



International Association of Lions Clubs

**WEST VIRGINIA LIONS
DISTRICT 29-I**

District Governor Cindy Glass

Volume 1 #5 November 2010



I am still enjoying my memories of our Fall Conference October 22-23 at the Bridgeport Conference Center! It was a joy to see all the Lions who attended and made it such a special weekend for me. Here are some of the highlights:

- 186 total attendees with 37 first timers.
- Friday night dancing with Lion DJ Don Niles.
- A Strides Walk for diabetes awareness organized by Diabetes Chair Rusty Mall.
- A packed cabinet meeting with 28 out of 31 cabinet members in attendance
- Luncheon speaker PDG Steve Beecroft, President of the West Virginia Lions Sight Conservation Foundation, outlined the current state of the Foundation and noted some inspirational stories of the Foundation's successes.
- Afternoon seminars provided a chance for learning and sharing – presenters were ID Anne, PCC Gary Van Horn, PDG Marshall Reed and PCC Steve Glass.
- PCC Gary Van Horn provided training on the new Portable Screening Equipment.
- Shopping excursions by trolley to the Meadowbrook Mall.
- Hospitality room fun.
- Successful Silent Auction organized by Secretary/Treasurer Janice Nicholson
- A delicious Saturday evening banquet followed by a keynote address from ID Anne Smarsh from Kansas
- After dinner entertainment by the rocking “Singing Nuns” that had everyone clapping and singing along.
- A parade of checks which netted over \$51,000 donated by 41 clubs
- Special awards presented from ID Anne to PCC Trish Glennon, FVDG David Nicholson and PCC Steve Glass.

There are several people I want to thank for serving on the Conference Committee and for helping out over the course of the weekend. First of all, a giant thanks to PCC Steve Glass for serving as conference chair. He put in many hours of work, made dozens of phone calls and emails, and checked his lists numerous times to cover all the bases. I want to thank our sponsoring clubs, the Lions Clubs of Clarksburg, Bridgeport and Shinnston for their support, and specifically the following individuals: Linda and Clay Ott, Nick and Patty Lambernedis, Stumpie Bice, Rusty Mall, Al Cox, Warren Wilson, Marge Mester, Dave and Shirley Masto, Jim Harris, Bob and Ruth Allen, Bob Boyer, Drew Tate, Coulter Bracken, Marsha Jones, Bob Corley, Louise Edgell, Dave and Becky Minor, Cookie Maley, Delores Minor, Marion and Janice Russell. Another big thanks goes out to Lions Janice Nicholson and Mary Jean Bunch from the West Milford Lions Club for their hard work on the Silent Auction and the Parade of Checks and to Judy Weber of the Berkeley Springs Lions Club for her assistance.

**HAVE A
WONDERFUL
THANKSGIVING!**



In this great season of thanks, I also want to express my gratitude to all the clubs who hosted me in October: Shinnston, Inwood-Bunker Hill, Mountain, Franklin, Sugar Grove, East Lewis, Kingwood, Rowlesburg, Tunnelton, Berkeley Springs, Lumberport, Short Gap, West Milford, Junior and Harpers Ferry-Bolivar. I so enjoyed every visit, and I am constantly amazed by the wonderful people I meet at every visit and the great service being done in each community. Blessings to all of you!

CONFERENCE FUN!



SECOND THOUGHTS FROM SVDG BARBARA FISHEL



As we get older we suddenly realize how time flies. Where has the last four months gone? One third of this Lion Year is over. We need to stop and think if we are meeting our goals and if we are on track to meet them. I know I have enjoyed the year so far and I am looking forward to the next adventure. I have attended DG visits, Zone Meetings, fundraisers, conferences, and other Lions-related activities.

I will have to say one of my most memorable adventures so far was being able to attend and assist with the annual North Carolina VIP (Visually Impaired Persons) Fishing Tournament on the Outer Banks. Over 500 blind persons participated in the tournament. Dozens of other Lions and non-Lion volunteers assisted with whatever job that was needed to be done to help the Lions of North Carolina accomplish their goal of providing hope and encouragement to those less fortunate.

