



# News from 5M8



## Happy Fall, Lions of 5M8!

With Halloween fast approaching (one of my favorite holidays!), I've been thinking about what I might dress up as this year. No matter your age, there's always joy in taking part in life's little moments—and I hope you're finding ways to celebrate this season. 🍁 🎃

### September Highlights

September was an incredible month in Lionism! I had the pleasure of visiting both the Sauk Rapids and Pierz Lions Clubs, and it was inspiring to see the amazing work happening across our district. Each visit reminds me how truly powerful we are when we come together in service.

### Midwinter Convention Update

Planning is well underway for our Midwinter Convention! With renovations at the Best Western Kelly Inn, a few things will look different this year, but rest assured—we're creating a weekend filled with the heart, camaraderie, and traditions you've come to know and love. Stay tuned for more details soon!

### Minnesota Servant Heroes Virtual Lions Club

Exciting progress is being made as we work toward chartering the Minnesota Servant Heroes Virtual Lions Club. We currently have about 12 members, with several potential new additions! To reach our goal of 20 members, we are hosting **weekly Information Nights every Wednesday at 7 PM on Zoom**.

If you know someone with a heart for service but a busy lifestyle, this might be the perfect fit! Please share names with me or PDG Vince Thiel, or invite them directly to an info session. This is an amazing opportunity to bring new people into Lionism in a way that fits their lives.

### A Personal Note

September was also a month of personal loss for me as I laid a close friend to rest. Out of respect for his family, I won't share too much, but please know that he remains close to my heart. If I've been a little quiet this past month, I appreciate your understanding. Together, we will push forward to make the rest of this year incredible.

### Staying Connected

I'm here for you—whether by phone, at your event, or in visiting your club. Please reach out to get things scheduled as early as possible. If you've already sent in a request and haven't heard back, please connect with me again as some of my mail has been delayed due to a recent move. My updated address is included in the DG Visit Form linked in this newsletter.

And finally, if you have any interest in learning more about leadership at the Zone or District level, I would love to invite you to our **District Cabinet Meeting on October 30th**. Leadership is about learning, growing, and finding new ways to serve—come see what it's all about!

### Final Thoughts

I am forever grateful to each of you for all you do. Together, we are proving that Lions can do *anything*. Let's continue to invite others into this great organization and make 2025–2026 a Lions year to remember!

With gratitude and Lion pride,--

**Zach Wosmek**

District Governor - District 5M8

(320) 905-7803 // Cell



**MISSION 1.5**

**We're on a mission to grow.**



## 2025-2026 District Governor Club Visit Request Form

Date Requested: \_\_\_\_\_

Club Requesting: \_\_\_\_\_

Preferred Date: \_\_\_\_\_

Alternate Date: \_\_\_\_\_

Address of Meeting: \_\_\_\_\_

Social: \_\_\_\_\_ Meal: \_\_\_\_\_ Meeting Time: \_\_\_\_\_

DG Attire (Circle): DGSUIT/TIE or LIONS BUSINESS CASUAL

Point of Contact for Visit: \_\_\_\_\_

Preferred Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

List if more than one Club is attending:

Club Name:

Pres/Sec/Treasurer Names:

\_\_\_\_\_

\_\_\_\_\_

Special Requests/Inductions: \_\_\_\_\_

My Passion Charities:

LCIF

MN Lions Hearing Foundation

MN Lions Diabetes Foundation

Zach Wosmek

1697 247<sup>th</sup> Ave NE

Belgrade, MN 56312

Email: [lionzachwosmek@gmail.com](mailto:lionzachwosmek@gmail.com)

Cell: (320)905-7803



## Porch Notes – September Reflections

Hello Lions of District 5M8,

As the porch season winds down and we trade iced tea for hot cider, I've been thinking about the joy that comes from simple connections — whether it's chatting with neighbors or catching up with fellow Lions. We've had a season full of activity, and I wanted to share just a few highlights from my journey this past month.



**Mini Forum is Almost Here!** Mark your calendars for the **District 5M8 Mini Forum** on **October 7, 2025**, in **Duelm, MN!**

It's more than just a meeting — it's a celebration. There'll be: **A hearty meal** (because we never gather without good food!)

- **Inspiring keynote talks** from Sofina and Connie, focusing on *Special Olympics* and *Mental Health support for Emergency Responders*

**Club and member awards**, presented by **PDG Deb Bialke**

This forum is the perfect chance to recharge your Lion energy and bring new ideas back to your club.



**A Steak Fry to Remember** I had the pleasure of attending the **Sauk Rapids Lions Steak Fry** and the **R222 Zone Meeting**. The food was fantastic, and the fellowship was even better. These gatherings remind me of why we do what we do — to connect, to serve, and to support each other.



**Serving at the State Fair** One of the highlights this month was volunteering at the **KIDSIGHT booth** at the **Minnesota State Fair**. What an amazing experience! It's so rewarding to be part of something that makes a real impact on families and children. Thank you to everyone who helped make it happen.



**A Warm Welcome to a New Club**  
On **September 28**, my home club, the **Cold Spring Home Pride Lions**, teamed up with the **Cold Spring, Farming, Richmond, and Rockville Lions Clubs** to host the **Charter Night** for the **Stearns County Heartland Champions Lions Club**.

