

Lion Gray Jones District Governor

"We can't help everyone, but everyone can help someone." - Ronald Reagan "Help the life of one person and you can help the community." – Steven Sawalich

"Enthusiasm is the mother of effort, and without it nothing great was ever achieved." – Ralph Waldo Emerson



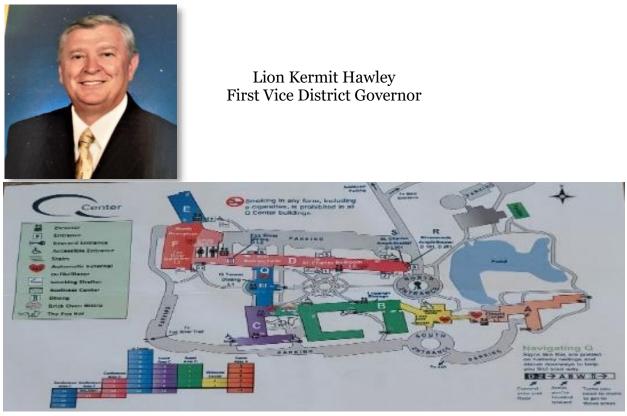
Why did you choose to join the Lions Club? I chose to do so because of the opportunity to provide service to my community. I suspect most of you had the same reason. It is my firm belief that most people are inherently good. A large portion of those would like to help others. But most of our clubs are having difficulty attracting new members.

I've heard many "explanations" addressing this topic. Young people are too busy, they're too selfinvolved, they'd prefer to surf the web, they're not interested, they don't have any sense of community responsibility, etc. Although there's a scant kernel of truth in each of those (and many other) "explanations," my own experience tells me a different story.

I was blessed to be the Scoutmaster of a Boy Scout troop from 1997 through 2005. When I became Scoutmaster, we were down to around 20 scouts and had no feeder Cub Scout Pack. The situation looked dire. But, the message I continually received from experience Scouters was "Have a good program and they will come." In scouting, that program incorporates character-building, working together, and service projects all woven into outdoor experiences. We did that. An outing once per month, regardless of the weather. Within a couple of years, we had to limit the number of new scouts we would accept into the troop. 60 enrolled scouts meant an average of 40-45 scouts on each outing. That's a logistical challenge! In short, we were wildly successful – not because I'm a great salesman (I couldn't sell bananas to monkeys!) but because we had a program. We stuck to it. We walked the talk.

How does that relate to Lions Clubs? How many of our clubs actually have a program that resonates with the members of their communities? Many of our clubs do a lot of fundraisers. Cruise-Ins: Golf tournaments, spaghetti dinners, white cane days, raffles, and other wonderful and successful projects. But, did any of you join the Lions Club to raise money? I suspect not. Fundraising is an absolutely essential activity, but I doubt it attracts that many people – unless it's a fundraiser specifically targeted to a local service opportunity. Examples might be fundraising to help a family whose house has burned down, to get a family a much-needed service dog, to add a wing to a nursing home, to add a food delivery truck to the county, etc. Those activities will resonate with members of the community.

In short, your program needs to excite the people in your community. It needs to provide local SERVICE. There are other attributes that are needed. Having fun is essential! Liking each other and welcoming other people (who aren't Lions) to help are necessary attributes. Enthusiasm for your club and its activities are powerful motivators. In short, I am NOT sure we have a membership problem as much as we have a program problem.



The picture above is a snapshot of the Q Center in St. Charles, Il.

This is the Lions Club International training center and is located approximately 35 miles from Chicago O'Hare Airport. The long red building and attached green part is the main residence and training rooms. It is more than 2 stories high. The red/green area is around a mile long. I didn't measure it, but I walked over 4 miles one day within the confines. This is not the Headquarters for Lions International. The International is located at 200 West 22 Street, Oak Brook IL. That is approximately 20 miles from the Q Center.

