



Severn River Lions Club News



MARCH 2013



In a World of Service

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Severn River Lions Club to Elect New Officers

On April 2, 2013 the Severn River Lions will elect officers at the General Membership Meeting. The Nominating Committee placed the names below on the ballot at our March 5, 2013 meeting.

President

1st VP

2nd VP

3rd VP

Secretary

Asst. Secretary

Treasurer

Asst. Secretary

Tail Twister

Lion Tamer

2 Year Director

2 Year Director

1 Year Director

1 Year Director

Membership

IPP

Lion Chris Werth

Lion Bill Stack

Lion Catherine Violette

Lion Carl Gilbert

Lion Dick Maurer

Lion Nancy Earley

Lion Sue Parks

Lion Dale Strait

Lion Rollins Clark

Lion Ken Tschantre

Lion George Council Jr.

Lion Chuck Horne

Lion Jim Coolbaugh

Lion Joinette Smallwood

Lion Ollie Wittig

Lion Bill O'Neil

Please be sure to come to the election meeting on April 2, 2013 to show your support for the incoming officers.

Working in the Rain



Caption describing picture or graphic.



Severn River Lions
Brave the elements to
get their supporters
their Vitamin C!

Anyone who believed that that Severn River Lions was a “fair weather club” was not at the citrus sale on February 23. Several hardy Lions who arrived before daybreak were greeted with a steady drizzle and a wet parking lot but the crew set out to secure the forklift from Clements Hardware and lion Randy Roberts braved the elements to ferry the forklift down Robinson Road to the parking lot. More Lions arrived and soon the unloading of pallets of delicious grapefruit and temple oranges was underway and the pallets were placed, popup tarps were erected over the citrus, and the sales booths were unloaded. Several band students provided the muscle to erect the booths and as day broke everything was ready for the customers. More Lions arrived and watched as cars began arriving, paid, received tickets, and drove to the pickup lines where cartons of



fruit were loaded into the vehicles. Customers were given a hearty “thank you” and were reminded of next month’s sale and the April bull and oyster roast. The drizzle continued and this may have discouraged some customer arrivals so there was ample time to refresh in Bill Z’s “warming hut” where Lions enjoyed hot coffee and doughnuts to help ward off the chill. For the next four hours the Lions and band students loaded fruit and by late morning workers began to take lunch breaks to enjoy delicious SPHS band subs and tasty hot soup. As mid day approached

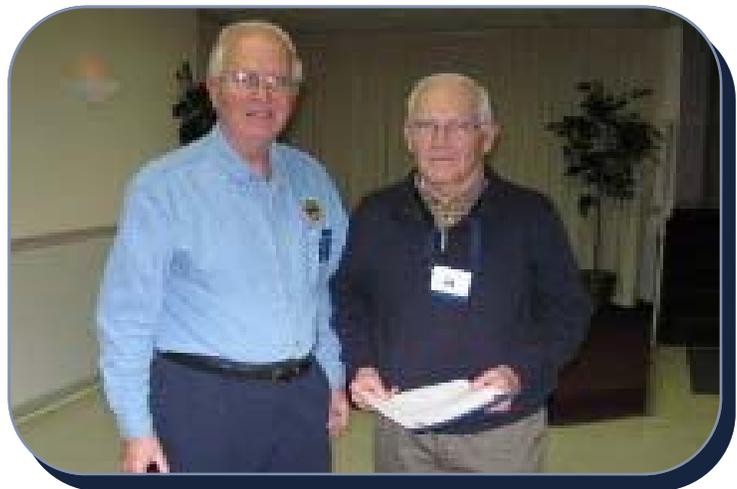
the stacks of fruit had diminished but there will be extra to transport to Lion Rhine’s garage so that customers who forgot to pickup could be accommodated. During the morning it was noted that KL Bill had not provided fair weather and it was voted that he be punished for this transgression. In spite of the adverse weather the sale was a success and all Lions who showed to help are to be commended for making this another successful event. We will be back next month for the final sale of this Lions year. See you then.

An Evening of Awards

Two Lions were presented awards to commemorate Service and durability on March 5th. **Lion George Council** was presented a **Progressive Melvin Jones** pin for his long and valued service to SRLC.

Lion Joe McClellan was presented an award for his **fifteen year membership** in the Severn River Lions Club.

Lions George and Joe are excellent role models and their long service to the club are to be commended!