It was an evening of pride, energy, and hope for the future. **ID Bert Nelson** delivered a powerful keynote, and we're thrilled to welcome this incredible new club to our District!



**Stepping Up in Atlantic City** I also had the honor of attending the **USA/Canada Leadership Forum** in **Atlantic City, New Jersey**. This event was filled with learning, leadership, and Lion spirit.

A highlight for me? Joining **700 Lions** for the **Stride Walk for Diabetes** along the Atlantic shoreline. Together, we raised **\$13,000** for diabetes support. The friendships made and memories created will stay with me for a long time.



### Let's Keep the Momentum Going

As fall settles in, let's carry the warmth of summer into everything we do. I truly hope to see many of you at the Mini Forum in Duelm — let's celebrate, reconnect, and continue our amazing work together.

**With Lion pride,**  
**FVDG Diann Bellmont**  
*District 5M8 Lion Diann Bellmont*  
*FVDG of District 5M8 of MD5M*  
*Lions International*





## Registration Form

### LIONS 5M8 Mini Forum and Awards Banquet



All Lions, Lionesses, and Leos are invited to attend the 5M8 Mini Forum

Date: Tuesday, October 7, 2025

Place: Jack & Jim's, Duelm, MN

Time: Social Hour 5:30 PM     Dinner 6:30 PM     Program to Follow

Menu: Roast Beef, Potatoes, with sides, coffee, milk, & water

Special Dietary Requirements: \_\_\_\_\_

Registration: \$28 Per Person if registered before September 23, 2025.

\$30 After cutoff with October 1, 2025 the deadline

Make checks payable to District 5M8

Mail registration form with payment to:

1VDG Diann Bellmont 15433 241<sup>st</sup> Street, Cold Spring, MN 56320

For additional information:

Please contact me at [lionpridecs@gmail.com](mailto:lionpridecs@gmail.com) or call 320-492-1974

Guest Speakers: Special Olympic Athlete Sidney Kuechle and

Sophina & Connie Lindquist on First Responder's Mental Health & Wellbeing

Lions/ Leos and Guests Title/Name

Club \_\_\_\_\_

Club \_\_\_\_\_

Club \_\_\_\_\_

Club \_\_\_\_\_

Club \_\_\_\_\_



**We Serve**

Welcome  
**New 5M8 Lions  
Members**

Susan Laumer  
Shay Laumer  
Melissa Dols  
Ruby Dols  
Benjamin Theis  
Jeanne Theis  
Jared DeMorett  
Katie Olson  
Seth Olson  
Susan Svihel  
Trevor Svihel  
Laken Court  
Perry Kuechle  
Sarah Kuechle  
Sidney Kuechle  
Logan Isenberg  
Katie Young  
Zak Schlangen  
Ivan Rubio  
Jacqui Rubio  
Lori Hennen  
Robert Bellmont  
Julie Braegelmann

**Stearns County Heartland Champions  
Lions Club Charter  
Celebration**



Huge Thank You to the Richmond Lions for  
grilling our burgers and the use of your facility!

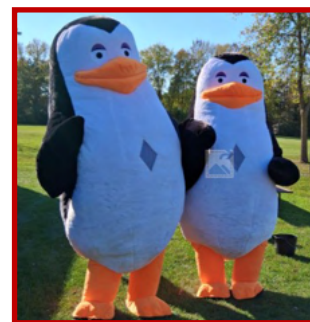


PDG Deb, President Sidney Kuechle, VDG Diann



Heartland Champions Officers

DG Zach and our Penguin guests



ID Bert Nelson  
Was our special  
guest to induct  
the new  
members and  
give words of  
encouragement



Lions , Verna, Kathy< Mark, John, Brian, Dan, Mike & Cheri participated in Long Prairie High School Vision and Hearing testing . Hearing tested 219 students with 41 referrals to be retested in 2 weeks.



Pierz Lions did their fall ditch cleanup.

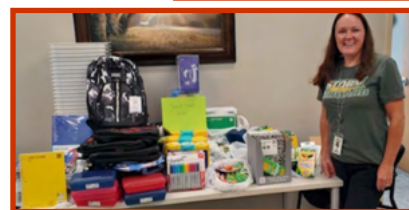
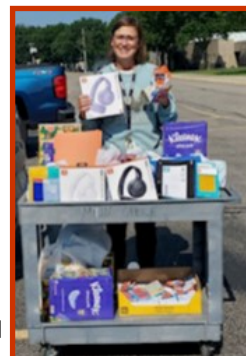


Avon Hills Lions ditch cleaning crew



Y2K Lions worked at the Collegeville Orchard respite stop during the Tour of Saints

**Correction:** Sauk Rapids Lions donated school supplies to Mississippi Height Elementary school and Sauk Rapids Middle School



LCIF Trustees from MD%M at recent training.



Members of the Sandstone Quarry Lions, Sandstone Lions and Sandstone City Council and Sandstone Park Committee gathered to dedicate the new Lions Fountain in memory of Lions Dorothy & Ray Storkamp. Thanks to a donation from LCIF Community Grant for helping make this possible.

The Sandstone Quarry Lions had a great time at their meat raffle. Money raised will help fund community projects.





