



**April 2022**  
*Lion Sue Long*  
*District Governor*



**CHAPTER 9 – Hundred Years of Lionism in West Virginia**

In 1921, the first Lions Clubs were chartered in West Virginia. Since then, we have survived and served many International and National events. Let’s reminisce through the years and acknowledge some of these events both great and tragic.

**In the 1920’s** we had the development of the economic prosperity, large scale development of the automobile, telephones, radio and electrical appliances, were developed. Significant improvement in aviation, end of WWI, Spanish Flu, stock market crash and women won the right to vote. **In the 1930s:** the collapse of economic development sparked the Great Depression. The crossword puzzle was invented, the bra was developed, Kellogg’s cereals were in most family’s pantries, Spam and Toll House Chocolate chip cookies became a household treat along with Good Humor Bars. The Great Depression and Dust Bowl were significant losses. **The 1940s** had the bombing of Pearl Harbor and start of WWII and concluded with the Atomic Bomb. **The 1950s** were very active in many ways. It was the start of the cold war, Queen Elizabeth was crowned, beginning of the Civil Rights movement, music revolution with Rock and Roll, DNA was discovered, birth control was invented, credit cards were established, first color TVs in private homes, and first organ transplant. Hawaii and Alaska become 49<sup>th</sup> and 50<sup>th</sup> States. The Korean and Vietnam Wars started. **The 1960s** were the beginning of major revolutions such as civil rights, British music invasion, space exploration takes off, first moon walk, first televised Presidential debate, hula hoops were invented along with the statement, ‘make love not war.’ **The 1970s** were the start of the technology revolution with video games and Nintendo. Memorable events included: Woodstock, Vietnam war ended, Watergate, oil crisis, and Pop culture. Star Wars started the trilogy of space movies. **In the 1980s** the first personal computer was sold, compact disc was invented, first mobile phone hit the waves, Rubik’s cube was invented, CNN was launched, first artificial heart transplant, and the Berlin Wall falls. **The 1990s** was known as the decade that does not fit, Hubble scope was activated, development of the Euro, and bombing of the World Trade Center. Wars in the Middle East began. **2000** was the first major tragedy to escalate the Middle East wars with the 9/11/01 attack. There were major Natural disasters that also took place such as tsunamis and Hurricane Katrina. All of these triggered a major recession. Finally, **2010** started the controversy of the Presidential elections, Middle East wars continued and major social groups surfaced through protests. Windmills are a growing source of electricity and the Green Deal closes coal mines. In Multiple District 29, when disaster struck, such as, flooding, poverty, critical health issues and civic improvement, Lions step up to the challenge.

On April 22, 23, 24 we are celebrating our 100 Year Anniversary at Canaan Valley. Come and let’s join in fellowship to celebrate our ancestry that has survived and continues to grow in Multiple District 29. This convention is a bargain. We do not hear those words often, especially now. We have not had a convention, face to face, in two years.



**“IN LIFE AND IN SERVICE, KNOWLEDGE IS POWER. KEEP US EVER CURIOUS IN OUR QUEST TO CARE”... THANK YOU FOR ALL YOU DO!!!!!! YOURS IN LIONISM, DG Sue**

District Governor Calendar  
2021-2022



**Schedule of Events**

**April:**

5	Buckhannon/Kesling Mill/Hodgesville	
6	Mount Storm – Chat and Chew, Hosses	6 pm
7	Hedgesville/Pikeside	6 pm
12	Wilsonburg	
13	Wardensville	
18	Stonewood	
22, 23, 24	MD 29 Convention Canaan Resort	

**May:**

2	Moorefield/Petersburg	
5	Keyser	
11	Lost Creek – Johnstown	

**June:**

24 -28	International Convention – Montreal, Canada	
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**August:**

26, 27	WVLLR Flatwoods	
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Lion Gray Jones

First Vice District Governor



*“Dead people receive more flowers than the living ones because regret is stronger than gratitude.”* **Anne Frank**

“I think you can starve your soul dwelling upon all that has gone wrong in your life but you can feed your soul reflecting upon all that is good.”

**Author unknown**



I don't know anyone who claims that they have no regrets about the way their past played out. I also don't know anyone who is a happy person who focuses on their past. Regret only has value if we use it to learn lessons from our past mistakes. Anything else growing from regrets erodes our well-being and turns us sour. Gratitude, on the other hand, focuses on the present and brings the sunshine into our lives. Gratitude leads to an optimistic outlook on life. Gratitude allows us to be kind to others, to empathize with the tribulations others may be suffering, and to find ways to serve.

