



SEVERN RIVER LIONS CLUB NEWS

NOVEMBER 2023



HAPPY FALL SRLC!

As we move forward into this Lions year let's recognize our accomplishments and challenges. First I want to thank those Lions that have graciously shared about themselves in our monthly newsletter. I appreciate the broad band wealth of experience and knowledge that everyone brings to our group. My hope is that we all appreciate the information that is shared and weave those strengths into the service that we do for our community. I hope that these articles are also used as a way to get to know each other, especially for our newer members. Maybe untapped talents can be used to grow our dedicated base of active, engaged members. Next we can start on succession planning. I'm looking for your help and ideas. Should we attempt a combination of pairing for mentorship along with "manual writing" for key positions? Or should we do one or the other? This may be the time to create an enhanced buddy system. Please let me know your thoughts. Reach out at any meeting , via text or call.

Next let me thank everyone that came out for our fun, fellowship event. Daytime bingo at Bingo World. Thanks for taking the time from your busy personal schedules to come for a session of bingo. I hope that you all had fun! Looking forward to seeing you at another fun event this year! Saturday , September 9th, I saw many of you at bingo. Some of you brought along family and friends and I truly appreciate you. The mid-day session was a bright sunny day that welcomed you to experience the bingo hall. At a few paces all around you in the building were many options for the morning. A snack bar, 200 slot machines, 2 ATM's, Sports betting, 2 pool tables and a bar. Thank you for coming and maybe before it gets too cold we can play bingo, or do corn hole and maybe a corn maze or a haunted walk together. Feel free to bring up ideas and activities at any time!

CELEBRATING NOVEMBER LION BIRTHDAYS

- | | | | |
|----|--------------------|----|----------------------|
| 05 | Lion Carroll Hicks | 25 | Lion Nancy Earley |
| 17 | Lion Bobby Edmond | 26 | Lion Clinton Wallace |
| 21 | Lion Bob Engh | 30 | Lion Bill Stack |

EYE SCREENING - IGLESIA CHURCH



The screening planned on October 7th occurred as scheduled. 86 seniors registered for Vision Acuity, Spot, Glaucoma, and Hearing Screenings. Results of the screenings: 36 referrals requiring eye and hearing professional assistance.

Iglesia Church contact Sarai Hernandez arranged for the seniors to be screened by calling, e-mailing then developing a spreadsheet reflecting appointment times. Also, four (3) translators and she to assist at various stations. Mrs. Sarai volunteered to continue assisting the seniors needing professional assistance through LASH, LCOF, and Lions Clubs identified by the senior's place of residence.

Iglesia Church Assistant Pastor Nelson graciously provided the elementary school classrooms (3) for each screening. Screening stations consisted of Hearing two (2), Vision three (3), and one Glaucoma (1). Registration and Referrals tables (1ea) in the lobby allowing for seniors and their families to receive a hearty welcome by Lions. Lion Volunteers from Annapolis, Severn River Clubs; LASH, LCOF, and Neighboring Clubs totaled eighteen (18). Each with their previous specialty experiences doing health screening.

Water and Cookies were provided and welcomed by Seniors screened in addition to Lion Volunteers. The cost split by the two clubs came to \$44.22



EYE SCREENING - IGLESIA CHURCH

SEVERN RIVER/ANNAPOLIS LIONS CLUBS

Vision, Glaucoma & Hearing Screenings

Supported by: Lions Association for Sight and Hearing

Lions Community Outreach Foundation of District 22-C

at

Iglesia Hispania Emmanuel

913 Cedar Park Road, Annapolis

on

October 7, 2023

9:00 am to 12:00 noon

SET UP

| | | |
|--------|---|---------------|
| Lions: | Chris Werth, Clem Kusiak & Mary DeHart | Start 8:00 am |
|--------|---|---------------|

REGISTRATION

| | | |
|-----------------------------|--|---------------|
| LIONS (2) TRANSLATOR (2) | Ashley Sanford, Peggy Fansher Ruth Landaverde | Start 9:00 am |
|-----------------------------|--|---------------|

EYE SCREENING

| | | |
|------------------------------|---|---------------|
| LIONS (3) TRANSLATORS (1) | Rick Fansher, David Anderson, Jim Kat- zaman, John Lawrence, Mary Dehart & Susan Goldschen Alexis & Daniela Chicas | Start 9:00 am |
|------------------------------|---|---------------|

GLAUCOMA SCREENING

| | | |
|----------------------------|---|---------------|
| LION (1) TRANSLATOR (1) | Jeff Fair, Chris Wooters, Sandi Halterman | Start 9:00 am |
|----------------------------|---|---------------|

HEARING SCREENING

| | | |
|----------------------------|-----------------------------|---------------|
| LION (2) TRANSLATOR (1) | Bill Zelenakas, Mark Leroux | Start 9:00 am |
|----------------------------|-----------------------------|---------------|

REFERRAL TABLE

| | | |
|----------------------------|--|---------------|
| LION (1) TRANSLATOR (1) | Chuck Horne, Mary DeHart Sarai Hernandez & Alan Goldschen | Start 9:30 am |
|----------------------------|--|---------------|

