

Jim Arvidson  
5M9 District Governor

# CRUISING! TO SERVE

District 5M9



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# National Veterans Wheelchair Games Cuyuna Lion Mike Hancock places

Story by Mike Bialka of the Brainerd Dispatch

Just three months after returning from the Vietnam War, Harlan "Hank" Ebert of Brainerd was involved in a motorcycle accident that put him in a wheel chair for the rest of his life.

Michael Hancock, a vietnam veteran from Crosby, had to have his right leg amputated because of the Agent Orange he was exposed to in Vietnam.

Both should be an inspiration to us all. Despite their disabilities, they have gone on to become successful businessmen, and successful wheelchair athletes.

Ebert, 62, secured his ninth gold medal in archery with a compound bow while competing in the National Veterans Wheelchair Games July 13-18 at Spokane, Wash.

After striking gold in his first Games in 1999, Ebert skipped the Games in 2000 and finished second in 2001. Since then he has won eight straight archery gold medals.

"It takes lots of practice," Ebert said. "I shoot almost 100 arrows a day. The runner-up competes with one arm and shoots with a mouth release. He's probably a better shooter than I am considering he has only one arm. I beat him by like 40 points."

Ebert, a 33-year member of the Nisswa



Michael Hancock of Crosby competed in the motorized slalom event in the National Veterans Wheelchair Games. Hancock placed third in the event.

Guides League, also won gold in the category for air guns-para with no assistance and placed third in discus, shotput and javelin. He said he practices shooting air guns but doesn't get in much practice for field events.

"I threw the discus in the yard a little bit," Ebert said. "I'm in the Masters Division (Class III), for 40 years old and above. I'm competing against a lot of younger kids. It's just something to do, go out on the field. I just hang out and do the best I can. I don't have enough time to practice everything."

The national Veterans Wheelchair Games are the world's largest annual wheelchair sports event, attracting more than 500 athletes. It's a multi-event sports and rehabilitation program for military service veterans who use wheelchairs for sports competition due to spinal cord injuries, amputation and certain neurological disorders.

Athletes compete in divisions for Masters (over 40), Novice (first-time competitors) and Open (all others or those who chose to compete in this category). They also compete within classes according to the level of their physical ability, with three quadriplegic-level

Continued on back....



# Classic Lion Tails

Jim Arvidson, Lions District 5M-9 Governor



ELVIS? Linda and I just returned from a "Classic" trip to the USA/Canada Leadership Forum in Memphis, Tenn. Besides hearing some great Elvis music, we were educated, inspired and motivated with over 60 Seminars, as well as Speakers who left us laughing, smiling, and tearful at times. Our own Project New Hope put on a Seminar that was very well received.

One of the highlights was when three New Lions from a Club just Chartered in IRAQ came on stage. Their President, thanked us for giving them the Opportunity to become LIONS, and the chance for them to 'Make a Difference' for their Country. Needless to say, They received a long standing ovation!

I had the opportunity to visit with several International Directors, including ID Anne Smarsh who will be visiting us at our 5M9 Mid-Winter Convention. Please greet her and her husband Tom when they are here.

Mid-Winter Convention? Yes, It will soon be here. What a great chance to take a little vacation with other Lions and Friends. Bring your whole Club. Invite the Youth of your Community as well, especially Saturday when there will be a special presentation. There will also be a reduced cost for them at the Sat. Luncheon. Also, if someone in your Club has never been to a Convention, They can come at a reduced cost. We want to give as many Lions as possible the Opportunity to come Learn more about LIONS, gain some new friends, and have a Great Time doing it!

The International Peace Poster Display will also be shown at the convention. This a very impressive exhibit of Last Year's Winner's. The Peace Poster Contest is a great way for the young people of your community to get involved with Lions, as well as show their great imagination about what PEACE means to them. It's not too late to get a contest going in your school. We have packets on hand. Contact myself or the Youth Outreach Chairs.

IT'S A GREAT DAY! Yes, It really is a great day to be a Lion. There is so much that we do for our communities, as well as the impact that we have on a global scale. Please congratulate yourself! We are also getting close to our Goal for the Lakeland Hospice House, We have a very exciting venture coming for Project New Hope, and our 100 Members in 100 Days is making Progress!

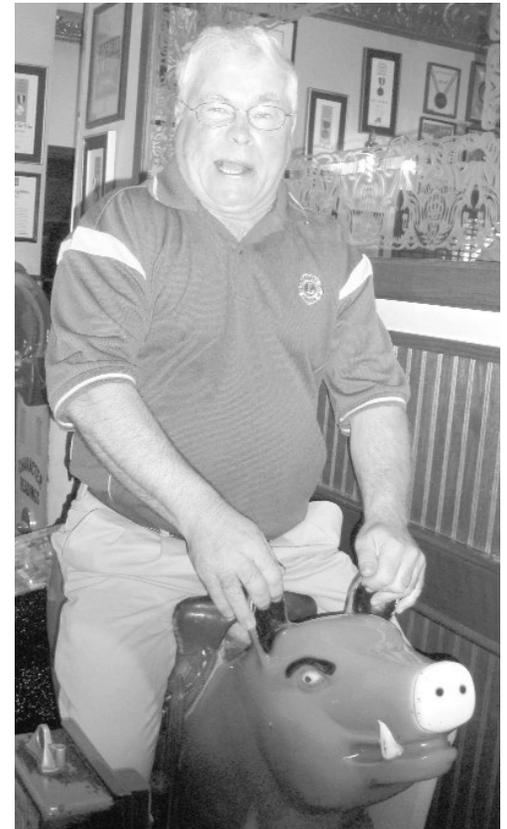
New Members. I will present a Governor's Certificate of Excellence to anyone who sponsors two or more new members this year. Also, the District can earn an Excellence Award if we gain two or members for each club. I'm sure we all can think of at least two good potential new members. Invite them to your next meeting. Or, have an open house. We can do it!!