I had the pleasure of meeting and getting to talk with District Governor Gwen White of NC. She was the one who everyone looked to for direction at the tournament. She told me that the NC Lions needed to raise \$200,000 for the tournament alone. Can you imagine? But with hard work and perseverance they always accomplish what they need to do. DG Gwen may be a little woman, but she is full of steam and determination and never seems to back away from adversity. What a role model she is for the Lions of North Carolina.

The Lions of West Virginia are to be commended for their efforts on the first West Virginia VIP Fishing Tournament. They may have a way to go before they “catch” up with North Carolina but this was the 28th annual tournament for NC. HATS OFF to West Virginia Lions and their hard work.

WHAT IS A DISTRICT SERVICE COORDINATOR?

The West Virginia Lions Sight Conservation Foundation appoints four District Service Coordinators in each District upon the recommendation of the District’s Trustees and District Governor. The coordinators serve one year terms but may be reappointed to successive terms.

The District Service Coordinators: • Receive applications from Lions clubs, review and investigate the applications and coordinate services to the patient applicant including follow-up contact with the patient/applicant to ensure that approved services were provided in accordance with policies established by the Trustees • Utilize all applications for assistance which are approved by the Trustees and ensure that all required information has been provided before approving any applications • Attend all required training as required by the trustees • Provide written quarterly reports on the number of applications for assistance handled, the kind and nature of the request and the status of each case, including when and where the service was provided • Perform such other duties as prescribed by the Board of Trustees or Officers of the Foundation.

District Service Coordinators for District I for the current year are:

PDG Glenn Ryburn
236 Spicy Cedar Lane
Berkeley Springs, WV 25411
(304) 258-8939

Lion Leatrice Gallien
Rt. 3, Box 238
Philippi, WV 26416
(304) 457-2466

Lion Evan Bice
910 Lawman Avenue
Bridgeport, WV 26330
(304)842-8668

Lion Bruce Haddix
Rt. 3, Box 155
Elkins, WV 26241
(304)636-2791

LCIF UPDATE

By PCC Steve Glass

Thanks to the generosity of the following district 29-I clubs during the Parade of Checks at the district conference, \$11,430.00 was donated to LCIF: Berkeley Springs, Bridgeport, Buckhannon, BUYAH, Central Upshur, Charles Town, Clarksburg, Flemington, Fort Ashby, Hodgesville, Inwood-Bunker Hill, Ireland, Jane Lew, Junior, Kingwood, Lumberport, Martinsburg, Mount Storm, PawPaw, Petersburg, Pikeside, Romney, Rowlesburg, Shinnston, Short Gap, Thomas-Davis, Tennerton, Valley District, Wardensville, and West Milford. Thank you and kudos to all of you for being a Beacon of Hope to the thousands of people around the world who will benefit from your generosity. I am hoping that each club in the district will contribute to LCIF this year so that we can help meet the humanitarian needs of your Foundation.

According to the most recent Status of Installments Report (prior to the Parade of Checks) from LCIF, the following clubs have the required amount on deposit with LCIF to name a Melvin Jones Fellow: Berkeley Springs, Charles Town, Elk District-Stonewood, Fort Ashby, Harpers Ferry-Bolivar, Hodgesville, Inwood-Bunker Hill, Jane Lew, Johnstown, Keyser, Lost Creek, Moorefield, Rowlesburg, Shinnston, Thomas-Davis, Tygart Valley, and West Milford. Several other clubs are within \$150.00 of having the required \$1,000.00. With the donations made during the Parade of Checks, our district could easily grow by 30 MJFs this year. If you desire to know the amount that your club has on deposit toward a MJF, please contact me.

The Contributing Membership Program is an annual program that recognizes three levels of support: US\$20, US\$50 and US\$100. Donations support our humanitarian efforts, with 100 percent of every contribution going to LCIF programs. This year is different from the past years in that a Lion can receive a Contributing Member Pin on the spot by making a donation and giving it to me. I will have Contributing Member pins available with me during my travels with DG Cindy, and at zone and club meetings so see me if you would like to become a Contributing Member.