2023 FVDG/DGE SEMINAR was from February 7 thru February 9. The trip to Q Center resulted in a flight to Chicago O'Hare Airport and a bus ride. The Seminar began with individual photos with the International Vice President Dr. Hill, and a trip to the Lions International Headquarters. Then back to the Q Center for opening ceremony with Dr. Hill. Group seminars began after the opening ceremony. There were approximately 650 Vice District Governors at the Seminar, broken down into 31 groups. My group, number 31, consisted of attendees from United States, England. Sri Lanka, India, Canada, and a session with the Finnish delegation. Lion Nuwan Chamara Indunil Balantudawa Achchige, (we called him Nuwan), from Sri Lanka was seated at my table. A total of 16 Languages were present at the Seminar. Each Session dealt in depth with active participation from the group. Sessions were conducted on "Becoming a Whole Leader", "Managing a team", "Developing A Service Project Plan", "Supporting Membership," "Goals and Action Plans," "Leading change," "GLOBAL MEMBERSHIP APPROACH (GMA)," "LCI-LCIF Seminar and Resources," etc. Each day began with a ceremony and a message from International Vice President Dr. Patti Hill. There was time to meet with members from all across the world. Lots of training, lots of good food, good times and a great experience.

List of languages spoken: English/English, English, Spanish, Chinese Traditional, Chinese Simplified, Finnish, French, German, Hindi, Italian, Japanese, Korean, Nepali, Portuguese, Sri Lanka and Swedish. This training was well worth the time, I learned a lot and made some good contacts.

Spring is right around the corner

Have a great March

God Bless

District Governor Calendar 2022-2023



Schedule of Events

March		
Date	Time	Event
2	6:00 PM	DG Visit with Buckhannon Lions
7	5:00 PM	DG Visit with East Preston Lions
8	6:30 PM	DG Visit with Kingwood Lions
9	6:00 PM	DG Visit with Hope Centennial Lions
12	11:00 AM	DG Visit with Salem Lions
14	6:00 PM	DG Visit with Rowlesburg Lions
16	TBD	DG Visit with Tygart Valley Lions
18	9:00 AM	District 29-L Convention
20	6:30 PM	DG Visit with Stonewood Lions
28	5:30 PM	DG Visit with East Lewis Lions

Location

16 S. Kanawha St., Buckhannon
Alpine Lake Resort, 700 W. Alpine Dr
112 W. Main St, Kingwood, WV
Brickside Bar & Grill, Bridgeport
229 W. Main Street, Salem
28 S. Buffalo St, Rowlesburg
TBD
Grand Pointe Hotel, Vienna
809 Plainview Ave, Stonewood
451 US 33, Weston

April

Date	Time	Event	Location
1	8:00 AM	District 29-C Convention	Pipestem Resort, Pipestem
17	6:15 PM	DG Visit with Tunnelton and Valley Dist Lions	s 5174 S Preston Hwy, Tunnelton
18	5:00 PM	DG Visit with Phillippi Lions	Medallion Restaurant, Main St, Phillippi
20	6:30 PM	DG Visit with Keyser Lions	793 New Creek Hwy, Keyser
22	9:00 AM	Wardensville Barbershop Quartet Fundraise	r East Hardy High School, Baker, WV
25	6:00 PM	DG Visit with Berkeley Springs Lions	Charlotte's Café, Berkeley Springs
29	3:30 PM	DG Visit, Cruise-In Inwood Bunker Hill Lions	8785 Winchester Ave, Bunker Hill, WV

May

Date	Time	Event	Location
1	6:00 PM	DG Visit w/ Moorefield and Petersburg Lions	109 S. Main St, Moorefield, WV
6-7	8:00 AM	MD 29 State Convention	Days Inn, Flatwoods, WV
15	9:00 AM	Hedgesville Lions Club Golf Tournament	The Woods

District Convention Call

In compliance with Article VI, Section 2 of the Standard Form District By-Laws, I hereby issue the Official Call for the 2023 District 29-I Convention. The District 29-I Convention will be held Saturday afternoon, May 6, 2020, at the Days Inn, Flatwoods.

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 1st day of March, 2023.

Gray Jones District Governor, 29-I (Signed electronically)

Any Lion who wishes to be a candidate for district office must file an application for candidacy. If you would like an application, send an email to <u>liongrayjones@gmail.com</u>.