MOVE TO GROW - Lions leading through Service.

District Governor Jim Arvidson

OLE : Do not Go where the path may Lead, Go instead where there is no Path and Leave a Trail!

## Working?



DG Jim having some fun at the International convention. He is proving that you can work hard and play hard at the same time.

### CRUZIN' TO SERVE 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 \$8 for one year.

# “On the road again”

## October

- 1 Zone 1 mtg Pequot Lakes
- 1 Leader/Nimrod Lions visit
- 6 Menahga Lions visit
- 8 Perham Lakes Lions visit
- 10 Tina and Lena Show, Bertha Lions
- 10 Vergas Harvest Fest
- 11 Mini-Forum, Bluffton
- 12 Wadena Lions visit
- 13 Palisade Lions visit
- 19 Northland Remer Lions visit
- 22 Garrison Lions visit
- 24 Council of Governors, Mahnomen
- 26 Bluffton Lions visit
- 27 Laporte-Benedict Lions visit
- 31 Thanksgiving for Vision, Minneapolis

## November

- 1 Cabinet Meeting
- 4 Crosslake Ideal/Whitefish Lions visit
- 5 Pelican Rapids Lions visit
- 9 Cormorant Lions visit
- 10 Vergas Lions visit
- 16 Battle Lake Lions visit
- 19 Cuyuna Range Lions visit
- 19 Zone 3 & 4 joint mtg
- 23 Emily Outing 50 Lks Lions visit
- 26 Thanksgiving

## December

- 3 Urbank Lions visit
- 6 Bertha, Hewitt Lions and Hewitt Lioness
- 7 Longville Lions visit
- 14 Osage Lions visit
- 25 Christmas
- 28 Ottertail Lions visit

## January

- 8-10 Mid-Winter Convention, Cragun's, Brainerd
- 8-10 5M5 & 5M6 MWC
- 13 New York Mills Lions visit
- 15-17 5M7 MWC
- 25 McGregor Lions visit
- 29-31 5M1, 5M4 & 5M11 MWC

# Lions

## Heartbeat of 5M9

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



The first session of Zone meetings have been nearly completed and everyone is doing a great job of attending and getting information out about their club activities. Keep up the great work you're all doing and keep your Zone Chairs aware of activities in your clubs. This only proves what a great District 5M9 is!

Did you know that the US/Canada Forum has been in existence since 1977. The very first USA Lion Forum was held in Rosemont, Ill. and 984 Lions from North America attended. The Presidential challenge that year was to forge measures that would restore vigorous growth of American Lionism. In 1979 the Forum name changed to the US/Canada Forum and Lions from Canada joined the forum. The 2009 33rd US/Canada Forum in Memphis, Tennessee was a great success. Many seminars to attend, the club store, International Officers to meet and greet, great food, a picture or two with our International President Eberhard Wirfs and of course LIONS, LIONS, LIONS. I hope next year many more Lions get the chance to travel to Milwaukee, Wisconsin for the 34th US/Canada Forum. It gets bigger and better each year and what learning experience for all of us. We can never learn enough in our life times and what a way to learn more about the Lions Organization!

DG Jim and I, along with our partners in service, have been on the road visiting zone meetings, clubs visits and FUNdraisers throughout 5M9. It's great seeing Lions come together and serve their communities in 5M9. If you're looking for new ideas for projects, how about a community health drive, diabetes screening, blood pressure checks, hearing & vision screening and maybe evens a blood drive. It doesn't bring income to your club, but it unites communities to be aware of health issues that are often set aside. Contact your cabinet chairs and have them do a program on Diabetes, Hearing and Sight, during your health drive.

Does your community have a disaster plan in place? What would you do if a severe storm hit, a severe flu pandemic, or a family lost their home do to fire. These are just a few ideas that the ALERT program can help with. Think about implementing an emergency preparedness plan with your local fire department and police department in the event of a disaster. Services Lions can do are blood collection, providing meals, collecting supplies, collecting personal hygiene items (soap, shampoo, toothbrush, etc.) finding shelters or running them, picking up medical supplies, remove debris, help transport to medical appointments and more. You can started by appointing an ALERT representative and having that person meet with the local fire department and other community personal interested in developing a community program. You just never know when a disaster will come knocking on your front door!

With the weather changing from day to day, please be careful in your travels! Our fellow Lions mean a lot to all of us.

Walking the path of Service through Lions.  
VDG Linda Albrecht-Norby

# 5M9 Mini Forum

**Sunday, Oct 11 social 1 pm meeting 1:30 pm**  
**Bluffton Community Center**

Tammy Anderson from the Hospice House will have a program on the house. Lucille and Jack Belch will give a short talk on raising puppies for Leader Dog. They have now retired from raising Leader Dogs. IPDG Peter has many awards that will be given out. There will be snacks and coffee at 1 p.m. and a light supper of hamburger hotdish,

cole slaw, bread, bars and coffee served at about 4 p.m. The cost will be \$8.00 per person.

**Please RSVP to [petemarg@arvig.net](mailto:petemarg@arvig.net) or call 218-385-3446 with the number of Lions that will be attending.**

# Lions' funding results in new dormitory at Kamp KACE

## District 5M9 clubs build handicap access dormitory at Trowbridge Lake

by John W. Dermody, Frazee Forum

Area Lions recently put their hammers, says and money where their hearts are.

Clubs in District 5M9 built a new facility for Kamp KACE, a handicap access dormitory that will serve up to 14 disabled youngsters at a time.

