

WHAT'S BAKIN' IN 5M9'S KITCHENS

Margaret VanErp 5M9 District Governor

Volume 16, Issue 10 April 2013

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

IT'S NOT TOO LATE



International President Madden reminds us that April-June is the fourth step in his Global Service Action Campaign.

Protecting our Environment.

We need to continue our ongoing projects of recycling, ditch clean-up and community beautification but also, try to come up with some new projects to help our Environment.



IP Madden also encourages us all to continue to promote the **Reading Action Program.**

If your club has not yet done a project to promote reading, now is the time.

DG Margaret has challenged us to contact our local schools to donate money for children that cannot afford to purchase a book from their class book orders or book fair.

CALENDAR OF EVENTS

APRIL

- 1—Pequot Lakes Breezy Point visit
- 4—Zone 6 Mtg at Wolf Lake
- 8—Baxter Lions visit
- 9—Palisade Lions visit /
25th Anniv Celebration
- 15—Northland Remer visit
- 17—Deer Creek Lions visit

- 18-21—Reg Leadership Institute
- 21—Bluffton Annual Consignment Auction
- 22—Breckenridge & Campbell visit
- 23—Zone 8 Mtg at Elizabeth
- 23—Zone 5 Mtg at Wadena
- 24—Zone 9 Mtg at Battle Lake
- 25—Zone 4 Mtg at Laporte
- 26—Vergas Lions 45th

Anniversary Celebration

- 29—Zone 2 Mtg at McGregor
 - 29—Zone 1 Mtg at Merrifield
- #### MAY
- 3-5—MD5M Convention
 - 7—COL at Crosby
 - 8—COL at Bluffton
 - 10—Nisswa Anniversary
 - 13—Merrifield visit
 - 16—Brainerd Lakes visit



WHAT'S BAKIN' IN 5M9'S KITCHENS



As I sit here writing this article the wind is blowing, it is snowing, schools are closed and some of the major highways are closed due to the winter snow storm. But we are blessed; we are warm, have enough to eat and are healthy. Gosh what more can be asked for on such a beautiful winter day.

We just got back yesterday from our Council of Governors meeting. DGE Don and Lion Pat Hendrickx just finished another four days of extensive training to prepare for their upcoming year. It seems like just last week that PDG Peter and I attended the training.

The year as reigning DG is 3/4 gone and it is again time for a pit stop to check how our District is doing. We are down on our membership as most of you know. In fact, according to the last District Health Assessment that I received, our District is down 58 members but the GREAT news is that Ottetail Lions just added 10 new members. I was told yesterday that they have 2 more joining also. SUPER, Ottetail Lions. Wow, if the rest of us could add one more to each of our clubs we would be on the plus side. March and April is a wonderful time when new life is being seen all around us. We should all attempt to bring in one new member for new life in each of our clubs. More helping hands and new ideas for our Spring and Summer projects are always welcome.

We have a NEW GMT (Global Membership Team Chair) Lion Randy Beaver, who has some great ideas. Give him a call and ask him for help in getting a membership drive together and get those new members before the end of this Lions year, so we can have a positive end and a good start for next year.

April is Leo Club Awareness month; we have several clubs looking into getting a Leo's club started in their schools. What a good way to get our young people involved in a great service activity. April is also the month that President Wayne Madden wants us to do something for Protecting our Environment. If any clubs need more collection boxes for eye glasses/ hearing aids just give PDG Peter Van Erp, or Lion Carolyn Hegland a call and they will get some boxes to you. I know that many of our clubs do roadside trash pickup, some do other recycling projects and others do city and park cleanups. These are all are good ideas to help keep our community's clean and safe for everyone.

Of course, President Wayne wants all of us to continue with the RAP (reading action program). I challenge all clubs to donate some money to your local school that can be used for the children who can't afford a book at the book fair or for a book through the book orders so that they too can have ownership of a book for themselves. Our club lies between two school Districts and I am proud to say we donated money to both Districts for that purpose. We received Thank You's from both schools saying how much these books will mean to the children.

Please get your elections done on time (April 15th) and then file your PU 101 as soon as possible after that date. Be sure to check each new officer member file so everything is up to date so our next year directory will be current for the New Year.

Until next month; keep those ovens on and "the buns a bakin".

DG Margaret



"WATTS" NEW in 5M9

District Governor Elect
Donald Hendrickx



As the saying goes, April showers bring May flowers, so I am hoping for "rain" showers in April and not "snow" showers. Spring should be right around the corner ~ I hope !

