



**January 2022**

*Lion Sue Long*  
*District Governor*



## **CHAPTER 6 - THINKING LIKE A LION**

Throughout my visits this year I have been given many stories of AHA moments of fellow Lions. Last month I wrote about a little girl, who at five, knew she wanted to help people. However, sometimes it takes some children time to realize their calling when they get a little older. I have two stories I would like to share about young teens and their experience which had a profound influence on them.

To set the stage, have you ever seen the TV programs “Little House on the Prairie,” or “When Calls the Heart?” Both of these shows are in towns where there are very small schools in which the students are taught in 1 to 3 rooms. They usually have one teacher who instructs all grade levels. These next 2 stories will express how two individuals experience families in need and how these experiences changed their lives.

“My ah ha moment was when I was 12, I accompanied my mother, a teacher, on home visits for the head start program. We visited many families but I will always remember this one family in particular-so very clean (everything was scrubbed and polished), but the children were so skinny and had dark circles under their eyes, no shoes and raggedy ill-fitting clothes and not a toy or pet in sight. They literally had next to nothing, but were so proud of what they had and took care of it. This family moved a few years later, but till this day I will remember the cold house, hungry children and nervous mom-afraid we would judge her. I remember the love in her eyes for her children and their lack of everything, I took for granted.”

“When I was 13, my teacher assigned to me a 1<sup>st</sup> grader. Each day I washed and put clean clothes on her. The assignment was for the whole year. At the end of the year, I asked the teacher why this was a daily event. The teacher asked, ‘how would I like to sleep with 6 other brothers and sisters in the same bed with the younger ones that were not potty trained?’ I have always been grateful for this lesson.”

We, as Lions, encounter families in need in one form or another. Even though these stories happened long ago, these situations exist today. Our children know these families. Engage in conversation with your child or grandchildren. Maybe they can be the sounding block for helping those in need and have them help with serving the public.

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

## District Governor Calendar 2021-2022



### **Schedule of Events**

#### **January:**

- |       |                       |
|-------|-----------------------|
| 28-29 | WVLLR Flatwoods       |
| 30    | COG meeting Flatwoods |

#### **February:**

- |    |                           |
|----|---------------------------|
| 26 | Cabinet Meeting – Virtual |
|----|---------------------------|

#### **March:**

- |       |  |
|-------|--|
| 4-5   | District C Conference – University of Charleston |
| 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:**

- |       |                       |
|-------|-----------------------|
| May 2 | Moorefield/Petersburg |
|-------|-----------------------|

Lion Gray Jones

First Vice District Governor



*"Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again."*  
Og Mandino

By the time you read this, the holiday festivities will be over and 2022 will have begun. I hope you had wonderful holidays surrounded by those you love. And now you may have made those New Year's Resolutions! What a glorious optimism to face the New Year filled with the desire to become better or improve your circumstances.

By now, it's clear to my dear Lions readers that I admire those who have made service to others a primary thread in their lives. If only we Lions took our view of service to others and reached out to those kindred spirits who are not Lions to express our appreciation and admiration for their service also. Like every other organization I know of, we Lions recognize those Lions among us who stand out and achieve relatively greater things. But we often overlook those who just serve, all the time, but stand away from the spotlight. Each of you knows many Lions and non-Lions who are always there, always serving, in the background, but we depend on them without acknowledgement.

Let's make a New Year's Resolution to identify, recognize, and acknowledge those many unsung heroes among us who serve others. Many of them will be embarrassed by the simple act of having their service recognized and acknowledged. But be assured that they will appreciate it. The Boy Scouts slogan is "Do a good turn daily." I try to make that slogan a driving force in my own life, but now, I want to add another one: "Thank someone daily for their service." I'm not talking about thanking your spouse for something nice they've done for you (you ought to be doing that already!) nor am I talking about thanking your wait staff for serving you well (see above about your spouse!)

I'm talking about reaching out to others who are in the background, who are usually "invisible" to us. I'm reminded of two stories I used as Scoutmaster's Minutes with my troop. The first is the story of William J. "Bill" Crawford who was a janitor at the US Air Force Academy, and was finally recognized by a cadet as the presumed deceased Medal of Honor winner for his actions in Italy during World War II. The second, which seems apocryphal ("a story or statement of doubtful authenticity, although widely circulated as being true"), centers around a college professor's pop quiz asking: "*What is the name of the woman who cleans your classroom?*" The bottom line of both of these stories is that the real work gets done by those on the bottom rungs of the career ladder, and their contributions are rarely acknowledged.

