

Pulse 5M9

Leading Lions To A Healthier Future



Linda Albrecht-Norby
5M9 District Governor



Volume 14, No. 10 • April 2011

Check out www.lionsof5m9.org and www.lionsmd5m.org

Protecting our environment

by PDG Jim and Linda Arvidson / 5M9 Environment Co-Chair

The focal point of this year's Presidential Theme "A BEACON OF HOPE" is Service. To show the strength of our Worldwide Network and to shine a light even brighter, Lions have the opportunity this spring to participate in a special service action campaign: PROTECTING OUR ENVIRONMENT.

Pollution, lack of clean water and loss of plant and wildlife are just several of the growing threats to our communities. According to the United Nations Environment Programme (UNEP), only about 20% of the world's population has access to clean water. In fact, each year more people die from unsafe water than from all other forms of violence, including war. Moreover, during the last century alone, the world lost over 80% of its original forests.

During April, we invite you and your club to join Lions around the World to shine a light on the Environment. Helps us raise Awareness about current and emerging Environmental issues and take action by planning activities in connection with EARTH DAY, recognized on April 22. Or organize projects throughout the month that mobilize your members to make a difference by protecting our Environment

Trees for Hospice House

District Governor Linda Norby has been contacted by PDG Ole Nelson who has generously offered Ten Foot Evergreens to be Transplanted at the Lakeland Hospice House as part of an Environmental Landscaping Project there.

Lions throughout District 5M9 were very instrumental last year in raising Funds to help make the Lakeland Hospice House a reality. The effort to Transplant Trees there will be an Excellent way for us to continue our ongoing support to such a well-deserved Facility. The Challenge to us will be the transportation and planting of the trees from PDG Nelson's land to the Hospice House. Please consider having your club support this effort, or maybe you have someone with equipment who could offer to help? Please contact Jim Arvidson or District Governor Linda for more information on how to help.

What a Great way for our District to get involved in the International Service Campaign to PROTECT THE ENVIRONMENT!!

Replanting Trees in Tornado-torn Wadena

by Molly Costin, District Technician- Wadena County

There are going to be approximately 150 Boy Scouts coming to Sunnybrook Park on Friday, April 29th to camp overnight. That night we're going to have a short meeting for our Team Leaders to brush up on our tree planting skills and give them their maps of the areas they're going to be planting.

The next morning we'll have a kickoff at 8am at Sunnybrook Park welcoming our volunteers and having a blessing over the group. From there the group leaders will go to the Fairgrounds to pick up their trees and then head out to the planting area. I'm working on transportation, food, etc, but we know for sure you guys will obviously need boots, work gloves, and if some in the group (one tool for every 3-4 members??) can bring shovels and rakes that'd be GREAT!

We've got 1,500 trees to plant, water, mulch, etc on the boulevards, parks, and private property that week, so I'm sure we'll stay busy!

If you have any other questions please contact PDG Jim Arvidson, Pres. Wayne Wolden, Wadena Lions club or Molly Costin at her email Molly.Costin@mn.nacdn.net.



Li ns

Heartbeat of 5M9

Linda Albrecht-Norby 5M9 District Governor



The Time is Now!

Many of us joined the Lions Organization to commit to a cause, flip a pancake or two, help those in need and thought wearing a yellow vest would be kind of fun! But being a Lion goes beyond that, it opens your life up into a whole new perspective of Volunteering.

Remember when you first became a Lion. What was your very first assignment as a new Lion? Did you get enthused about the job you were asked to do or did you ask yourself what have I gotten myself into? All of us have been there, but we chose to tackle the job and moved on to another plateau in our Lions career. We had fellow Lions take us under their paws and teach us about the Lions Organization from the beginning when Melvin Jones founded us to becoming International and serving around the world with other Lions.

We have come along way since Melvin Jones formed the Lions in 1917 and have grown to be the world's largest service organization, Lion's Clubs International! We serve worldwide in over 200 countries, with 45,000 clubs serving the communities we live in. The Pride of Lions continues to shine as a Beacon of Hope to all who enter into this organization.

