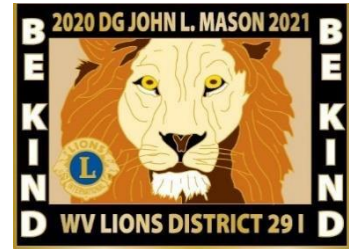




September 2020

Lion John Mason, District Governor

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



Last month, I introduced a new challenge: **LEAD BY EXAMPLE**. The cabinet members of District 29 I have been challenged to each bring in a new member to their club by December 30, 2020. I want to congratulate Lion Michael Sholl to be the first cabinet member to sponsor a new member. Who is going to be next?

We have a second membership contest. Lion Kim is running a contest and a prize will be awarded for the individual Lion that recruits the most new members from July 1, 2020 to June 30, 2021. Also, the Lion Club that recruits the most new members from July 1, 2020 to June 30, 2021 will receive a prize. As of the printing of the newsletter, Lion Patricia Sewell is leading the individual member race with 8 new members. The Martinsburg Centennial Lions Club is ahead in the club race with 13 new members.

The Board of Directors of Lions Club International has waived all charter and entrance fees from July 1, 2020 to December 31, 2020. There is no better time to sponsor a new member.

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 September'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.

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



September 2020

| | | | |
|----|----------------------------------|----------------------|---------|
| 9 | Wardensville LC DG Visit | Zoom | 6:30 pm |
| 10 | Bruceton Mills LC DG Visit | TBD | |
| 14 | Franklin/Sugar Grove LC DG Visit | Star Hotel, Franklin | 6:00 pm |
| 15 | Nutter Fort LC DG Visit | First Baptist Church | 6:30 pm |
| 28 | Paw Paw LC DG Visit | Municipal Park | 6:00 pm |

October 2020

| | | | |
|----------|------------------------------|---------------------------|---------|
| 8 | HOPE Centennial LC DG Visit | TBD | |
| 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 |
| 27 | Berkeley Springs LC DG Visit | Charlotte's Café | 6:30 pm |

November 2020

| | | | |
|-------|---|----------------------------|--|
| 6-7-8 | District 29C Conference | Pipestem Resort State Park | |
| 8 | 2 nd Council of Governors' Meeting | | |
| 15 | Deadline for Peace Poster to DG | | |

December 2020

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

| | | | |
|-------|-------------------------|---------------|--|
| 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 |
|----|--------------------|-----|---------|

June 2021

| | | | |
|-------|------------------------------|------------------|--|
| 25-29 | LCI International Convention | Montreal, Canada | |
|-------|------------------------------|------------------|--|



Sue Long
First Vice District Governor

Memorable Experiences Enjoyed by All

This past Wednesday was a most memorable experience. I attended the Charter Dinner for the Martinsburg Centennial Lions Club. Not only did I attend this event, I also was the keynote speaker, inducted new members and installed their officers for this coming year. My husband, PCC Doug Long and I, became very close with this club over the past two years. We were their guiding Lions and this experience instilled in me the courage and determination to become a strong leader in the world of Lionism.

As I began my speech, I reflected on my past history as a child, student, teacher and parent. As a child, I grew up in a poor home (monetary) but full of volunteerism, giving of my time to the less fortunate. My parents were great role models, instilling the values of giving of myself. As a student, I struggled with academics but learned to use the gifts God gave me to balance my life's achievements. As a teacher, I believed my students were my children, a gift to enjoy forever. For forty-six years I hoped to make a difference in a child's life and I wanted to make a difference in Martinsburg Centennial. Just as I mentored the Martinsburg Centennial Lions Club, I also had a very special person in my teaching career mentor me. His name was Ambrose "Braz" Brazelton. He was a great educator and poet. As I spoke that evening, I used Braz's poems as a guide.

