



February 2022

Lion Sue Long

District Governor



CHAPTER 7 – What A Difference You’ve Made In My Life

Have you heard the song “What a Difference You’ve Made in My Life.” By Ronnie Milsap. I was listening to the words and thought about how Lions have made a difference in so many lives and if you listen to the chorus you will see:

*What a difference you’ve made in my life,
What a difference you’ve made in my life
You’re the sunshine day and night
Oh, what a difference you you’ve made in my life.*

A story that I share with my clubs is involving a young man who had a visual impairment and was losing his eyesight. He could not have corrective surgery in the United States but Canada had the approval for this procedure to save his eyesight. The family was not financially able to go to Canada. The Lions Club, in this young man’s community, raised enough money for him and his family to travel to the facility to have the surgery. He gained his eyesight, is a medical student and is married with a child. What a difference we make in their lives.

As Lions, we know the accomplishments and service we give to the people in our communities. We need to share these wonderful successes with those who would be great assets to our clubs as new members. With LCI having waived the entrance fee for new members and new clubs, this a great opportunity to grow.

On a different note, our District has some wonderful members with outstanding leadership qualities, they just do not know it. We have mentors in our District that would assist members if they are willing to move into leadership positions. There are many reasons to say “no” but if that “no” can be turned into a “yes”, the difference you make and the rewards you encounter are amazing.

Lionism is alive and well in District 291. Let’s keep moving forward.

THANK YOU FOR ALL YOU DO!!!!!!!!!!!!!!!

YOURS IN LIONISM, DG SUE



District Governor Calendar
2021-2022



Schedule of Events

February:

26 Cabinet Meeting – 10:00 a.m. Virtual

March:

17 Adamston

18-19 District L Conference – Oglebay Park

22 Shinnston

April:

5 Buckhannon/Kesling Mill

7 Hedgesville/Pikeside

13 Wardensville

18 Stonewood

22, 23, 24 MD 29 Convention Canaan Resort

May:

2 Moorefield/Petersburg

June:

24 -28 International Convention – Montreal, Canada

Lion Gray Jones

First Vice District Governor



“And forget not that the earth delights to feel your bare feet and the winds long to play with your hair.” – Kahlil Gibran

“Happiness is not achieved by the conscious pursuit of happiness; it is generally the by-product of other activities.” – Aldous Huxley



“Stop and smell the roses.” – Well known

“You have not lived today until you have done something for someone who can never repay you.” – John Bunyan

Recently, I read an article, “A good life is painful,” by Sean Illing, that resonated with me because it discussed the relationship between happiness and a life of purpose. He asks: “Can we live a good life without suffering?” That leads to numerous questions based on contradictions. Can we feel pleasure without having felt pain? Can we recognize beauty without having seen ugliness? Can we know good without having known evil?

Shortly after she became an adult, my oldest daughter started volunteering with terminal pediatric cancer patients. Then she organized a summer camp for them. I admired the courage she had to do those things. I’m not at all sure I could work with terminally ill kids. That’s a level way beyond anything I can comprehend. But, when viewed from the perspective of the contradictions mentioned above, how much pure joy can she now feel after having felt so much pain?

Our lives are complex, multi-dimensional, and shaped by our own unique and personal feelings and attitudes and history. There are a few simple guidelines for how we should live our lives: the Ten Commandments and the Golden Rule, but there is a great part of our lives that don’t fit into those guidelines. On Christmas Eve this past year, my wife and I put down our 16 year-old husky. Even now, I’m torn by doubts. Was it the best choice for him? Or for us? Yes, we know he was in pain and failing in strength. But . . . There’s a never-ending cycle of doubts.

We live our lives and have little certainty of the “rightness” of our choices. But we continue to try to “do the right thing,” within the boundaries of our own situations: and that’s OK. It’s appropriate and so self-satisfying to help others, but most of us don’t want the pain and poverty we associate with living like Mother Teresa. We want a life that’s more nuanced where we have enough of both happiness and fulfillment.