MN State Fair Kidsight helpers from 5M8



MD5M USA CANADA Forum attendees



5M8 Melrose &  
5M4 Sauk Centre  
Lions joint Wine  
Tasting Fundraiser



IPDG Deb, FVDG Diann & PDG Nadine sharing some fun  
5M8 Super Hero's

VDG Diann & IPDG Deb at the USA Canada Forum



## *MD5M want to Empower the Special Olympics Athletes at the 2026 USA Games*



Since 2000, Lions Clubs International Foundation (LCIF) and Special Olympics have been changing lives together. Through our "Mission: Inclusion" partnership, we've brought vision screenings, health services, and sports opportunities to athletes with intellectual disabilities in over 100 countries.

In just over a year, something extraordinary will happen in Minnesota. The 2026 Special Olympics USA Games will bring together 3,500 athletes from all 50 states for a week of competition, celebration, and pure inspiration. These athletes will compete in dozens of sports, break personal records, and show the world what determination looks like.

When they head home, we want every single one of them to take a piece of that magic with them...It is a sensory ball, known as an "all ball" or "a ball for all," originated in Europe. It is similar to balls developed after World War II for a sport called goalball, which was created for veterans blinded during the war to participate in physically challenging activities. These balls typically contain bells to make noise and are brightly colored, making them suitable for people with visual impairments. Multiple District 5M is committed to providing 3,500 of these "all balls" as gifts to the participants of the 2026 USA Special Olympics Games in Minnesota. These will be distributed during "family night" as a gesture of goodwill.

Each ball will feature the LCIF, Lions, MD5M and Leo logos. As 3,500 athletes take these balls home, it acts as a "great promotion for Lions and for our multiple," raising awareness of the organization's involvement and mission. Giving to Special Olympics through LCIF also "boosters those relationships for both of those

organizations".

Gifting the balls serves as a "goodwill effort from Lions to the participants" of the Special Olympics. It's a tangible way for the Lions to celebrate the athletes and show their support for the games.

Every Lions Club member knows the power of "We Serve." This is your chance to serve 3500 incredible athletes who will inspire everyone they meet in Minnesota.

\$25 = One ball for one athlete (like the ones in our photo) \$100 = Four balls for a team of athletes

\$500 = Twenty balls for an entire club delegation \$1,000 = Forty balls plus shipping to reach rural communities

But here's what those numbers really mean: smiles, confidence, inclusion, and the message that every athlete matters.

Please send your individual or club donations to Frank or Deb so we are able to better keep track of any donations and follow up if needed. Please note "Special Olympics" on the memo line. You still receive credit for Melvin Jones Fellowship from LCIF for your donation, you just do not receive the 15% credit back to your club or district for the Community Impact Grant.

LCIF Coordinators : PDG Frank Leidenfrost  
[frankandamyl35@gmail.com](mailto:frankandamyl35@gmail.com) 218-820-2323

IPDG Deb Bialke [liondebbialke@gmail.com](mailto:liondebbialke@gmail.com)  
320-248-6704



These are our new LCIF shirts & jackets and you can order one with a portion of each will go to Special Olympics. Place these orders directly yourself by the link

<https://dgrs.printful.me>



## GLOBAL SERVICE

### MENTAL HEALTH AND WELL-BEING



We're addressing the importance of mental health and well-being.

Lions and Leos are promoting the importance of mental health and well-being and providing meaningful opportunities to get involved in serving this important initiative.

Our Multiple District MD5M would like all Lions Clubs to do a Mental Health and Well-being service project during October. We are providing some statistics and service ideas.

**Mental health facts.** Mental health is made up of a variety of factors, including our emotional, physical, psychological and social well-being.

**Facts and challenges surrounding mental health:**

**25% increase in rates of anxiety and depression since 2020**

**1 in 7 youths age 10-19 experience mental health conditions, though many are unrecognized and untreated**

**14% of adult aged 60 plus live with a mental health disorder. Loneliness and social isolation are key risk factors**

**20 countries still criminalize attempted suicide and stigma and discrimination remain against those with mental health conditions world wide**

The following poster will help your club to plan some mental health and well-being services.

5M8 Global Service Team

PDG Amy Leidenfrost

**Lions International**

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

## MENTAL HEALTH AND WELL-BEING

Facts and Statistics

**SUSTAINABLE DEVELOPMENT GOALS**

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

**THIS GLOBAL CAUSE SUPPORTS SDG #3**

**3 GOOD HEALTH AND WELL-BEING**

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

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

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

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

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

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

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

Continued on following page



Lions International

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## MENTAL HEALTH AND WELL-BEING

### Service Ideas

[lionsclubs.org/mental-health](https://lionsclubs.org/mental-health)



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



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



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



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



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



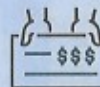
Support Lions Quest social-emotional learning and well-being curriculum for youth in your community. Consider providing promotional support and curriculum delivery for Lions Quest by applying for a Lions Quest Promotional Grant or Lions Quest Community Partnership Grant.



