

# Pulse 5M9

## Leading Lions To A Healthier Future



Linda Albrecht-Norby  
5M9 District Governor



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# Hello!



Tracy Buhl

### THE FACE OF YOUR SOON TO BE 5M9 NEWSLETTER EDITOR/DIVA

WOW! Time really flies. One minute I have months before I need to buckle down and get ready to take over the position of Newsletter Editor and now all of a sudden "BAMM" Get it together Tracey! Your time is here!!! My hope is to make this as painless as possible. With this in mind, I plan to try to

keep most things as they were (with the obvious exception of the updated title as noted above).

Before we get into business I am sure you would LOVE to know a little more about me. I grew up in Underwood, lived in Fergus Falls, New Hartford, CT, Kennesaw, GA and home to MN. I currently reside in Vergas and have been a member of the Vergas Lions Club since 2003. I am the treasurer for our club. I share my home with my husband, Randy (also a member of the Vergas Lions Club), our youngest son Addison (in the summer and also a Vergas Lion) and my Beagle, Sparrow. I also have a son, Tyler, in Moorhead and a son, Ben, in Fergus Falls. I work for the Frazee-Vergas School district as a Spec. Ed Paraprofessional and work summers at the Frazee Golf Course. No, I don't golf but would love to see you come enjoy this BEAUTIFUL course. (shameless advertisement) I spend most of my free time as most of you, working with my Lions friends. I also enjoy the lake, love to kayak, create stained glass art and glass etching. Whew! My life in a paragraph.

Newsletter Business:

- I would like to keep the deadline for submitting articles/information at the 15th of the month. Once I get the hang of things and figure out what works we may be able to change this but I ask you to PLEASE, PLEASE be patient with me at the beginning. I have many ideas in my head to keep the newsletter fun and interesting but what works in theory sometimes takes trial and error to achieve.

- You should be able to submit articles in Word format or as a PDF. If I get something I just can't open, I will let you know ASAP.

- When submitting posters/ads/flyers I believe a PDF format will be best.

- When submitting pictures, please send them as a JPEG and reduce them to a smaller size. 640 x 480 pixels works well but just do your best.

#### - CONTACT INFO

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o 102 Parkview Drive, Vergas, MN 56587

- To get your Newsletter electronically go to [www.lionsof5m9.org](http://www.lionsof5m9.org) and click on the Newsletter link on the left. Subscribe to join the Google Group and receive notification of when the newsletter is posted.

- OR

- All Club Presidents and/or Secretaries will receive the newsletter electronically through a mass emailing and should then distribute to your club membership as your club decides.

I hope this covers everything. Do not hesitate to contact me with questions or comments. This is OUR newsletter and your input is very important.

I look forward to serving as your humble Editor/Diva.

**Lion Tracey Buhl**

# Li ns

## *Heartbeat of 5M9*

**Linda Albrecht-Norby**  
**5M9 District Governor**



**DGE Bruce, Capt. Joseph Sangano, and DG Linda Albrecht-Norby taken at the Departure Ceremony for the Brainerd 1st Combined Arms Battalion, 194th (1-194CAB) on Thursday, May 26, 2011. They are nicknamed The RED DOGS.**

I became a member of the Lions Organization in 2001, at that time I wanted to serve my community and meet new people. Little did I know at that time, what I was getting myself into. As many of you did when you joined the Lions Organization, I wanted to help and serve my community too. So as Lions, the 'WE SERVE' motto directs us in many different ways. We all started out as a new member in a club somewhere, and began our careers as Lions. Some have stayed locally within their clubs and others have moved beyond the city limits and traveled new pathways of service in the Lions Organization.

Summer has begun and so do the club projects of many of our clubs. Some of the clubs are busy in their personal lives with making a living for their families and many of the projects are put on hold this time of year. We are all Lions working 365 days a year at some time to serve our

communities. Whenever you serve, serve proudly and continue to be a Lion and leave a legacy for the future!

I have been proud to serve as your District Governor this year of 2010-2011. I am also very proud of every Lion in 5M9, for all the hard work each and everyone of you do for your clubs and communities. It takes dedicated Lions like your selves to continue to make District 5M9 the best district in the Multiple. With each year we grow larger in membership and unfortunately, we loose some Lions that travel home to our maker. But, those members will always be in our hearts and minds for the service they have given to our clubs. We can be very proud of having served with them, for what ever time we had with them. We can also be proud of having known them and serving along side of them. I would like to give each and everyone of you a reward for your hard work and never ending dedication to the Lions Organization.