UPCOMING EVENTS

- Baked Steak Dinner - The Wilsonburg Lions Club's Fall Baked Steak Dinner will take place on **Sunday, November 7**, at Wilsonburg Elementary School from 11 a.m. to 2 p.m. \$8.00 per dinner. Dine in or take out. Contact Lion Paul Watson at 304-842-3158.

- The Arlington Glen Falls Lions Club is conducting their annual Holiday Pie Sale. **Orders will be taken up to November 11 and delivery will be on November 19.** Pies range in price from \$10-12. Pies available are Dutch Apple, Blueberry, Cherry, Coconut Meringue, Lemon Meringue, Sugar Free Apple, Pecan, Pumpkin, Cheesecake, Apple Cobbler, Blackberry Cobbler, Cherry Cobbler, and Peach Cobbler. Contact Buck or Libby Poe at 304-842-7092 to order a delicious pie!



- The Inwood Bunker Hill Lions club will celebrate 65 Years of Lionism on **Friday, November 12**, at the Comfort Inn, Edwin Miller Boulevard in Martinsburg. Special Guest Speaker: PID Robert Browning. Reception will begin at 6 p.m. Dinner will begin at 6:30 p.m. RSVP to Lion Cindy Trenary at 304-229-2939. Cost of dinner is \$15.00.

UPCOMING DEADLINES

- The Peace Poster Contest should be wrapping up for all clubs participating. Remember that your club's entry must be postmarked to DG Cindy Glass by November 15. Contact Lion Doug Long at 304-298-4811 if you have any questions.
- The Youth Exchange Scholarship Contest entries must be postmarked December 1, 2010. Scholarships of \$2000 and \$1000 will be awarded, along with possible travel grants of \$500. Entry forms and rules for the contest have been sent to all high schools in District I; however, if you know of a student that is interested (grades 10-12), contact Lion Linda Ott at 304-842-5625 to obtain the necessary paperwork. The application is also available on the district website.

A FEW WORDS FROM DIABETES CHAIR HOWARD "RUSTY" MALL...

We held our first Annual Strides Walk for Diabetes this year at the Fall Conference, a goal of our District Governor Cindy, and it was a great success. Thanks to all of the participants who enjoyed a short walk on a beautiful fall day.

How much sugar is in one can of soda? Ever bother to look at the back of a soda can? Maybe you've seen that a regular can of soda — 12 ounces — has about 150 calories. And that's where most people stop reading. There's no fat, and hardly any sodium. Nothing to see here. But there is some sugar. 40 grams. Ok. 40 grams. That's not a really big number. Some people just like sweet drinks. There's people who order a small coffee — McDonalds serves a 12 ounce small coffee — and they put 5 or 6 sugar packets in it. Maybe they use sugar cubes. 1 sugar packet = 1 sugar cube. So how much sugar is in a packet, or cube? Not every sugar packet is the same size, but almost all of the sugar packets you'll see in the United States contain 4 grams of sugar. And those 4 grams of sugar have 15 calories. That means there's 10 packets of sugar in a can of soda. And at 15 calories per packet, that means that all 150 calories are from the sugar. "But I buy bottled soda." So how much sugar is in a bottle of soda? Well, most bottles of soda are 20 ounces. 20 ounces has 69 grams, divide by 4, and it means there's 17-and-one-quarter sugar packets in a 20 oz soda bottle.

A medium soda cup from McDonalds holds 21 ounces. So what? Well, for one thing: if you're at risk for diabetes, lots of sugar doesn't help you at all. You probably know that when the body digests sugar, your pancreas releases insulin to help you use the sugar energy. Too much sugar, and you can wear out your pancreas. Not to mention that sugar makes you fat. How fat? Well, let's pretend that you consume the exact number of calories needed to power your body, every single day, and no more. That's a pretty good diet. Now, to reward yourself, you enjoy a soda every day. Just one, you don't want to go overboard. That one soda per day adds 150 calories every day. 150 calories @ 365 days equals 54,750 calories each year. Since there's 3500 calories per pound, that one soda per day adds 15.64 pounds per year. If you weren't already fat, you will be soon.

