



The 5M1 Pride News

Keeping District 5M1 Lions Clubs Informed



Number 8

<www.lions5m1.org>

March, 2011

Sometimes We Just Want to Help

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Story provided by PDG Bob Andraschko

Pine Island, Winona, and District 5M1 Lions were able to gather funds to donate the full amount needed to purchase an adjustable mat table for Oronoco resident, Laurie Reese. Laurie was involved in a paralyzing accident in November, 2007. Since then she has undergone much therapy. She has difficulty doing the exercises at home because if she gets on the floor, she needs help up. The adjustable mat table will enable her to transfer to and from the table by herself. The mat table was not covered by insurance.

Pine Island Lions were contacted by a Winona Sunset Lion, Ray Bisco, whose daughter works with Laurie. Lion Ray wanted Pine Island Lions to be aware of the need in our area and asked if we could help. The Pine Island Lions raised \$242 through contributions from members at their January meeting. At the Lions 5M1 mid-winter convention Ray Bisco presented



Money for the Mat. L to R: Lion Nadeen Lunde, Laurie Reese, and Lion Wade Bluemer presenting a check from three sources to Laurie for purchase of an adjustable mat table. Both Lions are from the Pine Island Lions Club.

\$100.00 to the Pine Island Club to help defray the table costs. A request was made to the 5M1 Emergency Relief Fund. The request was approved.

Pine Island President, Wade Bluemer, called Laurie to explain what had been accomplished. The best part was that Laurie had no idea the fundraising was going on!

Laurie was very excited and on Thursday, February 3, Pine Island Lions Wade Bluemer, Nadeen Lunde, and Mike Lunde delivered a \$542.00 check to a grateful Laurie. Laurie was a junior high gymnastics coach when Lunde was the head coach. "It feels so good to work together with other Lions to help someone in our area," said Lion Nadeen.

Rap with Randi

By District Governor Randi Fravert

Have you seen enough winter for this year? I sure have.

We have been traveling every weekend attending my fellow governors' mid-winter conventions. It has been fun to go and see how each district does its mid-winter. I find the common thread throughout all of them is the fun that the Lions have when they get together. We all work very hard, and to be able to get together and have some fun is so important.



At this time I only have five club meetings left. I have truly enjoyed going out and meeting the Lions in the district. Each club is unique and has projects and fundraisers that are very successful.

We have our last set of zone meetings in March. The dates are:

- March 8** Zone 1 in Plainview at the Legion
- March 10** Zone 5 in Hayfield at the Oaks Golf Course
- March 15** Zone 3 in Chatfield at the American Legion Room
- March 17** Zone 2 in Spring Grove at the Fest Building.
- March 22** Zone 4 in Dexter at the Lake Geo Travel Plaza
- March 24** Zone 6 in Lake City at the American Legion

I hope every club will try to have representation at one of the meetings. These meetings are to inform you of the projects that we do in the district and support through the Parade of Green. We had good representation for the Parade of Green at midwinter. We collected over \$58,000 this year over and above all of the donations made by the clubs for the flood relief. Lions in 5M1 have made a difference in the lives of many and will continue to be "Beacons of Hope." Keep up the good work.

I have gotten word that the puppies that we sponsored at midwinter through the prison program have arrived at the Fort Dodge Correctional Center. Their names are Spam and Randi and will be placed with two inmates who will work with them for a year before they go on to Leader Dogs for the Blind. We heard that Austin (whom

we sponsored two years ago) has been placed with someone in Texas. She was lucky enough to get out of the frigid cold weather.



Prison Puppy.

Election of Officers

March is the month to post your candidates for officers, and voting will take place in April. I know this is early but we have had a problem getting the information for the district directory in a timely way. Therefore, we are asking clubs to do their voting in April so we can get the information for the directory turned in on time. Officers do not take office until July 1. Secretaries, be sure to get the information entered on the PU101's as soon as you have the election. Please get accurate information, including name, address, phone number, and e-mail address. We need this information for the incoming district governor to be able to contact presidents and secretaries of the clubs, if needed.

Have you made your plans to attend the Multiple Convention April 29 – May 1, 2011? The convention will be held in Mankato. The multiple conventions bring more Lions together who, over the years, have formed friendships. The planning committee has been busy making arrangements for this to be a fun, yet educational, weekend. Hope to see many Lions from 5M-1 attend this convention.

