



5M9 SERVICE JOURNAL

March, 2016

JAY NORBY

DISTRICT GOVERNOR

Volume 19, Issue 9



Are you sorta/kinda thinking about going to Chicago for the Lions International Convention in 2017 to celebrate the Lions 100th anniversary? But, you don't want to do the 10 to 12 hour drive, deal with Chicago traffic, and pay UP TO \$45 PER DAY in parking fees?

Don't despair fellow Lions. We are looking into a better and more fun method of transportation. Coach buses with reclining seats, onboard restroom, wi-fi, and a pride of Lions to share and enjoy the trip. The convention runs from June 30 to July 4th,

2017 so we will be going to Chicago June 29 and leave Chicago July 5th.

Tentatively we are looking at three routes, route one going south on highway 169 with stops in Hill City, intersection of highways 210 and 169(?), Aitkin, and highway 210 to Baxter. A second route will be starting at Cass Lake with stops along highway 371 to Baxter.

Route three will start out west somewhere around Detroit Lakes and travel east on highway 10 and eventually to Baxter to meet up with the other buses. Depending on demand there could be a fourth bus starting in Baxter and/or additions along the three routes. From Baxter we will travel as a convoy to Chicago. Coming home the routes will be reversed.

We are working on getting costs and will have more information after this year's convention in Japan.

If you have any questions or suggestions you can contact:

Lion Les Swift, Pillager Lions: (H)218.746.3946, ©218.839.2184, email; ltranch@brainerd.net or

Lion Denny Ganz, Hackensack Lions: (H)218.675.5404, ©218.244.4232, email; dsganz@tds.net

Let's have a great representation from 5M9 and a great time in Chicago!!



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All Aboard the 5M9 Express!!!



District Governor —Jay Norby

With a little over 4 months to go, this Lion's year is quickly drawing to a close. While we may be on the downward slide for this year, we still have a lot to do before the end of the year. Please take the time to check out the dates, times and locations of the Zone Meetings that have been scheduled for this month.

A couple of other dates that you should put in your calendars are Sunday April 3 and Sunday April 10. On April 3rd we will be celebrating the charter presentation of our newest club in 5M9, the Malmo Area Lions Club. With at least 25 members strong, this club is going to revitalize their community and surrounding area. The fun starts at 3:00pm and IPID Mike Molenda will be the featured speaker. Try to attend this event as we welcome them into the fold of 5M9. On April 10th we will be having the 5M9 Lions Learning Day in Bluffton starting at 12:30pm with 4 great sessions to help you, not only as a Lion but, in your everyday life as well. Both of these events are listed in the newsletter so check them out.

While September still seems a long way away, it is not too early to start thinking about attending the USA/Canada Forum in Omaha, Nebraska. We are going to try to get enough Lions interested in attending to take a bus from 5M9 to Omaha and back. If you are interested and want more information or want to get your name on the list, please let me know so we can see if we have enough interest to make this work.

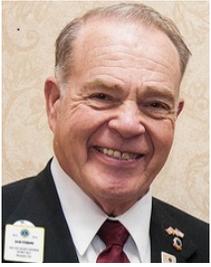
All of the MD5M Mid-Winter Conventions are done and we will have 12 new District Governors taking over on July 1, 2016. I can tell you that our district and the multiple are in good hands for next year. I can tell you that the seated DG's are not going to coast the rest of the year, as we individually and collectively still have things we want to accomplish. We still want 100% participation in LCIF before the end of the year. We are very close so clubs, please check to make sure you have made a donation this year. As a side note to that, if every club makes at least a \$50.00 donation, I will make a \$1,000.00 donation to LCIF and award a deserving Lion in the District a Melvin Jones Fellowship. And secondly, we would like to see the District end the year with positive numbers for membership. We need to strengthen the pride and ensure that, as we approach our 100-year celebration we are leaving a legacy in our communities for the next 100 years. Welcoming new members is like receiving a blood transfusion, it gives us strength and revitalizes our clubs. New members give us new blood, new ideas and more hands to get the projects we want to do in our communities easier to accomplish.

