



December 2021

Lion Sue Long
District Governor



CHAPTER 5 - "OUR TIME AND GIVING IS PRICELESS"

"Time is Precious"

If there's a deed you've left undone
Before the setting of the sun
Do it now!
If there are words you didn't speak
To soothe a hurt or boost the weak -
Do it now!
If you can make a sick friend well,
Or just a happy story tells -
Do it now!
Time is precious everyday -
Make it count in a selfless way

Catherine Janssen Irwin

As you know I am a storyteller. I came across another inspirational story about giving through the eyes of a child. A woman had a family who moved in next door with five little girls. She had periodically kept the girls after school while their parents worked. The woman asked the eldest daughter, who was in kindergarten, what was her favorite subject in school. The woman thought the child would say "recess." However, out of the mouth of babes came, "cleaning up and helping out." ...Of all the knowledge and skills, she is learning in kindergarten, helping others and caring for the world will positively affect her family and community the rest of her life. ... With all that is expected and taught in a child's school day, the importance of helping and serving sometimes can be lost...We should be careful about what is prioritized in our own lives. This little girl's favorite subject are also tangible deeds that speak important truths about respect, honor, compassion and service...

As Lions, we state that our clubs are aging but we have a gifted commodity of experience and caring for our communities that can be passed down to our grandchildren, great-grandchildren, neighbor children to name a few. Tap into that resource and build from the bottom up. Happy Holidays to all.

THANK YOU FOR ALL YOU DO!!!!!!!!!!!!!!
YOURS IN LIONISM, DG SUE



District Governor Calendar 2021-2022



Schedule of Events

December:

- 2 Romney - Main Street Grill
- 9 Bruceton Mills
- 16 Martinsburg Centennial - Hosses

January:

- 28-29 WVLLR Flatwoods
- 30 COG meeting Flatwoods

February:

- 26 Cabinet Meeting – Virtual

March:

- 4-5 District C Conference – University of Charleston
- 18-19 District L Conference – Oglebay Park

April:

- 5 Buckhannon/Kesling Mill
- 7 Hedgesville/Pikeside
- 13 Wardensville
- 18 Stonewood
- 22, 23, 24 MD 29 Convention Canaan Resort

May:

- May 2 Moorefield/Petersburg

Lion Gray Jones

First Vice District Governor



“... these three remain: faith, hope and love. But the greatest of these is love.”

- First Corinthians 13:13

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” - Helen Keller

“Gratitude looks to the Past and love to the Present; fear, avarice, lust, and ambition look ahead.” – C. S. Lewis

A high school friend of mine recently posted on Facebook what he considered the 30 Essentials of Life for Living and he asked for responses as to what should be added or deleted. I read his semi-serious list which contained things like automobile, alarm clock, toilet flushing, coffee pot, phones, toilet paper, and job (or income) that would provide those things.

That list struck me deeply and I considered it seriously. My response was that there were only two things on my list: *gratitude* and *optimism*. If we are grateful for whatever we have, we are never poor and if we are optimistic, then we have hope for the future and the combination of gratitude and hope means we have a joyful life. Delving a little more deeply, I had to add *faith*. A belief in a higher power seems a precondition for either gratitude or hope.

I am grateful that God has allowed me to live long enough to appreciate what I have. I am grateful for the many wonderful folks I have met that live their lives serving others either part-time (like most Scouters or Lions or volunteers in many civic organizations) or full-time (teachers, preachers, nurses, fire-fighters, EMTs, police) or full-time for a while (military or part-careerists). There's something wonderful about people who spend their time serving others. Spending time with those folks is like a virtuous cycle. In business, the term “virtuous cycle” means a self-improving cycle that aligns business goals with customers such that the business continues becoming ever-more successful as their customers enjoy the products or services they get from the business. Seems to me that Lionism is like that: the more we serve others, the more folks want to join in with us to experience the joys of service.