There are many ways we influence others. The feelings we bring to our lives, to our tasks, and even to our thoughts affect others more than we may be aware. Happiness, optimism, enthusiasm, and gratefulness are contagious. Others feed off those positive energies, just as negative energies also influence them. So the challenge for many of us is to be that ray of sunshine that lifts others up: not in a Pollyanna Syndrome sort of way that ignores reality's unpleasantness, but with a sense of real gratitude for whatever gifts life (or God) has given us.

Lots of the people who must deal with the most unpleasant aspects of life (e. g., EMTs, Police, Nurses/Doctors, those in the military, etc.) have what is (affectionately?) referred to as “gallows humor.” Sarcasm is frequently the vehicle for delivering their pithy comments about ugly situations. That very gallows humor allows them to find some germ of gratitude in the situation (because it could ALWAYS be worse!)

For those of us who are older, it's often very difficult to look past our bodily changes, weaknesses, and pains to the beauty around us and to be grateful for the many good things in our lives. But it's worth the effort. For a quick side-trip into gallows humor, it could always be worse. Instead of our backs hurting us when we awaken, we could be paralyzed. “Hallelujah, I feel pain; therefore, I'm not dead!” Now, didn't that make you smile? Deal with reality, but do so with humility and gratitude. I guarantee that your outlook on life will improve. And that, in turn, will improve the lives of those with whom you come into contact.

As I delivered meals to a senior couple recently, and was exchanging some pleasantries about the weather, one of them said to me: “You bring the sunshine.” Now that's a compliment I wish we could say about every one of us Lions. *“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”* — Martin Luther King. As a Lion, be the light.



**Lion Kermit Hawley**  
Second Vice District  
Governor

**Twelve things to remember:** 1. The value of time; 2. The pleasure of working;  
3. The success of perseverance; 4. The dignity of simplicity;  
5. The worth of character; 6. The power of kindness; 7. The influence of example; 8. The obligation of Duty; 9. The wisdom of economy; 10. The virtue of patience; 11. The improvement of talent; 12. The joy of originating -- Marshall Field

**April** Definition: April is the fourth month of the year in the northern hemisphere usually considered the second month of spring. The first month to have 30 days and the second of five months to have a length of 31 days; April's birthstone is the diamond. It's blood flower is the daisy or the sweet pea. April 1 is April Fool's Day and also the one cent day; April 12 is Blah-Blah-Blah day; April 7 is National beer day; April 17 is Easter; April 22 is National Jelly Bean Day; April 29 is Hug a Friend Day; and April 30 is Honesty Day. There are several other days of celebration in April.

April is also the time of the year when (hopefully) we have seen the last of winter's cold weather. April is also the month of rain. Remember April showers bring May flowers. It also brings on muscle aches and pain from doing those spring cleanup activities and preparing your yard and garden for all those flowers, shrubs and vegetables to be planted/seeded once the frost season has passed. Your grass should be having a burst of spring growth and requiring the use of a lawn mower. Last fall my one and only one Butternut tree produced over 10,000 nuts. In past years the butternuts were given to the WV Division of Forestry nursery. However, the nursery has closed. I have been able to give away over 8000 butternuts. That leaves me with around 2000 (no, the squirrels did not want them), They have approximately 4000 walnuts available for their food source. How do you count this number of nuts? You take a five-gallon bucket and count the number of nuts you can get in the bucket, approximately 500. Multiply 500 by the number of filled buckets. For butternuts that was over 25 buckets. Walnuts you do the same with 300 per bucket. By the way, I planted the butternut tree in 1961. In the past, farmers and ranchers planted nut trees along the boundary lines of their fields.

April is my fourth full month in the position of 2nd Vice Governor. I am amazed with the amount of resource material the International has available to assist Lion's members. Most of us have not taken the time to check out what is available. It is all on-line and is readily available. The one drawback, you need internet access to obtain the information. Checking the Club's membership information, I find several members listed without an e-mail address. I wonder how club members receive the newsletters?

