



# SEVERN RIVER LIONS CLUB NEWS

AUGUST 2023



*Lion Joinette Smallwood, President*

## HAPPY AUGUST FELLOW LIONS!

I just wanted to reiterate some of my comments at the July board meeting. I'm hoping that this year we can have a balance with service to our community and ourselves. What I mean is to have fun and fellowship. It's the little things that count! Sending a good morning or afternoon text sending greetings or checking on each other. Spend some time together – brunch, coffee, crafting, or just visit and catch up. Let's proactively look out for each other and be gracious.

In keeping with fellowship through fun we have Bingo coming up. This is scheduled for Saturday, September 9, 2023. This is a daytime event. We will be playing the Mid-Day game that starts at 11:45 am. There are a total of 24 games that will be played during that session. This session usually ends around 2:30 pm. The doors to the bingo hall open at 10 am. You can arrive at any time. Just allow yourself time to get in, get rung up, find a seat, and maybe get a bite to eat or a drink ☺ So please come on out. Bring everyone into your house. Bring your family. Bring your neighbors. The more the merrier!

The snack bar serves both breakfast and lunch options. Bacon and egg on toast to cheesesteak or pizza. Feed your sweet tooth with ice cream or a milkshake.

Before the session, during intermission, and after there are other options. These include 200 slot machines, Bet Rivers Sports Bar, and a bar.

For the price of \$20, everyone gets up to 27 paper cards (your choice is 9 or 18, or 27) and an electronic bingo computer. So come on out, sit together, play Bingo, laugh, have funds and as a secondary, we get \$10 back per person as a donation for our group.

Any questions feel free to reach out to me via phone call or text message. Looking forward to seeing you there!

*Lion Joinette*

## CELEBRATING AUGUST LION BIRTHDAYS

- |          |                            |           |                            |
|----------|----------------------------|-----------|----------------------------|
| <b>2</b> | <b>Lion Yvonne Jackson</b> | <b>9</b>  | <b>Lion Steve Keefer</b>   |
| <b>3</b> | <b>Lion Chris Werth</b>    | <b>17</b> | <b>Lion Mike Milord</b>    |
| <b>6</b> | <b>Lion Jeanne Kusiak</b>  | <b>21</b> | <b>Lion Jackie Hetrick</b> |
| <b>7</b> | <b>Lion Rollins Clark</b>  | <b>25</b> | <b>Lion Bill Meyers</b>    |

# LION CHRISTOPHER WERTH

Lion Chris Werth became a Lion in 1984 with the Morganton (North Carolina) Lions Club and was sponsored by Lion William (Bill) Widenhouse, the club treasurer. The club at that time was all male and had over 100 members who were very active in the community. Lion Chris was quickly introduced to many aspects of the club's community service projects and one of the main fundraisers was going door to door selling light bulbs and brooms of different sizes. Lion Bill was a super guiding lion, explaining in great detail the 'ins and outs' of what it means to be a Lion-both locally and internationally. Due to Lion Bill spending so much time teaching and mentoring, Chris became the Assistant Treasurer the following year administering the "B" Fund (Activities account) of \$17,000. At the end of his third year, Chris was well on his way to being a committed Lion.

When he moved to New London, North Carolina, he was able to 'avoid' the rental deposit on his home if he agreed to transfer to the New London Lions Club where he served on the Board of Directors and in the second year of service, as King Lion. Upon completion of his service, Lion Chris transferred to the West Hartford, Connecticut Lions Club serving on several committees and service efforts.

Lion Chris moved back to North Carolina after two years where he served in a number of different roles with the Fayetteville North Carolina club, then with the Greensboro North Carolina Host Club, and a member of the Board of Directors for the Multiple District of Lions Clubs. He was also an active member of the Archdale/Trinity Lions Club and the South Park Charlotte Lions Club before moving to Maryland and transferring to the Brooklyn, Maryland Lions Club.

He has also served in the Timonium/Cockeysville Club and the Annapolis Lions Club before transferring to the Severn River Lions Club in 2008. He has been an active member serving as King Lion, Board Member, Program Chairperson, and offering time and talent for a number of service projects and committees. Presently he is serving as Past President and 2nd Vice President with LASH (Lions Association for Sight and Hearing). Lion Chris is honored to serve as a Lion and a member of the Severn River Lions Club.

