

# Pulse 5M9

## Leading Lions To A Healthier Future



Linda Albrecht-Norby  
5M9 District Governor



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Check out [www.lionsof5m9.org](http://www.lionsof5m9.org) and [www.lionsmd5m.org](http://www.lionsmd5m.org)

# Your help is needed

These past months have brought challenges to areas on a scale they have never experienced. Lives have been forever changed following devastating events that only took moments and gave no warning. Computers and television sets have been filled with stories and pictures of struggle and devastation. However, along with these tragic accounts have come stories of compassion and hope. The Lions of New Zealand, Japan and southeast United States are providing some of those stories through their service and from the financial support provided by LCIF – your Foundation.

Japanese Lions are already hard at work, having established four relief depots in the affected areas, as well as a central command center at the Lions office in Tokyo. Lions throughout Japan are transporting goods including baby milk, rice, water and diapers. They are working with the Red Cross to meet the most pressing needs, including holding blood drives. Lions in Kobe are helping lead these relief efforts, utilizing their expertise in earthquake relief and recovery from the 1994 disaster. These are just a few examples of the many stories of Lions' exemplary service.

This past year, Lions worldwide have responded to the needs of both disaster stricken areas and tranquil communities at an increasing rate. Overall donations to LCIF are ahead of this same period last year. Individuals, clubs, districts and multiple districts have responded in significant ways and Lions are implementing the LCIF supported programs throughout the world - but there is still much more to do.

The LCIF Executive Committee members approved giving Melvin Jones Fellowship credit for designated Japan Relief donations received prior to June 30, 2011. This allowance is rarely exercised by the committee and demonstrates the tremendous needs of those in the affected area. If you are planning to make a donation to LCIF for Japan Relief or to the general fund, please send in your donations today. It can take up to four weeks to ship

MJF plaques during a busy convention season, so please keep that in mind if you are planning to make an end of fiscal year gift.

A Melvin Jones Fellowship recognizes donations of US\$1,000 to LCIF. This prestigious recognition of humanitarian work is one of several offered by the Foundation. Other programs also recognize individual Lions, as well as clubs and districts. A few examples include:

- Melvin Jones Fellowship: US\$1,000 undesignated donation (Japan Relief until June 30, 2011)
- Contributing Member: A US\$20, US\$50 or US\$100 undesignated donation by an individual donor and identified for Contributing Member program (does not qualify for MJF credit too)
- 100% Contributing Member Patch: Every member of a club is a Contributing Member
- 100% MJF Club Banner: Every member of a club is a Melvin Jones Fellow
- District Certificate of Appreciation: Every club donates to LCIF during the fiscal year

At the January Lions Humanitarian of the Year MJF dinner in District 23C, Past International President Jimmy Ross stated that giving is "...one of the most powerful things in the world. When you give unconditionally, it will come back to you ten-fold." If you or your club is close to a US\$1,000 donation, consider using the remaining funds to qualify for a MJF and recognize a worthy recipient. Ask your LCIF District Coordinator for more information on existing MJF credits.

There are many other recognition opportunities available. Please visit the LCIF website for more program details or to learn more about the relief efforts in New Zealand and Japan.

# Li ns

## *Heartbeat of 5M9*

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



Have you watched the spring streams and rivers overflow their banks. The ice slowly melt away from the shore line of the local fishing holes, to prepare itself for new life to the water beneath. The Spring rains wash away the sand from the sanded winter roads and we eagerly watch the grass and Spring flowers pop through the soil and bring green new life to our yards and farms.



**Lion Wayne Wolden was presented a Letter of Commendation from DG Linda at the Zone 5 meeting on March 24 in Verndale.**

We have begun with electing new officers to lead our club members to new heights and helping our communities with service projects that let our community know what their home town Lions club can do. Whether it's serving pancakes, supporting the local HS band, scouts, baseball team, planting trees in the park or helping some senior citizens with a special proj-

The farmers prepare the ground for new crops and nature brings new life all around with new young wildlife! We are all opening our eyes from a long winter sleep and look to each new sunrise for a more colorful day!

The Lion Clubs of 5M9 can open their doors to the club house and get started on some Spring cleaning also.

ect. We as Lions are here to Serve our communities the best way we know how! By working with our community leaders and other service organizations, we can make our communities the best they can be. Letting anyone who visits our communities that the Lions continue to Serve in any way possible.