Have a great April. Enjoy the wonders of Spring! GOD BLESS

What a wonderful life I've had! I only wish I'd realized it sooner. (Colette)

Originating: The quality or state of being original

**FREE**

**KIDS**

**EASTER**

**CELEBRATION**

**MONDAY, APRIL 11<sup>TH</sup> // 4-7 PM**

**BUFFALO WILD WINGS**

45 BETTEN CT // BRIDGEPORT

**EGG COLORING STATION // \$2<sup>99</sup> KIDS MEALS\***

**VISIT WITH THE EASTER BUNNY FROM 5-7 PM**

**15% OF FOOD SALES WILL BE DONATED TO H.O.P.E LIONS CLUB**



\* WITH ADULT MEAL PURCHASE

**TO ALL CANDIDATES FOR DISTRICT GOVERNOR AND**  
**VICE DISTRICT GOVERNORS OF MULTIPLE DISTRICT 29,**  
**LIONS CLUBS INTERNATIONAL.**

In accordance with the requirements of the Constitution and By-Laws of Multiple District 29, Lions Clubs International, all Lions who aspire to the office of Vice District Governor must follow certain procedures prior to the election time at the State Convention of the Lions of West Virginia.

Attached hereto is the blank form "CERTIFICATE OF CANDIDACY FOR DISTRICT GOVERNOR AND VICE DISTRICT GOVERNORS, WEST VIRGINIA LIONS." Please go over this form carefully, with the officers of your local club, and fill all blanks according to instructions.

As you will note, you are required to file **four copies** of this form as follows: One to your District Governor, one to Secretary-Treasurer of MD 29, State of West Virginia, Lions Clubs International, and one to the Chairperson of the nominations committee for your District. If you do not know who your district nomination chairperson is, send two copies to your District Governor who can pass it along to the proper person. This form must be filed with the district nominating committee chairperson 31 days prior to the election.

Please be sure your State Office gets one copy so that permanent records will be maintained and there will be no chance for a slip-up in filing.

Congratulations on aspiring to the office of Vice District Governor and good luck in your efforts.

PCC Kenneth C. Shahan

Secretary, MD 29, State of West Virginia, LCI

## CERTIFICATE OF CANDIDACY FOR DISTRICT GOVERNOR

Name of Candidate \_\_\_\_\_ Spouse \_\_\_\_\_

Address: Residence \_\_\_\_\_ Business \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ (Business) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Candidate's Home Club: \_\_\_\_\_

Please complete all blanks:

1. Served as President of a Lions Club for a full term or major portion thereof.  
Year \_\_\_\_\_ Club \_\_\_\_\_
2. Served as a member of the Board of Directors of a Lions Club no less than two additional years.  
Year \_\_\_\_\_ Club \_\_\_\_\_ Year \_\_\_\_\_ Club \_\_\_\_\_
3. Served as Zone Chairperson or Region Chairperson or Cabinet Secretary/Treasurer for a full term or major portion thereof.  
Year \_\_\_\_\_ Club \_\_\_\_\_
4. None of the above accomplished concurrently.
5. Served as Second Vice District Governor. Year \_\_\_\_\_
6. Served as First Vice District Governor. Year \_\_\_\_\_
7. As President and Secretary of the \_\_\_\_\_ Lions Club, we certify the above-named candidate, a member in good standing of our Club, has been endorsed by our Club by a two-thirds or greater majority at a meeting held on \_\_\_\_\_ and attested to in the minutes thereof.

President \_\_\_\_\_

Date \_\_\_\_\_

Secretary \_\_\_\_\_

I hereby submit this certificate of candidacy for the high office of District Governor of District 29 \_\_\_\_\_ for the year \_\_\_\_\_, to the present District Governor; to the Chairperson of the nominating Committee; and to the MD Secretary-Treasurer as required under constitutional procedures.

\_\_\_\_\_  
Signature/Candidate/Date

This certificate is to be filed on or before the first day of the convention where the election shall be held.

**CERTIFICATE OF CANDIDACY FOR 1<sup>st</sup> VICE DISTRICT GOVERNOR**

Name of Candidate \_\_\_\_\_ Spouse \_\_\_\_\_

Address: Residence \_\_\_\_\_ Business \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ (Business) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Candidate's Home Club: \_\_\_\_\_

Please complete all blanks:

1. Served as President of a Lions Club for a full term or major portion thereof.  
Year \_\_\_\_\_ Club \_\_\_\_\_
2. Served as a member of the Board of Directors of a Lions Club no less than two additional years.  
Year \_\_\_\_\_ Club \_\_\_\_\_ Year \_\_\_\_\_ Club \_\_\_\_\_
3. Served as Zone Chairperson or Region Chairperson or Cabinet Secretary/Treasurer for a full term or major portion thereof.  
Year \_\_\_\_\_ Club \_\_\_\_\_
4. None of the above accomplished concurrently.
5. As President and Secretary of the \_\_\_\_\_ Lions Club, we certify the above-named candidate, a member in good standing of our Club, has been endorsed by our Club by a two-thirds or greater majority at a meeting held on \_\_\_\_\_ and attested to in the minutes thereof.

