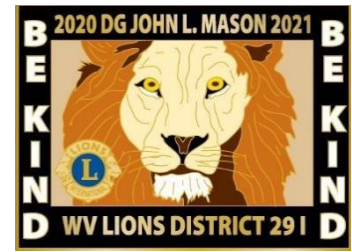




November 2020

Lion John Mason, District Governor

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



We had a successful Fall Conference despite COVID-19. We had Lions throughout our district and state to participate in an unusual conference. I want to THANK YOU for attending and braving the fall weather. In just a couple of weeks, we will be celebrating Thanksgiving. Please be careful and follow COVID-19 guidelines such as wearing a mask and social distancing. Please remember we have a lot to be thankful for, more than some. If you are able to, please help someone less fortunate in your community. Our clubs need to continue to SERVE.

Membership Update-District 29 I has added 56 new members. The LEAD by EXAMPLE challenge has seen PCC Cindy Glass, Lion Mickey Nardella, and Lion Kermit Hawley accept the challenge to bring in a new member. Also, NAMI contest update: the individual leader with 10 new members is Patricia Sewell and in second is Cheryl Roberts with 9 new members. The Club leader with 14 new members in Martinsburg Centennial and Shepherdstown Centennial is close behind with 10 new members

It is time to make plans for the upcoming 2021 Lions of West Virginia Leadership Retreat to be held January 29-30 at the Days Inn, Flatwoods, WV. Registration form and scholarship applications are available in the newsletter.

"Being a Lion isn't about doing the same thing year after year in the name of tradition. Being a Lion means looking for how you can best be of service. Sometimes that requires creative problem solving." – Past International President Gudrun

Are you continuing to provide some type of service to your community? What new ways are you serving your community?

DG John "Be Kind"

District Governor Calendar 2020-2021



November 2020

2	Short Gap LC DG Visit	Wilma's Restaurant, Fort Ashby	7:00 pm
7	2 nd Council of Governors' Meeting	Zoom	10:00 am
9	Elkins/Roaring Creek LC DG Visit	TBD	
15	Deadline for Peace Poster to DG		

December 2020

10	Romney LC DG Visit	Main Street Grill, Romney	6:30 pm
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January 2021

29-30	Lions of WV Leadership Retreat	Days Inn & Conference Center	
31	3 rd Council of Governors' Meeting	Flatwoods	

February 2021

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	4 th 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	Montreal, Canada	
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Sue Long
First Vice District Governor

EACH HANDICAP OR CHALLENGE IS LIKE A HURDLE IN A STEEPLECHASE AND WHEN YOU RIDE UP TO IT, IF YOU THROW YOUR HEART OVER, THE HORSE WILL GO ALONG, TOO!!!

Lawrence Bixby

Our hearts are into Lionism. Yes, some clubs are struggling with proceeding as “normal”, but what is normal? We may have made goals in the beginning of this Lion year, but there are hurdles that have change the direction. I stated in my first article this Lion year, I plan on visiting clubs in an informal setting. Plans change just as COVID 19 has changed club’s existence. I still want to visit whether in person or virtually. “You ask why?” Lions Clubs International has requested that I set goals for myself and the District. I am preparing goals for my year as District Governor.

“My philosophy is that not only are you responsible for your life, but doing your best at this moment puts you in the best place for the next moment.” Oprah Winfrey. I am responsible for my life’s advancement to be a strong and surviving Lion by serving the best at this moment, but it puts me in a good place for the next. Meaning, I will encounter hurdles but need to think outside the box and assist clubs, district 29I, and the Multiple District. “How do I accomplish this goal?” By communicating with Lions that I will encounter within this next year. So, if you receive an email, phone call or text, please do not ignore, but help me to serve you to my best abilities, by giving me guidance and support.





Lion Gray Jones
Second Vice District Governor



“Avoiding danger is no safer in the long run than outright exposure.

The fearful are caught as often as the bold.”— Helen Keller

COVID-19 has thrown the world into a maelstrom of fear. Political leaders around the globe have struggled with appropriate responses. Scientific and medical leaders have ventured into the political domain with hypotheses, data, and recommendations which seem to change frequently. This pandemic has led many of us to take sides with one or more “authority figures” of political or scientific bent.

The economic impact of policies and recommendations has been staggering and most of our communities are struggling. Children may be missing out on meals they used to get from school systems and may not be getting the education we have come to expect them to get. Our seniors and other more vulnerable citizens are significantly more likely to suffer or die from contracting COVID-19.

Many of our Lions clubs have a preponderance of senior citizens who are among the most vulnerable. It is a valid concern of our clubs, that their acts of service may result in greater exposure of our members.

But the need for our service may be greater than before COVID-19 disrupted our lives. Should we put out focus on protecting our members or on providing the service that is the reason Lions clubs exist.

I believe that we can and should continue to provide community service while taking reasonable precautions with our members (and the public we serve.) Wear masks, practice social distancing, limit social interaction time frames, wash hands frequently, sanitize surfaces, and still find ways to provide meaningful service.

I firmly suspect that Helen Keller would agree with me and approve. If we only serve when it is easy or convenient or extra safe, then are we really serving or only seeking simple self-gratification?

