



SEVERN RIVER LIONS CLUB NEWS

JULY 2023

2023-2024 SEVERN RIVER LIONS LEADERSHIP



Lion Joinette Smallwood, incoming president



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



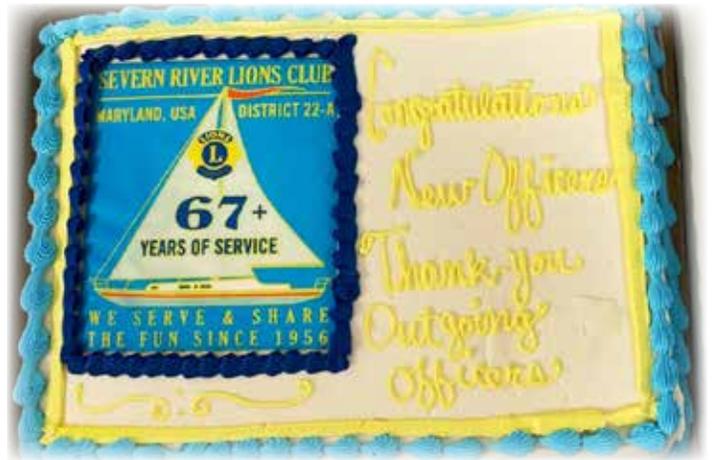
At the Severn River General Meeting on June 27, 2023, Past International President Lion Clem Kusiak installed the 2023-2024 Board of Directors. From left to right, Lions Clement Kusiak, Sue Parks (treasurer), Jon Valett (third vice president), Ryan Shupp (second vice president), Joinette Smallwood (incoming president), Paula Wilkes (director), Suzette Kettenhofen (secretary), Nancy Earley (assistant secretary), Ashley Sanford (membership), Jackie Hetrick (assistant treasurer), Chris Werth (immediate past president), hiding behind Chris, Bill Zelenakas (Tail Twister), and not shown, Shannon Nixon (director).



CLUB OFFICER TURNOVER



Lion Clem Kusiak installed Severn River's incoming officers.



District Governor Sue Parks presented a Progressive Melvin Jones Fellowship to President Chris in honor of his service as President for the past three years.

LOAN CLOSET DONATIONS



A woman in Pasadena was cleaning out her parent's house, both parents passed away recently. We went from an empty loan closet to one overflowing. Ryan (our Lion) works with the Department of Aging. He picked up all the incontinence products.

Changes to SRLC Meal Policy
Effective 7/1/23
Approved at General Membership Meeting 04/25/23

It was our long-standing practice to bill all Active members prospectively for meals along with their quarterly dues, as it's hoped that Active members will attend all meetings. It also eases administration with respect to count for catering purposes and not having to collect cash or checks for meals at each meeting. If a member who was billed for a meal couldn't attend a meeting, there was no refund, the funds stayed in the general fund to cover administrative expenses such as meals for guest speakers, prospective members etc.

The above process was in place until COVID required we be more flexible. On our return to in-person meetings, we switched to a retroactive method of billing meals so that only members who were eating were being billed. This has become a problem because we haven't been meeting the Legion's minimum and when it's time to bill I have to figure out who ate the meal at a given meeting.

We discussed this issue at our April 11th Board Meeting. It was decided that we would return to the prospective method of billing for meals effective July 1, 2023. This means that a quarterly dues bill will include \$36 for the 3 meals (\$12 each) expected in the quarter.

Note 1. Credits are given in following quarter if any meeting doesn't take place due to snow or other unforeseen circumstances.

Note 2. With the approval of the Board, a member with a valid reason – medical, frequent travel, etc. – can be exempted from the meal billing process but would pay (cash or check) at meeting.

Note 3. Special Meals – If/when meal cost exceeds \$12, a surcharge will be added to a subsequent billing (and noted accordingly on the quarterly bill).

Note 4. One time only – the July 2023 quarterly billing will include the meals for this current 4th quarter plus the prospective meals in the July quarter.



TEXAS ROADHOUSE FUNDRAISER & BAKE SALE



Lions Nancy Earley, Catherine Violette, and Suzette Kettenhofen sell an awesome display of baked goods at our Texas Roadhouse Fundraiser.



Lions Catherine Violette, Suzette Kettenhofen, and Jackie Hetrick welcome Roadhouse patrons.