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



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



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



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



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



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



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

EN 9/24

**A busy month was just completed here in 5M8.**

**I had the opportunity to work with the Long Prairie lions to screen 214 students at the high school in Long Prairie. They screened for eyes as well.**

**I conducted a zoom meeting with the zone chairs that have recently acquired the hearing audiometers that will be available to the clubs in each zone. Do contact them if you have a school, event or health fair coming up. We need to put these to use.**

**I have a couple of upcoming zone meetings coming up that I will demonstrate the use of the audiometer. I am still in need of someone to assist me on the district Hearing Foundation.**

**Received news from the University of Minnesota that Dr. Bevan Yueh has recently departed to the University of Iowa to take the position of Chief Physicians Executive . Dr. Yueh began at the Univ. of Minn. in 2007 and served the past 14years as chair of Dept. of Otolaryngology. Dr. Yueh worked closely with the Hearing Foundation on several projects over the years. We wish him good luck on his next endeavor. Also contained in the University newsletter was a nice write -up about the recent Lions De-Feet walk at Chanhassen in June. The U of MN. Otolaryngology dept. has participated for years. Many of them are lions.**

**Submitted by**

**Lion Mike Appel, 5M8 Hearing Foundation co-chair**



## Lion Leader Dog Medallion

The Leader Dog Medallion is a meaningful way to honor a Lion in your club or district for their outstanding service. This special recognition not only celebrates dedicated leadership but also supports our mission to empower individuals who are blind or visually impaired with the skills and confidence to live independent lives

## Your Gift to Leader Dog Makes People Unstoppable

People from all over the world come to Leader Dog to learn the necessary skills for safe and independent travel with a guide dog or white cane. And while all of our services are free of charge, we receive zero state or federal funding, so your gift truly helps make people unstoppable!



Join us in proudly celebrating the life-changing work that began in 1939, thanks to the vision and dedication of three founding members of the Uptown Lions Club of Detroit. Donate \$1,000 and receive a medallion which symbolizes the lasting partnership between Leader Dogs for the Blind and Lions. Leader Dog for the Blind does not accumulate over years only in each fiscal year July - June. Please think about your donations as a thank you to someone who supports the blind and visually impaired.

In 1925, Helen Keller challenged Lions to become "**knights of the blind in the crusade against darkness.**" Thirteen years later, Lions Charles A. Nutting, Donald P. Schurr and S.A. Dodge led the Uptown Lions Club of Detroit in establishing a school to train guide dogs for people who are blind. Their motivation was Dr. Glenn Wheeler, a fellow Uptown Lion whose attempts to be accepted by another guide dog organization proved unsuccessful.

**Please contact PDG Tracy Voigt for presentations or more information  
320-630-1264 or mnhomeof4@hotmail.com**

An event at CSB/SJU recently that included our International President A.P.. Kinshuk Mulcherjee is assisting in starting a Leadership Development program at St John's /St Ben's hopefully to be implemented by next year. King has known A.P. since he was 10 years old and in 1999 he and A.P. ran a Lions Leadership program in India. King is not a Lion but is interested as his father was, and has been around Lions since he was 5 years old. A positive movement to develop a Lions Club on campus with great excitement.



DG Zach, VDG Diann, PP Brian Sheehan DG Susan Krumery

Bob G. a professor in business leader program sat with us as well.

# LIONS LOGO

- OUR EMBLEM

Slogan  
Liberty  
Intelligence  
Our  
Nation's  
Safety

Profiles  
Past &  
future  
Opportunity  
to serve



Represents  
the Association

Signifies International  
Character of  
Organisation

Did You know what our Lions logo actually means. It's not just a pretty double-headed lion symbol. Lions stands for Liberty intelligence, our nation's safety. See the picture above for more information About our Lions emblem .

Lead GLT Lion Carrie Shofner, PCC Jack and PDG Allen



Environmental article for the Lions District 5M8 newsletter >

**"Someone is sitting in the shade today because someone planted a tree a long time ago." Warren Buffett**  
Source: [Earth.org](http://Earth.org)

Interesting and disturbing facts regarding worldwide deforestation. Research the source for more details.  
Seven facts regarding worldwide deforestation: 1.) Approximately 10 million hectares of forest are lost every year. 2.) Deforestation contributes about 41 million tons of carbon dioxide a year. 3.) Beef is responsible for 41% of global deforestation. 4.) Chocolate and biscuits are major contributors to deforestation. 5.) Brazil and Indonesia account for almost half of tropical deforestation. 6.) Soy plays a big role in deforestation. 7.) Deforestation has turned the Amazon Rainforest into a carbon source.

**WHAT is your Lions Club doing to help locally with the environment?**

Contact District 5M8 Cabinet Environmental Chairs

PDG Sandy Sandwick [ssandwick.17@gmail.com](mailto:ssandwick.17@gmail.com)

Lion Makayla Thompson [thompsonmakayla400@gmail.com](mailto:thompsonmakayla400@gmail.com)





**3rd ANNUAL WINE, BEER, SPIRITS TASTING FUNDRAISER  
SPONSORED BY LITTLE FALLS LIONS CLUB  
SAMPLES WILL BE PROVIDED BY COBORNS LIQUORS  
LIGHT SNACKS WILL BE SERVED  
PROCEEDS WILL BE DONATED TO MINNESOTA LIONS CHILD-  
HOOD CANCER FOUNDATION**