Linda and I have had the opportunity to travel around this great district and visit many of the clubs. We are not done and there are a few clubs who have not yet set a date for a visit. If you are one of those clubs, please get ahold of me and we will work out a date and place to visit. It has been truly rewarding to visit the clubs this year and listen to all of the great things you do for your communities and the world. Thank you for your hospitality and kindness. It is greatly appreciated.

If you have ever thought about serving on the 5M9 Cabinet and seeing what happens in Lionism in our district, please let DGE Dick, 1st VDGE Tom or 2nd VDGE Rose know that you are interested in serving in some capacity in the district. Believe me, you will meet a great bunch of people and your Lions Family will continue to grow. When Linda and I joined Lions, we knew maybe a dozen people that were Lions. Now our Lions Family has grown to hundreds of people that we know and visit with as we travel for Lions.

So, as we continue down the tracks, let's all **get on board the 5M9 Express** and continue to do what we do best, "serve those that need our help".

DG Jay



Richard the Lionhearted

District Governor Elect - Dick Stebbins



Lions of 5M-9,

Winter is almost over! It has seemed like a short season so far, but I am ready for an early spring. Our district has a busy year ahead of us. I am asking for our district of go out and “Just Ask” a friend or neighbor to join Lions. Members joining during our Centennial Year have the great incentive of receiving a special pin. Sponsors also get a pin and your club can earn a Centennial Patch. However, bringing in new members as we let current members walk out the back door doesn’t make sense. Retention, Retention! That is what it is all about so keep your members busy and engaged. Thank you for helping our district achieve our membership goals!

The last round of Zone Meetings for this year will be starting the end of March and continuing into April. Presidents—make plans to have your members attend and keep up with District 5M-9 happenings. Our Zone Chairs spend a lot of time and effort in planning these meetings so they are informative, interesting and fun. Be sure to thank each of them for the great job they do.

Don’t forget—elections are to be held in March and reported by April 15th to District Administrator PDG Margaret Van Erp. I remind you to make sure all names are spelled correctly and have current contact information. LCI uses this information to send to clubs. If contact information is not correct your club may not receive important information. Following elections, all officers should make plans to participate in Club Leadership Training. The College of Leadership is planned for May 15th at the Wadena High School. These sessions are for all incoming officers for 2016-2017 but ALL Lions are welcome and encouraged to attend. Prepare for the time when you are asked to serve your club as an officer.

Lion Sue and I wish you a great Easter! I hope you enjoy this day with family and friends and of course, chocolate!

FARE THEE WELL

DISTRICT GOVERNOR ELECT DICK STEBBINS

NEXT WEBINAR: EFFECTIVE PRESENTATIONS

Providing effective presentations is a fundamental skill of today’s leaders. Join us as we explore common features of impactful presentations and explore ways to enhance your presentation content, image usage, and audience engagement.

Wednesday, March 23, 2016, 12:00 pm (noon) or Friday, April 1, 2016, 7:00 pm



Vice District Governor Elect Tom Plagman

I served as your district LCIF coordinator for 4 years 2010 to 2014. It is with great pride and respect that I would like to call your attention to this article that is a reprint from the February 2016 edition of the Lions magazine.

“FOUR STARS FOR LCIF

For the fourth consecutive year, Charity Navigator, an independent charity evaluator, recently awarded LCIF four stars, the highest ranking a charity can receive. Based in New Jersey, Charity Navigator evaluates the financial health, accountability and transparency of more than 8,000 charities to help donors be better informed about where they give. Only 8 percent of the charities it has rated have received a four-star rating for four consecutive years. “The rating confirms what many Lions already know—LCIF is a great way to make difference in the lives of people,” says LCIF Chairperson Joe Preston of Arizona. “Our foundation is adept at maximizing the value of the donations it receives from Lions.” Go to lcif.org to donate or learn more.”

We as Lions do many good things in our communities, but I am pleased to highlight that those do not stop at the outskirts of our communities or even Minnesota. Internationally, we have an outreach that impacts individuals, families and communities around the world, and you can be reassured that every dollar you give to LCIF goes to those well-deserving causes.

