NORTH DAKOTA LION

Monthly focus: Diabetes

Volume 43, Number 8 | Official Publication of Lions Districts 5NE & 5NW | October 2026

November 14th is World Diabetes Day

How your club can participate

Educate — distribute diabetes risk information

• **Healthy Grocery Cart Challenge** — Give teams a pretend $25–$30 budget and challenge them to build a healthy meal from grocery-store items. Have a dietitian explain labels, carbohydrates, added sugars, fiber, and portion sizes.

• **"Rethink Your Drink" Display** — Set up bottles or cups showing the approximate amount of sugar found in popular beverages alongside water and lower-sugar alternatives. This could be a great Lions display at a school, library, workplace, grocery store, or community event.

Screen

• Know Your Risk Day - **Host the Dakota Diabetes Champions** to hold a free A1C / Diabetic Retinopathy Screening in your town.

Support

Support a Child With Diabetes — Raise money for scholarships or supplies for a child to attend Camp Maverick.

Move

• **Strides for Diabetes Walk** — Hold a short community walk on or around November 14. It doesn't need to be a 5K. A one-mile walk at a mall, school, park, or community center works. Lions' official Strides program can be any physical activity—not just walking or running.



Lions from the Dakota Diabetes Champions conducting A1C Screenings hosted by the New Rockford Lions



This young T1D participant wanted her picture with the Lion who had a glucose monitor just like hers

Calendar

October
Blindness Awareness Month

All Peace Poster entries must be turned in prior to the state convention

8 - World Sight Day

16 - World Food Day

23-24 - ND State Convention Grand Forks ND

November
Diabetes Awareness Month

14 - World Diabetes Day

January
Membership Growth

Start preparing for the March Membership Madness Contest

February
Childhood Cancer

1 - If your club wants to bump up their marketing this is the online application deadline for the marketing grant. Campaign must be completed July26-Feb 27

4 - World Cancer Day

28 - Club submit one nominated service project to the District GST Coordinator for Kindness Matters award

Club News

Carrington



Carrington Lions was 1 out of 9 teams represented at the 5th Annual Carrington Out of the Darkness Walk on Sunday, Sept. 13. Julie Neuman, Sarah Beard, Mary Hoff. Member Not pictured: Jane Fredrickson.



Mary Hoff & Julie Neuman.

Napoleon



Napoleon Lions Club members Barb and Tony Braun next to the Napoleon Lions Club parade float which was in the Napoleon High School Homecoming Parade.

Leonard



President Derek Cruff of the Leonard Lions says, Our Lions club paid the premium for 4H member Trigger Tollefson's goat at the Ransom County Fair. He gave a short presentation during the September meeting about his experience of raising the goat and showing it at the fair. The check was presented at the meeting. Trigger is the son of Trevor and Casandra Tollefson of Leonard and is the grandson of Terry and Cindy Hanson.

Mandan





Mandan Lion Jeannette Friesz, presenting 10 Blankets to the Sanford Cancer Center and the Bismarck Cancer Center. The Mandan Lions have been donating blankets for several years for patience to keep for their personal use during treatments and to take home. Some of the other locations that they have donated blankets to are the Pediatrics unit at Sanford and the Dialysis Units at Sanford and CHI.

Napoleon



Napoleon Lions Club President Is ND Teacher Of The Year

ND Teacher of the Year for 2027, NHS Ag Teacher and Napoleon Lions Club President Brian Schneider (middle) with his state award, surrounded by: (L-R): ND Governor Kelly Armstrong, Napoleon Public School Superintendent Rich Bjerklie, NPS HS Principal Chad Berger and State Superintendent Levi Bachmeier at the State Capitol building after the ND Teacher of the Year presentation Thursday, September 24.

5NE DISTRICT GOVERNOR'S REPORT

KRISTI SWENSON, 701-302-0155, kristi.swenson0155@gmail.com

As ND Lions, we have much to celebrate as we continue to make a difference in the lives of those around us. Through our commitment to service, compassion, and fellowship. Lions clubs across our state demonstrate what it truly means to be Lions serving together for the good of others.

World Vision Week reminds us of the importance of sight preservation and the work Lions do to prevent avoidable blindness and improve vision care around the world. Through vision screenings, eyeglass collection, sight assistance, and support for vision-related programs. Lions bring hope and brighter futures to individuals and families in our communities.