This month we will bring in new leadership to 5M9 for the coming year of 2011-2012. These leaders can and will learn so much by attending the College of Leadership on April 13th in Bluffton or 14th in Nisswa. What's in it for me you ask? President's will learn the duties of the office and leadership roles, Secretaries will learn how to prepare reports and record activities of the club using the computer reports from International,

Treasurer's will learn to record accurate accounting skills and compile reports and Membership Chairs will learn how to hold membership drives and obtain skills for recruiting new Lion members. Additional leadership skills can be acquired by attending the MD5M Regional Leadership Institute on April 7-10 in Mahanomen; there is still time to get in an application! Leadership is more than a title; it is guiding your fellow Lions to be the best Lions they can. Understanding the Constitution and By-Laws, knowing there is more that just your club beyond the city limits of your town and knowing that help is just a

stones throw away when it's needed.

Why should we know about the other clubs and what they do? It is, so that we can all serve to the best of our ability. By visiting other clubs, attending Zone Meetings, joining the District cabinet, attending the Mid-Winter and the Multiple Conventions we become more knowledgeable of the Lions Organization and what we can do for each other. Plus, it gives us resources for help when we need it and how to find it.

As District Governor, I don't have all the answers, but I do know where to go and find them and others who can help me find those answers. Networking is a wonderful thing and gives us all more sources to find answers to our questions. The year is almost at an end for my term as Governor of 5M9, but it's not over yet! There are many individuals looking for a place to service, just as you are all doing as Lions now. These potential Lions are walking and working with you each day. As a member of this organization all you need to do is ask, and tell them your experiences as a Lion and why you became a member. This year as Governor, I have been working throughout the District hand and hand with my fellow Lions. I have dished up scalloped potatoes, pricked a finger or two to check blood sugars at Diabetes screenings, watched a baseball game, flipped a few pancakes and fried fish fillets, not to mention sell tickets for the Mustang and the list goes on. Please invite someone to your club and let them see what the Lion's Organization is all about in your hometown. The grass root Lions are the glue that holds this organization together, for without us, International Headquarters would be without a job!

The Leadership for 2011-2012 will soon step up to the dock to serve the Lions of 5M9. Give these new leaders the respect they deserve, but remember we are all Lions serving 5M9. Captain DGE Bruce Beck will cast out his line to serve you all well. 1st VDGE Margaret Van Erp will keep you all in stitches and keep the district quilted together and 2nd VDGE Don Hendrickx will put the electrical spark in us all to serve well. So the next time you look into the mirror, what do you see? Dream big and be the best you can be for your fellow Lions, your club and community. Dreams make things happen, look at Melvin Jones!

Keep walking the Pathway of Service!

DG Linda Albrecht-Norby

Pulse

Leading Lions To A Healthier Future

5M9 Newsletter



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

District Governor

Linda Albrecht-Norby (Jay)
32106 Mallard Dr.
Vergas, MN 56587-9355
R: 218-342-3243 C: 218-234-7176
B: 218-998-1407
ljnorbs@eot.com

1st Vice District Governor

Bruce Beck (Erin)
P.O. Box 74
Palisade, MN 56469
R: 218-845-2204
thebecks@mlccwb.net

Cabinet Secretary

Carol Thaemert
P.O. Box 223
Aitkin, MN 56431
H (218) 316-2737 C(952)393-4045
W (218) 927-7315
cethaemert@charter.net

District Treasurer

Eldon Bergman (Vi)
50726 Wymer Lake Loop
Frazee, MN 56544
H (218) 334-5841
elviberg@arvig.net

Editor

Bert Nelson (Pamela)
40606 Co. Hwy. 67
New York Mills, MN 56567
H (218) 385-3956
C 218-298-0599
bertpamnelson@gmail.com

Please submit stories, photos with captions, ads and other material to the editor before the 15th of the month.

“Walking the path”

April

7 Backus Lions visit
7-10 MD5M Regional Leadership Institute, Mahnomon
11 Guthrie-Nary Lions visit
12 Palisade Lions visit
16, 17 & 18 DGE training
19 Aitkin/Aitkin Riverboat Lions visit
21 Zone 5 mtg
25 Baxter Lions visit
26 Ottertail Lions visit
29 Council of Governor's Mankato
April 29 - May 1 MD5M Convention - Mankato

May

9 Pequot Lakes/ Breezy Point Lions visit
17 Longville Lions visit
24 Bay Lake Area Lions visit

June

13 Dalton Lions visit

July

4-8 Lions International Convention - Seattle, WA

September

22-24 USA/Canada Forum
Anchorage, Alaska



“Catch’n the Lunker”

1st Vice District Governor

Bruce Beck



I have just returned home from my last Multiple-sponsored District Governor Elect (DGE) training. I can't speak highly enough of the excellent training our Multiple provides to the incoming DGE's to help prepare us for our year as Governor. The commitment of the entire staff of educators is to be commended. I have now toured the Minnesota Lions Eye Bank and Clinic, Can-Do-Canines, and the Minnesota Lions Hearing Clinic. What great work we do as Lions! I saw and heard firsthand how we have helped to change people's lives for the better.