Martinsburg Centennial Lions Club struggled just as other new clubs have struggled in the beginning, but with strong mentors, they are growing. Like a child learning to walk, you hold their hand in the beginning but let go slowly. If they fall, pick them up, brush them off and start again. Eventually, they will walk on their own. In our District we have some clubs struggling. They need mentors to walk beside them. We need more mentors and guiding Lions to step up and help clubs grow again.



Lion Gray Jones
Second Vice District Governor



“Small acts, when multiplied by millions of people, can transform the world.” Howard Zinn

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” Desmond Tutu

If you’re like me, you often have difficulty remembering people’s names, even those to whom you’ve just been introduced! There are numerous techniques that help with that, but one which I’ve found useful is based on concepts of servant leadership: Ask yourself “What can I do to help this person?” When coupled with true interest, this can lead to deeper questions and facilitate a better dialogue (for us introverts, that’s a true achievement!) It also helps us remember their name and gives us a better mental picture of them.

Training yourself to keep the thought of “What can I do to help or serve?” foremost in your mind is the beginning. But then put those answers into words, and then into action. Although we’ve heard the “it’s the thought that counts,” that’s not really true. It’s the words and actions that count. And they don’t have to be “BIG” words or actions. Small thoughtfulness leaves an impression. One of my earliest memories of my home club is of a former club president who invariably finished his dinner early and then gathered up the dishes and trash of others. He just exemplified servant leadership in small ways. That put a very personal touch on our motto.

I was at the funeral of a friend recently, and she had the practice of ensuring that she remembered everyone’s birthdays, anniversaries, and the like. She invariably sent cards with special stickers and sayings included. She would pick up little gifts for people. She lived her life with love and concern for others. I want to be more like her. Mark Twain observed that *“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.”* Let others know you care about them. Do it now. We’re not guaranteed tomorrow.

Keep on Serving!

USA/CANADA LEADERSHIP FORUM

SEPTEMBER 25 – SEPTEMBER 27

YOU CAN EXPERIENCE THE FORUM THIS YEAR IN A NEW WAY! JOIN US FOR THE USA/CANADA

A New Adventure in Learning Join Us!



You can experience the Forum this year in a new way! Join us for the USA/Canada Lions Virtual Leadership Experience. Although we aren't able to facilitate the 80 wonderful seminars that were planned for Louisville, the Forum Planning Committee is excited to present 19 sessions you can attend virtually. It's easy and affordable.

If you have never attended a USA/Canada Lions Leadership Forum, our Virtual Leadership Experience will give an opportunity to understand what we do for your leadership growth in a scaled down version. Our mission is to develop leaders, motivate and educate attendees, provide an open exchange of ideas, and support programs and goals of Lions Clubs International. We have created a virtual experience filled with seminars that enhance your leadership skills and knowledge. **The Virtual Leadership Experience is for every Lion.**

Choose from 19 sessions that will educate you on programs and services like a Childhood Cancer Symposium, Faces of Diabetes Innovation, how to approach the younger generation about Lions, projects for women and families, learning more with NAMI and so much more.

General Sessions Keynotes



Katherine Greenland
Katherine is a cultural innovator and inclusion strategist with over 20 years of experience as a public speaker, team builder and advisor.



Dr. Jung-Yul Choi, President LCI
Dr. Choi will speak on the services and programs of LCI and give us insight on being United with Kindness and Diversity.



Striker Corbin
As a motivational speaker, certified hypnotist, and success coach, Striker Corbin focuses on personal development.

Complete Event Registration Fee
3 Days - 2 Hour Sessions

\$20

Learn More - Register Now!