Don Hendrickx, the West Camp director within the region, said that week that the new building - which volunteers will put finishing touches on soon - is a very fitting memorial to the late Bill Parks.

The longtime Perham Lakes Lions member had hoped to establish such a building at Kamp KACE (kids against cancer everywhere).

Hendrickx explained, "We'll maybe put his name on the building. It was his dream to build it for the kids."

Parks was the West Camp Director for the Lions for many years. He was also a member of the Perham Lakes Lions and had served on the Perham City Council.

Hendrickx said there were lots of materials and time donated for the construction of the dorm, in addition to funds that came from Lions clubs throughout the district.

### A great place for kids

The camp is in session for youngsters each year at Camp Trowbridge, located on Lake Trowbridge five miles west of Vergas on County 17.

Myrna Johnson, executive camp director, noted that Camp Trowbridge is actually owned by Camp Fire USA, with groups such as Camp KACE arranging for children to spend a week or more at the sprawling acreage.

She explained that the camp will have its 80th birthday Saturday. The organization bought 66 acres on the lake in 1929, and added 22 additional acres from the Trowbridge family.

Camp Fire USA, she pointed out, will celebrate a century of existence in 2010. Also, it isn't just for young girls anymore.

She praised the Lions and other volunteers for the work they have

done at the camp, and not just for the new dormitory but also for their contribution to the large dining hall.

Hendrickx emphasized that up to 100 youths, 6-18, can attend camp KACE at a time, this summer, there were 93.

He said the dining hall, just a few yards from the new dorm, got a big assist from Lions clubs but the organization was also able to secure a grant to help in construction.

### Multi-purpose donations

In explaining the ongoing funding for the youths' Camp KACE, Hendrickx stressed that some money was for construction of the new building but the Lions also extend funding for the kids to take the trips to the



**Myrna Johnson, executive camp director for Camp Trowbridge near Vergas, stands by a new dormitory constructed with funding and volunteers from District 5M9 Lions organizations. KACE stands for "Kids Against Cancer Everywhere." Up to 100 youngsters attend Kamp KACE each year at the acreage owned and managed by Camp Fire USA.**

camp and enjoy a week of activities, generally Sunday through Friday.

The youngsters attending the camp near Vergas are from an area within a radius of 50 miles around Fargo-Moorhead.

He noted that Lions and other volunteers go fishing with the children, along with instructional sessions presented by Department of Natural Resources personnel.

those gatherings on a Tuesday resulted in a lot of fish being caught.

"We all cleaned the fish, filled two large coolers, then had a fish fry Wednesday night," Hendrickx continued.

There were lots of boats and pontoons brought for the occasion, with each group having one or two adults to assist campers.

Is the camp a great facility for the youngsters fighting cancer?

Hendrickx said there is no doubt. "Some people may not understand, but it is important to the kids."

# Funding help is needed

The handicapped accessible building at Kamp Kace (kids against cancer everywhere) near Vergas, MN is not quite finished yet. Camp West Director Don Hendrickx has been busy with other Lions putting up the walls inside and out and have just completed the wiring. Most of the finishing work will be completed next Spring and then there will be a dedication ceremony planned. This year close to 100 kids attended the week long camp held the first week in August. On Wednesday evening Lions Don Hendrickx, Jay Norby and Margaret VanErp, along with IPDG Peter VanErp, VDG Linda Norby and DG Jim Arvidson helped fry and serve fish that the kids had caught the day before. DG Jim was quite impressed with the camp and totally supports it.

Lion Don still is asking for help in funding the finishing of the building and also several years ago, the Lions erected a very needed dining hall and there is still \$22,000 left to pay on that. If your club could help out in any amount, it would be so appreciated. Not only by the Lions, but by the kids with cancer who attend this camp every year.

Please send your check to Don Hendrickx, 46590 Mosquito Lane, Perham, MN 56573 and mark it Kamp Kace. If you donate before Jan 1, 2010, Your club will get credit on the board of project donations at the 5M9 convention held at Craguns. For more info feel free to call Lion Don at 218-346-5899.

## CRUZIN' DOWN THE RIVER IN 2010

All aboard! Calling all 5M9 riverboat belles and captains to join the Aitkin Lions and the Aitkin Riverboat Lions at the 2010 Mid-Winter Convention on January 8-10, 2010 at Cragun's Conference Center on Gull Lake at Brainerd, Minnesota.

We will be casting off Friday night, so please wear your riverboat theme costume. Down by the pool will be a visit by Ronald McDonald as well as Nisswa Lions selling pork on a stick. Karaoke will also be available in the same area.

Our Friday night program is devoted to memorializing our deceased members. Please send the names and pictures of the deceased members of your club to the Memorial Committee.

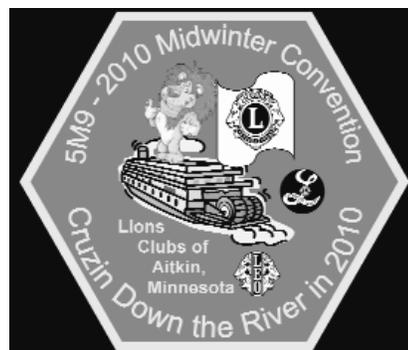
As an incentive for first timers, the hospitality books will be available for \$60. The club with the most first timers will have their name added

to the traveling trophy. Who will win this year?

Along with your costume, remember to bring your dancin' shoes.

Please mark your calendars with this date of January 8, 9 and 10, 2010. Come Aboard and join the fun!

Registration forms for the hospitality package and rooms are on the next two pages.



## Posters, scholarships, Youth Outreach programs

We had a super turn out on our poster contest last year. Let's make this year bigger and better! Here is a chance for your club to join in the Awareness program/Youth Outreach program for you school. Not all clubs have a school in your town or area, but you could help the club where your students attend.