President Scruggs' April project is **Protecting Our Planet**. If your club does a project that fits in this category, be sure to send it to Lions Club International. During April, we invite your club to join Lions around the world to protect the environment. Help us raise awareness of the importance of protecting the environment in connection with [Earth Day](#), or organize hands-on projects throughout the month that mobilize your club members to improve your community's environment.

See page 10 for project ideas and DG Randi's Travels.

What Do You Know, Joe?

By District Governor Elect Joe Schlichenmeyer

The new dates we chose for our mid-winter convention worked out very well, so we are planning on keeping that weekend next year. Planning for next year's convention is already underway, so mark your calendars for January 20th, 21st, and 22nd.



Notices for our March zone meetings are on their way. I find our zone meetings to be very informative and inspiring. Each of our Lions clubs is unique, and our zone meetings are where Lions ideas and best practices are shared. We also get information about our district supported projects; the ones that are supported by our Parade of Green. I want to thank all of our clubs for their donations to the Parade of Green. I can only imagine how many lives have been and will be touched because of those donations. Lions truly do make a difference in our world. Attend your zone meeting and listen, learn, share, and have fun.

I am working on filling my cabinet and have a few positions left. If you are interested in serving on my cabinet, please call me on (507) 932-5838.

My DGE training session is coming up March 16, 17, 18, and 19 in Brooklyn Center. We will be touring Can Do Canines, the Eye Bank, Hearing Foundation, and the Diabetes Center, followed by training sessions. I am still working on my speech. I am looking forward to attending the council of governors meeting Saturday, March 19th. Time is going by so quickly, and I am sure enjoying new experiences.

Lions elect their officers in April. Please get their position, name, address, phone number, and email to me as soon after the election as possible. Use email, if you can, at joepatc@hbcsc.net or send the information to me at 1242 Morse Ave., St. Charles, MN 55972. This information is important, as we

need to contact your clubs from time to time. The information is included in the district directory, so please get this information to me by May 1st.

Don't forget our spring school of instruction scheduled for Sunday, May 15th, at 2:00 PM and a second chance to attend on Tuesday, May 17th, at 6:30 PM. Both sessions will be the same and will be held at the Heintz Center in Rochester. Please come to one or the other. This school is intended for any Lion who is curious about the job expectations of club officers or zone chair, positions not just the Lions who have been elected.

Lewiston Lions in Action

By Lion Bruce Klein

The Lewiston Lions Club was privileged to have three young students from Lewiston-Altura Schools and two of their instructors present at the monthly Lions meeting on February 2nd at the Recreation Bar and Cafe. The students and instructors talked about how valuable the recently installed Lions Quest Program was to their curriculum and how it helped their fellow students by offering positive youth development and conflict prevention that unite the home, school, and community. The program builds healthy young people of strong character.



Lewiston-Altura Teachers and Students at the Lewiston Lions Club meeting.

The Quest program is supported by Lions locally and internationally and is providing 12 million youths with essential life skills that have improved test scores and have changed knowledge, attitudes, and beliefs regarding substance abuse and violence. Students exposed to this curriculum have lower rates of disciplinary problems, lower risk of dropping out of school, and a decrease in the use of alcohol, tobacco and drugs. The Lewiston Lions hope to continue to aid the Lewiston-Altura School District with this valuable tool.

Getting There

By First Vice District Governor Elect Gloria Dockter

I'm really looking forward to the spring round of zone meetings, **all of which are in March**. How many members of your Lions club plan to attend these informational meetings? Zone chairs work hard to make the meetings beneficial to all. Has your club ever had the most members in attendance? **Let's have a great turnout.**



I would like to remind you that the Multiple District 5M (MD5M) convention is coming up April 29 thru May 1st, at the Verizon Wireless Center in downtown Mankato. The MD5M convention is where Lions from Minnesota, Manitoba, and Northwest Ontario get together for a weekend of information, fun, meals, and entertainment. This is a great opportunity to meet Lions from the entire multiple district. Mark your calendars now.

Next letter in the ABC's

Impossible: Lions making the **Impossible** possible!

Do we as Lions have **Impossible** goals, **Impossible** challenges, and **Impossible** dreams? How do we go about making the **Impossible** possible?