National Alliance on Mental Illness— NAMI

The regular SRLC meeting on March 5 was held under a winter storm watch but the Lions came and enjoyed the usual fellowship, a good meal, and an interesting speaker. Mr. Fred Delp from the National Alliance on Mental Illness-NAMI- acquainted the audience with an organization with

which most were not familiar. Mr. Delp told on NAMI's various services to individuals with some mental defects and the support and assistance provided to the families. Mr. Delp spoke from personal experience of his family connect with NAMI and the service provided to his son.

One surprising statistic presented was that as many as 1 in 4 adults suffers with a mental illness and many do not receive help. The brochures provided told in detail of the services available through NAMI and Lions were encouraged to become more familiar with the organization.

**For More Information
about NAMI:**

www.nami.org

Twitter:
NAMICommunicate

www.facebook.com/officialnami

Important Facts about Mental Illness

- Mental illnesses are serious medical illnesses. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence.
- One in four adults-approximately 57.7 million Americans-experience a mental health disorder in a given year
- The U.S. Surgeon General reports that 10 percent of children and adolescents in the United States suffer from serious emotional and mental disorders
- By 2020, Major Depressive illness will be the leading cause of disability in the world for women and children.
- Mental illness strikes all ages are susceptible, but the young and the old are especially vulnerable.
- The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States.
- Between 70 and 90 percent of individuals have significant re-

Resources for Seniors



Lions and guests at the meeting on March 19 received valuable information from presenter Amy Rubino, director of SHIP-Senior Health Insurance Assistance Program- of Anne Arundel County. Amy is a good resource for seniors who have questions about Medicare and Medicaid. She told the history of the Medicare program which dates to 1965 and provided useful information on the Part A hospital coverage, doctor and outpatient services and costs and deductibles, and defined the different insurance plans that are available through the federal program. Amy encouraged individuals at or approaching age 65 with questions to call for a consultation. A handout explaining the various programs available through Medicare and Medicaid was given to all members. Amy responded to specific questions that members had about this coverage option.

In Memorium: John A. Randall aka "Jack"

"Jack" joined Lions and SRLC June 13, 1972 and had almost 41 years of service.

He was a Tail Twister, Membership chair, Lion Tamer, Director, Education Chair, and Blood Donor Chair. He also served on the Board of Directors for the Severna Park Health Association. He had 33 years of

perfect attendance. Before he retired, he worked for the City of Baltimore as a Safety Inspector and Senior Engineer Elevator Section. Prior to that he worked for Aetna Insurance.

Jack was a Melvin Jones Fellow and a Life member of SRLC.

SERVICE INFORMATION: Family and friends may visit on Friday, April 5, 2013

from 5 pm-7 pm at Barranco & Sons, P.A. Severna Park Funeral Home, 495 Ritchie Hwy, in Severna Park. A Funeral Service will be held on Saturday, April 6, 2013 at 10:00 am at the funeral home. Burial at Loudon Park Cemetery, 3620 Wilkens Ave. Baltimore, MD.

Online condolences may be made at www.barrancofuneralhome.com

Caption describing picture or graphic.



LEO Award



Bill Zelenakas LEO Club Award

LEO Clubs are the middle and high school equivalent of Lions clubs for teens and teach them that service is important in their school and community. Severn River Lions can be proud of our two clubs at Harbour School and Severna Park Middle School and the contributions they have made in the school and community. An SRLC Lion, Bill Zelenakas, the liaison between our club and the Harbour School LEO club was recognized at the meeting on March 19 for his service and guidance to this club and for helping it renew after a down period. Bill was presented a certificate from LCI in recognition of his efforts on behalf of the Harbor School LEO club for many years. Congratulations, Bill, for a well deserved award and keep up the good work.

Super Screeners

On March 20 and 21 Lions Carl Gilbert, Bill O'Neil, Dale Strait, Ollie Wittig, and Bill Zelenakas were at the Edinboro Early School for the annual preschool vision screening. Using the SureSight screener, the Titmus book, and a "friendly lion" the preschoolers, ages three to six were tested for possible amblyopia or the need for eyeglasses. The

youngsters arrived in groups of two or three and were shown the SureSight, Titmus book, and the sticker they would receive after the screening. The SureSight tests for four possible amblyogenic conditions which could cause "lazy eye", a condition that if caught early enough can be effectively treated. The Timus test measures an individual's depth perception. Nearly three dozen youngsters were screened over both sessions. Three youngsters were listed as REFER and four possibly needing eyeglasses. The parents of all youngsters

received a written report from the screeners and the parents of youngsters who did not pass the screening will receive follow up contacts by SRLC to help insure that a professional eye exam is obtained. In the past the club has heard from parents of students who had been referred about how grateful they were that a condition they were not aware of had been identified. The preschool vision screening that SRLC does is another example of how Lions serve their communities and live up to the Lions motto, "We Serve".





