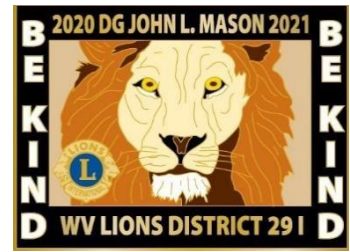




October 2020

Lion John Mason, District Governor

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



UPDATE District Annual Fall Conference. Due to construction delays, the new addition to the park will not be completed in time for our conference. We have revised the schedule so the conference will be one day. If you are interested in spending the night, the registration form lists 3 lodging facilities in Berkeley Springs. The revised registration form and more information about the conference is in this month's newsletter.

Please email to me pictures from your club that I can use during our conference. The pictures can be from a service project or a group photo-something that represents your club. Email the pictures to me by September 30, 2020.

The Conference Chairperson is finalizing plans for a great afternoon outdoors. The leaves will have turned colors and we are hoping for a beautiful fall day. Our outdoor dinner will be just as good as a tailgate party with your favorite college team. You may want to bring your lawn chairs.

In regard to Parade of Checks, we realize clubs are having difficulties with their normal fundraisers, so club funds may be lower than normal this time of year. Lions clubs can make a donation up to June 30, 2021 to be counted towards the Parade of Checks.

During my visits to clubs I have heard some inspiring stories of why you are a lion. If you would like to share your story with other lions, please send me your story to include in our monthly newsletter.

In a world of suffering, BE KIND!

In a world of need, BE KIND!

In a world of service, where you can be anything, BE KIND!

Kindness is contagious and it is gratifying.

DG John
"Be Kind"

District Governor Calendar 2020-2021



October 2020

1	Mountain LC DG Visit	23922 George Washington Hwy	6:30 pm
8	HOPE Centennial LC DG Visit	TBD	
10	Harpers Ferry LC	Paper/Cardboard Recycling	9 am – 12 pm
12	West Milford LC DG Visit	West Milford	6:30 pm
16-17-18	District 29I Conference	Cacapon Resort State Park	
20	Zone 1 LC DG Visit	TBD/Zoom Meeting	6:00 pm
21	Fort Ashby LC DG Visit	Brookdale Nursery	6:00 pm
23	Clarksburg LC DG Visit	Brickside Bar & Grill	12:00 noon
27	Berkeley Springs LC DG Visit		
	75 th Charter Night	Charlotte's Café	6:30 pm

November 2020

2	Short Gap LC DG Visit	Wilma's Restaurant, Fort Ashby	
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

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

ARE YOU LETTING COVID 19 STOP YOU FROM SERVING YOUR COMMUNITY!!!!!!



Some of our clubs have allowed the tree to lie since March and have not attempted to meet either in person or virtually, do fundraising or serve our communities. Please contact other clubs to get assistance on how they have overcome the obstacles. The needs have not stopped due to the pandemic. Where there is a will there is a way. Where there is a need there is a Lion!!!!!!



How do you feel when you have helped a person in need? You want that feeling again? Step up and become that active LION. Stay safe but stay active.



Lion Gray Jones
Second Vice District Governor



Our District Governor's pin has the words "Be Kind" on it. The Summer 2020 edition of the LION magazine states that "Kindness is at the heart of service." Let's examine that assertion.

What is the definition of "kindness?" The first definition I found was "Kindness is a type of behavior marked by acts of generosity, consideration or concern for others, without having an expectation of praise or reward." Further research presented the following:

- "the quality of being friendly, generous, and considerate" and
- "the quality or state of being kind treating people with *kindness* and respect."

What is the definition of "service?" Turns out that there are a lot of different definitions. From among them, the ones that resonate most with me in the context of Lionism are as follows:

- "Contribution to the welfare of others,"
- "The act of serving: such as a helpful act,"
- "Community service, volunteer service for the benefit of a community," and
- "Selfless service, a service which is performed without any expectation of result or reward."