I’m again reminded of a Scoutmaster’s minute which ended with “I wish you enough sun to keep your attitude bright. I wish you enough rain to appreciate the sun more. I wish you enough happiness to keep your spirit alive. I wish you enough pain so that the smallest joys in life appear much bigger. I wish you enough gain to satisfy your wanting. I wish you enough loss to appreciate all that you possess. I wish you enough "Hellos" to get you through the final "Good-bye."



Lion Kermit Hawley
Second Vice District
Governor

Isn't it nice to think that tomorrow is a new day with no mistakes yet"

Quote by L.M Montgomery

As the new 2nd District Vice Governor, I was asked by the District Governor to write an article for the February Newsletter. The best way to begin this article is to introduce myself. My name is Kermit Hawley and I am married to my wonderful wife Judy. We reside outside Kingwood in Preston County. My wife and myself are members of the Valley District Lions Club which serves three communities and surrounding area.

Being a Lion means that Lionism is a big part of what we are about. I was searching around for a good description of Lionism and came across an article written by the Lions Club of Tanjong Aru Kota Kinabalu, Sabah Malaysia.

What is Lionism:

Distilling the Essence:

Lionism started with the dream of one man, Melvin Jones, and is now a philosophy of life for over 1.4 million people throughout the world. The principals are enshrined on our **LIONS OBJECTS** and **CODE OF ETHICS**.

It is a value-system which calls for every Lion to bring out the best in himself/herself and transmits the values to his fellowmen. It is a way of life that enriches the quality of living. It puts more life into your years (**quality**) and more years into your life (**quantity**) It promotes personal growth through "**Service Above Self**".

LIONISM TEACHES CORE VALUES TO MEMBERS

Be a better Person

By promoting Professionalism in our vocation, to work hard so that we may merit a reputation for quality of Service. 2.To be loyal to our clients or Customers and above all to Ourselves. 3 To instill Self-Respect by earning success of profit through Honesty, and not to gain it at the price of our self-respect lost through undue advantage taken or commit questionable acts on our part. 4. To build up our business strictly on our Merit and not by running down other People's. 5. Learning the meaning of True Friendship and not abusing it. 6. Have Self-Honesty and Integrity whenever a doubt arises, resolve the doubt against ourselves. 7. Be Patriotic to our country by fulfilling the obligation of good Citizenship. 8. Be Effective Leaders by using positive reinforcement (**Praise**) not negative action (**criticism**). 9. To build up not destroy.

Build a Better Community

1. By Giving freely of our Time and Means to our fellowman, sympathy to those in distress and substance to the needy
2. To encourage our neighbors and friends to Serve the Community without financial reward.

Be a good citizen of the World

1. By creating and fostering a Spirit of understanding among the people of the world. 2. By Uniting Clubs in the bonds of Friendship, good Fellowship and Mutual Understanding.

WE SERVE

Have a wonderful February

God Bless

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

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

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

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

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

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

PCC Kenneth C. Shahan

Secretary, MD 29, State of West Virginia, LCI

CERTIFICATE OF CANDIDACY FOR DISTRICT GOVERNOR

Name of Candidate _____ Spouse _____

Address: Residence _____ Business _____

Telephone (Home) _____ (Cell) _____ (Business) _____

E-Mail: _____

Candidate's Home Club: _____

Please complete all blanks:

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

President _____

Date _____

Secretary _____

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

Signature/Candidate/Date

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

CERTIFICATE OF CANDIDACY FOR 1st VICE DISTRICT GOVERNOR

Name of Candidate _____ Spouse _____

Address: Residence _____ Business _____

Telephone (Home) _____ (Cell) _____ (Business) _____

E-Mail: _____

Candidate's Home Club: _____

Please complete all blanks:

