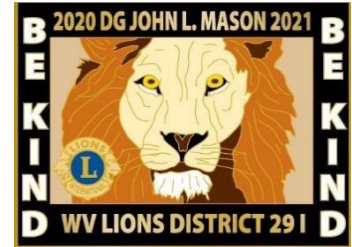




January 2021

Lion John Mason, District Governor

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



For the safety of our Lions, the 2021 Leadership Retreat has been canceled. We will celebrate our 25th Leadership Retreat in January 2022 in Flatwoods, WV.

Membership Update: District 29 I has added 72 new members. The NAMI contest update: the individual leader is Cheryl Roberts with 11 new members and in second with 10 new members is Patricia Sewell. The Club leader with 14 new members is Martinsburg Centennial and Shepherdstown Centennial is close behind with 12 new members.

District 29 I will reimburse a club for the \$35 entrance fee for any new members from January 1, 2021 to June 30, 2021 with the limit being \$1,000 total for the district. The club will need to complete and submit the reimbursement form in this newsletter to DG John Mason. Along with the form, please submit a couple of the invoice from LCI for the new member entrance fee and a copy of the club's check. DG John will review and approve and send to District Treasurer Sue Long for reimbursement. Reimbursements will be made on a quarterly basis.

Santa and Mrs. Claus had a very successful and busy month, so we are going to settle in for a long winter's nap.

DG John
"Be Kind"



District Governor Calendar 2020-2021



January 2021

31 3rd Council of Governors' Meeting

February 2021

13 3rd Cabinet Meeting Charlottes's Café 11:00 am

March 2021

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

April 2021

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

May 2021

11 Junior LC DG Visit TBD 6:00 pm

June 2021

25-29 LCI International Convention Montreal, Canada

2021 West Virginia Lions Leadership Retreat Cancellation



The Lions of West Virginia Leadership Retreat Committee regrets to announce the 2021 Retreat has been canceled due to the rising numbers of Covid 19.

Please join us next year on January 28 and 29, 2022 for our 25th Anniversary at the Days Inn in Flatwoods, WV.

DISTRICT 29 I NEW MEMBER ENTRANCE FEE REIMBURSEMENT FORM

CLUB NAME: _____

CLUB PRESIDENT: _____

CLUB TREASURER: _____

NEW MEMBER: _____

DATE INDUCTED: _____

SPONSOR: _____

_____ Copy LCI INVOICE attached

_____ Copy CLUB CHECK attached

DISTRICT GOVERNOR's APPROVAL: _____

DATE: _____



Sue Long **First Vice District Governor**

THANK YOU: Lion Doug and I would like to thank you for all of your thoughts and prayers extended to us during this time of the tragic loss of our son and his family. You have such caring hearts and generous spirit and we are so grateful that our lives have been touched by both. We are so blessed to have you as our extended family. Again, thank you.

As First Vice District Governor I am preparing for the year to come as District Governor. There are several responsibilities I must complete before a certain timeline. It is hard to think about what I want to accomplish in such turmoil our country and world has encountered. I know as Lions our clubs are trying desperately to serve the communities with love. I have found a poem that fits my feelings about the heart and caring of the Lion.

WHAT IS YOUR WORTH

BY Ambrose Brazelton

A five pound bar of iron has a definite current worth.
Its monetary assessment is five dollars...regardless of girth.

But when this same bar of iron is made to shoe a horse.
Its value is ten dollars and fifty cents (plus labor costs, of course!)

When transformed into life-saving needles which are sharp and shiny and nice;
Four thousand and eighty bucks becomes the going price.

The balance wheels of watches reduced from the mighty strand,
Priceless, but really a steal, at two hundred and fifty grand!

In short, that mere block of iron dug from a mountainous pit,
Increased its functional value depending on what was made of it!

Likewise, the human body whether tall or short or dense,
When reduced to basic substances is worth a dollar and sixty cents.

But in spite of the limited value and in spite of the modest birth;
The true measure of greatness, the value criteria of worth,
Is your help to the man in trouble, refusing to cry or complain;
Knowing that he will return.

Iron bars and people are worthless lying dormant on a shelf,
But **YOU**, like that bar, can be priceless:



Lion Gray Jones
Second Vice District Governor



"When I started counting my blessings, my whole life turned around." – Willie Nelson

"Service to humanity is service to God." —
Lailah Gifty Akita

It's that time of year when we look back and make resolutions to do better in the future. As I reflect on my own past, I realize how remarkably blessed my life has been. I've known true heroes. I've served with true servant leaders. I'm the father of wonderful adults.

