

DISTRICT 29-L West Virginia, USA
September 2026 Newsletter



Message from District Governor Tony Vandenberg

WELCOMING THE FALL!

Ready or not, we are heading into September, and then Fall. Late summer picnics and activities, schools open, fall sports – and Lions Clubs service projects, fundraising and fellowship. Items:

- See the flyer for “Lions For Little Hearts” our District **service** project for pediatric cancer patients at the WVU Medicine Golisano Children’s Hospital. This will have real impact for children and families going through very difficult times. Details were emailed to Club presidents and secretaries.
- The West Virginia University Lions Club held its charter celebration August 15th. It was great to be in **fellowship** with an enthusiastic energetic group of Lions.
- Our district 29-L cabinet held its first meeting, and it too was an enthusiastic energetic **leadership** group. Our Lions year is off to a good start.
- I would love to visit your Lions Club – for a meeting, or other event. Please contact me and we can arrange a date.
- Zones will soon be holding their first meetings. Please send representatives of your clubs to these gatherings, which provide communication, ideas for **service**, **leadership**, and good **fellowship**.
- Natural disasters seem to be occurring in the country and in West Virginia more and more often. The recent floods in Lewis and Upshur counties have been devastating. District 29-I has been active in **service** helping to recover. They have applied for and received a Lions Club International Foundation emergency grant for \$15,000.

Our district has an account for disaster relief, with a small balance. Clubs have made donations as part of the Parade Of Checks at conferences over the years. We ask you to consider making a donation so that if our District needs to respond quickly, we would have some available funds. You can send a check to Cabinet Secretary-Treasurer Bill Syphers at any time.

- District 29-I will be holding its conference on October 17, in Bridgeport. That location is fairly easily accessible to much of our district. This is a good opportunity to gain ideas for **service**, **leadership**, and share **fellowship** with Lions from our state. See the registration form in this newsletter.

DISTRICT 29-L CABINET 2026-2027

Tony Vandenberg	District Governor
Kim Ebert	Immediate Past District Governor
Lori Roberts	First Vice District Governor
Bill Syphers	Cabinet Secretary-Treasurer
Kristine Quinn	District Global Extension Team Coordinator
Bernice Pitcock	District Global Leadership Team Coordinator
Amy Houser	District Global Membership Team Coordinator
Ramona Sago	District Global Service Team Coordinator
Dave Roberts	LCIF District Coordinator
Jay Houser	LCIF Multiple District Coordinator
Ramona Sago	District Administrator
Kristine Quinn	Newsletter Editor
Mary Keyser	District Diabetes Chairperson
Ramna Sago	District Disaster Relief Chairpersons
Bill Syphers	
Kathy Syphers	District Information Technology Chairperson
Eva Dague	District Leo Club Chairperson
Paul Amhrein	Sight/Hearing & WVU Eye Institute
Patty Nutter	Youth Exchange (Elected)
Lori Roberts	District Convention Chairperson
David Sago	Peace Poster
Richard McMillan	Guide Dogs
Amy Houser	Sight Equipment Coordinator
Bernice Pitcock	Zone 1 Chair
Kathy Syphers	Zones 2 & 3 Chair
Bill Bell	Zone 4 Chair
Dave Roberts	Zone 5 Chair
Kim Ebert	Zone 6 Chair
Richard McMillan	Zone 7 Chair

LIONS CALENDAR

September 3-5	USA Canada Forum, Memphis TN
September 3	Washington LC DG Visit
September 17	Williamstown LC 80 th Charter Anniversary DG Visit
October 1	Mount Olivet LC DG Visit
October 6	Weirton LC DG Visit
October 17	District 29-I Fall Conference, Benedum (Bridgeport) Civic Center
October 19	Doddridge County LC DG Visit
October 26	Pleasants Area LC DG Visit
October 30 – Nov 1	District 29-C Conference, Pipestem Resort State Park
November TBA	29-L Cabinet Meeting, via Zoom
November 10	Friendly, Paden City, and New Martinsville LCs DG Visit
November 16	Putnam County LC DG Visit
January 29-31, 2027	Lions of WV Leadership Retreat, Flatwoods Convention Center
March 12-13, 2027	District 29-L Conference, Blennerhassett Hotel, Parkersburg

