

# LION TRAVELER

Join us on an Adventure through Lionism—5M8!

## NEWS FROM OUR DISTRICT GOVERNOR

By the time you read this newsletter you will have participated in a great Mid Winter Convention, watched the Super Bowl game without the Vikings and you will be shopping for Valentine's Day.

Carol and I have visited over two thirds of the clubs in our district. What an incredible experience. We have met so many kind and gracious people. When we considered serving as District Governor and Partner in Service, we were told it would be an experience of a lifetime. It has truly been that.

I continue to "preach" about getting outside your local Lions club to experience a more global view of what is happening in the greatest service club in the world. There are over 45,000 Lions clubs in the world. I assume that while many things are common to most clubs there are some significant differences as well.

After our visits, Carol and I often discuss what we learned from our visit. Some of the community service projects are often grass roots acts of kindness. The impressive thing is that there is so much diversity in the local projects. Some of the notable ideas are:

- Adopting families for holiday gifts and food baskets
- Purchasing eye glasses for underprovided school children
- Christmas clothes shopping for needy children
- Funding local food shelves
- Home maintenance projects for elderly residents
- Purchasing clothing for a "clothing bank" at the local school for children who don't have caps, mittens or other clothing items
- Local disaster relief

Projects of this nature are the "glue" that bonds local Lions clubs and coincidentally it can facilitate the interest of new members. Don't forget to take credit for your works of kindness. A simple sign that reads "Your local Lions at work."

The next time you have your "pancake breakfast" exhibit a display of the good works you have done in your community. The people in your home town need to be reminded of the value the local Lions club adds to the quality of life in their community.

Ask a friend, neighbor or relative to join Lions this month.

DG Jim and Carol



From District Governor Jim  
and Carol Diehl



**ENJOY 5M8  
MID WINTER  
CONVENTION  
FEBRUARY 5—7, 2010  
GRAND CASINO  
HINCKLEY, MN**

**SEE YOU THERE!!!**



## 1st Vice District Governor's Greetings

### ARTICLE FOR THE FEBRUARY NEWSLETTER

By the time you read this Newsletter our Midwinter Convention will be over. We hope that everyone had a lot of fun and learned a lot about Lions. We also want to thank the Convention Committee and Host Clubs Sandstone, Sandstone Quarry, Finlayson Giese, and Sturgeon Lake for doing an outstanding job with the convention, the seminars, speakers, and health fair. Once again, the camaraderie was outstanding. We have attended several conventions this year, besides 5M8. It is very interesting to see the differences in the District conventions, and how they reach their goals of serving their communities.

While all the other conventions have been great—we like 5M8 best. We are always impressed by the generosity of our 5M8 clubs to the Parade of Green and throughout the year. It is so much fun to see Lion Friends and to make new ones.

It is already time to start thinking about electing officers for next year and filing your PU101s. It is also time to start making plans to attend officer training. The training sites will be as follows: April 14—Pierz, April 20—Cold Spring, April 28—Sandstone, May 5—Staples. All the sessions will be held in the High Schools in these communities. You will be receiving more information as the time gets closer. It is really important for each Club to be at one of the training sessions.

We would also like to remind all new Proud Lions and Sponsors to keep working on completing the requirements and receiving the pin. We would like to see all new Lions and sponsors earn this award.

My sincere thank you to all the Lions and their Clubs for supporting me and electing me as your next District Governor. I am truly honored and will do my very best to represent you well. I look forward to meeting and working with you this coming year. Congratulations to 1<sup>st</sup> VDGE Sandy Sandwick and our 2<sup>nd</sup> VDGE Dave Thompson . I look forward to working with them and all Lions, Lioness, and Leos.



**1st VDGE Amy**



## *2<sup>nd</sup> VDJ Sandy Sandvick's Viewpoint*



As I write this article, the 5M-8 Mid-Winter convention is “coming soon”. By the time you read this article, chances are the convention is over and exceeded all of your expectations as attendees. Being a member of the convention committee has been a wonderful experience. Finlayson-Giese, Sandstone, Sandstone Quarry and the Sturgeon Lake Lions were host clubs. The first meeting was in March 2009. All host club Lions dedicated themselves to a year of hard work, decisions, cooperation, camaraderie and most of all fun. Approximately 350 Lions and guests are registered for the 2010 convention, this out of 3000+ Lions in the 5M-8 District. Did your club have a member attend? The 2011 and 2012 conventions will be in St. Cloud at the Kelly Inn. Host Clubs are needed for the conventions.