When we look at the rivers and streams flowing, we have to stop and think that they don't always flow this strongly. For it took a drop of rain to get the flow moving and as each drop fell, the river became stronger and the water power grew. This can happen with the Lion Organization too. It took one Lion like Melvin Jones to come up with an idea and start something and look what the Lions Organization has become! Look to your local club and ask how can I get the flow of ideas moving in your club? Look to your community and ask what can we do? This is the time of year to look for new members to join your local club! Each new member can add to your flow of ideas and soon you will have a river flowing with ideas! What better way then by starting now. Everyone knows someone in the community who could add to your club, not only with new ideas, but with two hands to make the work lighter and have fun doing it!

Let's all bring a bright new face or two into our clubs this month! We need to expand our clubs to broaden our community service, to grow with the freshness of this Spring season. Just like the new birth of this season, we too can grow to be bigger and better serve our communities as Lions know how to do! We will continue to Serve to the best of our abilities as Lions! Let's continue to Walk the Pathway of Service together!

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  
 ljnorb@eot.com

#### 1st Vice District Governor

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

#### Cabinet Secretary

Carol Thaumert  
 P.O. Box 223  
 Aitkin, MN 56431  
 H (218) 316-2737 C(952)393-4045  
 W (218) 927-7315  
 cethaumert@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”

## May

9 Pequot Lakes/ Breezy Point Lions visit  
12 Hackensack Lions visit  
17 Longville Lions visit  
23 Henning Lions visit  
24 Bay Lake Area Lions visit  
25 Zone 1 mtg - Nisswa CC

## 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

## Refurnish the Cabin and Stock up the Pantry....

The Backus Lions will host their annual Get a Bargain Yard and Bake Sale from 9 am to Noon on Saturday, May 28 at the Backus Corner Store Parking Lot, Highway 371 and 4th St NW. Many slightly used treasures will be on sale plus homemade baked goods.

Proceed from this sale benefit the philanthropic activity of the Backus Lions Club.



## “Catch’n the Lunker”

1st Vice District Governor

**Bruce Beck**



Finally the snow is gone... Old man winter just did not want to give up this year. Springtime is such an exciting time for nature and the Lions organization too. In nature, we have newness all around us. There is green grass and trees, new animals being born in our forests and eggs hatching in the nests with the birds of the field. In Lions, we just completed club elections, sent twelve 5M9 Lions to the Leadership Institute in Mahanomen and then held the District’s College of Leadership (COL). Talk with those who attended the Leadership Institute and see what they think of it. You have two years to plan when you can go to the next one. Many new and returning club presidents, secretaries, treasurers, and membership chairs attended the COL. We had some great instructors who passed on valuable information to help keep our clubs current, on track, and moving forward. In Lions, we, too, are preparing for our upcoming Lions’ year.

In this month of May, we are still working I.P. Sid Scruggs’ final service campaign - Protecting our Environment. Many, many clubs already have a service project relating to the environment, such as picking up trash on the highway, city-wide spring clean-up, etc. If your club is doing a service project, be sure to enter it on your club activities. If your club does not have an environmental project, please consider adding one. There is so much we can do - recycling, planting trees, etc. In fact, The Hospice House is working towards getting some trees planted. Contact DG Linda or Environmental Chair Jim Arvidson to see how your club can help! May is also LCI’s Recycle for Sight month and the 11th-17th is White Cane Week. Get involved! Clubs have so many choices in which to serve!

Yee Ha! May signals the opening of the Fishing Season for another year! What an exciting time to get back out on the water after all those long winter months. Crappies pull the bobber down, walleye slam the minnow & jig, and northern pike devour everything in sight. The first month of fishing is always so fantastic. All species are biting after the spawn. So, too, it is with the Lions after our slow winter months. We now get fired up and many are already planning their spring and summer projects. Get out in your communities! Be seen! Be heard! Be helpful! And, make sure your projects have relevance to your community! People want to be a part of something (Lions) that is making a positive difference in their community. Catch your limit on new members with a membership drive event. Elsewhere in this newsletter is an article featuring the Verndale Lions “Fishing for Members” night. What a great, great successful event. The Baxter Lions had similar results with their membership night event. Talk with your club membership chair/team and start getting an event organized now! What is your club doing? I am so looking forward to spring and the newness it brings to all things. Make sure your club is an integral part of spring-time in your community.

**See ya ‘On-the-Water’, DGE Bruce**

*Stitching together  
the news of 5M9*

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



Guess I will start with WOW , the last couple of weeks have been really busy.