Lots of things are coming up and I need to remind you all of these. Please get your PU 101's into me BY APRIL 15th, so that we can get the name of your club's President, Secretary, Treasurer and Membership in the Directory. Please include their name, spouse name, if available, address, phone number and email address, and print so it can be read. We will again have a 5M9 directory and a MD5M directory available this year for a minimal cost.

The College of Leadership is coming soon. It will be held on Tuesday, May 7th at St. Joseph's Church in Crosby and on Wednesday May 8th at the Bluffton Community Center. This year we are offering a light supper, consisting of BBQ's, beans, veggies and bars for a free will offering. It will start at 5:00 pm and will end at 6:00 pm when the meetings start. We have some great seminars lined up for those in offices or perhaps those who are thinking of becoming an officer but want to know more about the position. Please encourage all your members to attend this seminar and make it a requirement for your officers. There will be more information and flyers at all the Zone meetings.

The MD5M Multiple is also coming on May 3,4,& 5 in Rochester. If you have never been to one, now is the time to go. The incoming Lions International President, Barry Palmer, will be the keynote speaker. How many times does an opportunity come up that you get to meet an International President. There are wonderful seminars and this will be the first time that I get to put on my "blues". Getting pretty surreal for me !! You can find a registration form on the 5M9 website.

I want to take this time to thank all those who have agreed to be on my cabinet and I look forward to working with each and every one of you. It is going to be a great time !

Vrolijke lente (Happy Spring)

DGE Don

PERHAM LAKES LIONS PROMOTE ID's READING INITIATIVE

Donations were given to the three elementary schools in Perham recently by the Perham Lakes Lions in recognition of IP Wayne Madden's Reading Action Program. The money will be used to purchase books for the school library. Lions Bonnie Genin (far left) and Pat Hendrickx (far right) are shown with the 1st graders from St. Henry's Area School.



THANK YOU

so much to our many Lions friends who offered your kind thoughts, prayers and sympathies during the recent death of my dad. It is overwhelming to be surrounded by such support during difficult times.

Lions Erin and Bruce Beck
and family

CLUB REMINDERS

- ⇒ PU 101's due before April 15
- ⇒ April 9—Palisades 25 Anniversary
- ⇒ April 26—Vergas Lions 45th Anniversary
- ⇒ May 3-5—MD5M Convention
- ⇒ May 7—COL at Crosby
- ⇒ May 8—COL at Bluffton
- ⇒ May 10—Nisswa Anniversary
- ⇒ Attend your Zone Meeting

Boy, am I ready for Spring!! As I write this, the season of Spring will be here in about one week, at least according to the calendar. Here are a few district happenings coming up in the next two months.

Zone Meetings will be held, starting Monday, March 25 with Zone 7 hosted by Lake Park Lions, and continuing in April with Zone 6 planned for Thursday, April 4 hosted by Wolf Lake Lions, and the remainders of the zones following during the rest of the month. The complete schedule was listed in the March newsletter. Zone Chairs have sent out information to club presidents on dates and locations, times and cost. Be sure, Club Presidents, to inform your club members so plans can be made to attend these important zone meetings.

April is Leo Club Awareness Month. During this month we should let our Leo members know how much we, as Lions, appreciate the service work these young people do. At this time, there are two Leo Clubs in 5M9 – WDCB Leo Club at Wadena-Deer Creek School and the Perham Leo Club in Perham. Both of these clubs are active and also work with their sponsoring clubs. Remember, these youth of today are our future Lion members and future leaders. Let's help them become better citizens and leaders for life.

In May, the College of Leadership will be held at two different locations. DGE Don has been busy setting up these sessions, and has listed dates, locations and times in his article. They can also be found in DG Margaret's Calendar as well as the Club Reminders on page 3 of this Newsletter. DGE Don urges all incoming officers to attend and of course, all club members should make plans to attend so they can learn about the different offices and hopefully hold a club office in the future. Take advantage of this opportunity to learn more!

Also, May 3-5 is the MD5M Convention at Rochester. Come to see our DGE Don and Lion Pat start to retire their "blacks" and start with their "blues." Also, you can learn all that is going in our great Multiple district and visit with many other Lions members. Our district covers a large area and therefore there are many other Lions Clubs and a great many Lions to meet. There are always seminars to take part in and the business meetings are conducted each day. Besides all this, the speakers at the meals are very informative, and want to meet you at the casual gatherings.