The ND State Lions Convention is another wonderful opportunity to celebrate our organization and the people who make it strong. Our convention allows Lions to come together to share ideas, learn from one another, recognize outstanding service, and renew our commitment to Lions International. It is a time to strengthen friendships, encourage new leadership, and return to our communities inspired to do even more. Every Lion has something valuable to contribute and every club has a story worth sharing.

Every project, fundraiser, donation, and volunteer hour represents the heart of Lionism. Your willingness to give your time, talents, and resources makes our communities stronger and shows others the power of service.

Together, we can make a lasting difference-one act of kindness,one community project, and one life at a time.

Thank you for all you do for Lionism and the people of ND. I am proud of the service our Lions provide and grateful to be a part of an organization that continues to make a positive difference locally and around the world.

5NW DISTRICT GOVERNOR'S REPORT

JACOB THRAILKILL, 701-833-4654, jacob.trailkill@nm.com

Greeting Fellow Lions,

September seemed to really fly by! I have enjoyed visiting clubs so far and plan to make many more stops. If you are interested in a visit from myself or someone from the cabinet please let me know! State convention is right around the corner and there is still time to sign up. You should see the registration information in the newsletter. 5NE has done a great job putting this together. The cabinet is hard at work on making this a productive year for our district. That being said, we would strongly encourage any thoughts or ideas you may have. Currently we still need a zone 4 and zone 7 chair. Please let me know if you are interested! SEE YOU AT CONVENTION!

DG Jake Thrailkill

Club News

Enderlin



On September 11, six Enderlin lions delivered a costly guest to Fargo's Gateway Lions. "Stuffy", a traveling and compliant small lions icon, found a new home at a $5/day care and feeding cost, this money goes to The Great Plains Assistance Dog Foundation, Stuffy was in Enderlin for 6 weeks. Valley City for 5. Veterinary Andrew Peterson diagnosed Stuffy with "kitty coma sleepy 2 much," a rare big cat malady causes by too much gravy from Lions' suppers a permanent disability is obvious, but Gateway's wealth and power will give Stuffy a perfect forever home. Reading from left to right - Grant Patterson, Andrew Peterson, Kaden Campbell, Fargo's Gateway Lions president Chris Bauck, Mike Martin, Terry Taylor, and Karl Stordahlen.

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Club News

New Rockford



In honor of grandparents day on September 14. New Rockford Lions club members spent Sunday afternoon, hosting a sundae social with the residence and families of Heritage House. Grandchildren and even great grandchildren came to spend a special afternoon noon with their families.



New Rockford Lions club members present the Central North Dakota Steam Thrashers board with a check for $20,000. The money will be used to move a train depot from Fargo to its new home on the steam thrashers grounds. It will house a small passenger train that was gifted by Yonkers Farm.

Lake Metigoshe





Lake Metigoshe Lions and Boissevain, Manitoba Lions.

Lions Unite for Fellowship at the International Peace Garden

Submitted by Mary Grosgebauer,
Lake Metigoshe Lions Club

On Sept. 14, 2026, 15 Lake Metigoshe Lions joined five Boissevain Lions members for a gathering at the International Peace Garden. The evening was filled with fellowship and fun as Lion Tim Chapman, Chief Executive Officer of the International Peace Garden, shared information about volunteer opportunities for the upcoming winter, spring, and summer seasons. Everyone enjoyed a catered meal by Kelvin Klinic.

During the September meeting, the Membership Advancement Key was awarded to Lake Metigoshe Lion Larry Bullinger for bringing in five new members and to Lion Mary Bullinger for adding two new members. It was a beautiful evening of enjoying the gardens, celebrating service, and sharing time with fellow Lions.

Club News

Braddock



The Braddock Lions Club held their yearly Ham Supper on Sept 12. This event is held concurrently with the South Central Threshing Show each year on the first Saturday after Labor day. Due to the small number of members in the club several volunteers stepped in and generously donated their time to our club. From Left to Right: Volunteer Theo Naaden, VP Darrell Glovich, Sec/Treasurer Kerry Swanson, V: Francine Johnson, V: Shayna Fischer, Member: Christa Kron and President Nathan Kron. Additional help not shown: Member: Duane Leier and Vol: Jean Swanson. Approximately 75 were served

Minot



The Minot Lions would like to say Thank You to all Lions and guests who traveled near and far to attend our 100th Anniversary Celebration! We had a wonderful time sharing stories and talking about what Lions means to our communities. Here's to the next 100 years!