Lion Tony Vandenberg

District Governor Ajv26170@yahoo.com Mobile: (808) 557-1113

Little Lions with Little Hearts

Dear Club President and Secretaries,

I am writing to share the Little Lions with Little Hearts initiative and invite your club to participate in a meaningful district-wide effort to support pediatric cancer patients.

Enclosed with this message is the Little Lions with Little Hearts flyer, outlining how Lions in District 29-L are providing comfort, courage, and encouragement to children undergoing treatment. Each club is asked to contribute, as you are able, a **\$50 donation or more** toward the creation of Little Lions with Little Hearts Comfort Kits. Your club might consider a special fundraiser for this purpose.

You may send your club's \$50 donation directly to the District Secretary-Treasurer, and you should specify the funds as **Little Lions with Little Hearts** on the memo line for purchasing comfort items. All purchasing will be coordinated by PDGs **Ramona Sago** and **Kim Ebert** to ensure consistency across all kits.

Please note that **all donations must be received no later than October 31, 2026**. A complete list of club contributions will be maintained for district records and transparency.

Once all donations are collected, the comfort kits will be assembled and delivered to the hospital in one coordinated district trip. A follow-up letter and photo will be included in the **district 29-L newsletter** so every club can see the impact of their support.

Thank you for your continued dedication to serving children and families in our communities. Your participation in Little Lions with Little Hearts helps bring comfort and courage to those who need it most.

Yours in Lionism,

PDG Ramona Sago District GST

Cabinet Secretary-Treasurer Bill Syphers 77 Raven Avenue Wheeling, West Virginia 26003

LIONS FOR LITTLE HEARTS

Compassion in Every Paw. Courage in Every Child.



SUPPORTING PEDIATRIC CANCER PATIENTS

**WITH COMFORT, CARE,
AND COURAGE**

Lions for Little Hearts is a service initiative of the Lions Clubs of WV District 29L dedicated to bringing comfort to children battling cancer.

We provide thoughtful items that offer encouragement, reduce stress, and remind each child they are strong, brave, and never alone.

♥ SERVING WVU MEDICINE GOLISANO CHILDREN'S HOSPITAL ♥

♥ COMFORT ITEMS WE PROVIDE MAY INCLUDE: ♥



Stuffed
Lions



Activity &
Coloring Books



Blankets &
Cozy Items



Comfort &
Self-Care Items



Encouragement
Cards & Notes

Small gifts. Big impact. These items bring smiles, lift spirits, and help kids stay strong during their treatment journey.

YOU CAN HELP! ♥

- ✓ Make a financial contribution
- ✓ Spread the word and get others involved
- ✓ Make comfort kits with your club
- ✓ Support Lions for Little Hearts in your community

feel seen, supported, and brave. ♥

FOR MORE INFORMATION OR TO GET INVOLVED, CONTACT:

 **Kim Ebert**
 (C) 304-657-7755
 (E) kimwvlscf@gmail.com

 **Ramona Sago**
 (C) 985-227-6771
 (E) rsago1959@gmail.com

LIONS SERVING CHILDREN. CHANGING LIVES.
TOGETHER, WE CAN MAKE A DIFFERENCE.

Awards: A Quick Update for Your Club

The **Kindness Matters Service Award** recognizes Lions and Leo clubs that deliver innovative service with strong, positive community impact. It's a powerful way to highlight the meaningful work your club is already doing.

Nomination process:

- Club service chairperson completes the nomination form.
- Past club president provides endorsement.
- Submit to **GST PDG Ramona Sago** at rsago1959@gmail.com by **October 1, 2026**.