As Governor, the work started last year as 1st Vice District Governor in a leadership role. I can't believe it has been two years already and my job as District Governor will be over the end of this month. I want to thank DGE Bruce Beck and Erin, 1st VDGE Margaret VanErp and PDG Peter for their support and assistance over the years. I wish 2nd VDGE Don and Pat Hendrickx best of luck for the years ahead. It is a learning experience that you will never forget. The pathway ahead will not always be a smooth one, but the experience will be very rewarding for you all. Last but not least, I want to thank my 1st Dude Jay and my family for all of the help and support they have given me during this great year.

As I stated earlier, we are all Lions when we put on our Lion label pins. Each and every one of us travel a different path in our Lions careers. Some of us wear a shirt, a club vest, black jacket, blue jacket or a suit to show what role we represent as a Lion. But, when it comes down to it, once we take off that particular uniform, we are all LIONS at heart! Thank you everyone for a fantastic year!

Walking The Pathway of Service, now and into the future!  
 District Governor 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.

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

# “Walking the path”

## June

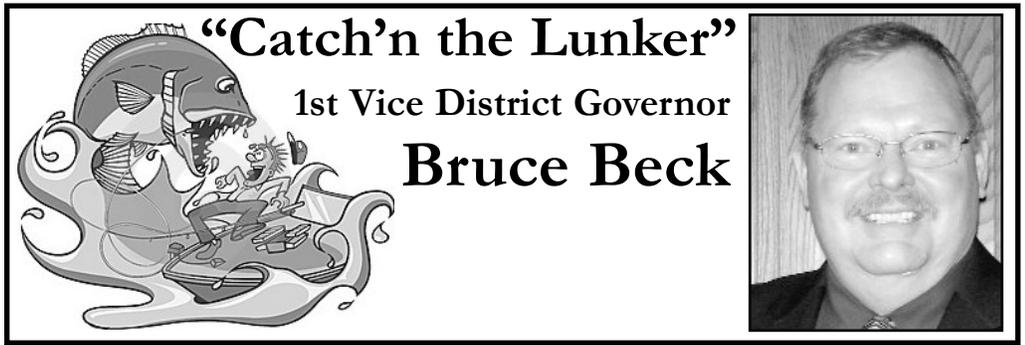
9 Pillager Lions visit  
13 Dalton Lions visit  
15 Brainerd Lakes Lions visit  
24 Detroit Lakes Lions visit  
26 -July 1 Kamp KACE -  
Camp Cormorant

## July

4-8 Lions International Convention -  
Seattle, WA

## September

22-24 USA/Canada Forum  
Anchorage, Alaska



Greetings to all the great Lions in District 5M9! What a great year we have had! Many kudos to DG Linda and 1st Dude Jay for Walking and showing us a Great Pathway to Service. A job well done and a HUGE Thanks from all of us!

Summer is finally here! Get outside and enjoy it by fishing, golfing, gardening, grilling, hiking, camping, or reading. Whatever your pleasure is, just do it! Our busy Lions' time is upon us too. This is the time when many clubs do the most service projects and fundraisers. Be seen in your communities doing great things and don't forget to send pictures and articles into your newspapers. Have fun with the Lions and being a Lion. Bring a friend along and invite them to join in all your fun!

Erin and I will be packing our stuff and getting ready for our trip to Seattle the end of June. There, we will attend our last training for District Governor hosted by LCI. The first week of July is the Lions International Convention and I will be

inducted as your new Governor. I hope to hit the ground running and be up to full speed when we get back to Minnesota. It is amazing how quickly an appointment calendar begins to fill up. If you know when your club would like their District Governor visit for 2011-2012 go ahead and send in the Governor's Request Visit form included in this month's newsletter.

As usual, there will be some changes next year in our District for Lions. I will highlight some of those here:

- One of the biggest is changing the District Newsletter from mailing printed copies to going all electronic. (to save printing costs) If there are Lions in your club without email, the club is now responsible to make copies for them. It will automatically be sent to all club presidents and secretaries. Anyone else who signs up will have it sent directly to their email, also.

- Next, there will be no more printed directory for the District and Multiple. This was done by the Multiple to save on major printing costs, too. Instead, each club will receive a CD with all the same information on it and clubs can print off as many or as few copies as needed for your club.

- Lions Clubs International (LCI) has decided to change from the MERLOW Team. They have replaced it with the Global Membership Team (GMT) and the Global Leadership Team (GLT). There may be a change in the names but the faces remain the same. 5M9 has had a very strong and proven MERLOW Team with great Leadership. With that in mind, I have asked PDG Carroll Kukowski and PDG Jim Arvidson to stay on and take on this new challenge. PDG Carroll has agreed to be our GMT Coordinator and Jim Arvidson has agreed to be our GLT Coordinator. There will be more information coming out about these changes later in the year.

