DISTRICT 29-L West Virginia, USA
November 2026 Newsletter






## Message from District Governor Tony Vandenberg

## FELLOWSHIP AND GIVING THANKS

November brings to my mind Thanksgiving — for family, friends, communities, Lions, and fellowship. Along with Service, which is Lions Clubs purpose, and Leadership enabling that Service, ***Fellowship*** attracts and keeps members. It's great to know people we enjoy, and who share our values and service.

Consider contacting members of your Club whom you've not seen for a while. They might enjoy hearing from you, updating how the Club is doing, and maybe be encouraged to participate on upcoming service projects or meetings.

I am thankful for all the Service Lions of 29L have offered this year. I especially appreciate the response to our District project, Lions for Little Hearts. I am thankful for the warm welcomes offered during my club visits. It's great to meet and renew acquaintances with Lions and share your ideas and experiences.

Please contact me for a visit if you have not yet done so.

I wish you a Happy November and Thanksgiving.

## LIONS CALENDAR

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| **October 30 – Nov 1** | District 29-C Conference, Pipestem Resort State Park |
| **November 4** | 29-L Cabinet Meeting, via Zoom, 7:00 pm |
| **November 5** | Follansbee and Wellsburg LCs DG Visit |
| **November 9** | Wheeling Warwood LC DG Visit |
| **November 10** | Friendly, Paden City, and New Martinsville LCs DG Visit |
| **November 16** | Putnam County LC DG Visit |
| **November 18** | Grantsville 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 |

## 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**<br>**Bill Syphers** | District Disaster Relief Chairpersons |
| **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 |

**Lion Tony Vandenberg**
District Governor Ajv26170@yahoo.com Mobile: (808) 557-1113

### LIONS CLUBS INTERNATIONAL CODE OF ETHICS
### Adopted in 1918

- TO SHOW my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.
- TO SEEK success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.
- TO REMEMBER that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.
- WHENEVER a doubt arises as to the right or ethics of my position of action towards others, to resolve such doubt against myself.
- TO HOLD friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.
- ALWAYS bear in mind my obligations as a citizen to my nation, my state and my community, and to give them my unswerving loyalty in word, act and deed. To give them freely of my time, labor and means.
- TO AID others by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy.
- TO BE CAREFUL with my criticism and liberal with my praise; to build up and not destroy.




Let's ***WELCOME*** these new Lions!

***CONGRATULATIONS*** to these clubs and sponsors who have invited these new Lions and will help them thrive as Lions!

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|---|---|
| **Barboursville Lions Club** | Jacob Mitchell sponsored by William Turman |
| | James Mitchell sponsored by Jacob Mitchell |
| **Barrackville Lions Club** | Cheryl George sponsored by Cari Casuccio |
| **Chester Lions Club** | Donald Tharp sponsored by Steven Wilson |
| **Dallas Lions Club** | Shelley Crawford sponsored by George Crawford |
| **Ravenswood Lions Club** | Steve Osborne sponsored by Michael Kelly |
| **Sistersville Lions Club** | Jessica Hamilton sponsored by William Goodfellow |




*Lions District 29L is growing!* Thank you for all you do to make your club inviting and fun!

Amy Houser
Global Membership

## In Remembrance

We remember and mourn these Lions who have passed away. We shall miss their presence at our meetings and their assistance in our programs of service. We acknowledge the obligation they leave with us, that we carry on, each of us with greater zeal, in order that those things which they would have helped us to accomplish will not be left undone. We as Lions were proud to have served Lionism with them.

Bernice Hesson
9 Years of Lionism
Barboursville Lions Club

Charlotte Stuart
21 Years of Lionism
Washington Lions Club



**Just Ask!** A New Member Recruiting Guide for Clubs

This guide is a great tool for clubs to use in recruiting new members. I pass out copies during my visits. If you don't have a copy, here are a few highlights:

**Step 1: Prepare your Club**
What do you want your club to accomplish and what kind of service projects? What are your strengths and weaknesses? Do a Community Assessment Survey to find meaningful service projects that your community will get behind.