We have completed our College of Leadership training for this year again. Our first session was held in Bluffton, hosted by the Bluffton Lions and the 2nd session was held in Nisswa and hosted by the Nisswa Lions. Wonderful treats at both sites and great hospitality. Thanks to both clubs and to the Lions that left their busy schedules to come to the classes. As it looks we will have to break up the classes next year again as the school in Wadena will not be finished until the fall of 2012. I would appreciate any comments and suggestions for next year's COL. We had good attendance I feel this year with it in the two locations but haven't seen the total numbers yet. It will be nice to get back to the WDC. School so we can have more classes and more rooms to use.

By the time you read this news article we will have been to the Multiple Convention in Mankato. This will be my first official training as 1st VDG. I am looking forward to serving our Great Dist in the year to come as 1st VDG. I am available to help, especially the secretaries whenever they need any help in doing their reports or just questions. If I don't have an answer I will try to find it for you. I am happy to report that by the time you read this newsletter all of the PU101's will have been sent off to our Multiple Dist. Secretary so he can start to compile all of it into our new Directory for the upcoming year, 2011-2012. This Directory will no longer come in booklet form. It will be on a disc and each club will receive one. It is up to each club if you want to print off any of the directory for your use. I would recommend that each club print at least one copy so that both the President and secretary's have a copy of the cabinet and officers of the clubs.

When talking about training, the ones who went to the Leadership Institute came back exhausted but very excited about Lionism and sharing with their clubs, District and Community. It is very hard to come back and say "I learned this". It's the type of learning and knowledge that you can use in your Lions work and everyday life. If you haven't been to the Leadership Institute start thinking about attending the next one which will be in April of 2013.

I think Spring is just around the corner, most of us haven't figured out which corner it might be but listen to the birds singing and spring will be here shortly. We still have time to stitch a few more new Lions into our Lions clubs. Our membership is still on the short side. Ask a neighbor, friend or relative to come and join our Lions.

Happy Easter to all and keep thinking SPRING.  
1st VDGE Lion Margaret Van Erp

## Smelt Fry a big hit



All smiles as everyone takes a plate of fresh smelt and all the trimmings at the Parkers Prairie Annual Smelt Fry.



Kelly Mesker (right) and other Parkers Prairie Lions are busy preparing the smelt for cooking and serving the crowd.



A full house at the Parkers Prairie Annual Smelt Fry. You had to wait in line, but the meal was worth the wait.

# Sixteen Lions participate in the Lions Eye Mission to Mazatlan, Mexico



Lions Club members from Perham, Detroit Lakes, Parkers Prairie, and Underwood spent March 12-19 on an annual eye mission to Mazatlan Mexico. This year's group consisting of 16 volunteers participating in the annual mission, was organized and led, as usual, by Dr. Armand and Mari Radke, Detroit Lakes. About 980 residents of Mazatlan were examined and served with used eyeglasses collected by Lions Clubs. Many of the eyeglasses given out this year were collected locally.

The shirts, displaying what is pictured on the Lions eyeglass collection boxes around the country, were made and presented to the group by a local Mazatlan Motor Cycle Club that was very helpful in assisting with the eye screenings. Showing their better

sides are Perham Lakes Lions Jim and Sharon Neuerburg, Len and Marge Johnson, and Merle and Joan Meece.



## Hold a Diabetes Screenings today

5M9 Diabetes CoChairs are encouraging all clubs to hold diabetes screenings.

Complications of diabetes, such as kidney and heart failure, and eye and nerve damage, start within the first 5 years of having the disease, whether it is diagnosed or not. Diabetes screenings can alert those at risk and those unaware that they may have it, therefore possibly preventing the complications.

We need each club to appoint a diabetes chairman to relay communications and help encourage and set up screenings. Medically trained persons aren't always available to do the testing and teaching. Len's wife, Marge, is an RN, and is qualified to instruct and certify any club member that would like to learn to do the testing and the necessary teaching to help with a screening.

Good candidates for those interested in this may be someone who is already diagnosed as a diabetic, a nurse, or a lab tech. Someone qualified to teach the technique is also needed to help train, so please contact one of the CoChairs. There are many club members that fit this category. This disease has to be stopped.

Support DG Linda's goal for combatting health issues.

