

Changing Seasons, Changing Service Projects

Let's shake it up this fall by creating new community Service projects! Find a need in your community and fill it. Meet new local folks who may be interested in joining your club. Lend a helping hand where a "hand up" is needed.

In early October, the Marquette Lions Club got creative by participating for the first time in the Marquette Folk Festival. Lion Melvin Jones portrayed by Lion Jim Edwards, and Helen Keller, played by Lion Gretchen Preston entertained 25 community guests with a conversation set in 1926. The duo chatted about the newly formed Lions Club and speculated about the club's impact on the local community in the next 100 years. The Gwinn Lions Club is launching a new environmental recycling project we all can get involved in. The Vulcan-Norway-Loretto Lions hosted Lion Stephanie Graef who held a community meeting on Human Trafficking Awareness. WOW!



In this issue, International President Mark Lyon urges, "Let Your Service Shine." Farmer Finley takes U.P. harvested seeds to the international stage, and shares tips on harvesting your homegrown seeds. Lion Peggy highlights an environmental project, and Lion Ashlyn rocks the house at the Great Lakes Recovery Center fund-raiser. Lion Chris Smith shares her report for Childhood Cancer News on "Gold Out" high school football games raising funds and awareness for childhood cancer, and our Roving Reporter Lion Jim highlights the Human Trafficking Awareness presentation in Norway and Lion Ashlyn's performance in her concert benefiting the Greatlakes Recovery Center.

Note: Next month we will be honoring our veterans. If you are a veteran or if there are those who have served in the military, Doctors Without Borders, the Peace Corps/VISTA etc. in your club, please send in their name, home Lions club, and a sentence about how, with whom, where, and when, they served. Email your submissions to: prestongretchen@gmail.com



Service in Motion: SD10 DG Governor

Gary Perala

Let Your Service Shine

President's Message:
Rooted in Service with
International President
Mark S. Lyon



District 10 Lions,
“Service is how we contribute to our communities —
but let’s take it one step further. Let’s share our stories
and make our clubs more visible through marketing and
advocacy.

As you serve, tell others about the incredible work you
do. When we show how our service impacts the
community, we can expand our reach, attract more
Lions and community partners, and serve even more
people.

You and your club are changing lives through acts of
service, big and small. So don’t keep it a secret! Let
others know why it’s great to be a Lion and watch your
club — and your service — grow!