Congratulations to Lions everywhere.

PUBLIC SERVICE ANNOUNCEMENT FROM MD5M DENTAL INITIATIVE

Missed School Days

Childhood cavities cause a lot more than pain. Each year, about 51 million hours of school time are lost by children with infected teeth.



Caregivers of children with infected teeth must often miss work which can mean lost wages and perhaps loss of job for too many absences. Some caregivers can't afford to stay home so their

children go to school in pain, making learning difficult for them and often for their classmates. Improve your child's opportunity to learn by keeping the teeth healthy. Learn more by visiting the Minnesota Oral Health Project website minnesotaoralhealthproject.com and liking us on Facebook.

Cavities **can** be prevented.



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The Cause of Cavities

Tooth cavities are preventable.

If you are a caregiver for children, be careful what they drink. Sugared drinks such as milk, juice and soda pop (when consumed often) can harm a child's baby

AND permanent teeth.

Limit these drinks to mealtimes.

Offer plain tap water at other times.

Keep teeth healthy by:

- Drinking fluoridated water
- Using fluoridated toothpaste twice a day
- Visiting the dentist regularly or if your child does not have a dentist, asking your child's doctor or nurse practitioner to apply fluoride varnish to the teeth four times a year.

Fluoride varnish applied to your child's teeth by their medical provider will also help.

Don't be shy; **ASK FOR IT.** Fluoride protects and strengthens teeth and prevents cavities.

Learn more about preventing cavities by visiting the Minnesota Oral Health Project website

minnesotaoralhealthproject.com and liking us on Facebook.

Cavities **can** be prevented.



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It's that time of year again

Vergas Maple Syrup Festival



Saturday, April 9th

Shop local businesses for great sales

Vergas Lions and Vergas Community Club Fundraiser

Pancake Feed

8am—noon VCC

Adults \$8 * Children Under 12 \$4



SERVING PANCAKES, SAUSAGE, JUICE, COFFEE & REAL MAPLE SYRUP, OF COURSE!

TRY A MAPLE MILK SHAKE \$2- VISIT THE MAPLE SYRUP BOOTH

Buffalo River Ramblers play **BLUEGRASS**
9:30am-11:30am

***Raffle tickets for the trail fundraiser art piece will be available at the VCC
art by~Forest Edge Gallery



The Saps Running

5K RUN/WALK

\$20 Pre-Register * \$25 Day of Event

(both include maple fest headgear or pancake feed ticket)

Pre-Register at cityofvergas.com:click on community club OR register day
of at Billy's Bar & Grill

Questions? Call 218-342-2091

Registration 8 am at Billy's * Race 9 am
in front of Hanson's Plumbing & Heating Building
(Medals will be awarded to top 3 finishers of each age group)



Maple Leaf Hunt

10am - 11am

Sponsored by Vergas State Bank

5 & under hunt at the lions park. 6-12 hunt downtown Vergas

Search for the Maple Fest Geocache with Geocache App





Malmo Area Lions Charter Celebration

April 3, 2016

Gathering - 2:30 pm Celebration – 3:00 pm

Bethesda Lutheran Church of Malmo
21590 Highway 47, Isle, MN 56342

Come help the Malmo Area Lions celebrate!

Meal Cost - \$20.00 a person.

Please let us know if you have any dietary restrictions when sending in your reservation.

Please RSVP by March 25

Registration Form

Club Name _____

Number of Members Attending _____

Club Member Name _____

of Members _____ X \$20.00 = _____

Club Member Name _____

Please check any of the following;

Club Member Name _____

We will bring a Club Donation _____

Club Member Name _____

We will Bring a Basket for the Raffle _____

Club Member Name _____

Mail Registration form to: Lion Sharon Whipple, 31990 220th St., Isle, MN 56342 or e-mail, mean.gene@frontiernet.net.