The application must be received by the district governor by May 5, 2023. Applications can be sent by email. The district governor will then forward all applications to the Nominating Committee for eligibility verification. All applicants will then be notified of their eligibility. Offices to be elected are District Governor, First Vice District Governor, Second Vice District Governor, and Sight Foundation Trustee. There is no application for trustee. If you are interested in being elected, email me or WVSF President Gary Pitcock. Applications can be sent by email to <u>liongrayjones@gmail.com</u> or mailed to him at 7260 Valley Road, Berkeley Springs, WV 25411.

District elections will be held at the convention. Each club should select delegates who are members in good standing. Your club will receive a letter with your delegate allotment.

DELEGATES MUST REGISTER at the credentials desk upon arrival at the convention to receive a certified credential. A certified credential will be required to vote. Alternates will not be necessary.

2023 MULTIPLE DISTRICT 29 LIONS
101 ST STATE CONVENTION REGISTRATION
May 5-7, 2023
Days Inn Conference Center
Flatwoods, West Virginia
Registration Fee \$100.00 per person for full weekend Hotel Rooms: King \$ 114.95 per night plus taxes, Queens \$101.95 plus taxes MAKE RESERVATIONS DIRECTLY WITH: Days Inn Conference Center 1-866-700-7284 Make sure you state you are with the <u>WV Lions State Lions Convention</u> Room Cutoff Date is April 28, 2023
Names(s)
Address:
City: State: Zip Code:
Club: District:
First Time Attendee: Y N
Please list any meal restrictions:
Amount Enclosed: \$
Make Check Payable to " Alum Creek Lions Club 2023 MD Lions Convention"
Please mail the check to: Lion Paul Wheeler, PCC 46 Ranger Lane Charleston, WV 25309
If any questions please contact Lion Paul Wheeler at 304-746-4415 or email to pwhee71827@aol.com
Event Summary: Multiple District 29 Lions Convention 2023 Start Date: Friday, May 5, 2023 End Date: Sunday May 7, 2023 Last Day to Book: Hotel offering your special group rate: Flatwoods Days Inn Conference Center

Reported in February 2023



New Member	Club	Sponsor
Nathan F Linger	East Lewis LC	Nelson Linger
Joyce A Shelton	East Lewis LC	Gary Smith
Derika L Bowyer	Harrison County Hope Centennial	Stephen Glass
Thomas A Riner	Inwood Bunker Hill	Randal Trenary
Edward Stone	Inwood Bunker Hill	Randal Trenary
Paul L McBee	Valley District	Richard Thorn Jr



With Heartfelt Sympathy

Deceased Member	Club
Tony Quinn	Charlestown
Reva I Fluharty	West Milford
Edward W. Gump	West Milford

Join Your Fellow WV Lions in Boston for the 105th Lions Clubs International Convention July 7-11



There is still time to register to attend and join Lions from more than 120 countries and geographical areas to celebrate all that we've done to strengthen our communities and help those in need. And, look ahead at what we'll do to make the world a safer place.

Many WV Lions have already registered and we hope you will join us. Our delegation hotel is the Hilton Boston Back Bay. When you register please consider using this hotel.



Faneuil Hall

For more info please contact WV LCI Convention Chairperson PCC Al Cox by phone at 304-216-5251 or email at anewtc2@ aol.com.

Happenings Around the District



In late January, the Shepherdstown Centennial Lions Club donated personal hygiene kits to Jefferson County Community Ministries (JCCM) in Charles Town. Coordinated by club member Lion Barbara Burger and accompanied by 8 other club members, JCCM Executive Director Keith A. Lowry accepted the hygiene kits with appreciation.

Each kit donated by the Lions Club contained hand and body lotion, comb, bar soap, roll-on deodorant, toothpaste, toothbrush, and washcloth. Lowry said, "There are many homeless people who are down and out. They have no place to call home and all they do is walk. They will use these hygiene items to help themselves be clean." He continued, "Most people don't know all the things we do." A retired Captain in the Navy, Executive Director Lowry said, "I felt the call to serve."



