



November 2021

Lion Sue Long
District Governor



CHAPTER 4 "HOW MUCH IS A HUG WORTH!"

As I have expressed in my stories before, I am a spiritual person and I believe I am directed through prayers in how I approach certain aspects of my Lion life. It has been a long time since we have had a gathering so great with fellow Lions throughout the District and Multiple District as we did this weekend at Canaan Resort. But most of all, we hugged and visually saw smiles. I know there are some individuals who are skeptical and fearful of person-to-person interaction but sometimes the best medicine is a smile or physical touch.

I am reminded of a story I read about a woman who sat in a movie theater filled with emotion as they all watched a very intense movie about drug addiction. The woman remembered seeing the main character as a child but she had to remind herself that the character they played was no longer that little boy but a successful actor and not a struggling addict on the brink of death. We sometimes think about our own family and friends who may have struggled with life's challenges such as drug abuse or mental illness, but yet in this movie theater, there were people probably who have had these experiences and felt the emotion. At the end of the movie, the woman heard a man, alone in his seat, crying out loud. There was pain coming from this person. The woman had an incredible need to hug this person. She sat back down and struggled between her fear of approaching him and a deep console for him. "Can I give you a hug?" He smiled and reached out his arms to her. She knelt down and they hugged. The woman believed it was one of the most beautiful moments she had ever experienced. The pain of our experiences can hold so much power over our lives and just think what it holds over the people we serve.

Please continue to be that beacon in the community you serve and offer the support they need. In a world filled with pain, we need to give encouragement and support in turning the pain into joy. Again, fellow Lions thank you for all you do.

THANK YOU FOR ALL YOU DO!!!!!!!!!!!!!!

YOURS IN LIONISM, DG SUE

My Conference Story

Wow, what a great weekend. On October 29th and 30th, the Lions of District 29I held their annual conference at Canaan Valley Resort. This was the largest person to person gathering of Lions in West Virginia since the pandemic began. There were Lions and guests from other Districts and States. Some of the events that took place were awesome. Listed below are some inspirational activities that were enjoyed by all. There were 75 individuals who attended the conference.

There were four service projects that were sponsored by many of the Lions.

Used Glass collection - There were between 5 to 10 thousand used glasses collected. These glasses are a blessing to many people throughout the world. Many thank yous to those who donated and to Lions Gray Jones and Glenn Ryburn being our messengers' delivering the glasses to the Virginia recycling center.

Rusty Mall Diabetes Strides Walk - On Saturday afternoon, Lion Brendan Byrne set up and conducted the annual Rusty Mall Diabetes Strides Walk. Even though the weather was not conducive to the outdoors, Lion Brendan set up an indoor course and was very successful. He collected over \$130 for District 29I Diabetes account and distributed pins to those who participated. Big Roar to Lion Brendan and those who participated.

Gift card collection and happy notes to sick children - Gift cards were collected for parents of children who are being treated for cancer at WVU pediatric cancer medical center. These cards are to assist parents with additional expenses such as gas, food and other essentials needed as their children are being treated at the medical facility. The box was full of gift cards and happy notes. Many thanks to Cindy Glass and those who contributed to this service project.

Pack a purse - Many thanks to Lions and others throughout the District who donated purses, scarves, clothing and toiletries. There was a purse stuffing party on Saturday afternoon. There were 180 purses that were stuffed and distributed to various women shelters in the district. Many thanks to Lion Cindy Glass and her crew for setting up the relay lines. Also, thank you to the Cheryl Roberts, Linda Adams, Paula Shahan, Donna See, and Henry Krautwurst for distributing these purses to the various individuals and shelters in need.

During this year I have had clubs write their story involving their AH-HA moments as a Lion and at the conference I asked individuals to also write their stories. I do have 2 stories I would like to share:

When a college sophomore, I volunteered to clear brush for a park. This was my first experience working as a service volunteer with a Lions club. Little did I know that Lions Park would be the culmination of a place for children to play baseball where I umpired.

Participating in our "adopt a spot" litter cleanup along the road and seeing the results. It doesn't last long but looks good for a while.

One of the highlights of the conference was the presenting of the Presidential Appreciation Certificates to four deserving Lions. This recognition is the fourth highest award given by Lions Clubs International. This was very humbling and emotional for me.

