

Pulse 5M9

Leading Lions To A Healthier Future



Linda Albrecht-Norby
5M9 District Governor



Volume 14, No. 2 • August 2010

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

President Scrugg's theme Global Service Action Campaigns

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 our light even brighter, Lions have the opportunity to participate in four special service action campaigns throughout the year.



August – Engaging our Youth

Invite Leos and youth in your area to help organize and participate in a service project. Projects may include school or community facility cleanups or a visit to a home for senior citizens or a children's hospital. Allowing youth to develop and lead a service project enables them to learn skills while emphasizing the role of service.



October – Sharing the Vision

Plan vision health projects and work with the visually impaired. Many Lions already celebrate World Sight Day in October. This is a great month to organize a vision screening, volunteer at a nearby Lions Eyeglass Recycling Center, organize an eyeglass collection or an activity to benefit the visually impaired in your community.

December/January – Relieving the Hunger

Organize food drives and projects to feed the hungry. With the downturn in the global



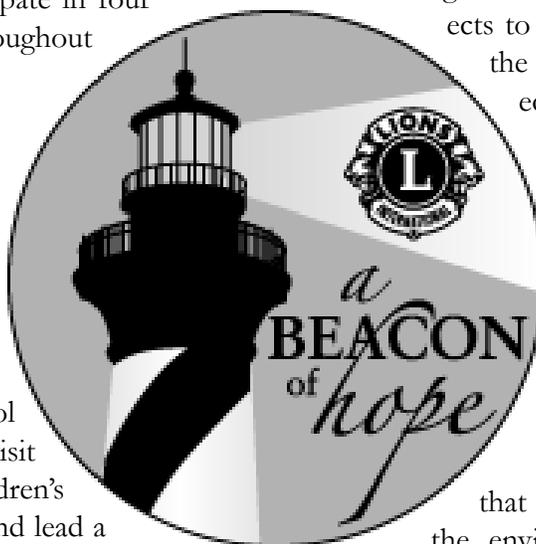
economy, many hunger relief organizations are finding it difficult to keep up with demand. Help alleviate hunger by planning events around the end and beginning of the calendar year to collect and distribute food.

April – Protecting our Planet

Implement projects that improve and protect the environment. Organize a highway clean up, plant trees or plan a community "Earth Day" event to collect recyclables such as aluminum cans, plastic bottles, used cell phones and batteries.



For further information about the Global Service Action Campaigns, please contact the Service Activities Division at programs@lionsclubs.org or (630) 468-6893. Also, be sure to visit the Lions Web site for campaign updates, press releases and planning guides for each campaign.



Lions

Heartbeat of 5M9

Linda Albrecht-Norby
5M9 District Governor



The days of summer are upon us and that means many service projects are under way and being lead by the new leaders of your Lions Club. These projects fit right in with IP Scruggs theme "A Beacon of Hope." This year, we are rededicating ourselves to service. Hands-on service of Lions clubs will show our communities what Lions do best, "WE SERVE." People volunteer for many reasons, but mostly because they want to make a difference. This year we are encouraging Lions clubs to invite other service organizations and individuals in your community to help with your projects. The more hands we have the more work we can accomplish.

The 2010-11 Global Service Action Campaign can do just that. The month of August is devoted to 'Engaging our Youth.' I encourage you to invite Leos and youth in your community to participate in a service project. What better way to introduce them into volunteering and finding out what the Lions in your community do. Remember, it doesn't have to be a fund raising project; it can be helping at a school or community cleanup, visiting senior citizens' at home or in nursing homes. Bring a treat of ice cream to a day care and spending time with the kids. Be creative and send your pictures with captions to Bert for the September newsletter. Let's show everyone what's happening in 5M9. Kamp KACE will get us underway at the beginning of August. Let's begin serving as Beacon's of Hope in all our communities this year!

We have had the pleasure of starting our

visits for the year and are looking forward to visiting with all the clubs of 5M9. Please get your requests in early and get those extra points for the governor's contest, for your club. We can't wait to come and hear about your activities, projects and awards. Jay and I look forward to talking with your membership when we come to visit.