Awaken in the morning with gratitude for another beautiful day. Give thanks to your God. Look forward to the good you can do for others. Keep your faith strong and make the golden rule the guiding principle of your interactions with others. You are LIONS. I am proud to be among you.



Breakfast with Santa

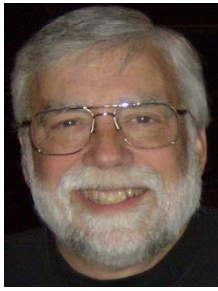
*Saturday, December 11th
9am - 10:30am*

*Enjoy pancakes and bacon with Santa along with
great conversation and a photo opportunity!*

\$5 admission INCLUDES BREAKFAST

PROCEEDS BENEFIT HARRISON COUNTY LIONS CLUB H.O.P.E.
(HARRISON'S ONGOING PREVENTION EFFORTS)

BUFFALO WILD WINGS - 45 BETTEN CT - BRIDGEPORT



Henry Krautwurst

Millsboro Delaware Lions

Fritter Fryers

Lion Lorrie and I visited my cousin and fellow Lion, Ted Parker and his wife Bobbie. His Lions club's major fundraiser is making and selling oyster fritter, crab cake and soft-shell crab sandwiches. They sell every Friday and Saturday



beginning in September through mid-December. Their Fritter Shack is open 10 am – 6 pm on Friday and Saturday 10 am till they run out of oysters. They start the week-end with 9 gallons of oysters and they sell them all by the end of the day on Saturday.

Three people work a shift in the Fritter Shack. One person cooks the fritters, crab cakes and soft-shell crabs, one person puts together the sandwiches and then of course someone has to collect the money and make change.



Alberta, Ted and Pat worked the shift the day I was there. Pat was cooking, Alberta and I put sandwiches together and Ted was the cashier. Later in the morning their District Governor, Dave Mitchell joined us to work cooking crab cakes and soft-shell crabs.

The club has been doing this fundraiser for about 40 years allowing for the support of various community Projects. Throughout the morning and early afternoon there was a steady line of people coming to buy their oyster fritters. From the time Ted and I arrived, shortly before 10am, until we left at about 2:30pm, Pat never stopped cooking the fritters.

As you can see below, they have the cooking process down to a science. They can be continually cooking the fritters by moving them from one pan to another. This allows the pans to reheat to a cooking temperature as they move the fritters from pan to pan.

As the fritters come out of the then under the heat lamps so



pans they are moved to a draining rack and there is a constant reserve ready to go so the customers don't have to wait. The crab cakes and soft-shell crabs are cooked to order so there is about a 5-minute wait.

Their operation runs very smoothly and while there isn't much down time there is plenty of time for fellowship. I don't think there was any pause in the conversations the entire time I was there.



I was able to meet fellow Lions and help them do what Lions do best: Serve the public. This fundraiser is the club's primary source of income and as you can see, they support a lot of organizations in their community.

Club visitations allow you to meet other Lions and learn about what their club is doing, some of the projects they support and what types of fundraisers they have and how they work. I have seen many different fundraisers over the years but this one is truly unique. And the people of the Millsboro area support this Lions Club by coming back week after week to partake in the absolutely delicious seafood sandwiches.

If you are going to Ocean City or Rehoboth Beach on a Friday or Saturday during the months of September through mid-December stop in Millsboro and treat yourself to an oyster fritter sandwich. You will find the Fritter Shack by the town hall which is a short distance off of highway route 113. The town hall address is 322 Wilson Hwy. Stop in and let them know that you're a Lion from West Virginia and want to try one of Delaware's seafood treats. Enjoy!!



May Your Holidays Be Blessed

PHILIPPI LIONS CLUB

The Philippi Lions Club made up for lost time from last year. Under the direction of President Sabrina Ward, we decorated the Courthouse gazebo for our Halloween book and candy distribution, we provided Halloween photo backgrounds, conducted costume judging, and awarded gift card prizes for the ugliest, prettiest, most original, and the judges' choices. 453 age-appropriate books were passed out to eager children.