My hope for each of you is that you can go into this new year with gratitude for all you have, with appreciation for all of those who serve, and the desire and willingness to recognize and acknowledge their service. We Serve (and acknowledge others who do too!)



## 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](mailto: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](mailto: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.

# **UPDATE \*\*\*Lions of West Virginia Leadership Retreat**

The Committee is happy to provide the following Seminar Topics and Presenters for our 25<sup>th</sup> 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 – The Diabetes Belt: Diabetes in West Virginia**

**Eric Minor – Branding Your Club**

**Lion Matt Rafa – Recruiting in a New Way**

**Lion Jim Slamick – Zone Chair**

**PDG Bernice Pitcock – Service**

**PID Steve Glass - Path from Lion to District Governor**

**\*\*\* Our Service Project will be donations (non-perishable foods or monetary) to the Mountaineer Food Bank. Please support this cause.**

**\*\*\*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



# Peace Poster Contest Winner Announced

Shepherdstown Centennial Lions Club announces the winner of the 2021 Multiple District

Peace Poster Contest. Moira Hally is a student from Shepherdstown Middle School.





January 2021

Carol M. Kline	Paw Paw	Sponsor: Joan Maggio
Ernest I. Mauck	Paw Paw	Sponsor: Jennifer Moreland
Misty E. Nelson	Paw Paw	Sponsor: Joan Maggio
Maggie De Weirtd	Rowlesburg	Sponsor: Greg Cain
Charles E. Staggs	Short Gap	Sponsor: R. Staggs
Tina E. Staggs	Short Gap	Sponsor: Katherine Miltenberger
Jason Hall	Tygart Valley	Sponsor Robert Cowgill
Eugene Jenkins	Bruceton Mills	Sponsor: James Forman
Torria J. Connor	Fort Ashby	Sponsor: Renee Douthitt
Jamie Gera	Fort Ashby	Sponsor: Renee Douthitt
Brandon Kidwell	Fort Ashby	Sponsor: Suzanne Peer
Venus Kidwell	Fort Ashby	Sponsor: Suzanne Peer
Mischelle J. Fisher	Moorefield	Sponsor: Linda Wilcoxen
Kristin R. Reel	Moorefield	Sponsor: Linda Wilcoxen
Michael A. Thomas	Moorefield	Sponsor: William Bean
Robert Spaid	Mountain	Sponsor: Jerry Hauser



Deceased Member

Club

Ronald C. Gibson  
Louis J. Romano  
Paul E. Bockting

West Milford  
West Milford  
Wardensville

## Holiday Spices and Diabetes

The Christmas celebration starts on December 25 and lasts for twelve days till the day of Epiphany, (the day that honors the Magi visiting the toddler Jesus), which ends this year on January 6, 2022. Thoughts of this season bring to mind one spice that is central to the smells and thoughts of Christmas and New Years: CINNAMON. In this article I will talk about the effect cinnamon has on diabetes.

The warm smell of cinnamon makes me want to go to the fridge and scoop out some of my Mom's homemade, no sugar added, apple butter and put it on cottage cheese. While the smell of this spice brings nostalgic memories flooding back to many people's minds, it has special properties that assist in managing blood sugars. Cinnamon is derived from the inner bark of the branches of cinnamon *cassia cinnamon* trees. Research suggests that consuming the spice can help improve blood glucose levels and increase insulin sensitivity. Results from a clinical study published in *Diabetes Care Journal* suggest that cinnamon bark improves blood glucose and cholesterol levels in Type Two Diabetics, and may reduce the risk factors associated with diabetes and cardiovascular disease for non-diabetics. So try to add this spice every chance you get to lower your risk of Type Two Diabetes and cardiovascular disease.

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 Blessed New Year.

Let's Continue Fighting Diabetes! (#LIONSFIGHTDIABETES)

All the Best,



Lion Brendan

Diabetes Chairperson District 29I

Email address: [lionbrendanbyrne@gmail.com](mailto:lionbrendanbyrne@gmail.com)

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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](mailto: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](mailto:mickey@ma.rr.com)

with a text copy to DG Sue @

[susanplong51@gmail.com](mailto:susanplong51@gmail.com)



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#### Contact Information

Lanny Balentine, PDG • Lions Club Sales Representative  
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