



# SEVERN RIVER LIONS CLUB NEWS

JUNE 2024

## Hello fellow Lions,

I wish you all the best for a fantastic summer! Thanks for all that you have done this year! I wish you all good luck next Lions year as we continue to serve the community. Looks like this coming year will be a year of serving the elderly community. We will also be financially supporting Lion Suzette in her role.

I hope that you enjoyed this last Lions year of what I hope was a balance of family, friends, work, and community service.

All the best wishes for next Lions year!

Lion Joinette



### OFFICER TURNOVER

25 June (6:30pm Social/6:59pm Mtg) – General Club Meeting  
American Legion Post 175  
832 Manhattan Beach Road, Severna Park, MD 21146

## CELEBRATING JUNE LION BIRTHDAYS

18 Lion Carl Gilbert

# TEXAS ROADHOUSE BAKE SALE & FUNDRAISER



*Lions Suzette Kettenhofen, Jackie Hetrick, and Christopher Werth man the bake sale at Texas Roadhouse.*



*Lion Suztte Kettenhofen was able to present Kayla Raposa, Marketing Manager at the Texas Roadhouse, 4465 Mountain Road, Pasadena, MD location the plaque from Severn River Lions Club thanking TRH for their support throughout the years. Kayla Raposa, Marketing Manager at the Texas Roadhous displays placement of award on Texas Roadhose wall at entrance.*



*(above) Speaker, Jeff Hawkins, a prominent representative of Leader Dog for the Blind and his furry companion "Dove" shared passionately the benefits of the program.*

*(right) IPDG Sue Parks, Lions Suzette Kettenhofen, Jackie Hetrick, and Diana Wailes (not shown) attended. Severn River Lions donated \$500.00 to the Leader Dog Program. FVDGE Suzette worked the event raising \$390.00 on a 50/50 board and also raised \$75.00 from a basket donated by Texas Roadhouse which included additional items from Suzette and Sue.*





*Lion Jackie Hetrick and friends visit the Memorial Day Chestertown Tea Party and Parade with an emphasis on eyeglass collection.*

Rain, cloudy conditions, and a chill on Friday, May 10th did not deter Severn River Lions, friends, and Concert Band Percussionist Lion Tilghman from attending and participating in the AACC Concert Band featured performance titled “LONELY BEACH” A TRIBUTE TO THE 80th ANNIVERSARY OF D-Day at the Anne County Community College.

Lions Suzette Kettenhofen and Jackie Hetrick arrived early becoming our greeters in addition to being first to step inside the auditorium, providing prime seating for Lions and friends – Chuck Horne, Jeanne and Clem Kusiak, Sheila LoCastro, Laurajean & Joseph Brice.

As the lights went dim and the AACC Clarinet Choir, directed by Lynda Dembrowski, the fully seated audience was entertained by music selection by Director Lynda.

Following the Clarinet Choir music we listened to the Tribute to D-Day music of – “AN AMERICAN FANFARE” by RICK KIRBY, “AN ELEGANT SUFFICIENCY” by SHAWN DAVEN, “AT DAWN’S VALOR,” A TRIBUTE TO COURAGE AND SACRIFICE” by MARK LORTZ, “LONELY BEACH” by JAMES BARNES, “THE PHOTO ALBUM” by RANDALL STANDRIDGE & “THIRD ARMY MARCH” by GREGORIO DIAZ.



A special thank you to Lion Tilghman as the Percussionist of the band and his performance during the event. Also, congratulations to the SRL Board and friends for being contributors to the “At Dawn’s

Valor” Commissioning Project.

## JUNE MEETING HIGHLIGHTS

The June meeting was at the University of Maryland Baltimore Washington Medical Center on Tuesday, May 14th, attended by Lion Clem representing SRLC.

Host for the monthly meeting – Avila Home Care

SPG program topic – Population Health Initiatives

Ms. Cheryl Ruff, Director of Practice Operations and Populations Health provided an outstanding overview of services for those in need, especially the population of individuals reluctant to seek health care.

Ms. Ruff started with “We need to stop just pulling people out of the river. We need to go upstream and find out why they are falling in”.

Then proceeded to tell the group “UM at BWMC has a team providing resources and solutions that help patients recover, recuperate, and be on the road to health and wellness in our community. We cannot return patients to the same conditions that made them sick in the first place. The team includes Nurses, CHAs, and Social Work”.

To accomplish the county’s needs Ms. Ruff gave us the Greatest Challenges they have:

- Food Insecurity                      Financial Insecurity                      Behavioral Health Problems
- Developmental or Cognitive Impairment                      Language Barriers
- Lack of Transportation                      Housing Challenges                      Substance Use Disorders
- Illiteracy                      Lack of Government ID

Questions followed from the audience as to who to contact for the services;  
Call 410-5951200 or Tiger: BWMC BWCARES

Final announcement: UM BWMC will soon be opening two (2) Urgent Care Facilities.  
Crain Highway in Glen Burnie near Burger King and Pasadena near 3 Rivers.



