



November/December 2011

Severn River Lions Club News



PO Box 118, Severna Park, MD 21146 • www.severnriverlions.org
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SRLC Christmas party at Café Bretton in Severna Park, MD.

Lions Celebrate Christmas

On December 6th fifty-two Lions and guests arrived at Café Bretton south of Severna Park for the club's annual Christmas party.

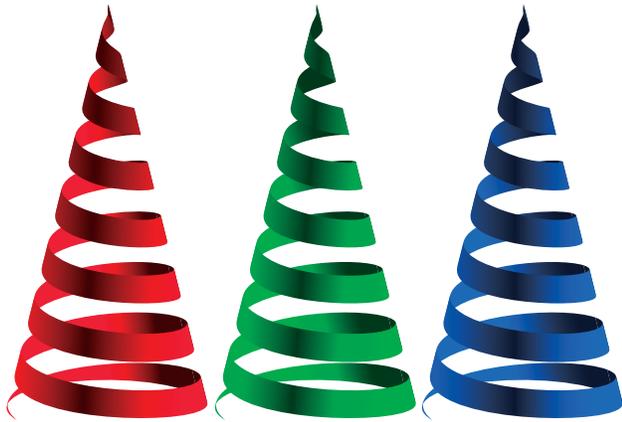
For several weeks Lion Nancy Burns and her committee began preparing for this special gathering. Guests began arriving and were treated to delicious party trays consisting of assorted cheeses, colorful vegetables, bruschetta, and bread sticks. The nearby bar was also busy. For the next half hour attendees mixed, socialized, and enjoyed the opportunity to get reacquainted.

Attractive tables in three adjoining areas beckoned the diners and KL Rollins announced that dinner would be served which got everyone seated. The attentive wait staff began serving the delicious soups, cream of crab and roasted squash, followed by a delicious spinach salad. The entrees were next to arrive at the tables. Diners had the choice of beef bourginon, grilled salmon, or chick-



International Theme for 2011-2012
"I Believe"

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en Marsala. The food was attractively presented and delicious and the guests enjoyed the meal. Dessert, a delicious chocolate cake and coffee completed the feast.

KL Rollins made several announcements about upcoming events and assured the Lions that he had ordered good weather for the citrus sale on December 17th. Revelers were challenged with a Christmas quiz and were promised special prizes to those who answered the questions correctly—boxes of tasty Fudgie Wudgie. Suddenly the sound of jingling bells could be heard and the jolly fat man, aka Santa Claus, made his appearance attired in his customary red suit and hat. He offered the guests some Christmas puns before distributing gifts to attendees. With the help of two elves, Dick and Ollie, Santa then presented attractively wrapped gifts to the club’s leaders for their service to SRLC that year and other guests were given candy canes.

As the evening drew to a close KL Rollins thanked Lion Nancy and her committee for another memorable evening. The attentive wait staff and chefs at Café Bretton also were given a round of applause for the excellent meal and service provided that evening. Departing guests wished each other season’s greetings and a festive evening came to a close.



King Lion Rollins and Nancy check the list twice.



Lions enjoyed a delicious dinner.



Santa stopped by bearing gifts for the holiday.

A Look Back at the Holiday Party

December 6, 2011—Severn River Lions Club Lions gathered at Café Bretton for the annual holiday party. The food was delicious and the atmosphere festive as Lions feasted and socialized. Santa Claus even stopped in to drop off a few early holiday presents.



Santa's Surprise Visit





L. to R. Lion Nancy Burns, Maia Brown, Nichola Merkel, Elizabeth Grund, Emily Stolarczyk and Lion Catherine Violette.

2011 Peace Posters Contest Winners

The annual Peace Poster contest has grown in the Severn River Lions Club service area with four—yes, four—schools participating this year. Nancy Burns and Catherine Violette coordinated the Peace Poster contest with the schools, delivered the kits to the art teachers, and returned for the final judging.

In late October and early November the panel of judges visited the schools to view the entries and choose a winner. This was a difficult task since many of the posters showed artistic talent and creativity, but the judges persevered.

Contestants had to design a poster that fitted this year's theme, "Children Know Peace" and render it using a medium of choice.

Posters this year came from four schools and the winners from these schools were:

Maia Brown—Magothy River Middle School

Elizabeth Grund—Severn School

Nichola Merkel—Severna Park Middle School

Emily Stolarczyk—Severn River Middle School

Entrant Elizabeth Grund submitted a poster to the contest last year and was the finalist from her school in 2010.

Winners each received a fifty dollar savings bond from SRLC. The posters were also entered in the District 22-A competition on November 18. The winner at that level goes on to compete against other entrants at Lions Day at the United Nations in March 2012.

The winners and their parents were invited and attended the meeting on November 15 to display their posters and receive their awards. Erica Obershaw, art teacher from Severn River Middle School, wholeheartedly supported the contest and attended the meeting to congratulate the winners.