Following is the justification for the Presidential Appreciation Recognition:



FVDG W. Gray Jones joined his Lions Club in 2013. He has served his club in the following capacities: Vice President and President, club secretary, and membership chair. At the District level he has stepped up into leadership positions as zone chairperson and Vice District Governor. He gave of his time presenting at all officer trainings for this year. Whatever Lion Gray does, he does in service, whether for our country as a veteran, scouting as a leader, or Lions through service. He is the current NAMI champion and FVDG for District 29I.



Lion Lorrie Krautwurst joined her Lions Club in 2010. She has served as a dedicated Secretary for the club for 11 years. She has received a 100% secretary award for her dedicated service. Lion Lorrie has a special interest in Youth Exchange and has worked diligently to make the District and Multiple District 29 a roaring success. Through the Youth Exchange program, she has developed lifelong friendships throughout the world by hosting many exchange students and placing exchange students from the United States into rewarding homes abroad. Lion Lorrie has made dreams and wishes come true for children who otherwise would not be able to see the world through service.



Lion Makenna Douthitt has been officially a Lion for one year; however, she has served all her life. Lion Makenna has served many hours beside her Dad and Mom, Aunts and Uncles, and especially her Grandparents. She officially started her Lion Career as a Leo member and officer. She recruited many students to become Leos and serve their community. Lion Makenna has spent many hours serving veterans' dinners, nursing home activities, assisting with the local food pantry as well as volunteering with fundraising including chicken dinner sales and elimination dinners. She was an award-winning athlete and scholar in high school, and is currently a college athlete, yet still finds time to serve her community, church and most importantly becoming a Lion as soon as age permitted.



Lion Joseph "Rocky" Romano is a charter member of the Harrison County HOPE Lions Club, which was chartered on June 15, 2017. From the very beginning Rocky has willingly accepted various leadership roles including club president three times, club membership chairperson three times and club LCIF coordinator twice. He has sponsored five members, all of whom are active and involved in all club activities that involve children at risk and children who have special needs. He has worked diligently to seek out community partners and have them do presentations to the HOPE club members so they better understand the needs of the community and the way the HOPE Lions can help. He was an important part of the Sleep in Heavenly Peace bed building event held in September 2020 in which the Local Medbrook Children's Charities set a one-day world record in building beds for children who did not have a warm bed in which to sleep.

Thank you to Lion Janice Nicholson and her help, Mary Douthitt and Lynn Ryburn, for conducting a successful Silent Auction.

Thank you for my wonderful partner for 49 years, Doug, otherwise known as Poor Doug!! His patience and love got me through, especially the rough times.

I could not have such a successful conference without the tireless work of my club, Fort Ashby Lions Club. Thank you so much Lion Deb Abe, conference chair, her husband Dave, Rob and Mary Jane Bright, Chris and Renee Douthitt, Mary and John Douthitt, Linda and Jeff Adams, Kathy and Ron Brockett, Phil and Makenna Douthitt.

Again, thank you everyone for attending and making this a successful event.



District Governor Calendar 2021-2022



Schedule of Events

November:

4	Tygart Valley, Camp Pioneer	6:30 pm
8	Elkins, Parsons, Roaring Creek	
9	East Preston, Rowlesburg – VFW Building, Rowlesburg	
10	Wardensville	
18	Bridgeport	

December:

2	Romney - Main Street Grill	
16	Martinsburg Centennial - Hosses	

January:

28-29	WVLLR Flatwoods	
30	COG meeting Flatwoods	

February:

26	Cabinet Meeting – Virtual	
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March:

18-19	District L Conference – Oglebay Park	
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April:

5	Buckhannon/Kesling Mill	
7	Hedgesville/Pikeside	
22, 23, 24	MD 29 Convention Canaan Resort	

Lion Gray Jones

First Vice District Governor



“The smallest act of kindness is worth more than the greatest intention” Kahlil Gibran

“Wherever there is a human being, there is an opportunity for a kindness.” Lucius Annaeus Seneca

“No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many.” Kevin Heath

In preparing to serve as your District Governor next year, I’m taking a lot of classes that focus on the big picture, strategic things and the tools and techniques to make them become a reality. How do we increase membership in our clubs, how do we create new clubs, how do we communicate better, how do we increase visibility of the good works we perform, how do we plan projects so they achieve maximum impact, etc.

My business career had a strong focus on large-scale projects and on improving processes. Data was critical. Meaningful data was even more important, but harder to acquire. Your District Governors face the same issues. What data can they get that allows them to understand when and how to help struggling clubs? Are all small clubs struggling or are they examples of “Your club, your way?” In the same vein, from the District leadership perspective, there is a problem with clubs that don’t change their elected officers, since that severely restricts the pool from which District leaders can be nominated. But yet, that may also be an individual club’s desire.