First, we need to look at our projects and goals not as a whole but broken down to a more manageable form. Make a list of what needs to be accomplished one step at a time and list your available Lions who can best perform these tasks. Every Lion has different strengths and weaknesses. Learn the strengths of your club members, and you have taken your first step in making the **Impossible** possible.

An **Impossible** challenge may be a new fundraiser—go after it with your knowledge of Lions strengths and weaknesses. There is a right Lion for each task.

An **Impossible** goal may be a service project too big for your local club. Network with other community organizations to get the job done.

An **Impossible** dream — to stop the decline of our membership, retain those Lions we have by utilizing their strengths and go on a hunting frenzy to find those much-needed younger family Lions to increase our numbers and, therefore, increase our strength in service.

Impossible? I think not!

Until next month, yours in service
1st VDGE Gloria Dockter

Sometimes You Just Have to Ask!

By Lion Bruce Klein

Lions in Lewiston are always an active group. Since they were chartered in 1957, the Lewiston Lions Club has always welcomed new members. The club encourages fellow Lions to **ask others** to join in the world's largest civic organization in helping others by following our motto of "We Serve."



New Member Recognition Pin. Pictured here on the left is Lion Doug Moe receiving a recognition pin for helping to bring three new Lions to the Lewiston Lions Club. The pin was presented by President Lion Tom Wirt. Feel free to ask any club members about the value and many worthy causes of being a Lion.

It May Not Be Too Late!

The Multiple District 5M (MD5M) convention is just around the corner. Early registration ends March 1, so it may not be too late for you to save a few dollars.

There is a registration form on the MD5M website at:

www.lionsmd5m.org

Join your fellow Lions at "The Bend in the River," and have a great time!

New Members in District 5M1

By 1st VDGE Gloria Dockter

PLEASE WELCOME OUR DISTRICT'S NEWEST MEMBERS		
December 20 through February 20, 2011		
NAME	CLUB	SPONSOR
Rick D. Swank	Austin Lions Club	Charles Mills
Randy John Meyer	Goodhue Lions Club	David Burfeind
James Francis Clemons	Grand Meadow Club	Lenora Del Jahns
Allen Leo Faulhaber	Grand Meadow Club	Lenora Del Jahns
Julie Ann Faulhaber	Grand Meadow Club	Lenora Del Jahns
Jacob Scott Gehling	Grand Meadow Club	Lenora Del Jahns
Jered Mitchill Gehling	Grand Meadow Club	Lenora Del Jahns
Mike Blake Flaby	Harmony Lions Club	Lu Ommen
Mary Lou Doron	Hayfield Lions Club	David Subbert
Reuven Doron	Hayfield Lions Club	David Subbert
Jean M. Broadwater	Houston Lions Club	James R. Morcomb
Douglas D. McCabe	Houston Lions Club	Dennis Eich
David W. Jacobsen	Kenyon Lions Club	Franklin D. Peterson
Judy M. Storlie	La Crescent Lions Club	Joan C. Francois
Dennis J. Tri	Mazeppa Lions Club	Nathan A. Arendt
Cheryl J. Nymann	Plainview Lions Club	Randi L. Fravert
Eugene R Welke	Plainview Lions Club	Randi L. Fravert
Ingrid Welke	Plainview Lions Club	Randi L. Fravert
Abdi Abdifatah	St. Charles Lions Club	Joseph L. Schlichenmeyer
Nicole L. Barclay	St. Charles Lions Club	Debra A. Wait
Alexandrea Jorissen	St. Charles Lions Club	Joseph L. Schlichenmeyer
Megan Splittstoesser	St. Charles Lions Club	Joseph L. Schlichenmeyer
Susan M. Stefanich	St. Charles Lions Club	Debra A. Wait
Betty J. Ask	St. Charles Lions Club	Walter Ask

Mark Your Calendars for Three Important Events

- 1) The MD5M Convention on April 29, 30 and May 1. Registration form on page 11.
- 2) Camp Winnebago Spring Clean-Up Day on April 30th. More information will follow later on carpooling time and place to meet.
- 1) The District 5M1 School of Instruction for all Lions interested in Leadership positions in their club or our district.

Choose from two dates to attend at the Heintz Center in Rochester:

Sunday, May 15th, at 2:00 p.m. or Tuesday, May 17th, at 6:30 p.m.