President \_\_\_\_\_

Date \_\_\_\_\_

Secretary \_\_\_\_\_

I hereby submit this certificate of candidacy for the high office of District Governor of District 29 \_\_\_\_\_ for the year \_\_\_\_\_, to the present District Governor; to the Chairperson of the nominating Committee; and to the MD Secretary-Treasurer as required under constitutional procedures.

\_\_\_\_\_  
Signature/Candidate/Date

This certificate is to be filed on or before the first day of the convention where the election shall be held.

**CERTIFICATE OF CANDIDACY FOR 2<sup>nd</sup> VICE DISTRICT GOVERNOR**

Name of Candidate \_\_\_\_\_ Spouse \_\_\_\_\_

Address: Residence \_\_\_\_\_ Business \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_ (Business) \_\_\_\_\_

E-Mail: \_\_\_\_\_

Candidate's Home Club: \_\_\_\_\_

Please complete all blanks:

1. Served as President of a Lions Club for a full term or major portion thereof.  
Year \_\_\_\_\_ Club \_\_\_\_\_
2. Served as a member of the Board of Directors of a Lions Club no less than two additional years.  
Year \_\_\_\_\_ Club \_\_\_\_\_ Year \_\_\_\_\_ Club \_\_\_\_\_
3. Served as Zone Chairperson or Region Chairperson or Cabinet Secretary/Treasurer for a full term or major portion thereof.  
Year \_\_\_\_\_ Club \_\_\_\_\_
4. None of the above accomplished concurrently.
5. As President and Secretary of the \_\_\_\_\_ Lions Club, we certify the above-named candidate, a member in good standing of our Club, has been endorsed by our Club by a two-thirds or greater majority at a meeting held on \_\_\_\_\_ and attested to in the minutes thereof.

President \_\_\_\_\_

Date \_\_\_\_\_ Secretary \_\_\_\_\_

I hereby submit this certificate of candidacy for the high office of District Governor of District 29 \_\_\_\_\_ for the year \_\_\_\_\_, to the present District Governor; to the Chairperson of the nominating Committee; and to the MD Secretary-Treasurer as required under constitutional procedures.

\_\_\_\_\_ Signature/Candidate/Date \_\_\_\_\_

This certificate is to be filed on or before the first day of the convention where the election shall be held.

The following is the Call to Order for the WV Lions convention on April 22-24, 2022. According to the By-laws and Handbook, the Call to order needs to be sent 60 days prior to the meeting and election being held at the convention. Since "The Lion" has not been distributed, I need to send it separately. "The Lion" will be sent soon. It is to be distributed electronically to all members. I will be sending it to my Presidents and secretaries so they can distribute it to their club members.

**In compliance with Article VI, Section 2 of the Standard Form District By-Laws, I hereby issue the Official Call for the 2022 District 29-I Convention. The District 29-I Convention will be held Sunday morning, April 24, 2022 at 8:00 a.m., at the Canaan Valley Resort. The purpose of the convention is to elect a District Governor, First Vice District Governor, Second Vice District Governor, Trustees to the West Virginia Lions Sight Conservation Foundation and other elected positions, if required, and to transact such other business as may properly come before the meeting.**

**Issued by me on this 3rd day of February, 2022.**

*Susan Long*

District Governor, 29-I

(Signed electronically)



## 2022 Multiple District Convention Registration Form

April 22-24, 2022

Canaan Resort and Conference Center

Registration Fee: \$50.00 per person for full weekend  
(Includes four meals, entertainment both nights, seminars, and more!)

Hotel Room: \$99 per night plus resort fees for double queen or King.  
Make room reservation directly with Canaan at 304-866-4121  
Make sure you tell them you are with the Lions MD Convention for the special rate.

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Club: \_\_\_\_\_ District L C I

First Timer: Y N

Food Allergies: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

Make checks payable to 2022 MD Convention. Please mail completed registration by April 9<sup>th</sup>, 2022 to  
Lion Mary Jane Bright, 86 Crescent View Drive, Fort Ashby, WV 26719.