Contact:

Len/Marge Johnson

218-346-7088 [lmj@arvig.net](mailto:lmj@arvig.net)

Bev Labraaten

218-759-0178 [bevlabraaten@hotmail.com](mailto:bevlabraaten@hotmail.com)

# 5M9 College of Leadership 2011

This year's COL has now come and gone. It was held two times, once in Bluffton and the other in Nisswa and our THANKS to both clubs for hosting this event. With over 100 attendee's representing 34 clubs all coming together to learn more about being an 'Officer' in your club. We had a fantastic lineup of instructors; Peter VanErp and Adolph Kukowski for the Presidents, Eldon Bergman and Jim Dullum for the Treasurers, Margaret VanErp for the Secretaries, and Carroll Kukowski, Jim Arvidson, Adolph

Kukowski and Bruce Beck for Membership Chairs. The Zone Chairs even got to learn a little bit and talk with each other about their upcoming year.

Much information was shared, many questions were asked and answered, and a good time was had by all! If your club was not represented, you really missed out on a great Lions learning opportunity. The COL is put on every spring for all the incoming Officers for District 5M9. Please try to make it to next years COL.



PDG Carroll Kukowski spoke about the importance of membership and how to recruit members.



PCC Eldon Bergman talked about the duties and responsibilities of the club treasurer



1st VDG-elect Margaret VanErp spoke about the work a secretary has to do for the Lions club.



PDG Peter VanErp and PDG Adolph Kukowski presented the duties of the club president and how to run an effective meeting.

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



# Diabetes Testing at Leader



Leader Lions President, Bill Smith, and Treasurer, Deb Alexander presenting a check for \$920 to Sharon Stone, Motley Food Shelf Volunteer, they raised from their Pancake Breakfast held at the Leader Hall, March 20. The Leader Lions also held a diabetes screening the same time. Both were very successful; thanks to everyone.

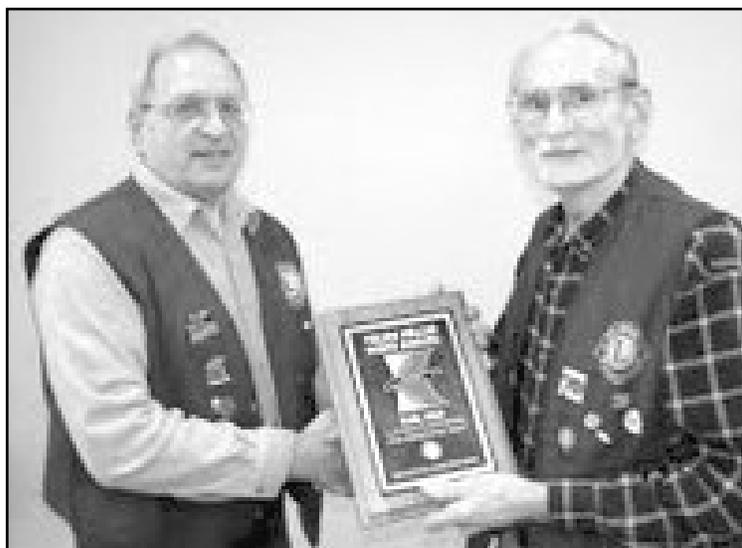


Governor Linda Norby and Lion Marg Johnson working the diabetes screening. We had a total of 54 people tested. Our thanks to Governor Linda and Lion Jay and to Lions Len and Marg Johnson for their help.

## Karl Kiisa

receives

## Hellen Keller Sight Award

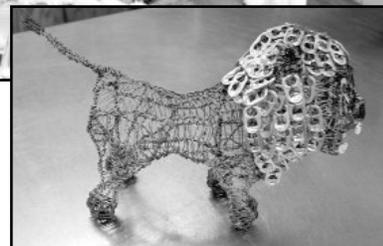


Walker Lions president Colin Kivi, left, presents the Helen Keller Sight Award to Lion Karl Kiisa, longtime member of the Walker Lions. Lion Karl served as the club's Treasurer for many years, and contributed countless hours in service for projects of the club.

