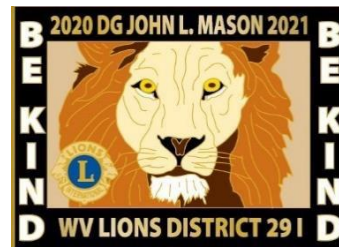




## March 2021

*Lion John Mason, District Governor*

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



Bring on SPRING! As I write this article, there are 22 days remaining of Old Man Winter. I am sure each of us is tired of winter and ready for warmer weather. The white stuff (snow) is melting and things will be beginning to turn green. We will be able to meet outdoors for meetings, service projects and fundraisers. We still need to follow guidelines and be careful, but please let's get out and serve our communities.

Membership Update - District 29 I has added 79 new members. The NAMI contest update: The Individual leader with 12 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 13 new members. LCI has extended the waiver of the entrance fee until June 30, 2021.

Club Presidents should have received, either by email or regular mail, a letter from District Secretary Lion Mary Jane informing your club how many delegates are you eligible for this year. The District will utilize an electronic method to vote this year. The program is called Election Runner. Please make sure to complete and return the letter 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. The registration form can be found in this month's newsletter.

LCI contributions - As of the end of January, 31 (55%) of the Lions Clubs and 10 individual Lions in District 29-I have donated \$14,073 to the Lions Clubs International Foundation. Twenty-five clubs have yet to make a contribution. Last year these 25 clubs gave \$9,518 and if they donate the same amount again plus individual Lions making contributions should bring this year's grand total to approximately \$24,000. Last year we raised \$26,225.

DG John  
"Be Kind"



## District Governor Calendar 2020-2021



### March 2021

### April 2021

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

### May 2021

11	Junior LC DG Visit	TBD	6:00 pm
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### June 2021

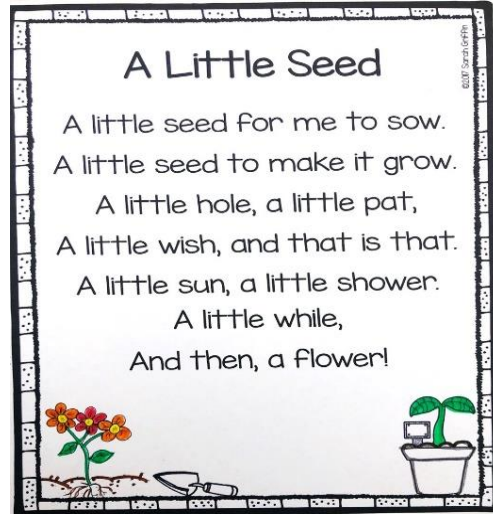
25-29	LCI International Convention	Virtual
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In compliance with Article VI, Section 2 of the Standard Form District By-Laws, I hereby issue the Official Call for the 2021 District 29-I Convention. The District 29-I Convention will be held Saturday morning, 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**



by Sara Griffin

## **SPRING IS COMING!!!!!!!!!!!!!!**

It is time for our clubs to think about how we can beat the pandemic by joining our club members safely, completing service projects, and fundraising to support our various projects. Through our service projects, invite people to assist safely, then you may gain new friends and new members. It has been one year since we were confined to a quarantined world. Many are wanting to get out and be among others. If there is a way we can practice the Lion motto, **WE SERVE**, physically, electronically, emotionally, etc.

**DO IT!!!!!!!!!!**

BECOME THE LITTLE SEED (your club), A LITTLE SUN AND LITTLE SHOWER (projects and fundraising), THEN A FLOWER (growing a prosperous and strong club).

Yours In Lionism,

FVDG Sue Long



Lion Gray Jones  
Second Vice District Governor



From LCI's [Blueprint for a Stronger Club](#), we find the following introductory paragraph:

*"It's no secret. The most effective Lions clubs regularly identify ways to expand their humanitarian service impact, develop leaders, and meet club members' needs and expectations. In short, they take care to ensure they continually bring value to the community and to club members."*

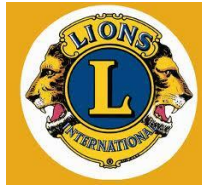
Further down in that document we find a checklist that is useful in assessing how well a club serves:

#### Service

- ☐ Are the club's service projects relevant to current community needs?
- ☐ Are club members genuinely interested and personally connected with the type of service the club provides?
- ☐ Are members enthusiastic and actively involved in the service provided by the club?
- ☐ Can the club's service impact be enhanced?
- ☐ Is club leadership receptive to members' ideas for new service ideas?
- ☐ Does the club have a "signature project"?
- ☐ Are new members invited to participate on project teams?
- ☐ Are service activities and impact publicized?

Why do I stress service so much? Because I joined the Lions precisely because of the motto: We Serve. Lions clubs are not social organizations, there are plenty of those. They are not membership restricted by any category whether religion, politics, military service, or anything else. It's not for everyone, you must be invited to join and be deemed to be a person of good character.