Yours in Lionism, Lion Gray



WV Lions Multiple District 29

Beef Raffle

Proceeds Benefit: WV Eye Sight Foundation

**Drawing will take place at the second Cabinet Meeting on
November 8th at Boaz.**

**Winners will be announced in the December Newsletter,
as well as the amount of profit made from the Beef Raffle.**

GOOD LUCK to everyone who purchased a ticket!

PDG Paul Amrhein

1-304-242-0911

Pamrhein25@comcast.net

Beef will be available for pick-up beginning Monday, November 9th, 2020.

Hyde's Meat Packing Hours:

Monday-Friday 9 am-5 pm

Saturday 9 am-12 noon

Closed on Sundays

Address: 309 Matheny Hill Rd. Enterprise, WV 26568

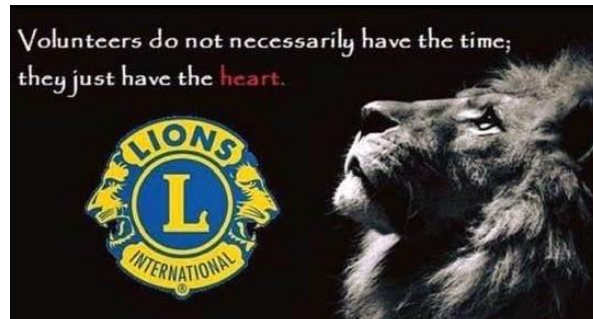
Phone: 304-592-1156

Winning names of the four quarters will be given to the butcher shop.

Fellow Lions,

I have been notified that the District "C" Conference, scheduled for November 8, 2020, has been cancelled and rescheduled until March 2021 due to Covid-19.

As you are aware, there is an active Beef Raffle taking place with proceeds from this event earmarked for the West Virginia Sight Conservation Foundation. We have committed to have the drawing for the four (4) quarters of beef to take place at this Conference.



The beef is scheduled to be butchered the middle of October and will be ready for pick-up the week of November 8th. Therefore, **the drawing will take place as scheduled!**

DG Ron Grubb is in the process of scheduling his second Cabinet Meeting on November 8th and the drawing will take place then. All District Governors will be notified and they can pass the information onto members of their district regarding the time and location for this event.

IT WILL BE VERY IMPORTANT TO GET ALL THE TICKETS AND MONEY SENT TO ME BEFORE OCTOBER 30TH! Send your ticket stubs with money to: PDG Paul Amrhein, 4957 Glen Dale Heights Road, Wheeling WV 26003 as soon as you can.

Thank you for all your help to make this project for **your** Sight Foundation a success. With your continued support, we can still make the projected profit.

On behalf of all those fellow citizens who will receive assistance from the Sight Foundation through these monies, we THANK YOU!

PDG Paul Amrhein
4957 Glen Dale Heights Road
Wheeling, WV 26003
pamrhein25@comcast.net
304-242-0911



Lions,

The 2021 Lions of West Virginia Leadership Retreat will be held at Days Inn Flatwoods on January 29 – 30. The Retreat Committee has been working hard and we have a great event planned for all. As you can see from the logo above, we are celebrating our 25th Leadership Retreat.

Registration will be \$100.00 for Friday and Saturday or \$75.00 for Saturday only. All ten seminars will be held on Saturday and will begin at 9:30am. Full registration will include three meals and seminars. Saturday registration will include two meals and seminars. At this time the entertainment has not been determined. Please check back periodically for updates. We have fabulous keynote speakers, great door prizes, Lions exhibits, a silent auction, and a hospitality room.

We have arranged Saturday's schedule so you can drive to the Days Inn on Saturday morning and drive back home that night if you desire. Rooms can be reserved by contacting the hotel directly. See the Registration Form on the button above for additional details.

Scholarships are available for first-time attendees. See the Scholarship button above. You may also consider asking your club, District or the WV Past District Governor's Association to sponsor you to attend.

We are looking forward to seeing you at this fun filled day of learning and fellowship!

Lion Mary Jane Bright
2021 Chairperson

Email: brights@atlanticbb.net

Phone: 304-813-2567 (cell) & 304-298-4304 (home)

Address: 86 Crescent View Drive, Fort Ashby, WV 26719



LIONS OF WEST VIRGINIA LEADERSHIP RETREAT

January 29-30, 2021

Flatwoods Days Inn & Suites and Conference Center

Registration Deadline: January 15, 2021

Registration Fee: \$100.00 Friday & Saturday – Three banquet meals, seminars & materials
\$75.00 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: 1/15/2021

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: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

CLUB NAME: _____ DISTRICT: _____

FIRST-TIME ATTENDEE: _____ Special Dietary Requirements: _____

Amount Enclosed: Full \$100 _____ Saturday Only \$75 _____

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 or 304-813-2567/304-298-4304.