Each Lion and Lioness club is allowed to enter one poster. These posters need to be sent to the Youth Outreach chairperson by January 1, 2010 or delivered to the Mid-Winter convention by 3pm Saturday.

On the district level, we will be awarding around \$4,000 worth of

prizes. Instructions are available from the chairmen and this information has been sent to your club president. Please note that the subject matter has been expanded to all aspects of life and growing up.

We also award up to nine college scholarships to students majoring in a youth field of education. We now have a way to accept Gambling Money for scholarships. Contact Lion Jeanne Roggenkamp for information and procedure instructions.

We can do all of this with your Lions Club's donation to our Youth Outreach Committee. Please send your donation to Lion Jeanne. She is taking care of the funds.

### Youth Outreach Co-Chairs

**Jeanne Roggenkamp**, PO Box 84, Bluffton, MN 56518  
218-385-2619 (H) 218-385-3777 (W) [roggenkampj@arvig.net](mailto:roggenkampj@arvig.net)

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Walking the Path to Serve !

**Linda Albrecht-Norby**  
for 5M9 District Governor 2010/2011

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

# “Sharing a Vision”

## Minnesota Lions Share a Vision in Mazatlan, Mexico



Nine-year-old Isabel wakes up before sunrise on Monday morning and puts on her Sunday best – a hand-launched white shirt and a pink-flowered skirt. She lives with her mom in a dirt-floor home on the outskirts of Mazatlan, Mexico.

Today they will visit a makeshift eye clinic in a nearby church to get their eyes checked – the first time ever. Mom knows her daughter needs glasses because she squints and has trouble in school.

The two arrive at 6:30 a.m. Already a line has formed, even though the clinic doesn't open for at least three more hours. People of all ages have come, including a few elders who are blind and need a hand to lead them.

By 10, when the clinic doors open, more than 100 people stand in the heat waiting. Some will wait all day, but nobody complains or asks how long.

Isabel and her mom hear their number called and they meet the people known as “the Minnesota Lions.” Few of them speak Spanish, but they smile and have a gentle way about them. They efficiently lead patients through painless eye exams and eyeglass fittings. The group has brought with them boxes and boxes of used glasses.

Isabel's eye exam reveals seriously impaired vision – worse than anyone imagined. She can see no further than a foot in front of her. The optometrist fits her with glasses, places them on her face and makes final adjustments. Her eyes widen and she gasps; the world jumps into focus for the first time.

“Gracias,” says her mom. “Muchas gracias.” Over and over again she thanks and blesses the people who have helped her daughter.

### We are the world

This true story – one of many from a recent mission trip to Mexico – reflects what can happen when one community reaches out to another.

Several years ago Dr. Armand Radke, optometrist at MeritCare Detroit Lakes and a Detroit Lakes Lions Club member, recruited volunteers to join him on a mission trip to Mazatlan. He and his wife, Maricela, had traveled extensively in Mexico and saw the desperate need for eye care.

“Most people think of Mazatlan as a vacation area, but it's also an area of considerable poverty,” says Dr. Radke. The population of 700,000 includes 500,000 at poverty level. Many have never received even the most basic eye care, let alone eyeglasses.

With Maricela providing expert logistical and translating help, Dr. Radke has now led several mission trips to Mazatlan and Cabo San Lucas, the most recent one in March 2009. This year's group of 30 volunteers brought together doctors, patients, Lions and others. Working in partnership with the Mazatlan Lions Club, they had one purpose: to help people see.

### Three views

“I've always wanted to do some kind of mission trip and this fit perfectly,” says Dr. Jim Carpenter, retired rheumatologist from MeritCare. He became inspired when he heard Dr. Radke speak about the experience at a Lions Club meeting in Cormorant, Minn.

Luci Holte, R.N. in the MeritCare Heart Center and Dr. Arne Graff, specialist at MeritCare Child & Adolescent Maltreatment in

Fargo, also joined this year's group. Dr. Graff plans to go again next year. “It was powerful to see how incredibly grateful people were,” Graff says. “They were just happy to have someone willing to help them.”

Eldon Bergman, a Lions Club member for more than 35 years and a patient of Dr. Radke's, has participated three times. “Sight preservation is a mission of Lions International, so this trip really interested me,” he says. “I was humbled. I'd never been in a situation where people were that destitute – but so thankful. It made me feel good to be able to do something to help.”

### You can help, too

The recent mission trip to Mazatlan helped hundreds of people over three days; of the 1,300 who received eye exams, 1,287 were fitted with glasses. The glasses reflect yet another avenue of giving: They were donated by patients at MeritCare Eye Clinics across the region and by several area Lions Clubs.

Next time you get a new pair of glasses, consider donating your old ones. Collection boxes dot the region in churches, banks, eye clinics and more. And remember 9-year-old Isabel in Mexico who put on her first pair of glasses – and saw a better world.

Story and photo came from the MeritCare newsletter.

#### Editor's note:

For more information on how to help or donate to this mission trip, contact Dr. Armand Radke at 218-846-1949 or email [armondradke@meritcare.com](mailto:armondradke@meritcare.com)

# TOP TEN LIST – 5M9

1. Teach the Multiple how to spell MERLOW
2. Organize a high caliber Membership Drive: 100 members in 100 days!
3. Provide training to zone & local club leadership as necessary to obtain new members
4. Establish District Membership goals in the 100 Members in 100 Days
5. Host Midwinter Convention MERLO Seminars
6. Submit a monthly article in the District Newsletter
7. Expand our College of Leadership training
8. Encourage District Program chairs to attend all 1st zone meetings of the year.
9. Follow up to Clubs during the 100-100 Membership Drive
10. Encourage clubs to promote themselves through Public Relations

What we have done this year to date: 93 Lions from 35 Lions Clubs (over 50%) and one Lioness Club member attended the 100 Members in 100 Days presentations at the 3 locations in the District earlier this month. Eight Zone Chairs also participated. Those Clubs were emailed a copy of the Power Point presentation from the meetings. The MERLOW Team members are willing to assist any Clubs who have unanswered questions or just want to talk to someone about their Club's membership growth. Phone numbers and email addresses are in the yellow directory.