ERASING THE BOUNDARIES

ZONE EXTRAVAGANZA

Hosted by the Lake Park Lions Club

MARCH 29, 2016
Lake Park MN American Legion
5:30 Social (cash bar available)
5:45-6:30 Meal
6:30 Call to Order

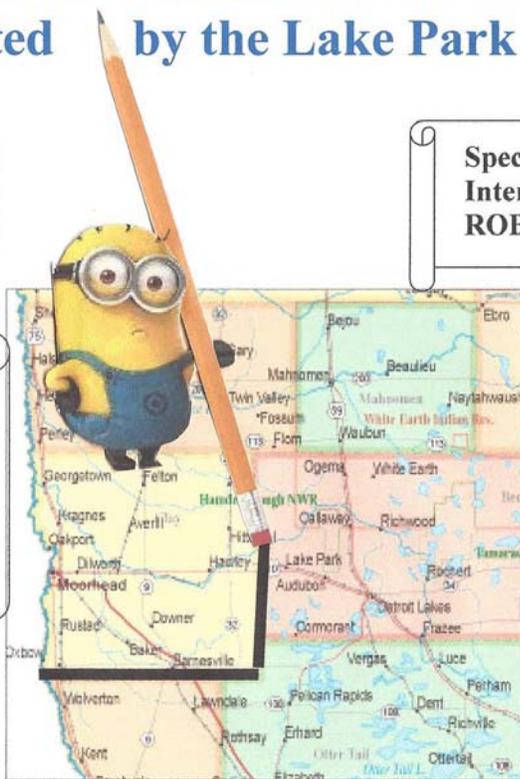
Special Guest Speaker
International Director
ROBERT S. LITTLEFIELD PH.D

\$12.00
Lake Park's American Legions
Famous "All YOU CAN EAT
FISH" or Breaded Chicken Breast
Baked Potato, Vegetable, Salad,
Dinner Roll, and Dessert



RSVP Zone Chair
PDG Rodger Palmer
repotter@eot.com
Fish or Chicken by
March 17, 2016

Door Prize Raffle
Mixer, Games and FUN!



Speakers: Big and Bigger Reunited!
Lion Randy Beaver 5M-9 GMT Candidate for International Director PCC Bruce Beck



USA/Canada Forum September 15-17, 2016



We are looking at getting a bus to take all interested Lions to the Forum in Omaha, Nebraska. We would leave at noon on September 14th arriving in Omaha that night between 9:00–10:00pm. The Forum starts the next day and this will allow everyone to be well rested for the festivities planned for the forum.

The cost of the bus will be \$95 per person departing from Frazee, MN or Fergus Falls, MN. We will be including stops along the route to pick up Lions from other Districts and dropping off at the Hotels listed by the Forum Committee. Pick up on Sunday morning starting at 8:00am arriving back in Frazee at approximately 5:00-6:00pm on Sunday.

If you have never been to a USA/Canada Forum, this is a perfect opportunity for you to learn more about Lions and have a lot of fun doing it. This is going to be one of the closest Forums to us for a while, so take advantage of going and not having to drive.

We, of course, will have some fun and games on the way down.

For more info or to get your name on the list contact;

DG Jay Norby
1021 5th Ave NW
Perham, MN 56573
(218)298-2140
ljohnorbs@eot.com



Lions MD5M Hearing Foundation

As many of you know, the Lions MD5M Hearing Foundation D'Feet Walk will be held on June 4, 2016 at the U of M Arboretum in Chaska, Mn. This event is held at a beautiful location where you can walk, take pictures and enjoy a great day of walking for a great cause, Hearing Loss! We invite everyone to come!

Do to the distance that 5M9 is from this event, I would like to challenge the clubs of 5M9 to hold your own walk. This a great way to get a new Community project started. Many of our communities have beautiful walking paths of your own and many have a great view of your community. What better way for your community to participate in a great event to support the Hearing Foundation. This event can also let them know what the Hearing Foundation is all about and how it can help individuals in need with hearing loss.

Many of the communities in 5M9 have a walking path that connect into another community and we could make this a combined event with other clubs in 5M9 and have a relay connecting the communities for the event. We would love to see the clubs 5M9 participate! So get out our local maps and see who your neighbor is to work with.