Sight for Kidz



Sight for Kidz screening held September 28th and 30th at Emerado, Larimore and Midway Elementary schools. Lion members pictured are District Governor Kristi Swenson, Jon Snyder, Reid Wilson and Gary Iverson. Not pictured are Jay Bigornia and Marian Kay's.

All-Star Basketball



Two men who played in the first Lions All-Star Basketball games attended the 50th annual games in July. All previous players and coaches were recognized at this year's games. Pictured right to left are the two men who participated in the first All-Star games with a woman who was also a player from a previous game. All three are proudly wearing their purple Lions All-Star Alumni t-shirts.

SOARING IN SERVICE!

2026 NORTH DAKOTA LIONS STATE CONVENTION

Greetings fellow Lions! If you haven't registered for the State Convention, there's still time to do so before you miss out on all the fun, education, opportunities for growth in Lionism, meeting friends, making new friends and much, much more! The Lions of 5NE are ready to put on a good show for everyone as we SOAR IN SERVICE!

Speaking of Service, we have as our keynote speaker the highest ranked enlisted person at the Grand Forks Air Force Base. Chief Master Sergeant William R. Gruenes is the Command Chief of the 319th Reconnaissance Wing at the GFAFB. He advises the wing commander on all matters concerning the morale, welfare, training and utilization of the wing's personnel. This man knows SERVICE!

Our Special Guest from LCI is International Director Melissa Washburn from Carlsbad, New Mexico. Director Washburn is a three-time Lion of the Year award winner and recipient of several International President's Certificates and multiple International President's Leadership Awards. She is also a Progressive Melvin Jones Fellow. Her service is defined by promoting positive impact through membership, service and leadership. This is a Lion Leader we all need to get to know! She will have a Question & Answer session Saturday afternoon at 4:00 and she will address the convention as our banquet speaker.

As with Chief Gruenes and ID Washburn, our session speakers are "Top of the Line"! Chad Hohweiler with Dakota Lions Sight & Health will give a personal perspective and insight into all the great things we as Lions know is the foundation of Lions, that of course is to be Knight's for the Blind. Dr. Eric Johnson has been with us before. If you've heard him, you always want to hear him again. If you haven't heard him, believe me, you won't find more information pertinent to every phase of this difficult to manage medical condition then you'll get from Dr. Johnson. Then we have one of the core causes of the mission of Lions International, Childhood Cancer. Have you ever heard a first-hand story about childhood cancer survival? Dawson VanSickle's story is one of denial, fear, acceptance, agony, healing and hope as he fought and won his battle with Osteosarcoma. His life, and those of his family, were forever changed on October 3rd of 2023 when Dawson, at the age of 16, heard his doctor at Mayo speak the words, "you have cancer." Join Dawson, his mother Jamie Kroll, and grandfather Lion Elton Hendrickson as they tell Dawson's story. Next on the agenda is Kristin Follman with a compelling story about her many trips to Haiti. Haiti is the most impoverished country in the western hemisphere. To combat this adversity, Haiti Eye Mission seeks to provide eye screenings, eyeglass and sunglass dispensing, cataract and glaucoma surgery, and medical treatment of eye diseases to over 1200 residents of the country annually. Once again, an opportunity for Conference Lions to become educated and perhaps one day participate in a truly life saving endeavor! Rob Redmond with the company that helped us start the Sight4KIidz program here in North Dakota, Plus Optix. For this session we are asking everyone who has a vision camera to PLEASE bring them to Rob's session. He will have updates to load onto everyone's camera. We will have the opportunity to delve into some of the inner workings of the equipment we've been using for all these years. What does it tell us when we see the word REFER? For those who are not familiar with the program but wish to learn more about the process, you will be able to experience the way in which the program operates on a local level. Our speaker on Specialty Clubs is Lion Jay Norby. Lions International states "The Specialty Clubs Program was designed to create clubs in which members share a common interest or passion. Specialty clubs are a unique expression of the diversity of Lions International, uniting people around the globe around hobbies, causes, professions, or anything else that brings a group together." Please join Jay to learn about the Join Together Program and start new clubs in your communities. Finally, we have a unique and extremely interesting session by Paul Snyder from the UND School of Aerospace Studies. The University of North Dakota is partnering with federal, state, local, and tribal organizations to strengthen disaster preparedness and emergency response across North Dakota and the nation. Attendees will gain insight into how aviation is being used in service to others, the vital role it plays in protecting and serving North Dakotans, and how collaboration is building more resilient communities across the state. If I can go back to the beginning of the Convention, we need to mention the Ice Breaker to be held at North Dakota Vision Services/School for the Blind and hosted by Lion Paul Olson, Superintendent. Lion Paul has a great program planned to include a man from Bismarck known as The Blind Mechanic who as you might expect has an incredible personal story to share. Lion Paul will give us a chance to tour the facility and learn about the many unique services available to those with sight impairments. Clearly, a SERVICE that Helen Keller would be proud to know exists! A buffet dinner will also be served.