What this means to me is that "kindness" is an attitude and "service" is kindness put into action. Most of us often have kind thoughts and attitudes. Very small acts of kindness are exemplified by what we describe as "courteousness." Larger actions that are tailored for the benefit of the recipient(s) can be thought of as a service. But service does require action. So join me in trying to put our kind thoughts into actions, in attempting to find ways each day to perform meaningful service for others with no regard for reward or recognition.

Yours in Lionism

Lion Gray



District 29-I Fall Conference

District Governor John L. Mason

When: October 17, 2020

Where: Cacapon Resort State Park, Berkeley Springs, WV

Registration: \$20.00 if paid by September 15, 2020

Registration: \$25.00 after September 15, 2020

(Includes Saturday banquet)

Conference Registration Deadline: October 9th

Rooms: Best Western, Coolfont, Country Inn

Conference activities include: Cabinet meeting, seminars, parade of checks, keynote address by International Director Geoff Wade and more!

Name_____ Special Dietary Needs_____ 1st Time Attendee? ____

Name_____ Special Dietary Needs_____ 1st Time Attendee? ____

Name_____ Special Dietary Needs_____ 1st Time Attendee? ____

Club_____ District_____

Make checks payable to: District 29 I Conference

Mail to: Lion Kim Mason, 318 Fairview Drive, Berkeley Springs, WV 25411



District 29-I Fall Conference Agenda

District Governor John L. Mason



Saturday, October 17th

- 1:00 pm - 2:00 pm ID Geoff, Guiding Lion – Nature Center Pavilion
- 2:00 pm - 3:30 pm District 29-I Cabinet Meeting for all Attendees – Nature Center Pavilion
- 3:30 pm - 4:30 pm Lion Brendan Byrne, Diabetes – Nature Center Pavilion
- 4:30 pm – 5:00 pm ID Geoff, Town Hall – Nature Center Pavilion
- 5:00 pm - 7:30 pm Banquet with ID Geoff, Parade of Checks, Awards, 50/50 – Nature Center Pavilion

Tour the Local Historic Areas, Enjoy Downtown Berkeley Springs

District 29-I Fall Conference “Parade of Checks”

The Parade of Checks is an important feature of our annual District Conference. This is an opportunity for clubs to make contributions to the following programs supported by Lions Clubs International and Lions throughout West Virginia. Please mail your club checks (**1 check per charity**) by October 9, 2020 to the Cabinet Treasurer:

Lion Sue Long, P.O. Box 988, Fort Ashby, WV 26719

Lions Clubs International Foundation (LCIF)	\$ _____
WV Lions Sight Conservation Foundation (WVLSCF)	\$ _____
Diabetes Fund	\$ _____
Leader Dog	\$ _____
Pilot Dog	\$ _____
Romney Student Work Program	\$ _____
WV Blind & Deaf Recreation Program	\$ _____
Youth Exchange	\$ _____
Quest	\$ _____

CLUB _____ TOTAL \$ _____

Each club will be recognized at the dinner and the amounts donated will be acknowledged.



District 29-I Fall Conference –

October 17, 2020 at Cacapon State Park

Berkeley Springs, WV 25411

We, the Lions of Berkeley Springs hope to see many of you here with us at beautiful Berkeley Springs, WV. When you come bring

EYEGLASSES YOUR HAVE COLLECTED FOR RECYCLING

Boxed or bagged – contact PDG Glenn Ryburn for drop off location.

THANKS !!

District 29 I -Goals 2020-2021

1. LCIF
 - a. 100% Club participation
 - b. Last year contributed \$24,651 – this year \$30,000
 - c. Increase amount of individual member donation from \$3,000 to \$5,000
 - d. Increase number of individual member donors from 31 to 50
2. WVLSCF
 - a. 100% Club participation
 - b. Sell the most beef raffle tickets amongst District 29 L and C
3. Membership
 - a. End year with one new club
 - b. End year with positive member growth +1, with 50% of clubs having a positive growth
 - c. Target new members in the 50 to 60 age group
 - d. End year with women accounting for 37% of membership
4. Service – 100% Club reporting service projects in MyLion
5. Leadership – continue to provide training to upcoming leaders, develop members into tomorrow leaders

WV Lions Multiple District 29

Beef Raffle

Proceeds Benefit: WV Eye Sight Foundation

Beef will be butchered by HYDES MEAT PACKING – ENTERPRIZE, WV



Beef Raffle



"If the Club sells over **\$100** in tickets, the Club will receive credit toward a Leonard Jarrett according to the total amount of sales"

(i.e. Sight Foundation) will be separated from Club sales, unless the individual requests otherwise.