Do you ever wonder what happens to the eyeglasses you collect? PDG Glenn Ryburn has been spearheading the district-wide eyeglass collection for a long time now. He takes them to the recycling center run by the Winchester Host Lions Club of Virginia.

To the left is Winchester Host Lion Gary Hart emptying a towel-covered tray of freshly sanitized eyeglasses for inspection while Lion Wayne Williams looks on.

The Winchester Star recently ran an article about the recycling center. It can be found at

https://www.winchesterstar.com/winchester_star/local-recyclingprogram-for-eyeglasses-brings-sight-to-thousandsworldwide/article 489f2e59-ba2e-5121-8b16-204cd5f93d49.html.

On February 4th, I attended the funeral of 43 year Lion Eddie Gump. At the funeral, Lion Jeff Barnhart, President of the West Milford Lions Club and Zone 9 Chairperson, and I presented a Heart of Service Coin and Certificate in his honor to his family.

On February 5th, I attended the funeral of PDG Tony Quinn of the Charlestown Lions Club.

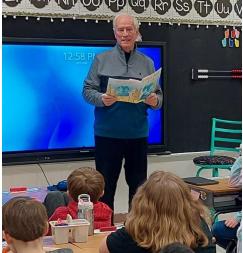
On February 9th, I was honored to visit with the Pikeside and Hedgesville Lions Clubs where they gifted me a delightful basket of apples (and apple butter) from a local orchard!

For several years Clarksburg Lions have participated in the Reading Action Program (RAP) at Nutter Fort Primary School to read to second grade classes on certain Tuesdays at 12:45 pm. It only takes about 20 minutes and is a lot of fun.



Below are pictures of Lion Don Niles, PCC Cindy Glass, PID Steve Glass, and PCC Al Cox reading to their students.





Want to know how to celebrate Valentine's Day? Look at the Upshur County High School's Leo Club, sponsored by the Tennerton Lions Club. The Leos prepared gift bags for the residents of the Serenity Nursing Home for Valentine's Day!



On Valentine's Day and the day after, the WV Schools for the Deaf and Blind hit the slopes! PDG Barb Fishel posted some fantastic photos on Facebook. Our bus, driver, Ms. Barbara, the leader of the Lions Clubs of WV Recreation Program, and her husband Jack sit in the lodge.



On Valentine's Day the blind/low vision students hit the slopes.

To the right, the picture shows two students practicing using their skis without poles.

Below, a student practices snow plowing with two skis.



Below, A student rides in the sled, while the instructor skis behind him





On February 15th, it was the deaf and hard of hearing students day on the slopes!

To the right, a female student skis down the slope with her instructor by her side





Above, two ski instructors help a student ski using an adaptive piece of equipment.

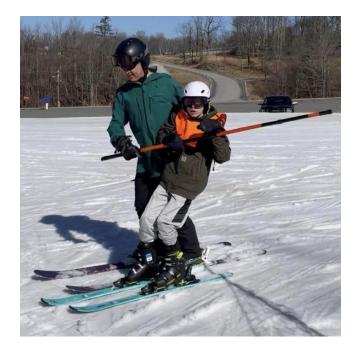


A student skis with an adaptive piece of equipment to keep her upright while two adaptive ski instructor's assist her.

Two skiers trying to ski down the slope. One skier is halfway down on the ground.



the second second second



An adaptive ski instructor helps a student ski down the hill and make a turn while holding onto a pole horizontally across his body



Lion Brendan Byrne Diabetes Chairperson District 29-I Email address: lionbrendanbyrne@gmail.com

New Diabetes Cure Developed and Camp Kno-Koma

At The University of Texas Health Science Center located in San Antonio, Texas, a breakthrough to a potential cure for diabetes is on the horizon. This potential cure was originally meant for Type One diabetics, but has been found to also possibly work for Type Two diabetics.

The cure that has been found increases other types of pancreatic cells to secrete insulin, the hormone used to allow food to be used as energy on the molecular level. While the strategy has cured diabetes in mice with no side effects, large animal and human clinical trials still need to be done. UT Health San Antonio researchers have set a goal to reach human clinical trials in three years. A U.S. patent for the breakthrough was received in January.

