

## December 2020

*Lion John Mason, District Governor*



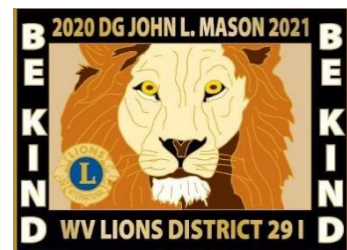
Lion Kim and I hope everyone had a Happy Thanksgiving, however you decided to spend it. During these unique times, our motto 'We Serve' takes on a whole new meaning. We must not let the pandemic stop us from serving our local communities, we must adapt and find a way to continue to provide the service that is needed. There are people who need to hear a friendly voice on the other end of the phone. The holidays are

tough enough for some people, but even worse now with COVID-19. How about sending cards to shut-ins? Santa and Mrs. Claus will be reading The Night Before Christmas via virtually to a group of children. What other ideas have your clubs come up?

Personally, I have so much to be grateful for this year. I have met some amazing Lions during my travel to the clubs. We had a successful district conference. I have tried to not dwell on the things I have not been able to do because of the pandemic, but the things I have done. I am looking forward to the remaining part of my District Governor year.

Merry Christmas and Happy New Year

DG John  
"Be Kind"



## District Governor Calendar 2020-2021



### December 2020

5	Breakfast w/Santa	Berkeley Springs LC	8 – 11:00 am
10	Romney LC DG Visit	Main Street Grill, Romney	6:30 pm
11	The Night Before Christmas	Virtual	7:00 pm
12	Breakfast w/Santa	Shepherdstown Centennial LC	8:00 am
19	Wreaths Across America	Lost Creek LC	12:00 pm

### January 2021

29-30	Lions of WV Leadership Retreat	Days Inn & Conference Center	
31	3 <sup>rd</sup> Council of Governors' Meeting	Flatwoods	

### February 2021

13	3 <sup>rd</sup> Cabinet Meeting	Charlottes's Café	11:00 am
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### March 2021

5-6	District 29C Conference	Pipestem	
12-13	District 29L Conference	Mineral Wells	

### April 2021

12	Elkins LC DG Visit	TBD	
23-24-25	MD 29 State Convention	Canaan Valley Resort	
25	4 <sup>th</sup> Council of Governors' Meeting		

### May 2021

11	Junior LC DG Visit	TBD	6:00 pm
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### June 2021

25-29	LCI International Convention	Montreal, Canada	
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**Sue Long**  
**First Vice District Governor**



### **How the past can help with the future!!!!!!!**

Most of the clubs in the district were at one time strong and thriving with membership and providing service projects in their communities. Then, as the clubs aged, just as people, they started to encounter problems. The demographics changed not only within the clubs but also the community. Instead of making changes to conform with the decreasing of membership and community, they became set in their ways. When is the last time your club did a needs assessment within your community? A community needs assessment tool can be found on the Lions Clubs International website.

As an educator for 46 years, I often thought about how I could keep encouraging my students to be their best. My students were the same age, but I grew older. I often wondered if I was leading them as a good role model. When in doubt, I would look at my clipboard and read a poem that gave me the inspiration to keep moving forward:

### **Don't Quit**

When things go wrong and they sometimes will,  
When the road you're trudging seems all up hill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.

Life is strange with its twists and turns  
As everyone of us sometimes learns,  
And many a failure turns about  
When he might have won had he stuck it out;  
Don't give up though the pace seems slow  
You may succeed with another blow.

Success is failure turned inside out—  
The silver tint of the clouds of doubt,  
And you never can tell just how close you are,  
It may be near when it seems so far;  
So stick to the fight when you're hardest hit—  
It's when things seem worst  
That you must not quit.



**Happy Holidays to all!!!!!!!**  
**FVDG Sue**



Lion Gray Jones  
Second Vice District Governor



*“Gifts of time and love are surely the basic ingredients of a truly merry Christmas.” –*

Peg Bracken

In this Coronavirus Christmas season, let us endeavor to find new ways to serve others. There are many legitimate charities that help spread the Christmas spirit. Lions clubs that partner with those charities can demonstrate that spirit through their service for others. Surely this year the challenges will be greater, but so is the need. Prepare meals for the needy and figure out ways to deliver them or do drive-through distribution. Work with the Salvation Army, or Toys for Tots, or Catholic Charities, or local churches, or local food banks, or Goodwill Industries, or . . . use your imagination!

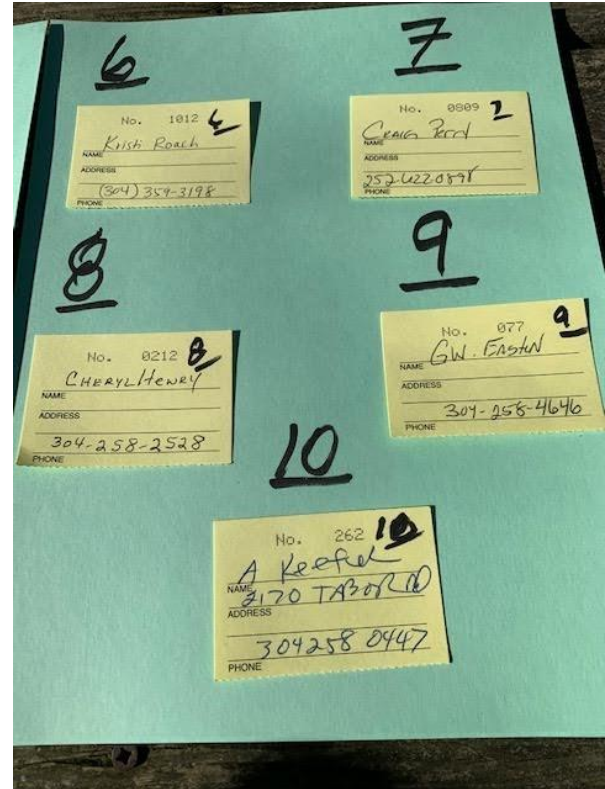
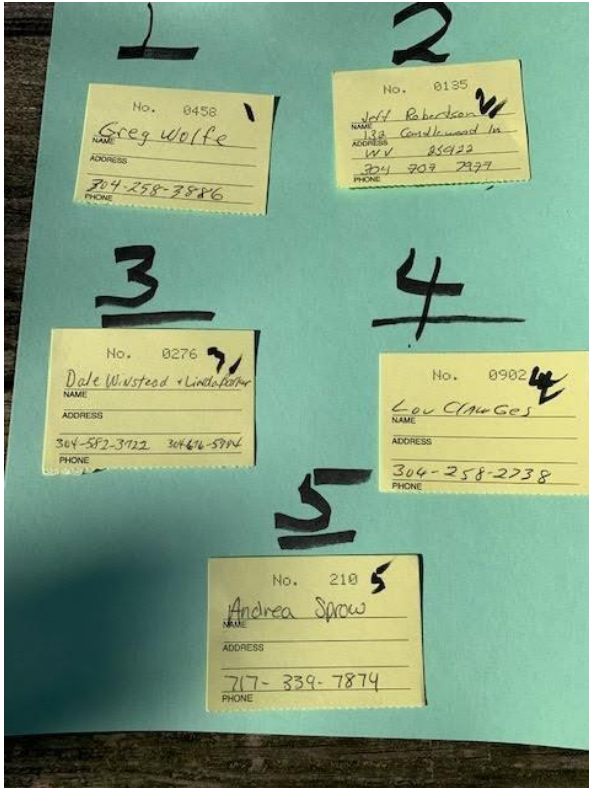
There are many ways to give AND be safe doing so. Charles Schulz, creator of the Peanuts comic strip, noted that *“Christmas is doing a little something extra for someone”* and I am truly inspired by the words of Sir Kristian Goldmund Aumann: *“Christmas; Be the Light for those who stand in the Dark.”*