PDG Paul & Phyllis Amrhein – 1-304-242-0911

Pamrhein25@comcast.net

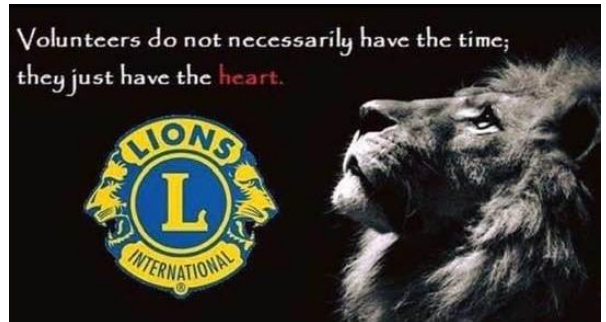
Since the WV Sight Foundation provides funding for the entire state of WV, ALL clubs in ALL Districts should participate in selling or buying the tickets out right. Our goal is to have 100% participation with ALL clubs in ALL Districts.

Please return your stubs with a name and telephone number along with your check written to the **"WV LIONS BEEF RAFFLE"**. Please make sure you return all your stubs when sending in your check. Mail to PDG Paul Amrhein 4957 Glen Dale Heights Rd. Wheeling, WV 26003

I am pleading with clubs to please sell or buy their tickets. We have worked very hard to make this a successful fundraiser, putting out around \$3,500 on this project is a lot of money. We are not even close to our goal. This is very disappointing.

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



Happy Autumn fellow Lions of West Virginia!!!!

Soon, the leaves will begin their annual color show. Our thoughts will soon turn to cooler weather, Trick or Treat, Thanksgiving, and the end of the year with Christmas and New Year's. I think I can speak for many in saying that I will be happy to see 2020 finally end. Thankfully, the end of the year gets closer each passing day.

I want to begin by sending kudos to DG Charolette Henson in 29C and each of her respective Club secretaries. Her Clubs have had 100% membership reporting to LCI for July and August. Please keep up the good reporting!!!!

While it is important to report service projects, it is just as important to report our membership numbers. LCI and the districts base your Club's international and district dues on the numbers that are reported to LCI. December and June are the two most critical months to report membership. Dues notices based on those numbers go out in January and July. If any Club secretary or Club administrator has issues with making monthly membership reports to MyLCI, please contact me or your district GST and one of us will be happy to show you how this is easily done. Whatever we need to do to help will be done. We serve!!!!!!!!

Lion Dan Heintzman
MD-29 Global Service Team Chair





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.
- 6.

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.



Lion Cindy Glass
Past Council Chair

Fellow Lions – I have recently been in contact with Anita Graham, social worker with the WVU Medicine Children’s Pediatric Blood and Cancer Center.

Many of you (about 90) individually or as a club donated \$50 Visa Gift Cards to their “Camp in a Box” project, when their annual summer camp was cancelled and it had to be held virtually. You may also remember that we donated a “car full” of snacks to the Children’s Pediatric Blood and Cancer Center during the Leadership Retreat last January. The generosity shown by our MD29 Lions was very helpful and very much appreciated by the affected young patients and their families.

Anita is now collecting \$25 Visa Gift Cards as a holiday project to assist the families of children who are undergoing treatments during the holiday season, to be used for food, gas etc. Imagine yourself in such a difficult situation, with a sick child, trying to cope with the stress, worry and expense involved. This is an easy and worthwhile service project, and I think many Lions will be interested in assisting.