Wait until you see the other FUN things we have planned! When was the last time you flew a paper airplane? Well, this time it might be worth some money! Our main fund raiser this year is for the Statue of Service. If you haven't already heard, this is a project to raise money for a beautiful memorial to be located on the grounds of the North Dakota Vision Services/School for the Blind. Our 50/50 and auction funds will go towards the memorial. We will have other items of great interest to Lions which will be on display for both silent and live auction. If you wish to bring items for the auctions, please understand that by Convention Rule, the proceeds must go towards either Convention expenses or as designated by the Convention Committee. A Strides Walk fund raiser for Childhood Cancer will take place on Friday afternoon. Please be generous with your donation and enjoy the walk!

We are planning a special recognition of the Lions Foundation of North Dakota this year. You will find and hear messages about the wonderful work of the Foundation throughout the Convention. If you're available, please attend the Foundation meeting from 1-3PM on Friday. Always during the Convention, have your money ready for TAILTWISTING!

The annual Cabinet meetings, Lions Foundation, Past District Governors and District meetings will be happening as usual. As will the Memorial Service where we honor the Lions who have passed away since we last gathered.

Wear your LIONS gear! Get your FUN on! Drive SAFELY!

WE ARE SOARING IN SERVICE!

2026 Convention Schedule

Friday, October 23, 2026

9:00 – 5:00	Registration
10:00 – 12:00	5NE Cabinet Meeting *(Meeting Room 3)* 5NW Cabinet Meeting *(Meeting Room 5)*
12 – 1:00	Lunch – Cabinet and Foundation *(Ballroom 2/3)*
1:00 – 3:00	Lions Foundation of ND Meeting *(Meeting Room 3)*
11:00 – 3:00	Strides Walk (with donation) for Childhood Cancer *(meet at Registration area)*
3:00 – 4:30	ND Lions PDG Association Meeting *(Meeting Room 3)*
5:00 – 5:45	Memorial Service *(Ballroom 2/3)*
6:30 – 8:30	Ice Breaker: Dinner and Program – ND Vision Services/School for the Blind, MC Lion Paul Olson, Superintendent

Saturday, October 24, 2026

7:00	Registration
7:30 – 8:45	Breakfast and Opening Ceremonies *(Ballroom 4)*

Speaker: Grand Forks Air Force Base, 319th Reconnaissance Wing, Command Chief Master Sergeant William R. Gruenes