**Step 2: Create your Club growth plan**
Keep your goals in mind, what kind of members do you want in your club? **INVITE** people who have similar interests in serving their community: veterans, teachers, church membership, etc. **Set a GOAL** or a set number of new members you want to install. **PLAN** a public informational meeting.

**Step 3: Implement your Club growth plan**
Reach out to your potential members. Listen to their interests and personal goals. Perhaps there is enough interest for a branch club. Invite them to service projects and a meeting or two so other Lions have an opportunity to get to know them. Host the informational meeting with photos from past service projects, plans for future projects and of course, Lions materials. Offer refreshments and have fun! Follow up with prospective new members and **ASK!**

**Step 4: Welcome New Members**
Celebrate reaching your goals and welcoming new members into your club! Make sure to have a new member induction ceremony, a time when everyone can celebrate the expansion of Lionism in your community. Conduct an Lions Orientation and Mentoring program to make sure your new Lions feel comfortable and valued for their efforts and experiences.

If you'd like copies of "Just Ask! New Member Recruiting Guide for Lions" please let me know! They are a wonderful tool to use to help recruit new members. If you'd like me to come to your zone meeting or club meeting, please let me know. I'm here to help you grow!
Thank you for all you do!

Amy Houser
Global Membership Chair
304-200-0146 cell

## 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 |
| District Sight Equipment Coordinator | Amy Houser | 304-200-0146 | Gerbs2824@msn.com |

## STRIDES FOR DIABETES

Lions Clubs International has identified several initiatives that identify areas that need attention of Lions. One of these is diabetes and Lions and Leos around the world work to improve the lives of people with this disease. LCI promotes several activities clubs can choose from to serve in their own clubs or districts.

- Diabetes Screening and community education, including referrals to professionals
- Peer support groups that provide opportunities for community members living with diabetes to support one another
- Diabetes camps provide programs that help young people with diabetes build management skills
- Strides for Diabetes are physically active events that provide activities to raise awareness or serve as fundraisers

This article focuses on Strides activities, which can be any physical activity from a walk to a dance competition. Lions are free to be creative while using exercise to open the door to diabetes awareness and promote the importance of regular activity in management of type 1 and type 2 diabetes.

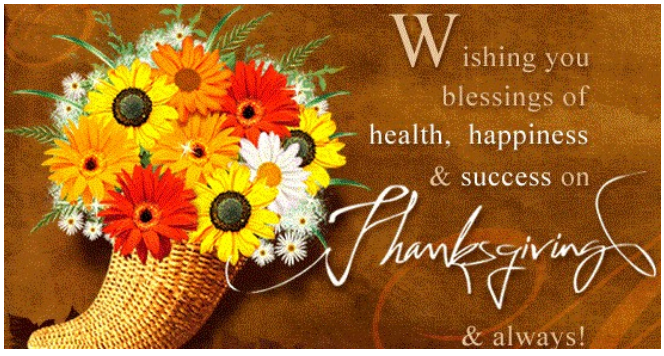
There is a Strides planning kit available through LCI that contains resources to personalize Strides materials. Some of the things in the kits are posters, stickers, bookmarks, mugs, wristbands etc.

At WV Multiple District 29 annual convention there is a Strides walk to promote awareness and raise funds to support diabetes programs. It is named the Teresa Johnson Memorial Strides walk and is named in honor of a former DG, Teresa, Johnson.

PDG Mary Keyser
Diabetes Chairman

**Leadership Article**
**November 2026**
**PDG Bernice Pitcock**

As we change seasons from summer to fall and change holidays from Halloween to Thanksgiving, I am asking you to stop and take the time to appreciate the beauty of the seasons and also appreciate all that you have that is positive in your lives. In this crazy world we live in, it's extremely easy to be overwhelmed, negative and anxious. It's easier to be negative, to be short with others, to be disrespectful. That is not what being a Lion is about. I'm asking you to rise above all the negativity and show the positivity that being a Lion can bring to your corner of the world, but also to the great big world we live in. As Lion leaders we need to bring that positive vibe to your clubs, communities and the rest of the world.
Think about how you can contribute to those less fortunate, and make their holiday season a bit brighter. Just think of all we can accomplish if we do what we do best – WE SERVE!