**DATE: OCTOBER 9TH FROM 6:00 PM TO 8:00 PM**

**LOCATION: LIONS PARK SHELTER, [925 4th St SE, Little Falls](#)**

**ADMISSION: FREE WILL DONATION**

**GUESTS ARE WELCOME  
PRE REGISTRATION IS NECESSARY TO BE ADMITTED  
EVERYONE MUST SIGN UP BY OCTOBER 1st**

**CALL OR TEXT 320 630-4017 OR EMAIL [karleenschmiedt@gmail.com](mailto:karleenschmiedt@gmail.com)**

**JOIN US FOR A FUN EVENING SUPPORTING A GREAT CAUSE!**



**|SAVE THE DATE!!!!**  
**THANKSGIVING FOR VISION 2025**

**NEW DATE & NEW LOCATION!!!!**

**SATURDAY, NOVEMBER 1, 2025  
ST CLOUD HOLIDAY INN & SUITES**

**WATCH FOR YOUR CLUB EVITE VIA EMAIL**

**The MN Lions Vision Foundation cordially invites  
one club member and a guest to attend this event.**

**Helen Keller Recipients will receive a  
PAPER invite in the mail**





Sauk Rapids Riverside Lions Club

## Designer Purse Bingo Event

(Coach, Kate Spade, Michael Kors)

Saturday October 11

1 P.M. (doors open at 12 noon)

Hope you can join us!

Pantown Brewing Company

1st board \$40 3 faces 15 games raffles  
drawings, food, and blackout!



## RAMEY/MORRILL LIONS FALL BREAKFAST AND CRAFT SALE SUNDAY OCTOBER 26TH, 2025



ST. JOSEPH PARISH HALL  
MORRILL, MN 8:30AM - 12PM



### \*\*ALL YOU CAN EAT\*\*

STUFFED & UNSTUFFED FRENCH TOAST  
THIELEN'S SAUSAGE \* HASH BROWNS  
SCRAMBLED EGGS WITH FIXINGS  
COFFEE \* MILK \* JUICE



AGES 13 & UP \$14

AGES 5-12 \$7

AGES 4 & UNDER FREE



COLLECTING OLD EYE GLASSES FOR LIONS EYE SIGHT RECYCLING PROGRAM  
ALSO COLLECTING FOOD FOR THE THANKSGIVING FOOD DRIVE  
AND NEW TOYS FOR THE CROSS CENTER  
THANKS FOR YOUR DONATIONS



SPONSORED BY RAMEY MORRILL AREA LIONS CLUB  
PROCEEDS WILL GO TO COMMUNITY PROJECTS  
\*HANDICAP ACCESSIBLE\*



# PROJECT NEW HOPE



Military Family Retreats  
at no cost to Veterans



"At Project New Hope, we are driven by our mission - to provide education, training and skills necessary to manage their lives after wartime service."



FOR MORE INFORMATION GO TO  
WWW.PROJECTNEWHOPE.NET OR SCAN THIS CODE:

## 2025-2026 MINNESOTA RETREATS

**2025 OCTOBER 3-5**  
Good Earth Village - Spring Valley, MN  
**2025 DECEMBER 5-7**  
Faith Haven Camp near Battle Lake, MN  
**2026 MAY 1-3**  
Camp Shetek near Slayton, MN  
**2026 JUNE 5-7**  
Osprey Wilds near Sandstone, MN

## 7<sup>th</sup> Annual Duell Lions Designer Bag Bingo!

Jack & Jim's Convention Center  
Doors open at 11am + Bingo starts at 1pm  
\$40 = 20 rounds + 1 Blackout Game  
1 package per ticket



See bartender at  
Jack & Jim's to purchase a  
Pre-Sale Ticket!

Must have cash for Bingo + ATM on site  
More Info on Facebook: Duell Lions Club

Limited seating!

Get your tickets early- Event has sold out in past years.

**Saturday November 15<sup>th</sup> 2025**

Must be 18+ to enter, purchase, or attend event.



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



Multiple District 5M  
proudly announces...

**PLATINUM SPONSORSHIP!**



**Lions Clubs International  
FOUNDATION**

Your donations designated to  
Special Olympics USA Games  
Minnesota to LCIF will help make  
our \$250,000 grant possible!

### Family Night!

For athletes &  
their families

### Opening Eyes®

(Vision Screening)

### ALL BALLS

Separate Sponsorships will be  
available for (Sensory) All-Balls are  
for each participating athlete.

Sponsorship information will be coming  
in the District Newsletters and Multiple  
District Website soon.

Scan this code  
for more about  
All Balls



## 2029 Lions International Convention Fundraiser

Brought to you by the Host Committee for the 2029 Minneapolis International Convention

## 2029 Convention Pins and Snowman Patches

The International Convention is coming to  
**Minneapolis, Minnesota**

Now is your chance to get a piece of history and help raise the  
needed funds to Host this great Lions event.

Build the Snowman patch fundraiser.