The year of 2010-2011 will be a year of growth, teamwork and information. The District of 5M9 needs to continue to grow in many ways, membership, leadership, club projects and youth. In regards to membership, this is an ongoing need each year. With the loss of members from deaths or resignation, we need to keep our clubs moving forward. I ask each member to recruit 2 new members, one to replace yourself and the second to increase the association. We also need to orientate all members of our clubs and make our communities aware of what you do for your community.

If you have a community close by that you feel could benefit from starting a new club, let's hear from you! It only takes 20 members to get it started, or look at forming an associate club. If you're an all male club, either ask the women



First Man Jay Norby is pulling the ribbon of Linda Albrecht-Norby to become District 5M9 Governor.

to join or start a women's Lions club in your community, more hands can do more work! Why not recognize a gift horse or Lion, so to speak!

Teamwork is key for all of us in 5M9. The leadership team will work hard to make sure that all of the clubs in 5M9 are kept informed. We want all the clubs in the district to get information about projects, activities, fundraisers and general fun out to your communities. You can do this by the 5M9 newsletter, newspapers; place an extra copy of the Lions magazine in public areas

Continued on page 5

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.

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

Subscriptions are \$10 for one year.

“Walking the path”

August

- 1 District 5M9 Cabinet Meeting - Wadena
- 1 Kamp KACE Ice Cream Social
- 2 Kamp KACE pictures
- 3 Water Safety/Fishing
- 4 Dedication of New Handicap Cabin at Kamp Kace, Vergas
- 8 “Classic” vehicle show Parkers Prairie
- 12 Whitefish Area Lions visit
- 14 PNH- Tickets sales
- 14 Vergas Looney Days- Blood Drive
- 16 Fergus Falls Corn Feed
- 19 Zone 2 Mtg. Camp New Hope, McGregor
- 23 Emily Outing 50 Lakes Lions visit
- 26 Tee It Up!! Grand View, Nisswa
- 26 You could be the Mustang Winner!

September

- 2 5M9 State Fair booth
- 11 Lakeland Hospice Ride
- 16 Zone 5 mtg
- 20 Northland Remer Lions visit
- 23-25 USA/Canada Forum, Milwaukee
- 27 Cass Lake Lake Country Lions visit
- 27 Zone 3 Mtg. Pine River

October

- 2 Eye Bank Bd. Mtg
- 10 5M9 Mini Forum
- 12 Park Rapids Lions visit
- 14 Perham Lakes Lions visit
- 14-16 VDG training
- 16 Council of Governors, Mahanoman
- 21-23 Leo Leadership Conf. Camp Friendship, Annandale
- 24 Cabinet mtg, Breezy Point
- 25 Bluffton Lions visit
- 28 Zone 5 mtg
- 30 Thanksgiving For Vision

January 2011

- 7-9 5M5 MWC Brooklyn Park
- 7-9 5M6 MWC Bloomington
- 14-16 5M9 Mid-Winter Conv - Breezy Point Resort
- 14-16 5M7 MWC Bloomington
- 21-23 5M1 MWC Austin
- 28-30 5M4 MWC Willmar

February

- 4-6 5M5 MWC St. Cloud
- 4-6 5M10 MWC
- 11-13 5M2 MWC Mankato
- 18-20 5M13 MWC Swan River
- 18-20 5M3 MWC Redwood Falls



“Catch’n the Lunker”

1st Vice District Governor
Bruce Beck



A Beacon of Hope

Our International President Sid L. Scruggs states, “The key to our success is through Service and Impactful projects.” He is a retired military and commercial airline pilot and is a graduate of the US naval academy. Scruggs will make Service to others the focal point of his year of Presidency.

I imagine I.P. Scruggs as our Lions Commander and Chief and District Governor Linda as our Admiral of the 5M9 Fishing Fleet. Club Presidents - you are the Captains of our ships. Throughout this next year, we will have numerous fishing “seasons.” Presidents - we now have “open season” on Service Projects!