I am excited and looking forward to attending the Lions International Convention being held this year in Seattle, Washington. I hope many of you have plans to attend and I look forward to seeing you there. Our own Multiple District 5M representative PCC Brian Sheehan is running for International Director. You can volunteer to help his campaign while in Seattle. If you are not attending and want to contribute towards his campaign, a silent auction is being held to help defray costs. Please contact me for information, if interested in contributing an item for the auction.

As I write, it is the first day of Spring! No robins in my yard yet. I don't believe that they build snow-forts for nests! The forecast of floods all around the state of Minnesota has me concerned. I pray the high waters will not be so great as to damage homes and properties. There are already enough tragic events happening worldwide! Past International President Eberhard Wirf is the head of our Lions Club International Foundation (LCIF) and has just returned home from his tour of the earthquake damage in Christchurch, New Zealand. Wirf had been observing what the Lions were doing to assist them. Soon after, the earthquake and tsunami disaster happened in Japan. LCIF has already committed over \$5 million to the people of Japan to help with their disasters. I want to ask all of you to consider adding to your regular LCIF donations. The Lions are committed to helping people around the world when tragedy strikes. What a year we have been through! Let's do our part to help keep that fund strong.

Spring signals new life in our forests, gardens, crops and lawns. And, obviously, it is also time to get the boat ready and dock out!!! Yee hah! Let's get prepared to start our new season of fishing activities. Chasing after the crappies and sunnies, then on to the game fish! In your Lions Clubs, Spring is also here. It's time to prepare for the coming Lions' year, which officially begins in in July.

** The District's College of Leadership for all the incoming Presidents, Secretaries, and Treasurers will be held on April 13th in Bluffton and April 14th in Nisswa. You need only attend one of these, as it is the same class both nights, just in different ends of the district. Information regarding training has been sent to club presidents.

** What has your club done this year for a membership event? I am attending two clubs membership events in the next couple of weeks. What a great time to have your own. Get new members involved in your Spring and Summer projects and activities. The MERLOW team is only a phone call away for help.

** As you complete your incoming officer elections, please be sure your secretary fully completes and sends in the PU101 form. This form provides the correct information in the Lions' directory.

**See ya 'On-the-Water',
DGE Bruce**

*Stitching together
the news of 5M9*

**2nd Vice District Governor
Margaret Van Erp**



The wind is blowing really hard right now with ice chips hitting the windows, and they are predicting we may get anywhere from a few inches of snow to many, many inches of snow. Sure hope the weather man is wrong on that.

I also can't believe it's time to write the April article. The time is flying by and before we know it we will be in the gardens and fields planting those tiny little seeds. Let's plant those big seeds of Lionism into our neighbors and friends to come join us in this exciting world of volunteerism. Doesn't one feel much better when you can help someone each day and feel that you have made a difference in someone else's life?

We are starting our last round of zone meetings. What a great time to bring those new members or prospective members along to see just what other clubs are doing in their communities, in our District, our Multiple or even in the world. LCIF has really been hit hard these past few years and again now with the terrible earthquakes in New Zealand and Japan. Remember how our areas were helped out last summer with all of the tornados that we suffered through. In order for the Lions to help out in so many places they need more donations so they can keep up with the demand. Lions International only sends money to a Lions club in the disaster area and not to a third organization. So if your club has extra funds LCIF certainly could use the donations now. One of the criteria for 2010-2011 Club Excellence Award is that your club has either contributed a minimum of \$10.00 for each club member to LCIF or awarded a Melvin Jones Fellow or a progressive Melvin Jones Fellow. Of course there are other criteria that have to be followed too. Go to www.lionsclubs.org and put Club Excellence Award in the search box. Then click on DA-1 Club Excellence Award Revised 11-10 and you can copy off an application to see what other qualifications you need to receive this award. This form needs to be sent into International by Sept. 30, 2011.

