

# NORTH DAKOTA LION



## Monthly focus: Diabetes

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# Summer camp

In June, Ella Renner (daughter of Casey and Renee Renner, Beulah Lions) was able to attend her first ever summer camp with a sponsorship from the Dacotah Mandan Lions Club. But this wasn't just any camp. It was Camp Maverick for children with diabetes. Surprisingly for her, her friend Reeve Wilz (daughter of Mike and Stacy Wilz, Dakota Diabetes Champions) was scheduled for the day camp held in the middle of the week and she was able to stay 2 nights after that. It was both of their first times away from their parents since their diagnosis in 2023. We asked the girls about their experiences and what they learned about living with diabetes.

*Did you feel different at camp?*

Ella: A little. It was my first time and I missed my family. But I felt like I belonged because there were 50 other T1d campers there.

Reeve: I felt like I belonged. I didn't feel alone because at school I'm the only one with diabetes.



Camping Buddies: Ella (left) and Reeve (right)

*What did you learn?*

Ella: You have to look at your blood sugar whenever it goes oA just in case I need a snack or more insulin. I learned how to change my pump and draw up insulin for it.

Reeve: I learned more about carb counting and how to dose it.

*Did you make any new friends?*

Ella: Everyone in my cabin! We talked about diabetes, music, our families, and what we do for fun.

Reeve: Yes, I did! (With a big smile)

*What was the best part of camp?*

Ella: The water games! Volleyball

and kickball were the best. And finding out Reeve was going to stay after daycamp! I was so surprised to see her there.

Reeve: My favorite activity was when we went to the lake and went swimming.

*Did camp make you more confident in your diabetes management?*

Ella: Yes!

Reeve: Yes! I wanted to start changing my own pump when I got home, and I wanted to switch to a different pump that I saw my friends using.

*What was your biggest challenge?*

Ella: Changing my own pod. It was so scary, but my councilors helped me through it, and I was so proud of myself.

Reeve: When I missed my parents, my friends gave me lots of hugs and tried to make me happy. I knew that I would be seeing them again soon.

All in all, its easy to say they had a great time and can't wait to return.

# The Best Things in Life are Free

By Mitch Vance

So goes the old saying. When it comes to living with diabetes three of those free things are critically important: Water, walking and sleep. To drive home the point even harder, I could say sleep, sleep, and sleep.

In the past much has been written about sleep in living a healthy life and a lot of it on the duration, how long you sleep. Seven to nine hours has been the rule.

A plethora of new research has added further refinements to what we already knew. How long we sleep matters, but we are missing half the story. Consistency, when we go to bed and when we get up with regularity, with minimal interruptions is even more important in providing so many benefits not only to our metabolic health, but to our overall health as well.

Among those benefits are improved cognition, better mental health, better metabolic control (think blood sugar control!) a stronger heart, and you will be less likely to develop dementia.

A senior behavioral sleep scientist at the RAND Corporation is quoted as saying that a consistent sleep-wake schedule may be one of the simplest, most overlooked ways to protect overall health.

Another researcher, a neuroscientist, at Harvard Medical School called called sleep consistency a stronger predictor of all caused mortality. He also says it has the added benefit of being a factor more within our control. In other words, it can lead to a longer, healthier life.

I need to emphasize another point: the need to have uninterrupted regular sleep. In an ideal world, it sounds great. However, today in a hectic

workaday world that might not be possible. It becomes even more challenging when you consider problems like frequent nocturnal urination as we grow older.

This dilemma leads to another one of the free things in life: water. The importance of staying hydrated throughout the day goes without saying, but in our busy lives it is the one thing we tend to overlook. The result can lead our health care providers, our friends, and our family to think we have dementia. A geriatric doctor once said when an elderly patient is admitted to a hospital, they are considered to be suffering from dementia when all they may need is water.

The third free thing (well, almost free if you can afford a pair of shoes) we should consider is the importance of walking, an activity we can do almost anywhere at anytime. If

inclement weather is a problem, I recommend buying a treadmill for your home. While you are watching sports or your favorite soap opera, you can still remain active. This leads me to one criticism of some of the current literature on sleep quality: the importance of maximizing your movement throughout the day leading up to bedtime. When you move, move vigorously all day. You will find going to sleep easier.