“LEADERSHIP and LEARNING are INDISPENSABLE to each other”



2021 Scholarship Application for First-Time Attendee

NOTE: The First-Time Attendee Scholarship is either \$75.00 or \$100.00, 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, 2020

Please send the application to: Lion Mary Jane Bright, 86 Crescent View Drive, Fort Ashby, WV 26719 or via email at: brights@atlanticbb.net



Scholarship Application for **First Time Attendee**
to WV Lions Leadership Retreat

(District 29-I Lions)

Note: Ten scholarships (\$100 each) will be awarded. This amount covers registration for meals and classes – **not lodging at Days Inn, Flatwoods.**

Name: _____

Address: _____

Phone/Email: _____

Club/Date Joined: _____

I hereby submit an application for a “First-Timer Scholarship” to the 2021 West Virginia Lions Leadership Retreat being held at Days Inn, Flatwood, WV, January 29-30, 2021.

(Please indicate below why you are interested in attending Leadership Retreat; if you have held any club offices; and any other pertinent information. Use a separate sheet if needed.)

Signature

Date

Deadline to Apply: December 26, 2020

Please send application to DG John Mason
318 Fairview Drive, Berkeley Springs, WV 25411
or via email at: jlmason0531@gmail.com

West Virginia Lions Leadership Retreat 2021

Keynote Speakers

Friday Night: Olivia Turman is a 17 year old high school junior from Barboursville. She became active in her local LEO Club at the age of 11. From the time she joined the club, membership has grown from 4 to 64. Her club hosts many events including a kickball tournament, Valentine's Day fundraiser, a camp out membership drive, volunteers at the local city mission, and assists the Barboursville Lions with Christmas food baskets. Olivia was the leader of the construction of the Barboursville Park's Interactive Trail for the Visually Impaired. She was a featured speaker at CI's District Governor-Elect Seminar in St. Charles, Illinois in February 2020.

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 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



Happy November fellow Lions of West Virginia!!!

As we enter November, I want to encourage all Lions everywhere to vote on Election Day. On Veterans Day, if you see a Vet, make sure you thank him or her for their service to this great country. Then, we gather around the dinner table to stuff ourselves with holiday goodies and give thanks for the blessings we are given by God.

It has been brought to my attention that some Clubs are not meeting or are not doing either service projects/ fund raising activities because of the COVID pandemic. This would be a great time to dust off those community needs assessments. These give us ideas on what our communities would like for us to do. Not sure how to go about this? The LCI website has great suggestions on how to go about this. You can hand the CNA's out to your local community leaders for them to return. Then, form a committee of your Club members to review the returned forms. Some great Lions service projects and fund raisers have come from community needs assessment forms. If you have any specific questions on the CNA, please contact your zone chair or your district GST. Whatever we need to do to make our Clubs both visible and active, we need to do. Happy Thanksgiving!!! We serve!!!!!!!



Lion Dan Heintzman
MD-29 Global Service Team Chair

Peace Poster Contest

Just a reminder of the upcoming deadlines:

- **November 15:** Postmark deadline for a club to send one winning poster (per contest sponsored) to the district governor.
- **December 1:** Postmark deadline for a district governor to send one winning district poster to multiple district council chairperson.
- **December 1:** Postmark deadline for a district governor not belonging to a multiple district to send one winning poster to the Public Relations Department at International Headquarters.
- **December 1:** Postmark deadline for a club not belonging to a district to send one winning entry to the Public Relations Department at International Headquarters.
- **December 15:** Postmark deadline for the multiple district council chairperson to send one winning poster to the Public Relations Department at International Headquarters.
- **February 1:** International winners notified on or before this date.



Lion Kim Mason
Peace Poster
Chairperson



Lion Shelley Jones
Service Dog Chair



Dogs in Service

Dogs have long been in Service to Mankind beginning with Paleo-hunters who engaged the dogs who hung about their fires to help them hunt. After all, they were swift, agile, and willing to chase the chosen prey towards the hunters who would dispatch the prey quickly and without harm to themselves. Dogs are smart. They knew from experience that close encounters with hooves, horns, and teeth could easily maim or kill one of their kind.

In return the hunters rewarded the dogs for their assistance by giving them food from the kill and allowing the dogs to share the warmth and protection their fires offered to the tribe/pack.

As time has moved forward, the jobs the “dogs” exchanged began to be varied, such as watchers and protectors.

Coming forward thousands of years, dogs began to be bred for specific jobs as some were being noted as being better at some jobs than others.

Dogs have shared the stage with wolves who were thought to be the ancestors of dogs.

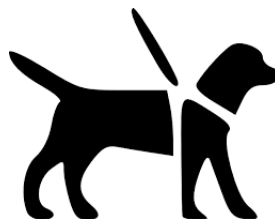
Thanks to archeological evidence from recent finds, many now believe the “dogs” developed along their own tree of Canidae, not wolves. They are finding more and more hard evidence to support this theory.

In modern times, we see and experience dogs being trained to assist humans with many different jobs that allow humans to function more fully.

Some tasks the dogs are trained for require the latent talents and dispositions of specific breeds, while others require sheer strength and/or endurance in their physical make-up. How are dogs chosen to become trained for specific jobs or duties? What are some of the things trainers and organizations look for in the puppies they choose to train? What sets these pups apart from others in their respective positions/programs?

