

NORTH DAKOTA LION



Monthly focus: **Childhood Cancer**

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Lions & Childhood Cancer – What Are We Doing?

By Lion Sandy Ressler

No one wants to hear those dreaded words – “it’s cancer” - especially if it’s referring to our children or grandchildren. Most childhood cancers are caused by DNA changes (mutations) that happen early in the child’s life, sometimes even before birth. Because of this, there are not many known risk factors or ways to prevent childhood cancers.

Identifying a condition early offers the greatest opportunity for successful treatment or remission. What should we be looking for?

Finding and Diagnosing Cancer in Children – possible signs and symptoms of cancer in children. * A new lump or swelling, especially on the neck, chest, armpit or belly. * Extreme fatigue for no reason. * Easy bruising or bleeding or bleeding that won’t stop. * Pain without a clear cause. * Limping or stumbling. * Unexplained fever or illness that doesn’t go away. * Frequent headaches, often with vomiting. * Sudden eye or vision changes. * A milky white color behind the center of the eye. * Unexplained weight loss

Lions are actively fighting childhood cancer through various initiatives and programs aimed at supporting children and their families. Here are some ways that Lions are helping to combat childhood cancer as well as

supporting families that are dealing with it.

Support Groups - Children with Cancer Support Group (GACC) to provide a hostel for children receiving cancer treatment; Grants and Funding - LCIF provides grants ranging from \$10,000 to \$150,000 to support projects that improve the quality of life for children receiving treatment; Community Awareness – Lions use publicity to raise awareness of childhood cancer and its impact on families; Service Activities – Lions provide support for the needs of children and families with camps, therapy and recreational activities for children undergoing treatment.

In addition, North Dakota Health & Human Services has released a new 10-year cancer control plan aimed at reducing cancer deaths through prevention, early detection and improved access to care – while also enhancing the quality of life for those living with the disease. North Dakota, in partnership with local organizations, offers free breast, cervical and colorectal screenings to eligible uninsured and underinsured residents. Reduce your cancer risk by maintaining a healthy weight, staying active and excessive alcohol use, and eating a healthy diet. For more information, go to hhs.nd.gov/local-public-healthsites.

Service Areas

Get your club involved in one of these childhood cancer service areas and see how your service will help achieve the **U.N. Sustainable Development Goals**.

PATIENT AND FAMILY SUPPORT

Ensure patients and their families are adequately supported, and address the most common barriers to obtaining necessary treatment.

ORGANIZATION OR FACILITY SUPPORT

Identify needs and opportunities to serve childhood cancer organizations or facilities to make a difference by expanding accessibility to treatment and services.

CHILDHOOD CANCER AWARENESS, EDUCATION AND ADVOCACY

Raise awareness of the impact of childhood cancer, educate your community members and create positive change.

LCIF Grants

Several types of foundation grants are available to support childhood cancer service throughout the world.

CHILDHOOD CANCER GRANT

LCIF Childhood Cancer grants empower Lions to improve the quality of life for children receiving treatment and their families.

MATCHING GRANT

LCIF Matching grants provide equipment and construction for large-scale projects that address unmet humanitarian needs

DISTRICT & CLUB COMMUNITY IMPACT (DGG) GRANT

Through the DGG program, 15 percent of unrestricted contributions to LCIF are transformed into grants that fund local projects on a club and/or district level.

LCI Dues have gone paperless

As the first half of this exciting Lion year approaches, it is important to review your club's roster ahead of the upcoming dues billing. By reviewing the club's roster, you are ensuring that it is up to date, and your club avoids being billed for inactive members. Log into the Lion Portal or your regional reporting system to

update.

For questions on how to access the portal or make changes, visit the Lion Portal Resource webpage to review videos, FAQs and more. For additional assistance, contact us at lions-support@lionsclubs.org.

Lions International has gone paperless. Log into the Lion Portal and

navigate to My Club – Club Statements to check your club's balance, make payments and see outstanding balances. Reviewing and paying your club's balance regularly helps keep your club in good standing. For questions regarding your club's statement, please contact Membership Billing at membershipbilling@

lionsclubs.org.