If your club or you as an individual Lion would like to participate, please purchase a \$25 Visa Gift card (or cards) at a vendor of your choice, and please activate it by paying the small fee involved.

We hope to collect the cards by the middle of November, if possible. The cards can be sent to me at 191 Ridgeway Drive, Bridgeport, WV 26330. Questions may be directed to me at 304-203-2006 or at cinwa130@gmail.com. If you or your club would prefer to send the cards directly to Anita Graham, let me know and I will provide her address.

Childhood Cancer is one of Lions Clubs International’s global initiatives, and this will assist children and families affected here in West Virginia. **#KindnessMatters #WeServe**

Thank you!

Type One Diabetes (T1D) and Type Two Diabetes (T2D): A General Explanation

In the type one diabetic community there are many myths that individuals with the disease and their relatives have to clarify all the time. One such myth is that a type one diabetic can “outgrow” their disease. Another myth is that children develop the disease from having overweight or obese relatives. In addition, another myth is that a type one diabetic must have the disease because they did not eat healthy prior to their diagnosis. These myths are false claims that are not based on medical science, but on confusion. Many non-diabetics do not know the difference between type one diabetes and type two diabetes. Many get the two mixed up. In this article, I will clear up this confusion between type one and type two diabetes.

Type one diabetes is an autoimmune disorder. It is a very serious disease for which there is no cure. Type one diabetes can be diagnosed early in life as well as in adulthood. Its causes are not fully known. This disease affects the endocrine system where insulin producing beta cells within the pancreas are mistakenly destroyed by the body’s immune system. As a result, the pancreas does not produce insulin, a hormone which is needed in order for sugar to move from the blood stream to the cells, the process by which food provides energy for the body. Therefore, someone with type one diabetes must take insulin through multiple shots each day or by wearing an insulin pump in order to survive. Some non-diabetics believe that this provides a cure. However, it does not, and having this mandatory insulin treatment may cause the type one diabetic’s blood sugar level to become dangerously low or high. Type one diabetics must carefully balance food, insulin intake, and activity levels to try to avoid dangerously high or low blood sugar levels. Type one diabetes thus places the individual at risk for hypoglycemic (low blood sugar) and hyperglycemic (high blood sugar) episodes related to metabolic dysfunction, and these potential fluctuations in blood glucose impact the individual’s major life activities.

Both high and low blood sugar levels affect the whole person in concentration and performance, as well as seriously endangers the health of a type one diabetic. Blood glucose levels must be maintained in the 80 to 150 range for optimal learning, concentration, and academic performance. If untreated, high blood glucose levels can cause cardiovascular disease, nerve damage (neuropathy), kidney damage (diabetic nephropathy), kidney failure, liver disease, eye damage, blindness, amputation of limbs, diabetic coma and even death from diabetic ketoacidosis (DKA). As stated before, a type one diabetic does not produce insulin, the hormone that allows glucose (sugar) to enter the cells for energy. When your cells need energy and sugar is not allowed into the cells, the body begins to burn fat for energy, which produces ketones in the bloodstream. Ketones are chemicals that the body creates when it breaks down fat to use for energy. When ketones build up in the blood it becomes acidic. As a result, diabetic ketoacidosis (DKA) develops and the body becomes poisoned. If action is not taken immediately, death quickly follows. Low blood sugar can be equally as dangerous. Low blood sugars can cause coma, brain damage, and death.

Unlike type one diabetes, which is an autoimmune disorder that effects the endocrine system, type two diabetes is a metabolic disorder that effects the endocrine system. A person’s body with type two diabetes still produces insulin, but is unable to use it effectively. It is often diagnosed later in life and can be a result of genetic predisposition, sedentary lifestyle, eating unhealthy food, or a combination. It can be managed with diet, exercise, medication, or a combination. However, while most type two diabetics can be treated through diet and exercise, and some cases can reverse their diabetes through such treatments, more serious cases may require insulin.