*“This Christmas, bring joy to others with an act of kindness and appreciate simple things from people around you. Sharing the magical and joyful mood of Christmas time is one the best ways of celebrating it. Spread the love and kindness and you’ll definitely spend Christmas the way it should be celebrated. Happy Christmas!”* - Alecxis Panganiban

Merry Christmas, Happy New Year, and may the spirit of Christmas fill your soul with peace and joy!

Yours in Lionism, Lion Gray





## BEEF RAFFLE WINNERS

The drawing for the 10 prizes of the 10-X Raffle has been completed.

The Raffle provides \$5,800.00 to the BSLC for the various Service Activities we have for the year. The exact \$\$\$\$ amount will be announced by Treasurer Lion Earnie Woods once the deposits are made.

**Thanks to all Lions who bought and sold the raffle tickets. However, the credit goes to Lion Jim Riffle who put the package together and sold most of the tickets along with his "Chief Arm-Twister" Lion Kathy Bohrer.**

You can note the BSLC had two Lions to win with a joint ticket - Lions Dale Winstead & Linda Barker. (Prize #-3).

**Thanks again to all of you and especially Lion Jim Riffle.**

Lion Glenn





## **West Virginia Lions Sight Conservation Foundation WVLSCF**

### **29-I Service Coordinator & Their Territories by Counties**

**If your club knows of a person that needs help with eye surgeries or hearing aids (when the companies starts back up) and their income qualifies them, please contact the service coordinator in your area with the following information; name of client, address, phone number, income and contact person at your club. Then we will send out the current applications to the client along with a follow up letter to the club with information on what steps need to be taken.**

**1. Lion Leatrice Gallien**

**Rt. 3, Box 238 – Philippi, WV 26385  
304-457-2466**

*Barbour County – Clubs: Junior, Philippi*

*Taylor County – Club: Grafton*

**2. Lion Millard Minor**

**61 Edgewood Drive – Philippi, WV 26416  
304-457-4301 [minordent@aol.com](mailto:minordent@aol.com)**

*Grant County – Clubs: Mt. Storm, Petersburg*

*Pendleton County – Clubs: Franklin, Sugar Grove,*

*Preston County – Clubs: Bruceton Mills, East Preston,*

*Kingwood, Mountain, Rowlesburg, Tunnelton, Valley District*

*Randolph County – Clubs: Elkins, Roaring Creek, Tygart Valley*

*Tucker County – Clubs: Parson*

**3. PDG Glenn Ryburn**

**236 Spicy Cedar Lane – Berkeley Springs, WV 25411  
304-258-8939 [goryburn@gmail.com](mailto:goryburn@gmail.com)**

*Berkeley County – Clubs: Hedgesville, Inwood-Bunker Hill, Martinsburg, Martinsburg Centennial, Pikeside*

*Hampshire County – Clubs: Romney*

*Hardy County – Clubs: Moorefield, Wardensville*

*Jefferson County – Clubs: Charles Town, Harper Ferry-Boliver, Shepherdstown CLC*

*Mineral County – Clubs: Fort Ashby, Keyser, Short Gap*

*Morgan County – Clubs: Berkeley Springs, Paw Paw*

**4. CC Ken Shahan**

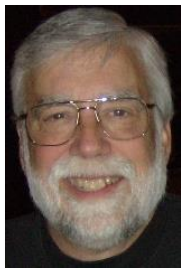
**1641 Adams Avenue – Clarksburg, WV 26301  
304-669-1641 [kenshahan@aol.com](mailto:kenshahan@aol.com)**

*Harrison County – Clubs: Adamston, Bridgeport, Clarksburg, Clarksburg Main Street, Harrison County H.O.P.E.,*

*Johnstown, Lost Creek, Lumberport, Nutter Fort, Salem, Shinnston, Stonewood, West Milford, Wilsonburg*

*Lewis County – Clubs: East Lewis, Ireland, Jane Lew, Weston Centennial,*

*Upshur County – Clubs: Buckhannon, Central Upshur, Hodgesville, Kesling Mill, Tennerton*



Henry Krautwurst

## Youth Camps & Exchange



As you know, in March 2020 we had to close our program for this year. We had students excited about the opportunity to travel to a country of their choice. I advised those students who were selected to travel that their scholarship award would be available to them for the summer of 2021. We have four students from this summer who want to travel during the summer of 2021.

Our committee has distributed Contest Rules and Applications to high schools throughout the state. We have provided press releases to over 70 newspapers announcing the WV Lions Youth Camps & Exchange Scholarship Contest. Our application deadline was November 13, 2020. Applicants will be interviewed and selections made on December 5, 2020.