Thank you for your continued leadership and dedication to strengthening your club and serving your community. We appreciate your efforts to keep your club's information current and your membership strong. For club support, please contact us at clubofficers@lionsclubs.org



Save the Date
Saturday April 18th
8:30 to 2:00
Minot, Location: TBA
Watch for details in next newsletter

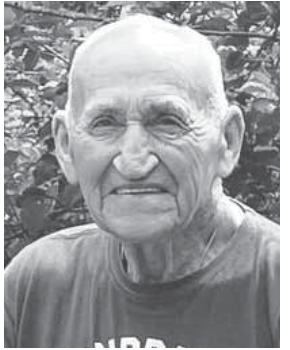
In Remembrance



Dallas A. Heidt

July 31, 1935 - December 8, 2025

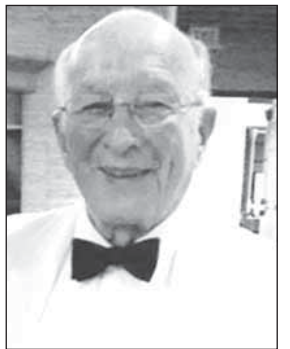
We mourn the loss of Lion Dallas Heidt, a devoted charter member of the Wing Lions Club and a respected District Governor. His leadership and service left a lasting mark on our community. Dallas will be deeply missed by all who have the privilege to know him.



James Keller


November 13, 1933 - January 10-2026

We mourn the loss of Jim Keller, an exemplary Lion whose life reflected a deep commitment to service. A charter member of the Magic City Lions Club, Past District Governor, and honored inductee of the ND Lions Hall of Fame, Jim's leadership and dedication left a lasting impact. He will be deeply missed by all who had the privilege of knowing him.



Hebron Lions Clubs Liver and Onion Feed!!
March 7th, 2026
Hebron Community Center
 600 Washington Ave, Hebron, ND
4 pm -7 pm
 Also serving meatloaf, baked potatoes, coleslaw and brownies.
Come and enjoy the FUN!!
 Free Will Offering





Lions of North Dakota,
When you joined Lions Clubs International, you became part of the Lions Clubs International Foundation. It is YOUR foundation. 100% of the donations that come into OUR foundation go towards eight global causes. Vision, Hunger, Environment, Youth, Childhood Cancer, Diabetes, Humanity and Disaster Relief & Preparedness.
 We are excited to bring to you a **fun way** that your Lions Club can donate to LCIF by participating in an **LCIF Money Raffle!** *Let's celebrate Melvin Jones 147th Birthday, January 13th, by participating in our raffle.* The Prizes are:

1st	\$1,199.00
2nd – 5th	\$700.00
6th – 9th	\$500.00
10th -13th ...	\$300.00
14th-17th	\$200.00

We can all help LCIF make a difference!

You can sell the tickets to anyone; they do not have to be sold to Lions only.
Both Districts 5NW and 5NE have drawings for the raffle on Saturday, March 28th.
If you have any questions please contact:

PDG Sherry Fetch, D5NW LCIF Chair joyfullion2@gmail.com or 701-426-3432 Mail to: 406 4 th Ave NW, Mandan, ND 58554	PDG Rick Swenson, D5NE LCIF Chair virus_of_h@yahoo.com or 701-302-0483 Mail to: 414 1 st Ave North New Rockford, ND 58356
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5NE DISTRICT GOVERNOR'S REPORT

HAPPY NEW YEAR fellow Lions!

PAULA SWANSON
952.201.5531
swansonp816@gmail.com



As we begin the second half of this Lions year, I do so with excitement and optimism. I am extremely grateful to everyone who has welcomed me into their clubs this year, and I look forward to many more visits in the coming months.

December brought some travel challenges which meant I missed a few of my scheduled visits. I'm looking forward to re-connecting and making those up soon. Thank you for your understanding and flexibility.