We continually stress membership, and I contend that if we have active clubs that provide real service to their communities, membership will mostly take care of itself. As spring approaches (It can't come quick enough!) and we see the possible end of the pandemic, it's time to revitalize our service activities. It's ok to start small and local. Call your own members to ensure they're doing well, getting their corona virus vaccination shots, digging out from the snow, being able to go shopping or to doctors' appointments. Then broaden your horizons. Join me in finding more ways to serve!



**2021 Multiple District Virtual Convention Registration Form**

April 24

**VIRTUAL CONVENTION NEED VALID EMAIL**

Registration Fee: \$5.00

PLEASE PROVIDE EMAIL ADDRESS FOR ZOOM LINK

Names: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email: \_(PRINT LEGIBALLY) \_\_\_\_\_

Telephone: \_\_\_\_\_

Club: \_\_\_\_\_ District L C I

First Timer: Y N

Amount enclosed: \_\_\_\_\_

Make checks payable to 2021 MD Convention. Please mail completed registration by April 17<sup>th</sup>, 2021 to FVDG Sue Long, P.O. Box 988, Fort Ashby, WV 26719.

**If you pay online, please complete form and send to FVDG Sue Or Lion M.J.**

**PLEASE PRINT LEGIBALLY!!!!**

If you have any questions, please contact FVDG Sue Long at 301-707-8503 or [susanplong51@gmail.com](mailto:susanplong51@gmail.com) or Lion Mary Jane Bright at 304-813-2567 or [brights@atlanticbb.net](mailto:brights@atlanticbb.net)

### **“NOTHING TO FEAR BUT FEAR ITSELF”**

The 32<sup>nd</sup> president of the USA, Franklin D. Roosevelt spoke these infamous words in the shadow of the greatest turmoil the world had seen!

We as Lions seem to have a fear of leadership. Do we fear the uncertain? Do we fear failure? Do we fear ridicule? For whatever reason we choose NOT to step up and take an office in our clubs, zones or districts! Many veteran Lions are in leadership positions that should have been filled by others long before now.

If you remain a leader in your club, is it because you do not believe that you can be replaced? We can all be replaced! If you remain in a leadership role too long, several things may happen. You can become complacent. You block the way for others who might want to improve their leadership skills? You get taken for granted? There are lots of scenarios or reasons to stay put or to move up and or over.

If you have taken the time to read this message, it may mean that I have your attention. It may mean that you are a Lion who has the interest in Lionism to read the newsletter. Lions are a courageous animal! THEY ARE NOT FEARFUL. If you had enough courage to accept the invitation to membership, then you also need the courage to say “Yes” when asked to accept a leadership role. I am sure that I never perceived myself as a leader. Those who know me understand that I always considered myself one of the workers. If others had not perceived me as having leadership qualities, I would have not stepped up into leadership positions. If you have been hesitant to run for office, become a zone chairperson, become a leader in your club or district; then you are cheating yourself of the biggest rewards in your Lion Life! I encourage you to accept the challenge to LEAD! You will be rewarded 100 fold.



Sincerely,  
PCC Doug Long  
Zone 2 chairperson.



## February 2021

### NEW MEMBER

Sharon Kerns-Smith  
Susan Beigel  
Gregory Ours  
Rhonda Ours  
Christy Kauffman  
Euphemia Kallas  
John Olsen

### LIONS CLUB

Berkeley Springs  
East Preston  
Petersburg  
Petersburg  
Romney  
Shepherdstown Centennial  
Shinnston

### SPONSOR

David Hansen  
  
David Umling  
Barbara Umling  
Donna See  
Cheryl Roberts



### DECEASED MEMBER

Robert Kesling  
Carolyn Bowman  
Donald Peters

### LIONS CLUB

Clarksburg  
Romney  
Romney



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](mailto:info@leosforum.org).

MD Leo Chair Ramona Sago





## RARE TYPE OF DIABETES PART 2

In last month's article, I shared two of the seven rare types of diabetes: Latent Autoimmune Diabetes in Adults (LADA) and Monogenic Diabetes (MODY). In this month's article, I will share more rare types of diabetes and then inform you about how to purchase this year's District 29I Diabetes Awareness Pin designed by Ms. Madison Burnside, seventh grader from Buckhannon-Upshur Middle School.

For decades the term "brittle" has been used to describe type one diabetes and there are some T1D patients that loathe the term, however brittle diabetes is a rare form of type one diabetes. Brittle diabetes is most common in women in their twenties and thirties but can occur in men as well and at any age. It primarily affects type one diabetics and according to a National Institute of Health study, affects three out of one thousand insulin-dependent individuals.<sup>1</sup>

Brittle diabetics experience frequent and severe episodes of hypoglycemia and/or hyperglycemia. They frequently battle diabetic ketoacidosis (DKA) where the blood turns acidic because sugar cannot be used as energy. This can lead to death. Instability of blood sugar levels lead to frequent hospitalizations and requires frequent blood glucose monitoring, use of an insulin pump, and a continuous glucose monitor (CGM). In rare cases where these treatments do not work, a pancreas transplant may be necessary. Some may ask what causes brittle diabetes, however the list is lengthy with such complications as: emotional stress, hormonal imbalance, malabsorption, poor personal care, delayed stomach emptying, celiac disease, hypothyroidism, adrenal insufficiency, systemic insulin resistance, and abnormal insulin absorption just to list a few.