8:45 – 10:00	5NE District Meeting *(Ballroom 1)* 5NW District Meeting *(Meeting Room 2)*
10:00 – 10:15	Coffee Break
10:15 – 11:00	Breakout Sessions ✧1 DLSH – Chad Hohweiler *(Ballroom 1)* ✧2 Diabetes – Dr. Eric Johnson *(Ballroom 2/3)* ✧3 Childhood Cancer – Lion Elton Hendrickson, daughter and grandson *(Meeting Room 2)*
11:15 – 12:00	Breakout Sessions ✧4 Haiti Eye Mission – Kristin Follman *(Ballroom 1)* ✧5 Diabetes – Dr. Eric Johnson *(repeat, Ballroom 2/3)* ✧6 Childhood Cancer *(repeat, Meeting Room 2)*
12:15 – 1:30	Hall of Fame Luncheon – Lion Jan Froemming, Dacotah Mandan Lions *(Ballroom 4)*
1:45 – 2:30	Breakout Sessions ✧7 Vision Screening – Rob Redmond, Plus Optix *(Ballroom 1)* ✧8 Join Together/Specialty Clubs – Jay Norby (Meeting Room 2) ✧9 UAS in Disaster Relief - Paul Snyder, UND Aerospace *(Ballroom 2/3)*
2:30 – 2:45	Break
2:45 – 4:00	State Meeting/Parade of Green/Live and Silent Auction *(Ballroom 2/3)*
4:00 – 5:00	Q & A with International Director Melissa Washburn, New Mexico *(Ballroom 2/3)*
6:00 – 7:00	Social Hour – Entertainment by Hawks in Harmony *(Ballroom 4)*
7:00 – 9:00	Banquet – Keynote Speaker, International Director Washburn *(Ballroom 4)* ✧District Governor Kristi Swenson and District Governor Jacob Thrailkill, Awards and Recognition

Statue of Service: A North Dakota Lions Legacy in the Making

Exciting progress continues!

The Statue of Service is a North Dakota Lions project that will honor the countless ways Lions have served people with vision loss in North Dakota and around the world. This life-size bronze statue will be located on the grounds of North Dakota Vision Services/School for the Blind (NDVS/SB) in Grand Forks, creating a lasting place to recognize Lions service, educate visitors, and celebrate the gift of sight, literacy, and independence.

The project is gaining momentum! Approximately $107,000 has been raised through donations and pledges, putting us halfway to our goal. Lions Clubs across North Dakota are stepping forward, and we want every Lion to see this as our project—a project created by North Dakota Lions and representing Lions service everywhere.

Every North Dakota Lions Club Can Be Part of It

There are approximately 100 Lions Clubs in North Dakota, and every club is asked and encouraged to contribute at least $1,000 to the Statue of Service. All donations, regardless of size, are greatly appreciated.

If every North Dakota Lions Club contributed at least $1,000, the Statue would go into production. Just as importantly, every club's participation would mean that all North Dakota Lions Clubs are represented in the landscape of this project.

This is an opportunity for every club and every Lion to have a lasting part in a project that will stand for generations.

Our goal is to acquire all the necessary funds so that we can have a grand celebration and dedication of the Statue in 2028, with Lions from across North Dakota invited to be part of this special commemorative event.

What Will the Statue of Service Include?

The completed site will include the life-size bronze statue, landscaping, benches, donor-recognition pavers, evening lighting, and educational signage. The educational elements will help visitors understand both the history of Lions' commitment to people with vision loss and the important services provided by North Dakota Vision Services/School for the Blind

The signage at the Statue of Service will tell three important stories:

Lions—"Knights of the Blind"

The Lions signage recalls Helen Keller's historic challenge to Lions at the 1925 Lions International Convention, when she called upon Lions to become "Knights of the Blind" in her crusade against darkness.

Moved by Keller's words, Lions accepted that challenge. For the past 100 years, Lions have continued to serve people who are blind or have low vision. Vision remains a major area of service for Lions around the world, with Lions working to improve the lives of people with vision loss and help prevent avoidable blindness.

North Dakota Vision Services/School for the Blind

The North Dakota Vision Services/School for the Blind signage tells the story of an important North Dakota resource. Established in 1908 in Bathgate, North Dakota, and relocated to Grand Forks in 1961, North Dakota Vision Services/School for the Blind serves people of all ages throughout North Dakota through outreach services and center-based programming.

Its mission is:

"To provide specialized and individualized services for people of all ages who are blind or low vision by partnering with families, educators, and agencies to empower them in achieving their goals."

The Braille System—"Literacy Through Touch"

An interactive Braille feature will invite visitors to experience "Literacy Through Touch." The signage explains that Braille is a tactile writing system consisting of raised dots arranged in a 3-by-2 matrix, allowing people who are blind or visually impaired to read through touch.

Braille was invented by Louis Braille in 1824 when he was just 15 years old. The system enables people who are blind or visually impaired to read and write through touch rather than sight. Braille supports autonomy and independence and promotes literacy and future success.