Out and about in the District, I attended the Bluffton Lions membership event night - a very successful and fun evening. The Aldrich Lions Fish Fry was excellent with great food and fun. Then on to Verndale, where I was privileged to induct 12 new Lions into the Verndale club. Way to go Verndale! The Garrison Style Show held at Ruttger's Resort was fantastic. They put Lion Erin & I to work. What an entertaining night with some superbly dressed ladies. I ran down to Alexandria in 5M4 and taught them about Tail Twisting and Lion Taming. Sebeka Lions were given some membership event training. I got to say "Hi" to all the Lions in Zones 1 & 2 at the zone meetings. The Hackensack Lions will be getting their membership event training this month, too. I look forward to inducting numerous officers at several clubs. Be sure your club does a proper induction for your new officers!

This is going to be a fun summer! Be part of it!!!

See Ya 'on-the-water',

DGE Bruce

*Stitching together  
the news of 5M9*

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



Well, here we are at the end of another Lions year. What a year it has been. They used to say that April showers would bring May flowers but what does May down pours bring? Very wet fields and lawns growing with leaps and bounds but then that is much better than all of the bad weather other places are experiencing now. If possible please try to donate some extra monies to LCIF so they in turn can send grant monies to all of the places that have had so much devastation again. Remember the grants that our District received the last couple of years and how much they helped all of our people out. We were so very fortunate not to lose any lives last summer when our communities were hit so hard by the tornados. Thanks to all of you for all of your hard work, prayers and donations for our District.

I am happy to say that all of our PU101's are into the MD5M Secretary now. There are some changes with the passwords. You can now keep your past password so if anyone needs any help with figuring all of it out feel free to give me a call and I will gladly help each one of you. I still have quite a few of the booklets left that I was giving to club secretaries at the College of Leadership with some helpful hints in filing your International Activities reports. I hope to get them to the secretaries sometime this summer or in the early fall at the cabinet meeting to your Zone chairs. Remember you must file your MMR (Monthly membership report) each month by the last day of the month so that it isn't late, even though you don't have any changes in your membership. You are to file the International Activities report and the 5M9 Activities report each month. All of this is to be done by the last of the month for the current month. There again if you need any help please give me a call.

Talking about membership, our District is still down about 60 members. Since we have 69 clubs in our District we should be able to help DG Linda reach her last goal on membership by doing 60 members in 60 days. Well by the time you get this newsletter you won't have 60 days left but let's give it one last BIG push and send our membership into the PLUS column.

DG Linda and 1st Dude Jay have done a super great job at leading our District this past year. I know there have been some big bumps in the road but DG Linda made it over them in style without too many big bruises. Thanks DG Linda for all of your hard work and Walking the Pathway of Service with all of us.

DGE Lion Bruce will soon be taking over the big boat; jiggling the jig and helping all of us continue the work that all of us Lions do. "We Serve"

Until the next Lions year keep those stitches moving forward and don't burn the buns.

1st VDGE Lion Margaret Van Erp

## Can Do Canines Recognition Program

**Mission:** Can Do Canines is dedicated to enhancing the quality of life of people with disabilities by creating mutually beneficial partnerships with specially trained dogs. Lions support is critical to achieving this important mission and this program is designed to recognize and encourage financial contributions to our organization.

**Awards Program:** Beginning with gifts made on July 1, 2010, Can Do Canines is implementing a program to recognize the generosity and hard work of Lions, Lioness and Leo Clubs throughout MD5M in supporting our work. Each recipient will receive an Award Pin and a Top Dog Award Plaque.

**Award Eligibility:** Can Do Canines will recognize cumulative contributions of \$500 or more as requests are received. There is no time limit requirement. Awards are sent following a written request by an eligible club and must include **the exact spelling of the club or individual to be named on the plaque. Please allow a minimum of 14 days.**

Please direct requests or questions to: Jessica Nadeau, Development Assistant, 9440 Science Center Drive, Minneapolis, MN 55428  
763-331-3000, ext. 152  
jnadeau@can-do-canines.org  
www.can-do-canines.org



## Ladies Luncheon

sponsored by Bluffton Lions

**Sunday, July 17**

**Bluffton Community Center**

11 am - FREE Glucose and Vision Screenings

Noon - Luncheon & Program

Minnesota Lions Vision Foundation:  
Lions-sponsored program designed to  
help with the gift of sight...

