

Mapleton Lions bring accessibility and joy to local Girl’s Home

MAPLETON, N.D. – For 12-year-old McKenna Lindeman, everyday tasks that many take for granted have been a daily challenge. Born at just 23 weeks and having suffered a stroke shortly after, McKenna also lives with cerebral palsy. When she transferred to Mapleton from West Fargo in sixth grade, her family faced new obstacles in helping her move safely around their home.

Until recently, McKenna’s mom, Lisa (Kitzan), along with other caregivers, had to carry her between the house and the detached garage where her wheelchair and family vehicle are kept. “It was a daily struggle,” said a Lions Club member. “Once we saw what they were dealing with, we knew we had to help.”

The Mapleton Lions Club stepped in to make a life-changing difference. With the help of their newest member, carpenter Khale Skjold, the club built ramps on both the front and back of the Lindeman home, giving McKenna safe, easy access in and out of the house.

Now, with a backyard that opens to a local park, McKenna has more



freedom to enjoy her neighborhood and community. “It’s incredible to see her smile as she moves around more easily,” said a Lions Club member. “This is exactly why we serve.”

The project highlights not only the power of community, but also the impact of small acts of service—making everyday life a little brighter for someone who deserves it most.

Plan for the Mental Health & Well-Being Week of Service: Oct. 4-12

25%

Increase in rates of anxiety and depression since 2020

1 in 7

Youths age 10-19 experience mental health conditions, though many are unrecognized and untreated

20

Countries still criminalize attempted suicide, and stigma and discrimination remain against those with mental health conditions worldwide

14%

Of adults aged 60+ live with a mental health disorder. Loneliness and social isolation are key risk factors

Organize a service project for the first Week of Service that coincides with World Mental Health Day on October 10th
Raise awareness, engage your community by inviting nonmembers, and review resources to help plan your project. Then share your impact by submitting a 90-second or less video to your area leaders.

A simple project with a big impact would be for each Lion to reach out to a family member, friend, co-worker, etc. Ask them how they are doing, let them know they are thinking about them, and let them know you are there for them. This could be through text, email, phone call, or in person.

There are many service project resources through the lionsclubs.org under the Service tab.

State Convention Agenda

Friday

10:00 – 12:00 5NE Cabinet Meeting, 5NW Cabinet Meeting
12:00 – 1:00 Lunch for Cabinet Members and ND Lions Foundation
 (RSVP Required)
1:00 – 2:30 Lions PDG Assc. Meeting
3:00 – 4:40 ND Lions Foundation Meeting
5:00 – 5:45 Memorial Service
7:00 – 9:30 Ice Breaker at 701 Send it Cornhole
 Pizza, Ice Cream, Root Beer Floats, Dress as a Farmer, DJ

Saturday

7:30 – 8:30 Breakfast & Opening Ceremony
8:45 – 10:00 5 NE & 5NW District Meetings
10:15- 11:00 Breakout Sessions
 A. Dakota Diabetes Champions
 B. Mandan Lions Eye Glass Program
 C. Haiti Eye Mission
11:15 – 12:00 Breakout Sessions
 A. Disaster Awareness
 B. Gateway to Science
 C. ND Association for the Blind

12:15 – 1:30 Hall of Fame Lunch
1:45 – 2:30 Breakout Sessions
 A. Leader Dogs
 B. Soul 57
 C. Water by Women
2:45 – 3:15 Q & A with visiting International Director
3:15 – 5:00 State Meeting
6:00 – 7:00 Social Hour
 Featuring Mylo Hatzenbuler the original Rock and Roll
 Farmboy
 Live & Silent Auctions
7:00 – Closing Dinner & International Director



2025 ND State Lions Convention



Registration Form



Growing Service
for a
Bountiful Harvest



October 24 & 25
Radisson Hotel
605 E. Broadway Ave
Bismarck, ND
(701) 255-6000



INDIVIDUAL REGISTRATION FORM

Name: _____ Club _____

Lion _____ Leo _____ Non-Member _____

District or Other Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Convention Package (Includes all meals and breaks) – Make check payable to NorthStar Lions Club	

Prior to January 1, 2025	\$100
January 1 – June 30, 2025	\$120
July 1 – September 30, 2025	\$130
October 1 – registration	\$140
First time attendee (District 5 members only)	\$ 90

Please choose your banquet meal:

Tender Roast Beef _____ Chicken Parmesan _____ Stuffed Pork Chop _____

Vegetarian Option Tortellini Rosa _____ Any Special Dietary Needs?