Please contact either Lion Linda Albrecht-Norby 218-346-3200 or Lion Gloria Anderson 218- 631-9005 with information for your event.

Thank you to all the clubs of 5M9 for your 2015-2016 donations to the Lions MD5M Hearing Foundation.



5M9 LIONS LEARNING DAY

APRIL 10, 2016

GATHERING – 12:30 PM/1:00 PM SESSIONS

BLUFFTON COMMUNITY CENTER

SESSION #1 – WEBINARS/GO TO MEETINGS/CONFERENCE CALLS

PRESENTER - PCC BRUCE BECK

SESSION #2 – MEMBERSHIP RETENTION

PRESENTER – GMT COORDINATOR RANDY BEAVER

SESSION #3 – PUBLIC SPEAKING

PRESENTER – DG JAY NORBY

SESSION #4 – CENTENNIAL CELEBRATION IDEAS

PRESENTER – PCC BERT NELSON

There will be a free will lunch served at 4:00 pm



FOR MORE INFORMATION CONTACT: GLT LION DON HENDRICKX @ 218-346-5899



Seventh Annual Minnesota Lions Diabetes Research Update *April 2, 2016*

Hosted by: Minnesota Lions Diabetes Foundation, Inc. and the University of Minnesota Foundation

There are 29.1 million people in the United States living with diabetes. More than 340,000 people in Minnesota have diabetes and that number is on the rise.

Join us at the annual Minnesota Lions Diabetes Research Update to learn from nationally recognized scientists, including Michael Garwood, Ph.D.; Bernhard Hering, M.D.; and Amir Moheet, M.D., who are leading some of the most promising diabetes research aimed at both preventing and curing diabetes.

NEW EVENT FORM AND LOCATION: This year, the Lions Research Update will consist of a reception where guests will have the opportunity to visit discovery stations to learn how our University of Minnesota scientists are making a direct impact here in Minnesota and around the world. Following the reception, guests will be invited to join us for lunch and a program, featuring our trailblazing researchers.

Saturday, April 2, 2016

10:30 a.m. - Reception and Discovery Stations

11:45 a.m. - Lunch

Noon - Program

McNamara Alumni Center

University of Minnesota

200 Oak Street SE

Minneapolis, Minnesota

Faculty Presentation Highlights:

- Dr. Michael Garwood will present, with funding provided by the Lions, the exciting advances in viewing transplanted islets inside the body pre-and post-transplant.
- Dr. Bernhard Hering will show how the islet transplantation method is curing people with type 1 diabetes.
- Dr. Amir Moheet will discuss how long standing diabetes affects the brain and may contribute to cognitive dysfunction, dementia, and/or diminished executive function.

RSVP by Friday, March 18:

Please RSVP online at www.rsvp.umn.edu/Lions

For questions, please contact Olivia at okurtz@umn.edu or 612-626-8537.

A confirmation and parking information will be sent prior to event.

LIONS INTERNATIONAL YOUTH EXCHANGE PROGRAM

5M9 IYE Chair—Lion Ron Genoch

Phone—218-346-4365

Email—runtala@arvig.net

THANK YOU FOR ALL OF YOUR PARADE OF GREEN DONATIONS

Youth applications are arriving weekly. 30 youth from all over the world will come to MD%M this summer. Here is just a sampling of youth that will be visiting.

Name	M/F	Country
Yuri Jaguszewski	M	Brazil
Isadora Thomazi Mendes	F	Brazil
Ping-Chen Huang	M	Taiwan
Hsu Ya-Chiano	M	Taiwan
Guillaume Benabdallah	M	France
Jakob Schubert	M	Germany
Haruno Aizu	F	Japan
Kimitoshi Nakano	M	Japan
Livija Naujokaite	F	Lithuania
Liel Mor	F	Israel
Siraj Srour	M	Israel



They visit host families 3 to 6 weeks. July 16-24 will be enjoyed at Camp Spicer. The highlight of this week is an international banquet where the youth prepare a dish from their home country and serve it to their host families and the Council of Governors. Camp costs \$500 per youth. Each student pays \$100. Districts pay \$400 for each youth they send.