<https://members.lionsforum.org/event-3925061>



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

District Governor John L. Mason

Friday, October 16th

- 6:00 pm – 8:00 pm Dinner with ID Geoff and Nancy at Charlotte’s Cafe

Saturday, October 17th

- Breakfast
- Scenic Tour/Shopping downtown Berkeley Springs
- Lunch
- 1:00 pm - 2:00 pm ID Geoff , Guiding Lion – Cacapon Resort State Park Picnic Area
- 2:00 pm - 3:30 pm District 29-I Cabinet Meeting for all Attendees – Cacapon Resort State Park Picnic area
- 3:30 pm - 4:30 pm ID Geoff, Town Hall – Cacapon Resort State Park Picnic Area
- 5:00 pm - 7:30 pm Banquet with ID Geoff , Parade of Checks, Awards, 50/50 – Cacapon Resort State Park Picnic area

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.



Greetings fellow Lions of West Virginia!!!!

I am Lion Dan Heintzman of the Friendly Lions Club of Friendly, WV. I have been asked by the new Council of Governors and have accepted the role of multiple district service chair for the entire state of West Virginia. My goal over the next three years is to encourage every Club in West Virginia to be visible AND active in your communities and service areas. It does not matter how large or how small the service project, your Club needs to be visible and active in doing the project. I have long believed that if a Club is visible and active, then membership and retention will take care of themselves.

I am making myself available to assist as best I can any Club secretary, Club administrator, or Club service chair report their projects on MyLion. If any Club secretary, Club administrator, or Club service chair would like assistance in reporting to LCI their Club projects, please feel free to email me at deheintzman@msn.com or contact my cell at 304-904-6589.

I am also making myself available to do a program for any Club, zone, or district meeting. I look forward to working with not only the MD Global Action Team and the Council of Governors, but also the respective district Global Service Team chairs over the next three years. Together, we can not only increase the number of service projects our Clubs do, but also increase our membership. More hands mean more service AND more service project ideas. We serve!!!!

Lion Dan Heintzman, MD-29 Global Service Team Chair



Peace Poster Contest

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. This year's theme is: *Peace Through Service*.

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 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



West Virginia and Diabetes: A General Overview

Diabetes is a disease that affects millions of people worldwide. According to the International Diabetes Federation there were approximately 463 million adults aged twenty to seventy-nine living with diabetes in 2019.¹ Roughly ten percent of that 463 million were Type One Diabetics (T1D). In today's society the term diabetes is often used in a vague way and in a variety of settings. But what is diabetes? Diabetes mellitus (DM), commonly known as diabetes, is a disease that effects the production of a hormone called insulin that is produced in the pancreas. This hormone allows sugar into the cells in order for it to be used as energy in the body. If this insulin is missing or works improperly, the sugar collects in the blood and makes it acidic which is deadly. There are three main types of diabetes, (type one diabetes, type two diabetes, and gestational diabetes). There are also other rare forms of diabetes. The details of these multiple types of diabetes and a more comprehensive description of diabetes will be discussed in future articles. However, the purpose of this month's article is to make everyone aware of the recent statistics surrounding the effects of diabetes in the state of West Virginia.

According to the 2019 data from the Department of Health and Human Resources of West Virginia, more than one in ten (15%) of West Virginia adults were diagnosed with diabetes, which is the second highest rate nationally. Approximately, 11% of West Virginia adults were diagnosed as pre-diabetic. West Virginia counties that had the highest rates of diabetes than any other county in the state were Grant, Logan, McDowell, and Wayne.² The prevalence of diabetes throughout Appalachia, especially West Virginia, is further emphasized by a study done by the Harvard School of Public Health which revealed that West Virginia was among the highest diabetes rates in America.³ Sadly, diabetic death has become ubiquitous throughout the state. Diabetes is the sixth leading cause of death across the state according to the Center for Disease Control, Atlanta, Georgia, however, nationally, West Virginia has the highest death rate due to diabetes than any other state with a 36.2% death rate.⁴ Arkansas comes in second with a diabetes death rate of 32.3%. Sadly, it is predicted that by the year 2045, there will be 700 million worldwide living with diabetes. However, these percentages do not have to be normal for West Virginia. There is hope through education and awareness.