The students from WV will receive a \$1,400 travel scholarship. Contact will be made with the country of their choice to arrange an exchange. The students are responsible for obtaining a passport and travel and medical insurance for the duration of their exchange. The exchanges take place during the summer months. Prior to their departure, the student will be in contact with their host family. The exchanges are generally 4-6 weeks. They will live with one or two host families and may attend a summer camp program with other exchange students from around the world. Our students come home with new friends, memories and lots of good stories. You may have read some of those essays in the district newsletters.

This program is a fantastic opportunity for our young people to encounter and learn about another culture. Key to all of this is the host family. All of the good intentions and benefits of this program cannot happen without host families. Have you considered being a host to an exchange student? Exchange students coming to the US speak English well enough to understand and participate in a conversation. The students arrive excited and anxious and it is you, the host, who welcomes them into your home and family. It takes a few days for them and you to become comfortable with each other. When that corner is turned it is the beginning of a new relationship that can last a life time.

What is involved with being a host family you ask? You now have this exchange student living with you. Once we are in the car on the way home, we tell them they are a part of our family and we will treat you like we treat our own daughters. We tell them that this is their home and they should feel free to do here as they do in their own home. We tell them that while they are with us, we are their parents. As our WV students prepare to depart for their exchange, I remind them that they are ambassadors for the USA, WV, their home town and Lions Clubs International. We've never encountered a problem with any of our guests. They go everywhere with us and do what we do. We show them the state of WV as well as a day or two in Washington, DC. We are only 2 hours from DC. They attend Lions and Ruritan meetings with us. They meet our families and friends and get to know some of them. When there were multiple exchange students in our area, we had a picnic at our home bringing the students and host families together for an evening. Since we have raised two daughters, we feel more comfortable hosting the girls.

We seek a household with both parents in the home with one that is able to be at home with the student. While homes with children are often sought, children in the home are not necessary. Talk with your family, friends, co-workers and church families who you know and would be comfortable having your son or daughter live with for 4-6 weeks. Please have any referrals contact me at [HenryK248@gmail.com](mailto:HenryK248@gmail.com)

My wife, Lorrie, and I have hosted eight students since 2013. During two summers we hosted two students with their stays overlapping. We have had students from Peru, Finland, France, Germany and Japan. We have maintained contact with our students over the years. We have travelled to Peru and Taiwan to visit with two of our students. Meylin from Peru returned the following year to stay with us for 6 ½ weeks and her sister joined us for two weeks. We travelled to Peru and met their family and toured with them for four weeks. Then the next year we travelled with Meylin's family for two weeks in Taiwan and California. We returned to Peru for Meylin's sister's wedding. We were graciously welcomed to a Lions club meeting in Lima, Peru. We were invited to vacation in Florida with Paula, from Germany, and her parents. Anni from Finland has introduced us to her family and we continue to stay in touch with them. Yuko from Japan, and her parents, hosted our daughter and son-in-law for a day while they were vacationing in Japan. Nanami from Japan arrived and was immediately a part of our family. She enjoyed her time in WV seeing the state and like all of our students, meeting many Lions from around the state.

Paula (2018) and Anni (2017) were surprised that I talked with people I didn't know. I am not shy about talking to anyone anywhere. Both girls asked me: Did you know that person? I said no. Both of them said the same thing to me. At home we don't talk with people on the street or in a store that we don't know. We had Paula at the Beckley Coal Mine and I was talking with a man while on the coal train. After we came out of the mine, she said that is one. By the time we got to the top of Spruce Knob, on the way home, she said that is 12 and I quit. She was counting the number of people I talked with during the day. In her essay, which we shared in the district newsletters, she told us when she got home, she began talking to people she didn't know. She said she got some strange looks but she knew what they were thinking.

I hope I've provided a little insight about the Youth Exchange program. As I tell people, I have the BEST job in WV Lions. Other host families relate similar experiences and they too have international sons and daughters. I have to be honest with you. Saying good-bye in the airport is the hardest part of the exchange. We tell all of the girls they are welcome back anytime. So far, Meylin and Yuko have accepted that invitation and Nanami had made plans to this summer only to be postponed due to the coronavirus.

My greatest challenge is identifying host families. This is where I need your help. Don't be afraid to encounter an experience that will forever enrich your lives as well as that of a Lions Youth Exchange student.





Dear Lions,

My name is Lion Trish Bissell. I'm a visually impaired Lion and want to share some important information about a worthwhile service project for your club or district:

**Medication Safety Awareness for the Blind (MSAB).**

Nearly 14 million Americans, many 55 years or older, have low vision or are blind. For these individuals, inability to clearly read a prescription label can result in unnecessary injury or even death.

Accessible prescription labels help solve this dangerous dilemma. Talking labels, large print labels and Braille labels have become readily available at pharmacies across the US and Canada, but there're still so many people unaware of these options.

This needs to be changed!

The goal of the Medication Safety Awareness for the Blind (MSAB) project is to get the word out about accessible prescription labels. You can start saving lives immediately by simply talking about accessible labels with family, friends and your community. People who are visually impaired, especially those newly impaired, need to know they have options to safely manage their medications.

You and your Lion's Club can also participate during MSAB month, every October! During MSAB month, you can organize a service project to reach out to your community to talk about and demonstrate accessible prescription labels.

Every Lion participating in MSAB month will earn an exclusive MSAB pin!



It's easy to get more information about participating and to sign up for an info pack. Go to

<http://www.envisionamerica.com/msab> or call 1-800-890-1180.

Please mention this in your District Newsletter. If you would like a 2-minute demonstration of how talking labels work, please give me a call!

Thanks very much for your time.

***Lion Trish Bissell & Guide Dog, Semper Fi***

Marketing Outreach Specialist/Lions Liaison

En-Vision America

825 4<sup>th</sup> Street W, Palmetto FL 34221

<http://www.envisionamerica.com>

**Direct: 941-702-6609**

Toll Free: 800-890-1180 ext. 119

Fax: 309-452-3643



*En-Vision America is an innovative technology company specializing in enhancing the lives of people who are visually impaired, print impaired and blind.*

*Since 1996, En-Vision has been inventing and perfecting the technologies that make everyday tasks a little easier*

**En-Vision  
AMERICA®**

**Trish Bissell**  
Marketing Outreach/  
Lions Liaison

  
We Serve

941-702-6609  
217-779-3821  
800-890-1180 x119  
fax: 309-452-3643

[tbissell@envisionamerica.com](mailto:tbissell@envisionamerica.com)

[envisionamerica.com](http://envisionamerica.com)



## How does it work?

The pharmacy will attach a small electronic tag to your prescription container. It contains the same data as the printed label.