American Diabetes Association Alert DaySM

By Chris Schaefer, Director, American Diabetes Association

Join the Million Challenge

There are many faces of diabetes - it can affect anyone regardless of age, ethnicity or social status. In type 2 diabetes, often symptoms do not appear until it's too late. If left untreated, diabetes can lead to deadly complications - including heart disease, stroke, kidney disease, blindness, and amputation.

Nearly 26 million children and adults in the United States have diabetes. A quarter of those with the disease - 7 million - are unaware that they have it. If current trends continue, one in three American adults will have diabetes by 2050. With such staggering numbers - how many people in our district could be at risk or undiagnosed?



Tuesday, March 22nd, is the 23rd Annual American Diabetes Association Diabetes Alert Day. This is an opportunity for all Americans, including those in our own community, to take charge of their health and “*Join the Million Challenge*” by taking the Diabetes Risk Test to find out if you could be at risk for type 2 diabetes and, if you are at high risk, to speak with your health care provider. The Diabetes Risk Test is available at stopdiabetes.com, by calling 1-800-DIABETES or by texting JOIN to 69866 (Standard data and message rates apply).

Studies have shown that type 2 diabetes can 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. For people who have already been diagnosed with diabetes - whether they have type 1 or type 2 diabetes - these same lifestyle changes can make a significant difference in their diabetes management.

I strongly urge your readers to “*Join the Million Challenge*” by taking the Diabetes Risk Test. Remember, in order to prevent or treat type 2 diabetes, you must find out first if you, or someone you love, could be at risk.

Thank you for sharing this important information.

Kasson-Mantorville Lions Blood Glucose Screening

By Lion Wayne Hendrickson, K-M Lions

Over 70 people took advantage of the diabetes screening at the Kasson-Mantorville Lions annual pancake breakfast held at the end of January. The breakfast profits will be donated to the Dodge County Food Shelf.



Blood Glucose Screening. Shown here: Registered nurses Marlys Shores, foreground right, and Genny Hendrickson (maroon vest) are busy doing the screening.

PDG Ron Norton and Lion Madonna Norton were busy registering those who took part, and Lion Bruce Klein set up the equipment. Anyone with high reading levels was encouraged to get their results checked out further.

Attention All Lions and Lions Clubs!

Many of you know that Past Council Chair Brian Sheehan from district 5M4 has been endorsed by Multiple District 5M (MD5M) as a candidate for international director. He attended the international convention in Sydney, Australia last year and will need to campaign extensively in the coming months, especially at the international convention in Seattle in July.

To raise funds for that campaign, the campaign committee will be having a silent auction at the MD5M convention in Mankato in April. Please consider donating an item for that auction.

Go to the MD5M website (www.md4mlions.org) to sign up.

A New Director For Camp Winnebago

Camp Winnebago

Camp Winnebago is proud to announce the hiring of Barb Cage as camp director. Barb brings to Camp Winnebago many years of experience in camp management. Barb was the director of Camp Winnebago in the 1990's and, more recently, was a director of a camp in Florida. Barb started work at the camp on February 14th, and she is eager to lead in serving the mission of Camp Winnebago as outlined at www.campwinnebago.org.



Barb proudly speaks of her six children, two of whom live in Rochester, along with Barb's grandchildren.

The board of directors welcomed Barb at its monthly board meeting held at the Rec Cafe in Lewiston on February 16th.



New Camp Winnebago Director. Pictured here is Barb, along with board members Doug Butler, center, and Lion Dave Hoot.

Please welcome Barb back to Camp Winnebago and feel free to contact her at the camp. The board and Barb appreciate all that Lions do in making the facilities possible and in supporting nearly 270 mentally disadvantaged campers annually.

A Sister City Program Involving Lions

By Lion Mary Malloy

The Winona Sunset Lions enjoyed a stellar program at their January meeting. Representatives from the Winona School District gave a presentation on the Winona/Misato Sister City Program. Harry Kline, a parent participant on the April 2010 trip, prepared a 10 minute video highlighting the trip and the students who participated. Two student ambassadors, Jean Leighton and Haley Christensen, spoke eloquently of their experiences in Japan and how it impacted and continues to influence their lives. Questions were answered afterwards by program organizer, Joe Lepley, who organizes the trip each year and who has traveled to Misato three times.