This is the reason walking is so important. Many cultures emphasize walking, especially after meals. The benefits to digestion, glucose control, and overall health will pay off handsomely as you face the challenges of growing older in good health.

The overall message is this: it all works together, activity, water, walking, and all the other free things we can enjoy, and there are many.

# October is Diabetes Awareness

North Dakota Lions, Our focus for October is diabetes awareness. As Lions one of our global causes is to work to reduce the prevalence of diabetes and improve the quality of life for those living with diabetes. A premier source of information regarding diabetes is the American Diabetes Association website at diabetes.org. There are tabs on their main page with links to information on:

- Diabetes Prevention
- Prediabetes
- Newly Diagnosed
- Type 1 Diabetes

- Type 2 Diabetes
- Life with Diabetes
- Diabetes complications

Each of the tabs has links to more detailed information on the topic. I found it easy to navigate and the information presented in a way that is easy to understand. Seeking out information from trusted resources like the American Diabetes Association can help us and those we impact make informed decisions and live healthier lives.

*Rex Huss, District 5NE Diabetes Chair*

# Updates in the LCIF Emergency Grant Program

Written by: PDG Sherry Fetch.  
5NW LCIF Coordinator

The LCIF Emergency Grant program supports Lions-led service activities that support immediate and short term relief efforts for victims of natural disasters. Grants are available for up to \$15,000, this increased last year. Grants may be requested in the wake of natural disasters such as earthquakes, tornadoes, monsoons, typhoons, cyclones, wildfires, hurricanes, flooding, tsunamis and similar events.

*Eligible Expenses currently for LCIF Emergency Grants include:*

- Relief kits including toiletries and personal hygiene supplies
- Diapers, formula, milk, wipes, and other infant needs
- Food to purchase, distribute and/or cook and serve meals
- Water and small purification units
- First aid supplies
- Tarps, blankets, pillows, foam pads, sheets
- Clothing/footwear
- Cleaning supplies and debris removal
- Small cooking supplies and eating

utensils

- Flashlights/lanterns/solar lights
- Supplies for minor repairs of homes, medical facilities, schools, and other vital public institutions.
- Equipment and supplies for short-term relief activities (evaluated on case-by-case basis)

Reconstruction is not eligible.

Your Club or personal donations to LCIF can help. 100% of your donations go towards those in need. Every donation matters.

## District and Club Community Impact Grants (DCG)

District and Club Community Impact Grants empower Lions to support humanitarian activities in their communities. Districts 5NW and 5NE have funds available to help your Lions Club.

## Ask your District LCIF Chair or District Governor how to apply.

**District 5NW- PDG Sherry Fetch, 701-426-3432, joyfullion2@gmail.com**

**District 5NE- PDG Rick Swenson, 701-302-0483, virus\_of\_h@yahoo.com**

# Three easy projects that your club can do to help raise awareness for Diabetes Global Cause

## 1. Diabetes Risk Assessment Booth

• **Description:** Set up a table at a community event, health fair, or library with diabetes risk assessment tools (simple questionnaires).

• **Purpose:** Raise awareness and encourage early detection.

• **Resources Needed:** Risk assessment forms (available from CDC or IDF), trained volunteers, table and chairs.

• **Bonus Tip:** Partner with a local pharmacy or clinic to offer free glucose testing.

## 2. Healthy Snack Swap Demo

• **Description:** Host a simple "Healthy Eating Table" where community members can learn to substitute sugary snacks with healthier options.

• **Purpose:** Educate on prevention through better nutrition.

• **Resources Needed:** Snack samples, flyers with easy swaps, nutrition info cards, venue (e.g., library or school).

## 3. Walk for Diabetes Awareness

• **Description:** Organize a short community walk (1-3 miles) to raise awareness about diabetes prevention.

• **Purpose:** Promote physical activity, which reduces diabetes risk.

• **Resources Needed:** Route plan, volunteers, basic signage, water stations.



# Convention News

• **There is still time to register for the convention.** It is going to be a fantastic experience.

Lions you will learn lots of new things and meet Lions from across the state. Convention registration is now \$140. First timers remain at \$90

• There will be three **donation boxes** for service projects:

- Eyeglass and hearing aid recycling.