Excellence Awards

This year's **Weeks of Service** gives every club an easy path to participate:

- **Vision Week** in October
- **Youth Week**
- **Environment Week**
- **Hunger Week**

Any service completed during these weeks—or anytime throughout the Lion year—counts toward **Excellence Awards** for clubs, zones, regions, and districts. No formal application required — clubs qualify automatically by meeting their goals.

Service That Counts

Donations to the **WVU Medicine Golisano Children's Hospital** district service project also count toward award eligibility.

GST PDG Ramona Sago

DIABETES

Sept 26

DG Tony recently asked me to chair a district committee and showed me a list of several openings and asked me to choose whichever one I preferred. Diabetes interested me, partly because I had a career in nursing and partly because I had recently had a cat diagnosed with the disease. I was overwhelmed and imagined dollars flying out the window and giving a cat insulin twice daily.

Treatment for diabetes has changed a lot since I was a nurse and there are many new drugs that have been developed since so I have a lot to relearn. People of all ages can become diabetic and, in this article, I want to focus on childhood diabetes.

Imagine hearing your child's doctor explaining that you would have to keep checking blood sugar levels, giving insulin and being alert to wide swings in blood sugar levels. As a young child it would fall to you to do these things but as the child grows older he or she would need to learn about self-care.

There is a camp for children that focuses on teaching children about the disease while allowing them to have complete camp experiences. They can go swimming, hiking, and participate in all the normal camping activities. The name of this camp is Camp Kno Koma (the Ks are silent, so it is Camp No Coma). The cost per camper is \$200 and I will be encouraging clubs to participate in providing sponsorships.

I am available to present programs on diabetes and encourage you to call me at 304-281-0236.

Mary Keyser
District 29-L Diabetes Chairman

LCIF Report

Last Year's Results

- Worldwide donations totaled \$85 million, reaching 111% of the goal.
- Area B—Virginia, West Virginia, Ohio, and Pennsylvania—raised \$1,099,985, reaching 73% of the goal.
- MD29 raised \$87,106, reaching 62% of the goal.

This Year's Goals

- **Worldwide goal:** \$67,000,000 Cash & \$81,000,000 Stretch.
- **Area B goal:** \$1.2 million.
- **MD29 goal:** \$117,226.
 - 29L: \$36,626
 - 29C: \$30,107
 - 29I: \$50,533

MD29 can reach its goal if each member contributes \$40.

Area B Focus: Coordinators will prioritize outreach to clubs that have not previously contributed, with special attention to encouraging first-time gifts.

Personal Focus: I will concentrate my efforts on 29C, which currently has no coordinator, and 29I, which is supported by a first-year coordinator.

Fun Fact: CA1 received the fewest LCIF grants.