1st VDGE Gloria Anderson

Thought for the month: "Kindness is contagious: Catch it!!"



"WANNABE"

"WILLABE"

"AMMABE" in 5M9

1st VDGE - Gloria Anderson



LEOS IN 5M9

April is Leo Club Awareness Month as designated by Lions Club International.

At the present time, there are two Leo Clubs in 5M9: Perham Leo Club was chartered April 2012 and WDCB Leo Club was chartered January 1998.

We are working with Vergas and Frazee Lions Clubs to start a club in the Frazee School. I have met with Parkers Prairie Pride of Lions Club as they are interested in starting a Leo Club in the Parkers Prairie School.

On Monday, March 25 at the Zone 7 Meeting I will be leading a Round Table discussion on Leos.

Get your young people involved in your Lions Club and community. Check with club members and schools about organizing a Leo Club in your community.

The youth of today are future leaders in our communities, Lions Clubs and other places. Our youth like to be involved so think about a Leo Club in your school or community. Let's give them this chance to develop.

5M9 Leo Chair

PDG Ken Anderson



LEADER DOGS
FOR THE BLIND

In his continuing quest to raise awareness and money for Leader Dog, Lions Mark and Debbie Mansell will begin another cross country trek—this time by motorcycle from June 15th to July 8th. They'll travel 10,000 miles through all 48 contiguous states in just 24 days. They will be visiting Bluffton on June 21st. More information will follow as soon as we know when they will be in Bluffton. You can go to www.leaderdog.org/cyclingforleaderdogs and click on the "Donate" button if you would like to donate or you can send money to Lions Dick Kimball, Dave Petry or DG Margaret Van Erp and they will get you the pin.

94th Annual MD5M Multiple Convention

REMEMBER: If your club has any NEW members since January 1, 2013 that has NOT been inducted yet can be inducted at the Multiple Convention in Rochester by our 1st Vice President, Barry Palmer. He will be our new International President in July for 2013-2014. This would be a great honor for new members as well as our District. Please contact DG Margaret Van Erp before April 25th with any names . The induction would be at the Saturday night banquet, May 4th. petemarg@arvig.net 218-385-3446

VERGAS LIONS CELEBRATE 45 YEARS



FRIDAY: APRIL 26, 2013

VERGAS EVENT CENTER

SOCIAL: 5:30 PM

PRIME RIB DINNER: 6:00 PM

**SPEAKERS: COUNCIL CHAIR, BRUCE BECK AND
VERGAS LIONS CHARTER MEMBER, RODNEY HANSON
MUSIC AND DANCING WILL FOLLOW**

TICKETS: \$25 / PERSON



Reserve your tickets today: Rodger Palmer, 218-841-0302 or repotter@cot.com

DIABETES RISK TEST.

CLICK. TAKE IT. SHARE IT.



During March, 2013, the American Diabetes Association encouraged the public to take the Diabetes Risk Test, as well as to share the test with everyone they care about - friends, family members and colleagues. With each person that takes the test and knows their risk, the Association is that much closer to stopping diabetes.

American Diabetes Association Alert, held every March, is a “wake-up call” asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. Preventative tips are provided for everyone who takes the test, including encouraging those at high risk to talk with their health care provider.

Diabetes by the Numbers

Diabetes is a serious disease that strikes nearly 26 million children and adults in the United States, and a quarter of them—7 million—do not even know they have it. An additional 79 million, or one in three American adults, have prediabetes, which puts them at high risk for developing type 2 diabetes. Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take the steps to Stop Diabetes®.

Are You at Risk?

Everyone should be aware of the risk factors for type 2 diabetes. People who are overweight, under active (living a sedentary lifestyle) and over the age of 45 should consider themselves at risk for the disease. African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders and people who have a family history of the disease also are at an increased risk for type 2 diabetes.

Unfortunately, diagnosis often comes 7 to 10 years after the onset of the disease, after disabling and even deadly complications have had time to develop. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.

The American Diabetes Association has made a strong commitment to primary prevention of type 2 diabetes by increasing awareness of pre-diabetes and actively engaging individuals in preventative behaviors like weight loss, physical activity and healthful eating. March was a singular moment in time in which we could raise awareness and prompt action among the general public – particularly those at risk.