In friendship and service, International President-
Mark S. Lyon

Lion Ashlyn Headlines Great Lakes Recovery Center Fund-raiser

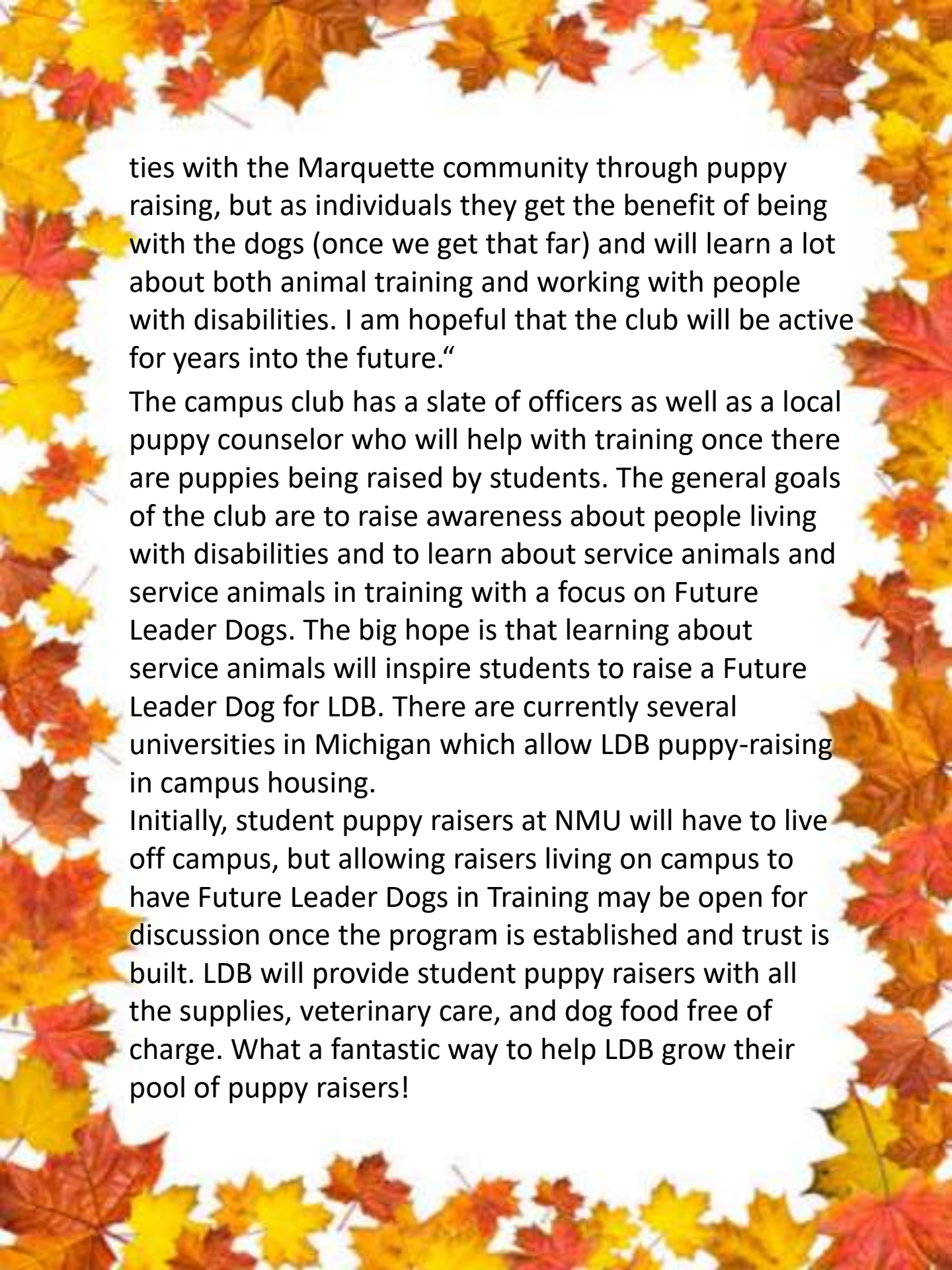
The Marquette Arts, Music, and Wellness Lions Club hosted a dinner and concert at Strega Nonna in Negaunee on Saturday, October 10 th . Lions from throughout the district and members of the GLRC community enjoyed a delicious Italian buffet and a concert by Marquette Arts, Music, and Wellness Lions Club member Ashlyn Roskowski.

Her first set of original music included songs and accompaniment from friends from Nashville where she is breaking into the music scene. The second set rocked the house with Ashlyn and her band The Breakers. Their performance and the \$50 per plate dinner made it a festive evening which raise Funds for GLRC's Compassionate Care Fund.



Northern Michigan University Starts **LDB Puppy Raising Club**

Northern Michigan University has a new student club which will help spread the word about the Lions Club and Leader Dogs for the Blind (LDB). The club will support students who are interested in raising a puppy for LDB. The "Future Leader Dog Club" was launched this Fall semester and had a large amount of interest during the Fall Fest on August 24. Kim Randolph, Puppy Development Coordinator from LDB, came to Marquette with her Future Leader Dog, Gunther, a spunky 9-week-old lab puppy to attend the Fall Fest. Lion Pam attended with Gaia, one of her career changed future leader dogs who is 10 years old. Both dogs lapped up the attention from the students and easily convinced dozens of students to join the club. The club's faculty advisor, Dr. Jill Leonard, shares, "I am so pleased to be able to help the students with their new Future Leader Dog Club. I am a supporter of the program in general, and I think it's great that we have students at NMU who are interested in helping raise and train these animals to support those with visual impairment. It's a great combination for the students because not only can they help others and enhance personal and NMU



ties with the Marquette community through puppy raising, but as individuals they get the benefit of being with the dogs (once we get that far) and will learn a lot about both animal training and working with people with disabilities. I am hopeful that the club will be active for years into the future.”