Bring in used eyeglasses/hearing aids for a chance to  
win a special prize

Silent Auction • Door Prizes • Dress in Sunday Best

**Tickets - \$14.00 donation**

proceeds from tickets go toward Minnesota Lions Vision  
Foundation

**RSVP or purchase tickets, contact by July 8th**  
**Margaret Van Erp, Bluffton Lions Secretary**  
**38214 510th Ave, Bluffton, MN 56518**  
**218-385-3446**

**Governor's Visit Request Form**

Club Name \_\_\_\_\_

Club Meeting Location \_\_\_\_\_

Dates for Club visit in order of preference: 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_

Time Club meeting begins \_\_\_\_\_ am or pm

When does your social hour begin? \_\_\_\_\_ am or pm

Do you have a Board of Directors meeting? Yes \_\_\_\_\_ No \_\_\_\_\_

Would you like the Governor to attend your Board of Directors meeting? Yes \_\_\_\_\_ No \_\_\_\_\_

Will you have a meal? Yes \_\_\_\_\_ No \_\_\_\_\_

Are there other Lions, Lioness, or Leo clubs involved for the Governors visit?

Please list the other clubs \_\_\_\_\_

Lion, Lioness, or Leo requesting the Governors visit \_\_\_\_\_

Club contact Telephone # \_\_\_\_\_ email address \_\_\_\_\_

Will the Governor be expected to Speak? Yes \_\_\_\_\_ No \_\_\_\_\_

Will the Governor be expected to install officer? Yes \_\_\_\_\_ No \_\_\_\_\_ if yes, please send an additional letter stating the names of the new inductees. If inducting new members, please have the LCI New Member Kit with Pin and signed Certificate.

Will the Governor be expected to give out awards to club members? Yes \_\_\_\_\_ No \_\_\_\_\_ if yes, please send an additional letter stating the awards and the names of those receiving the award. (Please have awards, certificates, pins, or changes in installation or inductee ceremony available when we arrive for the Governors visit.)

.....  
Please return this Governors request ASAP, preferably before Oct. 15th so I can schedule club visits. I will correspond with your club as to which date works well for me. Remember, the earlier I get your request form, the easier it will be for me to fulfill your first request. Erin and I are looking forward to your club meeting and anxious to meet new Lions, Lioness, Leos, and guests.

Please mail forms to District Governor Bruce Beck, PO Box 74, Palisade, MN 56469 or e-mail them to me at subdriver660@gmail.com My telephone number is: 218-845-2204

You can count on us arriving early to familiarize ourselves with your meeting room and organize club meeting requests.

Sincerely,

District Governor Bruce Beck

# RED DOGS go to the Middle East

The Lions of District 5M9 were well represented by DG Linda Albrecht Norby and Lion Jay, DGE Bruce and Lion Erin Beck, 1st VDGE Margaret and PDG Peter VanErp, 2VDGE Don and Lion Pat Hendrickx as well as Lions from Bay Lake Area Lions club. This Unit is apart of approximately 2400 soldiers from Minnesota for a one year deployment, the 2nd largest deployment of Minnesota Soldiers since World War II. It was a very moving ceremony and truly a great reminder of why we have Memorial Day in America.



## Up coming American Diabetes events

Tour de Cure - June 4, 2011, Twin Cities

Camp Sioux - June 12-24, 2011, Park River, ND

Camp Needlepoint - August 14-27, 2011, Hudson, WI

Step Out: Walk to Stop Diabetes -

October 1, 2011, Brainerd, Mankato, Stillwater

EXPO - October 15, 2011, Minneapolis Convention Center

Step Out: Walk to Stop Diabetes -

October 29, 2011, General Mills Campus

Join the MillionsSM. Help us Stop Diabetes® at  
[www.stopdiabetes.com](http://www.stopdiabetes.com)



Second Vice District Governor Elect of SM9 Donald Hendrickx, Lion Pat Hendrickx and Can Do Canine Co-Chair Bonnie Genin of SM9, recently attended the Spring graduation of 18 service dog teams at the Can Do Canine Home in New Hope, MN. Can Do Canines provides fully trained dogs, at no cost to the recipient. They also have trained assist dogs, mobility assist dogs, diabetes assist dogs seizure response dogs and autism assist dogs.

# Good-bye!



Bert Nelson

It is time to say good-bye as the editor to the 5M9 District newsletter. It has been an honor for the past 14 years to put together the newsletter for this District. With your help in supplying stories and photos, we have made a great newsletter worthy of an honorable mention in the International District Newsletter Contest in 3 different years.

I have enjoyed putting this newsletter together and I firmly believe that it is good to hand over the job to

someone different that has new ideas and talents to create a new newsletter. I hope that you give Tracey your full support as she takes on this task.