PLEASE CONSIDER BEING A HOST FAMILY THIS SUMMER! It is a great way to bring a little bit of the world to your family.

ZONE 6 SPRING MEETING

Mar. 30 2016

6:00pm Social / 6:30 pm Meal / 7:00 pm Meeting

Hosted by: Wolf Lake Lions Club

Cost: \$10.00

Please RSVP by March 24, 2016

ALL Zone 6 clubs, please bring door prize and extra MEMBERS.

Presidents and Secretaries are required to attend.

More later.

5M9 Upcoming Dates to Remember



March 20 – 5M9 Cabinet Meeting in Vergas, MN
Gathering @ 12:30pm Meeting starts 1:00pm

March 29 – Zone 7 Meeting in Lake Park
Social starts @ 5:30pm Meeting starts 6:30pm

March 29 – Zone 4 Meeting in Nevis
Social Starts @ 6:00pm Meeting starts 6:30pm

March 30 – Zone 6 Meeting in Wolf Lake
Social starts @ 6:00pm Meeting starts 6:30pm

March 31 – Zone 5 Meeting in Hewitt
Social starts @ 6:00pm Meeting starts 6:30pm

April 3 – Malmo Area Lions Charter Celebration
Social starts @ 2:30pm Celebration starts 3:00pm

April 10 – 5M9 Learning Day, Bluffton, MN
Gathering @ 12:30pm Program starts at 1:00pm



Join Us at the
"Bend in the River II"

97th MD5M Convention
 April 22, 23, 24, 2016
 Verizon Wireless Center, Mankato, MN
 Hosted by District 5M-2



Registration Form

Please print

Lion Lioness Leo Guest

Lion Lioness Leo Guest

Name _____

Name _____

Address _____

Address _____

City _____ Prov/State/Zip _____

City _____ Prov/State/Zip _____

Email Address _____

Email Address _____

Title: _____ District: _____

Title: _____ District: _____

Club: _____

Club: _____

Check if this is your 1st Multiple Convention

Check if this is your 1st Multiple Convention

Please specify any dietary needs: _____

Please specify any dietary needs: _____

Will you need Braille convention material? yes or no

Will you need Braille convention material? yes or no

Meal	During 2015 MD5M Convention Only	Before March 1, 2016	On or after March 1, 2016	# Attending	Amount
Yes, I am coming to the convention but not staying for the meals. _____					XXXXXX
Hospitality Book	USD \$90.00	USD \$100.00	USD \$110.00		
Friday night mixer	XXXXXX	USD \$15.00	USD \$15.00		
Saturday Brkfst	XXXXXX	USD \$ 20.00	USD \$25.00		
Saturday Lunch	XXXXXX	USD \$25.00	USD \$30.00		
Saturday Banquet	XXXXXX	USD \$40.00	USD \$45.00		
Sunday Brunch	XXXXXX	USD \$20.00	USD \$25.00		

Make checks payable to: MD5M 2016 Convention

Total Submitted: \$ _____

Mail registrations to: Lion Charlette Abbas
 312 Foothills Road
 PO Box 133
 Courtland, MN 56021
 paandmaabbas@hotmail.com

Convention information:
 Maynard Rucks @ king70@frontiernet.net. or
 Nancy Mathwig @ nmathwig@hotmail.com

Cancellations accepted and refunded prior to April 1, 2016. \$20.00 fee for cancellations.

See separate information form for available hotel rooms and rates.



Join Us at the Bend in the River II

97th MD5M Convention

April 22nd-24th, 2016

Verizon Wireless Center

Hosted by District 5M-2

Hotel Information

Hotel Reservations can be made by calling or booking online to your hotel of choice. Rates will be guaranteed until March 21st, 2016 or until blocks fill up.