Place the container on the ScripTalk Station Reader and hear the label spoken aloud.

## What does it cost?

As part of En-Vision America's **Pharmacy Freedom Program**, the ScripTalk Station Reader is supplied on loan to patients at no cost. This is a **FREE** program.

## How do I get talking labels?

Talk to your pharmacist today about using ScripTalk. They can help you get started with talking labels!

**Walmart**   
Save money. Live better.



## Talking Prescriptions

Do you have trouble reading your prescription labels?

Now there's a solution!



Accessible Rx Labels

# Accessible Prescription Labels

**Talking Labels**

**Large Print Labels**

**Translation**

**Braille Labels**



## Talking Labels

A small electronic tag is attached to the prescription container. This tag stores the same data found on the printed label. A ScripTalk prescription reader or app reads the label aloud. The reader/app is free of charge to patients.



## Large Print Labels

A booklet-style label printed in high-contrast large font is attached to the prescription container. A 2D bar code provides access to additional drug data via a free smart phone app.



## Translation

Medication instructions and drug warnings can be translated into one of 17 languages.



## Braille

A clear adhesive Braille overlay is placed over the prescription container label for quick identification of medication as well as instructions and other important information.



**1-800-890-1180**  
**ScriptAbility.com**





Lions,

The 2021 Lions of West Virginia Leadership Retreat will be held at Days Inn Flatwoods on January 29 – 30. The Retreat Committee has been working hard and we have a great event planned for all. As you can see from the logo above, we are celebrating our 25<sup>th</sup> Leadership Retreat.

Registration will be \$100.00 for Friday and Saturday or \$75.00 for Saturday only. All ten seminars will be held on Saturday and will begin at 9:30am. Full registration will include three meals and seminars. Saturday registration will include two meals and seminars. At this time the entertainment has not been determined. Please check back periodically for updates. We have fabulous keynote speakers, great door prizes, Lions exhibits, a silent auction, and a hospitality room.

We have arranged Saturday's schedule so you can drive to the Days Inn on Saturday morning and drive back home that night if you desire. Rooms can be reserved by contacting the hotel directly. See the Registration Form on the button above for additional details.

Scholarships are available for first-time attendees. See the Scholarship button above. You may also consider asking your club, District or the WV Past District Governor's Association to sponsor you to attend.

We are looking forward to seeing you at this fun filled day of learning and fellowship!

Lion Mary Jane Bright  
2021 Chairperson

Email: [brights@atlanticbb.net](mailto:brights@atlanticbb.net)

Phone: 304-813-2567 (cell) & 304-298-4304 (home)

Address: 86 Crescent View Drive, Fort Ashby, WV 26719





## **LIONS OF WEST VIRGINIA LEADERSHIP RETREAT**

January 29-30, 2021

### **Flatwoods Days Inn & Suites and Conference Center**

Registration Deadline: January 15, 2021

Registration Fee: \$100.00 Friday & Saturday – Three banquet meals, seminars & materials  
\$75.00 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: 1/15/2021

Breakfast 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: \_\_\_\_\_

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

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

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

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

Amount Enclosed: Full \$100 \_\_\_\_\_ Saturday Only \$75 \_\_\_\_\_

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”**



## 2021 Scholarship Application for First-Time Attendee

**NOTE:** The First-Time Attendee Scholarship is either \$75.00 or \$100.00, depending on Saturday only or full attendance. This amount covers registration for meals and classes and **not for lodging at Days Inn Flatwoods.**

The two scholarships are to honor PID Fred Cole and PCC Terry Goodman.

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

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

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

CLUB: \_\_\_\_\_

Please indicate below when you joined the Lions; why you are interested in attending the Leadership Retreat; if you have held any club offices; and other pertinent information. A separate sheet may be attached.

\_\_\_\_\_  
Signature Date

**Deadline to Apply: December 31, 2020**

Please send the application to: Lion Mary Jane Bright, 86 Crescent View Drive, Fort Ashby, WV 26719 or via email at: [brights@atlanticbb.net](mailto:brights@atlanticbb.net)

Scholarship Application for **First Time Attendee**  
to WV Lions Leadership Retreat

(District 29-I Lions)

**Note:** Ten scholarships (\$100 each) will be awarded. This amount covers registration for meals and classes – **not lodging at Days Inn, Flatwoods.**

Name: \_\_\_\_\_

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

\_\_\_\_\_

Phone/Email: \_\_\_\_\_

Club/Date Joined: \_\_\_\_\_

**I hereby submit an application for a “First-Timer Scholarship” to the 2021 West Virginia Lions Leadership Retreat being held at Days Inn, Flatwood, WV, January 29-30, 2021.**

*(Please indicate below why you are interested in attending Leadership Retreat; if you have held any club offices; and any other pertinent information. Use a separate sheet if needed.)*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Signature**

**Date**

**Deadline to Apply: December 26, 2020**

Please send application to DG John Mason  
318 Fairview Drive, Berkeley Springs, WV 25411  
or via email at: [jlmason0531@gmail.com](mailto:jlmason0531@gmail.com)

## **West Virginia Lions Leadership Retreat 2021**

### **Keynote Speakers**

**Friday Night:** Olivia Turman is a 17 year old high school junior from Barboursville. She became active in her local LEO Club at the age of 11. From the time she joined the club, membership has grown from 4 to 64. Her club hosts many events including a kickball tournament, Valentine's Day fundraiser, a camp out membership drive, volunteers at the local city mission, and assists the Barboursville Lions with Christmas food baskets. Olivia was the leader of the construction of the Barboursville Park's Interactive Trail for the Visually Impaired. She was a featured speaker at CI's District Governor-Elect Seminar in St. Charles, Illinois in February 2020.