Cancellations will be charged a \$20 fee.
Cancellations after September 15, 2025 – no refund will be made.
We have a block of rooms under ND Lions at the Radisson for \$109 /night.
Call: (701) 255-6000 for reservations

Make Checks payable to North Star Lions.
Send checks to Scott Ressler, 514 Cottonwood Lp, Bismarck, ND 58504
Credit Card payments accepted. Contact Scott or Sandy to pay by credit card.
Contacts: Scott Ressler 701-955-8693 or sressler1954@gmail.com
Sandy Ressler 701-426-2237 or ssressler@msn.com



5NE DISTRICT GOVERNOR’S REPORT

End of Summer Reflections & New Beginnings

PAULA SWANSON
952.201.5531
swansonp816@gmail.com



As summer fades and we welcome a new school year, I’m reminded of how quickly time moves—and how important it is to make the most of every season. Just like students heading back to school with fresh notebooks and big dreams, we as Lions also step forward with renewed energy for service, fellowship, and growth.

This past month, I’ve truly enjoyed visiting clubs across our district. Each visit is a reminder of the passion and creativity that make our Lions family so strong. From community projects to fundraisers, you are showing what it means to live our motto: We Serve. Thank you for allowing me to share in your successes and for welcoming me so warmly.

As we begin a new school year, I also want to take a moment to recognize our teachers. Much like Lions, teachers are servant heroes in our communities. They give their time, talents, and hearts to shape the future, often going above and beyond to ensure students feel supported and inspired. Their service is another shining example of what it means to lead with compassion.

Looking ahead, October brings a special focus: Mental Health Awareness Month. Mental wellness touches every family and every community, and Lions have an opportunity to make a difference. Whether it’s through service projects, open conversations, or simply checking in on a neighbor,

teacher, student, or fellow Lion, we can help break the stigma and show compassion in action.

As the school year begins and the leaves start to change, let’s carry forward the spirit of summer service into fall. Together—with teachers, with one another, and with our communities—we will continue to grow, serve, and make an impact in the lives of those around us.

Thank you for the privilege of serving alongside each of you—I look forward to many more visits, projects, and stories of Lions making a difference.

5NW DISTRICT GOVERNOR’S REPORT

District Goal: Have some fun!

Last month I wrote about the top two goals of 5NW: Improving communication and participating in Lions International Weeks of Service (Mental Health and Well-Being – October 4–12, 2025 Hunger – January 3–11, 2026, Environment – April 18–26, 2026)

This month I would like to tell you about another goal of 5NW this year – HAVING FUN! When I visit with our “seasoned” Lions they reminisce about how clubs used to get together for visits,



do silly things together. What’s stopping us now? Here are some ideas:

- Do a joint service project with a neighboring club
- have a friendly

competition. Who brings the most volunteers, who collects the most supplies.

- Theme Night Socials: hold a meeting with a theme: Decades Party,

Hawaiian Luau (in January), you get the idea. Have a regular meeting dressed up for Halloween,

- Organize a Myster Bus Trip: How about going to the Dickens Holiday in Garrison, Tour Christmas Lights, Hold a meeting on a Pontoon.

I just had the best time at the Mouse River Loop Charter Night. There were so many clubs who sent Lions to represent their club and to celebrate with the new club. The Lions of Mouse River Loop were so appreciative and couldn’t believe that people who



were not from their area would go out of their way to come to their party. I told them “That’s what Lions is all about.”

Last but not least, Lion Judy Beaudry (Washburn Lions) has agreed to be the District Shenanigator. If you need any ideas, get in touch with her. She is a natural at bringing fun to any event.

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91 N. Main • P.O. Box 309 • Garrison, ND 58540

Phone: (701) 463-2201 • Fax: (701) 463-7487

E-mail: jackie@nordaknorth.com

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PAULA SWANSON
District Governor 5NE
952.201.5531
swansonp816@gmail.com

KAREN daSILVA
District Governor 5NW
701.471.2204
kdasilva@bis.midco.com

The North Dakota LION

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Bismarck



The Bismarck Lions Club made Tie Blankets for the Dakota Children's Advocacy Center. These blankets will help the children feel safe and warm during a time of stress.