## PACK'S ANNUAL BRIDGING CEREMONY

*On June 1st Lions Bill Z, Chris, Paula, and Jim representing the Severn River Lions Club cooked and served 35+ hungry Cub Scouts and their families as part of the Pack's annual Bridging Ceremony at Lake Waterford Park. Special recognition was given to the Club for our continued support and assistance over the past years. A delightful weather day and a successful event!*

### MONITOR BLOOD CHOLESTEROL

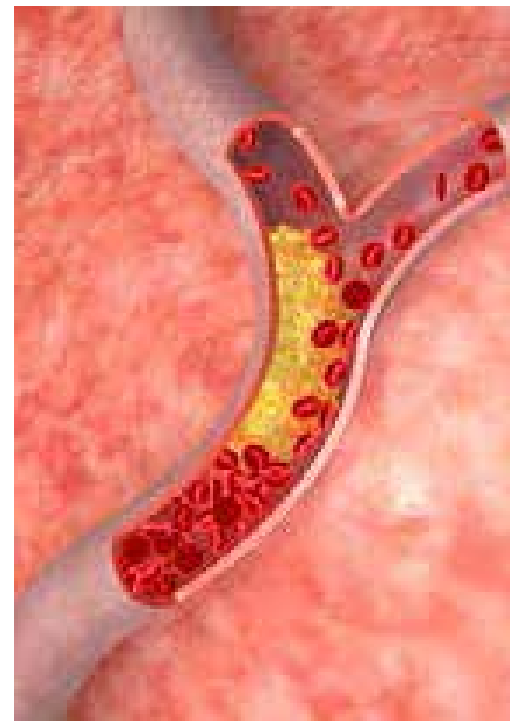
To understand blood cholesterol, think of a car engine and its oil. Oil lubricates important engine parts to keep the car performing at a high level. Like car oil, high-density lipoprotein, or HDL, lubricates important parts of the body, including the blood vessels, absorbing other cholesterol and helping get rid of it. HDL also prevents other cholesterol from sticking. Low-density lipoprotein, or LDL, is the cholesterol that sticks to the walls of your blood vessels, blocking off blood flow. It wears your “engine” down and causes it not to perform as well. You need HDL to fight the negative effects of LDL.

If your blood cholesterol is too high, your doctor may prescribe medicine, or make recommendations for changes in your diet and getting regular physical activity. High blood cholesterol can cause plaque to collect on the insides of your blood vessels, making them stiff and narrow—so narrow it might even prevent blood from moving through.

If your blood cholesterol level is within a healthy range, you can help to keep it healthy by doing the following:

- Replace unhealthy fats with healthy fats, instead of avoiding all fats.
- Choose fresh meats, poultry, fish, and dairy more often. Processed foods often contain more fat, salt, and sugar.
- Choose leaner cuts of meat and remove the skin from chicken and turkey. Include fish in your diet.
- Choose less processed meats, poultry, fish, and dairy more often.

**The three biggest risk factors for heart disease are smoking, high blood pressure (hypertension), and high blood cholesterol.**



*As cholesterol (plaque) builds up in the arteries, the arteries begin to narrow, which lessens or blocks the flow of blood.*

Source:

[www.cdc.gov/cholesterol/about.html](http://www.cdc.gov/cholesterol/about.html)

# UPCOMING VOLUNTEER OPPORTUNITIES

## 5 June

Just a reminder that our next 3-course meal fundraiser at Brian Boru's is on Wednesday, June 5th. Any orders placed from 11 am to 9 pm off the special menu will earn the club \$10. We will be posted at the entranceway with our club banner from 3-8 pm passing out club brochures and talking to anyone interested in our club. Reach out to Lion Suzette if you wish to work the table.

## 11 June

Club Board meeting. An email with the agenda will be sent a few days prior.

## 15 June

Club Retreat [club gets together to plan out service projects, fundraisers, and budget for the Lion year] will be on Saturday, June 15th from 9 am to Noon in the Activity Room of at Sunrise Senior Living located at Living 43 W McKinsey Rd, Severna Park, MD 21146. Contact Incoming President Ryan Shupp at rshupp2@gmail.com for any questions.

## 17 June

Father's Day Poker Run at Pascal Senior Center, 125 Dorsey Rd, Glen Burnie, MD from 9:30 am-12 pm. Lion Ryan needs at least 6 volunteers to sign up via Google docs at: <https://docs.google.com/spreadsheets/u/0/d/1-aK1M9PflXFNSK1bVYGH0ZS6aznCVyJz8edwplmPdc0/htmlview?sh=nK-TNjaFq94sZ3Mdp&ca=1>

## 25 June

Club membership meeting and Officer Turnover. Families are invited. I will need a headcount of guests by 23 June.

## 29 June

District 22-A Club Officer Training, District Turnover, and Picnic at the Maryland School for the Blind located at 3501 Taylor Avenue, Baltimore MD 21236 starting at 9 am.

Looking ahead at July events

## 4 July

Independence Day Parade. The parade starts at 10 am. Lion Clem is coordinating the popsicles again this year. We need to plan a day & time for decorations.

*On a personal note, I want to thank Lion Jackie and Lion family member Fran Maurer for their baked goodies along with my items and to all the Lions who attended our Texas Roadhouse "Dine to Donate" on Tuesday 21 May. Special Thank you to Lions Chris, Bill, and Jackie who helped me man the baked sales table. We made \$303 off our baked goods table and \$44 from folks mentioning the Lions Club when they ordered. The leftover baked goods were delivered to the Oncology department and Nurses on Wednesday when I had my chemotherapy and were well received. I will schedule the club for another fundraiser opportunity in the Fall once we have our Fruit Sales dates scheduled.*

**YIL, Lion Suzette**



# Brian Boru Fundraiser

Severn River Lions Club – June 5, 2024

*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 Killek

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

.All for \$35. \$10 out of each menu will be donated!

\*\*Gluten free option



---

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

---