## Lions Youth Exchange

Many thanks to all that supported the Lions Youth Exchange program this past year. The youth that participated appreciate all of the financial and other support that Lions and others gave to them for their exchange experiences.

Twenty-one youth participated in Minnesota's Camp Spicer this summer. The camp ran from July 24th – August 1st. Camp experiences included an international banquet (food prepared and served by the youth for the District Governor's and other guests), day at Valleyfair Amusement Park, Native American program, bowling, ropes course at Camp Friendship Ventures, tour of the Minnesota Hearing and Service Dog Center, tour of the Minnesota State Capitol, Chanhassen Dinner Theatre, Mall of America, St. Paul Saints baseball game, tour of Scott County Courthouse, and swim-

ming at the Chaska Community Center. Several of their meals throughout the week were sponsored by various Lions clubs. Eleven countries were represented at the camp: Brazil, Denmark, Finland, French West Indies, Germany, Italy, Japan, Mongolia, Norway, Slovakia, and the USA. Additional thanks to the hard-working, fun-loving camp youth leaders that coordinated and ran the camp: Multiple District Chair Lion Jay Norby, 5M9 VDG Lion Linda Norby, PDG Lion Sue Mullen, Lion Cindy Walters, and Lion Jim Walters.

## Cormorant Lions receive awards



The Cormorant Lions recently presented awards to the following members. Bob Teschendorf received an award for ten years outstanding work as Secretary. Paul Aamondt received the Past Presidents Award for 07-08. Don Harsh and Rick Julian were presented the Melvin Jones Award. Jack Koland was presented with a Progressive Melvin Jones Award.

Pictured from left: Bob Teschendorf, Paul Aamondt, Don Harsh, Jack Koland, Rick Julian and Al Golberg.

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## Peace Poster Contest

“The Power of Peace” is this year’s theme. This contest is open to students ages 11, 12, 13 by November 15, 2009. These posters consist of **no words or numbers** and should be judged on originality, expression of theme and artistic merit. By participating, you are encouraging children to consider the importance of world peace. Please follow the official rules that are in the kit. The kits are available from the Youth Outreach chairs. **Please send your poster the District Governor Jim Arvidson by November 15, 2009.**

# 25,000 given sight

## WELCOME NEW LIONS MEMBERS TO 5M9!

New Member	Club	Sponsor
Vicki Jenson	Aldrich	Teri Cain
Anita Jordan	Backus	Joann Oots
LeRoy Jordan	Backus	Joann Oots
Jeff Swanson	Bay Lake	Tom Burt
Andrew Kennaly	Bay Lake	Jack Heule
Dorothy McAllister	Bluffton	Lucille Andrie
George McAllister	Bluffton	John Andrie
Soni Morgan	Cass Lake	Vernon Raehsler
Glen Sitz	Cormorant	Erling Kolke
Kris Lang	Emily Outing 50 Lks	Elaine LeVoir
Duane Nordin	Hackensack	Mike Bohanon
Tony Mayer	Menahga	Gary Ellingson
Joe Schoon	Menahga	Stacy Schoon
Gary Paschall	Merrifield	Harley Niles
Sandie Schnick	Merrifield	Doris Manning
Shirley Olson	Osage	Dew Wayne Jones
Tony Olson	Osage	Dew Wayne Jones
Jerry Janz	Osage	Carol Luukkonen
Chuck Noesen	Ottertail	Lauris Woessner
Rose Noesen	Ottertail	Lauris Woessner
Sally Allison	Palisade	Darlene Hlidek
Susan DuRose	Palisade	Dawn Quade
Dan DuRose	Palisade	Dawn Quade
Paulette Matteson	Palisade	Wendie Carlson
Ann Mindrum	Palisade	Dawn Quade
Pamela Nordstrom	Palisade	Tambrey Kullhem
Jennifer Quade	Palisade	Amelia Ladd
Brian Wagner	Palisade	Bruce Beck
Dennis Anderson	Parkers Prairie	James Arvidson
Joseph McFadden	Parkers Prairie	James Arvidson
Daren Pray	Parkers Prairie	Roger Froemming
Merle Meece	Perham	Arnie Thompson
Marlys Stahlecker	Perham	Gary Senske
Mike Stoddard	Perham	Larry Olson
Steve Tryggeseth	Perham	Gary Senske



**Lion Dale Poffenberger of the Detroit Lakes Lions Club is seated among 124 boxes of eyeglasses that he has prepared for shipment to a recycling facility in Wisconsin.**

The preparation work that has been completed by Dale involves an inspection of each pair of eyeglasses in order to identify those eligible for reuse. He then packs them for shipment. The eyeglasses determined to be unusable are salvaged and discarded.

Daggett Truck Lines has agreed to provide transportation without charge to the Lions and the eyeglasses have been delivered to their terminal in Frazee for subsequent shipment to Wisconsin.

The 124 boxes pictured with Dale contain an average of 200 eyeglasses each, thus about 25000 pairs of glasses will ultimately provide improved vision for someone in need. Thanks to the Lions Clubs of 5M9 for their part in the collection of the used eyeglasses, Daggett for their contribution and an acknowledgement and special thanks to Lion Dale Poffenberger for all the time and energy that he has devoted to this program.