Emerado Arvilla



Pictured are Lion members and volunteers picking and husking 125 dozen of corn for the next day event August 16th in Emerado. The day involves many vendors, a car show, music, children activities and several other food stands. The day was very successful with many people enjoying the sweet corn.

Enderlin



In honor of grandparents day, September 7th, the New Rockford Lions club served ice cream sundaes to all the families and residence of the Heritage House. Approximately 75 people attended enjoying ice cream with all the toppings. The facility was full of laughter and smiles. Pictured here is one of our newest Lions club members,Melody Volk helping carrying overload sundaes to their tables.

Prairie Rose



The Bismarck Prairie Rose Lions Club is excited to welcome two new members to their club. District Governor, Karen DaSilva was present for the initiation and also the induction of officers for the 2025/2026 Lions year. (Left to right) Sandy Ressler, sponsor for Sheila Glass, DG Karen DaSilva, Kathy Brandt, sponsor for Deb Larson



The Bismarck Prairie Rose Lions are ready with the LEFSE! Come see us at the Bismarck Downtowners Street Fair on September 12 & 13 in downtown Bismarck!



MAKE A DIFFERENCE...

Service Dogs for America

Fall Volunteer Day

Saturday, October 4th, 2025

920 Short Street, Jud, ND 58454

10 am - 4 pm

Join us for a day of fun, food, and good work! We will spend the day getting SDA ready for the summer ahead. Fargo Roamers 4x4 Lions will be making their famous steak fondue for lunch! Come for a few hours or the day...many paws make for light work!

Tasks Include:

- Cleaning
- Dog walking
- Kennel repairs
- General repairs
- Lawn and tree care
- And more!

Contact us at (701) 685-2242 or info@servicedogsforamerica.org to RSVP or with any questions.

Thank you to our sponsors!

Nutri Source

Lions Club

Premium Waters, Inc.

WILDSIDE

Club News

Grand Forks



(Legend to Figure) Members of the Grand Forks Lions Club, volunteered at the North Country Food Bank in East Grand Forks, MN. They helped pack food boxes for needy families. From L to R, Lions Steve Swanson, Ron Timpe, Joe Sowokinos, Myron Barnes, Damion Bergin, Wayne Zink, and Tim Dittus.

Gateway



2 YWCA Cass-Clay managers and 11 Lions volunteers are standing and sitting around a blue and yellow play structure, smiling, with the freshly laid wood chips covering the ground beneath them.

YWCA Cass-Clay Playground Expansion

Submitted by James Palmer
Fargo Gateway Lions Club

On September 2nd, members from the Fargo, Dilworth, Barnesville, and Gateway Lions clubs completed the YWCA Cass-Clay playground expansion project. The group spread wood chips,

hung the swings, and installed a Lions bench near the playground. 23 Lions clubs from the Cass-Clay area donated a total of \$80,000 to fund this year-long project. Earlier in May, additional playground equipment was installed as part of this expansion.

Dacotah Mandan



Passing the Gavel!

The Dacotah Mandan Lions celebrated a successful "Burger in the Park" summer at their annual picnic. Their new officers for the 2025-2026 Lion Year were installed and Lion Ewell Madry passed the gavel for new President Lion Melanie Willoughby (photo). Fun was had by all!!!

Lions Foundation of North Dakota, Inc. Recent donations	
Horace Lions Club	\$3,000
Capital City Lions Club	\$1,000
PDG Dockter Memorial honoring PCC Brach Johnson Thank you to Lions Clubs and to individual Lions for your generous contributions.	

Tuttle



IPDG, Lion Rick Stark was presented with a Melvin Jones Award by DG, Lion Kirk Tingum, at the June 17, 2025 meeting. Congratulations to Rick and Thank You for your commitment to the Tuttle Lions Club!

Napoleon



Napoleon Lions club members, left to right, Tony and Barb Braun and Lorraine Platz assisted Napoleon Business Association members in serving a free noon meal during Napoleon Alumni Community Days on Aug. 2.