- Heavens Helpers Soup Kitchen collection

• Bring any nonperishable goods that can be used to make soup. Suggestions are: Canned Veggies, Canned Tomatoes, Beans, Cream soups, Spices (salt, pepper, chili powder, dried onions), Beef or chicken bouillon, noodles

- Disaster Trailer (donations will be stored in the trailer which will freeze)

• Suggestions: paper plates, paper napkins, Styrofoam cups, plastic utensils, paper towels, garbage bags (kitchen and 30 gallon)

• There will be a silent auction. Please encourage your club to bring a basket or item for the auction.

Plan to attend the Friday Social at Send It! 1700 E. Main Street Mandan. The theme is dress like a farmer. Pizza and Ice cream are on the menu. Free games of Cornhole.

# Lion Steve inducted

PDG Steve Johnson from Grand Forks will be inducted into the North Dakota Lions Hall of Fame October 25 during the annual North Dakota State Lions Convention in Bismarck, ND.

Lion Steve is a 33 year member of the Grand Forks (ND) Lions Club. He was president during the Grand Forks flood in 1996-1997, and again in 2018-2019. He was District Governor for MD 5 NE in 2011-2012. Honors include Lion of the Year, District Governor Certificate of Appreciation, MD 5 Senior Counselor Award, LFND President's Certificate of Appreciation, International President's Award, and a progressive Melvin Jones Fellow. He served as president of the Airports Association of North Dakota, state



representative to the Great Lakes Chapter of AAAE, and served on the AAAE national diversity committee. He is a past Presbyterian deacon and elder and currently attends Calvary Lutheran Church.

Lion Steve's hobbies include golf, genealogy, and collecting mid-century home décor. Steve and Brenda recently celebrated their 56th wedding anniversary. The Johnson's have two married daughters and four grandchildren.

## 5NE DISTRICT GOVERNOR'S REPORT

**PAULA SWANSON**

952.201.5531  
swansonp816@gmail.com



Hello Fellow Lions! September was another great month to be a Lion with several events happening around the District. With the fall comes the change of seasons, and we look forward to the changing of the leaves and the knowledge that the holiday season will soon be upon us.

This month, the district has been very busy. Many clubs are now in full swing helping with Vision Screening, fall clean ups, and we also had the official dedication of the new Lions Playground at the YWCA in Fargo. This is a project that included the work and contributions of 23 clubs in North Dakota and Minnesota. What an

honor it was to be invited to so many different activities in the district.

The month started with my son, Ashton, and I heading to Leonard to help with their annual Steak Fry. While there, we were privileged to see the dedication of 8 Quilts of Valor to Veterans in the area. I'm pretty sure Ashton had at least two meals and 4 cookies before the evening was over. There were also club visits to Lisbon, Mapleton and Enderlin to round out the month. All these clubs are doing amazing work in their communities, and it is energizing to hear everything that is going on.

This past weekend, a crew of Lions from across the District was on

hand in Jud, ND to help with their annual clean up week. Although I couldn't attend, I know that it was greatly appreciated, and the meal from the Roamers 4x4 club was also a wonderful treat as always. Thank you to all who have served this month.

While our district was cleaning up in Jud, I was in Watertown, SD attending their State Lions Convention, where ID Robert "Ski" Marcinkowski gave a talk about how Lions can be a wonderful compliment to other organizations in the community such as baseball, snowmobiling, motorcycle and other organizations because when we join those clubs as a Lions Club

everyone benefits. If there are clubs in your communities that you think would benefit from joining to become a Lions club, we would love to come and talk with them, just let me know!

If there is an event you would like me to attend, please let me know so I can get it on the calendar right away.

*Paula Swanson  
District Governor 5NE*

## 5NW DISTRICT GOVERNOR'S REPORT

### A September to Remember

In September, I had a memorable time celebrating Wilton's 50th Birthday Party. Due to a weather warning, the festivities were moved indoors, causing a slight delay in the start. It didn't take long, however, for the celebration to get underway. A few brave Lions manned the grills under an awning in the pouring rain, determined to keep the party going. At one point, the tornado sirens sounded, and several townspeople—along with their dogs—joined the gathering for shelter. Despite the

weather, the music, food, and fellowship were fantastic.

Later in the month, I had the opportunity to attend the USA/Canada Lions Leadership Forum in Atlantic City—a truly remarkable experience. Over 1,600 Lions attended, with more than 100 training sessions offered. Second Vice District Governor Brian Beckers and I attended. We reviewed the class schedule carefully and divided sessions between us so we could bring back as much valuable information as possible

for our district.