CELEBRATING JULY LION BIRTHDAYS



8 Lion Bob Siska

29 Lion Diana E. Wailes

CABINET OFFICER TURNOVER

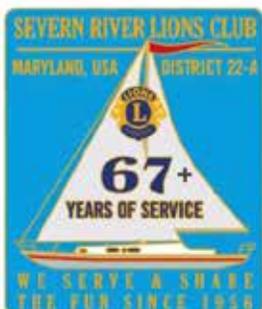
On June 24th at the Maryland School for the Blind, Cabinet Officer Turnover, Club Officer Training, and service award presentations were given. This event was open to all club members. Fellowship was enjoyed and shared with clubs across the District. Lion Sue Parks, DG, handed the reins to the next District Governor, DGE, John Mosier, after a year of outstanding service.



(Above) DG Sue Parks presents Lion Ryan Shupp with Severn River's Service, Membership, Newsletter, Public Relations, 100% Secretary, 100% Treasurer awards. (Below) Lion Diana E. Wailes receives a Certificate of Service for her service as District Diabetes Chair.



(Above) DG Sue Parks receives a beautiful gift from the District 22A Lions for her service and presented by Lion Suzette. (Below) AA Lion Suzette Kettenhofen enjoys a few quiet moments with Lion Dave Ellis, District Vision & Hearing Chair.



Severn River Lions Club, Inc.
Severn River Lions Foundation, Inc.

P.O. Box 118, Severna Park, MD 21146
(410) 439-5770
Email Us: SRLC@severnriverlions.org



LIONS IN SERVICE



RICK & PEG FANSHER

On March of 1968 a young Ohio boy stationed at Ft. Meade went on a blind date with a 17-year-old Hyattsville girl who he fell in love with and later married. Now 54 years on we have two wonderful daughters and three terrific grandkids. We have lived in Maryland twice, Georgia twice, Florida twice and Massachusetts for three years. Peg retired from over 30 years as a nurse a few years ago and I stopped work in 2020. In 1975 while I worked for Ted Turner's WTCG-TV station in Atlanta, Peg was working at a Marietta Deli owned by a Lockheed engineer Asgar Kachwalla. Asgar has been an active Lions club member for nearly 50 years and has been a President of the East Cobb club as well as a former District Governor. When we last visited him in September, he was so animated about the services that the Lions offer that we decided then and there to join the Severna Park Lions Club.

LUNCH SERVICE PROJECT



Thanks to all for their help in completing this 50 bag lunch service project. Lion Paula, myself, Lion Jackie and her friend Tony met today and made the sandwiches, packed the lunches and delivered them to House of Hope in Glen Burnie. Many thanks also goes out to those who contributed items for the lunches, as well as contributing money so I could purchase needed items. Special thanks to Lions Steve Keefer and Ken Tschantre. Our next 50 bag lunch service project will take place in September or October.

*We Serve.
YIL Nancy*

2023 STRAWBERRY FESTIVAL



SWEET SUCCESS!

On June 3rd, 2023 Lions Ashley Sanford, Chris Werth, Clem Kusiak, Jackie Hetrick, Peggy Fansher and Rick Fansher hosted a Severn River Lions Club information table at the 65th annual Cape St. Claire Strawberry Festival. The festival had a fantastic turnout, and we were able to tell the community what Lions do, and more specifically, what Severn River Lions Club does for our community. Children at the festival loved the bubble machine at the table and enjoyed several craft/art projects (bracelet making and rock painting). The club raffled off a gift basket to a little girl (and made her day!). A lot was learned, and next year's event will be even better for Severn River Lions!



MEMBERSHIP CORNER

When talking to prospective members, focus on what activities the club does or what service activities interest them. We love Lions history... but others may be uninterested to learn this up front.

LIONS SERVING & WORKING

BROADNECK SCHOLARSHIP PRESENTATION

Representing the club, I presented Olivia Akhtar her Severn River Lions Club scholarship at the Broadneck High School senior award program.

Lion Suzette



SCOUT GRILLING.



Severn River Lions and Scout Leadership grilling together.

LITTLE LIBRARY STEWARD REPORT



Our two Little Libraries are certainly meeting the needs we planned for. I say this as steward keeping the inventory at a peak for our community to partake and enjoy reading books of their interest

You may ask where we find more books? In the photo above, a flyer shows where used books can be left as donations for our Library. You can imagine what happens when folks see the name Lions and a new service project we created for our friends of the community. Thanks to these friends who are embracing our project, we have a great supply of books.