The last zone meetings of the Lions year are being scheduled. How many Lions 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?

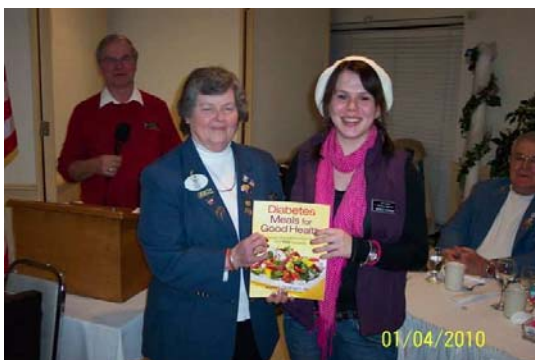
The 2010 Multiple District MD5M convention will be **April 23, 24, 25, 2010 in Mahanomen**. Make plans now to attend and meet some of the 25,000 Lions from +950 Lions Clubs in Minnesota, Manitoba and Northwest Ontario.

LCI International President Eberhard Wirfs stated; *“We need to improve retention. This really can be done only at the club level. The Lions who are leaving are your club members, your friends. You know their hearts and minds and what keeps them happy and satisfied....nearly 40 percent of members who left us last year resigned in good standing. They simply decided their club was not meeting their needs.”*

There is no better way to learn about Lionism and rejuvenate experienced Lions than to attend a convention or zone meeting.

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## Another Cookbook Winner



It's time for our District Governor's Visit -  
So dig deep in your pockets because DG Jim's wife Carol will be raffling off a Diabetic Cookbook at each Governor's visit with the proceeds going towards the Governor's favorite project—Diabetes. So may the deepest pockets win!

# **LION David Thompson**

Candidate for 2010 – 2011

5M-8 Second Vice District Governor

Endorsed by Princeton Lions



**Active in Lionism** = 8 years

Region One Zone 2 Chair 2008 – 2010

5M-8 Governor's Cabinet = Total 3 years

Member of Princeton Lions served as Director for 3 yrs and President for 1 Also served on and chaired numerous committees.

Also served on the Governor's Cabinet in 2005-2006 as Publicity Chairman Served as Zone Chair from 2008 until present

Vice Chairman of the 2012 Multiple Convention

**Attended:** LCI convention-Minneapolis; Various Lions Conventions and Training Sessions

**Awards:** Dream Catcher Award, Helen Keller Sight Award, Leader Dog Fellowship Award

Various other awards at District and Club level

**Community Involvement:** Chairman of the Princeton Planning Commission, Active Member of the State Fire Certification Board as a Lead Evaluator; Member of the Princeton Public Utilities Commission.

**Employment:** Currently employed by The Princeton Public Utilities Commission as its General Manager, and have been active as an instructor for Fire Inc and also the MNSCU System for 37 years. Served on the Golden Valley Fire Department for 22 yrs, holding various offices and Officer Positions including Chief

**Family:** Wife Mary Children Angela (Rick), Rebecca (Jarod); Grandchildren: Grant (19 Months)

District Governor Jim, First Vice District Governor Amy, Second Vice District Governor Sandy, Immediate Past District Governor CC Judy, and Fellow 5M8 Lions

I am pleased to submit a letter of intent to run for the position of Second Vice District Governor of 5M-8 for the term of 2010-2011. The Princeton Lions club, my home club will be voting on my endorsement at the February 1, 2010 meeting. If my club does approve the endorsement letter I will be forwarding that letter to you immediately. I believe I do meet the qualification requirements necessary for this position.

- Served as Zone Chair Zone 1 Region 2, from 2008 to present
- A member in good standings of the Princeton Lions Club since May 2002
- Served as president of Princeton Lions 2006-2007
- Served On the Princeton Lions Board of Directors for the years 2003-2007

#### District Positions Held

- Served as the Publicity Chair on the Cabinet 2003-2004
- Zone Chair 2009 to present
- 2009 2010 Hearing and Service Dog Top Dog
- Co-Chair, 2012 Multiple Convention

#### Princeton Lions Club

- Joined 2002
- Helen Keller 2005
- Helen Keller 2006
- 100% Presidents Award 2007
- Dream Catcher 2007
- 2009 Leader Dog Founders Tribute Award
- 100% Attendance 2002 to present
- Chaired or Co Chaired various committees including the Fishing contest, Spring Raffle
- Member of the Membership committee 2008 until present
- Present Co Chair of the 2012 5M Multiple Convention