**Saturday Lunch:** Bradley Ford is a humorous motivational speaker from Bridgeport. Brad is the owner of Ford Funeral Homes in Bridgeport, Fairmont and Rivesville. He is active in numerous civic activities, including Late Lodge #63 A.F & A.M. and the Osiris Shrine, the Associated Businesses of Bridgeport, United Hospital Center Foundation and many others. Brad is a member of the Bridgeport United Methodist Church and serves as a lay leader. He established the Bridgeport Challenger (Baseball) League. Brad was awarded the Michael Benedum Fellow as Citizen of the Year and was also named Rotarian of the Year for his club.



**Saturday Night:** PID Gwen A. White, from Columbia, NC, served as International Director of Lions Clubs International from 2017-2019. PID Gwen is a member of the First Flight Lions Club and has held many offices within the association. She has received numerous awards in recognition of her service, including the Ambassador of Good Will Award, the highest honor the association bestows. She is active in many professional organizations. Gwen has been a journalist, an event manager, a motivational speaker and has served for several years as the director of the North Carolina Lions Visually Impaired Person's (VIP) fishing tournament

## A Brief Introduction to Gestational Diabetes



On Monday, July 29, 2013 in Leipzig, Germany, baby Jasleen, pictured in this article, was born at thirteen pounds. At that time Jasleen became the heaviest newborn in Germany. This condition that Jasleen was born with is known as macrosomia and is a direct effect of the condition known as gestational diabetes. The medical complications that come with gestational diabetes effect both the mother and baby which can have a deadly outcome; however, this can easily be prevented if intervention is taken immediately upon discovery. In this article, I will talk about what

gestational diabetes is, what the complications of the condition is if untreated, and how complications and developing gestational diabetes can be lessened.

Gestational diabetes can be developed by women during pregnancy. It develops from hormonal changes that a woman goes through during pregnancy. Hormones made in the placenta become elevated and disrupt the insulin's ability to manage glucose, called insulin resistance. As the placenta grows throughout the pregnancy, it creates more hormones which increases the insulin resistance. According to the Cleveland Clinic, a mother's placenta is typically able to make three times the normal amount of insulin to combat this insulin resistance; however, if the pancreas cannot produce the required amount of insulin, sugar levels will rise and the woman will develop gestational diabetes. This is very similar to type two diabetes where the pancreas produces insulin but their body does not use it properly to allow the sugar from carbohydrates to enter the cells for fuel. As a result of this elevated sugar in the blood, dangerous effects occur to the mother and child. While the causes are unknown, and it can affect women of all sizes equally, gestational diabetes affects one in twenty pregnant women and is more prevalent in Native Americans, Alaskan Natives, Asians, and African Americans. However, it is also found in Caucasian women. The Center for Disease Control (CDC) reports that for every 100 pregnant women in the U.S., ten will have gestational diabetes. If left untreated, the complications can be horrific for both the baby and mother.

Untreated gestational diabetes can make a baby grow very large and possibly weigh more than nine pounds. This can cause multiple problems for the child within the delivery room and if delivered naturally can cause injury to the nerves in the shoulders, a broken collarbone, or cause brain damage from a lack of oxygen. As a result, a Cesarean Section (C-section) is performed to prevent such complications. Gestational diabetes can also cause a quick change in blood sugar levels to the baby after delivery causing the baby to rapidly change from a hyperglycemia (high blood sugar) to hypoglycemia (low blood sugar), which can cause brain damage if not treated immediately. During childhood or adolescents these children are more likely to become overweight or obese which can lead to type two diabetes.

Gestational diabetes can also affect the mother in equally dangerous ways if it is not controlled. As stated above, it can cause problems during delivery where a cesarean section (C-section) is needed to remove the baby in order to save the life of the child and mother. As a result of this surgery, the recovery from delivery is longer. Other complications that can arise with gestational diabetes is preeclampsia. Preeclampsia is a condition that causes high blood pressure, can damage the liver, kidneys, cause Vitamin D deficiency, can cause high levels of protein in urine, and cause seizures or strokes. It can also cause a premature birth to happen where the baby is born before the due date. Preeclampsia usually develops after twenty weeks of pregnancy in women whose blood pressure had been normal. Symptoms of preeclampsia can be weight gain, edema (swelling caused by excess body fluid trapped in the body's tissues such as the feet, legs, fingers, and hand), and/or Hypertension (high blood pressure). Hypertension,



the force of a person's blood exerted against the walls of their blood vessels, can increase the risk of heart disease, stroke and can cause death. In some cases, diabetes does not go away after delivery or comes back after pregnancy. When this happens, the diabetes is called type two diabetes and even more complications can happen to the body if left untreated such as limb amputation, other organ damage, eye damage, brain damage, and can lead to death. These are just a few of the complications that come with type two diabetes. However, even though it is not known why this disease is developed, there are ways to lessen the likelihood of manifesting gestational diabetes.

First of all, a pregnant woman will be working with their OB/GYN before, during, and after the pregnancy to prevent problems. They will also have to have their blood sugar tested throughout the pregnancy; however, it is important to intervene to lower the chances of developing gestations diabetes. To lower the chances of developing gestational diabetes, one should regularly see their OB/GYN by keeping and following through with all appointments as well as living a healthy lifestyle of eating balanced meals and exercising (before, during, and after pregnancy) with something like a brisk walk for thirty minutes, five days a week. If a woman is already diagnosed with gestation diabetes, in addition to doing the above suggestions of regularly seeing their OB/GYN and eating and living healthy, women should also do the following to prevent complications to themselves and their baby. Gestational diabetic women should take their medicines as directed by their doctors, frequently monitor their blood sugar with a glucometer, and treat low blood sugar right away according to the directions provided by the doctor or diabetic educator.

After the pregnancy, women should ask about diabetic testing soon after delivery and again six weeks after delivery since type two diabetes can develop. Women should continue to eat healthy and exercise regularly. Weight should be monitored. It is estimated by the Center for Disease Control and the Department of Health and Human Services that six to twelve months after a baby is born the mother should be back down to what she weighed before the pregnancy and if the weight is too much the goal should be to lose 5% to 7% (10 to 14 pounds if a person weights 200 pounds) of their body weight. They should plan to lose the weight slowly since this will keep off the weight. If diagnosed with gestational diabetes, a woman should have regular checkups and get their blood sugar checked by their doctor every one to three years and it is recommended that if wanting more children that gestational diabetics should talk with their doctor about their future plans before their next pregnancy.