This was my third Forum, and each time I return home inspired and full of new ideas. I encourage every Lion to attend a Forum at least once. It feels like a family reunion—connecting with Lions you haven't seen in a while and meeting new friends who share your passion for service. The atmosphere is warm and welcoming, and you hear directly from the officers and staff of Lions International, as well as Lions from across the continent who are doing extraordinary work in

their communities. It's truly inspiring.

District 5NW, you have an opportunity to be inspired right here in North Dakota by attending our upcoming State Convention. The convention committee has worked diligently all year to create an outstanding and motivational experience. On Friday evening, join us at Send-It in Mandan for a fun social—dress like a farmer and enjoy great fellowship, pizza, and ice cream.

Saturday's convention program will feature nine

breakout sessions, an inspiring address from International Director Bert Nelson of Minnesota, and entertainment by the one and only Mylo Hatzenbuhler during the evening social.

There's still time to register! I look forward to seeing you at the convention and sharing in the spirit of Lionism together.

**DG KAREN daSILVA**

701.471.2204  
kdasilva@bis.midco.net



**ND Lion deadline  
is the 5th of the month**

### Lions Foundation of North Dakota, Inc. Recent Donors

Lions K and L Reierson  
Memorials honoring PCC Brach Johnson and PDG Dorothy Polson

*Thank you to Lions Clubs and to individual Lions for your generous contributions.*

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The  
North Dakota  
**LION**

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

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

# Club News

## Herbon



**Hebron Lions Club Inducts New Lion**  
PCC Arlen Fetch inducted Candace Hartmann into the Hebron Lions Club. President Lion Curtis Hartmann is her sponsor. Go Hebron Lions!

## Korner



Lion Eric Nelson inducted Gina Westerso, sponsored by Lion Roni Gravgaard, as the newest member of the Korner Lions Club. We welcome her and look forward to serving the community together. Pictured below from left to right: Lions Roni Gravgaard, Gina Westerso, Eric Nelson, and Lion President David Juma.

## Williston



Williston Lions Daryn Pederson & Stuart Langager are 2 of the many Lions who volunteered at the annual Youth for Christ Champions Golf Tournament on September 5th.



Members of the Williston Lions Club served burgers and hotdogs at the dedication of the new ballfields at Williston State College on September 13th. Pictured from l-r are Lions Tom Bloch, John Birkeland, Donita Birkeland, Mark Wrolson, Kazuma Kaneko, and Stuart Langager

## Emerado Arvill



Our Lions club installed new member Gary Iverson. His sponsor is Reid Wilson and Mike Nolan did the honors of installing Gary.

## Napoleon



Napoleon Lions Club members, John Johs and Lorraine Platz, are standing next to their Napoleon High School Homecoming parade float entry.

## Dacotah Mandan



Dacotah Mandan Lions Club Volunteers at Papa's Pumpkin Patch every year by managing Sebastian's Train. Some of our volunteers from left to right, (front), PDG Jan Froemming, PDG Sherry Fetch, Lion Rose Aken and Lion Ewell Madry.

## Club News

### New Rockford



Earlier in the summer members New Rockford Lions club added a section of chain fencing to complete the fencing to the end of the cemetery. Since the old chain didn't match the new shiny one, more Lions club members pitch in and painted the rest of the chain fence to match. In all 520 feet of new fence was added and 3270 feet was painted with three rows!



During back-to-school night for the New Rockford, -Sheyenne School, Lions club members handed out water bottles to all the elementary school children. Applications were also available for the upcoming Coats for Cubs project this fall.

### Gateway



Pictured from left to right are Lion Darrell Costain, his wife Artie, and Lion Bob Baumann, who coordinates the club's screenings. The picture is taken in a daycare room after the screenings, with Lions Darrell and Bob wearing the eye screening devices.

## Eye screening season

The Fargo Gateway Lions kicked off their eye screening season with the Academy for Children Daycare. It was such a fun time as every child was under six and everyone passed! Last year the Fargo Gateway Lions screened over 3,100 children and anticipate at least the same number of children this year.