Contact Information

Jay Houser

29M LCIF Coordinator

Phone: 304-580-6322

Email: Gijay180@yahoo.com



Inviting New Members

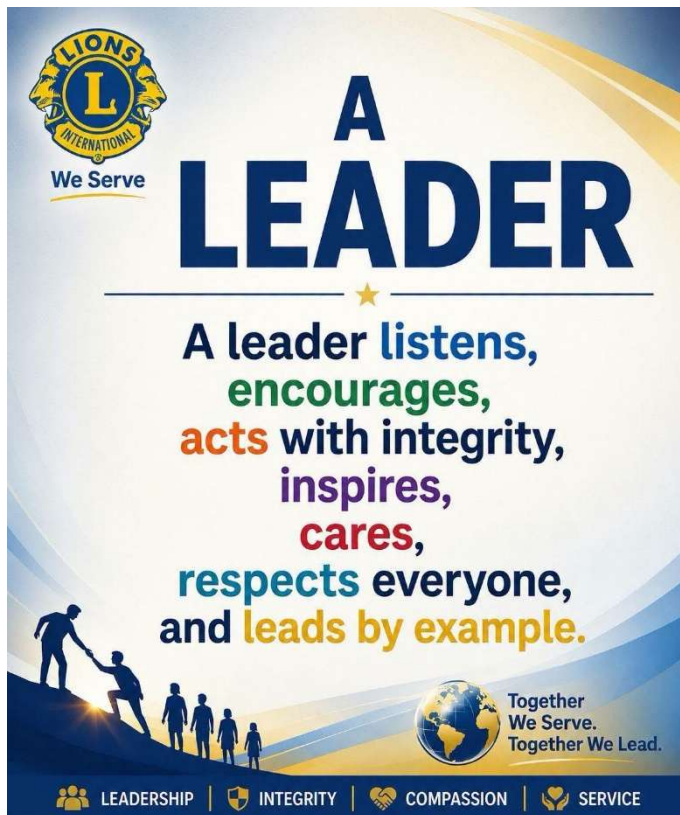
Amy Houser, District Global Membership Chair

We're all in the same boat: we need new and younger members! I have heard this at district conferences, leadership retreats, zone meetings and my own club! The key is to think about what those young people are looking for. They want meaningful service projects partnered with fellowship with likeminded folks. They don't want to go to meetings because, let's face it, most young people are working with families and don't want to sit through another meeting or miss family obligations.

- Plan service projects with families in mind. Offer supervised alternative activities for younger children. Highway cleanup can be paired with kids making wildflower bombs.
- Invite invite invite! Always invite the public to your activities! Make sure the word gets out in social media and always offer snacks, pizza, donuts, etc.

- Publicize your event when it's done and celebrate! Enjoy the time with the snacks you provided and get the word out to the local paper, tv station and social media. Potential members want to feel that they've made a difference; that's why we all are Lions!

This year's Presidential theme is "Rooted in Service". Plan family-friendly service projects that are attractive to younger members and your membership will grow. Ours did!





2026-2027 Excellence Awards

**New clubs chartered after January 1, 2027, are not eligible for the award.*

Club Excellence Award criteria

Membership:

- Achieved a net growth of two (2) members or 10% or more members, whichever is greater. (Reinstated members and charter members above the minimum 20 members will qualify.)
OR
- Sponsored a new Lions club or Club Branch

Service:

- Report a minimum of four (4) service activities.
(Three (3) must align with our Global Causes around Youth, Vision and Environment (one in each Global Cause) these service projects can be completed throughout the 2026-2027 Lion year.)

Leadership & Organizational Excellence:

- Clubs in Good Standing: not in Status Quo or Financial Suspension. Club dues paid and no unpaid balance with Lions International greater than US\$50 outstanding 90 days or more.
- Report newly elected club officers for the 2027-2028 Lions year in the Lion Portal by May 15, 2027, of the current Lions year.
- Club officers (President, Vice President, Secretary, Treasurer) to attend instructor-led club officer training (in person, virtual) organized and reported in Learn by GLT coordinator or online through the Lions Learning Center, between March 1, 2026 – October 31, 2026.
- The club president for the current Lion year must not have served in that role more than two consecutive years.
- 10% of the club's members complete any three (3) courses in the Lions Learning Center.

LCIF:

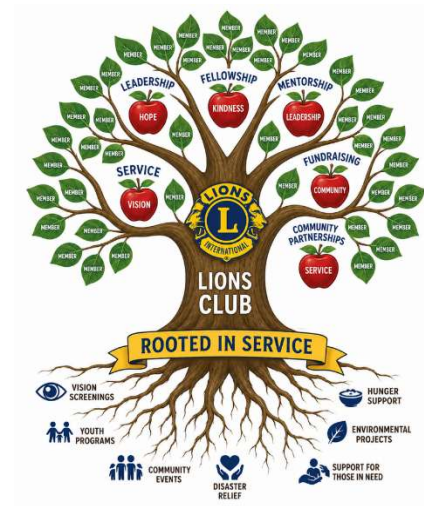
Contributed to LCIF a minimum of the club's membership total at the start of the 2026-2027 Lion year multiplied by US\$20.

