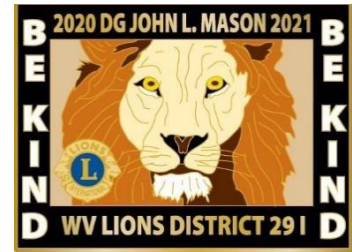




February 2021

Lion John Mason, District Governor

In a world where you can be anything, be kind.



HAPPY VALENTINE'S DAY. Also, Happy Groundhog Day. Let's pray 2021 is not a constant repeat like Bill Murray's movie. This will all end soon and we will be back to normal. 2021 is the year that we turn the lights back on. There was no vaccine in 1918-1919. Yet, Lions found ways to continue in their quest to make an impact. Today, we have the hope of a vaccine to stop the spread of this devastating virus. Hence, our expansion of service, engagement of new members, formation of new clubs and retention of current members is more promising than ever.

Membership Update: District 29 I has added 72 new members. The NAMI contest update: the individual leader with 11 new members is Cheryl Roberts and in second is Patricia Sewell with 10 new members. The Club leader with 14 new members is Martinsburg Centennial and Shepherdstown Centennial is close behind with 12 new members. LCI has extended the waiver of the entrance fee until June 30, 2021.

Clubs need to start preparing for the upcoming club elections, from nominations to voting and installations of new officers. According to Club Constitution and By-Laws, a nomination meeting shall be held in March of each year or as determined by the board of directors, with the date and place of such meeting to be determined by the board of directors. For the complete process, please refer to **ARTICLE II Elections and Filling Vacancies. How will your club members vote this year?**

Just as the clubs are preparing for voting, so is your District. The District will utilize an electronic method to vote this year. The program is called Election Runner. The clubs' President will receive the delegate cards, along with detailed instructions to complete them and return them by April 2, 2021.

Normally, we would be making plans to attend the upcoming 2021 MD 29 State Convention. Unfortunately, the Council of Governors decided to hold this year's state convention virtually. The Fort Ashby Lions Club is making the necessary arrangements to hold the convention virtually. You will be able to participate in the comfort of your home. Stay tune for more details in the coming month.

DG John
"Be Kind"



District Governor Calendar 2020-2021



February 2021

13	3 rd Cabinet Meeting	Zoom Meeting	11:00 am
----	---------------------------------	--------------	----------

<https://us02web.zoom.us/j/82065084154?pwd=QWJPNlpuUjR0YUJPK0NYUC9DU3c3UFhFdz09>

Meeting ID: 820 6508 4154
Passcode: geTvy4

March 2021

April 2021

12	Elkins LC DG Visit	TBD
17	District Voting	ElectionRunner
24	MD 29 State Convention	Virtual
25	4 th Council of Governors' Meeting	

May 2021

11	Junior LC DG Visit	TBD	6:00 pm
----	--------------------	-----	---------

June 2021

25-29	LCI International Convention	Virtual
-------	------------------------------	---------

In compliance with Article VI, Section 2 of the Standard Form District By-Laws, I hereby issue the Official Call for the 2021 District 29-I Convention. The District 29-I Convention will be held Saturday morning, April 17, 2021 from 8:00 a.m. to 4:00 p.m. via ElectionRunner. 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 31 day of January, 2021.

John L. Mason
District Governor, 29-I



Sue Long
First Vice District Governor



- 1.Looking for District Leaders
- 2.Recruit New Members
- 3.Keep Serving
- 4.Check on Club Members

It is said if you love what you are doing, you will never work a day in your life. So, if you love being a Lion, then you will be rewarded the rest of your life.



Lion Gray Jones
Second Vice District Governor



"I live by the maxim, love people when they least expect it and least deserve it. That's how you change someone's life forever." — Mark Batterson

The month of February, although the shortest month in the year, may be one of the most interesting ones. Our thoughts turn to spring (Groundhog Day is the 2nd!) Love fills the air leading up to Valentine's Day, and we celebrate the birthdays of two of our greatest Presidents: Washington and Lincoln. There are a number of other observances worth mentioning: National Dark Chocolate Day, International Day of Women and Girls in Science, National Drink Wine Day, National Chocolate Mint Day, National Chocolate Covered Nut Day, National Chocolate Souffle Day – Do you get the idea that I really, really like chocolate?