In short, there are many competing priorities and perspectives, none of which may be “wrong” in an individual case, but, in the aggregate, may cause other problems. I don’t mean to sound pessimistic, overwhelmed, or negative, because it is this great diversity of priorities and perspectives that keeps the Lions alive and flourishing. But, what I re-discovered this morning, is that Service to others doesn’t have to be a project, or large and grandiose, to have an amazing impact.

I delivered meals to a shut-in senior and, in exchanging pleasantries with him, discovered that he has no parents, no wife, no siblings, and no children. Then he expressed his gratitude that someone cared enough to deliver meals to him and listen to him. He even got me to promise to bring him the name and address of the person at the senior center to whom he could send a donation every month after he receives his social security check.

Grand plans are marvelous, but never underestimate how far the ripples from small kindnesses may go. Let me leave you with a quote I’ve used before: *Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can.*” _ John Wesley



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

Reading Action Program

"Books are the windows through which the soul looks out. A house without books is like a room without windows. No man has a right to bring up his children without surrounding them with books, if he has the means to buy them. It is a wrong to his family. He cheats them! Children learn to read by being in the presence of books. The love of knowledge comes with reading and grows upon it. And the love of knowledge, in a young mind, is almost a warrant against the inferior excitement of passions and vices."

From Eyes and Ears, a collection of essays by Harriet Beecher Stowe, 1862

How true! Owning books matters a lot! Homes that have home libraries of at least 20 books, typically have children that receive three more years of schooling than students without books at home. And did you know that if a child reads 20 minutes a day, they read an average of 1,800,000 words per year!

Reading increases knowledge and self-esteem; it encourages conversation and helps to improve writing. The Reading Action Program is a ten-year commitment to increase the literacy rate in people of all ages, the young and the old. Lions around the world are doing their part to make books and reading accessible to children and adults.

Does your Club have a Reading Action Program project or goal? How can you reach out to encourage students' reading in your community? Next month I will share how some clubs are encouraging reading through RAP. If you have ideas to share, please email me at WilliamstownLionsClub@yahoo.com. I'd love to share your projects with other clubs!



Amy Houser

Chair, MD29 RAP

2021-2022 - Peace Poster Contest

We Are All Connected

While overcoming new challenges brought on by an unprecedented global pandemic, we're celebrating the things that keep us connected—to each other, to our communities, all together around the world. This year, we invite young people to envision, explore and visually express these connections.

Order a Peace Poster Contest Kit

To sponsor the Peace Poster Contest, Lions clubs can order a contest kit from January 15 to October 1. The kit is available in 12 of our official languages. A kit is needed for each contest sponsored.

Each kit contains:

- Official Club Contest Guide and Rules
- Official School or Youth Group Contest Guide and Rules
- Participant Flyer to duplicate and give to participating students to take home
- Sticker to place on back of winning poster
- Certificates for contest winner and school or youth group

Peace Poster Contest Deadlines

Students ages 11, 12 or 13 as of November 15 are eligible to participate in the International Peace Poster Contest. Entries not meeting the following deadlines will be disqualified.

- **January 15:** Kits go on sale from the Club Supplies Sales Department at International Headquarters.
- **October 1:** Deadline to purchase kits from the Club Supplies Sales Department at International Headquarters.
- **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 Brand and Marketing Strategy Department at International Headquarters.
- **December 1:** Postmark deadline for a club not belonging to a district to send one winning entry to the Brand and Marketing Strategy Department at International Headquarters.
- **December 15:** Postmark deadline for the multiple district council chairperson to send one winning poster to the Brand and Marketing Strategy Department at International Headquarters.
- **February 1:** International winners notified on or before this date.



Lion Kim Mason
Peace Poster Chairperson



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 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

National Diabetes Month – Women & Diabetes

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 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.

Risk Factors: A risk factor is something that puts you at a higher risk for a disease compared to the average person.

Risk factors for **type 1 diabetes in women and girls** include:

- Age: It often develops in childhood.
- Family health history: Having a parent or brother or sister with type 1 diabetes
- Certain viral infections or illnesses, such as coxsackie virus B (a common cause of hand, foot, and mouth disease), rotavirus (also called stomach flu), and mumps
- Where you live: It is more common in people who live in colder climates.