### Chaffee



Lifelong Chaffee Lions member Arlo Anderson, his wife Doris, daughter Marsha, her boyfriend Mike and friend Katlin attended the Fall Volunteer Clean Up Day at Service Dogs for America in Jud, ND, Saturday October 4th 2025. Arlo and Doris have been volunteering with the Lions project for over 25 years. He brought his daughter Marsha along in 2017 and she has been volunteering ever since, recruiting friends in the past few years. This is a bi-annual event held each year in May and October. Pictured L to R. Mike with dog Darryl, Marsha with puppy Drew and Katlin with dog Bruce. L to R Doris and Arlo Anderson

### Roamers 4x4

## JJ'S Hog Roast for Hospice

By Shayne Munson  
President

JJ'S was created 10 years ago to remember the life of Jeff Bruns Jr aka JJ after his life was taken by a motorcycle accident at the age of 28. Father Jeff Sr. picked a charity that meant a lot to the community which is Hospice OF The Red River Valley to donate the proceeds to. Jeff approached the Roamers 4x4 Lions Club to help put on the event and offered us 10% of the profit to set up the event and work the event.

We put on a hog roast with all the fixings. We smoked 24 boston butts for pulled pork sandwiches, had corn on the cob, cowboy beans, coleslaw and chips. All for a free will donation. We put on a car show, side by side ATV/UTV mud races, golf challenge bounce house for the kids, mobile escape room for all to enjoy. We have a silent auction and numerous give aways.

HOG  
continued on page 7



Gateway

Volunteer Day at Service Dogs of America

Volunteer Day on October 4th attracted over 50 people to help employees at Service Dogs of America in Jud winterize, rake leaves, and repair buildings. As they signed in, each was given a T-shirt. Lions from the Fargo Gateway, Chaffee, as well as Jud worked side by side with regulars such as the first-timers from LaMoure who were attracted because of an ad in their local newspaper. PDG Scott Hildre, Fargo Gateway, interacted with many of the volunteers, including a lady from Fargo, a financial donor who wanted a hands-on experience and brought a friend. Dr. Marty Douglas, a sighted presenter, with her service dog Rio, made the trip from Fargo. Others were from West Fargo and Jamestown area.



With his cooking trailer, Lion Dan Albright, Fargo 4 x 4 Roamers, prepared all the steaks and freshly fried potato chips served next to a salad buffet, Cowboy beans, and desserts.

NDAB seeks nominations

The North Dakota Association of the Blind, Inc. once again is seeking nominations for the Robert John LePage Service Award. This year's award recipient was Mel Olson from the Fargo Lions Club. He has served the blind and visually impaired for many years by driving people to doctor appointments, as well as helping with eyeglass collections and coordinates the Sight for Kids program with vision screenings. He received his award at the 2025 NDAB convention banquet held at the Ramada Inn in Bismarck June 7th.

The Robert John LePage Service Award was first established in 2008 to recognize the more than twenty-four years Bob dedicated as a Gateway Lion serving people with sight loss. In memory of Bob's service, we are asking one outstanding individual to be selected from each Lions Club across North Dakota to be considered to receive this award. All applications will be reviewed by a committee of NDAB members and one individual will be chosen to receive the Award. Please submit your nominee's application by March 15, 2026 and include the following in-

formation: the individual's name, club name and contact information for both yourself and the nominee, a letter outlining the types of service provided to individuals with sight loss within your community, the number of years as a Lions member, any offices held, committees chaired, and a brief letter from your Club President. Typed correspondence would be much appreciated. Please send the requested information to the committee chairperson, Mary Lou Stip, at 4212 Estate Dr. S. Fargo, ND 58104, or via e-mail at maryloustip@midco.net. The recipient will be announced at a later date and presented at our annual convention which will be held at the Spirit Lake Casino and Resort in Devils Lake June 5th-7th, 2026.

To learn more about the North Dakota Association of the Blind visit our website: [www.ndab.org](http://www.ndab.org).

Lehr Lions Club



We Serve

We are looking for 104 stories of each below:

Need 104 + of KIDS BEDTIME STORIES

Need 104 + of KIDS CAMPFIRE STORIES

Help us out. If you have some, please E-Mail them in PDF back to:

Lehr Lions. At: [LehrLionsClub@bektel.com](mailto:LehrLionsClub@bektel.com)

KIDS BEDTIME STORIES will start at - MSTP 200 + to MSTP 219 kid stories.