The Club was pleased to participate in the Barbour County Veterans Parade with members serving in the Veterans Color Guard and others distributing candy to the appreciative attendees, The truck was decorated with pictures of veterans who were special to club members. Thank You for Your Service!



Millard Minor, Corresponding Secretary,
Philippi Lions Club





LIONS OF WEST VIRGINIA LEADERSHIP RETREAT

January 28-29, 2022

Flatwoods Days Inn & Suites and Conference Center

Registration Deadline: January 13, 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: 1/13/2022

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: _____

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 or 304-813-2567/304-298-4304.

“LEADERSHIP and LEARNING are INDISPENSABLE to each other”



2022 Scholarship Application for First-Time Attendee

NOTE: The First-Time Attendee Scholarship is either \$55.00 or \$80.00, 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, 2021

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

West Virginia Lions Leadership Retreat 2022 – Keynote Speakers

Friday Night: Olivia Turman is 18 and a senior in high school in Barboursville, WV. She became active in her local Leo club at the age of 11 and has loved it ever since. From the time she joined the club, its membership has grown from 4 to 64! The club now hosts many events throughout the year including a kickball tournament, a Valentine's Day fundraiser, a camp-out membership drive, volunteers at the local city mission over Thanksgiving break, and aids the Barboursville Lions in their Christmas food baskets. Olivia had the honor of leading the construction of Barboursville Park's Interactive Trail for the Visually Impaired. This is a hiking trail that is suited with ropes, sensory stations, benches, a sound wall, an app, and a sensory garden. During her free time, Olivia enjoys playing the violin with her school's orchestra and playing Jeopardy with her family. Olivia hopes to continue to serve her community through the Leo Club and eventually even become a Lion!

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 Award 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.

Lions of West Virginia Leadership Retreat

The Committee is happy to provide the following Seminar Topics and Presenters for our 25th Retreat.

They are:

PID Gwen White – Communication is a Two-Way Street (Navigating the Twists & Turns)

PDG Wendy Cain – Leading in Real Time

FVDG Daniel Elkins – Sowing the Seeds of Change

Lion Eli Hughes & PCC Gary Boyd – Future of Lionism

Lion Brendan Byrne – Diabetes

Eric Minor – Branding Your Club

Lion Matt Rafa – Recruiting in a New Way

Lion Jim Slamick – Zone Chair

PDG Bernice Pitcock – Service

Path from Lion to District Governor (TBD)

***Please note that the restaurant at the Days Inn is closed for breakfast. They are only open for dinner on Thursday, Friday and Saturday nights. The front desk will provide a complimentary breakfast box that consists of a fruit cup, juice cup, granola bar and a bottle of water. Breakfast is on your own and there are several restaurants in the area nearby.

****There will be a Silent Auction to help raise funds for the Retreat. Please bring an item to donate for the Silent Auction. Your donation is appreciated!*



Here is a challenge to all Lion Leadership to put your money where your mouth is. Let's get serious about this year's Leadership Retreat and get as many first attendees as possible. Too many times do we see the same Lions filling leadership roles because no one else will. Shame on us for not using the best tool for making new leaders at our disposal: MD 29 LEADERSHIP RETREAT and I believe it's why my wife Amy and I are where we are in Lionism. District 29L currently has \$480.00 set aside for first time scholarships, MD29 has two scholarships and the PDGA has three scholarships available. Now take it a step further like the Board of Directors did in my Club and pay for their rooms too! We now have skin in the game!

Williamstown will be sending four new attendees and once the word is out, I hope for more. You may protest that you can't afford to pay this unexpected expense, but I believe you can't afford NOT to! No new leaders mean stagnation within your club and possibly, within our district. New leadership is vital for new ideas, fresh energy and a growing club and district. Ultimately, it means for more and effective SERVICE in our communities, something we should all be striving for as Lions.