Hilton Garden Inn

Attached to Verizon Wireless Center

20 Civic Center Plaza

Mankato, MN 56001

Phone: 507.344.1111

Rate: \$90 +tax

Mankato City Center Hotel

Attached to Verizon Wireless Center

101 E. Main Street

Mankato, MN 56001

Phone: 507.345.1234

Rate: \$94.99 +tax

Holiday Inn Express

3.5 miles away

2051 Adams Street

Mankato, MN 56001

Phone: 507.388.1880

Rate: \$99.99 +tax

Best Western Hotel

1.5 miles away

1111 Range Street

North Mankato, MN 56003

Phone: 507.625.9333

Rate: \$94.99 + tax



The **Hill City Lions Club** held their 17th Annual Ice Fishing Contest February 13, 2016 on Hill Lake. Cash prizes were awarded for the three largest fish and dozens of door prizes were given out during the contest. In addition to fundraising, fun for kids and their families is our primary goal. All kids under 12 received a tackle storage box with jigs. Following the contest, drawings were held for two girls and two boys bicycles plus six grand prizes. We want to thank all the local businesses and individual support for the contributions that make this possible. It was high praise from a six year old. When asked what she wanted to do for her birthday, she chose our fishing contest!

We hope to see you here next year!

Pictured above-right: Club President Darcy & Jake Niesen, winner of \$200.00 for the largest fish. Way to go Jake!



National Geographic film addresses moose decline in MN & Canada.

The film is trying to find out what the problem is. National Geographic sent a nature photographer to find a mother moose with a newborn calf. In this quest he was lucky enough to find a calf that was still wet from birthing. The mother was on guard and he did not know if she would attack. After a while she and the calf moved slowly away, and when she stopped he very slowly advanced. It seemed that she then felt that this was not threat. The photographer kept a log on what the mother did and what foods she would eat. The brush was very decimated and she had to eat the stubble; not much food value in that. After about a month the swamp grasses started growing. Her favorite food was about ten feet below the surface of the water, and you could see improvement in the moose, as it looked as if she were gaining weight. Mother Moose had to dive down ten feet to get this food and she would surface with as much in her mouth as she could carry. Mother Moose came across another mother and calf. This calf was very young. The photographer said that he did not think that it would last the winter.

As winter started they would have to start going back to slim food rations. They had to watch for the predators that needed extra fat also. One day as he was catching up to his moose he saw a large area of blood in the snow. Wolves had killed and eaten the carcass. He followed the tracks of the two mothers and one calf. It was the youngest calf that had gotten caught. The two adult moose were pregnant again, and the young one had to fend for itself. The photographer concluded that the deer eat the same brush and have a hard time also surviving during the winter.

Jack Riordan

FRAZEE ELEMENTARY GETS HUG MACHINE

Sometimes a squeeze in unsure circumstances can make a world of difference. But, some special needs children don't like to be hugged by another person.

Temple Grandin, a professor of animal science at Colorado State University and best-selling author, has autism and invented a therapeutic, stress-relieving device that mimics a hug during her college years. Up until recently Frazee Elementary special education made due with what tools they had to recreate that same effect—a gym mat.

Students rolled themselves in the mat under the supervision of a teacher so they felt a squeeze around their shoulders.

Thanks to the Frazee Lions the mat can stay in the gym because the do-good organization donated \$634 for the school to purchase a Steamroller Deluxe from Southpaw Enterprises.

The equipment accommodates up to 300 pounds, is much more compact than a mat and easy for students to use. They simply roll in one side and out the other. The tension of the padded rollers can be adjusted depending on the amount of a squeeze the person using it prefers.

Special Education teacher Sara Jacobson works mostly with autistic students and said the device will get daily use by many students.

“Once the students use it they are often able to go back to the daily routine,” she said. “I’m very thankful we have it because it could be a long process for us to receive a large piece of equipment similar to this one.”

Jacobson expressed deep gratitude to the Frazee Lions paying for the equipment, and acting so quickly after the need was presented to them at a meeting.

The specific device was recommended by the occupational therapist the district contracts with. She informed Jacobson the Steamroller Deluxe was a sturdy brand she used for several years, that is made of wood, heavy bolts and if over time the tension bands lose pressure replacement ones can be purchased.

Jacobson added students also like spinning and touching the padded rollers.

“The addition of the Steamroller Deluxe will improve the students’ ability to concentrate and in turn improve their learning environment,” Jacobson said. “We are very grateful for the opportunity the Lions Club has offered us.”