Jacki Hetrick, SRL Little Library Steward



LIONS VISION DAY AT ANGELS MARKET



On Thursday, June 15th and Friday June 16th Lions Jeanne Kusiak, Rick and Peggy Fansher, Clem Kusiak, Chris Werth, Ryan Shupp, and Suzette Kettenhofen promoted Vision Days at Angels Market in Pasadena for a Lions Vision Research Foundation event that would familiarize customers with how Lions impact vision. As customers arrived, they were greeted by Lions in Lions apparel and then informed about how vision is the main focus of Lions clubs in our District and around the world. Brief accounts were stated of how Lions have benefitted people with sight problems. Many of the people donating also gave testimony to their knowledge of what Lions provide and they thanked Lions for providing this valuable service to the community. Donations received from Clare and Brother

Alex were notable as they opened their container labeled for their Lenten offering (see photo). A collection container acknowledged donations to the LVRF program by helping to ensure our program continues in local and worldwide communities. A total of \$856.81 was donated and will help this program to continue. The event at Angels is just another example of how Lions clubs benefit their communities and live up to Lion's motto. "We Serve."

In addition to our 2023 Vision Days planning and implementation, we utilized the Lions Vision Research Foundation: "Vision Days - How to Guide". Planning for Vision Day – Visit with the Owner of Angels Food Market requesting approval to hold Vision Days, followed by a letter confirming the days.

On behalf of the Severn River Lions Club please accept our thanks for allowing our members to provide information about the Lions Vision Center at the Hopkins Wilmer Eye Institute on Friday, September 6, and Saturday, September 7th. The information explains how Lions support vision programs at Wilmer. We will also provide a news release announcing our presence at Angels in the Maryland Gazette and Pasadena Voice.

We are Looking forward to our opportunity for community engagement....A Vision Days news release for two local newspapers was created on Thursday, June 15th, and Friday, June 16th. Members of the Severn River Lions Club will distribute information related to the Lions Vision Center at the Hopkins Wilmer Eye Institute. The information will familiarize community residents with how Lions support vision programs at Wilmer. Also, Lions collect used eyeglasses to help in their battle against preventable blindness in third-world countries, please drop off your recyclable eyeglasses.

For additional information online: www.severnriverlions.org or by phone: 410-439-5570

Lion Clem Kusiak,
Severn River Lions Vision Days Coordinator



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 Kilkø

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"

Menu updated: 24 June 2023



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

Menu updated: 24 June 2023

NEW BEGINNINGS

I think there comes a time in all our lives where we feel like we need a fresh start. Whether that's mentally, physically, geographically – we feel like we need to find ways to begin again. So this past Tuesday night the Severn River Lions Club installed new officers for the 2023-2024 Lions year. It is a new beginning yet our mission is the same-We Serve. Human beings, in all their graces and glory will make mistakes and want out and need to, at times, begin again. It might be scary. It might be exciting. But it's probably always necessary.

Whatever the change, it is universal. Life is always going to be a series of ups and downs, beginnings and endings and a ton of winding roads in between. Very rarely will you find a person who has embarked on a path and reached their goal destination with no detours along the way. That's life.

I encourage my fellow Board Members as well as members of our Severn River Lions Club to seek out ways to begin again. We all have the ability to re-create and re-invent ourselves as individuals and our reality.

This year we welcomed 8 new Lions and started some new projects. I want to encourage each of us to find ways to involve each other as we strive to serve our community.

So we need to be prepared that, at any time, change will happen and we will be called to begin again while serving others.

Yours in service and Lionism,

Christopher R. Werth



4TH OF JULY PARADE STAGING LOCATION, PARKING INFORMATION - YOU ARE AT OUR SHEPHERD LUTHERAN CHURCH

Lions, YOU ARE INVITED to join us and walk in the parade with Lions regalia displayed prominently. If you are passing out popsicles with Lion Clem, you will need to be there. Walkers will walk in front of 'Ole Betsey' following the Cub's. This should be an *'all able bodied hands on deck'* The walk will be less than an hour. We'll have some water and libations (OJ). and will be ready to go at the Lutheran Church by 9:30 but probably won't depart 'til 1030 or so. It's also a great social event with other participants, and you.

The meet and parking instructions are as follows. Tewkesbury goes in to St. Martin's, not the Lutheran Church/SPAN. Ole Bettsey will be at the Lutheran church, across Benfield from St. Martins, about 9. We'll meet up with the Cubs there. We're # 33 in the middle of the parade . Looks like a short parade this year if participant #'s are only in the 60's.

Yours in Lionism,
Lion Bill

Prediabetes Risk Test

NATIONAL
DIABETES
PREVENTION
PROGRAM

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point) _____
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point) _____
- Woman (0 points) _____

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) _____
- No (0 points) _____

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) _____
- No (0 points) _____

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point) _____
- No (0 points) _____

6. Are you physically active?

- Yes (0 points) _____
- No (1 point) _____

7. What is your weight category?

(See chart at right) _____

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points) ←		

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.