My next article will focus on specific organizations that are utilized by LCI to be placed with recipients in need and there are a few I will delve into so that District 29-I Lions can understand the process, what type of dog is needed, which organizations to use to fill the need, and the application process and the matching of dog to applicant.

Update: I recently watched a documentary on COVID-19 that briefly spoke of how researchers are training dogs to sniff out people who may already have COVID or be carriers of the virus. They are planning to use these dogs much like agricultural dogs used at airports, train stations and border patrols. A dog's ability to use their noses is 40 times more sensitive.





***The Shenandoah Valley Lions
Eye Glass Recycling Center
in Winchester, VA has become a reality.***

The center volunteers are now about half way through the 9,000 pairs of glasses from WV Lions. They have 2,100 pairs graded, boxed, and ready to deliver to the main Virginia Eyeglasses Recycling Center in Arlington, VA to be on their way for a vision mission somewhere in the world.

Volunteers from several Lions Clubs and the community have processed and packed over 2,500 pairs of eyeglasses! They still have lots more to do, and more glasses are coming in every day. So additional Lion's help is needed. Clarke County Lions and other Lions Club Volunteers are needed to help with this task!! It is easy work and can be done sitting down. All are welcome- so bring a potential new member.

The recycling center provides an opportunity for Lions and other volunteers to not just collect glasses, but to sanitize them, grade them, and get them into the hands of sponsors of eye care missions and onto the faces of those who need them. The Center is open for volunteers on Wednesdays from 1 p.m. to 4 p.m., and/or Fridays from 9 a.m. to noon. If Thursday is a better day for you to volunteer, contact the Clark County Lions who will open the Center on Thursdays. You can even stay longer if you are having fun and want to get more glasses processed!! Remember, you can also bring a snack, bottled water, or soft beverage if you want. If the Friday and Wednesday times don't work for you, please let us know and we will see if we can have trainers available for the date and time you prefer. Call Lions Greg and Sharon Hart – 540-955-6229

In addition to the glasses received from WV Lions, the Center has received over 2,000 pairs from six Lions Clubs in the local District and from COSTCO.

West Virginia Lions are encouraged to volunteer their help at the Recycle Center – easy to get to location in Winchester – I strongly urge you to volunteer – make it a Club project, “Lions Day Out”. – Have a GREAT SERVICE DAY --

This is the start of sorting the screened glasses for shipment to vision missions around the world! It looks like chaos, but is actually very organized!! Join us at the Eyeglass Recycling Center and make the miracle of sight happen!!



Picture of the inside of the Center –

Top row are completed boxes ready for shipment.

For information contact: PDG Glenn Ryburn – 304-258-8939



Lions Clubs International Foundation (LCIF) continues its Campaign 100 effort to raise \$300 million. What started as a 3-year campaign to accomplish this was interrupted by the Corona virus pandemic. So, the campaign has been extended an additional year.

Our district has set a goal of raising \$30,000 this year. We can achieve this goal by our clubs continuing to make a contribution at the Parade of Checks at the District Convention which is being held on October 17th in Berkeley Springs. For the past 5 consecutive years our District is one of the few districts in the world where 100% of the clubs in the district gave to LCIF each year. In addition, LCIF is making a special effort to encourage individual Lion members to make a personal contribution or pledge. It can be made as a one-time gift or if a member would like to, they can make payments on a schedule that best fits their budget plans.

There are several easy ways to make a contribution. It can be done by check, credit card, wire transfer, on-line and other ways. Personal checks should be made payable to LCIF and mailed directly to Lions Clubs International Foundation, Department 4547, Carol Stream, IL 60122-4547. Be sure to include your membership number. Remember the contribution will be credited to your earning a Melvin Jones Fellowship. If you have any questions, please contact our LCIF District Coordinator, PCC Al Cox at 304-216-5251 or by email at anewtc2@aol.com.

We Serve. Lions clubs are places where individuals join together to give their time and effort to improve their communities and world. The clubs in District 29-I are working to improve and support people locally and globally wherever there is a need.



Design a Diabetes Pin Contest

Are you a West Virginia 7th-12th grade student that loves art?

Do you want to **win a \$100 cash prize**?

If so, this is the contest for you!

Guidelines:

1. A maximum of 5 colors in the design with dimensions of 5" X 5". The size will be shrunk when the pin is made.
2. Pins must be themed around the uniqueness and beauty of West Virginia as well as Type One Diabetes. The following must also be in the design:
 - a. District 29I, The Year: 2020-2021, the Lions Club Insignia and/or the Lions Club International Diabetes Symbol. ***(The symbols (found above) can be downloaded from the Lions Club International website).**
3. Pin designs can be hand drawn or created on a computer. If hand drawn, it must be a final sketch with color and sent as an attachment to the email address below.
4. If the pin design is created electronically then please use Adobe Illustrator, Photoshop, or a similar program and send it as a JPEG attachment to the email address below.
5. Pin design attachments **must** be anonymous. Contact details (age, grade, city/town, school, personal address, and phone number) must be included in the body of the email.