I personally think that President Scruggs is “spot-on” with the Lions organization getting back to the basics, the mainstay of why we’re here...Service to Others. If you want to see a strong, healthy, active club that is regularly adding new members, I guarantee you will find a club that is doing meaningful service projects in their community. People want to be a part of something that is doing good for others and making a positive difference in the lives of their friends and neighbors. Many clubs are doing an excellent job of this now. Presidents, review your service projects list and see where your club stands.

I challenge you to come up with at least one new service project that is “impactful” for your community. Be that Beacon of Hope. Make the Lions light shine brightly in your community. Become the safe harbor where others can turn when they need help. We don't always have to do it alone. Working together with another group or organization may be just the bait that will turn a good event into an outstanding event. Have your club make the difference!

See ya “on the water,”

1st VDG Lion Bruce



Lions International President Sid Scruggs

Proud to be a **LION!**
Wear your pin!



Stitching together the news of 5M9

2nd Vice District Governor
Margaret Van Erp



How about a Global Service Challenge for this month of August. How many of your clubs are still doing the same projects that you have done for the last “How many Years”?

Our International President Sid L. Scruggs first service campaign is Shine a Light on Youth. Our IP Scruggs along with our District Leadership of DG Linda, 1st VDG Bruce and I make a challenge to all of our clubs to connect with our young people in ways that they can relate to. It should shine a light on what young people can accomplish and harness the energy and idealism of youth for Lions Clubs projects.

To make the most of this opportunity, planning efforts should include the young people of your community and especially the Leos in your community. These projects should have visible youth involvement and focus on hands-on service activities such as:

1. Engaging young people, again including you Leos, in serving our youth, organizing youth activities in your community—example- organizing a softball team, have a game night for them.
2. Getting a Youth Group started in your community and encourage them to do service projects within your community—help elderly mow, rake or clean flower beds, clean up at the city park. Encourage them to start at a young age to give back to their community.

Lion Clubs should publicize the activities that the youth have done, take pictures and write an article so the public reads and knows what the youth and the Lions club does in and around your community.

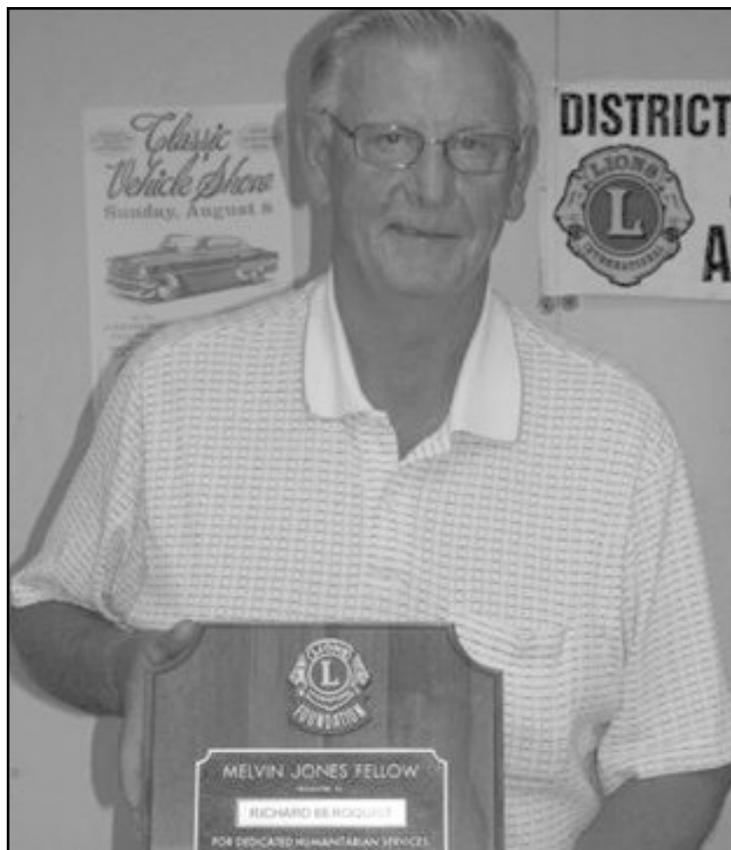
As our founder Melvin Jones said” You can’t get anywhere in life until you start doing things for other people.”