Moreover, wolfram syndrome type one is a rare disease that is closely linked to type one diabetes. Called DIDMOAD (diabetes insipidus, diabetes mellitus, optic atrophy, and deafness), wolfram syndrome is a rare genetic disorder that causes type one diabetes and other serious conditions from excessively high blood sugars. Type one diabetes is usually the first symptom of this disease and occurs in children by the age of six. Other symptoms can include: optic atrophy (blindness caused from nerve damage between the eyes and brain), deafness, urinary track problems, a large bladder that cannot empty normally, disrupted urination, psychosis, and severe depression. Life expectancy is around thirty to forty years of age depending on the health of the individual and the severity of the disease.

In addition, there is a type two version of wolfram syndrome that has similar symptoms, but is accompanied by stomach or intestinal ulcers and heavy bleeding after an injury in the gastrointestinal system. Individuals with wolfram syndrome type two do not develop diabetes insipidus, where the body produces large amounts of urine due to an imbalance of fluids in the body. Due to this, a person becomes very thirsty and remains that way even if they have had something to drink. Life expectancy is the same as wolfram syndrome type one.

Type3c diabetes mellitus (also called T3cDM) is another rare form of diabetes. With type one and type two diabetes food digestion is normal, however in type 3c diabetes food digestion is affected which can cause bloating and chronic diarrhea. Sometimes referred to as pancreatogenic or pancreatogenous diabetes mellitus, T3cDM is usually diagnosed around the age of sixty and about sixty percent of Type3c patients are men.

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<sup>1</sup> Vantighem, M-C, and M Press. "Management Strategies for Brittle Diabetes." *Annales D'endocrinologie*, U.S. National Library of Medicine, Sept. 2006, [pubmed.ncbi.nlm.nih.gov/17072232/](https://pubmed.ncbi.nlm.nih.gov/17072232/).



The following are some of the main causes of type3c diabetes. Pancreatitis is inflammation of the pancreas and is caused by such things as gallstones, excessive alcohol use, medications and high triglycerides. About eighty percent of the time, complications of chronic inflammation of the pancreas is the cause of Type3c. Type3c develops when the pancreas is removed due to cancer or trauma. An individual with cystic fibrosis, a disease that affects the secretion in the lungs, also develops Type3c since it attacks the pancreas in older patients. Lastly a main cause of Type3c is hemochromatosis which is a result of excessive iron in the body which damages the pancreas.

Stool tests and CT or MRI scans of the pancreas are used to diagnose type 3c diabetes. Once the diagnosis is confirmed, treatment depends on the severity of the disease. If the patient has a mild form it is most often treated like type two diabetes with oral medication. If the disease is severe it is most often treated like type one diabetes where insulin is required. Patients need to be treated for digestive problems which include taking pancreatic enzymes by mouth to help with digestion. These individuals need vitamins because they struggle to absorb vitamins A, D, E, and K. Type3c diabetics should avoid high sugar foods, alcohol, smoking, and medications that could damage the pancreas. Type3c diabetes is only diagnosed in one to two percent of patients with diabetes. However, when type one and type two diabetics are tested for type3c, about eight percent of people are identified as having undiagnosed type3c. If you have diabetes and notice digestive issues, talk to you doctor about additional testing.

Last month I mentioned that we had a winner for our “Create a Pin Contest” for Diabetes Awareness throughout District 29I. Currently, the pin is being manufactured and can be preordered. A copy of the poster advertising the pin and purchasing details is included within this newsletter. Pins are \$4.00 apiece. These would be a great purchase or gift idea for those Lions within District 29I and throughout the world that are pin collectors. Purchasing details can be found by visiting (and filling out) the Google Form located at the following link: <https://forms.gle/5SrjNWYjYL257U1aA>. All of the money raised will go to the diabetes awareness fund of District 29I. Purchased pins will be distributed to the local club presidents. Please note that pins will not be sent to club presidents until cash or checks are received.

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](mailto:lionbrendanbyrne@gmail.com)

**AVAILABLE FOR PURCHASE**

## DISTRICT 29I DIABETIC AWARENESS 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](mailto:lionbrendanbyrne@gmail.com)

## **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](mailto:wgrayjones@gmail.com) or PDG Glenn Ryburn - 304-258-8939 \ email - [goryburn@gmail.com](mailto: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](mailto:mickey@ma.rr.com)

with a text copy to DG John @

[jlmason0531@gmail.com](mailto: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](mailto:lbale1010@aol.com)

#### Nexstep Commercial Products

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