Further Information

All designs must be emailed by December 1, 2020 to: lionspincontest@gmail.com. The winning design will be selected in late December 2020 or early January 2021. The winning designer will be recognized by District 29I, receive a \$100 cash prize, and will receive one their designed pins. The winning design will be manufactured and sold by Lions Clubs throughout district 29I to raise money for diabetes awareness. Questions can be emailed to the email address found above.



PCC Cindy Glass
District Service Team Coordinator

Easy Service Ideas for the Holidays

As the holiday season is nearing, I would like to provide you with a new and easy service idea, which I credit to PID Cindy Gregg from Pennsylvania. It's a reverse Advent Calendar. Each day, add an item to a box. On Christmas Eve donate the contents to a food bank. You could also do this in other months of the year by making a few item changes. You can do it as individual Lions or as a club project. If you don't have a local food bank, instead donate the box to a family in need.

December 1	Box of cereal	December 2	Peanut butter
December 3	Stuffing mix	December 4	Boxed potatoes
December 5	Mac & Cheese	December 6	Canned fruit
December 7	Canned tomatoes	December 8	Canned tuna
December 9	Dessert Mix	December 10	Applesauce
December 11	Canned sweet potatoes	December 12	Cranberry Sauce
December 13	Canned beans	December 14	Box of crackers
December 15	Rice	December 16	Oatmeal
December 17	Pasta	December 18	Spaghetti Sauce
December 19	Chicken noodle soup	December 20	Tomato soup
December 21	Canned corn	December 22	Can mixed vgs.
December 23	Canned carrots	December 24	Can green beans

I am still collecting \$25 Visa Gift Cards throughout the month of November to donate to the families of children undergoing cancer treatments at the WVU Children's Hospital. Please email me at cinwa130@gmail.com or call me at 304-203-2006 if you have questions about this project. Full details were in the October newsletter, but I can send the information to you again.

Don't forget to report your service activities in MyLCI! If you are unsure how to do it, please let me, DG John Mason or FVDG Sue Long provide some guidance. ***Thank you all for what you do to serve others during this difficult time.***

The Origin of Diabetes Awareness Month and World Diabetes Day

In today's society it seems like every day is a National day for something. National Mole Day (10/23), National Noodle Day (10/6), or National Pi Day (3/14) are just a few. However, the month of November is a special month for diabetics and their families. For the Type One Diabetic community November 14th is especially meaningful. The month of November is Diabetes Awareness Month and November 14 is World Diabetes Day. However, why is the month of November Diabetes Awareness Month and why is November 14 World Diabetes Day? There is a very important reason, and that reason, or should I say person, is Dr. Frederick Grant Banting. A medical scientist, physician, and Nobel Laureate, he is the co-discoverer of insulin and its therapeutic treatment. In this month's article, I will briefly talk about the life of Dr. Banting. After this I will discuss how Banting and his associate discovered insulin. I will then end with telling you how his life and discovery are honored to this day followed by informing you of continued and new diabetic awareness projects that I am promoting throughout the district.



The youngest of five children, Banting was born on November 14, 1891 into the humble beginnings of a farming family near Alliston, Ontario, Canada. He was encouraged to work hard and during his late teenage years he earned a spot in the general arts program at the University of Toronto, Canada, however he failed out his program during the first year and petitioned to join the medical program to which he was accepted. During his time at the University of Toronto he tried to enter the Army but was refused two times due to poor eyesight. He was eventually accepted into the military and trained during the summer of 1915. Four years after being accepted into medical school he graduated in 1916 and the next day reported for military service where he stayed until 1918. During his years of military service, Banting showed heroism on the battlefield. Despite suffering injuries at the Battle of Cambrai, he helped wounded men for sixteen hours until another doctor told him to stop. Due to this he was awarded the Military Cross. He was also awarded a license to practice medicine, surgery, and midwifery by the Royal College of Physicians of London.

After returning from the war, he traveled back to Toronto to complete his surgical training in orthopedic medicine. In 1919-1920 he became a resident surgeon at The Hospital for Sick Children with hopes of securing a position. He was unable to gain a position on the hospital staff and instead went into private practice as a general practitioner. Sadly, his medical practice was unsuccessful. Because of this, during this time he taught orthopedics, anthropology, and pharmacology at the University of Western Ontario to supplement. Luckily, he received his medical degree in 1922.

As a child Banting had a friend that died of diabetes at the age of fourteen. Who knows of this was the catalyst that influenced Banting to work in diabetes research? However, what is known is that after reading an article about the pancreas in preparation for a class he was teaching, he began looking for a scientific method to help diabetics.¹ He read research from some of the leading pancreas/diabetes scholars of that time that suggested that diabetes was caused by the lack of a protein hormone secreted by the islets of Langerhans in the pancreas. It was a scholar by the last name of Schafer that named this hormone "insulin". It was theorized that this newly discovered hormone controlled the metabolism of sugar, and its lack led to an increase of sugar in the blood which was excreted in urine.