The campus club has a slate of officers as well as a local puppy counselor who will help with training once there are puppies being raised by students. The general goals of the club are to raise awareness about people living with disabilities and to learn about service animals and service animals in training with a focus on Future Leader Dogs. The big hope is that learning about service animals will inspire students to raise a Future Leader Dog for LDB. There are currently several universities in Michigan which allow LDB puppy-raising in campus housing.

Initially, student puppy raisers at NMU will have to live off campus, but allowing raisers living on campus to have Future Leader Dogs in Training may be open for discussion once the program is established and trust is built. LDB will provide student puppy raisers with all the supplies, veterinary care, and dog food free of charge. What a fantastic way to help LDB grow their pool of puppy raisers!

Marquette Lions Gretchen Preston, Leader Dog Ambassador Floyd, and Pam Miller will visit the campus club on October 15th. They will spend time talking with club members about puppy raising, the life of a working Leader Dog, and how a guide dog enhances the life of those who are blind. Lion Pam hopes to be allowed to bring some Future Leader Dogs in Training who are being raised in the local prison on field trips to club meetings. Currently, a dozen puppies are being raised by Marquette Branch Prison inmates. It truly takes a village to raise puppies for LDB, and we are proud as D 10 Lions to be a part of NMU's new Future Leader Dog Club!



Human Trafficking Presentation:



Lion Stephanie Graef is shown presenting her program on Human Trafficking. About 25 Lions attended the program at Norway High School on October 3rd, hosted by the Vulcan Norway Loretto Lions Club. Everyone was impressed with her presentation.

Graef shared practical ways to recognize possible signs of trafficking in our communities and among people we know—including family members, grandchildren, and minors we may encounter in public places. She encouraged attendees to pay attention to people they interact with regularly and notice significant changes in personality, clothing, or daily routines. If something raises concern, she urged people not to ignore it, but to approach the person with care and ask how they are doing.

Graef also discussed regional circumstances that can create vulnerability, including poverty, substance-use challenges, the Upper Peninsula's waterways, and the region's tribal communities. Her presentation reminded us that awareness and thoughtful attention can help us recognize when someone may need support.

🧡 Gold Out Games for Childhood Cancer Awareness

Gold Out Games are sporting events where players, students, fans, and communities wear gold to support children battling cancer. Gold is the official awareness color for childhood cancer.

These events can raise awareness, honor children who have fought cancer, remember those who have passed away, and show support for families affected by childhood cancer.

On September 26th, the Bark River-Harris youth football program held 2 'Gold Out' games to honor those kids who have battled childhood cancer, Kambria Grenfell, Mason Clark, and Lyle LaFleur 🧡. They also raised \$1400 for UP Lions Serve childhood cancer. Thank you, Bark-River Harris youth football for childhood cancer awareness!

On September 26, the Bark River-Harris Youth Football Program held two Gold Out Games to honor local children who have battled childhood cancer: Kambria Grenfell, Mason Clark, and Lyle LaFleur. 🧡

The program also raised an incredible \$1,400 for UP Lions Serve Childhood Cancer!

A heartfelt thank-you to Bark River-Harris Youth Football for helping raise awareness, honor these children, and support families affected by childhood cancer. Your generosity and community spirit make a difference! 🧡



Gwinn Lions President Steve Finley asked for new service projects and the Gwinn Lions Responded!



When Gwinn Lions President, Steve Finley, asked his local Lions club for service project ideas- his club stepped up in a big way! One of the first projects mentioned and completed was cleaning the Gwinn U.S. Post Office. Like all postal service locations- the Gwinn Post Office had been hit with budget cuts which lead to the cleaning services being cut. And after a long dry summer both the outside and the inside were in need of a little TLC.