As we move confidently into the new year, here is a snapshot of our 2025-26 District Goals:

- Charter 1 New Lions Club
 - Achieve a net membership gain of 60
 - 100% of Clubs Reporting Service
 - \$50,000 in contributions to LCIF
 - And, of course..... Have Fun!!
- So how are we doing at the halfway mark?

Our Global Extension Team is hard at work looking at areas that we could establish a new Lions Club. Right now, we have at least two targeted communities but if you have any ideas, we would love to hear your ideas. Great growth often starts with a simple conversation.

While membership ebbs and flows throughout the year, I am encouraged by the energy I'm seeing across the district. Year to date, our membership is negative for the district. Several clubs are welcoming new members this month, and as spring approaches it is a great opportunity to reach out to friends, family and co-workers to join you in meaningful service projects.

I am thrilled to share that over one-third of our clubs have already reported at least one service project for 2025-26 - THANK YOU!! Your service is the heart of what we do. If you need assistance

reporting, please don't hesitate to reach out to either Kristi Swenson or myself. We are both happy to help.

In other exciting news: Our LCIF contributions are nearly half way to our annual goal. Your generosity supports the grants and programs that allow Lions to make and even greater impact locally and globally. Thank you for your continued support.

Keep up the outstanding work Lions. I would love to fill the remainder of my year with visits to your clubs whether for your meetings, or along side you at a service project. Together, we are truly making a difference.

In Service, DG Paula Swanson

5NW DISTRICT GOVERNOR'S REPORT

DG KAREN daSILVA
701.471.2204
kdasilva@bis.midco.net



I hope you all had a beautiful, fun, and peaceful holiday! I loved seeing so many wonderful club events shared on your Facebook pages. I am incredibly proud of the service, joy, and impact the

Lions of 5NW continue to bring to their communities. #WeServe

Now, who's ready to have some fun while we wait for warmer weather? I'm hoping many of you will consider hosting a Service Carnival! What in the world is a Service Carnival?

I'm so glad you asked! A Service Carnival is a festive, one-day event where each Lions Club or

community partner hosts a booth featuring hands-on service activity—such as vision screenings, food collections, literacy tables, environmental clean-up kits, and more. The atmosphere is fun and family-friendly, complete with snacks, and kid-friendly service stations.

The District GAT Team is

ready to walk you through this easy and enjoyable event. We even have a project template and fun swag for your club and the community members who attend! Keep an eye out for an email that will be sent to your Club President, Secretary, and Membership Chair.

This is a fantastic way

to connect with your community—and maybe even welcome a new member or two along the way!



Save the Date

Date: Thursday April 23rd
Time: Social: 6:30
Dinner: 7:00
Location: Bismarck ND
Municipal Country Club
Cost: \$50

Experience Dinner without Sight. Every table will have a host, providing by the ND Association of the Blind, to guide you through the dining experience.

All are Welcome



Lions Foundation of North Dakota, Inc. Recent Donors

Fargo Lions Club \$750

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

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The North Dakota
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Club News

Dacotah Mandan



Dacotah Mandan Lions Salvation Army Bell Ringers: From left to right: Lion Barb Braun, PDG Jan Froemming, Lion Mary Courchene, Lion Shirley Schafer and Lion Gary Heaton.

Oakes



The Oakes Lions Club held the 5th Annual Geoff Rath Memorial Pheasant Hunt on Saturday, Dec. 6th. Sixty-two hunters faced a cold wind and deep snow to harvest 70 roosters. The team of Austin, Tucker, Dillon and Parker Deering and Mason Kamlitz were the winners bagging 14 roosters.

Other winners were: Longest Tail Feather - Heather Mattson; Longest Spur - John Gosgebauer; Banded Rooster - Alex Breitbauch

The event raised nearly \$7500 that without support from our local landowners and donations from our many sponsors would be impossible. The Lions Club and the participating hunters want to thank the landowners and sponsors.

Gateway



Pictured (left to right) are past Gateway Lions President Dave Dougherty, Gateway Lions Eye Screening Coordinator Bob Baumann, and fellow Lions and Fargo Area Consortium coordinators Jane Pettinger and Sue Anderson.