While not preventable a woman can lessen her chances of developing gestational diabetes through eating healthy and staying active with regular exercise. A woman can also lessen the chances of developing type two diabetes in the future by living a healthy lifestyle. Gestational diabetes and type two diabetes can develop in anybody no matter if they are skinny or obese, however the strategies presented here can be used to lessen the chances of developing these conditions. Unfortunately for Jasleen's mother, in the story that I presented at the beginning of this article, she did not find out that she had gestational diabetes until she went into labor. It is unknown whether or not the child or mother developed other complications as a result of the gestational diabetes. However, if diagnosed, this condition does not have to fought alone. With this article I have included three documents to assist in monitoring blood sugar from the CDC and United States Department of Health and Human Services. While these documents were provided for gestational diabetics, they (especially the last page with is a Blood Glucose Meal Log Sheet) could be used for anybody that believes they could be exhibiting the signs of diabetes and want to monitor their blood sugar. If you know anybody that has been newly diagnosed with Diabetes (Gestational or Type Two) or that suspects that they may have diabetes please share these documents with them.

Remember, where there is a need, there is a Lion. (#LIONSFIGHTDIABETES)

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. Merry Christmas and Happy New Year!!!

Let's Continue Fighting Diabetes!

All the Best,



Lion Brendan,  
Diabetes Chairperson  
District 29I  
Email address: [lionbrendanbyrne@gmail.com](mailto:lionbrendanbyrne@gmail.com)

# Monitoring Your Blood Sugar

The American College of Obstetricians and Gynecologists (ACOG) says you should try to keep your blood sugar below these levels:

	ACOG Recommendations	The levels my doctor recommends
Before meals	95 mg/dL or lower	_____
1 hour after eating	130 mg/dL or lower	_____
2 hours after eating	120 mg/dL or lower	_____

Blood sugar is measured in milligrams/deciliter (mg/dL)

Your doctor might recommend different blood sugar levels. Ask your doctor to write in the chart above the levels you should have.

## High blood sugar

Your blood sugar is high when the numbers are 130 mg/dL or higher. High blood sugar can

- Make you thirsty
- Cause headaches
- Make you go to the bathroom often to urinate (pee)
- Make it hard to pay attention
- Blur your vision
- Make you feel weak or tired
- Cause yeast infections

Talk with your doctor if you notice any of these signs or symptoms. Call your doctor if your blood sugar is greater than \_\_\_\_\_. (Ask your doctor to write the levels).

**My doctor's name:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

## **Low blood sugar**

Your blood sugar is low when the numbers are 70 milligrams/deciliter or less. Low blood sugar is also called hypoglycemia (hi-poh-gli-see-me-ah). Low blood sugar can

- Make you feel hungry
- Cause headaches
- Make you feel dizzy or shaky
- Cause you to feel confused
- Make you look pale
- Make you sweat
- Cause weakness
- Make you feel anxious or cranky
- Make your heart feel like it's beating too fast

If you notice any of these signs or symptoms, check your blood sugar. If it is low, eat or drink a source of quick sugar—like a piece of hard candy or 4 ounces of a fruit juice, skim milk, or a soft drink (not diet). Check your blood sugar again in 15 minutes. If it's not better, eat or drink a source of quick sugar again. When you feel better, have a protein snack like cheese and crackers or half a peanut butter sandwich. Talk with your doctor if you have two or more low blood sugars during 1 week.

Call your doctor if \_\_\_\_\_  
(Ask your doctor to fill in.)

## **Remember!**

- ✓ **See your doctor regularly**
- ✓ **Check your blood sugar as directed**
- ✓ **Take your medicine as directed**
- ✓ **Eat a healthy diet**
- ✓ **Exercise and be active**

## Diabetes Logbook: Week of \_\_\_\_\_

Circle blood sugar result each time you're above or below your target. Add comments on diet, exercise, illness, or stress. Copy the chart as many times as you need it to keep track of your blood sugar.

Date	Breakfast		Lunch		Dinner		Bedtime	Other	Medicines you take
	Before	After	Before	After	Before	After			
Time									
Blood sugar readings									
Comments*									
Date	Breakfast		Lunch		Dinner		Bedtime	Other	Medicines you take
	Before	After	Before	After	Before	After			
Time									
Blood sugar readings									
Comments*									

\* Comments: Report anything that might have made a change in your blood sugar, for example: meals and comments about certain foods (1/2 cup of rice = ↑ blood sugar); exercise (walked fast x 30 min); illness (fever and sore throat); or stress (concern about husband getting laid off).



***The Shenandoah Valley Lions  
Eye Glass Recycling Center  
in Winchester, VA has become a reality.***

The center volunteers are now about half way through the 9,000 pairs of glasses from WV Lions. They have 2,100 pairs graded, boxed, and ready to deliver to the main Virginia Eyeglasses Recycling Center in Arlington, VA to be on their way for a vision mission somewhere in the world.

Volunteers from several Lions Clubs and the community have processed and packed over 2,500 pairs of eyeglasses! They still have lots more to do, and more glasses are coming in every day. So additional Lion's help is needed. Clarke County Lions and other Lions Club Volunteers are needed to help with this task!! It is easy work and can be done sitting down. All are welcome- so bring a potential new member.

The recycling center provides an opportunity for Lions and other volunteers to not just collect glasses, but to sanitize them, grade them, and get them into the hands of sponsors of eye care missions and onto the faces of those who need them. The Center is open for volunteers on Wednesdays from 1 p.m. to 4 p.m., and/or Fridays from 9 a.m. to noon. If Thursday is a better day for you to volunteer, contact the Clark County Lions who will open the Center on Thursdays. You can even stay longer if you are having fun and want to get more glasses processed!! Remember, you can also bring a snack, bottled water, or soft beverage if you want. If the Friday and Wednesday times don't work for you, please let us know and we will see if we can have trainers available for the date and time you prefer. Call Lions Greg and Sharon Hart – 540-955-6229

In addition to the glasses received from WV Lions, the Center has received over 2,000 pairs from six Lions Clubs in the local District and from COSTCO.