In July of 2017, during the centennial convention in Chicago, Illinois, Lions Club International added the focus of diabetes as one of their now eight global causes.⁵ Since that day the Lions Club has been a leader in promoting awareness though diabetes education throughout the world. Clubs such as the Ploiești Lions Club of Romania led a service project to support a diabetes youth camp in their country to educate young people about diabetes mellitus. Other service projects that have been done are ones such as: distributing diabetic resources to the

¹ International Diabetes Federation. (IDF Diabetes Atlas: Ninth Edition 2019). Retrieved August 02, 2020, from <https://www.idf.org/aboutdiabetes/what-is-diabetes/facts-figures.html>

² (n.d.). Retrieved August 01, 2020, from https://dhhr.wv.gov/hpcd/data_reports/Pages/Fast-Facts.aspx

³ Diabetes Most Prevalent In Southern United States, Study Finds. (2009, September 25). Retrieved August 02, 2020, from <https://www.sciencedaily.com/releases/2009/09/090924231753.htm>

⁴ West Virginia. (2020, April 24). Retrieved August 02, 2020, from <https://www.cdc.gov/nchs/pressroom/states/westvirginia/wv.htm>

⁵ International, L. (2018, June 26). World's Largest Service Organization Takes On Diabetes As New Global Focus. Retrieved August 03, 2020, from <https://www.pnewswire.com/news-releases/worlds-largest-service-organization-takes-on-diabetes-as-new-global-focus-300483241.html> and (n.d.). Retrieved August 03, 2020, from <http://digital.lionmagazine.org/publication/?m=6639>.

public, promoting healthy nutrition among school children, organizing diabetes screenings for the community, and organizing community support groups for newly diagnosed individuals and their families, just to name a few. On August 9, I attended a Zoom Conference led by Lions from Multiple District 4 (California) concerning a project that they are doing to raise money for the City of Hope National Medical Center called September Dollars for Diabetes Campaign. City of Hope is a private, not-for-profit clinical research center, hospital and graduate medical school located in Duarte, California with several locations throughout Los Angeles, Ventura, Riverside, Orange and San Bernardino counties. Their research, which I will elaborate upon in a future article, focuses on diabetes, cancer, and other life-threatening illnesses. Their long-term goal for this project is to raise one million dollars in five years. The short-term goal is to raise \$300,000 by September. Before this kickoff one club had already raised \$2,000. Previous to this project Multi District 4 raised money for the construction of a family center at City of Hope and raised \$1,000,000 with only 17% of the clubs in the Multi-District participating.

With proper planning any of these service projects are possible no matter the monetary goal amount. If you know that there is going to be a greater financial need to succeed in your diabetes service project you can always apply for a District and Club Community Impact Grant. These types of grants are used to support such service projects as organizing or donating monetary donations to diabetes youth camps and retreats, assisting with diabetes screening activities and comprehensive follow-up care plans, supporting infrastructure and equipment acquisition for existing diabetes care facilities, and providing training of professional and community diabetes educators. If you would like more information concerning these grants, please let me know.

In my August newsletter article, I challenged you to find out where the diabetic need is in your community. This month I have a new challenge for you. Once you find out the diabetic need of your community, I challenge you to come up with a creative way to bring awareness to diabetes that is fresh and new. For instance, being in the virtual age, there is so much that can be done through social media platforms such as: YouTube, Facebook, Instagram, Tumblr, and Twitter. Using these social media platforms to get the word out concerning upcoming service projects and fundraisers will reach a larger demographic. This will lead to more opportunities to educate and promote awareness for diabetes and other causes of Lions Club International. 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!