On November 18 all Peace Poster entries from District 22-A were judged again by a panel of art teachers and Lions. The District 22-A winner for 2011 was Emily Stolarczyk from Severn River Middle School! The District runner up was Elizabeth Grund from Severn School. SRLC's entrants in the Peace poster contest did very well. The winning poster from our District was advanced to the multiple District competition.

Special thanks to Lions Nancy Burns and Catherine Violette for their effort with this contest, to the teachers at the four schools, and to the many students who entered the 2011 Peace Poster contest.



Emily Stolarczyk's poster was declared winner at the District level competition and now moves on to the International competition.

Severn River Entrant is District 22-A Peace Poster Contest Winner, Moves to International Level

This year students from four schools had entries in the annual Peace Poster contest whose theme was "Children Know Peace" and the judges selected two posters as winner and runner up.

This year's SRLC winner, Emily Stolarczyk from Severn River Middle School, was also judged the winner in the District 22-A competition and her poster was forwarded for the multiple District contest.

Word was received on December 5 that Emily Stolarczyk's entry had been declared the winner at the multiple District level competition.

Emily's poster will now be forwarded to Lions headquarters and will be entered in the international competition.

We wish Emily the very best at the international level. The club can look forward to having Emily as a guest at a future meeting.

Diabetes Awareness

Tips to Help Keep Your Health on Track!

What is diabetes?

Diabetes is defined as a disease characterized by high blood glucose levels that result from the body's inability to produce and/or use insulin. Because the associated symptoms seem harmless, diabetes often goes undiagnosed and, therefore, untreated. The statistics of this disease are alarming; almost 26 million Americans have diabetes, another 79 million have pre-diabetes and 7 million more are undiagnosed. It is estimated that by the year 2050, 1 in 3 American adults will have diabetes unless serious steps are taken to stop or prevent it. ⁽¹⁾

What are the types of diabetes?

There are three types of diabetes:

Type 1: Known as juvenile diabetes, it is usually diagnosed in young adults and children and accounts for about 5% of all diabetics. Insulin therapy is needed because the body does not produce insulin. ⁽¹⁾

Type 2: Known as adult onset diabetes, it is the most common form of the disease. More than 90% of all diabetics have Type 2. Type 2 diabetics can produce insulin but either the pancreas is not producing enough insulin or the body cannot use the insulin adequately. ⁽¹⁾

Gestational: This type of diabetes occurs in pregnant women who did not have diabetes prior to their pregnancy. It develops in women who experience high blood glucose levels later in their pregnancy. ⁽¹⁾

What are the symptoms of diabetes?

Diabetes often goes undiagnosed because many of the symptoms seem harmless or go unnoticed. Learning the symptoms of diabetes is important as early detection can decrease the chance of developing more serious complications from this disease. ⁽¹⁾

Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability
- Recurring skin, gum, or bladder infections

Type 2 Diabetes

- Any of the Type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in hands/feet

Who is at greatest risk for Type 2 diabetes?

Certain individuals are at a greater risk than others for developing Type 2 diabetes. Those individuals are: ⁽¹⁾

- People who are overweight
- People over age 45
- People with a family history of diabetes
- People with impaired glucose tolerance
- People who do not exercise regularly
- People with a low HDL cholesterol level
- People with a high triglycerides level
- People with high blood pressure
- People of certain racial/ethnic groups
- Women who had gestational diabetes or had a baby weighing 9 + pounds at birth

What are the health risk factors?

Unfortunately, diabetes increases your risk for other serious health issues. Diabetes is the leading cause of kidney failure and of new cases of blindness among adults. Even more alarming, two out of three people with diabetes will die from heart disease or stroke. The good news, however, is that many individuals with diabetes can prevent or delay the onset of the complications of this disease with proper treatment and recommended lifestyle changes. Some of the more serious health risks are: ⁽¹⁾

- Eye issues like glaucoma and cataracts
- Foot problems like poor blood flow & numbness
- Skin complications like fungal infections or itching
- Heart related issues like heart disease and stroke
- High blood pressure which increases risk for heart attack, stroke, eye issues & kidney disease
- Mental health issues like anger/denial/depression
- Hearing loss

When to contact your doctor?

While diabetes is a common disease, it is important that families learn about the medical therapies and lifestyle choices important in the treatment of this disease. If you have any symptoms of diabetes, contact your doctor immediately to ensure that you have no serious health problem. ⁽¹⁾

⁽¹⁾ *www.diabetes.org* This information is intended as informational only; not as a replacement for the medical advice of your physician

Off to a Great Start!

The first citrus sale of the season on November 19 got off to a chilly start but warmed up as the day progressed. The early morning crew arrived at 6:00 am to collect the forklift from Clements Hardware, place pallets on the line, ready the pallet jack, and prepare for the arrival of the big truck. King Orange Bill Z. drove in with the “warming hut,” hot coffee, and doughnuts, and directions for the day. His previous emails assigned jobs and everything was in order.

Five energetic students from the SPSHS band were present to help with the set up of the three ticket booths that would be used that day.