So again, I challenge you to put your money where your mouth is and encourage and support new attendees to attend our Leadership Retreat this year, January 28 & 29, 2021 at Flatwoods. Applications are included in this newsletter.

Thanks for all you do. FVG Jay Houser



Lion's Club International

West Virginia Lions

Attn: Mrs. Cynthia Glass

November 10, 2021

Dear Cindy,

We want to convey our appreciation to the West Virginia Lion's Club for their continued support of our pediatric oncology patients and their families. Our families, more than ever, are relying on the generous support of the community-at-large to help meet the many needs they face while their child is undergoing chemotherapy, radiation, and/or transplant therapy in the hopes of curing their child's pediatric cancer diagnosis. A simple gift card to help offset the costs of gas for their vehicle or a restaurant gift card for a meal goes a long way in supporting the family.

The WVU Medicine Children's Pediatric Blood and Cancer Center and the entire Pediatric Hematology Oncology Team is thankful for the continued relationship with the Lion's Club. Please let us know if we can be of service to your organization in any fashion. You can reach me at 304-293-1205, work, 304-692-2285, cell or agraham@hsc.wvu.edu.

All the best,

Anita Graham

Anita Graham, MSW, LCSW, OSW-C

Pediatric Hematology Oncology Social Worker

Pediatric Blood and Cancer Center

WVU Medicine Children's Hospital



I do hope all Y'al had a great Thanksgiving holiday. Thanksgiving is the time for Americans to reflect on what we have and be thankful for living in the USA. There are some who might question this comment – but even though things may not be perfect or even “real good” – I think you would agree that Lions of America are working hard to accomplish our motto of “WE SERVE”.

With this said, allow me to express THANKS to the entire District I Lions Clubs which have donated to the WVLS CF. The recent Parade of Checks and some other special donations resulted in a total of \$15,633.00 this Lions year. Additionally, there have been thirteen Leonard Jarrett Awards given to very deserving Lions who have been recognized for their outstanding efforts in providing Sight and Hearing care to those in need. Your Zone Chairs have received a listing of Lions Clubs, which donated this year.

HEARING: As one of the Service Coordinators I have been looking into other means to acquire affordable hearing aids for those in need. I have had discussions with several local Audiologists and have not come up with a suitable solution. I am still taking applications, however I have not yet been successful in getting hearing aids at a reduced cost to the Foundation.

SIGHT: Several applications have been received and acted upon. Request that your club continue to seek out those in need of vision care, complete the WCLSCF Application for Vision Care and send it to one of the District Service Coordinators

for action.

Have a GREAT 2nd half Lions Year

Lion Glenn Ryburn, PDG

District 29-I S & H Chair



November 2021

Dominique R. Demus
David A. Via
Harley Orin Staggers

Bridgeport
Charles Town
Moorefield

Sponsor: Robin Faris
Sponsor: Elizabeth Via
Sponsor: Craig Hose



Deceased Member

Club

Edward E. Ball
Lawson Schooley
Paul E. Bockting

Berkeley Springs
Kingwood
Wardensville



Christmas Festivities and Diabetes

'Tis the season for friends, family, and festivities with great food and drink surrounding us all the time. Whether you have diabetes or not, smart eating and drinking habits will prevent you from putting on those few extra pounds and for diabetics, making their blood glucose high. In addition to informing you of tips to prevent blood glucose spikes and promoting healthy habits during the holiday, in this article I would like to inform everyone about the wonderful Virtual Diabetes Symposium that occurred on November 20th. After this, I would like to share with you about the wonderful diabetes awareness project that the Rome Lions and Rome Free Academy (RFA) Leos of Rome, New York accomplished.