Of particular interest to the Sunset Lions was the fact that the Misato organization that welcomes Winona students and guests each year is none other than the Misato Lions Club!



Sister City Ambassadors. L to R: Jean Leighton, grade 11, and Haley Christensen, grade 10.

Locally, the Winona/Misato Sister City Program has proposed the creation of a Japanese Garden to honor the sister city relationship. Misato has erected a replica statue of Princess Winona and has installed it in a prominent place in the city.

Because of the close connection with Lions Club International and the Sister City Program, it stands to reason that the Sunset Lions (and perhaps other Winona Lions Clubs as well) would take interest in such a program. With the loss of the Toy Store and the Community Wide Pancake Breakfast, involvement with the students in the Winona program and the Japanese garden project offers great potential.

Pine Island Lions Fiftieth Anniversary



Pine Island Lions Celebrating Fifty Years of Service Monday, March 21, 2011

Dear Lions,

The Pine Island Lions cordially invite you to join in our 50th anniversary celebration. Immediate Past International Director Debra Wasserman will be our guest speaker at the dinner session.

We are adding a “Celebration with Pine Island” portion to our day.

4-6 PM Open House @ Pine Island American Legion inviting the community to share our story of Lions through photo displays and conversation opportunities with funding recipients.

6:00 PM Social Time at St. Michael’s Catholic Church Fellowship Hall, Pine Island

6:30 PM--- Dinner, entertainment, and celebration. Cost \$12/person

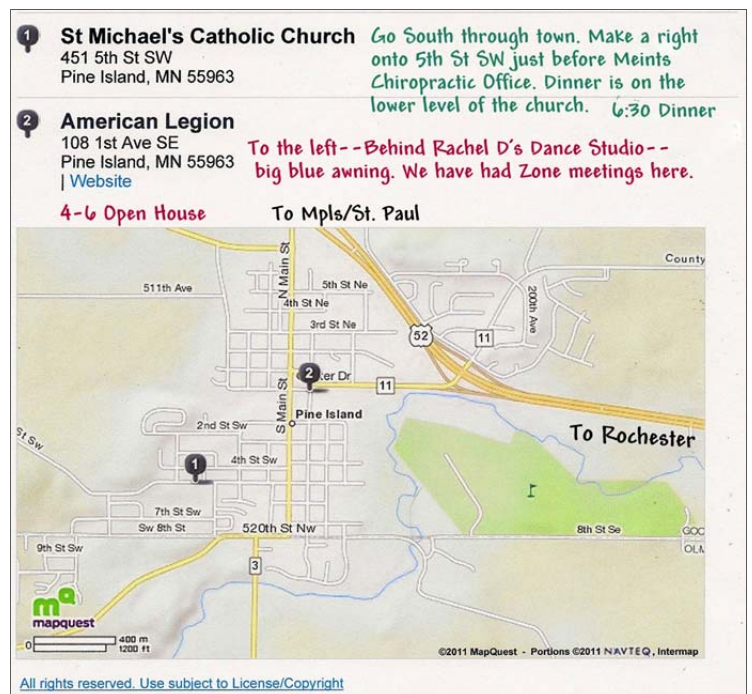
Menu:

Oven-Roasted Parmesan Chicken, Baked Potato, Lettuce Salad, Dessert, and Beverage.

(Please make us aware of any special dietary needs.)

The registration form is on the next page, and a map showing the celebration locations is below.

Yours in Lionism,
Lion Nadeen Lunde-Anniversary Chair
PO Box 458
Pine Island, MN 55963
507-356-4504 home—507-581-6411 cell
malunde@pitel.net



Come Celebrate with Us!



Please make reservations
by Monday, March 14th

Monday, March 21, 2011 6 PM Social Time 6:30 PM Dinner
St. Michael's Catholic Church Fellowship Hall
451 5th Street SW Pine Island, MN 55963

Cost \$12/person

Club Name: _____

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Amount Enclosed: _____

Make checks payable to: Pine Island Lions
Send registration to: Lion Nadeen Lunde
Anniversary Reservations
PO Box 458
Pine Island, MN 55963

****Join us for our Community Celebration Open House
at Pine Island American Legion (4-6 PM)
108 1st Ave SE Pine Island, MN 55963**

DG Randi, cont.