Donation to Fargo Area Consortium

Submitted by James Palmer,
Fargo Gateway Lions Club

During a club meeting in October, the Gateway Lions Club presented a \$4,000 donation to the Fargo Area Consortium, which provided eyeglasses to 446 adults and children the previous year. Over \$30,000 was contributed by local clubs for

the upcoming year. Did you know that the ND Lions Foundation will match club contributions to the Fargo or Grand Forks area consortiums of up to \$1,000? Contact Lion Jane at pettingercrow@outlook.com to learn more about how your club can contribute to one of these vision assistance consortiums.

Chaffee



Arlo Anderson from the Chaffee Lions club met with Santa Claus at "Santa Claus Days" December 13th for the Chaffee area children. Attending were over 50 kids, but Arlo was the oldest kid there.

Napoleon



Napoleon Lions Club members, left to right: Lorraine Platz, Sally Johs and John Johs assisted with filling goodie bags which were handed out during Santa Day in Napoleon

Minot



Thanks Minot Lions Club for the super fun Christmas party! Surprisingly mom was more scared of the Grinch than Myles

Club News

Harvey



The Harvey Lions Club present the Harvey Park Board a donation of \$35,000 for the swimming pool project.

Harvey Lions Club's fundraiser

The Harvey Lions Club held a fundraising event for the Harvey Park Board, with the funds designated for the proposed swimming pool project. The members of the Lions had their talents auctioned off, including garden tilling, snowblowing, kuchen, peach pies, lefse, steak dinner, fish fry, hunting trip, fishing trip, eye exam and a singing quartet. Community members were very generous and with the help of the Harvey Eagles Club and a matching grant from the St. Joseph's Twice Blessed Foundation, there was a total of \$35,000 raised to go towards the swimming pool project.



The Lions singing quartet-"The Uncalled Four" demonstrate their musical talent.



Lions Nick Hertz and Kelly Krohn explain their steak supper donation to MC Stan Buxa.

South Heart



We had a busy, busy December with lots of community events, service projects, and a membership drive. Here are two pictures from one of those events: the Tree Lighting and our clothing drive. WeServe

Lake Metigoshe



Lion Proud: Project signage

Lion Proud

Submitted by Mary Grosgebauer
Lake Metigoshe Lions Club,

Lion Larry Bullinger has updated our Lion signs that are found by the Lake Metigoshe Corner-Stop, entrance to the Lake loop by-way, and Metigoshe Lions picnic shelter. The Lions fundraise by selling advertisement spots on the large billboards found at the Corner-Stop and Lake loop entrances to promote local businesses. Our Lions Flower committee plan and plant flower gardens in those areas and keep them watered throughout the summer. Lion Larry is also a member of that committee. We appreciate all Lion Larry does for the Metigoshe Lions!

Club News

West Fargo



West Fargo Lions Club gave our Little Lions an allowance to pick out toys for the Holiday Toy Drive for Sanford Roger Maris Cancer Center. We're excited to share the joy of giving with the next generation.

Steel



What an amazing Kidder County Winterfest. Thanks to all who came to support our lunch stand



A **Service Carnival** is a festive, one-day event where each Lions Club or community partner hosts a booth with a service activity (e.g., vision screening, food collection, literacy table, environmental clean-up kits, etc.). The atmosphere is fun and family-friendly with music, snacks, and kid-friendly service stations.

Community Partners to Involve

- Local nonprofits (e.g., food pantries, shelters, literacy groups)
- Schools & youth groups (e.g., Scouts, Key Club)
- Health providers (for screenings, wellness checks)
- Small businesses (as sponsors or booth hosts)
- Police/fire departments (for safety education booths)
- Parks & recreation (as event location partners)

District to provide

- children's activities: Pin the tail on the Lion, Markers, picture to take home, Lion temporary tatoos. Wall mural for adults and children to color and fill in.
- press release, posters, Lions tablecloth, Lions feather banner or vinyl banner, Lions recruitment materials
- Door Prize