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

President _____

Date _____

Secretary _____

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

_____ Signature/Candidate/Date _____

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

CERTIFICATE OF CANDIDACY FOR 2nd VICE DISTRICT GOVERNOR

Name of Candidate _____ Spouse _____

Address: Residence _____ Business _____

Telephone (Home) _____ (Cell) _____ (Business) _____

E-Mail: _____

Candidate's Home Club: _____

Please complete all blanks:

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

President _____

Date _____ Secretary _____

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

_____ Signature/Candidate/Date _____

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



District 29-I LCIF Campaign 100 Update

As of January 27th, forty-seven of the fifty-six Lions Clubs (84%) in our District along with contributions from individual Lions donated \$21,283 to the Lions Clubs International Foundation (LCIF). Nine clubs have yet to make a contribution. Last year these nine clubs gave \$2,976 and if they contribute the same amount as last year, this year's total should be at least \$24,259. If individual Lions make a personal donation and some clubs would increase their contribution or make an additional donation, we could exceed last year's total of \$30,364. We only have five months left to meet or exceed last's year's campaign. 100% of the donations goes

to provide relief for those in need. West Virginia has received much more help from LCIF than it has given.

We need your help!

Individual Lion Member Giving

I am asking you to join me in supporting LCIF and Campaign 100.

I don't know your financial situation or other charitable commitments, but I do know your passion and commitment to Lion service. Campaign 100 ends on June 30th and supporting it will make you part of the biggest campaign in LCIF history. Will you consider a donation comfortable to your budget to ensure LCIF can magnify the impact or your service and to earn special recognition and credit

towards a Melvin Jones or Progressive Melvin Jones Fellowship? No amount is too small and is confidential.

It's easy to give. Simply make your check(s) payable to LCIF and mail it to Lions Clubs International Foundation, Department 4547, Carol Stream, IL 60122-4547. Be sure to put your membership number on the memo line.



Thank You!

Lion Al Cox

If you have any questions, please call LCIF District Coordinator PCC Al Cox: (304) 216-5251 or by email by at anewtc2@aol.com.



**Lions Clubs International
FOUNDATION**

Lions Youth Exchange



Lion Henry Krautwurst
Lions Youth Exchange

Hello Lions,

I am sending out a plea to all Lions of West Virginia. Lion Henry has been hospitalized since November 24th with Covid and is now in a rehab hospital.

Since he is not available to work on finding host families, I am asking for everyone to think about a family or couple they know who might enjoy hosting a youth from another country for 4 to 6 weeks this summer. Host families are the glue that hold this organization together. Without a family here in West Virginia interested in hosting a youth, our counterparts in other countries will stop sending them to us. This is a unique opportunity for a couple or family to meet and bond with a student from another country. It is a very enriching experience for both the family and the visiting youth. Often it leads to a lifelong friendship.

The student who comes to live with the family will participate in all of the family's activities. They are here to learn about our culture and experience the American way of life.

Henry and I have hosted several students since 2013 and keep in touch with most of them. It is fun to hear about what they are doing a year or 5 years later.

At this time, we have a girl from Germany who has asked to come to West Virginia this year. We expect that there will be other students making that request.

Most youth will come during June through August. It is between the family and the youth's family what dates are chosen for the visit. Japanese students all visit during the month of August only.

A host family does not have to have children in the home. One host parent would be required to be home for the visiting youth. Teachers or retired couples are good sources for hosting.

The youth are required to have been vaccinated against Covid as are the host family members.

Please contact me if you or someone you know are interested in having an experience that will change your life.



Lion Lorrie Krautwurst
301-467-9868



Lion Cindy Glass
DGST for 29I



Fellow Lions – As we all know, successful projects of any kind take some planning. Even painting a room during this cold winter weather requires a plan: when are we going to tackle this project; what color shall we use; who has the best paint for the best price; how many days do we have to get this done; can we handle this ourselves, or do we need some help?