If you have any questions, please contact Lion Mary Jane at 304-813-2567 or 304-813-2567 or at  
[brights@atlanticbb.net](mailto:brights@atlanticbb.net)



DISTRICT 29I CONVENTION AND BREAKFAST RESERVATION

SUNDAY, APRIL 24, 2022

8:00-930 A.M.

The Resort is offering a breakfast at a cost of \$15.00 per person.

The breakfast items are:

- Scrambled Eggs
- Bacon and Sausage
- Breakfast Potatoes with Sauteed Onions
- Biscuits with Homemade Sausage Gravy
- Orange, Apple & Cranberry Juices

This is the District Convention meeting and elections.

If you plan on attending breakfast and meeting, please fill out the form and send a check for each person. Make check payable to Lions of District 29I. Reservations need to be me by April 15<sup>th</sup>.

Names\_\_\_\_\_

Address\_\_\_\_\_

Phone\_\_\_\_\_

Email\_\_\_\_\_

Send checks to DG Sue Long, P. O. Box 988, Fort Ashby, 26719

# Ukraine LCIF Support



We're encouraging donations to the new LCIF Refugees and Displaced Persons fund. Contributions made to this fund will help ensure that Lions are there to help families find the safety and security they desperately need. A grant has also been approved for Poland and additional grants are expected to be awarded to other countries receiving Ukrainian refugees.

The Lions Clubs in Ukraine and the surrounding countries are doing all they can to help with the refugees and they need our assistance. We have over 1500 Lions in our District and are asking for support from individual Lions and Clubs. No amount is too small and the need is great!

## How Can You Donate?

Please make your check payable to **LCIF** and on the memo line put your **Lion membership number and Refugees & Displaced Persons Fund.**

*Donations made to this fund will qualify for your Melvin Jones Fellowship Credit and count towards Campaign 100 donations. All contributions are confidential.*

You can send your contributions to either of the following:

**LCIF**

**Department 4547**

**Carol Stream, IL 60122-4547**

-or-

**Al Cox**

**313 Worley Avenue**

**Clarksburg, WV 26301-3930**



**Lions Clubs International**  
**FOUNDATION**

**Thank You!**

**PCC Al Cox**

**LCIF District Coordinator**

**(304) 216-5251**

# Service Projects

## Adamston Lions Club



A recent project in December of the Adamston Lions providing more than 200 pairs of gloves for students at Adamston Elementary School, our Partner In Education. The program was called "Need a Pair, Take a Pair" as we all know how some students may not have gloves, they may forget them on a really cold day or can leave home in the morning with gloves and lose them by the time they get to school.

Pictured are staff members and students of Adamston and on the right is Adamston Lions Club President Tim Criss along with Lion Paul Hamrick.

## Philippi Lions Club



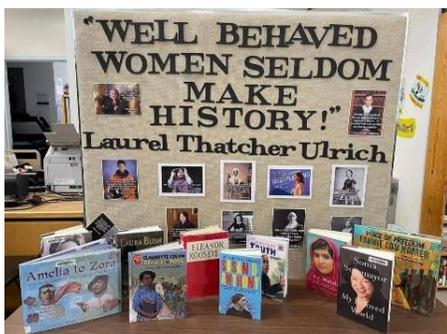
We received a contribution from The American Legion toward expenses associated with our coming Easter Egg Hunt on April 16.



The club has been fortunate to have recently presented two Melvin Jones Fellowships to Lion Michael White and Lion Tom Wright.



We also inducted a new member, Ms. Miriam "Mir" Rice.



**Philippi Public Library**  
In honor of Women's History month, check out our book display on brave, wonderful women in history.

One of our members worked on this poster for the Philippi Public Library promoting Woman's History Month.



Contribution made by the Club made to an Americorp Volunteer being presented with duffle bags and money for use by Foster Children in our region. It took place in our Philippi's Railroad Museum with an image of Lurch in a Lion's vest looking on.

## Fort Ashby Lions Club

Fort Ashby Lions Club working the monthly Mobile Food Pantry for the residents of Mineral County.



## Program Continues Despite Fire



The West Virginia State Lions Student Work Program located on the campuses of the WV State School for the Deaf and the Blind continues for the foreseeable future despite the tragic fire that destroyed the iconic and historic Administration Building late last month.