Visitors will be invited to use a Braille key to decipher a famous quote from Mark Twain. The quote, presented in Braille, reads:

"Kindness is a language that the deaf can hear and the blind can see."

The Next Big Opportunity Is Coming!

The North Dakota Lions Convention in Grand Forks, October 23–24, 2026, will provide an exciting opportunity for Lions from across the state to come together and help move the Statue of Service closer to completion.

We encourage every Lion to attend the convention and to support the Statue of Service through a donation. The Statue will also be a Parade of Green giving opportunity, providing another way for Lions to support this meaningful statewide project.

Whether your club has already contributed or is considering its first gift, now is the time to get involved. Every club, every Lion, and every gift can make a difference.

Your Statue of Service Committee

This project is being led by a dedicated committee of North Dakota Lions:

Treasurer: Lion Gerry Keenan

PDG Lion Steve Johnson

VDG Lion Bryon Novotny

Lion Pete Tunseth

Lion Tim Dittus

Lion Del Hager

Chairperson: 2nd VDG Lion Tracy Wicken

The committee is grateful for the support and encouragement of Lions throughout North Dakota.

The Statue of Service will stand for generations as a reminder of Lions service, compassion, vision, and commitment to others. It will recognize the work Lions have done, the services being provided today, and the commitment we carry into the future.

It is a North Dakota Lions project—and it represents all of us.

We hope to see you at the North Dakota Lions Convention in Grand Forks on October 23–24, 2026. Thank you for your continued service to Lions and for helping make the Statue of Service a lasting legacy for Lions throughout North Dakota.

Yours in service,

2nd VDG Lion Tracy Wicken

Chairperson, Statue of Service



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Lions Foundation of North Dakota, Inc. Recent Donors

Blackbaud Giving Fund $100

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

Club News

Dacotah Mandan





Left to right. Lion Shirley Schafer, PDG Lion Sherry Fetch, Lion Club President Steve Moore and PDG Lion Jan Froemming.

Most successful Dacotah Mandan Lions Club Herman Schafer Memorial Tournament!

Thank you to our Hole Sponsors, prize donors and participants! These funds help children in our community, such as, paying the $700.00 parental costs of sending children to Camp Maverick Diabetes Camp. We Serve!

Herbon



Two Inducted into the Hebron Lions Club on Thursday, October 3rd, 2026 Shown left to right: Lion Florian Woroniecki, (Hebron Lion for 48.62 years), sponsor of Brent Woroniecki. PCC Lion Arlen Fetch, and Matt Mees with his sponsor, Lion Gene Heck.



Zone 6 Gathers at Hebron Fall Festival

Saturday, September 12, 2026 - Second District Governor Lion Melanie Willoughby along with Lions Rick Willoughby, Sherry Fetch, and Arlen Fetch of the Dacotah Mandan Lions attended some of the festivities during the Hebron Fall Festival, a 3-day event highlighting a parade and a Quilt Show and a rodeo, along with great food and many other activities. This annual event has been sponsored by the Hebron Lions for the past 99 years. The theme for this year's festival was "Chasing 110 Years of Festivals." A BIG thank you to the Hebron Lions Club! We handed out Lions promotional brochures, Lion keychains, and other swag! What a fantastic event!

LCIF
LIONS CLUBS INTERNATIONAL FOUNDATION

Lions Clubs International Foundation (LCIF) is the global foundation dedicated to empowering Lions service to our communities. Worldwide, LCIF grants and special programs help Lions realize their most inspiring and ambitious service projects. Since our foundation's inception in 1968, lives are transformed through the power of giving, with more than $1.3 billion in grants impacting 200 countries and regions. Your support sustains our mission, creating lasting impact. One life at a time.

A lot has happened since 1917, when Lions Clubs International was founded, but one thing hasn't changed; the service, dedication, and leadership of Lions in their communities. Because Lions live and work in communities they serve, we know how to encourage and advocate for our neighbors and those in need. Through LCIF, 100% of your donations go towards eight global causes. Vision, Hunger, Environment, Childhood Cancer, Diabetes, Youth, Humanity and Disaster Relief & Preparedness. Every donation matters. Your support sustains our global mission.

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