Let’s stitch together our Youth and our Lions Clubs.

2nd VDG Lion Margaret Van Erp

Support the Wadena Lions

Bergquist named a MJ Fellow



Parkers Prairie Lion and District 5M9 Treasurer Richard Bergquist was presented a Melvin Jones Fellowship.

Wimme recognized as Lion of the Year



Cass Lake Lions’ member Lynn Wimme (right) was chosen by Cass Lake President Al Ruzek (left), as Lion of the Year. Wimme was chosen based on his behind-the scenes work, for being responsible and reliable and for being a valuable asset to the club. He was presented with 20th year membership pin and the Lion of the Year Trophy.

5M9 MINI-FORUM

Mark your Calendar for an
 Interesting and Fun-filled Day!
 October 10, 2010
 Prairie Event Center
 Parkers Prairie

Continued from page 2 and advertising in a local storefront window. Let's get the word out about LIONS!

Presidents, talk to your club members and look over your current projects. Do an assessment of how it is working to help the community and fine tune it.

Finally, this year's Midwinter believe it or not is just around the corner. It will be held at Breezy Point Resort in Breezy Point, Mn. With the new location we want this to be the best turn out ever for 5M9 and we want everyone to have a fun time. With this in mind, we are introducing a hospitality room contest for all clubs in the District who wish to participate on Saturday night. It will be judged on theme, costumes and decoration of the room. After all, this is the 5M9 Lions convention and we want everyone to enjoy themselves that weekend and participate in the activities. More detailed information will be passed out at the 1st Zone meetings of the year. So put your thinking caps on and let's get ready to Roarrrrrrr!

Walking the Path of Service!

DG Linda Albrecht-Norby

Hanneman named MJF



PDG Jim Arvidson presented Lion Sue Hanneman with a Melvin Jones Fellowship at the post 2010 Multiple Convention Picnic held at Lion Duane Rose's residence on July 1. Lion Sue was very instrumental in putting together a great convention and being a key member of the Elizabeth Lions Club. She has served as Treasurer, President, filled in as Secretary and in recent years taken over the Treasurer duties during the winter months when the regular Treasurer goes south. She publishes our club newsletter faithfully every month and takes part in all of our other club activities. Congratulations to Lion Sue for an award that is well deserved!!!

WIN This Car



Drawing: August 26, 2010

For Tickets Contact:

Lions PDG Peter or Margaret VanErp

218-385-3446-petemarg@arvig.net

Or Send Check to: 38214 610th Ave.
 Bluffton, MN 56518

Or contact your local Lions Club
 Raffle proceeds go to Project New Hope

**Winning
 ticket
 drawn at
 Banquet
 following
 Golf
 Scramble!**

**A Tee it up for the Troops
 Golf Scramble
 will be held at
 Grandview Lodge & Resort
 Nisswa, Minnesota.**



\$100/player includes Golf and Banquet

WELCOME NEW LIONS MEMBERS TO 5M9!

New Member	Club	Sponsor
Dave Gray	Frazee	Corey Baker
Karen Gray	Frazee	Eldon Bergman
Brandon VanDenEy	Frazee	Dena Baker
Rebecca McMenimen	Merrifield	Michael McMenimen
Bernard Warling	Merrifield	Ronald Scrimshaw
Dave Haper	Perham Lakes	Gary Simpson
John Schepper	Perham Lakes	Gary Simpson
Stephanie Byer	Vergas	
Mary Mayfird	Vergas	
Nellie Wegscheid	Wadena	Jeffery Pederson
Dale Anderson	Wolf Lake	
Wade Anderson	Wolf Lake	
Karen Crabtree	Wolf Lake	Dave Mickelson
Paul Myllykanga	Wolf Lake	Stanley Myllykanga

Volunteers come to help Wadena

Battle Lake and Underwood Lions grilling Hamburgers for 1,000 Disaster Volunteers and residents in Wadena.



It is not Underwood Lions famous pork chops, but the hamburgers tasted great after a hard days work.