*West Virginia Lions are encouraged to volunteer their help at the Recycle Center – easy to get to location in Winchester – I strongly urge you to volunteer – make it a Club project, “Lions Day Out”. – Have a GREAT SERVICE DAY --*

This is the start of sorting the screened glasses for shipment to vision missions around the world! It looks like chaos, but is actually very organized!! Join us at the Eyeglass Recycling Center and make the miracle of sight happen!!



***Picture of the inside of the Center –***

***Top row are completed boxes ready for shipment.***

**For information contact: PDG Glenn Ryburn – 304-258-8939**



Lions Clubs International Foundation (LCIF) continues its Campaign 100 effort to raise \$300 million. What started as a 3-year campaign to accomplish this was interrupted by the Corona virus pandemic. So, the campaign has been extended an additional year.

Our district has set a goal of raising \$30,000 this year. We can achieve this goal by our clubs continuing to make a contribution at the Parade of Checks at the District Convention which is being held on October 17<sup>th</sup> in Berkeley Springs. For the past 5 consecutive years our District is one of the few districts in the world where 100% of the clubs in the district gave to LCIF each year. In addition, LCIF is making a special effort to encourage individual Lion members to make a personal contribution or pledge. It can be made as a one-time gift or if a member would like to, they can make payments on a schedule that best fits their budget plans.

There are several easy ways to make a contribution. It can be done by check, credit card, wire transfer, on-line and other ways. Personal checks should be made payable to LCIF and mailed directly to Lions Clubs International Foundation, Department 4547, Carol Stream, IL 60122-4547. Be sure to include your membership number. Remember the contribution will be credited to your earning a Melvin Jones Fellowship. If you have any questions, please contact our LCIF District Coordinator, PCC Al Cox at 304-216-5251 or by email at [anewtc2@aol.com](mailto:anewtc2@aol.com).

**We Serve.** Lions clubs are places where individuals join together to give their time and effort to improve their communities and world. The clubs in District 29-I are working to improve and support people locally and globally wherever there is a need.



# Design a Diabetes Pin Contest

Are you a West Virginia 7<sup>th</sup>-12<sup>th</sup> grade student that loves art?

Do you want to **win a \$100 cash prize**?

If so, this is the contest for you!

## Guidelines:

1. A maximum of 5 colors in the design with dimensions of 5" X 5". The size will be shrunk when the pin is made.
2. Pins must be themed around the uniqueness and beauty of West Virginia as well as Type One Diabetes. The following must also be in the design:
  - a. District 29I, The Year: 2020-2021, the Lions Club Insignia and/or the Lions Club International Diabetes Symbol. **\*(The symbols (found above) can be downloaded from the Lions Club International website).**
3. Pin designs can be hand drawn or created on a computer. If hand drawn, it must be a final sketch with color and sent as an attachment to the email address below.
4. If the pin design is created electronically then please use Adobe Illustrator, Photoshop, or a similar program and send it as a JPEG attachment to the email address below.
5. Pin design attachments **must** be anonymous. Contact details (age, grade, city/town, school, personal address, and phone number) must be included in the body of the email.

## Further Information

All designs must be emailed by December 1, 2020 to: [lionspincontest@gmail.com](mailto:lionspincontest@gmail.com). The winning design will be selected in late December 2020 or early January 2021. The winning designer will be recognized by District 29I, receive a \$100 cash prize, and will receive one their designed pins. The winning design will be manufactured and sold by Lions Clubs throughout district 29I to raise money for diabetes awareness. Questions can be emailed to the email address found above.



PCC Cindy Glass  
District Service Team Coordinator

## Easy Service Ideas for the Holidays

As the holiday season is nearing, I would like to provide you with a new and easy service idea, which I credit to PID Cindy Gregg from Pennsylvania. It's a reverse Advent Calendar. Each day, add an item to a box. On Christmas Eve donate the contents to a food bank. You could also do this in other months of the year by making a few item changes. You can do it as individual Lions or as a club project. If you don't have a local food bank, instead donate the box to a family in need.

December 1	Box of cereal	December 2	Peanut butter
December 3	Stuffing mix	December 4	Boxed potatoes
December 5	Mac & Cheese	December 6	Canned fruit
December 7	Canned tomatoes	December 8	Canned tuna
December 9	Dessert Mix	December 10	Applesauce
December 11	Canned sweet potatoes	December 12	Cranberry Sauce
December 13	Canned beans	December 14	Box of crackers
December 15	Rice	December 16	Oatmeal
December 17	Pasta	December 18	Spaghetti Sauce
December 19	Chicken noodle soup	December 20	Tomato soup
December 21	Canned corn	December 22	Can mixed vgs.
December 23	Canned carrots	December 24	Can green beans

I am still collecting \$25 Visa Gift Cards throughout the month of November to donate to the families of children undergoing cancer treatments at the WVU Children's Hospital. Please email me at [cinwa130@gmail.com](mailto:cinwa130@gmail.com) or call me at 304-203-2006 if you have questions about this project. Full details were in the October newsletter, but I can send the information to you again.

Don't forget to report your service activities in MyLCI! If you are unsure how to do it, please let me, DG John Mason or FVDG Sue Long provide some guidance. ***Thank you all for what you do to serve others during this difficult time.***



**November 2020**

**NEW MEMBER**

Makenna Douthitt  
Christopher Whiteman  
Michael McCord  
Olamide Adegbamigbe  
Angela Burger  
Wayne Britton

**LIONS CLUB**

Fort Ashby  
Fort Ashby  
Nutter Fort  
Shepherdstown Centennial  
Shepherdstown Centennial  
Valley District

**SPONSOR**

Phillip Douthitt  
Phillip Douthitt  
Nancy White  
Cheryl Roberts  
Cheryl Roberts  
Roy Britton, Jr.



# AROUND THE DISTRICT

## Harrison County HOPE Lions Club



L – R: Steve Glass, Lois Childers, Mendi Scott, Robin Marsh, Susan Thomas, and Amber Blankenship



From L – R:  
Amber Blankenship,  
Kelly Maher,  
Susan Thomas and  
Jim Mayer

Members of the Harrison County HOPE Lions Club recently purchased and donated warm weather items consisting of coats, toboggans, gloves, scarves and socks to the Homes for Harrison and The Change Initiative programs. On Sunday, November 15<sup>th</sup> club members Amber Blankenship, Susan Thomas, Jim Maher, Kelly Maher, and Steve Glass shopped for clothing at a local retail department store. Club members also donated new and slightly used items which were then taken to the offices of Homes for Harrison. Shown making the presentation in the accompanying photo are club members from left to right: Steve Glass, Lois Childers, Homes for Harrison Director Mendi Scott, Robin Marsh, Susan Thomas, and Amber Blankenship. The photo on the right shows Lions Amber, Kelly, Susan, and Jim during a break in their shopping spree!