The Gwinn Lions showed up and started by removing all the spider webs and spider nests off the outside of the building followed by a power washing. While the crew was busy on the outside- several members went into the lobby and wash windows, wiped down the service tables, wiped down the faces of the mail boxes, vacuumed rugs and mopped floors.

Within an hour and a half the Gwinn Club had the post office looking more approachable and business ready with it's quick face lift.

A perfect quick and easy service project that added a little sparkle and shine to the community.

As for their second project- it will be an ongoing, 4 season project. Similar to the collecting of used eyeglasses, the club will be collecting used prescription pill bottles and sending them to organizations that use the bottles on mission trips, enabling doctors to send medications home with those that live in remote areas of the world.

As the sign below states- the bottles must be clean, dry , have the label removed and have their lid. The club will provide the postage to mail boxes of bottles to the collecting organization of their choosing.

If you would like to learn more, reach out to the Gwinn Lions thru Lion Steve Finley

**Prescription Bottle
Recycling
Program-**



- **Bottles must be CLEAN**
- **Bottles must be DRY**
- **Bottles must have the LABEL REMOVED**
- **Bottles must have the LID**

Prescription bottles are being collected by your local Lions Club. Bottles will be shipped to a participating recycle center which will reuse the bottles on mission trips abroad to send medications home with patients.

U.P. Zen Gardening with Lion Steve Finley

Greetings D10 Lions!

Fall harvest is in full swing this month along with a visit to Mansfield, Missouri. The first picture is of ONE of several harvests that took place this fall. The majority went to the St. Vincent DePaul Food pantry to serve area families in need. A minor set went into seed saving! The total food provided to food pantries is right around 1000 pounds! And working with Grace Lutheran Church in Gwinn, we harvested enough to feed 44-50 local families through their church!



The second picture is Fran (my wife) and me at the Great Pumpkin Display in the new exhibition Hall at the International Harvest and Flower Festival in Mansfield, Missouri. It is a 2-day, intense gathering of people from around the world to talk . . .

Food production and health including Food as Medicine! We listened to speakers Dr. Bob Quinn (I'll talk about his book Grain By Grain in another post), P. Allen Smith and a fellow on regenerative framing.

The third picture of bottles of seeds were those brought to the festival by Gwinn Food System! Yes! Our seeds became part of the international seed swap! We've come a long way since the beginning of the Seed Library in Gwinn!



The fourth and beautiful picture is of one of the last harvests of tomatoes. We raised 30 varieties of tomatoes this year. The craziest plant was no taller than 8 inches and 8 inches around as a bush! It produced tiny cherry tomatoes. Their flavor wasn't very good but as a decorative plant... fun to look at! (Want to know the variety? Email me!)



Fall is the time when fruit and veggies chosen for seed saving remain in the gardens until ready for seed collection. Did you know that to save cucumber seeds, you wait until the cucumber is brown? At that point, all energy is going into seeds! Another excellent way to save seeds for melons, watermelons, squash, etc., is to gather the seeds without too thorough a cleaning, add them into a glass jar of water. Shake the filled and sealed jar frequently for 3 days. Make sure the jar stays out of direct sunlight! On the third day, shake one more time and empty the seeds onto a 1/8-inch screen. I use a hose to rinse them, place the CLEAN seeds on a paper plate, place the plate in the house in a sunny window. In a week or 2, seeds are dry and ready to be saved! A clue - use magic marker to name the seeds you put on each plate! Yep, I learned the hard way.

Want to learn more? Email! Me Lion Steve, AKA Farmer Finley at: Stevefgrower@gmail.com Lions Roar!

Facilitate a Just Ask Workshop and Gain New Members:

Do you need help recruiting new members to your clubs? Facilitate a Just Ask workshop to strengthen membership recruitment by teaching members effective strategies for inviting and engaging new members. [LEARN MORE](#)