District, Region and Zone criteria

For the District, Zone Chairperson and Region Chairperson, 50% of the clubs must earn the club excellence award for them to receive this award.

8/6/2026

Lions District 29L is Rooted in Service and ready to GROW!



Your support team:

District Governor	Tony Vandenberg	808-557-1113	Ajv26170@yahoo.com
Immediate PDG	Kim Ebert	304-657-7755	kimwvlscf@gmail.com
First Vice DG	Lori Roberts	304-481-4159	Ccrpar1lxu@gmail.com
Cabinet Secretary/Treasurer	Bill Syphers	304-280-6622	billsyphers@comcast.net
District Global Extension	Kristine Quinn	412-915-9465	Trabbold769@comcast.net
District Global Leadership	Bernice Pitcock	304-797-8374	bpit@comcast.net
District Global Membership	Amy Houser	304-200-0146	Gerbs2824@msn.com
District Global Service and District Administrator	Ramona Sago	985-227-6771	Rsago1959@gmail.com
Zone 1 Chair	Bernice Pitcock	304-797-8374	bpit@comcast.net
Zones 2 & 3 Chair	Kathy Syphers	304-650-4289	Ksyphers@comcast.net
Zone 4 Chair	Bill Bell	304-699-9321	Bill.bell.teachers@gmail.com
Zone 5 Chair	Dave Roberts	304-482-2410	parkersburgbenefits@cascable.net
Zone 6 Chair	Kim Ebert	304-657-7755	kimwvlscf@gmail.com
Zone 7 Chair	Richard McMillan		Patandbub66@aol.com



PEACE POSTER CONTEST

Theme: *"Harmony in Humanity"*



WHO CAN PARTICIPATE

- Students ages 11–13 on **November 15, 2026**
- Schools, youth groups, and community organizations may participate
- One entry per student



CONTEST REQUIREMENTS

- Original artwork only
- Size: 13" x 20" to 20" x 24"
- No lettering, numbers, or words on the front of the poster
- Use any medium except chalk, charcoal, or glitter



IMPORTANT DATES

- District Deadline: **November 15, 2026**
- Multiple District Deadline: **December 1, 2026**
- International Judging: **February 2027**
- Grand Prize Winner Announced: **Spring 2027**



CONTACT FOR QUESTIONS

For questions about rules, deadlines, or submissions, Lions may contact:



Lions Clubs International – Member Service Center
membership@lionsclubs.org ☎ 6305715466

Peace Poster Chair: Lion David Sago



HOW LIONS CLUBS PARTICIPATE

- Promote the contest to local schools and youth groups
- Provide contest kits (one per participating group)
- Host a club-level judging
- Submit the winning poster to the district



HOW TO ORDER A PEACE POSTER KIT

Each participating club must purchase an official kit.

- Order from the **Lions International Store**
- Item: **Peace Poster Kit (PPK-1)**
- Order early—kits sell out quickly





WHY LIONS SHOULD JOIN **THE THREE WEEKS OF SERVICE**

— THREE POWERFUL CAUSES! —

The Three Weeks of Service—**Vision**, **Youth**, and **Environment**—are the simplest, most effective way for every club in our district to stay active, visible, and connected.

These weeks focus on the causes that define us: helping people see clearly, empowering young leaders, and protecting the communities we call home.

WHY IT MATTERS

-  Show our neighbors that Lions are present and committed.
-  Strengthen membership and build community trust.
-  Align with Lions worldwide in service that truly matters.
-  Small projects. Big impact.

ANY CLUB. ANY SIZE. YOU CAN MAKE AN IMPACT!