Due to this discovery it was prevalent to find a way to extract this insulin, but how was this to be done? One method that was tried by medical scholars was extracting insulin by grinding up pancreas cells, however this was unsuccessful because this method destroyed the insulin. Another method that was tried by medical scholars was to close up the pancreatic duct by ligature. This procedure caused the deterioration of the pancreas cells that secrete trypsin (a protein

¹ Diabetes is also known as "diabetes mellitus". Diabetes is a Greek word meaning "to pass through". Mellitus is a Latin word meaning "sweet as honey". In other words, diabetes mellitus literally refers to the sweet urine that diabetics pass through the body due to high glucose levels.

produced by the pancreas) which breaks down insulin but left the islets of Langerhans intact. Banting realized that this method would destroy the trypsin-secreting cells but not the insulin. Once these cells died, insulin could be extracted from the islets of Langerhans. Banting's theory, which he wrote in his scientific notebook at two in the morning on October 31, 1920 before he was to give a lecture on the pancreas was, "Diabetes [sic]. Ligate pancreatic ducts of dog. Keep dogs alive till acini degenerate leaving islets. Try to isolate the interval secretion of these and relieve glycosuria [sic]."² Banting discussed this hypothesis with J.J.R. Macleod, Professor of Physiology at the University of Toronto, and Macleod agreed to provide experimental facilities as well as assistance from his student Charles Best and biochemist James Collip. It was this method that Banting created with the help of these scientists that made the production of insulin a reality.

In order to extract the insulin, Banting started performing this procedure on living dogs. In November of 1921, Banting moved to obtaining insulin from the fetal pancreas of calves and the next month of the same year he successfully extracted insulin from a human adult pancreas. However, the primary commercial sources of insulin remained pig and cow until they were replaced by genetically engineered bacteria in the late 20th century. In the spring of 1922, Banting established a private practice in Toronto and began treating diabetic patients. A little-known fact is that his first American Patient was Elizabeth Hughes Gossett, daughter of U.S. Secretary of State Charles Evans Hughes. In 1923 Banting and Macleod were awarded the Nobel Prize in Physiology/Medicine for the discovery of insulin. After winning the Nobel Prize, Dr. Banting was offered up to one million dollars by pharmaceutical companies for the insulin patent however, he sold the patent rights of insulin to the University of Toronto for one dollar, claiming that the discovery belonged to the world and not to him. By doing this, insulin was allowed to be mass-produced, making it widely available to the public for the treatment of diabetes.

As a tribute to Dr. Banting and all the people that have lost their lives to diabetes, the "Flame of Hope" located at Sir Frederick Banting Square in London, Ontario, Canada, next to the Banting House National Historic Site of Canada was lit in 1989 by Her Majesty Queen Elizabeth the Queen Mother. The flame will remain lit until there is a cure. When a cure is found, the flame will be extinguished by the researchers who discover the cure. In the square there is also a time capsule that was buried in 1991 to honor the 100th anniversary of Sir Frederick Banting's birth. When a cure to diabetes is found the capsule will be exhumed.

Since November is Diabetes Awareness Month, I have decided to promote diabetes awareness by creating five digital twenty-second public service announcements (PSAs) that talk about a variety of diabetic facts. These announcements will be sent to every local club president throughout the district by DG John so that they can be given to local radio stations to be played on air during the month of November. Please come up with at least two radio stations where you can share these PSA announcements so that diabetes awareness can continue to occur throughout District 29I and beyond. In addition to this diabetic awareness PSA project, do not forget about the "Design a Diabetic Pin Contest" that is active until December 1, 2020. During this contest private, public, and homeschool seventh to twelfth grade students from West Virginia throughout District 29I can design a pin around type one diabetes as well as the uniqueness and beauty of West Virginia. The winning designer will be recognized by the district, receive their designed pin, and will receive a \$100 prize. The pin will then be manufactured and sold throughout District 29I to raise money for diabetes awareness. As with the last newsletter, all rules and directions are on the poster included in this newsletter.

² Tan, Siang Yong, and Jason Merchant. *Frederick Banting (1891-1941): Discovering Insulin*, National Center for Biotechnology Information, Jan. 2017, www.ncbi.nlm.nih.gov/pmc/articles/PMC5331123/.

Insulin is not a cure, but a lifesaving therapy. With the discovery of insulin and its safe extraction, Dr. Banting could have made millions by selling his patent to a pharmaceutical company. However, as stated above, Dr. Banting was selfless and sold his patents rights to the University of Toronto for only one dollar, because he claimed that the discovery, “belonged to the world and not to him”. He did not receive any monetary benefit from the discovery of insulin. Like Dr. Banting sacrificing his time to find a way to save the lives of countless diabetics and selflessly giving the patent of insulin to the world, as Lions, we generously sacrifice our time to help individuals in our communities in a variety of causes. Continue to join me in promoting diabetic awareness throughout District 29I by sharing the provided diabetes awareness public service announcements and encouraging the private, public, and homeschool middle as well as high students throughout our district to enter the “Design a Diabetic Pin Contest”. The indigenous people of New Zealand, the Maori, have a proverb that states, “Through perception comes awareness, through awareness comes understanding, through understanding comes knowledge, and through knowledge comes well-being”.³ If applied to the causes that we as Lions try to combat, it is through understand of a life-threatening issue like diabetes that leads to awareness that we promote as Lions. The awareness that we raise as Lions lead to understanding throughout our communities. The understanding that is achieved throughout our communities promotes knowledge which leads to possible solutions. Finally, it is these possible solutions that lead to potential cures of such causes as diabetes. Until that cure is found, let us continue to be an active part of an organization that promotes and encourages diabetes awareness throughout the world, United States, and West Virginia.