Ralph DeFronzo, M.D., professor of medicine, chief of the Division of Diabetes at UT Heath, and coinventor on the patent described the therapy: "The pancreas has many other cell types besides beta cells, and our approach is to alter these cells so that they start to secrete insulin, but only in response to glucose [sugar]. This is basically just like beta cells."

Insulin, which lowers blood sugars, is only made by beta cells. In Type One diabetes, beta cells are destroyed by the immune system and the person has no insulin. In Type Two diabetes, beta cells fail, insulin decreases, and the body doesn't use insulin efficiently.

This new therapy is accomplished through a technique called gene transfer. During this technique a virus is used as a carrier to introduce selected genes into the pancreas. These genes then become incorporated and cause digestive enzymes and other cell types to make insulin. Unlike beta cells, which the body rejects in Type One Diabetics, the other cell populations of the pancreas co-exist with the body's immune defenses,

Dr. DeFronzo stated that, "If a Type One diabetic has been living with these cells for 30, 40, 50 years, and all we're getting them to do is secrete insulin, we expect there to be no adverse immune response." In mice, with no side effects, the therapy precisely regulates blood sugar and insulin is only released in response to glucose. This would be a major advancement from current insulin therapy where the blood sugar can drop too low if not carefully administered.

Researchers at UT Health claim that people do not have symptoms of diabetes until they have lost at least 80% of their beta cells. They also report that in order to replicate the insulin-making function of beta cells, "only 20% restoration of this capacity is sufficient for a cure of Type One Diabetes." Hopefully this new therapy can move forward fast.

This year Camp Kno-Koma will be held from July 9th to the 15th at Greenbrier Youth Camp. A camper cannot be younger than the age of seven (7) or older than fifteen (15) as of July 9, 2023 to be accepted to the camp.

The cost for an in-state resident is \$200. Out-of state residents who either reside in counties which border West Virginia or who are serviced by West Virginia Healthcare Agencies are considered in-state residents. The cost for out of state residents is \$325, however priority is given to West Virginia residents.

If you know of any student 7 to 15 that is a diabetic who is interested in going to this wonderful camp please let me know as the district would like to sponsor a student or two to attend this summer. To all the clubs in District 29-I, I encourage you to talk to your school systems and school nurses to make them aware of this opportunity.

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.

Yours in Service, Lion Brendan Byrne

Let's Continue Fighting Diabetes! (#LIONSFIGHTDIABETES)



HEDGESVILLE LIONS CLUB GOLF Tournament FUNDRAISER

THE WOODS





MONDAY MAY 15th, 2023 10:00 TEE TIME REGISTRATION STARTS 9:00AM COME EARLY, HAVE CHICK-FIL-A SNACK. PRIZES FOR: PUTTING CONTEST, LONGEST DRIVE & CLOSEST TO THE PIN. HOLE-IN-ONE PRIZES OF A NEW CAR, AND MORE REGISTRATION GETS YOU GOLF AND DINNER & A DOOR PRIZE TICKET ALONG WITH A DAY OF FUN. VISIT OUR EVENT WEBSITE:

www.birdeasepro/hedgesvillelionsclub

PROCEEDS HELP THE SIGHT AND HEARING IMPAIRED, BACK PACK PROGRAM AND MANY MORE PROJECTS IN YOUR COMMUNITY The Lions of West Virginia (MD-29) will be sponsoring a float for the WORLD ASSOCIATION OF MARCHING SHOW BANDS World Championship in Buckannon, WV July 17th – 24th! Any Club that would like to donate to the float may do so by sending a check to CC Sue Long, P.O. Box 988, Fort Ashby, WV 26719. Please make the check out to MD-29 and note WAMSB in the memo field. For more information about this event, please go to their web page at <u>https://www.wamsb2023.com/</u>.





BUCKHANNON 2023

The World Association of Marching Show Bands (WAMSB), an international association dedicated to the fostering and growth of the worldwide marching band community, will be hosting its world championship in the **City of Buckhannon, West Virginia, USA on July 17-July 24, 2023.** This is the first event held in the U.S. in six years and the first time it has been hosted on the East Coast.