In last month's article I referred to a virtual diabetes conference that I attended in August between the City of Hope National Medical Center and Multiple District Four (California). For decades, City of Hope National Medical Center of Duarte, California has been leading diabetes research in order to find a cure for this terrible disease. A cure has not been found yet, however there are several projects that they are currently developing that are promising treatments. These treatments could one day lead to a cure. One of their leading scientists has found a way to activate a protein and a gene in order to protect liver cells which can easily become damaged from diabetic complications. This would be beneficial to type one and type two diabetics. Another potential treatment that they are developing is a pill that mimics exercise and increases endurance as well as metabolism. This pill would save the lives of many type two diabetics. Furthermore, another City of Hope scientist is developing a process by which a protein would change according to daytime, nighttime, as well as diet in order to restore metabolism. If fully developed, this would benefit type two diabetics. Lastly, due to diabetics having a high susceptibility to Covid-19, City of Hope scientists have been assisting with the fight against the Coronavirus pandemic by developing a Covid-19 vaccine that would save the lives of diabetics.

In the past, I have challenged you to find out the diabetic need in your community. Another challenge that I have given is coming up with creative ways to communicate diabetic awareness that is fresh and new. My challenge to you for this month is to promote diabetes awareness among the youth throughout District 29I. This can be initiated by sharing my "Design a Diabetes Pin Contest" with your local middle and high schools. This contest will be held between October and December. West Virginia students from across District 29I between seventh and twelfth grade will have the opportunity to design a diabetic awareness pin for our district. Students will have to theme their pin around type one diabetes as well as the uniqueness and beauty of West Virginia. The winning design will be selected by the District 29I cabinet and the designer will receive a cash prize of \$100, be recognized by 29I, and will receive one of their designed pins. This pin will then be manufactured and sold throughout District 29I to raise money for diabetes awareness. The "Design a Diabetes Pin Contest" poster is included in this month's newsletter.

It is vital for our youth to be educated on type one and type two diabetes so that myths like the ones mentioned above are eliminated. Through education youth can evaluate how they can assist and support fellow peers, family, and community members who are diabetic. These educational moments that Lions promote may be instrumental in sparking a desire in a young person's life to become a doctor or scientist that one day develops a cure for diabetes. However, this will only be possible through our continued efforts to educate and bring diabetes awareness to our communities. Join me in promoting diabetic awareness among our District 29I middle and high school students by encouraging this "Design a Diabetes Pin Contest". 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 Byrne

Diabetes Chairperson District 29I

Email address: lionbrendanbyrne@gmail.com



October 2020

NEW MEMBER

Trina Britcher
Ronald Kelley
Susan Kelly
Hunter Thomas
Lisa Stanley
Diana Daugherty
Arlene Maher
James Maher
Rosemary Jordan
Marty Amerikaner
Arthena Roper
Mark Roper
Linda Spatig
Randy Minor

LIONS CLUB

Bridgeport
Bruceton Mills
Bruceton Mills
Bruceton Mills
Clarksburg
Harrison County HOPE
Harrison County HOPE
Harrison County HOPE
Martinsburg Centennial
Shepherdstown Centennial
Shepherdstown Centennial
Shepherdstown Centennial
Shepherdstown Centennial
Shinnston

SPONSOR

Robin Faris
Peggy Galloway
Peggy Galloway
Crystal Thomas
Mickey Nardella
Steve Glass
Cynthia Glass
Steve Glass
Patricia Sewell
Cheryl Roberts
Cheryl Roberts
Cheryl Roberts
Cheryl Roberts
David Minor

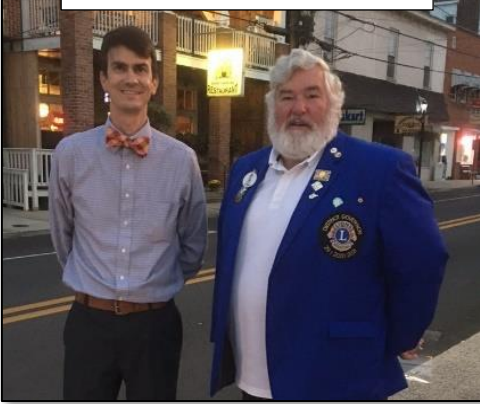


Ralph Anderson Sr.

