



Loken's Tomten Tribune



“Lighting the Path to Service”



MARCH 2009

The Spirit of Lionism

The “Spirit of Lionism” was very evident during our 5M8 convention at Cragun’s.

We started the convention Friday evening with a memorable memorial service and award recognition program with Lion Bunny Tabatt as MC and organizer of the event.

The Lions of 5M8 gathered early on Saturday to conduct the business of our district. Each delegate had the right and responsibility to help make the decisions to allow our district to function and grow.

Several amendments to our constitution and by-laws were passed including the formation of the 2nd Vice-District Governor position which makes us consistent with the Lions International constitution and by-laws; Lions clubs that host district conventions will receive a total of \$1,500 without regard to profit; changed the amount in the district convention fund from \$3,000 to \$5,000 with any excess over that amount received from a convention to be used within 5 years to promote and cover convention expenses; and increased the Mini-Forum emergency fund from \$400 to \$700.

The delegates voted to have the 2012 convention at the Kelly Inn in St. Cloud and selected the Sturgeon Lake, Finlayson-Giese, Sandstone Quarry and Sandstone clubs to host the 2010 convention at Grand Casino in Hinckley.

Congratulations to District Governor Elect Jim Diehl, 1st Vice-District Governor Elect Amy Leidenfrost, and 2nd Vice-District Governor Elect Sandy Sandwick for being elected as our new officers for our Lions’ year 2009-2010.

PDG Janette Dingmann was elected the 2009 Hall of Fame recipient, and she will be honored at the Multiple 5M convention in May.

After the business meeting several informative seminars were held. Thanks to all the presenters.

Our keynote speakers during the convention were Lion Dr. Bevan Yueh from the U of M Medical Clinic, Dept. of Otolaryngology, International Director Neil Spencer and Chris Golden, mother of an autistic child who received a service dog. We were honored to have them share their experiences and thoughts with us.

The Leos added fun to our Sunday Brunch with their “Pie in the Face” fundraiser. Thanks to Lion Jack Paulsen, district Leo chair, and the Leo advisors for making a most memorable weekend for our Leos.

The hospitality rooms offered lots of fun, prizes, games, and good eats and drinks. Thanks to the clubs that hosted a room.

A special thanks to the Little Falls Lions, Little Falls Dandee Lions and Little Falls Lindbergh Lions who hosted the very successful convention.

The 2010 Convention Host Committee encourages you to mark your calendars and reserve February 5-7, 2010 for the next 5M8 convention at Grand Casino in Hinckley, where you can conduct business, get new inspiring ideas, and have FUN!

DG Judy Loken



“Spring is when you feel like whistling even with a shoe full of slush.”

Happy Spring

By Doug Larson



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NEWS FROM OUR DISTRICT GOVERNOR ELECT

Newsletter for March 2009

Thanks to all of you for supporting our Mid Winter Convention. These things would not happen with out the coordinated efforts of many people. I'm confident that the people who get the most involved in preparing and executing a convention find themselves bonding with other Lions in long term relationships that outlast the convention.

I have always said that I never attended a seminar that I didn't learn something. Those of us "older" Lions, who feel we understand Lionism and Lions still have a lot to learn. It continues to amaze me as I learn how much I don't know. I doubt if I am alone in that discovery.

Those of you who have not attended a Lions Convention recently will find attending next year's convention in Hinckley a rewarding experience.

I want to thank all of you who voted for me in the election as your District Governor of 5M8 for 2009-2010. I have made light of the fact that most often there is only one candidate for District Offices. I understand that you can cast a blank ballot, which is a "no" vote for the listed candidate. With that in mind, thanks for not casting a no vote.

I'm looking forward to serving as your District Governor. I'm expecting the year to be a mind expanding, relationship expanding experience.

This next year will be challenged by another list of needs from the communities we serve. The national economic crises we are experiencing will bring about a greater need to help those less fortunate. The food shelves will be put into a more prominent position to aid those expanding unemployment roles.

As Lions, we need to be increasingly more aware of our communities needs and respond promptly to satisfy those needs. International Lions President, Al Brandel, says, "We serve where we live"

Thanks for everything

Jim



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District Governor Elect Jim Diehl



Vice District Governor Elect
Amy Leidenfrost and PDG Frank



2nd Vice District Governor Elect
Sandy Sandwick

Meet Our 2009-2010 Officers

Congratulations to District Governor Elect Jim Diehl, who was elected to serve as our District Governor for the upcoming Lions' year. DGE Jim and his wife Carol will be busy with training during Mid-March. They will spend one day touring the 5M Hearing Clinic, the Minnesota Lions Eye Bank, and Hearing & Service Dogs of Minnesota. During the next two days, they will receive intensive training by the MD5M Leadership team, and on the following day, DGE Jim will attend the Council of Governors' meeting. DGE Jim and Carol will receive their final training at the DGE School before the International Convention which will be held in Minneapolis.