The Mayor of Wadena Wayne Wolden is being served a hamburger. Wayne is the Wadena Lions President this year.



Area law enforcement wait their turn for some good food.



Battle Lake Lions (above and left) are working with the Underwood Lions to serve all volunteers in Wadena.

WANTED: YOU!!
FOR: AN UNBELIEVABLE OPPORTUNITY
WHAT: 2011 Regional Lions Leadership Institute
WHEN: April 7-10, 2011
WHERE: Shooting Star Convention Center in Mahnomon, MN

We are looking for Lions from your district to attend the 2011 Regional Lions Leadership Institute! Lions that are selected as participants in the Institute must be in good standing in a Lions Club and may not be a Vice District Governor, District Governor, Past District Governor, International Director, or Past International Director.

The \$150 fee for the Leadership Institute includes the cost of materials, facility, staff, and three (3) meals. Room costs and additional meals are not included. However, a \$100 rebate from MD5M, through a grant from LCI, will be given to each participant that completes the program. Participants must be available to attend all sessions beginning on Thursday evening and ending Sunday afternoon.

Each district has the opportunity to send six (6) participants; however, if other districts do not meet their allotment, your district may send

additional Lions. The Institute will have a maximum of 72 participants.

Applications are available from your District Governor or on the MD5M Website and are due (without fees) by December 1, 2010. Your District Governor will then make the final participant selection.

Institute graduates from your district will tell you that the Regional Lions Leadership Institute is beneficial for you in every facet of your life and not just in your role as a Lion.

If you have questions concerning the Institute, please feel free to contact: Lion Mary Ferleman - tomar73@charter.net

We look forward to giving YOU this UNBELIEVABLE OPPORTUNITY!!

The registration form is on page 8 of this newsletter.

Park Rapids presents awards



DG Linda gives a special award to Lion Avery Billing for his years of service to the Park Rapids Lions Club.



Park Rapids Lion Dick Kimball speechless after receiving his Melvin Jones Award from DG Linda Albrecht-Norby.



Many years of service are added up with these Lions from the Park Rapids Lions Club, congratulations and many more years ahead to all!

New paint for Kamp KACE

The Ottertail Lions took on the project of painting the interior at the new Kamp KACE building. The paint was donated by Color Tek from Detroit Lakes. The building will be dedicated on Aug 7. Many District 5M9 Clubs helped in making this dream a reality.



Donna Madsen and Darrell Sanderson working hard to get the room painted.



Above right: Ottertail Lions members (L to R) Shirley Smith, Jerry Smith, Roxanne Ebnet, Irv Lockwood, Darrell Sanderson, and Donna Madsen enjoying a job well done. Left: Roxanne Ebnet going the extra distance.

Hackensack presents awards



Above: DG Jim presents Hackensack Lion Don Patterson an Melvin Jones Fellowship.

Below: DG Jim presents Lions Bob Hornsby and Pat Fisher with special awards for their service to the Hackensack Lions.



Above: DG Jim shares a laugh with Hackensack Treasurer Ed Haetner as he presents him with his award.

Below: DG Jim presents certificates of appreciation to Mike Bohanon, Jim McCormick, John McManus, Roger Dickinson and Lee Moran for their efforts recruiting new Lions members.





Walking the Pathway of Service

5M9 District Governor's Visit Request

Club Name _____ Place of Meeting _____

Address _____ City _____

Date of Request: 1st _____ 2nd _____ 3rd _____

Social Time _____ Meal Time _____ Meeting Time _____

Will you have a meal? Yes _____ No _____

Will any other clubs be at meeting? Yes _____ No _____ Who? _____

Lion Requesting Visit _____

Phone Number _____ E-mail _____

Would you like the District Governor to.....

Speak? Yes ___ No ___

Install Officers? Yes ___ No ___

Install new Members? Yes ___ No ___

Special awards presentation? Yes ___ No ___

If yes, to whom and what award? _____

Mail request form or e-mail info ASAP and no later than October 1, 2010 to:

DG Linda Albrecht-Norby

32106 Mallard Drive

Vergas, Minnesota 56587

Home: 218-342-3243

Cell: 218-234-7176

Email: ljnorbs@eot.com



LIONS INTERNATIONAL ESSAY CONTEST ENTRY FORM

Please type or print clearly. All information and signatures are required.