We can consider the month of February to be the month of Love (and of chocolate!) The ancient Greeks identified six types of love, including "agape", *selfless love*. As Lions, our motto (We Serve) reflects a type of agape. Our activities to serve others, including our fund-raising, are manifestations of agape. Modern author Gary Chapman identified five love languages pertinent to personal relationships. Although his focus is on love partners, the five languages are Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch. As I reflect on those languages, it is clear that they are not just for those we traditionally call our lovers.

From an agape perspective, we can be mindful to appreciate others and say so. We can spend time with others. We can provide them with meaningful gifts (the primary component of this language is the thoughtfulness of the gift, not its monetary value). We can do "little things" for others. And we can reach out to others with touch (even if, in this pandemic situation, it's only elbow or fist bumps) to show our concern and care for them.

I encourage you to serve others using these languages of love and make this month a new beginning of mindfully serving others in small ways also.

Yours in Lionism, Lion Gray



Please share with your Leos and Lions interested in learning more about the Leo Club Program. If your Leo Club is school-based, the Leo Advisory Council would be happy to speak to principals or faculty advisors to better explain the Leo Forum or answer questions. For more information please contact: info@leosforum.org.



MD Leo Chair Ramona Sago



DECEASED MEMBER

Robert Kesling
Carolyn Bowman
Donald Peters

LIONS CLUB

Clarksburg
Romney
Romney

Rare Types of Diabetes

Many believe that there are only three types of diabetes: Gestational, Type One, and Type Two Diabetes, however there are many other types of diabetes that are rare but are sadly ignored by the general population. In this article I will talk about two of the seven rare types of diabetes before sharing details about the winner of our “Design a Pin Contest” to benefit our district diabetes awareness fund.

Latent Autoimmune Diabetes in Adults (LADA), also known as “late-onset” diabetes, is believed to make up more than 50% of non-obesity-related Type Two diabetes. However, LADA patients are not necessarily thin and being overweight with LADA can lead to a misdiagnosis of Type Two diabetes. Within the diabetes population, LADA is estimated to make up five to ten percent of the cases. Diagnosis often comes after thirty years of age and progression is slow. Many times, LADA is misdiagnosed as Type Two diabetes. Many LADA patients start managing their diabetes with oral medication, exercise and diet, but eventually the pancreas stops producing insulin all together, thus requiring insulin injections. While rare, the symptoms of this type of diabetes is similar to Type One and Type Two Diabetes (excessive thirst, drinking, and urination, blurry vision, etc.), however this type of diabetes is very different. Low C-peptides and an increase of antibodies against pancreatic islet cells indicate LADA instead of Type Two diabetes because Type Two diabetes usually has high C-peptides. Insulin failure rather than resistance is also a sign of LADA. If there is not a family history of diabetes and there is no obesity factor, testing for LADA is usually encouraged.

Another rare form of diabetes is Monogenic Diabetes (MODY) which is caused by a gene mutation. Currently it is reported that there are over ten different types of MODY and with new genetic testing more are being discovered every day. It is thought that MODY makes up about one to two percent of all diabetes cases, however, some medical professionals believe that it actually may be up to five percent. Characteristics of both Type One and Type Two diabetes is found in MODY; therefore, it is often misdiagnosed as these two common types. However, treatment is very different.

Some types of MODY are easily managed without medication, but through diet and exercise. Other types require oral medications known as a sulfonylurea agent. Some types require insulin, especially as MODY patients grow older. With MODY, the body still makes its own insulin, but not always at the right time, in the correct way.