Congratulations to 1st Vice District Governor Elect Amy Leidenfrost. 1st VDGE Amy and her husband PDG Frank will receive their first training at the multiple convention in May, followed by the second training session in October. 1st VDGE Amy will be working closely with DGE Jim on membership.

Congratulations to 2nd Vice District Governor Elect Sandy Sandwick, the first person in 5M8 to hold the new position. 2nd VDGE Sandy will work with DGE Jim on retention.

DGE Jim, VDGE's Amy and Sandy helped DG Judy work on a 3 year Global Membership Plan with the emphasis on retention.

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Why would/should/could a Lions Club Officer attend training?

Training sessions will be at 4 locations on 4 evenings. The locations and dates are in a separate notice in the newsletter. The times will be 6:00-8:30 p.m.

Lions Club International is constantly changing and updating to keep our organization the Greatest Service Organization in the world. Club officers have this opportunity to learn new information and review from the past. Meet other officers and experienced Lions who can and will answer any questions you have. Whether you have been a Lion for a year or 25 years, there is something to learn!

President: "I have been Vice-President and a Director for years. I know how to run a club meeting. Why should I attend?"

Answer: Presiding at meetings is NOT what being a president is all about. A Lions Club president will learn how to Prepare, Plan and Practice. The club president directly determines the level of success and effectiveness of the goals and projects of the club.

Secretary: "I know that I have lots of responsibility for club records. I have done this job for years; OR last year's secretary said he/she would help me. Isn't training a waste of time?"

Answer: A Lions Club secretary will learn how to COPE (Communicate, Organize, Provide Information, and Electronically report). Did you know that your club members depend on you to be the liaison between the Lions Club International, Multiple District, District, Zone, Club and the local community?

Treasurer: "I have been treasurer forever (or this is my first year). The account is set up at a financial institution. All I have to do is collect money, put it into the account, and write checks. No training necessary for me."

Answer: Lions Clubs are in the "business" of serving others. Learn or review the meaning of Co-mingling of funds (not a good thing); E.I.N. Number; IRS form 990EZ or form 990; Administrative funds usage; Fiscal controls; Charitable funds usage; and more.

Tail-Twisters: "I don't need training to have fun."

Answer: Let's be honest, without you the meetings might be boring. You are the FUN Lions. Has your club had NEW tail twisting activities lately? Do you have the resource of more than 101 Ideas for Tail Twisting? Attending officer training will give you many new ideas.

All: "Protocol? Orientation? Retention? That stuff doesn't interest me and has nothing to do with my Lions Club."

Protocol: Have you ever been to a function where things did not seem to go "quite right"? Inadvertent lapses or lack of knowledge of protocol might be the reason.

Orientation: If you don't know where you came from, you won't know how to plan a way to your destination. This is the Lions GPS system for a successful club and knowledgeable members.

Retention: Look at your club membership numbers over the last 5 years. Have members resigned and for what reasons? (Death does not count.) Discuss possible reasons and solutions. The more active Lions in a club the better "We Serve".

CLUB OFFICER TRAINING

DATES & LOCATIONS

Tues, April 21, East Central School

Tues, April 28, Staples School

Thurs, May 7, Rocori School, Cold Spring

Wed, May 13, Pierz School

Classes run from 6 to 8:30 PM

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American Diabetes Alert® Day on March 24th

Diabetes has become the greatest public health crisis of the next quarter century. To address the burden of this disease, the American Diabetes Association (ADA) is issuing an urgent call-to-action for Americans to find out their risk for type 2 diabetes during the 21st annual American Diabetes Alert® Day. Nearly 6 million Americans have diabetes, but don't even know it. Another 57 million Americans have pre-diabetes, placing them at increased risk for developing type 2 diabetes.

On American Diabetes Alert Day, held annually on the fourth Tuesday in March, the American Diabetes Association encourages people who are overweight, physically inactive, and over the age of 45 years to take the Diabetes Risk Test. The Diabetes Risk Test requires users to answer simple questions about weight, age, family history and other potential risk factors for type 2 diabetes. The Diabetes Risk Test will show users whether they are at low, moderate, or high risk for pre-diabetes or diabetes. The Diabetes Risk Test is available in English and Spanish by calling the Association at 1-800-DIABETES (1-800-342-2383) or by visiting www.diabetes.org/alert.