On October 17, 2020, I had the pleasure of presenting and promoting Diabetes Awareness at the District 29I Fall Conference at Cacapon State Park in Berkeley Springs, West Virginia. It was an honor to share with every one of you that attended. Thank you for letting me share my experience as a parent of a type one diabetic and how her diabetic service dog saves her life on a daily basis.

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

³ Kingi, Tahlia, et al. “Mā Te Mātau, Ka Ora: The Use of Traditional Indigenous Knowledge to Support Contemporary Rangatahi Māori Who Self-Injure.” *New Zealand Journal of Psychology*, vol. 46, ser. 3, Nov. 2017, pp. 137–145. 3. The original Maori proverb in its original language is the following: Mā te rongo, ka mōhio Mā te mōhio, ka mārama Mā te mārama, ka mātau Mā te mātau, ka ora.



October 2020

NEW MEMBER

Alison Peck
James Peck
Cindy Smalley
Rodney Jackman
Cynthia Steenstra
Robin Marsh
Susan Thomas
Charles Preston
Barbara Burger
Monroe Burger, Jr.
George Street

LIONS CLUB

Berkeley Springs
Berkeley Springs
Berkeley Springs
Fort Ashby
Grafton
Harrison County HOPE
Harrison County HOPE
Pikeside
Shepherdstown Centennial
Shepherdstown Centennial
Valley District

SPONSOR

Kathy Bohrer
Kathy Bohrer
Jim Smalley
Chris Douthitt
Bonnie Woods
Steve Glass
Joseph Romano
James Shade
Cheryl Roberts
Cheryl Roberts
Kermit Hawley



French Armstrong
Jeanie Chumney

Central Upshur
Ireland

AROUND THE DISTRICT

Berkeley Springs Lions Club



Induction of 3 new members to Berkeley Springs Lions Club. From left to right: New Member Cindy Smalley, Lion Jim Smalley, Lion Kathy Bohrer, New Members Alison Peck and James Peck



Harrison County HOPE Lions Club



From left to right: New Members James and Arlene Maher, PCC Cindy Glass, new member Robin Marsh, DG John Mason, new member Susan Thomas, Lion Joseph Romano, PID Steve Glass

Fall Conference



Welcome Banners



Lion Brendan Byrne



ID Geoffrey Wade,
Lion Kim Mason,
DG John Mason

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



National Diabetes Month – November 2020

Submitted by Lion Paula Shahan
Family & Women Growth

Consider that while almost 30 million people in the U.S. have some form of diabetes, one in four don't even realize they're walking around with the disease. National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes. If you've been recently diagnosed with either Type 1 or Type 2, or if you are considered pre-diabetic, hear the stories, check out the latest research, and connect with others who can help you on your journey to live a healthier life.

Diabetes is a disease in which blood sugar (glucose) levels in your body are too high. Diabetes can cause serious health problems, including heart attack or stroke, blindness, problems during pregnancy, and kidney failure. About 15 million women in the United States have diabetes, or about 1 in every 9 adult women.

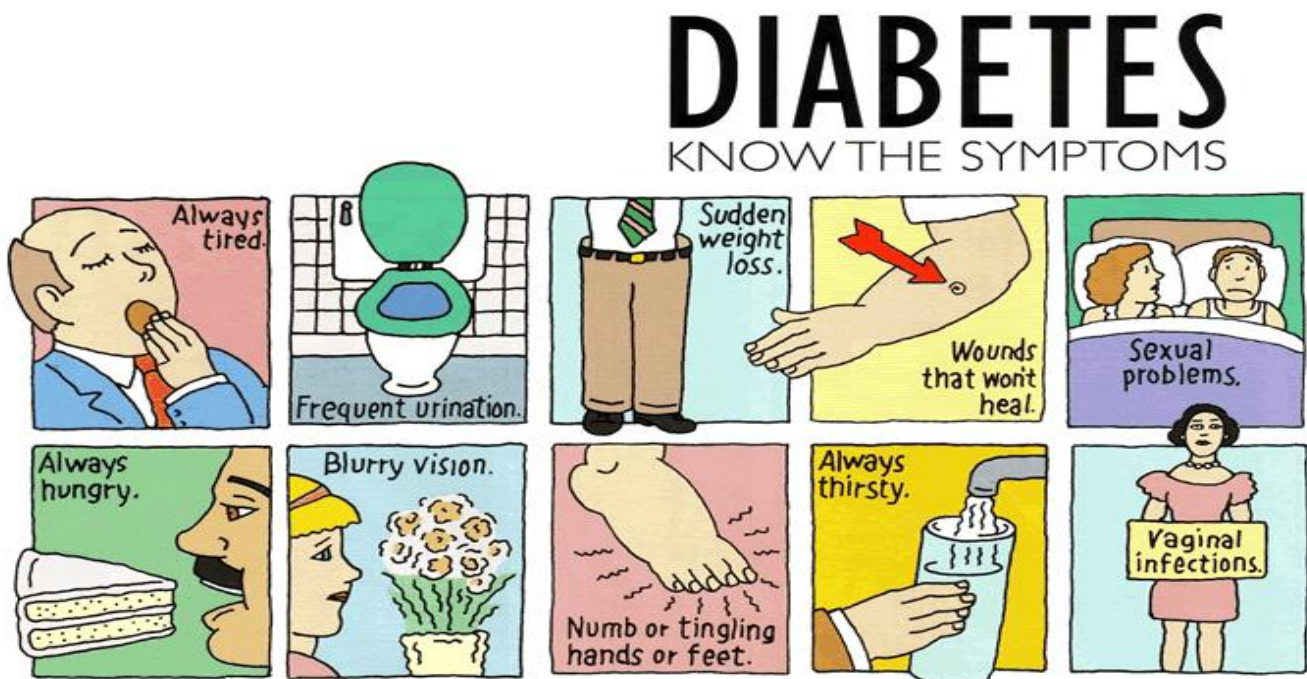
Diabetes is one of the fastest growing, preventable medical conditions in the world.

