$0**
Cost to client



IN EVERY LEADER DOG LIES THE HEART OF A LION.

A Leader Dog partner since 1939

"Leader Dog does a great job training these dogs to be faithful, supportive leaders and companions. Leader Dog Hanna is truly my hero, and so are all those who were involved in helping her become a Leader Dog." -Laura & LD Hanna



LEADER DOGS FOR THE BLIND

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

FOLLOW THE LEADER LeaderDog.org

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



Lions Clubs International FOUNDATION

GLOBAL SERVICE TEAM

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

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



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





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	kelssomerville@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	mtdrpplowman@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	KJJBESSEL@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				