Lions International

LIONS AND LEOS ARE WORKING TO RAISE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELL-BEING, TO EDUCATE AND SUPPORT THEIR COMMUNITIES, AND ADVOCATE FOR POSITIVE CHANGE.



MENTAL HEALTH AND WELL-BEING

Facts and Statistics

SUSTAINABLE DEVELOPMENT GOALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.

THIS GLOBAL CAUSE SUPPORTS SDG #3



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



An estimated **700,000 people die by suicide every year** (World Health Organization).



On average, **2% of health budgets go to mental health** (World Health Organization).



People who are exposed to adverse circumstances — including poverty, violence, disability and inequality — are at **higher risk of developing a mental health condition** (World Health Organization).



Depression is the leading cause of disability globally, affecting an estimated more than 300 million people worldwide — the majority of them women, young people and the elderly (United Nations).



For depression, the gaps in service coverage are wide across all countries: in high-income countries, an estimated **23% of cases receive minimally adequate treatment for depression and in low- and lower-middle income countries this is estimated at 3% of cases** (World Health Organization).



More than 80% of all people with mental disorders live in low- and middle-income countries, where the vicious cycle between mental health and poverty is particularly prevalent because of a lack of welfare safety nets and poor accessibility to effective treatment (World Health Organization).



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MENTAL HEALTH AND WELL-BEING

Service Ideas

lionsclubs.org/mental-health



Promote education, awareness and advocacy resources and tools from reputable organizations such as the **World Health Organization** and **World Federation for Mental Health**.



Find your region or country's suicide prevention hotline using the **International Association for Suicide Prevention's international suicide crisis hotline search feature** and promote the hotline at awareness events and on social media.



Volunteer at your local center for elderly care to assist with enrichment and well-being events.



Explore the **World Health Organization's mental health and well-being stigma reduction resources** and promote them using social media to highlight the importance of lessening mental health stigma and debunking common misconceptions.



Use resources, facts and statistics from the World Health Organization and World Federation for Mental Health to create a **World Mental Health Day** social media campaign with your club, district or multiple district. Share your impact on social media with photos, videos and other assets using the hashtag #WorldMentalHealthDay.



Support **Lions Quest** social-emotional learning and well-being curriculum for youth in your community. Consider providing promotional support and curriculum delivery for Lions Quest by applying for a **Lions Quest Promotional Grant** or **Lions Quest Community Partnership Grant**.



Contact local, state/province and federal government representatives to advocate for increased mental health funding and expanded services. Use our **Lions Advocacy Toolkit** to get started.



Donate food, toiletries or maintenance services to a local transitional living home serving disabled individuals and/or those living with various mental health conditions in your community.



Use resources from the **International Association for Suicide Prevention** to highlight **World Suicide Prevention Day** in your community.



Explore ways to increase access to vital mental health screening services in your community among underserved groups by contacting and utilizing mental health professionals, psychologists and psychiatric physicians in your networks. Connect with local stakeholders such as schools, hospitals and community leaders to collaborate on shared goals.



Host a walk or event in partnership with a local mental health organization to raise mental health and well-being awareness utilizing the World Health Organization's **mental well-being resources and depression infographics**.



Encourage well-being and development of life skills among youth by creating a local social and mentorship group in your community. Get started by **watching this video** about Camp Conquer, a community-based youth wellness group created by Lions in Delaware, USA.

Club News

Mouse River Loop



District 5NW is very proud to introduce are newest Lions: The Mouse River Loop Lions club. Thank you to all the Lions from across our district who drove up to the Mouse River Park to celebrate and offer their support to the new lions. Welcome!




PDG Judy Beaudrey signing the Club Charter while Club President Lion Bonnie Locken looks on. Thank you Lion Judy for your efforts to get this club chartered.

Headwaters



The Headwaters Lions Club recently donated \$490.00 to City of Wahpeton to sponsor "Waving Mrs. Claus" who will be on display at Holiday Lane at Chahinkapa Park, in Wahpeton, ND, this holiday season. Pictured are Becky Lankow (L), Club Secretary, and Chris DeVries (R), Community Development Director, who accepted the donation. **We Serve**





Lions Clubs International

One of the most beautiful things we can do is to help one another. Kindness doesn't cost a thing.