\$50 per piece for a total of \$200

Limited Edition

2029 Minneapolis Pin with Charms

Pin- \$100

Charms \$25 or

all 4 for \$75



Charms are approximately:

1" x 1"; 1" x 3/4"; 1" x 3/4"; 1" x 1/2"



**davecarrieshofner@gmail.com**

*Rest  
in Peace*

Lion Carol Thies  
Lion Roland Gilk

Sandstone Quarry Lions Club  
Albany Lions Club

5M8 is very excited to welcome these new Lions to help us "SERVE" our communities and world. We look forward to working with you, side by side and striving to make a difference while having fun doing so. The list of new members is taken from the Lions International reports. If a new member is not listed yet, it is due to when Lions International receives the new member information from the club.



## WELCOME NEW 5M8 LIONS MEMBERS



Lola Vogel  
Curt Holberg  
Tammy Schultz  
Jerry Martin  
Emily Huff  
Zachary Cekalla  
Sarah Fritsh  
Cody Hagen  
Molly Pintok  
Bryce Riesner  
Douglas Kuebelbeck  
Adam Scepaniak  
Mel Meyer  
Nicole Yorek  
Tiffany Schindler

Cold Spring Home Pride Lions Club  
Eden Valley Lions Club  
Lincoln Scandia Valley Township Lions Club  
Pine City Lions Club  
Pine City Northern Lights Lions Club  
Royalton Lions Club  
Staples 93 Lions Club  
St Cloud Lions Club  
St Cloud Lions Club  
St Cloud Lions Club  
St Joseph Lions Club  
St Joseph Lions Club  
St Joseph Lions Club  
St Stephen Lions Club  
Watkins Lions Club

### 5M8 Membership update as of

September 30, 2025

2804 Lions Members & 78 clubs

56 dropped members in FY

42 members added in FY

-14 Net growth in FY

-0.50 % net Growth in FY



### Fiscal Year to Date Service

as of **September 30, 2025,**

5M8

650 Activities in FY

144,865 overall people  
served in FY

17,786 overall volunteer  
hours in FY

70 % clubs reporting

## DATES TO REMEMBER



### 5M8 Mini-Forum

October 7, 2025 Jack & Jim's Duelm

### 5M8 Midwinter Convention

February 6-8, 2025 St Cloud MN

### MD5M Multiple Convention

April 24-26, 2026 Sheraton Minnetonka MN

April 16-18, 2027 Kahler Hotel Rochester MN

April 28-30 Bid submitted by 5M8 to host in St Cloud

### Lions International Convention

|                      |                   |
|----------------------|-------------------|
| July 3-7 2026        | Hong Kong         |
| July 2-6, 2027       | Washington DC USA |
| June 23-27, 2028     | Singapore         |
| June 29-July 3, 2029 | Minneapolis MN    |
| June 28-July 2, 2030 | San Antonio TX    |
| July 4-8, 2031       | Helsinki, Finland |

### USA/CANADA Forum

|                       |                          |
|-----------------------|--------------------------|
| September 18-20, 2025 | Atlantic City New Jersey |
| September 3-5, 2026   | Memphis Tennessee        |
| September 16-18, 2027 | Huntsville Alabama       |



**Mental health and  
well-being  
October 4-12, 2025**

**Hunger  
January 3-11, 2026**

**Environment  
April 18-26, 2026**



**Our Vision** To be the global leader in community and humanitarian service.

### Our Mission

To empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding.

# 2026 MD5M Convention

April 24-26, 2026

## Minnetonka Beach Party

*Sheraton Minneapolis West Hotel*

*12201 Ridgedale Drive*

*Minnetonka, Minnesota 55305*

**Hosted by District 5M-5**



# Sign up today and save!

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

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

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



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



☐ Lion ☐ Leo ☐ Guest  
☐ Check if this is your 1<sup>st</sup> Multiple Convention

☐ Lion ☐ Leo ☐ Guest  
☐ Check if this is your 1<sup>st</sup> Multiple Convention

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

**Full Hospitality Book:**

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

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

\*Hospitality book includes convention and all meals

**Separate Meals:**

\*Do not select if you have purchased a hospitality book

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

Total amount if separate meals chosen: \_\_\_\_\_

Please specify dietary needs: ☐ Vegetarian ☐ Gluten Free ☐ Other: \_\_\_\_\_

**No meals available after March 31, 2026.**

**Make Checks payable to:** 2026 MD5M Conv.

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

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

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

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

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

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

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

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

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

### **LCIF**

PDG Frank Leidenfrost

frankandamyl35@gmail.com

IPDG Deb Bialke

liondebbialke@gmail.com



### **MN Lions Vision Foundation**

Lion Jordan Haukos

jordo1997@yahoo.com cell 320-828-7226

Lion Sherri Schmitz

allen.sherri.schmitz@gmail.com



### **MN Lions Hearing Foundation**

PDG Mike Appel

leppa73@mnval.net

**Vacant- Help Needed**



### **MN Lions Diabetes Foundation**

PDG Dave Thompson

dthompson1530@gmail.com

Lion Cathy Talberg

cathytalb95@gmail.com



### **MN Lions Childhood Cancer Foundation**

PDG Jeff Thompson

lionjeffthompson@gmail.com

Lion Bob Thompson

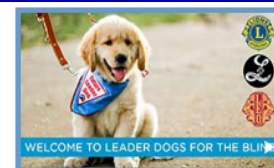
rthompson@minpack.com



### **5M8 Leader Dog**

PDG Tracy Voigt

mnhomeof4@hotmail.com 320-630-1264



### **KIDSIGHT**

Lion Marty Breuer

[kidsightmd5m.org/resources.php](http://kidsightmd5m.org/resources.php)

