

SEVERN RIVER LIONS CLUB NEWS

FEBRUARY 2023



A MESSAGE FROM KING LION

How can we as Lions continue to share through friendships and service towards each other and our community? This is a question I struggle with as your King Lion. The pandemic and the world around us is such a different place. The challenges we face on a daily basis continue to confront us on every side. Sometimes, if I am honest, I become sad and depressed. Yet there are times of hope and unexpected joy.

I think we as the Severn River Lions Club need to continue to find ways to reinvent and recreate who we are and what we want to become. Let me say that I am thankful for each and every one of you. Despite untold challenges we are moving forward. I want to push us a little further. What can we do to

or not do to strengthen the work we are being called to do.

The Membership Committee is looking at options to recruit and retain members. We are doing service projects, on a much smaller level, but we are doing. The fruit sale and 'dining out fund raisers' are ways we are seeking to raise funds in support of our community ventures.

Where do you see yourself in this new time? What can you do to strengthen the Severn River Lions Club? Perhaps it is exactly what you are doing. Perhaps you want to try something new. Perhaps it means coming out for a program or an activity. In any event, we need you—we are so much better when we come together, work together and share life together!

As always, I invite your comments and thoughts. Wishing you a healthy and safe February...

Yours in Lionism,
Christopher Werth

CELEBRATING LION FEBRUARY BIRTHDAYS



FEBRUARY

9 Lion Shanon Nixon

15 Lion Dick Maurer

MEET NEW LION SHANNON NIXON

Lion Shannon is an Anne Arundel County native and a Human Resources Professional who developed an early passion for community service over twenty years ago while serving in the United States Air Force. After separating from the military, Lion Shannon returned to Maryland, continued volunteer efforts with Catholic Charities, and went on to complete her graduate degree while working with various DOD agencies. From 2014 to 2017 Lion Shannon served as an HR supervisor to servicemembers in Kaiserslautern, Germany where she promoted community service within her department. While serving overseas she inspired her staff to volunteer at the Fisher House, located in Landstuhl, Germany and Kaiserslautern Middle School.

Upon her return from Germany in 2017, she founded a small nonprofit, Community Helping Hands, based out of Laurel, MD where she and her volunteers assist senior citizens in local communities. This experience gives her a deep appreciation for how community service seeks to improve the quality of life for residents of Anne Arundel County. In her spare time Lion Shannon enjoys traveling, reading, camping, tending to her houseplants, hiking, and serving her community.

Lion Shannon was sponsored by DG Sue and inducted into Severn River by PDG Jim Katzaman on January 24.

Welcome Lion Shannon!



Anne Arundel County Department of Aging and Disabilities

Presents

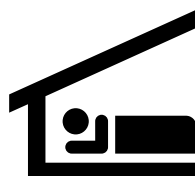
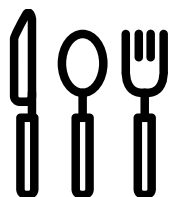
LIVING WELL WITH DIABETES

Attend a **FREE** 6-week workshop and learn how to **Live Well** by managing the symptoms of diabetes

This is a **FREE** 6-week workshop, designed for people and/or their caregivers who have been diagnosed with prediabetes, Type 1 or Type 2 Diabetes. Classes meet 2 1/2 hours weekly. Each session builds on the last to help participants learn self-management **TOOLS** for managing symptoms such as:



- creating action plans
- understanding the complications of diabetes
- monitoring blood sugar
- healthy eating and menu planning
- modes of exercise
- how to deal with stress
- problem solving techniques
- improving communication with health care providers



WHERE: ZOOM

DATES: February 23- March 30

THURSDAYS-only

TIME: 6:00pm - 8:30pm

***ALL PARTICIPANTS MUST
BE ABLE TO ACCESS ZOOM***

Registration is required

Call Penny Tilghman@410-222-0268 or
email agtilg88@aacounty.org

Anyone needing accommodations must contact Penny Tilghman at 410-222-0268 or agtilg88@aacounty.org at least 7 days in advance of the event. TTY users, please call via Maryland relay 7-1-1. All materials are available in alternate formats upon request.

DIABETES PRESENTATION



Lion Rev. Diana E. Wailes, Diabetes Chair, and Speaker, Penny Tilghman

On Tuesday, January 24th, Penny Tilghman a registered nurse with over 30 years of experience working in the field of health care and currently serving as the Director of Evidence-Based Programs with the Department of Aging and Disabilities gave a very rounded presentation on diabetes prevention. She employed a detailed PowerPoint on healthy eating and exercise and then engaged the Severn River Lion's Club with an educational activity testing our knowledge of prevention and healthy lifestyle practices around diabetes.



Severn River Lions Club participate in Diabetes presentation by speaker, Penny Tilghman

SRLC had such a successful Fundraiser at Brian Boru's last fall that we have signed up for three more in 2023!

One of the easiest fundraisers we can do! Just tell your friends about the menu, send the flyer to friends, and post it where you can. This is a three-course meal for \$30 - we earn \$10 per meal.

Save the Date for our first one on Tuesday, April 4th, fundraiser includes all orders placed from 11 am–9 pm whether online, in the restaurant, or as take-out! All the Customer has to do is an order from our special menu! If they do not find something on the menu to their liking BUT they told waitstaff they came in for our fundraiser and they order off the regular menu the restaurant will give us a token donation.

We will have a table up front with our banner, club brochures, and flyers of any upcoming events starting at 4 pm [unless someone volunteers to be there earlier].

Our other dates will be August 1st and October 3rd.

NOTE: The menu changes between seasons so we will send out updated menus during that fundraiser time.

YIL
Lion Suzette

Brian Boru Fundraiser

Severn River Lions Club & Foundation

Tuesday April 4, 2023 from 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

Chicken Marsala

All-natural fresh chicken breast, chef's own mushroom marsala sauce, champ mashed potatoes, steamed mixed vegetables

Norwegian Salmon Killek

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 click on menus, online ordering, follow prompts to order and pay online.



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



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VOLUNTEERS NEEDED



Dear Lions,

Our next service project making 50 lunches for Arundel House of Hope in Glen Burnie will be taking place on Thursday, March 2, 2023. We will be packing the lunches at 10 AM at my house at 25 Emerson Rd. Severna Park, MD. All are welcome to come and help.

I will be collecting items for this lunch and am asking for donations.

We will be in need of:

- Individually wrapped cookie packs need 50
- Individually wrapped cracker packs need 50
- Applesauce or fruit cups need 50
- Juice boxes need 50
- Raisin boxes need 50



We will be making ham and cheese or turkey sandwiches. I will be purchasing these items the day before we pack.

Any donation is gratefully accepted. I would appreciate the donations at least a week before we pack so that I can coordinate what we have and can fill in if necessary.

Thank you all for your generosity and help with this service project.

YIL.

Nancy Earley