- Story and photo by Barbie Porter Frazee—Vergas Forum



Special Education teacher Sara Jacobson sits next to the sensory machine designed to help calm anxious students.



Park Rapids Century School poster contest winners: The Osage Lions sponsored a "Good Citizen's Awareness" contest. Poster contest winners are pictured from L-R: Samantha Steward, 2nd; Madison Benham, 4th; Madison Carey, 3rd; Katie Burlingame, 1st. Winners were congratulated by Lions President Art Yliniemi.

DG Jay's Travels

MARCH

- 1—Ashby-Dalton Lions DG Visit
- 3—Frazee-Wolf Lake Lions DG Visit
- 10—Nevis Lions DG Visit
- 11—DG/DGE Friendship Banquet
- 12—COG Meeting Roseville
- 14—Guthrie Nary Lions DG Visit
- 18—Underwood Area Lions DG Visit
- 20—5M9 Cabinet Meeting @ Vergas
- 21—Longville Lions DG Visit
- 22—Malmo Lions DG Visit
- 28—Ottertail Lions DG Visit
- 29—Zone 7 Meeting @ Lake Park
- 30—Zone 6 Meeting @ Wolf Lake

31—Zone 5 Meeting @ Hewitt

APRIL

- 1—Hearing Foundation Board Meeting
- 2—Hearing Foundation Mtg @ St Cloud
- 3—Malmo Lions Charter Celebration
- 9—New York Mills Lions Auction
- 10—Lions Learning Day @ Bluffton
- 11—Baxter Lions DG Visit
- 16—Parkers Prairie Smelt Fry
- 19—Akeley Lions Anniversary Party
- 20—Deer Creek Lions DG Visit
- 21-24 MD5M Convention @ Mankato
- 25—Cass Lake Lake Country DG Visit
- 30—MD5M Hearing & Vision Spring Tours

5M9 Service Journal



This publication is of, by, and for the Lions, Lioness, & Leos of District 5M-9

District Governor

Jay Norby (Linda)
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C: 218-298-2140
ljnorbs@eot.com

District Governor Elect

Dick Stebbins (Sue)
26390 Glen Drive
Garrison, MN 56540
H: 320-692-4373
C: 218-251-0275
rsteb2@frontiernet.net

Vice District Governor Elect

Tom Plagman (Michele)
38292 Deer St
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HISTORY OF DISTRICT 5M 9

Part 14

1934-1935 (part 2 of 2)

The following District Governors for 1935-36 were elected:

Dr. B. W. Kelley, Aitkin, Minnesota, Minnesota/Manitoba; A. M. Kuhfeld, Beach, North Dakota: North Dakota/Saskatchewan; R. E. Huffman, Aberdeen, South Dakota, District Governor of South Dakota. Grand Forks, North Dakota, received the unanimous election for 1936 convention city.

	5-M	5-ND	5-SD
Total Clubs as of June 30, 1934.....	50.....	55.....	42
Total Clubs as of June 30, 1935.....	49.....	56.....	40
Gain or Loss during the year.....	-1.....	1.....	-2
	5-M	5-ND	5-SD
Number of members as of June 30, 1934.....	1,236.....	1,289.....	478
Number of Members as of June 30, 1935.....	1,215.....	1,214.....	391
Gain or Loss during the year.....	-21.....	-75.....	-87
Number of visits of District Governor.....	21.....	50.....	20
Number of visits by Deputy Governors.....	1.....	0.....	0
Key Members June 30, 1934.....	104.....	140.....	47
Master Key Members June 30, 1934.....	2.....	2.....	0

At the close of the year 1934-35, there were 378 Key Members and 13 Master Key Members in the District, a tribute to the great spirit therein.

To be continued.....*Compiled and edited by PDG Judy Brasgalla, 5M 9 Historian*

Please submit stories and photos by the 15th of each month for the following months newsletter. When possible, send photos in jpeg format and articles as a word document. Use of pdf is also acceptable. Contact me for assistance or with questions.
Thank You Tracey Buhl