

James Rabe (00:00):

Good morning. It's Y 1 0 5 FM. Is this the mark? J Linquist.

Mark J Lindquist (00:05):

This is the March Lindquist. Is this the James Rab?

James Rabe (00:08):

It is. We're both from the school of these <laugh>

Mark J Lindquist (00:12):

<Laugh>

James Rabe (00:14):

So I can't believe I'm talking to you live while you, are you still in Ukraine?

Mark J Lindquist (00:20):

Well, I'm temporarily over in Poland containing a vehicle, but I'll be back there tonight.

James Rabe (00:24):

Okay. Well, that's good. So do me something first you're over there, I've explained what's going on. What's the, what's the mood like where you're doing your humanitarian work?

Mark J Lindquist (00:36):

Well, of course the mood changed a bit after the missile strikes inside the movie. So, you know, lava is the cultural capital of Ukraine. It's the tourist capital. And so you know, folks were coming back into Ukraine and they were returning home and they're getting back to work, they're supporting the economy and then the missile strikes happen. And so you know, then you see lines outside of the ATMs, right? 10, 15, 20 deep. And kind of what would you would expect happen over in America if something like that happened? You know, folks start to panic, right. And but the Ukrainian people that they're so unified, you know, whatever you hear out there in the other media, I want to tell you that my experience boots on the ground is that it everybody's supporting the displaced and, and displaced and those refugees donating things not charging for anything, just giving out their own goodness. Oh my gosh. Delivering food to refugees. It's I would say the people of Ukraine are determined

James Rabe (01:40):

And you are actually in Lavi. So that, that you, you, did you experience the missile missile attack?

Mark J Lindquist (01:48):

I mean, we have daily air raid sirens that we're all paying attention to. And, and certainly it is a war zone, so you can't discount any type of danger. Right. But you know, there's necessary work that needs to be done. And so some people need to risk those types of things to help. So that's what we're willing to do.

James Rabe (02:05):

Unbelievable. I, and you have, you know, you've, you've been in war zones before, so this isn't new to you. You're not a combat experienced soldier, but you, I I've seen pictures of you in Afghanistan and stuff. Does it, does it bring back memories of that?

Mark J Lindquist (02:20):

Well, it's kinda like, you know, once you go on this I call it a deployment, you know, and civilian deployment, you know, using the same skills and training that training comes back, you know, and as, as what you always hear, that's what people always say. And as soon as we got into this situation, all of the military guys that I've been around, it's so true. Training comes back to you, you know, how to act, you know upset operational security. And it's just kind of in you.

James Rabe (02:45):

Hmm. I mean, what it sounds like is the way you describe the missile attacks and the people and the unity a lot like when Germany was bombing the live heck outta London, but they just kept going. They kept, you know, they moved the bricks aside and kept on going.

Mark J Lindquist (03:02):

And, and, you know, of course you look out east in Ukraine and you see some of those images of the cities that have been 70 and 80% destroyed destroyed, and it does kind of bring back those images of the 1940s. Right. Right. And, and so I've been telling people from an American response to the west, it's really greatest generation moment. You know, the things that made that generation great as we referred to it is the same spirit that we need to call upon today. And we need to ask for the people of Ukraine, we can't be people, you know, who can think that the tweeting with our thumbs is sufficient. We need the people of Ukraine need action. And so it's inspiring to see questioners come over here and, and provide them to important.

James Rabe (03:40):

So now that you're there and you're doing the support stuff is it, is it well, quite honestly, is it scary to go in now that you know that the Russians are focusing on, on Lavi?

Mark J Lindquist (03:54):

Let me put it to you this way. Fear or doubt or anxiety about missile attacks or bombing. We really don't think about that often. Why? Because it's something you can't control, right? Mm-Hmm <affirmative> if you get hit by a missile, you won't know, what do you hear about the folks that are at lunch stool? They got blown up in Afghanistan. They didn't remember anything. The first thing they remembered was when they woke up in the hospital bed. Right. So you're not gonna know James. I know that it's, I'm not trying to be flippant or, or, or trying to, to minimize danger because it is a war zone, but why spend any of your time worrying about that? Because you're not even gonna know what happened, right. So you might as well focus your energy and your, your thoughts on what you can do to help and, and Ukrainian in front of you. And that's how we about danger doesn't mean that we're crazy and Cowboys and taking extra risks. No, but it just, doesn't, it's not fruitful to think about that.

James Rabe (04:47):

Well, you got things to do, right. And if you focus on that, that's, what's gonna get done. I, you and I have the same mentality about that. Although you are experiencing it in a whole different way than I

ever have, and I know that you could absolutely use some help financially or with items. What do you need from us?

Mark J Lindquist ([05:06](#)):

Two things. Money goes so far over here. If you can find it in your heart or your checkbooks even donate \$25, \$29, \$50, the money goes three or four times as far over here. When I buy products in Ukraine and I can, that does three, you donate money. I don't have to wait for the product to be shipped across the ocean. I, I contribute to the local Ukrainian economy. Right. And it, it, it, it, it, it just actually I forgot the third thing, but there's a third benefit, you know, that, that, that if we get the products to, oh, again, the dollar goes further. That's the third thing. And so yes, money is one thing. That's the, GoFund me. If you just go on GoFund me and search the last name, Lindquist, L I N D Q I S T.

Mark J Lindquist ([05:48](#)):

You'll see me there. The second thing is medical supplies. Some of these medical supplies, like tourniquets and quick plot and Israeli bandages, we can't find them in Europe. It's gotta come from the west. It's gotta come from, you know, partners like HCMC and Allina of health and Mayo clinic and Essentia and Sanford. It's gotta come from those big hospitals that have access to supply chains that I don't have. If anybody has access to those contacts that can put me in touch to maybe do an in kind donation and do an discount thing. I, I, I'm working on those right now.

James Rabe ([06:19](#)):

Well, that's, that's incredible. And this will all be in a story. So a little later on this morning, you'll be able to click on it on the Y 1 0 5 FM app and get all those links, whether it's money you wanna donate or whether it is you're someone that actually is at Mayo clinic listening right now. And I'm not talking to you necessarily Mr. CEO, but I've heard you listen to the show. Hey, we could use your help. Mark could use your help, but it's not just mark. It's a ton of people that have volunteered with their time and their energy to go to Ukraine and help so that Ukrainians can, can do the fighting, can do the stuff where they need to stand up for their country. And we can just be the support. So they don't have to do that.

Mark J Lindquist ([06:56](#)):

You nailed it. We, the west has more than enough, right? We have extra. We, we, we, we, we are comfortable. And so all we need to do is get these supplies from the west over to the border. I'll get it out to the dun boss with our transports we've established, and we can make this thing work.

James Rabe ([07:10](#)):

Awesome. Now, what time is it there?

Mark J Lindquist ([07:12](#)):

Let's see. It's about 3 52 halfway

James Rabe ([07:15](#)):

Across the world, man

Mark J Lindquist ([07:18](#)):

Technology. Isn't a great, my friend.

James Rabe ([07:20](#)):

It is. All right. Take care. We love you.

Mark J Lindquist ([07:23](#)):

I love you back. Okay.

James Rabe ([07:24](#)):

Bye-Bye it is mark Jay. Linquist. He? We can, you can look for his information just by searching. Linquist on the Y 1 0 5. If app you'd like to help out, I've known him since he was a high school kid. And just an amazing story. What he, and so many others are doing in, in, on the Polish border. Cetera, this is Y 1 0 5 FMS early morning show.