# The Lakeland Hospice House: Who is it for?

by Mary Widiger, Lakeland Hospice Public Relations coordinator

If you want to see something special, head north on Hwy 27 out of Fergus Falls (also known as Jewett Lake Road) and see how far the Lakeland Hospice House has come in the last few months. The size of the structure is striking, but the purpose of this wonderful house is what really give a person pause.

As we get closer to opening this 8-bed home for the dying and those in need of palliative, or comfort care, we're getting many questions. One very common one is, "If Hospice goes almost anywhere the patient is...who is this Hospice House for?" Many people who have not had first-hand experience with Hospice are understandably not familiar with how our program works.

## What Hospice is and isn't...

Hospice is a team of trained workers who each play an important role in the support, education and assistance to the person with the life-limiting illness and their family and loved ones. Lakeland Hospice & Home Care has on staff Social workers, Nurses, Aides, Chaplains, Volunteers, Bereavement Specialists, a Medical director and others who all help in the care of the patient. Many of these trained workers visit with the patient and family at different times throughout the course of the illness and return as necessary, checking in to see how everyone is doing.

Hospice is currently designed to be a resource and support agency for the patient and his or her primary caregiver(s), but we are not set up to be a 24/7 caregiving service. Only when it is determined that death is imminent and will most likely take place within the next day or so do we come into the home and offer primary care. Up until the Hospice House is open we have only been able to offer assistance and occasional support; and that's about to change later this Fall.



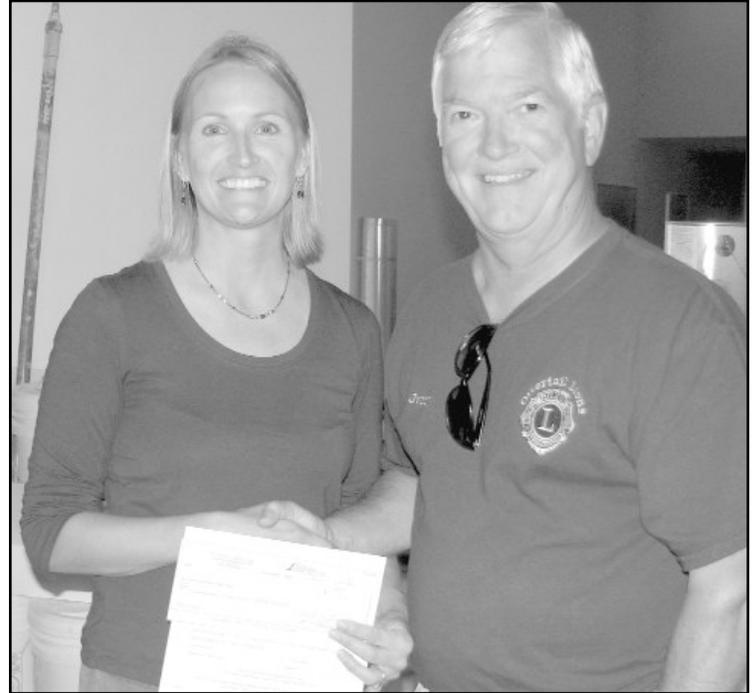
**Tammy Anderson is speaking to a group of visiting Lions during the Lakeland Hospice Open House.**

## Who is the Hospice House for?

The short answer: a lot of people. The family dynamic has changed over the years. Families used to be much larger and live closer together. What happens when a single person or one who's widowed and whose children live far away and aren't able to drop everything to care for their loved one who is dying? Where will they go?

Sometimes patients are younger and the spouse needs to continue working to maintain health insurance benefits. Sometimes the family is distressed that mom or dad will die at home with small children present. Each family has their own unique situations and challenges.

What happens when a family has been caring for a loved one for an extended period of time and is worn out? It can be extremely draining



**Lakeland Hospice Director Tammy Anderson accepts a check from Ottetail Lion Jerry Smith for \$500. This money will be used to build the Lakeland Hospice House.**

to care for the dying day in and day out, and especially trying if a caregiver doesn't feel comfortable with the responsibilities and challenges or becomes overwhelmed.

We live in an area with wonderful long-term care facilities, assisted living centers, and other excellent senior housing. Many of these residences are designed for the long-term care of a person, but they aren't always a first choice for those who don't have long to live. Due to high patient to caregiver ratios, staff at larger facilities can have many people to care for during a given shift and can have a difficult time attending to the special needs of the dying.

Not everyone wants to go to a nursing home either. Those who are younger, or who just never saw themselves in a long-term care facility are looking for another option. Each person and each illness is unique.

Depending on a patient's condition, sometimes symptoms can be complex. It can be a real challenge no matter where the patient resides to deal with someone who faces extreme pain, agitation, restlessness, nausea, or attempts at walking with repeated falls, and the list goes on.

As trained professionals who deal every day with people facing life-limiting illnesses this is where being able to do our work in an atmosphere specifically designed to accommodate these situations is a dream come true. Our Hospice House is being built to help each of the situations listed above plus many more.

Everyone can make a difference.

We are grateful to our donors and supporters who have helped us get this life-touching project off the ground. We have raised close to \$1.7 million towards our goal of \$2.4 million. While the economy has made this a difficult time to be raising money we know that a home such as this will touch many lives for years to come, and it requires many people to be a part of its creation.

While we certainly hope a terminal diagnosis doesn't impact those around us, if it should befall a neighbor, a friend, or even one of our families, we want to be ready. For more information about the Lakeland Hospice House or to make a donation large or small, please contact Tammy Anderson, at the Lakeland Hospice Foundation at 998-1423 and help us get ready to help others.