There are two main forms of MODY with varying subtypes. The first form is Neonatal Diabetes which is usually diagnosed in infants from birth to six months. Diagnosis may occur later in some cases. Often these patients are started on insulin, but it can also be treated with sulfonylurea agent pills. The other main form is Maturity Onset Diabetes on the Young which is usually diagnosed in late childhood to adulthood. Currently there are eleven types. Some of these types have abnormal glucose levels while others have additional abnormalities. To determine if someone has MODY and to find out what type they have, genetic testing has to be done, however, if other family members have MODY it is then easier to find out what type the individual has. Some of the MODY types are as follows: HNF1-alpha gene, HNF1-beta gene, and Glucokinase gene. HNF1-alpha gene (MODY 3) is a common type of MODY and can be treated with sulfonylurea agent pills. HNF1-beta gene (MODY 5) can cause kidney cysts, abnormalities of the uterus and gout. Insulin is often needed for treatment. Glucokinase gene (MODY 2) is a very mild form and usually does not require any treatment. This type of MODY does not seem to cause diabetic complications.

Since MODY is a genetic type of diabetes that interrupts insulin production, these abnormalities are present from birth. Other than neonatal diabetes, signs and symptoms of diabetes do not manifest with other forms of MODY. Due to this, diagnosis may not occur until later when blood work is done and glucose levels are elevated. If a person knows that MODY runs in their family medical history then this knowledge can lead to early testing. There are three genetic tests that are done to test for MODY.

People who suffer from MODY are often diagnosed with diabetes before six months of age (neonatal diabetes). MODY patients often have a family history of the disease or have a strong family medical history of Type One or Type Two diabetes which was diagnosed when the family member was in their teens, twenties or thirties. Lastly, individuals with MODY either have negative antibodies for type one diabetes and have never experienced diabetic ketoacidosis nor do they exhibit symptoms of type two diabetes such as being overweight or developing older onset diabetes.

From October through December District 29I held a “Create a Pin” contest for middle and high school students. Over ninety public school districts, private schools, and homeschool cohorts were contacted. Anonymous designs from students were then sent to the District 29I cabinet to vote on a winner. I am pleased to announce that we have a winner. The winning design was created by Madison Burnside (7th grader) from Buckhannon Upshur Middle School. Madison’s design, which the manufacturer used to finalize a pin design (Style B), will now be produced and will be available for purchase in the near future. All of the money raised will go to the diabetes awareness fund of District 29I. Information of how to purchase pins will be sent to the District Governor and will be made available to club presidents soon.



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.

Let's Continue Fighting Diabetes!

All the Best,



Lion Brendan

Diabetes Chairperson District 29I

Email address: lionbrendanbyrne@gmail.com



Lion's Club International
West Virginia Lions Clubs
Attn: Mrs. Cynthia Glass

January 25, 2021

Dear West Virginia Lions Clubs,

On behalf of our patients and their families I would like to once again thank you for the overwhelming generosity of the donation of gift cards in December. Many of our families have struggled more than usual due to the economic impact of COVID. Receiving a gift card can help provide them with gasoline or a meal when they have to travel to our institution for treatment.

We are thankful for the continued relationship with the Lion's Club and the support to our families.

All the best,

The Pediatric Hematology Oncology Team
Pediatric Blood and Cancer Center
WVU Medicine Women's and Children's Hospital

Patrick Tomboc, DO, Chief and Associate Professor

Lubna Meyhar, MD and Associate Professor

April Shay, MSN, RN, PNP, Nurse Practitioner

Kala Rorabaugh, PharmD, BCPPS, Pharmacist

Aaron Stewart, Pharm D. Pharmacist

Jan Rapp, Clinical Trials Manager

Steve Paul, MD, Professor

Ashley Meyer, MD and Associate Professor

Carla Corbin, RN, Nurse Specialist

Christy Glass, MSN, RN, PPCNP, Nurse Practitioner

Cecilia Nelson, Psychology Intern

Anita Graham, MSW, LCSW, OSW-C
Pediatric Hematology Oncology Social Worker

Phone: 293-4451
Fax: 293-4341

Department of Pediatrics

Robert C. Byrd Health Sciences Center
PO Box 9214
Morgantown, WV 26505-9214

Equal Opportunity/Affirmative Action Institution

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 or PDG Glenn Ryburn - 304-258-8939 \ email - 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

with a text copy to DG John @

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

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.