



# SEVERN RIVER LIONS CLUB NEWS

DECEMBER 2022



## SEVERN RIVER LIONS: BETTER TOGETHER

As part of my job as a Case Manager, with the Anne Arundel County Department of Aging and Disabilities, I see many different types of situations-some of which are wonderful and positive and others are just down right depressing. The common element in these visits is the connection the individual has or in most cases, does not have a relationship with other people. Sharing a history with someone is powerful. When you're in a relationship with someone for a while, you get to know each other on a deeper level. You'll have shared memories and inside jokes and maybe a few good puns! The good things in life feel even better when you can share them with others.

COVID continues to cause social isolation. We're all human, and we're built for connection with others. No two people will have the exact same needs, and that's okay. Friendships can serve all sorts of purposes. These friendships can provide a sense of community and help one create a sense of belonging.

For people who don't have relationships with their families or others, for whatever reason, friends can be especially important. Friends help us when things get tough in our lives. They give us advice, comfort, and emotional safety.

Friendships increase our sense of belonging. When we feel accepted by others, it feels good. It's hard to be alone. We're not designed for it, and loneliness can have serious consequences physically and mentally. Having people who accept you for who you are and who you are not, can help you feel more secure. We all have insecurities, and having friends who accept us anyway makes a big difference.

Friendship is an essential part of life. Take the first step and get started today by reaching out to your fellow Lions-perhaps someone you've not seen for a while or better yet, do not know at all. We are indeed better together!

## CELEBRATING LION DECEMBER BIRTHDAYS

SUE PARKS (5TH)

CLEM KUSIAK (23RD)



## BAY BRIDGE RUN 2022



The Bay Bridge Run is a 10K race that traverses the eastbound span of the bridge from Anne Arundel County to Kent Island in Queen Anne's County and finishes with a huge post-race party! Once a year, the bridge shuts down traffic on the eastbound span for a race that tests your mettle and perhaps your fear of heights! The views and photo ops abound and this race is bringing in race enthusiasts from across the country.

The Bay Bridge Run needs hundreds of volunteers to make it successful. The operator of the event, Corrigan Sports, provides a stipend to non-profit organizations that provide teams of volunteers. Enter the Severn River Lions...

On Saturday November 12, 8 lions along with four Lions' guests worked a total of 62 hours at the Navy-Marine Corps Stadium in Annapolis supporting the Bay Bridge Run 2022. Our team of Lions was assigned the runner t-Shirt distribution and T-Shirt swap duties. This meant unboxing and restocking the tables. Checking the runner's bib, then issuing the correct size shirt ordered. If a runner decided that they preferred a smaller or larger size, they went to the Swap table. We had three shifts - All Day, Morning or Afternoon. We distributed over 1,000 t-shirts and swapped about 400 during our 8-hour shift.

Severn River's team included Lions Catherine Violette, Suzette Kettenhofen, Bill Stack and wife Dixie, Rollins Clark and wife Patricia, Carroll Hicks, Jackie Hetrick and guest Tony Frank, Tilghman Brice and mother Laura Jean Council, and Chris Werth.



# SERVING ANOTHER SUCCESSFUL FRUIT SALE NOVEMBER 11, 2022



## Lions -

We have leftover fruit (grapefruit, navels, and mixed boxes). If you know of anyone who would like some fruit or if you would like to get some because you forgot to order, please contact Lion Jon or Lion Carl to arrange a sale.

Thanks -  
Jon



## **BOTH LITTLE LIBRARIES ARE UP.**

We are ordering their name plates and next up is adding our Lion symbols to them. We wanted to get them in the ground before it froze. This is the one at the Health Center.



## **POINSETTIA SALE!**

**Hi, I'm Benjamin Klee and I am a Webelo Cub Scout in Pack 688.**

Our Pack Poinsettia Sale has begun and I am reaching out to you since you ordered last year!

We offer TWO sizes... Small plants with 3 blooms and large plants with 3-5 larger blooms.

Both sizes come in red, white, and marble.

I accept Paypal, Venmo, and checks. The deadline to order is November 12th and I'll deliver the plants to you on December 3rd.

If you do not live locally, I will accept orders for donations to a local assisted living or hospice facility.

Click the link below to place your order today!

<https://forms.gle/JbxGMBY6dBHansSp8>

Thank you!  
Benjamin





(410) 439-0233

4465 Mountain Rd | Pasadena, MD

# FUNDRAISING

DINE-IN OR TO-GO

⇒ *Support* ⇐

## Severn River Lions Club

Tuesday December 6<sup>th</sup>, 2022

3pm – 10pm

**10%**  
**DONATION NIGHT**

Support Severn River Lions Club by presenting this flyer to the Pasadena Location and Texas Roadhouse will donate **10%** of your total food purchases to Severn River Lions Club



SRLC,

With the holiday season upon us please remember that our next Dine to Donate night is Tuesday December 6th from 3-10pm.

Today at the fruit sale all customers were given a bag of roasted peanuts with our flyer attached to get the word out. Here is the flyer for you to share.

We need bakers!!! If you haven't already let me know that you are baking/making goodies please do so now. We are looking for whole loaves (mini is fine) of holiday breads, treats, fudge, candies and cookies. If items need picked up, let me know.

I have bought a variety of plastic holiday/winter themed tins to place the items in and we hope to sell the containers full of goodies for \$5-10 (depending on what is inside).

Any leftover goodies will be frozen and used in our next homeless lunch bags.

Thank you!  
Lion Suzette

## DIABETIC CORNER:

Healthy eating begins with healthy and easy recipes!

### One-Pot Shrimp with White Beans and Tomatoes

Prep: 10 minutes • Cook: 30 minutes

Makes: 4 (1½ cups) servings

- 2 tablespoons Weis Quality Olive Oil, divided
- 1 pound Weis Quality Raw 31/40 Count Easy Peel Deveined Shell On Shrimp, shells removed
- 1 medium shallot, chopped
- 2 garlic cloves, minced
- 2 cans (14.5 ounces each) Weis Quality No Salt Added Diced Tomatoes
- 1 can (15 ounces) Weis Quality No Salt Added Cannellini Beans, drained and rinsed
- 3 cups loosely packed Weis by Nature Baby Spinach
- 2 tablespoons fresh lemon juice
- ½ teaspoon Weis Quality Salt
- ½ teaspoon Weis Quality Ground Black Pepper
- ¼ teaspoon Weis Quality Crushed Red Pepper
- 2 tablespoons chopped fresh basil

1. In large saucepot, heat 1 tablespoon oil over medium-high heat. Add shrimp; cook 3 minutes or until opaque throughout, turning once. Transfer shrimp to plate; reduce heat to medium.

2. In same saucepot, heat remaining 1 tablespoon oil over medium-high heat. Add shallot; cook 3 minutes or until softened, stirring occasionally. Add garlic; cook 1 minute, stirring frequently.



Add tomatoes with their juice and beans; reduce heat to medium. Cook 10 minutes or until slightly thickened.

3. Stir in spinach, lemon juice, salt, black pepper and crushed red pepper; cook 5 minutes. Return shrimp to saucepot; reduce heat to low and cook 4 minutes. Makes about 6 cups. Serve shrimp mixture sprinkled with basil.

Approximate nutritional values per serving: 270 Calories, 8g Fat (1g Saturated), 135mg Cholesterol, 440mg Sodium, 25g Carbohydrates, 6g Fiber, 7g Sugars, 0g Added Sugars, 24g Protein