# McDonalds and Local Lions Volunteers Donate Happy Meals to Kids University West Virginia Daycare

Children at **Kids University** in Fairmont recently received a special surprise thanks to the generosity of McDonald's and dedicated community volunteers.

Located at **901 Fairmont Avenue, Fairmont, WV 26554**, Kids University provides a safe, secure, and loving environment where children from **infancy through 12 years of age** can learn, grow, and thrive under the guidance of caring and dedicated staff. The center is open **Monday through Friday from 6:00 a.m. to 6:00 p.m.**, serving families throughout the Fairmont area.

To bring smiles to the children, **McDonald's on Fairmont Avenue**, together with **Past District Governor (PDG) Ramona Sago** and volunteer **Carole Sago**, donated **60 ready-to-go Happy Meals** to the daycare. The donation provided a fun and memorable experience for the children while demonstrating the positive impact that community partnerships can have on local families.

The staff at Kids University expressed appreciation for the thoughtful contribution, which brightened the day for many young students. Acts of kindness such as this reflect the spirit of community service and the commitment of local organizations and volunteers to supporting children and families in Marion County.

The donation serves as a reminder that when businesses, volunteers, and community organizations work together, they can make a meaningful difference in the lives of young people.

GST/PDG Ramona Sago

# FINAL NOTICE

ON THE

# 990-N

## TAX EXEMPTION DEADLINE

**NOVEMBER 15**

**DON'T MISS IT!**

File your 990-N to keep your tax-exempt status in good standing.




*File on time. Keep your mission going.*

**DEADLINE**

# FINAL NOTICE

# PEACE POSTER CONTEST

**DEADLINE: NOVEMBER 15, 2026**

**Entries after the 15th will not be accepted.**

Club-winning Peace Posters must be postmarked and sent to the District Governor no later than November 15, 2026.

**2026–2027 PEACE POSTER THEME**

*"Harmony in Humanity"*

Please make sure your club's winning poster is submitted by the deadline so it can advance to the District Peace Poster Contest.

**DON'T MISS THE DEADLINE!**

**November 15, 2026 — FINAL CLUB DEADLINE**

Posters should be sent to

**DG Tony Vandenberg**
801 Dewey Avenue
St. Mary's, WV 26170-1138
1-808-557-1113
Ajv26170@yahoo.com

# DUES NOTICE

## What changed effective July 1, 2026?

The revised policy was amended by the Lions International Board in March 2026 and became effective July 1, 2026.

1. The overdue-balance period is now 90 days

A club with an unpaid balance exceeding US$20 per member or US$1,000 per club, whichever is less, outstanding for more than 90 days will automatically be suspended.

2. Automatic cancellation comes sooner

If the club has not returned to active status by the 28th day of the second month following suspension, its charter will automatically be cancelled.

3. Suspended clubs face restrictions

Suspended clubs cannot conduct service or fundraising activities, participate in district or multiple-district functions, vote outside the club, submit membership reports, or sponsor new clubs. They may hold meetings to discuss their future and how to resolve the balance.

4. Clubs need to act immediately

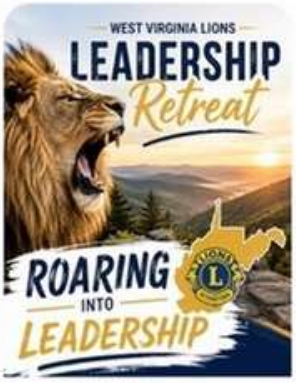
A club can return to active status by paying its outstanding balance in full. The revised policy also allows the club to request a payment plan; confirm approval and terms with Lions International Accounts Receivable and Club Account Services.

## What should clubs do now?

- Treasurers: Check the club's Lion Portal account and statements every month.
- Presidents and secretaries: Bring overdue balances to the club board's attention before the 90-day mark.
- District and zone leaders: Contact clubs showing overdue balances and help them resolve billing questions or arrange an approved payment plan.
- Clubs that have already been suspended: Contact Lions International promptly rather than waiting for cancellation.