# CRUZIN' DOWN THE RIVER IN 2010



**We Serve**

## 5M9 MID-WINTER CONVENTION

January 8, 9 & 10, 2010



Cragun's Conference Center on Gull Lake  
Brainerd, MN

Hosted by Aitkin Lions & Aitkin Riverboat Lions

Please fill out this registration form for EACH person attending and return it with a check made out to the 2010 -5M9 Mid-Winter Convention.

Please print clearly: \_\_\_ Lion \_\_\_ Lioness \_\_\_ Leo \_\_\_ Guest

Name: \_\_\_\_\_

2010 Title: \_\_\_\_\_

Address: \_\_\_\_\_

District: \_\_\_\_\_

City: \_\_\_\_\_

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

Prov/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Is this your first 5M9 Convention? \_\_\_

Cost for **First Timers** **\$60**

### Hospitality Books

Includes all Meals and Entertainment

Cost **PRIOR** to December 1, 2009 **\$85**

Cost **ON or AFTER** December 1, 2009 **\$90**

### Meal & Entertainment Tickets

Friday Entertainment	<b>Free</b>
Saturday Breakfast	<b>\$10</b>
Saturday Luncheon	<b>\$20</b>
Saturday Banquet/Show	<b>\$50</b>
Sunday Brunch	<b>\$20</b>

Total Amount of your Check: \_\_\_\_\_

Please mail registration(s) and check(s) to: **2010 5M9 Mid-Winter Convention**

**C/O Kathy Dox**

**107 5th Ave NW**

**Aitkin MN 56431**

**Fax: 218-927-4811**

**Email: tkdox@yahoo.com**

**or C/O Ralph Mykkanen**

**26559 State Highway 210**

**Aitkin MN 56431**

**Fax: 218-927-6822**

**Email: RalphM@mlecmn.com**

Emergency refund of registration must be requested by December 20th, 2009 and a \$25 handling fee will be charged. If you have questions regarding the convention, please call Elaine Bruss at 218-927-4163 or Tom Plagman at 218-927-3544.

**Fax or mail completed room registration forms directly to Cragun's.**

**MAKE A COPY OF THIS FORM FOR YOUR RECORDS.**

**PREFERRED LODGING HELD UNTIL  
November 24, 2009**

(Room Rates honored after November 24 but room AVAILABILITY is NOT GUARANTEED)

One night deposit required by November 24, 2009  
Credit Card or personal check must accompany form.  
Credit Cards and checks will be processed  
Friday, January 8

District: \_\_\_\_\_ Lions 5M9  
Club Name: \_\_\_\_\_  
Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_  
Day Phone(\_\_\_\_\_) \_\_\_\_\_  
Arrive /Depart Dates: \_\_\_\_\_ / \_\_\_\_\_ to \_\_\_\_\_ / \_\_\_\_\_  
E-mail Address: \_\_\_\_\_

**Please print clearly**

Confirmations will be sent to the above address.  
(E-mail address will not be sold, but may be used for special offers by Cragun's)

Please do NOT send me e-mail specials from Cragun's

**SPECIAL REQUESTS**

(i.e. Room Accessibility, Dietary, etc.)  
Explain: \_\_\_\_\_

**DEPOSIT METHOD OF PAYMENT**

- Check (Send with form - Payable to Cragun's)
- Credit Card (Card charged upon departure)
- Debit Card (Card charged upon check-in)

Upon check-in, the debit card will be charged for the remainder of your stay.

Visa, MasterCard, American Express, Discover Card Accepted

Card # \_\_\_\_\_ Exp. \_\_\_\_\_ / \_\_\_\_\_  
Cardholder's Name: \_\_\_\_\_

**MAIL OR FAX FORM (No phone reservations)**

Cragun's Conference & Golf Resort  
11000 Craguns Drive, Brainerd, MN 56401

Fax Number: (218) 825-2727

Website: www.craguns.com

Questions? Call (218) 825-2700 ext. 8400

**Cragun's Lodging Reservation  
Lions 5M9 – January 8-10, 2010**

**PACKAGE INCLUDES**

- Lodging: (Friday and Saturday, nightly rates)
- MN sales tax

Please X night(s) to reserve:  Friday  Saturday

Two-night reservations given priority lodging.  
Rooms assigned first come, first served. If the type you choose is not available, you will be placed in the next available type at the adjusted rate.

Select Lodging by placing a 1 by your first choice and a 2 by your second choice.

All Lodge Rooms are Non-Smoking  
\$100.00 charge for smoking in a non-smoking room

**Lakeview Fireplace Room:** Spacious room with one king or two queen beds, fireplace, refrigerator, microwave, coffeemaker, TV, in-house movies, balcony on lake side.  
All non-smoking rooms

- \$83 per night up to 2 people per room
- Newly remodeled Lakeview Fireplace Rooms:**
- \$95 per night up to 2 people per room

**Pool Area Room:** Large rooms with two double beds, TV, in-house movies, coffeemaker, refrigerator, microwave, balcony level overlooks indoor pool.  
All non-smoking rooms.

- \$83 per night up to 2 people per room

**Shoreline Suites:** Spacious suite with one king bed, living room with queen sofa-sleeper, kitchen, whirlpool bath, gas fireplace, TV, in-house movies, and balcony on lake side.  
All non-smoking rooms.

- \$115 per night up to 2 people per room

**Cottage Rooms:** 1-5 bedroom units outside the main lodge; with 1-3 bathrooms, kitchen facilities, separate living and dining area, large deck overlooking Gull Lake. Some with fireplaces. (i.e. 2 bedroom/2bath cabin is \$124 per night)  
All non-smoking rooms.