mjbreuer@msn.com

**Vacant- Help Needed**



### **Environmental**

PDG Sandy Sandwich

ssandwich.17@gmail.com

Lion Makayla Thompson

thompsonmakayla400@gmail.com



### **Can Do Canines**

PDG Pete Kleingartner—C: 763-234-9126

mpsaklein@live.com

Lion Jean Euteneuer—C: 320-290-6991

euteneuer@charter.net



## MN Lions Eyeglass Recycling Center

Lion Bob Thompson [teddibob@gmail.com](mailto:teddibob@gmail.com) 612-390-2629 [www.MNLERC.org](http://www.MNLERC.org)



## Project New Hope

Lion Dave Shofner [davecarrieshofner@gmail.com](mailto:davecarrieshofner@gmail.com)



**Vacant-Help Needed**

## Leo's /Youth Exchange

Lion Christine Wosmek [chriswozmek@gmail.com](mailto:chriswozmek@gmail.com)

Lion Trish Thiel [tltboots@yahoo.com](mailto:tltboots@yahoo.com)



## Peace Poster/Essay

Lion Becky Stanart [wonderwomanbls@aol.com](mailto:wonderwomanbls@aol.com)

Lion Lisa Gohmen [Lisa.gohman@gmail.com](mailto:Lisa.gohman@gmail.com)



**Sheehan Foundation** PDG Donna Landwehr [billanddonnal@q.com](mailto:billanddonnal@q.com) [teamsheehan.foundation](http://teamsheehan.foundation)

## Global Leadership Coordinators

PDG Allen Bailey [atbailey@eaglevalleytel.net](mailto:atbailey@eaglevalleytel.net)

PCC Jack Breitreutz [jabre@izoom.net](mailto:jabre@izoom.net)

Lion Carrie Shofner [davecarrieshofner@gmail.com](mailto:davecarrieshofner@gmail.com)



## Global Service Team Coordinators

PDG Amy Leidenfrost head coordinator [frankandamyl35@gmail.com](mailto:frankandamyl35@gmail.com)

PCC Deb Harms [1lionlady@charter.net](mailto:1lionlady@charter.net)



## Global Membership Team Coordinators

Lion Jordan Haukos [jordo1997@yahoo.com](mailto:jordo1997@yahoo.com) 320-828-7226

Lion Caleb Anderson [calebjohn133@gmail.com](mailto:calebjohn133@gmail.com)

Lion Mike Shay [lionmikeshay@icloud.com](mailto:lionmikeshay@icloud.com)

**GMT 5M8 Team**

## Global Extension Team Coordinators

PDG Vince Thiel [vincethiel@yahoo.com](mailto:vincethiel@yahoo.com)

Lion Trish Thiel [tltboots@yahoo.com](mailto:tltboots@yahoo.com)



## GMT Women's & Family Specialist

Lion Cheri Appel [Cheri52appel@gmail.com](mailto:Cheri52appel@gmail.com)

PDG Donna Landwehr [billanddonnal@q.com](mailto:billanddonnal@q.com)

PDG Bill Landwehr [billanddonnal@q.com](mailto:billanddonnal@q.com)

## Opportunities to grow!

**Lions University:** Provided by the Forum since 2014, you can take all the courses you want for free, however graduation requirement do include attendance at events. @ lionsuniversity.org

**Lions Learning Institute:** LCI's online learning portal. @lionsclubs.org

**Lions Virtual:** Ongoing Zoom educational and social activities, and a mobile app that incorporates social sharing and other resources.

**Global Lions Forum:** Facebook Group with great discussions on topics of interests to Lions.

*Please send your events, announcements, and photos to: 5M8 Newsletter Editor*

**[5M8Newsletter@gmail.com](mailto:5M8Newsletter@gmail.com)**

"The deadline to submit Articles, and notices for the District 5M8 Newsletter is the **20th** of each month "

**P.R. Lion Mike Shay**  
**[lionmikeshay@icloud.com](mailto:lionmikeshay@icloud.com)**

### 2024-2025 Lions International Officers

International President

Arvinder Pal Singh

Kolkata India

Lion President Immediate Past President

Fabricio Olivera, Catole do Rocha, Brazil

1st V.P. Mark Lyon

Brookfield Connecticut USA

2nd V.P. Dr. Manoj Shah Nairobi Kenya

3rd V.P. Tony Benbow South Vermont  
Australia

#### District 5M8 Officers

District Governor Zach Wosmek

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

1VDG Diann Belmont

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

Secretary Colleen Rosenow, Watkins

[colleen.rosenow.5m8@gmail.com](mailto:colleen.rosenow.5m8@gmail.com)

Treasurer David Thompson, Princeton

[dthompson7053@yahoo.com](mailto:dthompson7053@yahoo.com)



#### Websites to know

Lions Club International: [www: lionsclubs.org](http://www.lionsclubs.org)

Multiple District 5M: [www: lionsmd5m.org](http://www.lionsmd5m.org)

District 5M8: [www: lions5M8.org](http://www.lions5M8.org)