How does diabetes affect women differently than men?

Diabetes affects women and men in almost equal numbers. However, diabetes affects women differently than men.

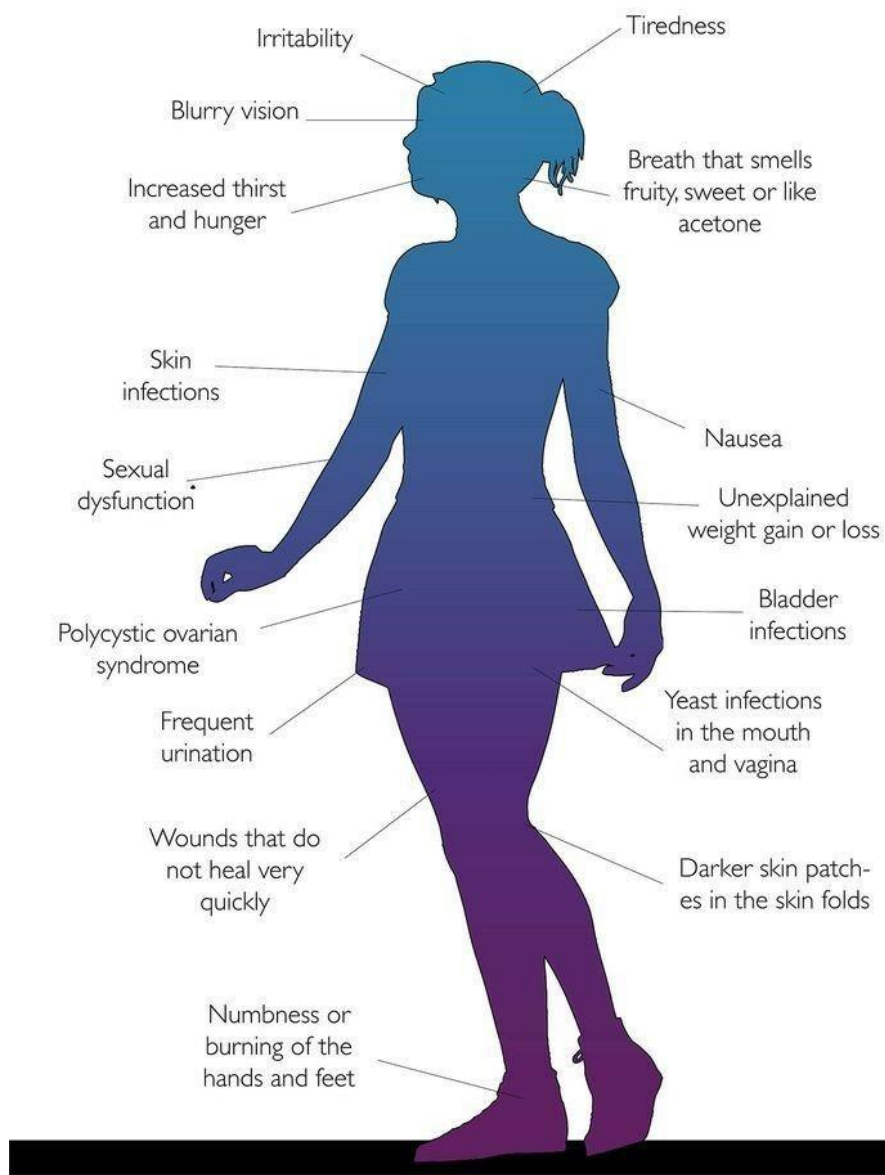
Compared with men with diabetes, women with diabetes have:

- A higher risk for heart disease. Heart disease is the most common complication of diabetes.
- Lower survival rates and a poorer quality of life after heart attack
- A higher risk for blindness
- A higher risk for depression. Depression, which affects twice as many women as men, also raises the risk for diabetes in women.



diabetes in women

Women with diabetes mellitus often have the same diabetic symptoms when compared to men. There are, however, some symptoms that only appear in women.



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

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