**STATEMENTS NO LONGER COME IN THE MAIL. PLEASE LOGIN TO THE LION'S PORTAL FOR CLUB STATEMENTS.**

GREAT NEWS! DUE TO HIGH DEMAND, WE ARE EXTENDING OUR EARLY BIRD PRICE OF $90.00 THROUGH DECEMBER 15, 2026.




THE REGISTRATION APPLICATION AND INFORMATION REGARDING THE LEADERSHIP RETREAT CAN BE FOUND AT www.wvlions.org OR CONTACT YOUR DISTRICT CABINET OR ANY RETREAT COMMITTEE MEMBERS.

# LIONS OF WEST VIRGINIA

# LEADERSHIP RETREAT FIRST-TIMER SCHOLARSHIP

The District Governors of the MD-29 Council of Governors would like to offer four scholarships from each District for first-time attendees to the Lions of WV Leadership Retreat, January 29-31, 2027. We are looking for Lions that are interested in becoming future leaders and would like to increase their knowledge in Lionism.

| | |
|---|---|
| NAME | |
| ADDRESS | |
| | |
| EMAIL | |

| | |
|---|---|
| PHONE | |
| CLUB NAME | |
| YEAR YOU JOINED | |

Please indicate why you are interested in attending the Leadership Retreat. List any past or present Lions office you have held and any other leadership roles you have had, if any. A separate sheet may be attached.

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|---|---|---|---|
| SIGNATURE | | DATE | |

**Deadline to apply: December 31, 2026**

Each District may select up to four Lions for first time attendee scholarships from their District. *Those selected must pay their own registration fee, and once they attend the retreat the fee will be reimbursed by the multiple district.* Lodging will be the responsibility of the individual Lion.

Please send application to: DG Tony Vandenberg, 29-L **Email** ajv6170@yahoo.com

## Registration

Name(s) _____

Address: _____

_____

Phone: _____

Email: _____

Club: _____

First-Time Attendee? _____

Special Dietary Needs: _____

_____

Fee: **$105/person** includes 3 banquet meals (Fri. night, Saturday lunch and dinner) all seminars, and materials **or**

**$90/person** only if you qualify for Early Bird Discount which applies if you book your Days Inn room by **October 15th** and complete the information below:

Hotel Conf. #_____

Check in/Check out dates: _____

_____

Breakfast is included if you are a hotel guest.

**Leadership Retreat registration deadline is January 15, 2027.**

Checks payable to LWVLR: Mail check and reg. to: PCC Cindy Glass, 922 East Avenue, Shinnston, WV 26431 Email: cinwa130@gmail; Phone: 304-203-2006.

## Lions of West Virginia Leadership Retreat

When: January 29-31, 2027

Where: Flatwoods Days Inn & Suites and Conference Center

Contact Days Inn at 866-700-7284 (mention you are with the WV Lions Retreat)

Rates: $128 King; $133 Queen (2 beds) $123 Double (2 beds) Breakfast is included if staying at the hotel. Deadline to reserve rooms at above rates: December 29, 2026.

**Come join us – make new friends – share ideas and get inspired!**

- Our Favorite Vendor, Greg Wilson from Sew Simple, will be back with Lions apparel of all kinds for your club. Lion Greg will have shirts, hats, etc. available to purchase during the Retreat, or you can place orders with him.

- A Service Project will be conducted during the Leadership Retreat. More details will be announced.

*"You do not have to hold a position in order to be a leader"* Henry Ford

*"Whatever you are, be a good one."* President Abraham Lincoln.

## Seminars

- Basic Roles & Responsibilities of the Big 4 (president, secretary, treasurer, membership chair) PDG Micheal Gibbs (Ohio)
- Understanding Diversity: A zebra is not a horse! PDG Dawn Rice Norton (Massachusetts)
- AI is the roadmap to achieving our Mission - ID Daniel Marney Elkins (Delaware)
- Effective Public Speaking – Lion Kelton Boblits, Past President-University of Charleston Lions Club
- Ethical Leadership: the real key to retention and membership engagement – PID Steve Glass
- Lionism in West Virginia: Past, Present and Future!- Lion Rick Thorn, Valley District Lions Club
- Roles and Responsibilities of Being a Zone Chairperson – FVDG Diana Bedell, Bridgeport Lions Club
- Delegate, Don't Dominate! PDG Chris Wooters (Maryland)
- Time Management – PDG Wendy Cain, (Tennessee)
- Servant Leadership – PID Jay Moughon (Virginia)
- Rewards of being a District Governor – PDGs K. Ebert, L. Keffer and C. Glass
- Successful Project Management Through Effect Team Management - PCC Gary Boyd, Alum Creek Lions Club and Guiding Lion of University of Charleston Lions Club