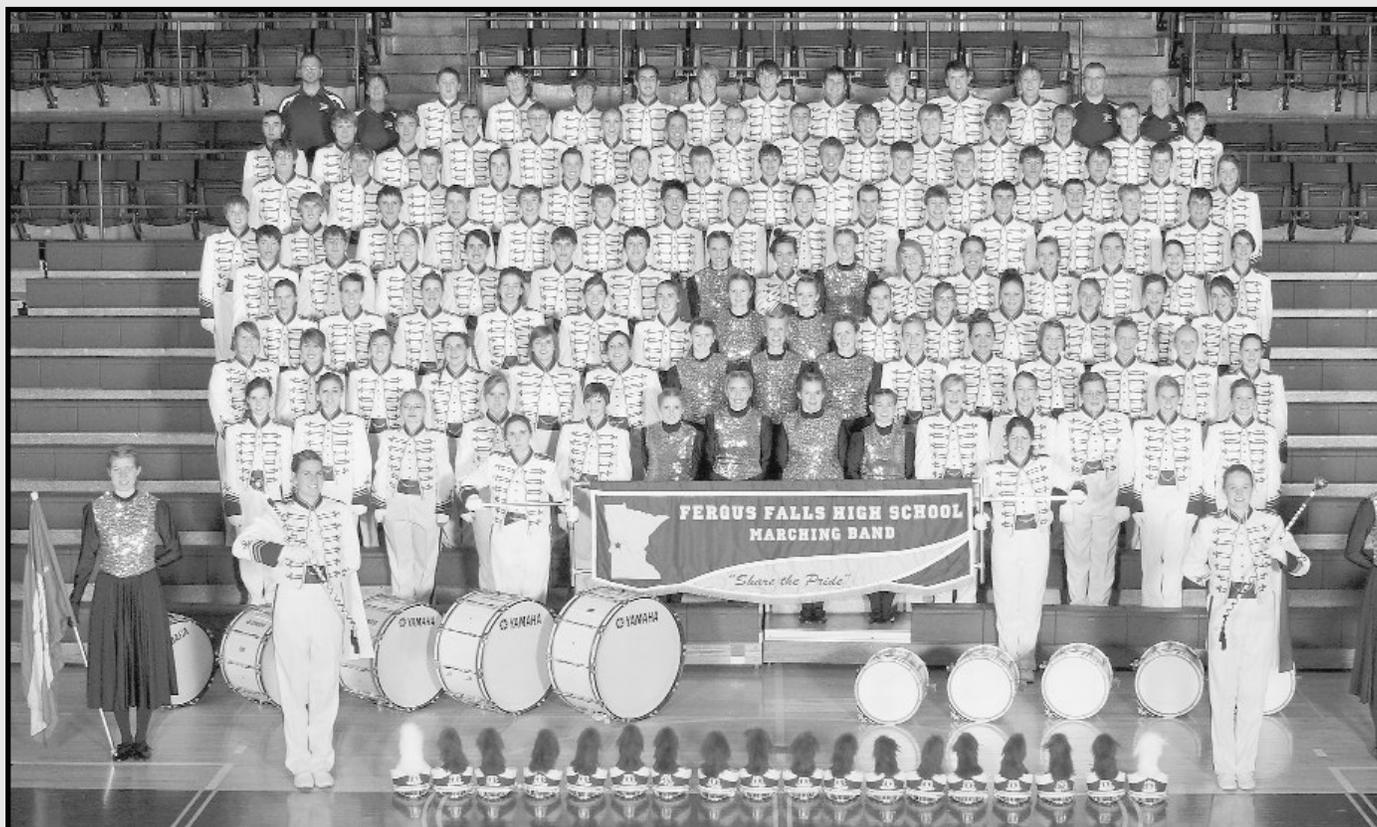
## 90 year old Lion Helmer Grewe



The Deer Creek Lions gave Helmer Grewe a 90th birthday party. He has been our pop tab and eyeglass chairman for many years. They gave him a Lion. We had the Lion made up with a "mane" (pop tabs) and the Lion is wearing set of eyeglasses. Helmer is a "Charter Member." Our club was formed in 1973.



# Fergus Falls Marching Band is going to Seattle



The MD5M District Governors and the 1st Vice District Governors are requesting that each club support the Fergus Falls, MN Marching Band on their trip to the International Lions Convention in Seattle, Washington July 5, 2011. Our goal is \$15,000.00 to help the marching band with expenses. We are asking each Lions club to donate \$50.00 for the marching band. Checks should be made out to "Fergus Falls Marching Band" and mailed to "Executive Secretary Bob Harms at 72530 CSAH 27, Dassel, MN, 55325-2804."

The Fergus Falls Marching Band, 115 young marchers strong will lead our delegation for the International Lions Convention in Seattle. The marching band will appreciate your donation.

PCC Keith Johnson, MD5M Parade Consultant, 626 Turnberry Lane, Litchfield, Minnesota



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

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