Project Ideas

Here are several project ideas:

- Organize a community clean-up project.
- Work with a local forestry department to plant trees in your community.
- Educate your community about easy eco-friendly practices to adopt in daily life.
- Organize a recycling project to collect old eyeglasses, batteries, or small electronics.

Pick Your Project

Choose a service project that helps meet a community need and reflects the interests of club members. When developing your project, make sure it is a hands-on, highly visible activity that Lions can easily get involved with. Perhaps your club already has an environmental activity that could be expanded during the month of April. Or, choose from this list of ideas:

- Plant flowers or trees.
- Organize a roadside clean-up.
- Clean up a park or playground.
- Organize a carpooling campaign.
- Establish a school-wide recycling program.
- Host seminars regarding simple practices that "Protect our Environment."

To ensure the success of your project, be sure to set specific goals that you would like to accomplish by the project's conclusion.

Some examples include:

- Planting 100 trees during the month of April, 2011.
- Dedicating 200 or more Lion hours to beach and riverbank clean-ups during the month of April, 2011.

Publicize Your Project

Give your club the recognition it deserves!

Tell the local community about upcoming club events to promote your service project.

Consider:

- Posting flyers
- Contacting local radio or public access television stations
- Sending press releases to community newspapers
- Posting project information on your club or district's web site or other social networking sites such as Facebook
- Inviting local media

Road Tripping with Randi

February

- 26 Chatfield Lions
- 28 Winona Rivertown Lions

March

- 3 Wanamingo Lions
- 8 **Zone 1 — Plainview**
- 10 **Zone 5 — Hayfield**
- 14 Hokah Lions
- 15 **Zone 3 — Chatfield**
- 17 **Zone 2 — Spring Grove**
- 18-20 Brooklyn Center—Friendship Dinner and Council of Governor Meeting
- 21 Mabel Lions
- 22 **Zone 4 — Dexter**
- 24 **Zone 6 — Lake City**
- 28 Charter Night for Lancer Leo Club LaCrescent/Hokah

April 28-May 1

Multiple Convention in Mankato

May

- 15 **School of Instruction — Heintz Center**
- 17 **School of Instruction — Heintz Center**

June

- 19-20 Trip to Alaska

July

- 4-8 International convention in Seattle, Washington



Join Us at the
"Bend in the River"

92nd MD5M Convention
 April 29, 30, May 1, 2011
 Verizon Wireless Center, Mankato, MN
 Hosted by District 5M-2



Registration Form

Please print

Lion Lioness Leo Guest

Lion Lioness Leo Guest

Name _____

Name _____

Address _____

Address _____

City _____ Prov/State/Zip _____

City _____ Prov/State/Zip _____

Email Address _____

Email Address _____

Title: _____ District: _____

Title: _____ District: _____

Club: _____

Club: _____

Check if this is your 1st Multiple Convention

Check if this is your 1st Multiple Convention

See separate registration form for available hotel rooms and rates.

The Hilton Garden Inn and Mankato City Center Hotel are attached to the Verizon Wireless Center via an enclosed skyway.

Camping information available with hotel information.

Meal Plan Options

Hospitality Book includes Friday mixer, Saturday breakfast, Saturday lunch, Saturday Banquet and Sunday Brunch

Item	Number	Cost	Total
Hospitality Book (Received BEFORE March 1, 2011)		USD \$86.00	
Hospitality Book (Received ON March 1, 2011 or later)		USD \$93.00	
Friday Mixer (snack, cash bar, music)		No Charge	
Saturday Breakfast		USD \$18.00	
Saturday Luncheon		USD \$22.00	
Saturday Banquet		USD \$40.00	
Sunday Brunch		USD \$23.00	

Total Submitted: \$ _____

Make checks payable to: MD5M 2011 Convention

Mail registrations to: Lion Charlette Abbas
 312 Foothills Road
 PO Box 133
 Courtland, MN 56021

Convention information: nmathwig@hotmail.com or
 king70@frontiernet.net

Phone: 1-507-964-5765 or 1-507-964-2733

Credit cards will not be accepted. Cash or checks only please; checks preferred.

Cancellations accepted and refunded prior to April 1, 2011. \$20.00 fee for cancellations.

Lion Randi Fravert
District Governor 5M1
340 9th Street NW
Plainview, MN 55964



We Serve



Feel free to copy any portion of this newsletter.