Special Guest Speakers

Past International Director James (Jay) Coleman Moughon III from Clifton, Virginia, served a two-year term as International Director of Lions Clubs International from 2022-2024. Past Director Moughon is a retired Army colonel and government civil servant. PID Moughon served many leadership roles during his 42 years in the Army, including the command of a rocket and missile battalion of 500 soldiers and as an assistant professor at the US Military Academy at West Point.

Becky Coakley is the Director of Outreach at the WVU Eye Institute. Becky is dedicated to advocating for the state's blind and low-vision population through the programs she has helped start, The Children's Vision Rehabilitation Project (CVRP) bridges the gap between medical and educational fields for children who are blind or visually impaired. Becky will feature a documentary called "Sight Unseen" about the impact of CVRP on thousands of blind and visually impaired children and families.

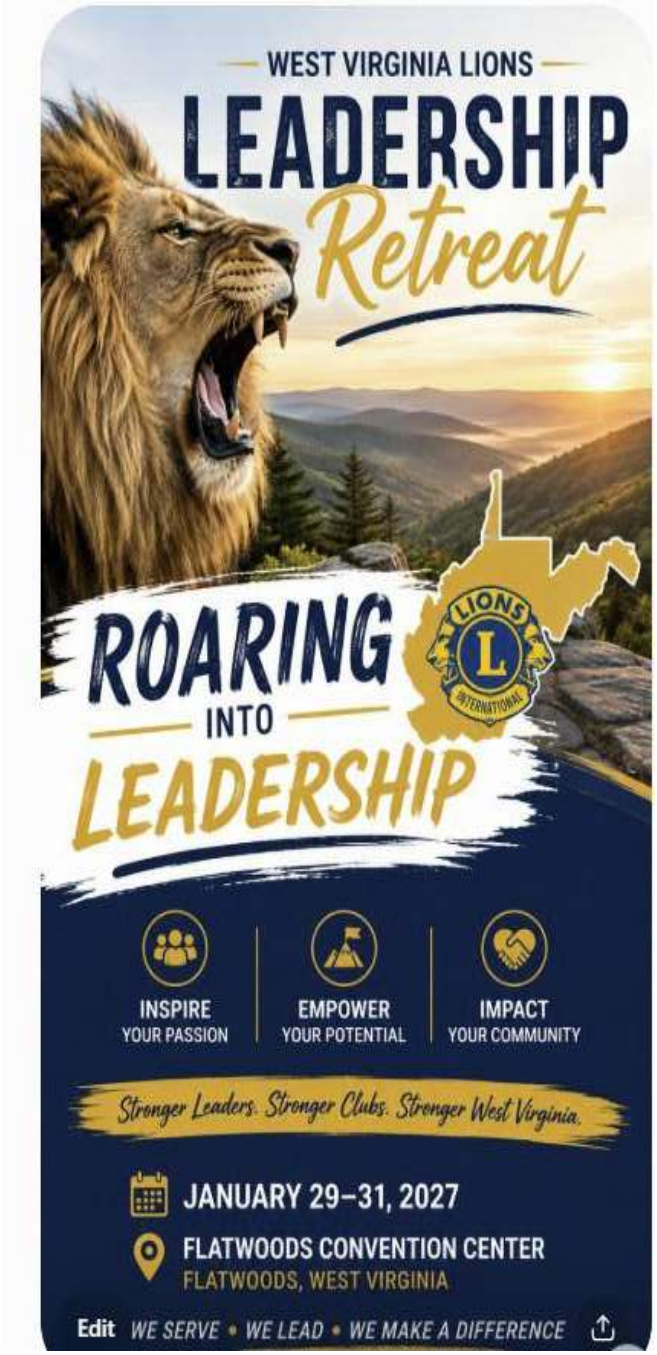
A panel discussion led by three members of the University of Charleston Lions Club: Tradition vs Innovation. What are the motivating factors in recruiting young members and what are the demotivating factors?