I was a Marine in Viet Nam, and afterwards. I served closely with a couple of Medal of Honor recipients and a number of Navy Cross awardees. Despite a wide range of personalities, they all felt they were just doing their job. The following quote from Lloyd Alexander in [The High King](#), could be a description of my own journey if I were that gifted with words: *"Long ago I yearned to be a hero without knowing, in truth, what a hero was. Now, perhaps, I understand it a little better. A grower of turnips or a shaper of clay, a Common farmer or a king--every man is a hero if he strives more for others than for himself alone."* And then Florence Nightingale sums it up nicely: *"I am of certain convinced that the greatest heroes are those who do their duty in the daily grind of domestic affairs whilst the world whirls as a maddening dreidel."* **So I resolve in this new year to try harder to do my duty.**

I've been in Boy Scouts as an adult for almost 30 years now. I was the Scoutmaster while 37 young boys became Eagle Scouts. I've served on five Wood Badge courses (Wood Badge training is the highest leadership training offered by the Boy Scouts to adults.) Through my association with Scouting, I've formed many life-long friendships with wonderful, moral people. In this new year, **I resolve to try to be a better servant leader, to help more people strive and reach higher goals.**

Between hers, mine, and ours, there are six adults now who call me "Dad." They are, without exception, good people, mature, and responsible. I'm in awe of them all, especially since I'm painfully aware of how flawed my parenting was! My wife and I have also "adopted" another young family (with two young daughters). In this coming year, **I resolve to attempt to be a better father and to enlarge my "family".**

Finally, **I resolve to try and become a better Lion, a greater Lion**, as exemplified by the words of Martin Luther King, Jr: *"Everybody can be great because, everybody can serve."*

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



Regan's "Diaversary": January 1

Eight hundred and thirty-three hours of sleep lost; Seven thousand six hundred and sixty-six finger pricks; Ten thousand two hundred and twenty-one insulin injections; and one thousand four hundred and sixty-one days living with Type One Diabetes. This is the Type One Diabetes footprint of my five-year-old daughter Regan to the exact day of her diaversary (the day which she was diagnosed with Type One Diabetes) which is January 1. In this month's article I will briefly explain Regan's diabetes story followed by giving



a short update on the District 29I Diabetes Awareness Pin Contest and then ending with a look into the future of diabetes prevention with the latest diabetes screening technology.

For those that do not know, my wife and I are public school educators. Back in December of 2016 we caught strep throat that was going around our school and like most families, the virus passed through every family member. Right before Christmas we took our eighteen-month-old daughter to her pediatrician and she was diagnosed with strep, prescribed an antibiotic, and we knew that in a few days our daughter would be back to feeling better. However, this was not to be the case.

Four days after being prescribed the antibiotic we noticed that our daughter was having labored breathing and she was not as playful as usual. In fact, Regan would not play with her favorite toys at the time which were a Fischer Price horse and cow which she affectionately named "Horsey" and "Moo-Moo". She was like a limp noodle. She also was constantly requesting water. Thinking that this was great because it would flush out the strep throat, we had her drink as much water as she wanted. Looking back, I remember Regan's breath smelling like juicy fruit bubblegum. Thinking it was the pink amoxicillin that she was prescribed for the strep throat I did not think anything about it, however now I realize that this is one of the primary symptoms of Type One Diabetes. On January 1, 2017 with her labored breathing getting worse, we rushed our daughter to the closest hospital to us, Winchester Medical Center in Winchester, Virginia, which is about forty-five minutes from where we live. When my wife and I arrived at the Emergency Room, and triage saw her labored breathing, we were immediately taken back and blood work was taken. Within minutes of the bloodwork being taken we were told by the pediatrician on call that Regan was being transferred to the Pediatric Intensive Care Unit at INOVA Children's Hospital in Fairfax, Virginia because our daughter was in the life-threatening condition known as Diabetic Ketoacidosis (DKA). This is a complication due to the autoimmune disease Type One Diabetes where the blood does not have the hormone insulin which is needed to allow sugar to enter the cells to be used as energy. As a result, when blood sugars accumulate, the body needs another source of energy so the body uses fat instead and the liver turns this fat into acids called ketones which enter the bloodstream thus making the blood acidic. The pediatrician proceeded to tell us that Regan was a VERY sick little girl with her blood sugar being over 850 and her bicarb level at 2.5. For those that are not familiar with bicarbonate levels in the body, bicarbonate prevents the blood from becoming too acidic, however when this level is low the blood turns into acid which can quickly lead to death. Our pediatric endocrinologist told us to not be surprised if Regan develops two or three more autoimmune diseases because research has shown that this frequently happens with Type One Diabetics. Normally, when a transport team is requested from INOVA for a diabetic patient, insulin is not started until they get to the hospital due the risk of complications, however her levels were so bad that they immediately started Regan on an insulin drip before being loaded on the ambulance and taken to INOVA. The medical staff stated that if we would have waited till morning to take her to the hospital she would have died.