WELCOME NEW MEMBERS!

Ky Jenkins	Clarksburg Lions Club
Vera Green	Glen Elk Village
Nathanael Herrod	Glen Elk Village
Joseph Oliverio Jr.	Glen Elk Village
Ronald Madurski	Lost Creek
David Dehaven	Martinsburg
Judy Haines	Martinsburg
Ivy Joann Jacobs-Wes	Martinsburg
Paula Mills	Martinsburg
Delores Stemple	Mountain
Linda Rhodes	Petersburg
Steven Rhodes Sr.	Petersburg
Charles D. Ahrend	Philippi
Eleanor Cronlund	Philippi
Norma Dowling	Rowlesburg

UPCOMING ZONE MEETINGS

Zone 2	November 17
Hosted by Ft. Ashby Lions	
Zone 5	November 15
Hosted by Kesling Mill Lions (6:30 p.m.)	
Zone 7	November 9
Hosted by Rowlesburg Lions	
Zone 8	November 16
(Time and place to be announced)	
Zone 10	November 11
Hosted by Lost Creek Lions (7:00 p.m.)	

GLOBAL SERVICE INITIATIVE FOR NOVEMBER AND DECEMBER IS RELIEVING HUNGER



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PROJECT IDEAS FOR RELIEVING HUNGER

1. Sponsor a community food drive to replenish a local food pantry.
2. Volunteer to deliver prepared meals to elderly citizens.
3. Organize a feeding program at a local school to provide healthy, nutritious meals.
4. Prepare and deliver food baskets to families in need.
5. Serve meals at a soup kitchen or homeless shelter.
6. “Adopt” a family struggling to put food on the table. Take them shopping for fruits and vegetables.
7. Organize an event to benefit the food bank in your community; use cans of food as admission.
8. Sponsor a hunger walk and use proceeds to buy food for an orphanage or shelter.
9. Create snack packages to be distributed to children in need.
10. Collaborate with other area service organizations to take turns hosting a meal for people in need.
11. Partner with local restaurants or food markets. Pick up donations of fresh food items for a women’s or children’s shelter.
12. Create a cookbook of inexpensive, easy-to-make recipes.
13. Start a food cooperative to serve as a resource for healthy food at a more affordable price.
14. Help plant a community garden so local residents can harvest their own food supply.
15. Collect infant formula and baby food for an organization serving young mothers at risk.
16. Provide a healthy snack or meal for a group of needy children who are in an after-school program.
17. Work with health care professionals to provide free classes on nutrition and food preparation.
18. Provide apples or another type of fruit as a healthy snack for children in childcare facilities.
19. Provide transportation for elderly residents so they can shop for groceries.
20. Teach children to bake a loaf of bread that they can take home to their families.

ROMNEY LIONS CLUB CELEBRATES 80 YEARS

The Romney Lions Club was chartered in November of 1930 and sponsored by the Winchester, Virginia Lions Club. This past month the Romney Lions Club celebrated its eightieth anniversary with not only a number of current members from the Winchester Lions Club but numerous other Lions Clubs from across the district and region including Tennerton, Elkins, Inwood, Bunker Hill, Moorefield, Berkeley Springs, Stephens City, Martinsburg, and Mt. Storm.

An anniversary dinner was held in the Fellowship Hall of Romney First United Methodist Church on Thursday, October 7th. The keynote speaker was Past International Director Wayne E. Davis from the Winchester Lions Club. Lion Wayne Davis has been active not only in his local Lions Club for years but active on the district, national and international levels. Remembering the community of Romney from his childhood and youth, he brought not only memories but also words of appreciation and gratitude for the many contributions that the Romney Lions Club brought to the area. Such contributions include sight screenings, eye glasses for those in need, distribution of flags to county school children, thousands of dollars to the state Sight Foundation, diabetes awareness programs, ski trips for the students at the WV School for the Blind, guide dogs, and hundreds of other community projects.