Risk factors for **type 2 diabetes in women and girls** include:

- Overweight or obesity: Body mass index (BMI) of 25 or higher for adults. Children and teens weighing above the 85th percentile based on their BMI are at risk for type 2 diabetes.
- Older age: 45 or older. After menopause, women are at higher risk for weight gain, especially more weight around the waist, which raises the risk for type 2 diabetes.
- Family health history: Having a mother, father, brother, or sister with diabetes
- Race/ethnicity: Family background of African-American, American Indian/Alaska Native, Hispanic, Asian-American, and Native Hawaiian/Pacific Islander
- Having a baby that weighed 9 pounds or more at birth
- Having diabetes during pregnancy (gestational diabetes)
- High blood pressure: Taking medicine for high blood pressure or having a blood pressure of 140/90 mmHg or higher. (Both numbers are important. If one or both numbers are usually high, you have high blood pressure.)

- High cholesterol: HDL cholesterol of 35 mg/dL or lower and triglycerides of 250 mg/dL or higher
- Lack of physical activity: Women who are active less than three times a week
- Having polycystic ovary syndrome (PCOS)
- Personal history of heart disease or stroke

If you have any of these risk factors, talk to your doctor about ways to lower your risk for diabetes.

You should be tested for diabetes if you are between 40 and 70 years old and are overweight or obese. Your doctor may recommend testing earlier than age 40 if you also have other [risk factors for diabetes](#). Also, talk to your doctor about diabetes testing if you have [signs or symptoms](#) of diabetes. Your doctor will use a blood test to see if you have diabetes.

If the testing shows that your blood sugar levels are high, you can begin making healthy changes to your eating habits and getting more physical activity to help prevent diabetes.

Source: [Diabetes | Office on Women's Health \(womenshealth.gov\)](https://www.womenshealth.gov/diabetes)

**Submitted by Lion Paula Shahan
Family & Women Growth**



October 2021

Larry P. Johnson, Jr. Bridgeport
Roger D. Crites, Jr., Moorefield
Greg Compton, Nutter Fort
Denise K. Shepherd, Paw Paw
Cathy E. Kinsman, Short Gap
Mark H. Kinsman, Short Gap

Sponsor: John Vash
Sponsor: William Bean
Sponsor: Lyndon Auvil
Sponsor: Joan Maggio
Sponsor: Carol Ours
Sponsor: Carol Ours



**Deceased Member
Ann Isenook**

**Club
East Preston**

Nearly World Diabetes Day: November Fourteenth

World Diabetes Day is the world's largest diabetes awareness campaign. It reaches a global audience of over one billion people in more than 160 countries and it is celebrated every year throughout the month of November with a big celebration on November 14, the birthday of Sir Frederick Banting, who with Charles Best co-discovered insulin therapy in 1922. Before this life saving treatment, a diagnosis of diabetes was terminal. The first patient to receive insulin was of low socioeconomic means and was treated at Toronto General Hospital (Canada). He was successfully treated as the attached picture indicates.

As soon as the success of this new therapy was discovered, people from Canada and the United States flooded into Toronto, Canada to receive treatment. Dr. Banting, knowing there was a great need for this treatment, sold the patent to the University of Toronto for one Canadian Dollar, because he believed that he nor one person owned insulin, rather the whole world owned insulin. This is the reason why November 14th and the month of November used to bring awareness to diabetes. To celebrate diabetes month and World Diabetes Day, thus promoting diabetes awareness, I encourage the lions of 29-I to celebrate throughout the district and with multiple district 29 by participating in the following events and projects.



Patient JL, 15 pounds December 15, 1922



Patient JL, 29 pounds February 15, 1923

- 1.) **Diabetes Awareness Radio Spots:** On the district 29-I website, click the Diabetes Info tab to the left (fourth tab down). Once at this page, scroll to the bottom and you will find three PSA/radio spots that average about thirty seconds. These spots can be uploaded to any social media platform or shared with local radio stations.
- 2.) **Youth Pin Contest:** For the second year in a row, we are holding our "Design a Pin for Diabetes Awareness". Currently underway, the contest is for any West Virginia seventh to twelfth grade student from public, private, or homeschool educational institutions within district 29-I. Students are tasked with designing a pin that addresses diabetes awareness and incorporates the uniqueness and beauty of West Virginia in a creative way. The winning design gets a copy of their pin, wins a \$100 prize, and will receive a certificate celebrating their accomplishment. The designed pin will then be sold throughout the district to raise money for diabetes awareness. For details, the contest poster is included within this newsletter. Anonymous submissions are due by November 30, 2021.
- 3.) **Virtual Diabetes Symposium:** Due to the ever-changing Covid-19 rules throughout many regions and the increase in Coronavirus positivity rates throughout the state, I have partnered with Lion Matt Rafa of the Ohio County Virtual Lions Club (District 29-L) to organize a virtual diabetes symposium which will be held on Saturday, November 20, 2021. Diabetic medical professionals, educators, pharmacists, nutritionists, and diabetics themselves will be providing interesting and engaging talks on various diabetic issues with a Question and Answer session at the end of the symposium. Participants must register for this free event. The registration link can be found by clicking on the following clickable link:
<https://form.jotform.com/212828262472154>.

