



SEVERN RIVER LIONS CLUB NEWS

DECEMBER 2023

TEXAS ROADHOUSE (410) 439-0233
4465 Mountain Rd | Pasadena, MD

FUNDRAISING
DINE-IN OR TO-GO

⇒ *Support* ⇐
Severn River Lions Club
Tuesday December 5th, 2023
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

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CELEBRATING DECEMBER LION BIRTHDAYS

05 Lion Sue Parks

23 Lion Clem Kusiack

SEVERN RIVER LIONS CLUB FOOD DRIVE

In Benefit of the Anne Arundel County Food Bank



December 16th, 2023 * 9am-1pm

St. Martins-in-the-Fields Episcopal Church

375 Benfield Rd, Severna Park

Hosted during the Severn River Lions Annual December Fruit Sale

Fruit sale proceeds benefit SRLC service projects within our community.

For details visit: www.severnriverlions.org

SEVERN RIVERS LIONS SUPPORT THE BAY BRIDGE WALK



On Saturday, November 11th, the following Severn River Lions members (Bill Stack, Bill Zelenakas, Jackie Hetrick, Suzette Kettenhofen, Jim Coolbaugh, Laurajeann Council, Tilghman Brice, and Shannon Nixon) along with several family members (Dixie Stack, Shelly Holland, Gladys Nixon, Liam Eastman and Jayden Daye) were volunteers at the Annual Bay Bridge Walk/Run event. Once again, we passed out t-shirts at the annual volunteer opportunity that KL Joinette brought to our club several years ago and Lion Suzette has been the coordinator for the past few years. Normally held at the Naval Academy Stadium but due to Veterans Day, the game had to be moved to the Anne Arundel Fairgrounds. Due to this shift in location, the Lions worked both the registration/check-in as well as passing out the t-shirts. We have already been asked to come back again next year as the program coordinator was impressed with how smoothly we processed over 5,000 runners.

Lion Suzette



Brian Boru Fundraiser

Severn River Lions Club and Foundation

Wednesday December 13, 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

6 oz all-natural chicken breast, whiskey leek cream sauce, house rice, steamed mixed vegetables

Norwegian Salmon Kikkø

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

Liver & Onions

Griddle-fried calves liver, bacon, sauteed onion, mushroom gravy, champ mashed potatoes, steamed mixed vegetables

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

Three Courses for \$35 \$10 out of each menu will be donated!

*Also available for carryout – Mention Fundraiser Menu
Call 410-975-2678 for carryout.*

Visit www.brianborupub.com click on menus, online ordering, follow prompts to order and pay online.

***Gluten free option*

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

Menu updated: 13 November 2023



**Severn River Lions
Celebrate the Holidays!**

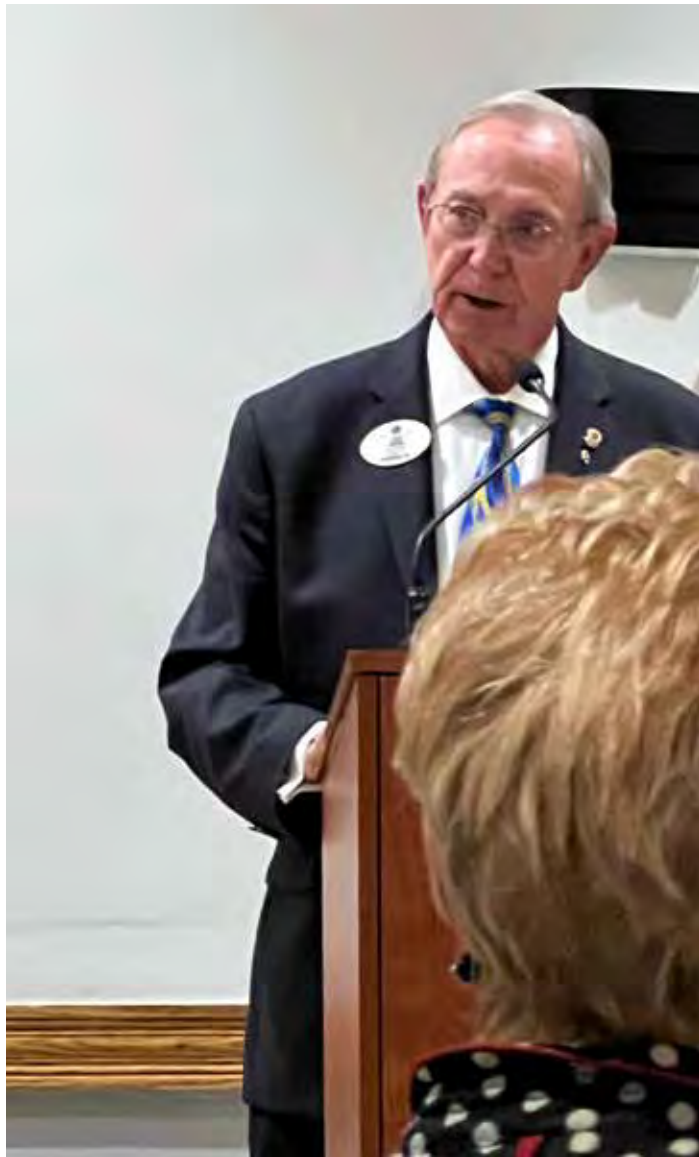
Please join us at 6:30 pm at Brian Boru on December 13th. In addition to our fundraiser at this location, Severn River will celebrate the holidays with our annual dinner. This event is pay-as-you-go, so either order from the menu on this page or request the normal menu. Hope to see you all there!