Numerous awards were presented on this occasion including the Leonard Jarrett Award. Lion Leonard Jarrett is recognized by the Lions of West Virginia as the founder of the West Virginia Lions Sight Foundation. In 1984 the Foundation established the Leonard Jarrett Award as its highest honor. A donation of \$1,000 by a Lions Club honors the person or persons of their choice who has served the sight or hearing needs of others. The Romney Club was pleased to present the Leonard Jarrett Award to Lion Don Peters.

Lions International recognizes outstanding individuals by bestowing on them an award that is named for the founder of Lions, Melvin Jones. This Fellowship Award is the highest form of recognition and embodies humanitarian ideas consistent with the nature and purpose of Lionism. Romney Lions Club was proud to present this award to Lion Lori McDonald.

Some seventy Lions and their guests were present for this special event. Living the motto "We Serve" continues to be the goal of the Romney Lions Club. If anyone should be interested in more information about the Romney Lions Club, they are encouraged to speak with either the President, Frank McGhee, or the secretary, Roy Knight.



WEST VIRGINIA LIONS 2011 LEADERSHIP SCHOOL

Keynote Speakers

The 2011 West Virginia Lions Leadership School will once again have four outstanding speakers. The featured guest speakers always add to the enjoyment and learning opportunities of the school.

Brigadier General James Hoyer, Director of the Joint Chief of Staff of the West Virginia National Guard, Joint Forces Headquarters. In his capacity he manages and directs for the Adjutant General the day to day activities for the West Virginia Joint Forces Headquarters and the West Virginia Army and Air National Guard staffs.

Dr. Visvanathan Ramamurthy, Assistant Professor at West Virginia University, is the Research Director of the WVU Eye Institute and leads a vision research team of 20 scientists. His current research on childhood blindness and gene therapy is supported by the West Virginia Lions Sight Conservation Foundation.

Jim Hensley, First Sergeant Ret. Mr. Hensley served in the US Army from 1967 until retiring in 1994. Mr. Hensley currently is the Army Instructor for JROTC at Fishburne Military School in Waynesboro, Virginia.

Past International Director Wayne Davis from Stephens City, Virginia will be the speaker for the Saturday evening session. PID Davis was elected to serve a two-year term as a director of the International Association of Lions Clubs at the association 90th International Convention held in Chicago July 2-7, 2007. A retired elementary school principal PID Davis is a member of the Winchester-Shawnee Lion Club.

The West Virginia Lions Leadership School will be held January 28-30, 2011 at the Days Inn Flatwoods. Reservations for room accommodations please call the Days Inn Flatwoods @ 304.765.5055 and advise the clerk you are with the Lions Club. Please contact Lion PDG Donna Pinkerman at 304.736.8075 for registration information.

SALEM CHARTER NIGHT

The New Salem Charter night was very successful. There were 8 clubs present: New Salem, Wilsonburg, Bridgeport, Tennerton, Arlington Glen Falls, Glen Elk Village, Shinnston and Clarksburg. Three new Charter members joined that evening.

The club would like to thank Salem IGA for donating the cakes. They would also like to thank the following clubs and Lions for their generous donations: IPDG Rob Silvester, 1st VDG Patty Nutter from District L, Wilsonburg Lions Club, Glen Elk Village Lions Club, Shinnston Lions Club, Arlington Glen Falls Lions Club, Sardis District Lions Club, East View Ladies Lions Club, and Ireland Lions Club.

If any other clubs would like to make a donation to this club please make checks payable to: New Salem Lions Club and mail to the secretary/treasurer Lion Penny Ash at Rt. 2, Box 112A, Salem, WV 26426.

The club has begun to collect used eyeglasses at the Salem IGA. Their first fundraiser is a collectors edition Dr. Pepper mountain bike, 26 inch, 21 speed for \$1.00 each or 6 for \$5.00.