Lions are committed to Childhood Cancer Research. September is Childhood Cancer month. Childhood Cancer is one of 5 worldwide Lions Clubs International main Global Causes.



Lake Metigose



Lake Metigoshe Lions with Lion Mary Haugen.

Congratulations Mary Haugen!

Submitted by Mary Grosgebauer
Lake Metigoshe Lions Club

Lake Metigoshe Lions awarded the Melvin Jones Award to Mary Haugen on July 10,2025. Lion Mary served in a variety of leadership roles,

including President for our club over the past 13 years. She also served on a variety of committee’s during that time. Mary showed a profound dedication to providing students with a sense of belonging by providing home baked goods and holiday meals to college students. Mary also had

served as the club LCIF coordinator. The celebration was opened to the public with special guests being her immediate family. Congratulations Mary on a well-deserved honor!



The Donor Difference: LOCAL LIONS CLUBS UNITE TO BRING JOY TO YWCA EMERGENCY SHELTER

In an inspiring display of community spirit, **23 local Lions Clubs joined forces to purchase and install brand-new playground equipment for children at YWCA.** The plan started last July, and in May 2025, Lions and friends of YWCA rolled up their sleeves and came together to install exciting new equipment that will serve as a safe and fun space for children staying at YWCA Emergency Shelter.

After 20 years, the need for updates to this dedicated play area became apparent. Hearing of this need, the Lions Clubs, with the support of friends of YWCA, launched an ambitious fundraising campaign that rallied support from 23 clubs in Cass and Clay counties and beyond. Their collective efforts not only met the financial goal but also fostered a sense of camaraderie and goodwill among all.

The playground features play structures designed for multiple age groups and abilities, ensuring that every child has a place to enjoy the outdoors.

Thank You!

- | | | | |
|--------------------------------------|----------------------------------|-------------------------------------|--|
| 4 x 4 Roamers Lions Club | Enderlin Lions Club | Hitterdal Lions Club | Bank Forward Foundation |
| Barnesville Lions Club | Fargo Lions Club | Horace Lions Club | BNSF Railway Foundation |
| Barnesville Thursday Nite Lions Club | Flom Lions Club | Leonard Lions Club | Cash Concrete |
| Casselton Lions Club | Gateway Lions Club | Mapleton Lions Club | Dakota Playground |
| Chaffee Lions Club | Glyndon Lions Club | Moorhead Lions Club | Frances J. & Doris Y. Butler Memorial Fund |
| Dilworth Lions Club | Hawley Lions Club | Moorhead Mid-Day Central Lions Club | Kost Materials |
| Dilworth Loco Lions Club | Headwaters - Wahpeton Lions Club | Sabin Lions Club | LCIF Lions Grant |
| | | Twin Valley Lions Club | Lori and Lynn Wadeson |
| | | West Fargo Lions Club | |

With swings, a WhirlyQ Spinner, rhythmic instruments, and Hemisphere Climber, the playground is a much-needed fun zone where children can play, explore, and just be kids.

The final phase will include the installation of a special Lion bench where families can relax and connect, as well as the addition of extra wood chips to ensure safety and accessibility.

This initiative, spearheaded by Darrell Costain and championed by local Lions, stands as a **testament to their commitment to serving the community and region while improving the lives of children.** As final touches are added to the playground, it serves as a reminder of how collective efforts can create a lasting, positive change, one project at a time.

Thank you, Lions and friends. A playground might seem like a small addition, but it represents **hope, healing, and the belief that every child deserves a chance to play and thrive.**

BEULAH LIONS CLUB

2ND ANNUAL

RAY OF HOPE

FAMILY FUN DAY

• 5K WALK/RUN
(REGISTRATION FORMS AVAILABLE AT ENERGY WELLNESS CENTER)

• INFLATABLES

• FOOD

• MOVIE

• AND MORE!

SUNDAY
SEPTEMBER 21
1 PM-4 PM

BEULAH CIVIC CENTER

THIS YEAR ALL FUNDS WILL BE DONATED TO RONALD MCDONALD HOUSE TO AID IN THE CARE AND SUPPORT OF FAMILIES WITH CHILDREN WHO ARE SICK IN OUR AREA.

ND Lion deadline
is the
5th of the month