The large truck arrived at 6:45 am and the unloading began. Pallets of fresh navel oranges and grapefruit were off loaded and placed in the pickup line. Randy Roberts skillfully drove the new forklift and by 8:00 am we were ready to go as customers began arriving.

For the next five hours twenty three SRLC members worked in the booths, manned the pickup lines, counted money, and did everything necessary to insure the success of this major fund raiser. SPSHS band volunteers also helped load the awaiting cars.

A new commodity this year, Fudgie Wudgie, in three flavors was a hit and nearly 150 cartons were sold.

Lions had opportunities to chat with customers and several asked for information about SRLC.

By late morning the lunch bell rang and workers took a break to enjoy delicious sandwiches and soup that the chefs had prepared. As the closing hour approached there were still some unclaimed citrus cases that was loaded on Rhine Jager’s truck for later pickup.

The season’s first citrus sale rivaled previous sales and King Orange Bill Z deserves credit for organizing this event. SRLC will be back in January for more delicious H&S fresh citrus sales. See you then!



Lions and SPSHS band volunteers hard at work loading fruit.



100% of all proceeds go to help the local community.



Severna Park High School band volunteers.

Welcome To Bobbie Parks

A hearty welcome to new Lion, Robert “Bobbie” Parks, our newest member.

Bobbie, as he prefers to be called, was born in Baltimore City and attended school there before his family migrated to Anne Arundel County. Bobbie has been an Annapolis resident for six decades and enjoys the outdoor activities that this area offers. Bobbie has been a building contractor for forty years but now is enjoying semi-retirement. He claims to have all tools necessary to do the building jobs.

In his spare time Bobbie enjoys several hobbies: skiing, card playing, photography, and hiking.

He expressed interest in getting involved with the Rebuilding Together projects done by our club and his background as a building contractor will make him a welcome addition to the

SRLC team. He also plans to get involved with the club’s monthly citrus sales.

Welcome to SRLC Lion Bobbie. We are looking forward to working with you to benefit the local community.



Cub Scout Pack 688 Winners Again!

Try as we might, SRLC can’t seem to best the Cub Scouts in the annual food drive to benefit SPAN and this year was no exception.

Lions and Scouts donated nearly 500 cans and packages of non-perishable food which was delivered to SPAN on December 21.

That evening Lions Carl Gilbert, Dale Strait, Ken Tschantre and Ollie Wittig journeyed to the Pack 688 meeting and watched as the Cub Scouts arrived carrying their food donations. The front of the auditorium soon was brimming with bags and boxes and a large 25 lb. bag of

rice that the Cub Scouts had donated. Lions thanked the families for their donations which would help brighten the holiday for many less fortunate families. After conceding defeat again, the Lions carried the food to the vehicles for transport to SPAN the next day.

The Pack will get their well deserved pizza award at the annual 688 swim party in February. On departing, the Lions let the Cub Scouts know that we plan to be the winner of the pizza next year.

Don’t Forget...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!

January 25th • February 22nd • March 28th • April 25th

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

CALENDAR OF EVENTS

Please check our web calendar for updates at:
<http://my.calendars.net/srlc>

JANUARY

- 1/3 General Meeting 6:30PM
- 1/13 Second Full Cabinet Meeting 6:00PM
- 1/21 Third Fruit Sale 8:00AM
- 1/25 Ledo's Pizza Night 5:00PM

FEBRUARY

- 2/3 LASH General Meeting 6:00PM
- 2/7 General Meeting 6:30PM
- 2/10 Combined Region Meeting 6:00PM
- 2/21 General Meeting 6:30PM
- 2/25 Fourth Fruit Sale 8:00AM
- 2/22 Ledo's Pizza Night 5:00PM

MARCH

- 3/6 General Meeting 6:30PM
- 3/18 Melvin Jones Luncheon 12:00PM
- 3/20 General Meeting 6:30PM
- 3/24 Fifth Fruit Sale 8:00AM
- 3/28 Ledo's Pizza Night 5:00PM
- 3/30 Third Full Cabinet Meeting 6:00PM

APRIL

- 4/3 General Meeting 6:30PM
- 4/14 LASH Eyeglass Sorting 8:00AM
- 4/17 General Meeting 6:30PM
- 4/21 8th Annual Bull & Oyster Roast 6:00PM
- 4/25 Ledo's Pizza Night 5:00PM
- 4/30 Region 1 Meeting 6:00PM

HAPPY BIRTHDAY!

JANUARY

- Rick Mulderick – 5
- Randy Roberts – 7
- Oriey Glenn – 11
- Don Counts – 17
- Wayne "Skip" Beckett - 21
- Art Foehser – 25

FEBRUARY

- Dick Maurer – 15
- Joe Hunter – 27

MARCH

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

APRIL

- Pete Geis – 5
- Shirley Greene – 20
- Bruce Schriener – 23
- Mary Dare – 25
- Chuck Horne – 29
- Joinette Smallwood – 30



Lions Dick Mauer and Ollie Wittig at the November fruit sale.