## Peace Poster Contest - Just a reminder of the upcoming deadlines:

- **November 15:** Postmark deadline for a club to send one winning poster (per contest sponsored) to the district governor.
  - **December 1:** Postmark deadline for a district governor to send one winning district poster to multiple district council chairperson.
  - **December 1:** Postmark deadline for a district governor not belonging to a multiple district to send one winning poster to the Public Relations Department at International Headquarters.
  - **December 1:** Postmark deadline for a club not belonging to a district to send one winning entry to the Public Relations Department at International Headquarters.
  - **December 15:** Postmark deadline for the multiple district council chairperson to send one winning poster to the Public Relations Department at International Headquarters.
- February 1:** International winners notified on or before this date.



Lion Kim Mason  
Peace Poster  
Chairperson

## 35 Random Acts of Kindness You Can Do While Social Distancing

Life as we know it has changed significantly as the novel coronavirus pandemic spreads across countries and continents around the world.

In challenging times, it's common to want to help those around us. And it's also common to feel unsure about how or where to start. While it may be impossible to take away a difficult situation entirely, small acts of kindness and compassion can make a big difference.

If you're looking for ways to lift others up, try these 35 random acts of kindness—many of which you can do from home or within your neighborhood. Look through the list and, if you can think of someone who might appreciate one of the ideas, make it your next project to brighten that person's day!



1. Check in with a friend or family member you haven't heard from in a while to make sure they're doing well.
2. Write an encouraging note with sidewalk chalk outside to brighten the day of people who see it.
3. Compliment a loved one in the morning to make their day bright as it starts.
4. Smile or give a friendly nod at a stranger you see while on a walk or doing errands.
5. Send a card in the mail to someone you miss.
6. Mow the lawn, rake leaves, or shovel snow for a neighbor.
7. Leave some treats or a small gift on a neighbor's doorstep.
8. If you have old clothes or toys you can do without, donate them to charity.
9. Gather up any recyclable items like plastic or paper you have sitting around and take them to a recycling plant to treat the earth kindly.
10. Make a simple bird feeder and hang it outdoors for local wildlife to enjoy.
11. If you can afford it and are comfortable doing so, pay for someone's order at a drive through or grocery store.
12. It's important to have compassion for yourself, too! Make time for one act of self-care each day, like going on a walk or eating a healthy, homemade meal.
13. Help a loved one with something they've been struggling to complete, like homework or a big work project.
14. Give a hug to someone in your immediate family or in your household.
15. Write a note to someone you care about containing the top 10 reasons you love them.
16. If you're in line at the grocery store and have some extra time, let someone else go in front of you.
17. Ask a loved one how their day went, and if they're struggling, find ways to help.
18. Place sticky notes with encouraging words in places for strangers or loved ones to find them.
19. While making dinner, double your recipe and send a meal to someone in need.
20. Forgive someone who you've been struggling with for a while—if not to be kind to them, then to be kind to yourself.
21. Send a care package to someone you miss.
22. Send someone flowers from a store or (even better) freshly picked from your backyard.
23. Donate any extra canned food to a food bank.

24. If you have a favorite restaurant or small business, leave a positive review online to help them during the quarantine.
25. When overwhelmed, remember to be kind to yourself and recognize that it's okay to be stressed or afraid during uncertain times.
26. Take your pet (or your neighbor's pet) for a walk around their favorite park.
27. Pick up trash around your neighborhood or a nearby park.
28. Leave some spare change in a vending machine with a note so the next person who uses it can get a treat on the house.
29. Donate, volunteer, or raise awareness for a charity that helps a cause you're passionate about.
30. Buy some pre-wrapped treats and deliver them to local healthcare workers (Note: call ahead first to make sure this is allowed).
31. Leave a note in your mailbox to thank your mail carrier for their hard work.
32. Thank your child's teacher for their advice and support through distance learning.
33. Call a loved one for no reason in particular—just to say hi.
34. Tell a joke to someone and make them laugh.
35. Hold the door open for someone while running errands.



Submitted by Lion Paula Shahan  
Family & Women Growth

## **DOES YOUR LIONS CLUB NEED ITEMS FOR HOME HEALTH SUPPORT? – FREE!!**

The Berkeley Springs Lions Club is supporting the community with various medical items for those in need of assistance at home. Some of this support results in items being donated back to the club that are in less than normal demand and are too large to store.

We will provide the below pictured recliner chairs and electric (battery powered) wheelchair to anyone in need or to a Lions Club which anticipates a need. The electric wheelchair has been used for a very short time by one person and is in “like-new” condition.

For additional information contact: Lion Gray Jones at 304-258-7869 or 304-707-5049 / email- [wgrayjones@gmail.com](mailto:wgrayjones@gmail.com) or PDG Glenn Ryburn - 304-258-8939 \ email - [goryburn@gmail.com](mailto:goryburn@gmail.com)

We can arrange for viewing and pick-up by contacting either of us – leave a message if necessary.

Thank you all for your service, your support to your communities, and Lionism worldwide.

PDG Glenn Ryburn  
Berkeley Springs Lions Club





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 John @

[jlmason0531@gmail.com](mailto:jlmason0531@gmail.com)



**Nexstep Commercial Products** (formerly known as Cornelia Broom Company and France Broom Company) – Exclusive Licensee of O-Cedar – is now the **One and Only Official Broom Supplier to the Lions!**

**Nexstep Commercial Products** manufactures high-quality Lions Club Corn Brooms to the same standards the Lions Club have used for over 75 years. The Lions Club Broom Sale has proven to be a major fundraising event that's a very easy way to generate funds.



#### Contact Information

Lanny Balentine, PDG • Lions Club Sales Representative  
Cell: (864) 444-1325 • Email: [lbale1010@aol.com](mailto:lbale1010@aol.com)

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