Lion Chris is employed as a Case Manager with the Anne Arundel County Department of Aging's Senior Care Program where he has been for the last nine years. He is the unofficial liaison between the Department, area senior adults needing eyeglasses and hearing aids, and Anne Arundel County Lions Clubs and/or LASH. He holds a graduate degree in Rehabilitation Counseling (emphasis in Psychiatric Rehabilitation) from the University of Maryland-College Park and is a Nationally Certified Rehabilitation Counselor (CRC) having over 30 years of experience in Human Services.

Chris also serves as an Eagle Scout with the Silver Palm. He is first generation American as his family is from France. He is active with St. Martin's in the Field Episcopal Church serving in a number of roles and activities. He also has been awarded a Melvin Jones fellowship and a Progressive Melvin Jones Fellowship.



*Lion Clement Kusiak presents out-going president King Lion Chris Werth with International President Brian Sheehan's Certificate of Appreciation.*

# 4TH OF JULY PARADE



*Cub Scout leader, Lions Chris, Lion Bill, Rick Fansher, Peggy Fansher, Cub Scouts, friends, and families prepare to march in 4th of July celebrations.*

## HAPPY 247TH BIRTHDAY USA

The Greater Severna Park Chamber of Commerce community parade was a great example of small-town patriotism and SRL once again took part in this annual event. Considerable preparation took place before the marchers stepped off from Our Shepard Lutheran Church at 10:00 am on Tuesday. Before decorating, the truck got a much-needed bath from Walt Eger's Service Center removing grime accumulated after several months of storage in the woods. The much-needed bath allowed for a sparkling truck to be proudly displayed featuring our Lions emblem. Lions Chris and Bill completed installing decorations and greeted cub scout pack 688 by sharing photos and greetings of thanks for marching and or riding their bikes as they handed lollipops to parade watchers lollipops. Parade day dawned bright and warm with temperatures expected to approach 85 that day. SRLC had a coveted lineup spot early in the parade following Cub Scout Pac 688. Lions and scouts began the 1.5-mile trek from Our Shepherd Lutheran Church to Cypress Creek Park and along the route saw many friends seated comfortably under shade trees or canopies. KL Chris shared the Lion's head with the watchers, waved, and roared at the crowd. The announcer located on Riggs Avenue welcomed the Lions and mentioned our many community service activities which earned us a round of applause from the crowd. After turning the final corner, the Lions marched upgrade to Cypress Creek Park. There the Lions continued the tradition of handing out Popsicles (432) to the weary marchers. To say that the icy treats were appreciated on this warm day would be an understatement. For more than two hours the Lions were available to give Popsicles to marchers of the nearly sixty units in this year's parade. At Cypress Creek Park, vendors and attractions welcomed marchers and watchers until noon. A hearty "Thank You" to all the Lions and scout leaders who assisted with the truck decorating, marching in the parade on a warm day, and helping with Popsicle distribution and photos. A special thanks to Lion Dick Maurer for registering SRL with the Chamber and his guidance as popsicle lead in years past.

# 4TH OF JULY PARADE



*Lions Chuck, Jackie, Carl, Clem, Ryan, and Paula beside Lions Free Popsicle sign.*



*Lion Ryan and Lion Clem hold empty popsicle boxes after distribution at parade site.*



*Lion Chris and Lion Bill transport Plush Lion to the parade.*



*Lions Ryan, Jackie, Paula, and Carl at parade site.*



*Cub scout smiles.*



*Severn River Lions' van.*

## SEVERN RIVER LIONS CLUB TAKES ON BOSTON!

Lions Clem Kusiak, Jeanne Kusiak, and Ryan Shupp made their way to Boston July 7-11 to attend the 105th Lions Club International Convention. The International Convention is a time of celebration and turnover as we ring in the new Lionistic year and celebrate our past year's accomplishments. Coming back from the International Convention always reinvigorates my enthusiasm towards Lions by seeing and talking to Lions from across the world and seeing all that we've accomplished in the grand scheme of things! Our new International President, Dr. Patti Hill, was sworn in and is spending her year by "Changing the World," which she encourages all Lions to do through their acts of service. She also introduced Mission 1.5, where we set goals to increase our international membership to 1.5 million Lions by 2027!