I am hoping that each and every lion within District 29-I can actively participate in each of these events either through sharing the radio spots, encouraging youth within the district to enter our pin contest to promote diabetes awareness, or join us on November 20th for a day of becoming more knowledgeable with this terrible disease that affects more than 240,626 West Virginians and millions around the world. What are we doing as lions to fight diabetes in our communities? What are districts from around the world doing to fight diabetes?

In order to combat diabetes, the lions within District 404-A2 of Nigeria have gathered together to build a diabetes screening and treatment center at the Ogoja General Hospital in southern Nigeria.¹ It is stated that fifty percent of Nigerians are undiagnosed diabetics and on average forty Nigerians die every day from diabetic related ailments. In addition, the current pandemic is what sped up the process of building such a facility since persons living with diabetes are more likely to die from Covid-19 as compared to the general population. Due to these facts and the recent pandemic, this much needed facility will save countless lives by providing prevention education, treatment, social/emotional support, nutritional support in addition to management education and other resources. Wouldn't it be great to see such a facility that just concentrates on the eradication of diabetes within the state of West Virginia that was fully funded and built by the West Virginia Lions of MD29? Just think of how many live such a facility would save within our great state of West Virginia.

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. I hope you and your families have a wonderful Thanksgiving!!!

Let's Continue Fighting Diabetes! (#LIONSFIGHTDIABETES)

All the Best,



Lion Brendan

Diabetes Chairperson District 29I

Email address: lionbrendanbyrne@gmail.com

¹Betta Edu lays foundation stone for Lions Club Multi-million Diabetes Screening and Treatment Centre.

Vanguard News. (2021, September 20). Retrieved October 10, 2021, from <<https://www.vanguardngr.com/2021/09/betta-edu-lays-foundation-stone-for-lions-club-multi-million-diabetes-screening-and-treatment-centre/>>.

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

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!



*The following pin was designed by our 2020-2021 winner Ms. Madison Burnside from Buckhannon Upshur Middle School.

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 Diabetes. The following must also be in the design:
 - a. District 29-I, The Year: 2021-2022, the Lions Club Insignia and/or the Lions Club International Diabetes Symbol. *(The symbols 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 only be included in the body of the email.

Further Information

All designs must be emailed by November 30, 2021 to: lionspincontest@gmail.com. The winning design will be selected in late September. The winning designer will be recognized by District 29-I, receive a \$100 cash prize, and will receive one of 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.



Sat, November 20th

**Lions of West Virginia MD-29 offer Virtual
Diabetes Symposium for Prevention,
Management, and Support**

Saturday, November 20th

Lions of West Virginia MD-29 are pleased to host a Virtual Diabetes Symposium for Prevention, Management, and Support on Saturday, November 20th through a Zoom platform. This half-day event will include presentations by diabetes educators, pharmacists, doctors, nutritionists, and other support people. Topics will cover Type I (Insulin-dependent), Type 2 (non-insulin dependent), and Gestational Diabetes and will be geared

towards those with diabetes, at risk for diabetes, and support systems/families.

Notable topics will include: Financial Assistance Programs for Diabetes Therapies, Diabetes Assistance Dogs, Continuous Glucose Monitors, Preventative Measures for Diabetics, and Diabetic Foot Care. At the conclusion of the presentations, a Q&A session will allow the attendees to interact with professionals and ask their own questions.

“When our six-year old daughter was first diagnosed with Type One Diabetes at eighteen months, my wife and I tried to gain as much knowledge about this devastating disease as we could. The Multiple District 29 Diabetes Virtual Symposium is a great opportunity to learn practical information about this disease that affects millions worldwide, and it is a chance for diabetics of all varieties (Type One, Type Two, Gestational, and other rare types) to have a refresher of good management habit.”, explained symposium co-chair, Lion Brendan Byrne of Berkeley Springs Lions Club.

If you know someone who may benefit from the symposium, free registration is available at www.wvlions.org/diabetes.html.

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 Sue @

susanplong51@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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