Many of the clubs will have had their club elections by the time this newsletter arrives in your mail box, and the ones that haven't let's hope you will have them done by April 15th when International says they are to be done. As soon as you have your elections and the secretary files the PU101 (the reporting of your new officers) please let me know so that I can get a copy of it (I can go on line and get the copy) to check over and then send them on to our Multiple District Secretary who then in turn has to put all of the Districts (all 12 of them) together for our Dist. Directory. All of this takes time so let's get our elections and PU101's done on time. Secretaries be sure the PU101 is complete with full names of officers, spouse's name (if they have one) phone numbers, e-mail address (and NO we do not sell them, they are used for Lions information only). If the PU101 is not complete it means I will have to check with that person for the rest of the information. I will also send copies to our soon to be Dist. Governor Lion Bruce.

We are hoping for a good turnout of officers for our College of Leadership meeting which will be held in Bluffton at the Community center on April 13th from 6:30 p.m. to 8:30 -9p.m. We will be serving

New Bluffton Lion, Diane Webb



PDG Peter Van Erp installed Diane Webb as a Lion into the Bluffton Lions Club. Lion Gloria Anderson is her sponsor.

Bluffton Lions Auction Sunday, April 17



Bluffton Lions Club 28th Annual Lions Consignment and Donation Auction Sunday, April 17, 2011, starts at 10:30 A.M. Bluffton Community Park, Bluffton. Commissions and Donations for the Bluffton Lions Projects.

Call Gary at 218-639-4627 if have any items for consignment or any questions

some bars, angel food cake, coffee and lemonade. The next night April 14th the same meeting will be held at Nisswa Community Center—same times and probably will have treats too.

Don't forget the Multiple Convention will be April 29th, 30th and May 1st in Mankato, MN. I'm sure you can still sign up if you are able to attend. The forms on are line of Dist 5M9.

Until next month let's go out and get a few new members to help with our spring and summer projects.

Perham Lions honors members for achievements

The Perham Lions held their annual Awards/Governor Night Feb 3rd, 2011.

District Governor Linda was in attendance along with PDG Jim Arvidson. Numerous awards were given out that night. Opening the evening was a speech by DG Linda about what it means to be a Lion.

Awards were given out as follows:

Melvin Jones Fellowship **Wilbur Still**

Helen Keller Award **Diana Osterfeld**

Rookie of the Year **Bev Bergum and Randy Graham**

Member of the Year **President Earl Rydell**

Volunteer of the Year **Missy Graham**

Project Manager of the Year **Lila Masters**

Youth Outreach **Jill Shipman**

Certificate of Appreciation **Arnie Thompson, Connie Thompson and Faye Schwartzberger**

Citizen of the Year **PDG Jim Arvidson**

Membership Excellence Award **Gary Senske**

Lion Horizon Award **Gary Bergum**

Lion of the Year **Gary Bergum**

President's Award **Gary Senske, Nick Theroux and Steve Tryggeseth**

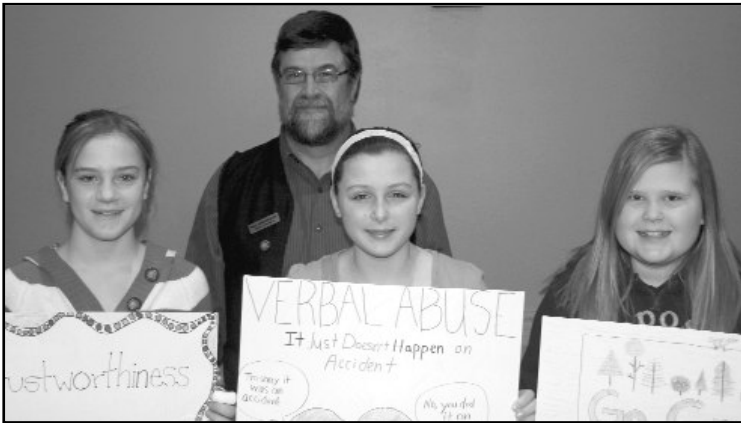


Wilbur Still was presented a Melvin Jones Fellowship by Gary Bergum, DG Linda Norby and President Earl Rydell



PDG Jim Arvidson was presented the Citizen Of The Year award by DG Linda Norby and President Earl Rydell

Poster Winners



The 3 winners of our Poster Contest were also there with project Chair Lion Paul Winterfeldt

Carly Breitenfeldt-1st, Mattie Scheidecker-3rd and Serena Langen-2nd

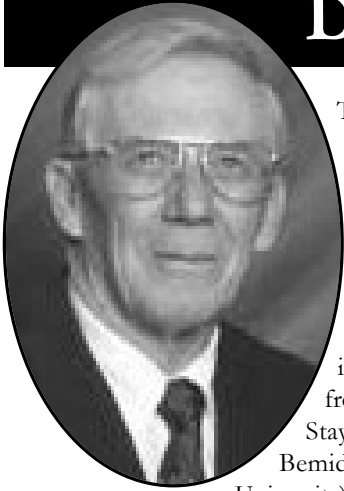


Diana Osterfeld was presented a Helen Keller award by DG Linda Norby and President Earl Rydell



Right: Bev Bergum was presented the Rookie of the Year award by DG Linda Norby and President Earl Rydell

Donald Dorn



Funeral services were held on Thursday, March 24, 2011 at the Trinity Lutheran Church in Cass Lake, Minnesota.