#### Conventions

- Attended Various Lions Conventions including Mid Winters 2003, 2004, 2005, 2006, 2007, 2008, 2009
- International Convention 2009
- Mini-Forums 2004-2009

#### Community Activities

- Princeton City Planning Commission 2004 to present  
Presently serving as Chair of Planning Commission
- Minnesota State Certification Board 1986 to present  
Presently serving as a Lead evaluator for the State Certification Board
- Served 22 years on the Golden Valley Volunteer Fire Department  
Served many positions including Chief  
Served on The Board of Directors nine years

Respectfully Yours

Lion David Thompson

Princeton Lions Club Member



The Hopkins Noontime Lions are proud to announce the

## Charter Night Celebration of the Special Olympics Minnesota Lions Club

**When:** Friday, April 16, 2010

**Where:** To Be Determined

**Social hour:** 6 p.m.

**Dinner:** 7 p.m.

**Call to order:** 6:45 p.m.

**Cost:** To Be Determined

Please RSVP to Lion Kay Elliott at [lionke1206@hotmail.com](mailto:lionke1206@hotmail.com) or 952-920-1905; Lion Colleen DeMars at [SmShioncolleen@gmail.com](mailto:SmShioncolleen@gmail.com); Lion Nancy Paradeise at [paradeisen@somn.org](mailto:paradeisen@somn.org) or 612-604-1254.

RSVP by April 9, 2010

Please join the celebration of the addition to the Lions' family!



## SPECIAL OLYMPICS MINNESOTA LIONS E-CLUB FORMS

By Lion Dave Reach, District 5M-5 Special Olympics Coordinator

Since 2001, the Lions of District 5M-5 have been working with Special Olympics Minnesota at their summer Olympic games Health Athletes program. Through a Core 4 grant from Lions Clubs International Foundation, the Opening Eyes program has helped thousands of Special Olympic Athletes get eye screenings and eye glasses during the games.

Over 100 Lions Clubs throughout Minnesota have supported Special Olympics Minnesota financially and with their time and talents. Lions have sponsored, volunteered or provided other supportive services to assist their Local Teams and Regional Games.

We are now pleased to announce the formation of the *Special Olympics Minnesota Lions E-Club*! They have 25 members at the time their paperwork was submitted. We expect between 50 and 75 members by Charter Night on Friday April 16, 2010 (Place to be determined). The club is comprised of SOMN staff, athletes, family members, coaches, friends, and other interested people wishing to support the Special Olympics mission.

Their membership lives in all portions of the State of Minnesota. Being an E-Club, members are not locationally restricted in order to attend an electronic meeting.

### We are encouraging our Lions to:

- Invite anyone interested in becoming a Charter Member of the Special Olympics Minnesota Lions E-Club to contact Lion President Mike Kane or Membership Chair Bill Fish at the email address below.
- Consider becoming an "Associate Member" of the Special Olympics Minnesota Lions E-Club. We hope every Lions Club in Minnesota will have a liaison that follows the activities of Special Olympics, particularly in their areas!
- Invite our Special Olympics Minnesota Lions E-Club members to become "Associate Members" of your local clubs. We can arrange the introductions. I have spoken to several new Lions who are excited to be accepted into community service with Lions!
- Attend the Special Olympics Minnesota Lions E-Club Charter Night! More information regarding the time and place in the Minneapolis area will be forthcoming.

President Mike Kane, [KaneM@somn.org](mailto:KaneM@somn.org)  
Membership Bill Fish, [FishB@somn.org](mailto:FishB@somn.org)

Lion Dave Reach, [dreach@valeroup.net](mailto:dreach@valeroup.net)

# THINGS TO DO IN 5M8

SOBIESKI & SWANVILLE LIONS CLUBS

## 17TH ANNUAL FISHING CONTEST

Saturday, February 27, 2010

On Long Lake

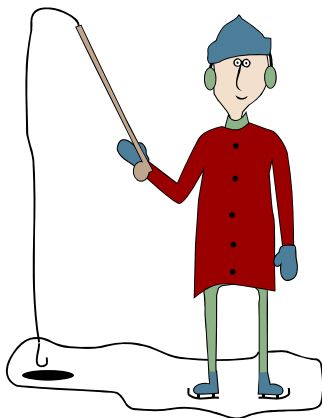
Swanville, MN

12 noon to 3 PM

Tickets: \$5.00

Many wonderful  
prizes

\$200.00 for  
largest fish



## PRINCETON LIONS CLUB



It's time to take your Sweetheart fishing!!!  
Talk to one of the Princeton Lions at the  
Mid Winter Convention for more informa-  
tion.