Club Zone to provide

- Zone planning team (chair, logistics, marketing, recruitment)
- Venue coordination
- Partner outreach & booth recruitment
- Club engagement
- Distribution of Flyers – word of mouth
- Set-up & logistics day-of
- Greeters, floaters, cleanup crew

Desired Outcomes

- Increased visibility** of Lions Clubs and our service impact
- Stronger partnerships** with local organizations
- New member leads** (goal: at least 10-20 interested community members per 500 attendees)
- Enhanced member engagement** through fun, purpose-driven participation
- Reinforced community identity** with Lions as a central contributor to well-being

North Dakota Lions Clubs Invited to Submit Hall of Fame Nominations

A New Year means that the North Dakota Lions Hall of Fame seeks nominations from North Dakota Lions clubs for the 2026 inductee. Please consider that special Lion for this special award. Nominations forms are printed in this paper. Deadline is March 31, 2026. Any questions, please contact the HOF chairman, PDG Tim Thueson at: tthueson@bis.midco.net or 701-391-2704.

North Dakota Lions Hall of Fame Application

_____ Lions Club nominates _____
Two seconding statements are required: one must be from club president. (PLEASE ATTACH)

Section A- Minimum Requirements

Nominee has been a member of the Lions Club since _____.
Nominee has been a member of Lions for 20 or more years. Yes No
Nominee has been a member of a North Dakota Lions Club for 15 or more years. Yes No
Nominee has attended a minimum of 10 non-club rallies/conventions. Yes No

Section B- Basic Life as a Lion

Nominee has served as (Check all that apply): President Secretary Treasurer Director Fundraising chair Membership chair (pos. growth)
Nominee has been named by Club as: Lion of Year Times
Nominee's Convention Attendance (times): State Multiple District International USA/Canada Forum
District Leadership Rally attended: Rallies (list year & city): _____
Nominee served in District as (indicate number): Secretary and/or treasurer Zone Chair Region Chair Committee Chair
Nominee served as Board of Directors (indicate number of years) ND Foundation ND Eye Bank
Nominee served as a MD 5 committee chair (list times) MD 5 committee chmn.
Nominee served as District Governor (list year): _____ as District Governor

Section C- Preliminary Selection Criteria

	Point values		Point values
1 Each year active Lions member (15 consecutive years min)	1.0	24 ND state conventions attended (list year & city)	1.0
2 Each year club president, secretary and/or treasurer (20 years max)	2.0	25 Multiple District conventions attended (year & city)	1.0
3 Each year club committee chair (30 year max)	1.0	26 International conventions attended (year & city)	1.0
4 Each year club board member (not include 2&3 above- 10 max.)	1.0	27 USA/Canada Forums attended (year & city)	1.0
5 Each year program presenter at district, state, or MD 5 convention	1.0	28 100% District Governor award (list year)	1.0
6 Each year chair of ND state or MD 5 convention (list year)	2.0	29 Club president's excellence award (list year)	1.0
7 Each year committee member of ND state or MD 5 convention (list year)	1.0	30 100% club secretary (list year)	1.0
8 Each year Zone or Region Chair (list year)	1.0	31 Melvin Jones Fellowship (list year)	2.0
9 Each year as Vice District Governor (list years)	1.0	32 Progressive Melvin Jones (list year)	1.0
10 Each year District Governor (list)	3.0	33 New members sponsored (LCI printout required)	1.0
11 Each Year international committee (list year & committee)	2.0	34 Each year Guiding Lion (list years & clubs-6 max.)	2.0
12 Each year member of District Cabinet (list year & chair)	1.0	35 Each year Leo Club Advisor (year & club-6 max.)	2.0
13 Each year District cabinet secretary and/or treasurer (list year)	2.0	36 Each year Campus Club Advisor (year & club- 6 max.)	2.0
14 Each year Chair of major Lions Function (list years & events)	1.0	37 Each year Club Branch Advisor (year & club- 6 max.)	2.0
15 Each year President of ND Lions Foundation (list years)	2.0	38 Each year Extension Award (year & club- 6 max.)	2.0
16 Each year Secretary and/or Treasurer ND lions Foundation (list years)	1.0	39 Each year Rebuilding Club Award (year & club- 6 max.)	2.0
17 Each year board member ND Lions Foundation (year exclude 15 & 16)	0.5	40 Other Club Awards (list award & year)	1.0
18 Each year President of Lions Eye Bank (list year)	2.0	41 Other District Awards (list award & year)	1.5
19 Each year Secretary and/or Treasurer of Lions Eye Bank (list)	1.0	42 Other International Awards (list award & year)	2.0
20 Each year board member Lions Eye Bank (year exclude 18 & 19)	0.5	43 Club Perfect Attendance (list years- max 20)	1.0
21 Each year MD 5 Council Chair (list year)	3.0	44 Hosted Foreign exchange student (list name, country, year)	3.0
22 Each year MD 5 Committee Chair (exclude sitting governors)	1.0	45 Hosted MD 5 Youth camp student (list name, country and year)	1.0
23 District Rallies attended (list year & city)	1.0	46 Chair of MD 5 Youth Exchange Camp (list year and camp)	3.0