Donald Dorn was born October 29, 1918 to Otto Dorn and Clara Dorn (née Lehner) in Sebeka. He attended Sebeka and Nevis elementary schools prior to the family moving to Cass Lake where he graduated from Cass Lake High School in 1936.

Staying in the area, Donald attended Bemidji Normal School (Bemidji State University) where he received a two-year degree allowing him to teach school. After spending some years on a family farm he started his teaching career at Verndale, and later moved to Waskish, where he taught in a one-room school. Taking summer classes he received his Bachelor's Degree from Bemidji State Teachers College. Donald then then came back to Cass Lake as a sixth grade teacher. During this time he traveled to Grand Forks, North Dakota to attend the University of North Dakota where he received his Masters Degree in Education. Donald continued to teach the sixth grade Cass Lake, and later became the elementary school principal.

Donald accepted a position in Grand Rapids, where he was an elementary school principal at Edna Murphy, and Forrest Lake Elementary schools for over 25 years, retiring from education in 1987.

Donald married his wife of 60 years, Ruth McDonald, in Kalispell, Montana, on August 27, 1950. They made their home, living on the shores of Cass Lake and more recently Grace Lake. They enjoyed their retirement years travelling around the globe, while Donald continued his hobby of wood carving, and attending auction sales where he worked on expanding his collection of treasures.

Donald was an avid outdoorsman and loved being in the woods, on the water, or on the ice, enjoying the wildlife. He was active in many organizations including being a Charter Member of the Cass Lake Lions Club where he held many offices. He became a cabinet member and District Governor of 5M9 in 1993-1994. He received the Melvin Jones award and later a Progressive Melvin Jones Award for his work with this organization.

Donald was also active in the Boy Scouts of America, serving as Assistant Scout Master, and Scout Master in Cass Lake where many of his scouts achieved the rank of Eagle. He served on the Headwaters Area District Council for over 60 years and received two Silver Scout Awards and a Silver Beaver Award for his leadership activities. Donald received the first Daniel Carter Beard Masonic Scouter Award given in the state of Minnesota by the Grand Masonic Lodge.

Donald was also active in the Masons and its affiliate Shriner organization for over 60 years, and a member of the United Methodist Church in Cass Lake, Minnesota.

He was preceded in death by his father Otto Dorn, mother Clara (Lehner) Dorn, and sister Dorothy (Dorn) McDonald, as well as many aunts, uncles, and cousins. He is survived by his wife Ruth (McDonald) Dorn, son John Dorn, and daughter-in-law Teri (Moore) Dorn. Casketbearers will be members of the Cass Lake Lions Club: Ardean Brasgalla, Lynn Wimme, Richard Labraaten, Leonard Tompkins, Tom Prosser, and Neil Ramsey.

Testing for diabetes



On March 20th, the Bluffton Lions sponsored a Diabetes Screening after Mass at the St. John's Catholic Church. We had 16 people do the screening with no one at risk. Above: Lion Margaret Van Erp testing Lisa Wegscheid, Caleb Hamman came to watch her and decided to be tested as well.

EVENT CENTER! **48TH ANNUAL**

Parkers Prairie Lions Club

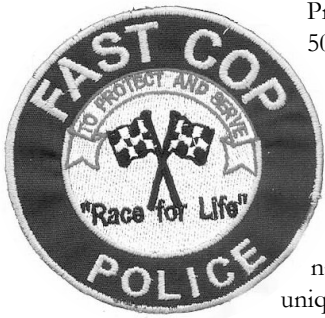
SMELT FRY

Saturday, April 16 • 2-8 p.m.
Sunday, April 17 • 10 a.m.-1 p.m.

Serving: Smelt, French Fries, Coleslaw & French Dressing, Bread and Beverage

New Prairie Event Center - Hwy. 235

Laker Lion's President Speeds



President John Reed of the Emily, Outing, 50 Lakes or Laker Lions, is a President with a need for speed.