So it is with our club service projects! Do you know that if you go to LCI's website and search service projects, you will find **ideas for projects** in all of the five global causes: Hunger, vision, environment, diabetes and childhood cancer. The project ideas are even divided into three levels, Beginning, Interim and Advanced, depending on the scope of the project you are interested in, with a total of 25 suggestions for each global cause.

In addition to the project ideas, you can also find Planning Guides to assist your club in getting started and carrying out your plan. I suggest reviewing the project ideas on LCI's website – it may just give you some fresh ideas, and this time of year is certainly good for planning for things to do as we move into warmer weather. After all, what is a Lions Club without a project to benefit someone or something in your community? Please don't let this pandemic eliminate your service! Keep up with the projects your club likes to do or look for new ways to serve. Don't forget to serve safely and report your service!





2022 Multiple District Convention Registration Form

April 22-24, 2022

Canaan Resort and Conference Center

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

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

Name(s): _____

Address: _____ City _____

State _____ Zip Code _____

Email: _____

Telephone: _____

Club: _____ District L C I

First Timer: Y N Food Allergies: _____

Amount enclosed: _____

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

If you have any questions, please contact Lion Mary Jane at 304-813-2567 or 304-813-2567 or at
brights@atlanticbb.net

Around the District

East Preston Lions Club



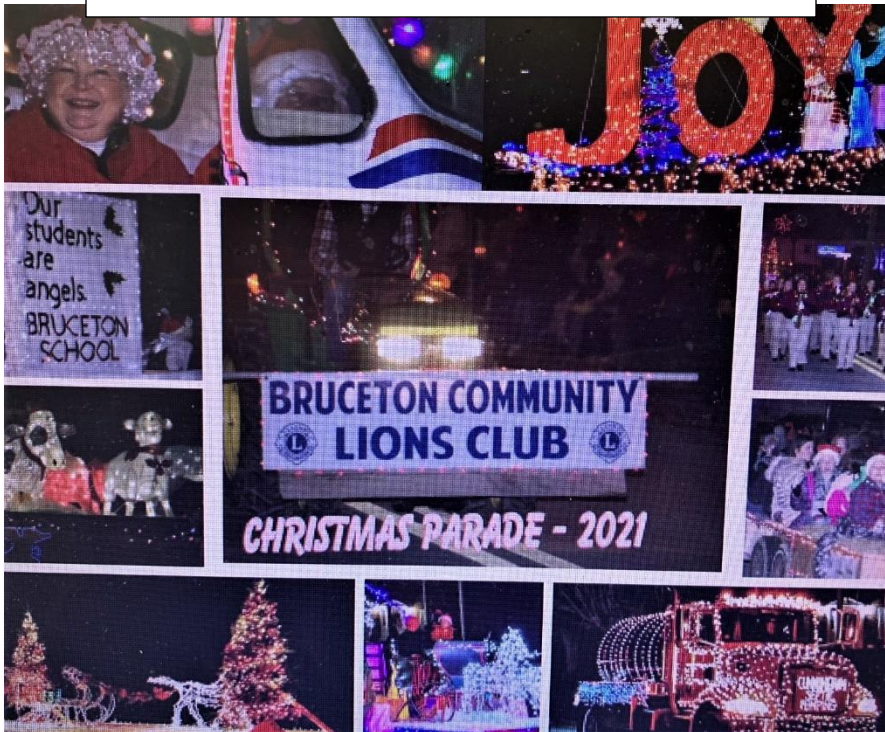
PID Steve Glass is presenting an International President's Certificate of Appreciation to Charter member Lion Fred Isennock of the East Preston Lions Club. The picture includes from left to right, Lion Bob Sypolt, Guiding Lion for the club, SVDG Kermit Hawley, zone chair, PID Steve, Lion Fred and District Governor Sue Long.

29I Conference



Fun was had by all attending the Halloween Party at the 29I conference. Parade of costumes.