MSTP 220 + to MSTP 239 CAMPFIRE STORIES

Each PDF has about 275 pages for about 5,000 pages of each section of stories.

The Lehr Lions Club will help you so you can read to kids, grandkids, or great grandkids a new story every week for 2 - years.

May have your name at end as submitted by info if you would like to follow your story part.

E - Mail PDF: [LehrLionsClub@bektel.com](mailto:LehrLionsClub@bektel.com)

Copy this one or more times and - cut in 1/2 and help pass out this story help request.

HOG

continued from page 5

We have many sponsors that donate monetary and cash options. Most of the food is donated by our great sponsors. We have a very dedicated group that donate silent auction and give away items.

This year Thursday July 31st about 15 members showed up and set up camp and went to work prepping food.

Friday Morning more help showed and we got the smoker going on the meat. Set up for all events which turns out to be a long day and all workers join for a pot luck supper.

Saturday morning starts early shucking all the corn. Car show and food started at 11 am and mud racing started at 12:30 while golf challenge and silent auction, Kids events continued all day. We have a DJ entertaining us all day and into the night. A lot of work goes into this event but at end of the day its all worth it.

This year the event donated Roamers 4x4 Lions Club \$3,327 which was the 10% offed. The event donated Hospice of the Red River Valley \$30,744 as was a great year of profit.

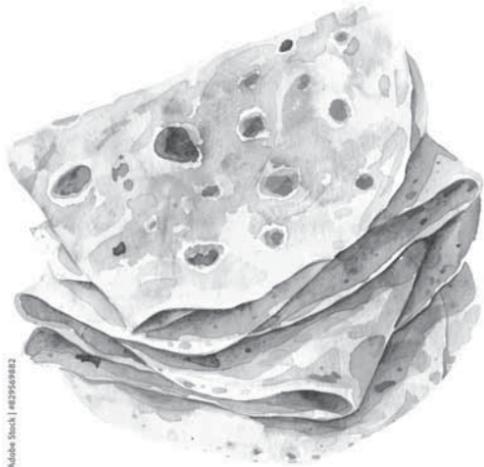
In 10 years we have donated a little over \$144,000 to Hospice Of The Red River Valley.

Bismarck



Bismarck Lions had a "Rockin" day at Papa's Pumpkin Patch with our Kindness Rocks service project. Thank you to everyone who came out to paint a rock with us.

Prairie Rose will be selling frozen Lefse for a special Convention price at the State Convention. 3 pieces for only \$8.





**Underwood ND Lions Club Charter Night**  
**Wednesday, October 29th**  
**Underwood City Hall**  
 88 Lincoln Ave. Underwood, ND

**Schedule of Events:**  
**6:30 PM** – Dinner - free will donation  
**7:00 PM** – Induction Ceremony

Join fellow Lions as we formally welcome our newest club and support them as they begin their journey of service. Your presence will demonstrate the strength of our Lions network and the shared commitment we all have to serving our communities. Let's come together to offer encouragement, share our experience, and inspire this new club with the energy and unity that define our association. Help us give them a warm and memorable start. Together, we serve. Together, we grow.

**Can't make it? You can still show your support!**  
 Checks may be made payable to  
**Underwood ND Lions Club**  
 c/o Angela Benson, Treasurer  
 PO Box 4  
 Underwood, ND 58576

Club News

Wilton



Exciting times at the Wilton 50th Birthday Party. Tornado sirens and heavy rains couldn't dampen their fun. Congratulations Melvin Jones Fellowship Award Recipients (L) Todd Weisenburger, (M) Pam Weisenburger, (R) Dale Falkenstein and Charter Member awards (R) Merton Hansen, (M) Duane Noon, (L) Larry Falkenstein Pictured with (L) DG Karen daSilva and (R) Wilton Club President Randy Olson The Melvin Jones Fellowship Awards were donated by PDG Lynn Grabow and Lion Marlene Grabow. What a fantastic way to honor Lions for their dedication and commitment to their community.



(DG) Karen daSilva (R) 2VDG Brian Beckers PID Pat Vannett (not Picture) attended this year.



PID Robert Littlefield presented a great seminar on Mental Health.