Central Upshur

AROUND THE DISTRICT

Franklin Lions Club



Franklin Lion President Clay
and DG John



Bruceton Mills Lions Club



Inductee Lion Hunter Thomas, Sponsor
Lion Crystal Thomas, Inductee Lion Ron
Kelly, Inductee Lion Sue Kelly, Sponsor
Lion Peggy Galloway, and DG John

A birthday calendar from
1976 and this year
2020. The club has been
doing this fundraiser for
almost 45 years.



Nutter Fort Lions Club



DG John, Lion President John White,
Lion Treasurer Mary Jo Ferrell

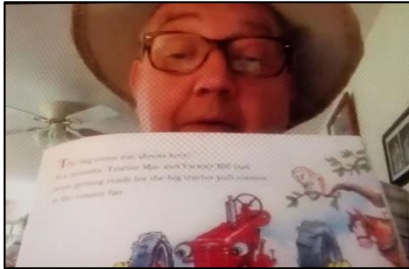


Nutter Fort LC Adopt A Highway
Lions Kim Thompson, Bob Ferrell,
Ron Vannoy, Nancy & President John
White, Paula Shahan, Kathy Oliverio,
Lyndon Auvil and Ken Shahan
behind the lens.

Wardensville Lions Club

Our club has been doing a Story Time program every week since the inception of the program. With the arrival of the coronavirus everything has come to a halt. However, Zoom allows us to take Story Time to the children. We have between 10-15 children on a weekly basis. We have a guest reader each week, songs and a craft project. We haven't figured out how to do snacks on Zoom yet. Our guest reader on September 18, 2020 was Lion Mike Funkhouser reading a story about his tractor Mac.

Prior to the virus causing everything to stop, every child attending Story Time took home a copy of the book read that day. Since we have not been meeting in person Lion Patty Austin delivered a tote bag of books and craft materials to each child or family group. At a time when people still don't feel comfortable coming out, we are still able to serve.



Harrison County HOPE Lions Club



On Saturday September 25, 2020 eighteen members of the Harrison County HOPE Lions Club participated with Med Brook Children's Charities Sleep in Heavenly Peace bed building project at the campus of Med Brook Medical Building. Club members assisted with sanding lumber and assembling bottoms and tops of bunk beds, which will be donated to children throughout Harrison County who do not have adequate or any sleeping facilities. This activity was part of Bunks Across America's one-day effort to build as many beds as they can all across America.

The local chapter's goal was 100 beds. A total of 111 beds were assembled with the help of the HOPE Lions and other service volunteers! Under beautiful skies and lots of smiles those who participated enjoyed a rewarding day of service and fellowship.

Shown in the accompanying photo are HOPE members, from left to right, John Church, Jaclyn Rominger, member of Med Brook Children's Charities, HOPE President Rocky Romano, Dr. Kelly Nelson, Med Brook Medical Charities Founder, and HOPE member Michael Burge. Middle photo shows Dina Daugherty and Sharra Cales and the photo at right shows Kelly Maher and Cindy Glass. Other HOPE members participating but not pictured were Alle Ferree, Marla Ferree, Steve Glass, Laura Kennedy, Ryan Kennedy, Jim Maher, Robin Marsh, Alan Moran, Aaron Williams, Brian Yost, and Carolyn Yost.

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



FAMILY & WOMEN'S NEWS

Issue 11 Volume 2, 2012



Lions Clubs International

In this Family & Women's News addition, Family & Women's Specialist Karen Sell's shares her 50 Ways to Woo a Woman.

50 Ways to Woo a Woman – Member That Is Tips for Doubling the Number of Women in Your Lions Club This Year.

Prepared by First Vice District Governor Karen Sell
District 21 B, Tucson, Arizona, USA

Talk to your own women members.