## We're Brewing Up Some Fun!



Please save the date:  
Thursday March 18, 2010

Little Falls Dandoo Lions Club 25<sup>th</sup> Anniversary Colobration

Falls Ballroom, 15879 Hwy 27 Little Falls, MN

Social and silent auction starts at 5:30  
Buffet Dinner at 7:00 followed by live auction and entertainment

Beer, Wine & Setups will be available for purchase; BYOB

Details will be in your invitation; look for it in a couple weeks.



Committee Chair: Bonnie Bieniek, [bbieniek2@hotmail.com](mailto:bbieniek2@hotmail.com)

Secretary: Noonie Boldon, [noonieboldon@yahoo.com](mailto:noonieboldon@yahoo.com)

President: Sue Salvog, [jmandsuesalvog@gmail.com](mailto:jmandsuesalvog@gmail.com)

## LITTLE FALLS LINDBERGH LIONS FISH FRY



February 19th and March 26th

3:30—7:30 pm

VFW in Little Falls

## PICTURES FROM DG JIM'S CLUB VISITS

### GOVERNOR'S CALENDAR

- 02-01-10 Club Visit at Swanville
- 02-04-10 Club Visit at Grasston
- 02-05-10 Mid Winter Convention 5M8 at Hinckley  
Mid Winter Convention 5M10
- 02-08-10 Club Visit—Grey Eagle/Burtrum
- 02-11-10 Club Visit—Rock Creek
- 02-12-10 Mid Winter Convention 5M2
- 02-19-10 Mid Winter Convention 5M1  
Mid Winter Convention 5M3  
Mid Winter Convention 5M13
- 02-22-10 Club Visit at St. Cloud Metro
- 03-01-10 Club Visit at Hinckley
- 03-04-10 Club Visit at LeSauk/St. Cloud Southsiders
- 03-15-10 Club Visit at Kimball
- 03-20-10 Council of Governor's Meeting at Roseville
- 03-21-10 Club Visit at Roscoe
- 03-23-10 Club Visit at Randall-Cushing Little Elk
- 04-06-10 Club Visit at Belgrade
- 04-21-10 Club Visit at Richmond
- 04-23-10 MD5M Convention

**“On the Road Again”  
On an Adventure through  
Lionism!**



**PUBLISHERS CORNER:** OOPS I made an error in last months newsletter!!! I would like to apologize to Sylvia Norquist, Peace Poster winner from the Little Falls Dandee Lions. I attached the wrong Peace Poster picture to the article about her winning the Contest for 5M8. I have corrected it in this months issue.

Congratulations Sylvia for a job well done.

**Publisher Lion Donna Orstad**





## 5M8 PEACE POSTER WINNER



The winner of the 2009 Peace Poster contest for District 5M8 is Sylvia Norquist. Sylvia is a student at Little Falls Community Middle School. Her entry, "Peace Holds the World Together," was sponsored by the Little Falls Dandee Lions Club and selected from 21 entries by District Governor Jim Diehl and a selection committee. Sylvia's entry receives a 1st place award of \$150 and will advance to the Multiple Convention. The second place winner, Kristen Howe, was sponsored by the Watkins Lions Club and receives an award of \$100. The third place winner, Victoria Evens, was sponsored by the Cold Spring Home Pride Lions Club and receives an award of \$50. The entries will be displayed at the District 5M8 Mid-Winter Convention in Hinckley, MN. Sylvia and her guests will attend the District 5M8 Mid-Winter Convention to be presented with her prize at the Saturday Luncheon. Please congratulate Sylvia when you see her!

## VISION OF PEACE

2010-2011 Peace Poster Kits are available after January 15th for \$9.95. The theme will be VISION OF PEACE. There is also a Peace Poster Contest DVD free of charge. The kits can be ordered through Lions Clubs International. Please consider in hosting a peace poster contest in your Lions area. This is a wonderful way to get our youth interested in the prospect of becoming a Leo or Lion in the future.