Pictured is IPDG Rob Silvester presenting the charter to President Traci Bunch, secretary/treasurer Penny Ash and Tail Twister Mike Davis.





The Mountain Lions Club presented DG Cindy with a "BIG" surprise!

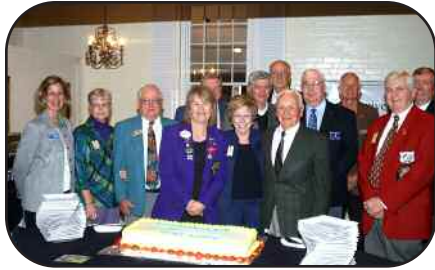


President Tom Exline, Lumberport Lions Club, with their well-dressed mascot and DG Cindy.



Franklin Lions Club President Richard Lang, DG Cindy, and Sugar Grove Lions President Bill Hall.

COME SHARE OUR VISITS . . . FUN, FRIENDS AND OUR LION FAMILY



The Berkeley Springs Lions Club celebrated its 65th Anniversary and District Governor's Night on October 15th at the Country Inn in Berkeley Springs. Pictured are "Old Monarchs" of the club with DG Cindy.



L-R: Sec'y Margaret Schollar, Rowlesburg LC; Danny Miller, Sec'y Tunnelton LC; Charter Member George Hartman, Kingwood LC; President Bonnie Hamrick, Rowlesburg LC; DG Cindy; President Angie Marrara, Kingwood LC; Zone 7 Chair Bob Sypolt.



Newly inducted Mountain Lions Club member Delores Stemple, with Lion David Stemple, her husband and sponsor, Lion Melvin Stemple and Lion President Gary Stemple.



East Lewis Lions Club President Bonnie Hersman presents a check to DG Cindy.



Shinnston Lions Club's District Governor's Breakfast at Jimmy's Diner in Shinnston. L-rFVDG Dave Nicholson, Cab. Sec./Treasurer Janice Nicholson, PCC Steve Glass, DG Cindy, and President David Minor.



President Roger Ward, Hodgesville Lions Club, DG Cindy, and President Billy Ratliff, Kesling Mill Lions Club.



Members of the Inwood Bunker Hill Lions Club gather to celebrate DG Night on October 5.



Lion President Rusty Blackford of the Harpers Ferry Bolivar Lions Club with DG Cindy at the charming Anvil Restaurant.



President Bonnie Hamrick, new member Norma Dowling, and Secretary Margaret Schollar, of the Rowlesburg Lions Club.



West Milford Lions Club Governor's Night. L-R State Secretary John Pinkerman, Sec'y Janice Nicholson, DG Cindy, President Sid Jett and SVDG Dave Nicholson.



PCC Gary Van Horn trains 29-I Lions on the Portable Eye Screening Equipment.



Lion Linda Van Horn strikes a pose.

CALENDAR OF EVENTS

November 1	DG Visit to Petersburg/Moorefield LCs Social time 6:30 p.m. Kaposy's Great Room, Petersburg
November 5-6	District N Conference – Pipestem Resort
November 7	2nd Council of Governors – Pipestem 9 a.m.
November 8	DG Visit to Elkins/Tygart Valley/Roaring Creek LCs
November 10	DG Visit to Lost Creek/Johnstown/Mt. Clare at Lost Creek United Methodist Church 7 p.m.
November 12	65th Anniversary of Inwood Bunker Hill LC Comfort Inn, Martinsburg – Contact PCC Trish at 304-229-7949 - Speaker: PID Bob Browning
November 16	DG Visit to Elk District Stonewood LC
November 18	DG Visit to BUYAH 12:30 p.m.
November 18	DG Visit to Keyser LC
December 2	DG Visit to Romney LC
December 9	DG Visit to Bruceton Mills LC
December 14	DG Visit to Jane Lew LC



District Governor Cindy Glass
191 Ridgeway Drive
Bridgeport, WV 26330



What you can find this month...

District Governor's Message
Calendar of Events
Conference Fun Photos
Upcoming Events
LCIF Update
Diabetes Awareness