1. Ask every woman to bring in one more woman. They already know women - sisters, friends, neighbors, co-workers, daughters - who would be great Lions.
2. Make sure your members have the information they need. Include LCI brochures such as *I Am a Lion* that focus particularly on women.
3. Form a team of women within your club to come up with a new service idea that works for your community, and then get behind that idea this year. If it appeals to your own female members, it is likely to appeal to other women too.
4. Make sure your women members feel good about the club. They are your best sales people. Are they feeling needed? Useful? Are they given a chance to grow their leadership skills?



Go where the women are.

5. Adopt a school and make sure you are there a lot. Get to know the teachers and let them know you are there to help as needed. Be there to present backpacks, flags and dictionaries in person.
6. Present Lion scholarships at the high school awards assembly. It sinks in way better if the parents see you than just reading that Lions gave some money. Take pictures so you can use them in the next district newsletter.
7. Partner with organizations that include lots of women accomplishing mutual goals, such as a women's business association or a church.
8. Get active with the Peace Poster Contest and make a big deal of choosing and displaying winners at the local level. Those young artists have mothers and aunts and grandmothers who would come to an art show.
9. Take the Germ City hand washing exhibit, or other interactive educational activity, to each school in your district. Send hand washing information home with students from the Lions.
10. Start a branch club in an area where lots of women gather together - in a hospital, medical clinic, big business, government agency, college or school. Reach the women who can't get away for meetings and don't have time to join clubs that meet in the evening.
11. Build a park or playground, perhaps in partnership with a neighborhood association.
12. Take part in a women's health fair.
13. Sponsor little league type sports teams or events, and give more than just money. Make sure everyone knows you are sponsoring the kids. Be there to talk with the parents at the games and sponsor a gathering for the kids at season's end. Let the parents get to know your club.

14. Sponsor Girl or Boy Scout Troops or events. Be mentors and partners and get to know the families. The children also will soon be grown and may someday be good Lions.
15. Visit new upscale retirement communities to explore opportunities. Do they need program speakers for their monthly gatherings? Would they like to establish a branch club to add a volunteer dimension to their many offerings?

Bring the women to you.

16. Put on events that attract women and be sure to have lots of Lions information involved at all stages (i.e. invitations, publicity, during the event and follow up). Possibilities might be a women's personal growth workshop, women's health fair, women's business fair or family services fair. How about a Parents' Night Out with a free movie and popcorn and childcare in an adjoining room?
17. Schedule meeting programs that interest women. You will find that most will be of interest to men too! Make sure women know about the program and make these meetings open to guests and/or the public. Be sure there is plenty of information on your club's activities right there in front of each guest. Capture names and addresses. Follow up, follow up, follow up. Topic ideas include:
 - Women's Health Issues
 - Children's Health Issues
 - Prostate Cancer: What the Man in Your Life Needs to Know Now
 - New District Initiatives (given by school superintendent)
 - Local Chef Shares Secrets
 - Caring for Elderly Parents
 - Business Opportunities for Women
 - Self Help: How to Make your Life Just What You Want

Get out there.

18. Present an award. Ask for public nominations, select a winner or winners, present the award publicly and publicize the award a lot. Ideas: nurse of the year, teacher of the year, women business owner of the year, mother or grandmother of the year, etc.
19. Say thank you. Honor secretaries, nurses, teachers, scientists, business owners, emergency medical technicians, firemen, policemen or any other group that has a national day. Something as simple as a post card saying thanks for all you do, from your local Lions Club, says a lot. Use this as an opportunity to tell them what your Lions club does.

20. Put information where women will see it - on the back of restroom doors in restaurants, in school district newsletters, in doctors' waiting rooms or on table tents at tea rooms.
21. Put your eyeglass collection boxes in businesses women visit - medical clinics, gyms, spas, hair salons, grocery stores - and attach a holder for your club brochures.
22. Ask businesses to post a public service announcement flyer. Topics could be signs of diabetes, flu prevention or protecting children's eyesight.
23. Do something that will gain publicity for your club. Put on a pie baking contest for the public, perhaps with a little twist. The men bake the pies and key women around town serving as judges. You could also collect and donate school supplies or screen the eyesight of children or infants. Whatever it is, be sure to tell the papers about it.
24. Publicize every fundraiser and project. If you fund surgery for a child, make sure people know about it. Many parents are so thankful they will work with you to tell the media how much your help meant. And be sure to tell your story with passion.