-  Host a vision screening, provide eye health education, or support sight-saving efforts.
-  Mentor youth, support school programs, or create opportunities for the next generation.
-  Lead a cleanup, plant trees, or promote sustainability in your community.

SAVE THE DATES!

2026–2027



VISION

OCTOBER 8–18, 2026

Opening eyes. Changing lives.
Promote eye health and support sight-saving initiatives in your community and around the world.



YOUTH

FEBRUARY 13–21, 2027

Empower today. Lead tomorrow.
Invest in our youth through service, mentorship, and programs that build brighter futures.



ENVIRONMENT

MAY 29–JUNE 6, 2027

Protect today. Preserve tomorrow.
Take action to care for our planet through sustainability, conservation, and clean community initiatives.



LEAD INSPIRE SERVE

Three weeks. Three causes.
ONE DISTRICT.
TOGETHER, WE CAN
MAKE A **REAL** IMPACT.



GET INVOLVED!

Plan a project. Rally your club. Make a difference during the Three Weeks of Service!



ADOPTABLE & ADAPTABLE SERVICE PROJECT IDEAS

<https://bit.ly/CALionsOwnIt>

ACCESSIBLE VERSION HERE



LIONS SERVE. COMMUNITIES THRIVE.  TOGETHER, WE CAN CHANGE THE WORLD!

CLUB HAPPENINGS!



The Friendly Lions Club screened 46 children at the annual Tyler County FRN Back To School. Event occurred at Sistersville Elementary School on August 4.



The Warwood Lions held their annual community festival on August 7th and 8th at Garden Park in Warwood. Proceeds from the festival will go to Vision, scholarships and community projects.



The Fairmont Lions cleaned litter from a 2.5 mile section of the West Fork River Trail (James LaRue Trail) on Saturday, August 15, 2026. In addition to picking up trash, some low-hanging tree limbs were cut from above the trail to create a safer passage for cyclists. The Fairmont Lions Club "adopted" this trail, cooperating with Marion County Parks and Recreation, and has been keeping it litter free for many years.



Mt. Olivet Lions Club gave dictionaries to the third graders at Our Lady of Peace School. With the students are Lions Jim Lightner, Connie Wright and Sandy Schafer.



DISTRICT 29 I FALL CONFERENCE
OCTOBER 17, 2026
10 A.M. TO 4 P.M.
THE BENEDUM CIVIC CENTER
164 WEST MAIN ST.
BRIDGEPORT, WV.

REGISTRATION FORM

Name: _____

Address: _____

Email: _____

Club _____ District _____

Cost: \$25- Saturday all day includes: LUNCH: **PLEASE CHOOSE ONE MAIN COURSE**

___ ITALIAN SAUSAGE/PEPPERS OR ___ BAKED STEAK

MEAL INCLUDES: SCALLOP POTATOES, GREEN BEANS, SALAD, FRUIT & VEGGIE TRAY, DRINKS

*If anyone has special dietary needs please list them: _____

EVENTS: Saturday- DOOR PRIZES, lunch entertainment, seminars, service projects, special
Recognitions, parade of checks

IF NEEDING A HOTEL ROOM: We have the block of rooms in for the 29I District Conference for October 16 and 17, 2026. The rate is \$82.00 plus tax per room per night and there will be a \$3.00 fee for the City of Bridgeport Emergency fee added per room per night. The rate includes breakfast.

The guest will need to call 304 842-5411 and ask to make a reservation with the 291 District Conference or they may use the link below to book. They will need to book their reservation by October 1 to get the special rate.

Please contact me with any questions.

https://www.bestwestern.com/en_US/book/hotel-rooms.49035.html?groupId=I85FN1H5

MAKE CHECKS PAYABLE TO: THE LIONS DISTRICT 29I CONFERENCE

I need to receive the registration by OCTOBER 9. Send registrations to:

PCC SUE LONG, P.O.BOX 988, FORT ASHBY, WV. 26719