Nominee must have a minimum of 125 points (non- district governor) or 225 points (past district governor) in order to proceed with application. If nominee exceeds the threshold, complete and submit the rest of the application. Nominees with applications exceeding the threshold and not selected as the winner will be included for consideration the following 2 years for which addendum materials may be included to update their application.

Section D- Lions Activities not covered in Section C (150 words max, 10 pts max.) please attach

This section requires written statement, **not to exceed 150 words**, in either outline or paragraph form covering anything not covered in Section C. Please attach.

Section E-Non-Lions Activities (250 words max, 25 pts max.) please attach

This section requires a written statement, **not to exceed 250 words**, in either outline or paragraph form regarding your community involvement as a citizen outside of Lions. Include community service, leadership activities and other community involvement. Please attach.

Section F- Biography (500 words max) please attach

Prepare a personal resume including name, marital status, family, occupation, and when and where you joined Lions. Include all achievements, volunteer work, other organizations you belong to along with personal recognitions. Your Biography will be judged on content, clarity, structure, and presentation. Although there is not a set number of points for this section, the selection committee will give significant weight to the biography as they evaluate the application. Must be written in narrative form with the optional 3rd person construction (250 words min/500 words max.)

Section G- Nominee Certification

Nominee Certification: I certify that the information provided herein is a true and accurate rendering taken for personal, club and LCI records.

Name: _____ Date _____ Address _____ City _____ Zip _____
Phone _____ Signature _____ Email _____

Club Certification: We certify that the information provided herein is true and accurate rendering taken from club records and verifiable sources.

Club President _____ Club Name _____ Signature and date _____
Club Secretary _____ Email _____ Signature and date _____

Applications must be postmarked on or before **March 31, 2026**. The application must be completed in its entirety, signed by the appropriate parties, and include a 4X5 or smaller photograph. Mail to: PDG TIM THUESON, 3211 N 19TH ST., BISMARCK, ND 58503

Club News

Stanley



Stanley Lions Club Dinner! Great turnout with great friends.

Gateway



Just finishing up my shift with bell ringing at Mills Fleet Farm. Our Gateway Lions Club members-Fargo-donated over 50 shifts across various locations, so over 100 hours. It is so rewarding to see folks donate to this very worthy cause.

Horace



Thank you to everyone who braved the chilly temperature and attended last night's Meet Santa in Horace event! The Horace Lions Club had a great turnout at the Senior Center despite the cold. Thank you Horace Lions for continuing to put on this great Horace Christmas tradition! We were glad to be a part of it.

Underwood



Members of the new Underwood Lions Club and family members helping out at the city hall during our city emergency.

Carrington



Congratulations to the 4 new members of the Carrington Lions Club. Pictured (Lf to Rt) DG Paul Swanson, Lion Renee Hallwachs with sponsor Kim Montgomery, Sponsor Karla Michaelson with Lion Lindsay Pavelko, Sponsor Kristee Page with Lion Tiffany Paulson, Lion Armella Hetle with sponsor Shelly Skytland.