Stand for causes important to women.

25. Help at the humane society. Walking dogs gives you a great opportunity to talk to people.
26. Tell the community you are looking for a few good women. Send a news release to the paper, radio and school. Focus on the impact your club has and specific needs for upcoming service projects. Don't ask for members, ask for help.
27. Get tied in with the volunteer center or other places women go to find an opportunity to volunteer. Update your contact information and upcoming projects regularly.
28. Put a Lions logo on your car. Wear your pin every time you go out. People notice.
29. Carry and use business cards with your Lions information.
30. Be ready to tell people what your Lions club does in two sentences, tops.
31. Make it easy for women to find you. Websites. Articles in the newspaper. A flyer at the library. Sign up forms at the volunteer center. They can't join if they can't find you.

32. Talk to the human resource department of large businesses or government agencies. Employees about to retire are looking for something to fill their time. Make sure those human resource departments have your information readily available.
33. Ensure newcomers groups know about your club. Consider making a presentation to them at least once a year.

Never miss an opportunity.

34. Talk to everyone! In the line at the grocery store, at the cleaners or in the break room at work. Some really successful recruiters keep a notebook with them to jot down notes about potential members so they remember to follow up.
35. Identify groups that might be interested in hearing about Lions and offer to come and speak. Groups could include Parent Teach Associations, school boards, senior groups, women's clubs, church groups or the Chamber of Commerce.
36. Sell your message at meals. Spaghetti dinners and pancake breakfasts are opportunities to put out information about your club. Provide something that goes home with each attendee, such as a bookmark or business card, inviting them to attend your next meeting.
37. Appoint one person at every fundraiser and service project who is responsible for providing information about Lions AND talking to people about what Lions do. See a lady sitting by herself at the pancake breakfast? Talk to her. Have parents working beside you at a project at a school? Talk to them.
38. Get names and e-mail addresses of anyone who comes to any event. Always have a registration sheet where prospective members can sign up to get more information about interesting things going on in the community. Then send your newsletter.
39. Stay in touch. People who come to your events are key prospects to help with your next service project. Anyone who comes to a meeting should receive follow up information for six months. This includes your program speakers.

Switch it up.

40. Sponsor a raffle of outrageous items for women. It must be something so good the tickets just sell themselves. This will give you a chance to talk to women.
41. Set up an outing to a sporting event and invite guests, but this time make it a women's team.
42. Host a bowling tournament for women only, or a mother/daughter event.
43. Make your next golf tournament for the girls or add a women's hole-in-one contest. Donate the funds to a cause women will appreciate.
44. Make sure your donations to the high school sports teams go to the girls as well as the boys. The mothers will appreciate your sense of fair play.
45. Sponsor a science fair for the girls in your local schools. Get to know the parents and get good publicity.
46. Sponsor a quilting contest in your community. Consider a Lions theme. You may be surprised at how many men enter!
47. Stay alert for interesting opportunities. Who says you can't form a club branch that focuses on a particular activity, such as a group that sews for foster children, makes lap robes for the elderly or focuses around a group of women who love to hike or bike together.
48. Make a game of it. Divide members into teams for a game of "football," with points for bringing in new members. Losers serve dinner to winners.
49. Have a contest to see whether the men or women in your club can bring in more women guests in a given time.
50. Have a twofer. Set up a special event (dinner, movie night, trip to theater, etc.) where every Lion who brings a woman guest gets in free. It's good to have several women guests at one time to make them all feel more comfortable. (Next month, make your twofer for any Lion bringing a male guest. We don't want to seem like we are playing favorites here.)

WE WANT TO HEAR FROM YOU!

Contact the [Membership and New Club Programs Department](#) with your ideas for how to woo a woman, or share your success story, service project idea or symposium updates.

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

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