Located in Romney, WV (District 29-I) this program currently serves some thirty students doing supervised work for a small stipend per hour giving many students some additional spending money plus the incentive to work and learn skills and discipline.

The fire completely demolished the Administration Building which was more than one hundred years old. The Governor

immediately appointed an investigation into the cause of the fire under the direction of the State Fire Marshall and the Federal Bureau of Alcohol, Tobacco, Fire Arms, and Explosives. The results were inconclusive and no determination can be made as to the cause of the fire.

“The students, faculty, and staff are grieving,” says Lion Roy Knight, the Multidistrict Coordinator of the Student Work Program. “And so is the community. “I am on the campus regularly to sign pay checks on a regular basis. I work with another member of our Romney Lions Club, Lion Christine Lewis, who works on campus. She sees to all the weekly work sheets and hours.”

Lion Roy says the work will continue as this will give the students some continued stability and structure for them in the days and weeks ahead. We have Lions and Lion Clubs across the state for their ongoing care and financial support for this program.

## Harrison County HOPE Lions Club In action during January, February and March 2022

On Friday, February 25, 2022 several members of the Harrison County HOPE Lions Club assembled at the Clarksburg City Hall and made a donation of twenty-four Boo Boo bears to the Clarksburg Police Department. These small fabric dolls were hand sewn by the Bridgeport Originals CEOs and donated to the Harrison County HOPE Lions for purposes such as this.

The purpose of these cuddly little bears is to give comfort to smaller children who may be suffering through a traumatic event or accident. This is another of several outreach activities that are a part of the mission of the HOPE Lions Club.

Shown in the photo from left to right are Clarksburg PD Assistant Chief Randy Hartley; HOPE members Cindy Glass, Amber Blankenship, Kelly Maher, club president Tara Perri; Clarksburg PD Patrolman Brett Levine; club member JoAnne McNemar; Clarksburg PD Chief Mark Kiddy, Clarksburg PD Patrolman Gary Johnson, Clarksburg PD Lieutenant Daniel Messenger; and club member Susan Thomas.



All during the months of December and January HOPE club members donated hats, gloves, toboggans, scarves, coats and boots to add to the \$100.00 worth of cold weather items purchased by the club for Norwood and Northview Elementary Schools. On Monday, January 27, 2022 HOPE members met at each school to present the donated items. This activity is one of several outreach activities that are a part of the mission of the HOPE Lions Club.

Shown in the photo from left to right at Northview are HOPE members Robin Marsh, Cindy Glass, Steve Glass, Rob Garcia, Jim Maher, Susan Thomas (partially hidden), Kelly Maher, Jay Brewer, and Principal Danielle Veltri.



On Saturday, March 5, 2022 six members of the Harrison County HOPE Lions Club participated in Uni Care of West Virginia's Repack the Backpack activity at Meadowbrook Mall. In addition to donating \$100.00 worth of school supplies to pack the backpacks, members also performed eye screenings utilizing the Welch Allyn SPOT camera. Those HOPE members who participated are shown from left to right are Amber Blankenship (seated), Cindy Glass, Kelly Maher, Jim Maher, and John Church and Steve Glass (not pictured).



## Reported in March 2022

<b>New Member</b>	<b>Club</b>	<b>Sponsor</b>
Andrew C. Bailey	Clarksburg	Don Niles
Frankie L. Quesenberry	Fort Ashby	Linda Adams
Toni H. Quesenberry	Fort Ashby	Linda Adams
Waitman Frame Jr.	Lumberport	Frances Wilson
Michael H. Webb	Lumberport	Nancy Exline-Webb
Missy E. Carr	Mt. Storm	Barbara Fishel
Aaron J. Turner	Mt. Storm	Joyce Turner
Kristian D. Turner	Mt. Storm	Jeff Turner
Caitlyn R. Vanmeter	Mt. Storm	Barbara Fishel
Miriam C. Rice	Philippi	Elaine Benson
Jasmine Hopson	Shepherdstown Centennial	Kathy Sholl
Shaun Bowers	Sugar Grove	Brandon Mitchell
Nathaniel W. Moore	Valley District	David Damewood



<b>Deceased Member</b>	<b>Club</b>
Gary W. Richards	Clarksburg Adamston
Paul Daniel Thompson	Clarksburg Adamston
William Richard Larew	Mt. Storm
Mary Alice McLean	Philippi
Jon Page Crowe	Wardensville



## LIONS OF WEST VIRGINIA LEADERSHIP RETREAT

August 26-28, 2022

Flatwoods Days Inn & Suites and Conference Center

Registration Deadline: July 31, 2022

Registration Fee: \$80.00 Friday & Saturday – Three banquet meals, seminars & materials

\$55.00 Saturday only – Two banquet meals, seminars & materials

Rooms: Contact Days Inn at 866-700-7284 (Tell them you are with the Lions Club)

Rate: \$94.00 (up to 4 guests in a room) Deadline to Reserve: 8/16/2022

Breakfast box is included for individuals staying at the hotel.