Lion Brendan

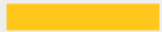
























Diabetes Chairperson District 29I

Email address: lionbrendanbyrne@gmail.com


























The States with the Highest Projected Diabetes Rates

Percentage of State Population in 2030 with Diabetes

Most

| Rank | State | % Rate | |
|------|----------------|--------|---|
| 1 | West Virginia | 20.5% |  |
| 2 | Florida | 18.8% |  |
| 3 | Mississippi | 18.4% |  |
| 4 | Alabama | 18.3% |  |
| 5 | Kentucky | 17.9% |  |
| 6 | Louisiana | 17.6% |  |
| 7 | Delaware | 17.3% |  |
| 8 | Arkansas | 17.0% |  |
| 9 | New Mexico | 16.8% |  |
| 10 | South Carolina | 16.6% |  |
| 11 | Tennessee | 16.4% |  |
| 12 | North Carolina | 16.2% |  |
| 13 | Oklahoma | 16.2% |  |
| 14 | Michigan | 16.2% |  |
| 15 | Ohio | 16.1% |  |
| 16 | Maine | 16.0% |  |
| 17 | Texas | 15.8% |  |
| 18 | Pennsylvania | 15.8% |  |
| 19 | Indiana | 15.6% |  |
| 20 | Georgia | 15.4% |  |
| 21 | Maryland | 15.3% |  |
| 22 | Arizona | 15.3% |  |
| 23 | New Jersey | 15.3% |  |
| 24 | Missouri | 14.9% |  |
| 25 | New York | 14.9% |  |

Least

| Rank | State | % Rate | |
|------|---------------|--------|---|
| 1 | Utah | 10.2% |  |
| 2 | Alaska | 10.6% |  |
| 3 | Colorado | 10.8% |  |
| 4 | Vermont | 11.5% |  |
| 5 | Montana | 11.7% |  |
| 6 | Minnesota | 11.7% |  |
| 7 | North Dakota | 12.8% |  |
| 8 | Iowa | 13.3% |  |
| 9 | Idaho | 13.4% |  |
| 10 | Nebraska | 13.4% |  |
| 11 | New Hampshire | 13.4% |  |
| 12 | Wyoming | 13.5% |  |
| 13 | Connecticut | 13.5% |  |
| 14 | Rhode Island | 13.8% |  |
| 15 | South Dakota | 13.9% |  |
| 16 | Oregon | 13.9% |  |
| 17 | Washington | 13.9% |  |
| 18 | Wisconsin | 14.1% |  |
| 19 | Nevada | 14.2% |  |
| 20 | Illinois | 14.3% |  |
| 21 | California | 14.4% |  |
| 22 | Kansas | 14.7% |  |
| 23 | Massachusetts | 14.7% |  |
| 24 | Hawaii | 14.7% |  |
| 25 | Virginia | 14.8% |  |

Source: Institute for Alternative Futures

AROUND THE DISTRICT



Fort Ashby Lions Club



Fort Ashby Lions, helping with Mountaineer food bank.
Food giveaway at the Mineral county fairground.

Martinsburg Centennial Lions Club



Pictured (l-r) are Martinsburg Centennial Lions Eugene Hoitt, Elizabeth Hoitt, Membership Director Rob Hoitt, Treasurer Kelley Lupis, President Patricia Sewell, Joelinn Allen, Robert St John, District Governor John Mason, PCC Doug Long and 1st Vice Governor Sue Long.

A Charter Night dinner was held on August 26th at Charlotte's Café in Berkeley Springs to celebrate the founding of the Martinsburg Centennial Lions Club. The new club was sponsored by the Fort Ashby Lions Club. Past Council Chair Doug Long and 1st Vice District Governor Sue Long of the Fort Ashby Club are serving as Guiding Lions for the new club. Lion Doug served as the Master of Ceremonies of the dinner and Lion Sue installed the newly-elected officers and inducted new members into the club.



Past Council Chair Ken Shahan presented President Patricia Sewell with the Martinsburg Centennial Lions Club Charter from Lions Clubs International.

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

Lanny Balentine, PDG • Lions Club Sales Representative
Cell: (864) 444-1325 • Email: lbalen1010@aol.com

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