Among the primary risk factors for type 2 diabetes are being overweight, sedentary, over the age of 45 and having a family history of diabetes. African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders are at an increased risk, as are women who have had babies weighing more than nine pounds at birth.

Unfortunately, people with type 2 diabetes can live for years without realizing that they have the disease. While people with diabetes can exhibit noticeable symptoms, such as frequent urination, blurred vision and excessive thirst, most people diagnosed with type 2 diabetes do not show these overt warning signs at the time that they develop the disease. Often, type 2 diabetes only becomes evident when people develop one or more of its serious complications, such as heart disease, stroke, kidney disease, eye damage, or nerve damage that can lead to amputations.

Lions of District 5M-8

I would like to thank the Lions of District 5M8 for your confidence in me by electing me as 1st Vice District Governor at our recent Mid-Winter Convention. I truly appreciate all of your support.

1st Vice District Governor Elect
Lion Amy Leidenfrost

Lions of District 5M-8

Thank you for electing me as the Second Vice District Governor Elect at the February 2009 Mid-Winter Convention. I am honored and enthused to be the very first Lion to hold this position in District 5M-8. Lions International has a list of responsibilities for this position, the primary focus will be retention of our current members. I look forward to working with DGE Jim and VDGE Amy.

Your in Lionism,
Second Vice District Governor Elect
Lion Sandy Sandwick

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90th Multiple District 5M Convention
May 1, 2, and 3, 2009
Sheraton Bloomington Hotel
Bloomington, Minnesota
Hosted by the St. Louis Park Lions



Registration Form

Please print

(See Back for More Information and to Enter Additional Registrants)

Lion Lioness Leo Guest

Name: _____

Title: _____

Address: _____

District: _____

City: _____

Club Name: _____

Prov/State: _____

Telephone: _____

Zip Code: _____

Email: _____

(Check if this is your 1st Multiple convention)

Indicate any special needs you have:

Dietary (meals) Vision (Braille) Hearing (signing)

Hospitality Book includes Friday Social, Saturday Lunch and Banquet, and Sunday Brunch

Meal Plan Options			
Item	Number	Cost	Total
Hospitality Book (Received BEFORE March 1, 2009)		USD \$120	
Hospitality Book (Received ON March 1, 2009 or later)		USD \$135	
Friday Social (snacks and cash bar)		USD \$15	
Saturday Luncheon (meal)		USD \$35	
Saturday Banquet (meal, cash bar, entertainment)		USD \$55	
Sunday Brunch (meal)		USD \$30	

Total Submitted _____

Make checks payable to MD5M 2009 Convention Fund

Mail registrations to: Lion Dave Apold
 6480 Pineview Lane North
 Maple Grove, Minnesota 55369-6034

Telephone (763) 519-0571
 Email: dapold@comcast.net

Credit cards will not be accepted – cash or checks only please – checks preferred
Cancellations accepted and refunded prior to April 15, 2009 - \$20.00 fee for cancellations
 Registration forms may be obtained online at the MD5M website at www.lionsmd5m.org

5M8 Cabinet Travel after December 31, 2008

The IRS mileage rate for travel after December 31, 2008 will be \$0.55 per mile. Thus, reimbursement rate will be \$0.44.
 Please adjust your reports accordingly.



WHAT CAN WE LEARN FROM THE LEOS?



**FUN AND
LAUGHTER**

CONFIDENCE



GIVING



**Thank You LEOS for being a wonderful part of
the Mid-Winter Convention!!!**

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"SPAGHETTI DINNER"

Duelm Lions Club

March 14th

4 pm to 8 pm

VFW Post 428

St. Cloud, Minnesota

Silent Auction

And

Live Auction

Come hungry

and ready to have a great time!



St. Rosa Lions

FUND RAISER



Spring

BREAKFAST

**Sausage, Ham,
Scrambled Eggs, Potatoes**

St. Rosa Church Basement

Sunday, April 26, 2009

8:30 am to 12:30 pm



*Proceeds will go to: Lions Eyesight,
Hearing and Local Community Projects.*



Adult Tickets: Advance \$ 7.00, at the Door \$ 7.50

Children's Tickets sold only at the Door

Ages 5-10 just \$3.50, Ages 0-4 FREE

Wanted new Lions in 5M8!