WAMSB is comprised of members from 32 nations from around the globe, representing 24 band associations, their bands and visitors. Buckhannon, Upshur County, and West Virginia welcome the opportunity to be viewed on a world stage and we look forward to highlighting the Mountain State.

Visitors will have the opportunity to come together to experience the sounds and visual talent of other cultures and be immersed in the unique art, music, and culture of Appalachia.

The theme of this year's competition is Uniting the World Through Music. The theme rings true by having nearly all corners of the world united in one place for a week-long extravaganza.



The Latest News & Information for the Reno 2023 USA/Canada Lions Leadership Forum

A MESSAGE FROM OUR GENERAL CHAIR JAMA WAHL



The goal of every Lions Club is to serve its community. To do that to the best of our abilities as Lions, we need to be informed and knowledgeable. The USA Canada Lions Leadership Forum grew out of this purpose to prepare and educate Lions.

To see a history of the past 46 USA/Canada Lions Leadership Forums, please go to www.lionsforum.org. Click on About and scroll down to History. This walk down memory lane will give you a sense of our past even as we look to our future.

Thank you to all of the Lions who served on the Planning or Host Committees. And, thank you to those Lions who attended these Forums. Your attendance and participation make the Forum a success!

At this year's Forum in Reno, we are adding a new twist to Thursday morning's activities. It is Lions Speed Learning.

It is not enough to know what your community needs. Lions need to know the resources available to be the strongest clubs, that then can provide the most relevant and meaningful service.

Speed Learning will give participants a chance to gain insight on numerous topics in a very short time. If a topic is of special interest, then the Lion can scope out the seminar schedule to be sure to attend the full-blown seminar during Forum week. Our Forum Education Team promises Lions Speed Learning to be a fast, fun new event for the Forum.

We want to see you Reno!

Up and Away with Leadership Jama

SPEED LEARNING OFFERS TASTE OF FORUM SEMINARS

MARK MANSELL, EDUCATION COMMITTEE CHAIR

From wine to beer, chocolates to cheese... everyone loves samplers! What beverage or food samplers do for your palate; we want to do for your mind. We thought providing a sampler for your mind would be a great way to let Forum participants whet their learning appetite!

Welcome to Lions Speed Learning! This Forum kickoff experience will offer a dozen different topics from some of our nearly 90 seminar facilitators. With topics such as marketing, social media, member recognition ideas, and meeting energizers; there will be something for everyone.

Using 10-minute learning sessions, participants will get to "sample" an array of learning topics. Throughout this two-hour Lions Speed Learning experience, you will be able to move from topic table to topic table and let your mind partake in a wide array of learning offerings that align with sessions we will be offering as full seminars during the Forum.

But as they say in the infomercials, **"Wait, there's more!"** To boost the fun even further, Lions Speed Learning participants will receive a LEARNING PASSPORT to collect stamps at each topic table they attend. Those who collect six or more stamps can enter into a drawing for one of 10 \$25 gift certificates to the Forum store. Winners will be announced at Thursday night's dinner.

LEARNING and FUN... what a combination! Lions Speed Learning is going to be a blast so be sure to arrive Thursday morning and let your mind get a jump start to the amazing learning experience that will be the Reno USA/Canada Lions Leadership Forum!





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: Ibalen1010@aol.com

Nexstep Commercial Products

1450 W. Ottawa Street • Paxton, IL 60957-0071 Phone: 1-800-252-7666 • Fax: 1-217-379-9901 Email: sales@ocedarcommercial.com www.ocedarcommercial.com



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Disaster Relief & Recovery Ukraine continues to need your help!

We're encouraging donations to the 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. LCIF grants have been approved for Poland and 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 <u>LCIF</u> and on the memo line put your <u>Lion membership</u> number and Refugees & Displaced Persons Fund.

Donations made to this fund will qualify for your Melvin Jones Fellowship Credit. You can send your contributions to either of the following:

LCIF Department 4547 Carol Stream, IL 60122-4547 -or-John Mason 318 Fairview Drive Berkeley Springs, WV 25411-3403

Thank You! PCC John Mason LCIF District Coordinator 304-820-7742