Take Charge of Your Health

Studies have shown that type 2 diabetes can often be prevented or delayed by losing just 7% of body weight (such as 15 pounds if you weigh 200) through regular physical activity (30 minutes a day, five days a week) and healthy eating. By understanding your risk, you can take the necessary steps to help prevent the onset of type 2 diabetes.

You can be part of the movement to Stop Diabetes® and get your free Diabetes Risk Test (English or Spanish) by visiting the Association on [Facebook](#), [stopdiabetes.com](#) or by calling **1-800-DIABETES (1-800-342-2383)**. The Diabetes Risk Test is available year-round.



Sponsor a booth at a special event.

Think of the impact your club could have at the community's next health fair, festival or home show. Exhibiting at an event connects your club to that event, its topic, the

people attending, etc. Featuring photos of club projects and providing membership information to the attendees will help get the word out about your club.

Right Elizabeth Lions President Jerome Schauff, presented Cindy Blair, Rothsay Public Schools Librarian, a \$250 check to help purchase books.





Osage Lions Pancake Feed & Carsonville Fire/Rescue Open House April 6 ~ 7 am - 11:30 am *(Freewill Offering)*

Plus... **FREE HEALTH FAIR**

Raffle Prizes:
Two Rod & Reel
Combo Sets
donated by
Delaney's Sports
Center & Cabela's

Gently Used Book Sale
Proceeds to
Leader Dog Program

- Blood Pressure • Glaucoma
- Macular Degeneration
- Diabetes Sceenings
- Chair Massage
w/Carre Vanderheyden

**Mobile Fire
Safety House
On Site**

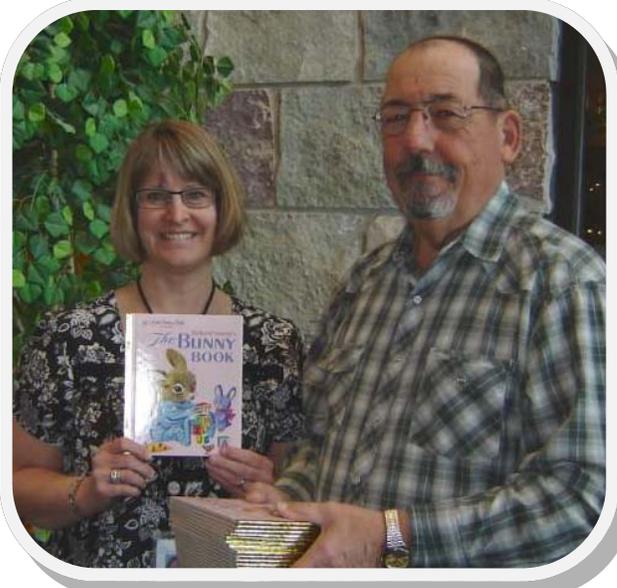
ALL AGES
WELCOME

Meet your local
firemen and
Smokey Bear

Osage Community Center

Co Hwy 48 • Osage, MN • osagelions@gmail.com

O L
S I
A O
G N
E S



LEFT

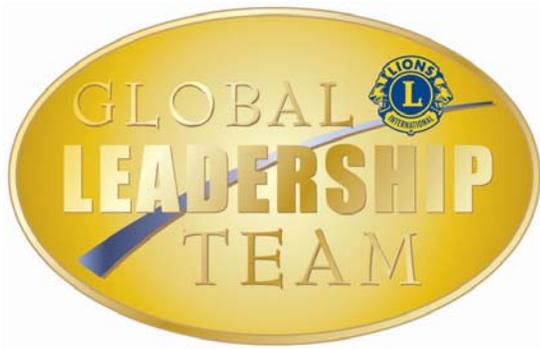
Sonde Tolle, Medical / Surgical / OB Manager for St. Joseph's Area Health Services, accepts copies of The Bunny Book children's book from Osage Lions member, Larry Frehse, as part of the Lions "Reading Awareness Program". A copy of the book will be added to the take home packet of each newborn being discharged from the hospital.

This is program Osage developed for IP Madden's Reading Awareness Program.

RIGHT

Osage Lions Dawn and Tom Caracio are pictured reading to a group of school children. They do this every Tuesday for one hour.





GLOBAL LEADERSHIP AWARD

The GLOBAL LEADERSHIP AWARD will be given to a District 5M9 Club that demonstrates the greatest involvement in Leadership activities and opportunities while also working to make our communities a better place to live. Both Locally and Globally !