Did You Know...

Did you know that the Severn River Lions Club has a Facebook Page?

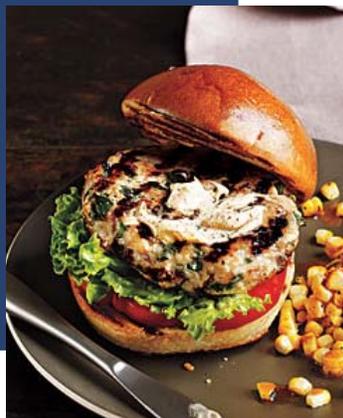
Have you “Liked” the Severn River Lions Club?

Facebook is a great way to reach out to the community. You can find out all about our activities and upcoming events through our Facebook page.

“Like” us and watch us grow!

GROAN...I know. Eating Healthy can **Never** be tasty. Now that Spring is finally here, let's take a look at a healthy, tasty twist on an old favorite. Try it...you might like it.

Eating Healthy:
Southwest Turkey Burgers



Eating Healthy: Southwest Turkey Burgers

Preparation

Preheat grill to medium-high heat.

Cut poblanos in half lengthwise; discard seeds and membranes. Place poblanos, skin sides down, on grill rack; grill 10 minutes or until blackened. Place poblanos in a small zip-top plastic bag; seal. Let stand 15 minutes. Peel and dice.

Place bread in a food processor; pulse 5 times or until coarse crumbs measure 1/2 cup. Combine breadcrumbs and milk in a large bowl; let stand 5 minutes. Add 1/4 teaspoon chili powder, cumin, and next 4 ingredients (through turkey); gently mix just until combined. Divide turkey mixture into 4 equal portions; shape each portion into a 1/2-inch-thick patty. Place patties on grill rack coated with cooking spray; grill 3 minutes on each side or until done.

Combine remaining 1/4 teaspoon chili powder and mayonnaise. Top bottom half of each bun with 1 tomato slice, 1 lettuce leaf, 1 patty, about 1 1/2 teaspoons mayonnaise mixture, and 1 bun top.

Ingredients:

2 poblano chiles (about 1/2 pound)
1 ounce French bread baguette
1/4 cup 1% low-fat milk
1/2 teaspoon chili powder, divided
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon black pepper

Upcoming Events

Birthdays:

February

| | |
|---------------|----|
| Dick Maurer | 15 |
| Ken McAuliffe | 19 |
| Joe Hunter | 27 |

April

| | |
|-----------------|----|
| Pete Geis | 5 |
| Shirley Greene | 20 |
| Bruce Schriener | 23 |
| Chuck Horne | 29 |

March

| | |
|-----------------|----|
| Don Rayment | 14 |
| Don Lilley | 19 |
| George Williams | 19 |
| Ken Tschantre | 21 |
| Nelson Chesler | 31 |

May

| | |
|------------------|----|
| Sarah Saunders | 20 |
| Bill Zelenakas | 24 |
| Joe McClellan | 26 |
| Nancy Garczynski | 28 |
| Jim Coolbaugh | 29 |

Events:

| | | | |
|------------|---------------------|-------------|-------------------------|
| April 2nd | General Meeting | May 3rd-5th | Leadership Retreat |
| April 9th | Board Meeting | May 7th | General Meeting |
| April 16th | General Meeting | May 13-16th | MD 22 Annual Convention |
| April 20th | Bull & Oyster Roast | May 21st | General Meeting |
| April 24th | Ledo's Pizza Night | May 22nd | Ledo's Pizza Night |



Severn River Lions Club
Severn River Lions Foundation
P.O. Box 118, Severna Park, MD 21146
(410) 439-5770
Email us: SRLC@severnriverlions.org
Serving with pride since 1956
<http://www.severnriverlions.org>



DON'T FORGET....

Ledo's Pizza Night

Ledo's Pizza Night is the 4th Wednesday of each month!

The Ledo's Pizza in Severna Park will donate a portion of sales to the SRLC, plus kids eat free too!

It's easy to help raise money, just stop by and get a slice of pie!



We are Lions.



WE ARE GLOBAL

WE SERVE WHERE WE LIVE

WE ARE IN GOOD COMPANY