John is with the Fast Cop program, established in 2003. It is a program with the ambitious goal of decreasing the number of children dying on Minnesota's roads. Fast Cop has become a common name in many Minnesota's high schools. The unique combination of Law Enforcement, Emergency medicine, and Drag Racing has helped

bridge a gap between thousands of young drivers and the emergency workers that work every day to keep our roads safe.

Fast Cop has given hundreds of presentations at schools all over the state stressing the importance of seat belt use and safe driving practices to thousands of young drivers

Fast Cop speaks to any group that invites them free of charge. During the presentations youth interact with emergency personnel. This provides an opportunity for learning in a non-stress, friendly environment. Fast Cop also attends public events such as auto shows and drag racing events. These events provide communication opportunities for Fast Cop Personnel to interact with the public. Fast Cop utilizes all available opportunities to spread their message of safety.

The goals of the Fast Cop program are many, but the simple purpose of the program is to save lives, and reduce the amount of injuries on our streets and highways. The target audience is the general population, but the focus group is our newest drivers, our teenagers. By developing contact with young drivers, who have not yet developed hazardous driving habits, we are better able to make a difference in their performance behind the wheel.

These goals are attained through educational programs, and police/civilian interactions stressing seat belt usage, aggressive driving self-control, and sober vehicle operation. The outlets for this communication includes, public radio appearances, classroom school visits, speeches at public events, and frequent appearances at the race track to



President John Reed with his Fast Cop car.

provide open communication between citizens and the law enforcement community in a non-threatening environment using motor-sports as a vehicle for that dialogue.

Using drag racing as a method of bridging the gap between the civilian population and law enforcement, Fast Cop creates a fun and educational experience. This creates an open and unfettered dialogue, giving a method for channeling driving behavior in a more positive manner. It also educates about the hazards of road rage and impaired driving in an enjoyable and open setting.

Fast Cop is a community growth program, allowing the community and Police to function as one, to improve the conditions on our roads. By introducing an interest, common to the public and to police, Fast Cops hopes the goal of safety on the roads becomes a practical daily function in the forefront of drivers' minds.

Fast Cop is a non-profit organization, and the donations received are all funneled back into the program to allow it to grow and reach the largest percentage of the population possible.

The Laker Lions gave financial support to the Fast Cop program to support their work with youth. President John invites other Clubs to invite Fast Cop out to speak to them on saving youth lives and about financially support the efforts. Our youth are important.

Cass Lake Lions love cooking



Veteran Cass Lake Lions club member Neil Ramsey was checking the sausage at the Lions club breakfast last Sunday morning.



Cass Lake Lions club members Ardean Bragalla (chief cook) and Lions President Al Ruzek were kept busy cutting the corned beef for the Lions annual corned beef dinner held at the Cass Lake American Legion last Sunday. They fed approximately 90 customers and the profits from the dinner go towards benefiting local area projects.

2011 District 5M9 College of Leadership

Greetings all,

The date for this years' District 5M9 College of Leadership was a challenge, but we finally have it locked in. We were up against having to find a new location with last year's tornado in Wadena, a late Easter, the 5M Multiple Convention, Mother's Day, and Fishing Opener. Instead of a weekend this year, the training will be offered mid-week. The first night will be in Bluffton and the next night at Nisswa.

Wednesday, April 13, 2011
Bluffton Community Center, Bluffton
6:30 pm to 8:30-9 pm

Thursday, April 14, 2011
Nisswa Community Center, 25628 Main St., Nisswa
6:30 pm to 8:30-9 pm

The College of Leadership this year will only be offering classes for the following incoming officers; **Presidents, Secretaries, Treasurers, Membership Chair, and Zone Chairs**. Everyone is invited to attend if considering one of those positions. Sorry for not making it on a weekend and having an expanded class selection. We hope that the 2012 College of Leadership will get back on track to our previous schedule. We look forward to meeting and working with all the incoming Officers. Pick up some good training and to answer any questions you may have about your Office. If you have any questions, please do not hesitate to contact me.

See you at our training,

DGE Lion Bruce Beck, email: subdriver660@gmail.com or Ph: 218-845-2204



DG Linda Albrecht-Norby
32106 Mallard Dr.
Vergas, MN 56587-9355

**PRESORTED
STANDARD
US POSTAGE PAID
NEW YORK MILLS, MN
PERMIT NO. 45**