I. Student Information

Winner's Name _____

Essay Title _____

Age _____ Birth Date _____ Check One: Male _____ Female _____
Day/Month/Year

School _____

Grade _____ Home Phone Number* _____

E-Mail _____

Student's Street Address (No P.O. Boxes) _____

City, State, Country _____ Postal or ZIP Code _____

Parent or Legal Guardian Signature _____

II. Lions Club Information

Club Name _____

Club Number _____ District Number _____

President Name _____

Cell (or Home) Phone* _____ Work Phone* _____

E-Mail _____

Street Address (No P.O. Boxes) _____

City, State, Country _____ Postal or ZIP Code _____

Club President Signature _____

III. District Information

District Governor _____

Cell (or Home) Phone* _____ Work Phone* _____

E-Mail _____

District Governor Signature _____

IV. Multiple District Information

Multiple District Council Chairperson _____

Cell (or Home) Phone* _____ Work Phone* _____

E-Mail _____

Council Chairperson Signature _____

*Include area code in the U.S. or country and city codes outside the U.S.

Lions International Essay Contest Rules

Contest is open to students who are considered visually impaired according to their national guidelines and will be 11, 12 or 13 years of age on November 15, 2010.

Only a Lions club can sponsor the contest. The contest may be sponsored in a local school(s) or organized, sponsored youth group(s), or individuals may be sponsored as well. A Lioness club can sponsor the contest through its sponsoring Lions club.

The contest theme is "Power of Peace."

Essays must be no longer than 500 words in length, submitted in English, type-written in black ink and double-spaced.

Each essay must be submitted with a completed entry form. Essays submitted without completed entry forms will be automatically disqualified.

Only one entry per student per year, and each entry must be the work of only one student.

Essay entries cannot have already been published.

Any essays found to be plagiarized will be automatically disqualified and the student will be prohibited from entering any future Lions competitions.

One grand prize winner will receive an award and US\$5,000. The winner will be notified by June 1.

The postmark deadline for a club to send one winning essay to the district governor is February 15. *Note: A participating club should notify its district governor in advance of sending an entry.*

A club not belonging to a district must send its entry directly to the Public Relations Department at Lions Clubs International (to be postmarked by March 1).

The postmark deadline for a district to send one winning essay to the multiple district council chairperson is March 1. A district not belonging to a multiple district must send its entries directly to the Public Relations Department at Lions



Clubs International (to be postmarked by March 1).

The postmark deadline for a multiple district to send one winning essay to the Public Relations Department at Lions Clubs International is March 15.

Multiple districts (and clubs not belonging to districts and districts not belonging to multiple districts) may send their essay entries and forms to: Essay Contest, Public Relations Department, Lions Clubs International, 300 W. 22 Street, Oak Brook, IL 60523-8842. Entries and forms may also be sent to Lions Clubs International Headquarters by fax at 630-571-1685 or e-mail to pr@lionsclubs.org (the words "Lions Essay Contest" must appear in the Subject Line of the e-mail).

Participants accept all responsibility for late, lost, misdirected or illegible entries. Entries sent with insufficient postage will be disqualified. Entries cannot be acknowledged or returned; they become property of Lions Clubs International upon receipt. Essays cannot be published without written permission from Lions Clubs International. However, sponsoring clubs, districts and multiple districts have permission to publish their sponsored essays.

In consideration for the opportunity to enter the Lions International Essay Contest, participants agree to allow Lions Clubs International to use their names, photographs and essays for promotional and publicity purposes. An international grand-prize winner is not eligible to receive subsequent prizes in future Lions International Essay Contests. By entering, participants agree to be bound by these rules and the decisions of the judges and Lions Clubs International.

Lions Clubs International may cancel the contest without notice at any time. The contest is void where prohibited, taxed or restricted by law.

See the official essay form on page 11.

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