“ CRITERIA “

July 1st, 2012 to June 30th, 2013 CLUB NAME _____

The Club is Active and Attended : (How many represented your Club at each Event)

Zone Meetings. Conventions – 5m9, MD5M, Int'l.

District Leadership and Membership Conference. (10-28-2012) Guiding Lion Training Program.

MD5M Regional Leadership Institute

Community Project that involved other organizations and focused on that communities needs.

Please Elaborate.

Involved in GLOBAL Reading Action Plan. Elaborate on what you did.

Held Orientation for All Members.

Presentations by Cabinet Project Chairs. (List the ones you had during the year)

Please complete your Report for the Year and return to PDG Jim Arvidson / GLT District Coordinator by July 15, 2013. Please use this form and ADD as many pages as needed.

Lions of 5M9 mark your calendars for the 2nd Annual D'Feet Hearing Loss Walk!

Saturday, June 8, 2013



This year PDG Linda Albrecht-Norby is asking for your support as she walks the grounds at the University of Minnesota Landscape Arboretum in Chaska, Minnesota.

This walk is one of our biggest fundraisers this year. It will help those individuals from newborns to our elderly to get the help they so desperately need, the gift of hearing!



We invite the Lions of 5M9 to help with this great cause. You can send your donations of any amount to:

PDG Linda Albrecht-Norby
1021 5th Avenue NW
Perham, Mn. 56573

If any of the clubs would like to participate themselves, we invite them down to Chaska for a great day of not only exercise, but a beautiful tour of the grounds.

Save the Date...

June 8, 2013

D-Feet Hearing Loss

Fundraiser Walk held at the Landscape Arboretum

For further information about the walk or to registered, go to the Lions MD5M Hearing Foundation website at: www.5mf.org.



Thank you for your support and keep up the great work you continue to do as Lions in 5M9!



ZONE 7 held their latest meeting hosted by the Lake Park Lions Club. Below: ALL Clubs of Zone 7 were represented.

Above: Several Lions were awarded the "Everyday Hero Award"
 L-R Back Row: Lion Kevin Ricke/Lake Park, Zone Chair Jay Norby, DGE Don Hendrickx, Lion Brenda Wieland/Detroit Lakes, L-R Front Row: 1st VDGE Gloria Anderson, Lions Kathy Fry/Fraze, Gary Simpson/Perham Lakes, Penny Rydell/Perham, Sandra Antonsen/Vergas.



JAY NORBY STEPPING DOWN AS ZONE 7 CHAIR
 Lion Jay Norby has presided over his final Zone Mtg. He will be stepping down as of June 30 to carry on as 2VDG. While he will be missed as Zone Chair all are proud to follow him on his road to District Governor 2015-2016



**ZONE 4
 SPRING MEETING
 April 25, 2013
 at the "3rd Base"
 in Laporte, MN
 Gathering: 5:45 pm
 Meeting: 6:15 pm
 Featuring
 PDG Jim Arvidson on
 "THE ROAD TO THE
 DISTRICT GOVERNORSHIP"**

To: MD5M USA Canada Forum Attendees

Have you thought about how you are traveling to Overland Park, Kansas?

Consider a motor coach!

Contact your District Governor or USA Canada Forum Chair for info before 5/1/13.



5M9 Newsletter
What's Bakin' in
5M9's Kitchens



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

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SHOWING WE CARE

If you know of someone in your Club....Lions member or family member that may be in need of a card/note/message sent because of illness; surgery; death or other serious situation please notify me and I will send a card. I can only do that if I know who it is. As your District Chaplain I want to reach out in that way and let them know I hold them in prayer and thought. Give me their name and address. Please use this email:

Charlene.Grossman@state.mn.us



CASS LAKE-LAKE COUNTRY LIONS CELEBRATED 30 YRS

of service to our community and world on Monday, February 25, 2013 at Trinity Lutheran Church in Cass Lake. Special guests were members of their sponsoring club, the Cass Lake Lions Club. LEFT: Lions Nancy Ramsey (right) and Ruth Dorn reminisce about the early days of the Lioness Club in Cass Lake. They were Charter members of the Lioness Club. BOTTOM: Members of the Cass-Lake Country Lions are joined by the Cass Lake Lions to celebrate.



Please submit stories and photos on or before the 15th of each month for entry into the following months newsletter. When possible, send photos in a jpeg format and articles as a word document. Use pdf format only when the other options are not available. Contact me for assistance or with questions.

Thank You
 Tracey Buhl