- Four seminars are presented in each time block, beginning at 9 a.m. on Saturday and beginning at 9 a.m. on Sunday morning, for a total of 12.
- Each seminar is presented twice. The full **schedule** of seminars and times, as well as all other vital information, will be in the Retreat Program which will be included in the registration packet you will receive when you arrive.

**PLUS: Hospitality Room, Silent Auction, Door Prizes at every meal, 50/50 drawings, Lion Displays, Delicious Meals, and lots of Fun and Fellowship.**

Comments from previous attendees:

- *"My favorite Lions event, by far."*
- *"Excellent presentations with good information."*
- *"Makes you look at yourself as a leader."*
- *"Enjoyable and practical"*



## CLUB HAPPENINGS

### Coal Heritage Festival Celebrates Scotts Run Heritage

**OSAGE, W.Va. —** The annual Coal Heritage Festival, also known as the Osage Scotts Run Street Fair, continues to bring families, former residents, and visitors together for a free September homecoming celebration in historic Osage. The event honors the area's rich coal-camp heritage and multicultural traditions while showcasing the strong community spirit that remains a hallmark of Scotts Run.

Held annually since 1994, the festival is organized by the Scotts Run Museum and Trail and the Scotts Run Resonance Project. The celebration recognizes the thirteen coal camp communities and approximately nineteen ethnic groups who worked in the Scotts Run mining region during the 1920s and 1930s, helping shape one of West Virginia's most diverse coalfield communities.

Throughout the day, the streets of Osage come alive with live music, food, vendors, exhibits, and activities that celebrate the history and culture of the region. Visitors also have the opportunity to explore the area's mining heritage and reconnect with friends and neighbors during the annual gathering.

Lion Al Anderson, a member of the Morgantown Area Lions Club, has been a longtime favorite performer at the festival, entertaining crowds with his signature Rock 'N Soul music. The Morgantown Area Lions Club also supports the event by grilling food, selling the club's famous mops and brooms, and offering auction items to raise funds for local service projects.

The Coal Heritage Festival remains a cherished tradition, preserving the stories of Scotts Run's mining past while bringing the community together to celebrate its enduring heritage and pride.






## WARWOOD LIONS CLUB

The Warwood Lions Club invites you to their District Governor's Night on November 9, 2026 at 6:00 PM at The Warwood Methodist Church Warwood Avenue Wheeling, WV.
Social time at 6 and Turkey dinner served at 6:30. Price $14.00. For reservations call Margaret Stenger at 304-639-1757. We hope to see you there.

## RAVENSWOOD LIONS CLUB

Ravenswood - Smashing Success!

**On top of adding 12 new members this month, Ravenswood Lions Club had their first fundraiser!**

Smash-a-car had a total of $44 in expenses for a fundraiser that netted over $800 - this was a great return on investment for a club rebuilding or is small in size. We were able to build relationships with local businesses, engage the community through our fundraiser, and even gained a new member due to being drawn in for the action and talking with our members!!

We’re excited to keep growing and get back to serving our community! Reach out to us if you have any questions!




## FAIRMONT LIONS CLUB



The Fairmont Lions Club and the Barrackville Lions Club held a joint District Governor Visit on Thursday, October 8th, 2026, to host District Governor Tony Vandenberg. At the meeting DG Tony presented Fairmont Lions Club member Guy Ward his 15 year Membership Chevron



Fairmont Lions Club Treasurer, Virginia Gallion, presented the club's donation to Connecting Link to provide funds to assist individuals needing to obtain official IDs in order to obtain services, such as housing. (Photo: Shelley Wyhkoff V Gallion Emily Brown.jpg)  Left to right: Shelley Wyckoff, Connecting Link; Virginia Gallion, Fairmont Lions Club Treasurer; Emily Brown, Connecting Link



Fairmont Lions Club and Barrackville Lions Club held an e-Waste Recycling Event September 19 to accept ink and toner cartridges, electronics, appliances, and scrap metal.