As of February 26th 5M8 has dropped 205 lions and added 148 lions for a net loss of -57 for the year. I need each club to work on increasing their membership. Please consider asking a family member or a friend to join our great organization!

DG Judy Loken



Happy St. Patrick's Day

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Silent Auction items needed

At the Multiple Convention May 1, 2 & 3 in Bloomington MN, there will be a silent auction with the proceeds going to the Diabetes Foundation.

All clubs and/or individuals are welcome to donate items for the auction. The more items that are received, the better and more fun the auction will be.

Please send smaller items directly to the Convention Chairperson:

Lion Mike Rardin

14331 Wellington Rd

Wayzata MN 55391

If you have a larger item to donate that you will bring with you, please send Lion Mike the information about the donation and about how much space might be needed to display it.

With all donations, please include who the donor is so that proper recognition for the donation can be made.

Lion Mike's e-mail address is mrardin@stlouispark.org and his phone number is 952.930.0136

It will be most helpful to the planning committee to receive donations as soon as possible so they can plan for the space they need and prepare the list of donation items and donors.

Thank you for your support of the Diabetes Foundation

Council Chairperson Deborah Harms

February 22, 2009

Spring Point Project Donation

The Spring Point Project received a donation of over \$450 which was raised in a very unique manner. The Sandstone Quarry Lions invited the Sandstone Lions to a January "After Christmas Party". All Lions were asked to bring wrapped gifts (keeping the contents a secret) worth a minimum of \$10.00. Lion Doug Maser, a Hinckley Lion and professional auctioneer, donated his talent and expertise to auction off the items to the Lions. All proceeds were given to the Spring Point Project.

Many Lions Clubs in 5M (MD5M) are supporting the Spring Point Project, a Minnesota non-profit organization created to expedite the affordable and widespread availability of pig donors of islet tissue for diabetes care. "Generous contribution and dedication, like that of the Lions Clubs, helps bring Spring Point Project closer and closer to a diabetes cure," says Spring Point Project CEO Henk-Jan Schuurman, PhD.



Quarry Lion Sandy Sandwick is holding the beautiful snuggle quilt that she bid on and won at the auction.

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Memorial Service
Remembering the Lions
that have passed in the last
year.
Honoring
our Lion Veterans



Art Olstead & Pam Cramer pick up a candle after the necrology service.

5M8 Mid-Winter Convention



Hospitality rooms were enjoyed by many.



Lion Terri Bailey and Lion Duane Finger count money collected at the Parade of Green for Hearing and Service Dogs of Minnesota.



A "special" thank you to the Host Clubs that put on a fun-filled, informational, wonderful food, fellowship and friend-filled Mid-Winter convention. Thank you so much!!





DGE Jim Diehl received an International President's Certificate of Appreciation from ID Neil Spencer.



Lion Don Faulkner received an International Leadership medal from ID Neil Spencer at the Banquet.



PDG Janette Dingmann received an International Presidential medal from ID Neil Spencer at the Saturday banquet. She also learned that she will receive the Hall of Fame Award at the MD5M Convention in May. Congratulations PDG Janette!



PDG Melvin "Pete" Kleingartner received an International Presidents Certificate of Appreciation from ID Neil Spencer.



IPDG Allen Bailey received a Certificate of Appreciation signed by IPIP Mahendra Amarasurya for his work as District Governor.



Lion Donna Orstad received an International President's Certificate of Appreciation from ID Neil Spencer.

Congratulations to all!!!

5M8 District Governor
Judy Loken
PO Box 50
Sandstone, MN 55072

5M8 Lions Events

- Mar 06:** Kimball Lions Fish Fry, 4:30—8, Generations Ballroom
Mar 06: Sauk Rapids Riverside Fish Fry, 5-8, Sauk Rapids Legion
Mar 08: Ramey/Morrill Spring Breakfast & Crafts, St. Joseph Hall,
Morrill
Mar 14: Duelm Spaghetti Dinner, 4-8, St. Cloud VFW
Mar 14: St. Cloud Metro Wild Game Feed, Eagles Club
Mar 29: St. Augusta Sunday Breakfast, St. Mary's Help of Christian
Apr 04: Holdingford Annual \$1,000 Dinner, The Landing, Avon
Apr 03: St Joe Y2K Bake Sale
Apr 11: Askov Lions Pancake Breakfast
Apr 23: 5M8 Cabinet Meeting, St. Augusta
Apr 26: St. Rosa Lions Spring Breakfast
July 6-8: International Convention, Minneapolis, MN