It was a pleasure serving on the Elections Committee with Chair and PIP Clem. Here I made friendships with Canadian and Minnesota Lions. Each member of our club served as delegates and all motions put forth as well as candidates were approved.

The convention was not just all work, but a lot of fun as well! The international parade is always a spectacle seeing Lions come out in numbers to support their state or country. We enjoyed a Queen Tribute Band and a panel of adventurers, including Tony Hawk!

Another highlight was seeing our District Governor, John Mosier, be sworn in by International President Hill along with the 4 other DGs in our Multiple District.

I hope you enjoy the photos as well as let this be an encouragement for you to consider attending an International Convention in future years!



*Top Left: Lions Ryan, Clem and Shelly Holland from MD 22 serving on the Elections Committee.*

*Top Middle: A tradition of the LCI President is a dinner hosted by his International Board of Directors in support of the years of service and programs each Past President has provided. This particular dinner had 21 of 23 living presidents in attendance for the dinner and all the events of the Convention.*

*Top Right/Bottom Left: Our newly inducted District Governors of MD 22 and Lion Ryan from 22-A with DG John Mosier.*

*Bottom Middle/Right: Each year the Convention starts off with the Parade of Nations. Lions of MD 22 marched wearing their parade dress and displaying flags of Maryland, Delaware, Washington DC and Lions International.*



# BRIAN BORU FUNDRAISER



## Brian Boru Fundraiser

Severn River Lions Club & Foundation

Tuesday August 1, 2023 11 am – 9 pm

*Enjoy your choice of the following...*

### Starter

A cup of our traditional Potato & Leek Soup or Tomato Whiskey or beginner's Caesar or Garden Salad

### Main Course

#### Whiskey Leek Chicken

Grilled Chicken topped with whiskey leek cream sauce served with mashed potatoes & steamed vegetables

#### Norwegian Salmon Kilkøe

6oz Salmon topped with a Kerrygold Mustard Butter served with Basmati Rice and Smashed Peas

#### Beef Stew \*\*

Tender chunks of beef stewed with red wine, herbs, carrots, onions, and celery topped with mashed potato

#### Shepherd's Pie \*\*

Ground beef sirloin with onions, peas, carrots, in a rich gravy topped with mashed potatoes, and baked

#### Irish Vegetarian Boxty

Potato Pancake filled with grilled peppers, onions, mushrooms, cheese and topped with your choice of marinara or cheese sauce

### Dessert

Bread Pudding or Bailey's Mousse

.All for \$30. \$10 out of each menu will be donated!

\*\*Gluten free option

*Inside dining room or outdoor seating. Also available for carryout! Call 410-975-2678 to call for carryout. Visit [www.brianborupub.com](http://www.brianborupub.com) click on menus, online ordering, follow prompts to order and pay online.*



**"A triple serving of help for tonight's cause"**

Menu updated: 24 June 2023



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# DIABETES MINUTE

## WHO IS AT RISK FOR PREDIABETES AND TYPE 2 DIABETES?

If you have these risk factors, you may be at higher risk than others for prediabetes and type 2 diabetes.

- You are overweight.
- You are 45 years of age or older.
- Your parent or sibling has type 2 diabetes.
- You are physically active fewer than 3 times per week.
- You ever gave birth to a baby that weighed more than 9 pounds.
- You ever had diabetes while pregnant (gestational diabetes).



Race and ethnicity also affect your risk. African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at particularly high risk for type 2 diabetes.

Following are the percentage of people in the United States with diagnosed diabetes from 2018 to 2023:

- Non-Hispanic Blacks – 12.1%
- Hispanics – 11.8%
- Non-Hispanic Asians – 9.5%
- Non-Hispanic Whites – 7.4%

If you are at risk, talk to a healthcare professional about getting a blood sugar test.

**NOTE:** With exercise and a healthy diet, prediabetes and early Type 2 diabetes are reversible!