During the Christmas season, food and drink are all around us. Hot Chocolate, Eggnog, Nut Rolls, and other wonderful treats bombard us constantly. However, with some tips, everyone can have a healthier and happier holiday season. Here are five tips to keep in mind this holiday season:

1. Take your time when eating; slow down especially at this time of year. You usually eat more when you eat quickly and slowing down will help you to reduce the amount you eat.
2. If you are on insulin or on a pump and will be snacking more or having a larger dinner discuss altering boluses or injections with your diabetes team.
3. Eat more fruit and vegetables! Fruit salad, melon, raisins, fruit juice, parsnips, carrots, peas, brussel sprouts, broccoli and dried fruit (only a small handful). Make sure you have your share of these over Christmas, not just Christmas Cookies, Hot Chocolate and Christmas Cake!
4. Keep an eye on how many sauces you eat. When eating out, ask for sauce on the side so you can control the amount you consume. A lot of calories and carbohydrates can be hidden in sauces.
5. If you indulge in alcohol, limit how much is consumed since it contains many calories (one pint of beer has around 200 calories and between 13 to 30 grams of carbohydrates), and can lead to low blood sugar, which can make you feel hungrier. Never drink on an empty stomach and always have a snack at bedtime after drinking alcohol as it can lower the blood glucose levels the next morning. Make sure people around you know if you have diabetes and always carry or wear some form of diabetic identification. Choose sugar free mixers and avoid alcopops. Making a wine spritzer by mixing wine with diet sprite or soda water can cut back on calories and carbs. Have a glass of water or diet drink between every alcoholic drink. This will not only reduce the calories and carbs, but will also help the after effects. If you want to avoid the alcohol all together, mix some fruit juice with some diet sprite or soda water.

With simple and easy changes like the ones I have mentioned above, a happy and healthy Christmas can be shared by all including those with diabetes.

On November 20, 2021, Lion Matt Rafa of (29-L) and myself led a wonderful Multiple District Virtual Diabetes Symposium with various diabetic educators, physicians, diabetics, diabetic caregivers, and pharmacists. Various participants from around the country joined us for the seminars including those from the far corners of the world including Nepal, Sri Lanka, and Costa Rica. Various subjects that were discussed included diabetic foot care, Diabetic Alert Dogs, management tools, and differences between the various forms of diabetes, to name a few. It was a wonderful symposium and I look forward to co-leading it again next year. If you have the time next year, I hope that all of you will join us for this wonderful event.

Lastly, I would like to talk about the wonderful diabetes awareness project that the Rome Lions and RFA Leos of Rome, New York recently accomplished. The Rome Lions and Rome Free Academy (RFA) Leos organized a diabetes awareness bag service project. They were able to get a local orchard to donate eight bushels of apples. Each bag contained a bookmark, an informational pamphlet on diabetes awareness, and an apple. Once assembled, these bags were distributed to students in grades 3-6 at a local elementary school to take home. As Lions and Leos, we are called to serve. Despite the Covid-19 pandemic, the Lions and Leos of Rome, New York were able to find a way to still bring diabetes awareness to their local community. No matter how big or small your community or county may be, think outside of the box of ways you can still serve your community. How can you bring diabetes awareness to not only your older community members, but to your younger population?

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. On behalf of my family, I would like to wish all of my Lion family within District 29-I a very Merry Christmas, Happy Holidays, and a Blessed New Year

Let's Continue Fighting Diabetes! (#LIONSFIGHTDIABETES)

All the Best,



Lion Brendan

Diabetes Chairperson District 29I

Email address: lionbrendanbyrne@gmail.com



AVAILABLE FOR PURCHASE

DISTRICT 29I DIABETIC AWARENESS PIN

Designed by
Seventh
Grader
Ms. Madison
Burnside
(Buckhannon
-Upshur
Middle
School)



Cost: \$4.00 per pin

To purchase, place orders through the following Google Forms
<<https://forms.gle/5SrjNWyjYL257U1aA>>, contact your local club
president, or contact District 29I Diabetes Chairperson Lion
Brendan Byrne at lionbrendanbyrne@gmail.com

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

with a text copy to DG Sue @

susanplong51@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
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