RSVP - Club Secretary Lion Suzette - 443-253-8434 or k10hofn2@yahoo.com





22A DISTRICT SOCIAL FOR DG JOHN MOSIER



WHAT CAUSES A CHRONIC DISEASE?

To answer this question, we need to understand how the body operates. As you know, cells are the building blocks of tissues and organs: the heart, lungs, brain, blood, blood vessels, bones, and muscles---in fact, everything in the body. For a cell to remain alive and function normally, three things must happen: it must be nourished, receive oxygen, and get rid of waste products. If anything goes wrong with any of these three functions, the cell becomes diseased. If cells are diseased the organ or tissue suffers. If this happens you may experience limitations in your ability to be active in daily life.

The differences among chronic diseases depend on which cells and organs are affected and the processes by which the disruption occurs. For example, during a stroke, a blood vessel in the brain becomes blocked or bursts. Oxygen and nutrition are cut off for part of the brain supplied by that artery. As a result, the part of your body controlled by the damaged brain cells, such as an arm, a leg, or a portion of your face, loses function.

If you have heart disease, heart attacks occur when the vessels supplying blood to the heart muscle become blocked. This is called a coronary thrombosis. When this happens, oxygen is cut off, the heart muscle is injured, and the result is pain. After the injury, the heart may be less effective in supplying the rest of your body with oxygen-carrying blood. Because the heart is pumping blood less efficiently through the body, fluid accumulates in tissues, and you may experience shortness of breath and fatigue.

With diseases of the lungs, there is a problem getting oxygen to the lungs, as with bronchitis or asthma, and the lungs cannot effectively transfer oxygen to the blood, as with emphysema. In both cases, the body is deprived of oxygen.

When one has diabetes, the pancreas does not produce enough insulin or produces insulin that cannot be used efficiently by the body. Without this insulin, the body's cells are not able to use the glucose (sugar) in the blood for energy.

CHRONIC CONDITIONS

1. Anxiety/Panic Disorder
2. Arthritis
3. Asthma and Lung Disease
4. Cancer
5. Chronic Heartburn and Acid Reflux
6. Chronic Pain
7. Congestive Heart Disease
8. Depression
9. Diabetes
10. Heart Disease
11. Hepatitis
12. High Blood Pressure
13. HIV Disease(AIDS)
14. Inflammatory Bowel Disease
15. Irritable Bowel Disease
16. Kidney Stones
17. Multiple Sclerosis
18. Parkinson's Disease
19. Peptic Ulcer Disease
20. Renal Failure
21. Stroke



Citrus Sale

Severn River Lions November & December Charity Fundraiser



NAVEL ORANGES

NAVEL ORANGES

1 Tray	11 Oranges	\$25
2 Trays	22 Oranges	\$34
3 Trays	33 Oranges	\$44



PINK GRAPEFRUIT

PINK GRAPEFRUIT

1 Tray	8 Grapefruit	\$25
2 Trays	15 Grapefruit	\$34
3 Trays	23 Grapefruit	\$44



MIXED NAVELS & GRAPEFRUIT

MIXED NAVEL ORANGES & PINK GRAPEFRUIT

2 Trays	12 Navels plus 10 Grapefruit	\$34
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SALE DATES:

Saturday, 11/18 *order by 11/10*

Saturday, 12/16 *order by 12/8*

TO ORDER:

Call 24 hours: **410-439-5770** • Web: www.SRLCfruit.com

Email: fruitorders@severniverlions.org

PICK UP 8:30 AM - 12:30 PM:

ST. MARTIN'S-IN-THE-FIELD EPISCOPAL CHURCH

375 BENFIELD RD., SEVERNA PARK MD

SEVERN RIVER LIONS CLUB NOVEMBER FRUIT SALE