## MD5M PEACE POSTER WINNER

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## INTERNATIONAL MERIT PRIZE WINNER



Emma Thole is this year's winner of the MD5M Peace Poster Contest. Her poster came from the St. Paul East Parks Lions Club which is in 5M6. The poster was then sent on for judging at the International level. We found out this week that Emma's Peace Poster won a Merit Prize of \$500 at International. What an honor for her wonderful work on the poster and how proud are we that it came from our Multiple District.

Emma and her guests will be honored during the Saturday luncheon at the Multiple Convention in Mahanomen on April 24th.

Congratulations Emma from the Lions in 5M8.

# ***What Will You Do to Stop Diabetes<sup>SM</sup> ? Know Your Risk.***

Diabetes has become the greatest public health crisis of the next quarter century. To address the burden of this disease, the American Diabetes Association is asking the American public – “*What will you do to Stop Diabetes? Know your risk.*” On the 22<sup>nd</sup> annual American Diabetes Association Alert Day<sup>SM</sup>, March 23, 2010, the Association will encourage people to join the Stop Diabetes movement by taking the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes and if they are at high risk, to speak with their health care provider.

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. If they are at high risk, they are encouraged to talk with their health care provider.

## **Diabetes by the Numbers**

Of the approximately 24 million Americans living with diabetes, nearly 6 million Americans have type 2 diabetes but don't even know it. Another 57 million, or one in five Americans have pre-diabetes, placing them at increased risk for developing type 2 diabetes. If current trends continue, one out of three children born today will face a future with diabetes.

## **Are You at Risk?**

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, Hispanics/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

**-more-**



### ***Diabetes Alert Day***

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.

### **Take Charge of Your Health**

Studies have shown that type 2 diabetes can be prevented or delayed by losing just 5-7% of body weight through regular physical activity (30 minutes a day, five days a week) and healthy eating. Armed with this information, gather your friends, family, loved one and/or co-workers and take a 30 minute walk and get started with a healthier lifestyle today!

Join the movement to Stop Diabetes and get your free Diabetes Risk Test (English or Spanish), healthy lifestyle tips and more. Call 1-800-DIABETES (1-800-342-2383) or visit [stopdiabetes.com](http://stopdiabetes.com). Although Diabetes Alert Day is a one-day event, the Diabetes Risk Test is available all year long.

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## **Club Officer Training Dates Set**

The Leadership team is planning some interesting and informative sessions that will be of interest to all officers and Lions. They will their best to prepare all officers and Lions for the coming year.

There will be four training session locations, throughout the district, and they encourage **ALL** officers and interested Lions, Lioness, and Leos to attend the session and location most convenient for them.

The Dates and Locations are:

Wednesday, April 14, 2010, at Pierz High School

Tuesday, April 20, 2010, at Cold Spring High School

Wednesday, April 28, 2010, at East Central High School—Sandstone, MN

Wednesday, May 5, 2010, at Staples-Motley High School.

Please watch for the exact time, presentations, and other information that will be available upon finalization of the training program.

Please remember that **ALL** Clubs are expected to have their new officers attend, so please start making plans and hold your elections before April 10.

## 5M8 District Governor

Jim Diehl  
24693 CSAH 75  
St. Cloud, MN 56301



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## 5M8 LIONS EVENTS

2010

- |              |   |
|--------------|---|
| Feb 5-7:     | Mid-Winter Convention, Grand Casino,<br>Hinckley, MN                        |
| Feb 13:      | St. Stephen's Lions Fish Fry at St. Stephen's Community Center              |
| Feb 14:      | Happy Valentine's Day<br>Princeton Lions Club Fishing Contest on Green Lake |
| Feb 19:      | Little Falls Lindbergh Lions Fish Fry, VFW Little Falls                     |
| Feb 26:      | Little Falls Lindbergh Lions Fish Fry, VFW Little Falls                     |
| Feb 27:      | Sobieski Lions Fishing Contest  |
| Feb 28:      | Holdingsford Lions Indoor Fishing Contest at St. Anna Ballroom              |
| Mar 02:      | Zone Meeting—Region 1 Zone 1 at Rock Creek City Center                      |
| Mar 06:      | Princeton Business Expo—Lions Diabetes Screening                            |
| Mar 11:      | Zone Meeting—Region 1 Zone 2 at Ace Bar, St. Cloud                          |
| April 23-25: | 91st Multiple District 5M Convention, Mahanomen, MN                         |