Bruceton Community Lions Club



The Bruceton Community Lions Club sponsored their annual Christmas Parade on December 4th. The theme of the parade was "Light the Night Up". There were 36 parade entries including the Santa and Mrs. Claus float sponsored by the club. Approximately 20 Lion volunteers donated 400 service hours for the event. Along the parade route, Santa's elves handed out a special gift and a raffle number to each child. Following the parade, a toy raffle was held by Santa, Mrs. Claus and their elves. Over 50 gifts were bought and donated by the club. It is estimated that close to 500 children were in attendance at the event.

WELCOME
new members

February 2021

Clayton E. Shaffer	Bruceton Mills	Sponsor: Susan Waugh
Shirley C. Shaffer	Bruceton Mills	Sponsor: Susan Waugh
Paul Jozik	Martinsburg Centennial	Sponsor: Elaine Ashby
Jimmie E. Yarborough	Martinsburg Centennial	Sponsor: Patricia Sewell
Isaiah A. Evans	West Milford	Sponsor: Kelly Fox
Leslie Q. Pruitt	West Milford	Sponsor: Dixon Pruitt



Deceased Member

Club

Joseph M. Minard
Patricia Zara
Mary L. Johnson
James T. Evans

Clarksburg
Harrison County Hope Centennial
Martinsburg Centennial
Romney

Chocolate and Diabetes

Being a middle school teacher, every Valentine's Day is filled with boys and girls carrying and exchanging bouquets of chocolate roses, other varieties of chocolates and various types of candy. With that being said, like other foods, Chocolate has a direct effect on diabetes. This is what I will discuss in my article this month, Chocolate and Diabetes.

Daily consumption of dark chocolate has a positive effect on insulin sensitivity and blood sugar because it contains polyphenols, which is a naturally occurring compound that has antioxidant properties. This compound in dark chocolate has been associated with improving insulin sensitivity and how well insulin works in the body. Thus dark chocolate may help control blood sugar and may assist in delaying or preventing the onset of type two diabetes.

A study published by the journal Appetite, found that people who eat any chocolate at least once a week had a lower prevalence of diabetes and were at a lower risk for diabetes four to five years later. The study of 908 nondiabetics and 45 diabetics discovered that people who ate such chocolate less than once weekly were at twice the risk of diabetes versus those who ate it more than one day per week. But what if you are a diabetic?

A study done by ARYA Atherosclerosis analyzed people diagnosed with Type Two diabetes who consumed 25 grams of either dark or white chocolate for eight weeks. Those who ate dark chocolate had lower blood pressure and decreased fasting blood sugar after eight weeks than those who ate white chocolate. However, not all chocolate is created equal. The polyphenol-rich dark chocolate contains antioxidants, and a higher percentage of cocoa yields better health advantages. Experts at Bastyr University recommend choosing a dark chocolate that has at least as much fiber as sugar. They also recommend checking if the dark chocolate has been processed with alkali. Alkali is the process that makes cocoa less bitter, but it eliminates the health properties in the chocolate. Experts add that diabetics need to opt for an unprocessed dark chocolate.

Therefore diabetics can enjoy dark chocolate in moderation. However, consuming too much of a good thing may have negative effects. Commercial chocolate may add fat and sugar to the candy which increases the calorie and carb count. This is why the Cedars-Sinai medical center cautions that people with diabetes should not use chocolate as a way to boost low blood glucose, because the fat in chocolate prevents glucose from rising quickly.

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



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

Lion Brendan Byrne

Diabetes Chairperson District 29-I

Email address: lionbrendanbyrne@gmail.com

AVAILABLE FOR PURCHASE

**DISTRICT 29I DIABETIC
AWARNNESS 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
Cell: (864) 444-1325 • Email: lbale1010@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



Makes Your Life Easier!

©2016 Nexstep Commercial Products, all rights reserved. Nexstep Commercial Products exclusive licensee of O-Cedar.