Retreat activities include: Seminars to improve your Lions experience, motivational speakers, informational displays, Lions merchandise, Silent Auction, hospitality room, door prizes, great meals, and plenty of fun and fellowship. Information on specific seminars will be provided in District newsletters, a brochure, and website:

<http://wvlions.org/LeadershipSchool/home.html>

NAME: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CLUB NAME: \_\_\_\_\_ DISTRICT: \_\_\_\_\_

FIRST-TIME ATTENDEE: \_\_\_\_\_ Special Dietary Requirements: \_\_\_\_\_

Amount Enclosed: Full \$80 \_\_\_\_\_ Saturday Only \$55 \_\_\_\_\_

Make checks payable to: Lions of West Virginia Leadership Retreat or LWVLR and send with form to:

Lion Mary Jane Bright, 86 Crescent View Drive, Fort Ashby, WV 26719

Contact Lion Mary Jane for more information at [brights@atlanticbb.net](mailto:brights@atlanticbb.net) or 304-813-2567/304-298-4304.

**“LEADERSHIP and LEARNING are INDISPENSABLE to each other”**



## Hope for the Cure Continues

Diabetics and their family members continuously hope for a cure for diabetes. Until that glorious day, diabetics will have to continue with the numerous insulin injections, pump applications, mathematical formulas, and continuous glucose monitors alerting at all hours of the night, just to name a few. However, new research from the journal *Nature Communications* has a promising new treatment that may stop the progression of Type One Diabetes.

A drug that is commonly used to treat arrhythmias, hypertension, arterial spasms, and migraines, has shown promising results with slowing down the progression of type one diabetes. What is that drug? It is Verapamil. In 2014, the University of Alabama Research Lab reported that Verapamil completely reversed diabetes in lab animals. With this discovery, they announced plans to test the effect of the drug in a human clinical trial. In 2018, they completed a two-year study where they discovered that Type One Diabetic patients taking Verapamil continuously not only required less insulin two years after diagnosis, but also showed evidence of the immune system self-regulating itself. Patients were able to produce higher levels of their own insulin, thus lessening their need for injected insulin to regulate blood sugar levels. For this to happen, Verapamil had to be continuously taken. However, subjects who stopped daily doses of Verapamil at one year saw their disease at two years worsen at rates similar to those of the control group of diabetics who did not use Verapamil at all. Hopefully this research will lead to a cure.

I would like to remind everyone in the district that Camp Kno-Koma will be running their summer camps for diabetic youth throughout the state of West Virginia and the surrounding states this 2022 summer season. The camp, which is held at the Greenbrier Youth Camp in the Monongahela National Forest, near Anthony, WV, will be from July 10th to the 16th. The camp is for diabetic children ages seven through sixteen. However, a camper cannot be younger than the age of seven or older than fifteen as of July 10, 2022 to be accepted. Camp Kno-Koma will be requiring all staff and campers to be fully vaccinated for the Covid-19 virus. If you know of any diabetic youth in the district that might be interested in attending Camp Kno-Koma this summer please let me know. **It would be wonderful to help a diabetic youth in our district attend this camp.**

If you would like me to speak at an upcoming club meeting or conference either in person or virtually, please contact me through the email address found below my name. Remember, where there is a need, there is a Lion.

Let's Continue Fighting Diabetes! (#LIONSFIIGHTDIABETES),



Lion Brendan Byrne

Diabetes Chairperson District 29-I

Email address: [lionbrendanbyrne@gmail.com](mailto:lionbrendanbyrne@gmail.com)

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Submit pictures and articles by the 25th of each month in order to get in the next month's newsletter.  
Send to our newsletter editor Mickey Nardella at [mickey@ma.rr.com](mailto:mickey@ma.rr.com) with a text copy to DG Sue @ [susanplong51@gmail.com](mailto:susanplong51@gmail.com)



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