- \$62 per night up to 2 people per bedroom

**ROOM OCCUPANTS/SHARE RATES**

Total # of people in room: \_\_\_\_\_  
Names of all adults and names/ages of children in the room: \_\_\_\_\_

Please List: \_\_\_\_\_

If more than 2 people occupy the room, a share rate of \$16/night/person will be charged to the room. Children 12 and under stay free.

For safety and security reasons, Cragun's will not assign roommates.

**EARLY ARRIVAL/STAYOVER RATE**

I would like to arrive a day early, Thursday, or stayover Sunday, at the special rate of \$59.00 per room (includes tax), no meals included. Please X below.

- Thursday  Sunday

Complete 1 Form Per Person or Couple.  
Make A Copy Of This Form For Your Records.

Cragun's Has A NO PET POLICY  
Prior Notification Of  
Certified Service Animals Required

**Cancellation/Refund Policy:**

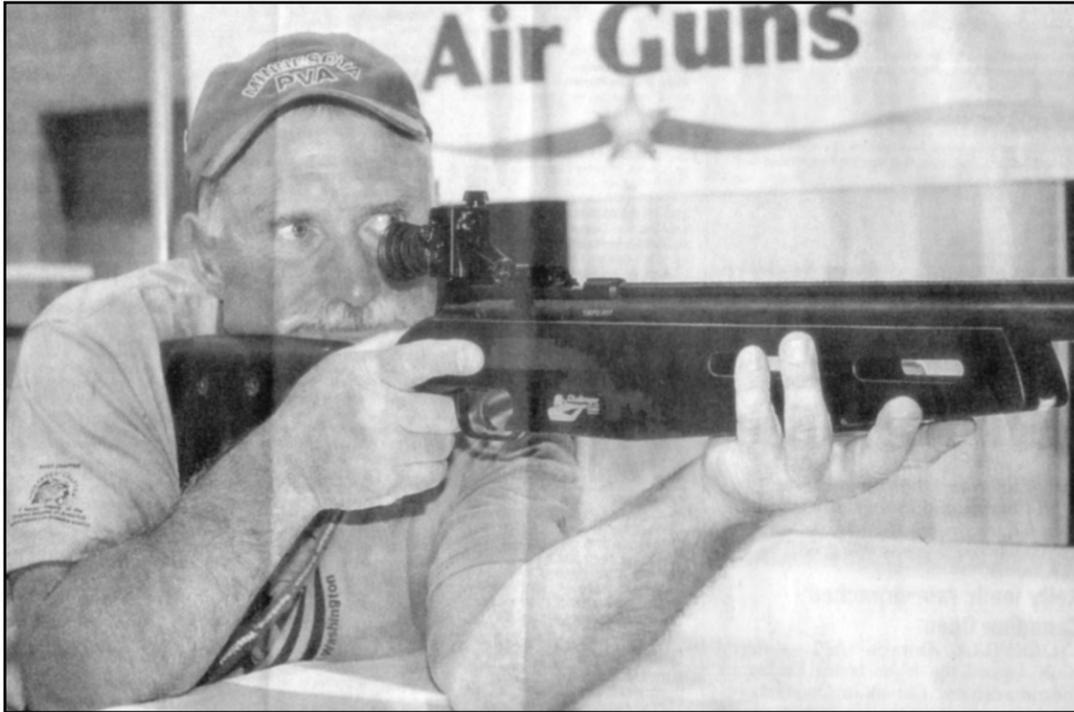
Your check will be processed or credit card charged if

1. Less than 30 days prior to arrival-NO DEPOSIT REFUND.
2. At 30 days or more prior to arrival-REFUND less \$25 processing fee.

After checking in you are responsible for the dates indicated on this reservation form. 55/78/JH/RM

Continued from the front.....

# Ebert strikes gold - twice



**Hank Ebert of Brainerd shot in the air gun competition in the National Veterans Wheelchair Games. Ebert won the event.**

**Photos on the front and above from the Department of Veterans Affairs.**

classes (IA, IB, and IC), and four paraplegic-level or amputee classes (II, III, IV and V).

The event is presented by the U.S. Department of Veterans Affairs and the Paralyzed Veterans of America. They're funded with the help of corporations and service organizations. They are a showcase for sports rehabilitative programs, and the athletic abilities and achievements of our nation's disabled veterans.

The Games have enabled Ebert to travel the country. He plans to be in Denver for the 2010 Games.

"You have no idea what other cities are like unless you go for a week," said Ebert, who is sponsored by Jim Head Racing and Beimert Archery. "I wish I had started going sooner. I heard about it a few times

before I went, but never paid any attention to it. Finally, I did my first one in San Antonio (in 1999) and I was like "Wow. Why didn't I do this before?"

"You get to meet new people. You make a lot of new friends and you look forward to seeing them every year."

Hancock, owner of the original Papa John's Pizza in Crosby, placed third in motorized slalom (with hand controls) and third in stick bowling.

"I'm used to ramp bowling," said Hancock, who turned 59 July 19. "They reclassified me this year and put me in stick bowling. It was the first year I had ever done that. Stick bowling is like shuffleboard. You push the ball down the alley (with a paddle)."

Hancock, who competes as a Class V in the Masters division, also completed in the power chair 200 (with hand controls) and motorized wheelchair rally.

"There are too many people in my class," said Hancock, who is sponsored by the American Legion in Ironton and the Cuyuna Range Lions Club. "In

motorized rally I came in 14th out of the group. In the motorized power 200 I came in fifth out of five."

"In power 200, I would have been better if I had a faster chair. That's why I'm trying to get one this fall for next year."

Hancock plans to compete in his fifth Gamers in 2010.

"This year I'm going to train for bowling because stick bowling was different for everyone," he said. "I have to start practicing with a stick."

**Editor's note:** Mike Hancock is currently serving as Cuyuna Range Lions Club President.



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