#### Lions Program Sites

Can Do Canines: [www: candocanines.org](http://www.candocanines.org)

Childhood Cancer: [www: MNlionschildhoodcancer.org](http://www.MNlionschildhoodcancer.org)

KidsSight MD5M: [www: lionsmd5m.org/lions-kidsight.html](http://www.lionsmd5m.org/lions-kidsight.html)

Lions Clubs International Foundation (LCIF): [www: lcif.org](http://www.lcif.org)

Leader Dog for the Blind: [www: leaderdog.org](http://www.leaderdog.org)

MN Lions Diabetes Foundation: [www.mnlionsdiabetes.org](http://www.mnlionsdiabetes.org)

MN Lions Eyeglass Recycling Center: [www: MNLERC.org](http://www.MNLERC.org)

MN Lions Hearing Foundation: [www.5mhf.org](http://www.5mhf.org)

MN Lions Vision Foundation: [www.mnlionsvisionfoundation.org](http://www.mnlionsvisionfoundation.org)

Project New Hope: [www: projectnewhope.net](http://www.projectnewhope.net)

Sheehan Foundation [www.teamsheehan.foundation](http://www.teamsheehan.foundation)



## 2025-2026 5M8 District Governor Contest

| 5M8 District Governor Contest 2025-2026                                                 |               |               |      |     |     |     |     |     |     |     |     |            |
|-----------------------------------------------------------------------------------------|---------------|---------------|------|-----|-----|-----|-----|-----|-----|-----|-----|------------|
| Pts                                                                                     | July          | Aug           | Sept | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | June Total |
| <b>Club Activities:</b>                                                                 |               |               |      |     |     |     |     |     |     |     |     |            |
|                                                                                         | 20            |               |      |     |     |     |     |     |     |     |     |            |
| District M&A submitted by end of month                                                  | 20            |               |      |     |     |     |     |     |     |     |     |            |
| Submit Membership Report to LCI by month end                                            | 20            |               |      |     |     |     |     |     |     |     |     |            |
| Submit Service report to LCI by month end (Don't forget your meetings count)            | 20            |               |      |     |     |     |     |     |     |     |     |            |
| Club newsletter sent to DG, 1VDG, & Zone Chair                                          | 20            |               |      |     |     |     |     |     |     |     |     |            |
| Post Club Updates to Facebook, Instagram, LinkedIn, or Tiktok monthly                   | 50            |               |      |     |     |     |     |     |     |     |     |            |
| New Members added or reinstated (Per Member)                                            | 30            |               |      |     |     |     |     |     |     |     |     |            |
| Total Membership at year end plus 1 (Membership beginning July 1,2025- end June 30,2026 | 20            |               |      |     |     |     |     |     |     |     |     |            |
| 5 members reported reading District Newsletter or Watched On Track with DG Zach weekly  | 50            |               |      |     |     |     |     |     |     |     |     |            |
| 2 or more clubs do something fun together (Help with fundraiser, join meeting, etc.     | 30            |               |      |     |     |     |     |     |     |     |     |            |
| Governor Visit Scheduled by 12/20/25                                                    | 20            |               |      |     |     |     |     |     |     |     |     |            |
| 1st half of dues paid 7/28/25                                                           | 50            |               |      |     |     |     |     |     |     |     |     |            |
| 2nd half of dues paid 1/20/26                                                           | 50            |               |      |     |     |     |     |     |     |     |     |            |
| Attend other Lions Club Fundraiser (10 pts per/max50)                                   | 10            |               |      |     |     |     |     |     |     |     |     |            |
| Host Youth Exchange (per youth)                                                         | 30            |               |      |     |     |     |     |     |     |     |     |            |
| Club host a Service Carnival                                                            | 50            |               |      |     |     |     |     |     |     |     |     |            |
|                                                                                         |               |               |      |     |     |     |     |     |     |     |     |            |
| Pts                                                                                     | Date of Visit | Donation Made | Pts  |     |     |     |     |     |     |     |     |            |
| LCIF                                                                                    |               |               | 30   |     |     |     |     |     |     |     |     |            |
| LeaderDog                                                                               |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Leos                                                                                    |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Diabetes                                                                                |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Hearing Foundation                                                                      |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Vision Foundation                                                                       |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Kidsight                                                                                |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Can Do Canines                                                                          |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Project New Hope                                                                        |               |               | 30   |     |     |     |     |     |     |     |     |            |
| MN Childhood Cancer                                                                     |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Global Membership Team                                                                  |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Global Leadership Team                                                                  |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Global Service Team                                                                     |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Global Extension Team                                                                   |               |               | 30   |     |     |     |     |     |     |     |     |            |
| Orientation                                                                             |               |               | 30   |     |     |     |     |     |     |     |     |            |
|                                                                                         |               |               |      |     |     |     |     |     |     |     |     |            |
| Additional Pts                                                                          |               |               |      | 1st | 2nd | 3rd | 4th |     |     |     |     |            |
| Bring Eyes Glasses to Mid Winter Collection                                             |               |               | 50   |     |     |     |     |     |     |     |     |            |
| Club Officers attend Zone meetings (Pres, VP, Sec, Treas)                               |               |               | 30   |     |     |     |     |     |     |     |     |            |

[illegible]