PCC Bert A. Nelson

Proud to be a LION!  
Wear your pin!

# Cass Lake learns about Mexico eyeglasses trip



The Cass Lake Lions club hosted special guests Eldon and Vi Bergman, members of the Frazee Lions Club, who spoke to the Cass Lake Lions about trips they have taken to Mexico to distribute eyeglasses to those in need.

In 2004, Eldon and his daughter traveled with the Detroit Lakes Lions to help distribute approximately 1,200 pairs of eyeglasses. Eldon said one of the biggest hurdles they faced was actually getting the eyeglasses into Mexico, as some were afraid the distribution would take away from local businesses. Eldon said that is

**Vi Bergman shared her experiences about her trip to Mexico.**

not the case. The glasses are given to those in very poor areas who cannot afford proper eye care.

Eldon, who has traveled to Mexico four times, said they use an auto-refractor to determine which glasses would be best for each individual that they see. The doctors who accompany them on the trip then write a prescription for the lenses, and the volunteers try to match that prescription with the available glasses as best they can.

According to Eldon, many patients approached him because he was older and so they assumed he would know more and thus be better able to help them. "This was not the case," he said with a chuckle, explaining that he was only there to assist the doctors and not determine the individual patient's eye care needs.

Once the patient has been fitted with glasses, they are then re-tested to make sure the glasses will help them, he said. "We also found that many of the adults could get by with just reading glasses, so now those

making the trip purchase large quantities of reading glasses to take along."

"Our first trip we only worked three days," Eldon said, "We wanted to work more, but they were afraid if we worked too much, we wouldn't want to come back again."

While there, the volunteers had many of the younger children participate in face painting and dance lessons. "If some of the kids hadn't been taken into orphanages, they wouldn't be alive, Vi said regarding her time spent visiting and assisting at various orphanages. She commented that kids are kids everywhere, and teasing others about their eyewear was a common occurrence.

Each orphanage was different. One primarily for girls was nice, neat and orderly, she said. The kids in the orphanages ranged from age 3 to 18 and once they hit 18 they have to leave.

"On those trips, everyone would bring something for the kids," Vi said. "The gifts included suckers, paper, pencils and balls, and hair things for the girls. The favorite of all was the Post-it notes." She said that the children were all well-behaved, and always excited to see them arrive because they know they would receive help. All the people that came to the clinic presented themselves with clean hair and clothing.

The first year they distributed approximately 600 pair of glasses, and since then that number has increased to between 1,000 and 1,200 pair for each trip.



**Eldon Bergman spoke about his trip to Mexico at the Cass Lake Lions meeting.**

## Quiet Lion Award



Cass Lake Lion club member was presented the Quiet Lion Appreciation Award by Zone 4 Chair Maria Patton. Lynn handles all the advertising for the club events quietly and efficiently, without expecting any recognition.

## Buttering up for breakfast



Nathalie Hasert was giving lessons on the proper method of dishing out butter to Lions Club members Ken Bedeau (left) and Tom Prosser (right) at the Cass Lake Lions Club Mother's Day Breakfast.

# Verndale fishes for members

A very successful fishing for member's event was held by the Verndale Lions on April 1st. Social time included a fishing tournament, where prospective members participated in an indoor fishing contest. They fished with magnets attached to their lines, fishing into buckets full of paper fish with metal attached. Each fish was assigned a different weight. There were also boots in each bucket, if caught the contestant would loose all the weight of their previous fish caught. Weight totals were kept track of on the leader board.

The top six places were awarded prizes. Prizes ranged from fishing tackle to a charcoal bobber grill. A tasty fish fry was prepared for all, going through about 20 pounds of fish.

The club was very fortunate to have several dignitaries present. They included D.G. Linda Norby, D.G.E. Bruce Beck, V.D.G.E.

Margaret Van Erp and 2nd V.D.G.E. Don Hendrickx. D.G. Linda and D.G.E. Bruce gave an excellent program about the Lions and their projects. Verndales membership chair Randy Beaver talked about the local clubs activities and what the club means to the community.

In preparation for the event 50 invitations, on personalized stationary, was sent out to prospective members. That was followed up by phone calls to each one, answering any questions the invitations raised. The results were 14 perspective members came, 12 of which signed up that evening. There where 4 more that could not make it that evening and are considering joining. It was a very fun and productive evening. On May 16th the new members were inducted by D.G.E. Bruce Beck. Member orientation is planned for the June meeting. Membership drives do work!



Prospective new members enjoyed the fishing tournament during social time at the Verndale Lions membership drive night.



Louis Wegscheid fried up the fish for supper.

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