# USA/Canada Lions Leadership Forum in Atlantic City

The 2024 USA/Canada Lions Leadership Forum in Atlantic City brought together over 1,600 Lions from across North America for three days of meaningful professional development and networking. With more than 100 classes covering a wide range of leadership and service topics, the Forum provided valuable learning opportunities for Lions at all levels of experience. Just as important, it served as a platform for Lions to connect with peers, share best practices, and build relationships that support ongoing collaboration. The Atlantic City Forum reinforced the importance of continuous learning and the strength of our global network in advancing the mission of Lions International.

During the Midwest Breakfast the candidate for International 3rd Vice President Lion C. Robert Rettby, born in Stockholm, Sweden, congratulated North Dakota Lions. He recognized that North Dakota is 2nd in the nation for "density" of Lions. Meaning we are #2 in the country for our number of Lions in our population density. We are just behind Minnesota. ND Lions—next year let's strive to beat out Minnesota and be #1!

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## Club News

### Enderlin



The 5 Lion committee which meets Mondays to give tornado victims help. From left to right, Lions Grant Patterson, Roxy Johnson, Karlton Stordahlen, Andrew Peterson and Tom Farnham.



Lions District Governor Kirk (left) is presenting Enderlin Lions Club President Karlton Stordalen an \$8,000 donation from Lions International.

# We Serve: Tornadoes and Our Story

By Mike Martin,  
Enderlin Lions Secretary

In the 49-year history of the Enderlin Lions, every project prepared us for June 20, 2025. That evening, multiple tornadoes spun out from an east-moving derecho, killing three residents, destroying five rural homes, and damaging more than 30 farmsteads. Hundreds of tons of debris covered the fields around Enderlin.

Within hours, District Governor Kirk Tingum requested a \$5,000 Lions Clubs International Foundation catastrophe grant, which was quickly increased to \$8,000 and approved. At our June 26 meeting, the Leonard and Fargo Lions, the local Knights of Columbus, and an anonymous donor presented generous checks for the victims. Overnight, the Enderlin Lions became a disaster-relief organization.

A special committee—Lions Tom Farnham,

Roxy Johnson, Grant Patterson, Andrew Peterson, and Karlton Stordalen—met weekly to determine how to distribute aid. Club volunteers prepared and delivered hundreds of meals to cleanup crews, emergency workers, and families in need.

Lion Roxy coordinated directly with those who had lost everything, helping with clothing, funeral expenses, dumpsters for debris, and equipment to remove wreckage and trees.

Lions Lynn Gonzales and Grant Patterson canvassed rural areas to locate victims. “Get out there—do it sooner than later,” said Roxy. “Some had no phone service for five days, and when lines came back, the calls started pouring in.” The Lions also guided out-of-town relatives who did not know where to find local services.

To expand fundraising, the club created a GoFundMe account. Combined with mailed donations, contributions soon surpassed \$70,000. The Enderlin Lions took no administrative costs or

payroll, honoring the trust placed in them. “You need transparency and communication,” said

Lion Andy Peterson. “Some didn’t want help, but they were proud to see others receiving it.”

Generosity appeared everywhere. When Roxy contacted a nearby Hutterite colony for hamburger buns, they delivered 30 dozen—plus 100 pounds of ground beef—on the hottest day of the year.

“We couldn’t fix everything,” said Lion Karlton Stordalen, “but we made a difference.”

Other community groups also helped, and together we softened the blow of nature’s fury. This experience taught us that the first acts of kindness after disaster are remembered most. Supported by LCIF, thirteen other Lions clubs, and caring people across the country, the Enderlin Lions proved once again that in small rural communities, Lions are the gold standard of service and compassion.

### Lake Metigoshe



Melvin Jones Awardee’s: Pictured left to right: Lions Margie Borkowski, Mary Grosgebauer, LeRae Espe, Jim Borkowski, Terry Espe

# Melvin Jones times Four!

The Lake Metigoshe Lions Club had an exciting evening at their meeting on Sept. 8, 2025 at the Metigoshe Christian Center. LCIF Coordinator Lion Terry Espe and Lion Cedric Jacobson presented the following four Lions: Jim Borkowski

(Treasurer), Margie Borkowski (Secretary), LeRae Espe (Committee Chair) and Mary Grosgebauer (President) with the prestigious Melvin Jones Award. All have been faithful members of our Lions club serving the community for many

years in various leadership positions and taking part in various events of 5NW District and State Conventions. Congratulations to Lions Jim, Margie, LeRae, and Mary!