When we arrived at INOVA, Regan was in a diabetic coma and we were immediately trained in treating and caring for Regan and her autoimmune disease. From learning about the liver producing glucagon, calculating insulin dosages based on what and how much she eats, how her strep throat triggered an autoimmune response in her body and had her own body attack her pancreas and beta islet cells within her pancreas, to everyone in the family learning how to give shots to their arms, legs, and abdomen, it was like being in school all over again. Regan was in a diabetic coma until her blood sugar levels came down. In all it was about four days. After this week our lives were changed forever. This is why every January 1 in addition to celebrating the New Year with such things as watching fireworks and the Tournament of Roses Parade and enjoying my wife's birthday, we remember the life of Regan that we almost lost on January 1, 2017. It is a remembrance of her life and how she overcomes this terrible autoimmune disease every day, and how she does not let Type One Diabetes define who she is. Every day in addition to praying for a cure, we pray that testing for Type One Diabetes continues to advance in order to eradicate this autoimmune disease with such programs as the new screening program implemented by the Junior Diabetes Research Foundation (JDRF).

Just recently the JDRF has launched a new screening education and awareness program called T1Detect. Before T1Detect, Type One Diabetes symptoms and a diagnosis usually came out of the clear blue. With T1Detect, all family members can prick their fingers and put their blood on a marked cardboard applicator. The card is then sent into a lab where the blood is screened for Type One Diabetes autoantibodies. With this new screening test, individuals can find out if they are at risk for developing Type One Diabetes. The results can be used to detect Type One Diabetes early before any symptoms occur so that they can plan and prepare well in advance. With this new program, a giant leap has been made in education and awareness of Type One Diabetes, however there is still a lot more that can be done.

Back in October of 2020 I started a district wide Diabetes Awareness Pin Contest for seventh grade to twelfth grade students. I informed over ninety administrators from the public, private, and homeschool educational sectors throughout our 29I district about the pin contest. We received some wonderful submissions and a winner has been chosen by the district committee. The results of the contest will be shared with the public and fellow District 29I Lions very soon. The next step within the contest is that the winning pin will soon be sent to the pin company to be manufactured. After the pins are manufactured, the designer of the winning pin will be recognized by the district and clubs throughout District 29I. The winner will also be awarded with a cash prize. Clubs throughout the district will be encouraged to sell the winning manufactured pin with the money raised going directly into the district diabetes account.

Remember, where there is a need, there is a Lion. (#LIONSFIGHTDIABETES). Let's Continue Fighting Diabetes!

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.

My family and I would like to wish everyone throughout District 29I a VERY HAPPY NEW YEAR!!!

All the Best,



Lion Brendan

Diabetes Chairperson District 29I

Email address: lionbrendanbyrne@gmail.com

Around the District

Lost Creek Lions Club Wreaths Across America Day



Lion Kim and DG John



Lion Ron Cox, Lion John Palmer, Lion Brian Lowther, Lion Kim, DG John, Lion Richard McClain, Lion Marty Broderick



Lion President Richard McClain



Lion Marty Broderick laying a wreath in memory of those who served and are serving in the United States Marine Corp



Central Upshur Lions is cancelling this year's Groundhog Feed which would have taken place on February 6. This is due to the restrictions on social gatherings because of the Covid 19 virus. We hope to return next year. Everyone stay healthy.

Larry Alkire



December 2020

NEW MEMBER

Dave Kirchner
Susan Kirchner
Tiffany Wright
Ashley Bachman
Justin Bachman
Joseph Defazio

LIONS CLUB

Berkeley Springs
Berkeley Springs
Nutter Fort
Petersburg
Petersburg
Shinnston

SPONSOR

Glenn Ryburn
Glenn Ryburn
John White
James Cookman
James Cookman
John Defazio



DECEASED MEMBER

Daniel Long
Peggy Brown
Branem Coberly
Donald Douglas
Twila Burton
Carolyn Bowman
William Hall
Greg Burnside

LIONS CLUB

Fort Ashby
Mountain
Mountain
Nutter Fort
Petersburg
Romney
Sugar Grove
West Milford

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

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