FLOATER/SNACKS

| | | |
|----------|------------|---------------|
| Lion (1) | Ryan Shupp | Start 9:00 am |
|----------|------------|---------------|

PACK UP

| | | |
|-----------|---|----------------|
| LIONS (4) | Clem Kusiak, Mary DeHart, Mark LeRoux & Ryan Shupp | Start 12:00 pm |
|-----------|---|----------------|

VOLUNTEERS

| | | |
|-----------------|--------------------|-------------|
| ANNAPOLIS LIONS | SEVERN RIVER LIONS | TRANSLATORS |
|-----------------|--------------------|-------------|

SEVERN RIVER LIONS COLLECTING, TRANSPORTING THEN GATHERING



Lions Tilghman Brice, Rick Fansher, Carl Gilbert, Peggy Fansher, Bill Zelenakas, Ryan Shupp, and Clem Kusiak

A Big Thank you to the Severn River Lions Club for collecting, transporting, then gathering to sort eyeglasses hearing aids, cell phones for reuse, etc. by those in low-income areas in need of glasses.

Saturday, October 14, 2023, Lions Tilghman Brice, Rick Fansher, Carl Gilbert, Peggy Fansher, Bill Zelenakas, Ryan Shupp, and Clem Kusiak listened to instructions regarding eyeglass sorting first by checking the condition of glasses - prescription clear/sunglasses in a container followed by broken glasses in another, regular sunglasses in another container. Then sadly those not wearable due to being broken or in very poor condition into the trash container.

The last two categories: Silver/Gold or platinum were identified and then sent to a separate table where a qualified Lion would examine the same to determine their value and then scraped for cash value to support LASH expenses.

This interesting category was a treat for most of the SRLC to determine what “Granny” Glasses looked like. Of course, the youngest of the group - Lion Ryan said 60’s era. Well, Ryan, Clem, and Peggy at times placed the glasses on their face for a second opinion. Everyone had a great laugh. Yet no photos!

Sorting glasses eventually became second nature to all the SRLC when their last of 9plus boxes of useable glasses were filled, transported to the weighing table, sorting tables were cleared, trash, etc. removed: everyone felt their well-spent time would now be history until SRLC Eye Glass Collection Lead Lion Carl Gilbert sounds the call to drop off used glasses at his home then sign up to help at the next Eye Glass sorting scheduled for April 13, 2024.

Cub Scout Poinsettia Sale

by Benjamin

Orders due 11/11



Sale details, descriptions, prices, and payment forms
are available at this link:

<https://forms.gle/1vLSNvDqJw1XTexF9>

or scan

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qrchimpX1024

****Option to donate plants to local assisted living and hospice****

STRETCHING

Guidelines and Information



SAFETY INFORMATION

Regular physical activity is fun and healthy. However, some people should check with their doctor or healthcare provider before they start becoming much more physically active.

Being more active is very safe for most people. If you are planning to become more physically active than you are now, you should check with your physician before you start. You may be able to do any activity that you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those that are safe for you. Before you begin your “active life”, talk with your doctor or healthcare provider about the kinds of activities that you wish to participate in and follow his/her advice.

STRETCHING

Stretching is a form of exercise that targets muscles by elongating them to their fullest length. Stretching is often a neglected portion of many individuals’ exercise programs. It is important to remember that stretching offers benefits that are important and thus deserving of attention in addition to aerobic and strength training exercises. Stretching should be incorporated into both the warm-up and cool-down of aerobic and strengthening exercises. A stretching routine can also be performed by itself

BENEFITS OF STRETCHING

- Improves range of motion
- Improves performance in many activities including aerobic exercises
- Prevention of injuries
- Enhance muscle tone
- Decrease muscle soreness associated with exercise
- Prepares muscles for activity

SAFETY CONSIDERATIONS BEFORE AND DURING EXERCISE

- Warm up your muscles before you start stretching (e.g. walking in place)
- Wear comfortable clothing (clothing should not limit movement)
- Stretch to a point of discomfort, not pain.
- No bouncing
- Hold stretches for 10-30 seconds
- Shake out limbs between stretches
- Repeat each stretch 2-3 times

MULTIPLE DISTRICT 22 LIONS LEADERSHIP INSTITUTE

MULTIPLE DISTRICT 22 LIONS LEADERSHIP INSTITUTE

For Lions ready to pursue leadership roles within their Lions communities.

November 17-19, 2023 (Friday, Saturday, & Sunday)

At Lions Camp Merrick In Nanjemoy, Maryland

Lions Fundamentals
Working in Teams
Diversity
Local Issues & Opportunities
Public Speaking Preparation
Time Management
Member Motivation
Goal Setting
Public Speaking Presentations
Personal Mission Statement



WHY SHOULD YOU ATTEND?

To learn your strengths and areas for personal improvement
To develop interpersonal social skills
To network and establish new friendships
To improve your communication skills

To make your club more successful
To become a more effective Lion
To learn more about our Lions organization and its role in service
To share ideas for service projects and fundraising



Meet current Lion friends and make new ones
Great training from proven instructors
Shared cabins with bath facilities
Great food, fellowship, and fun
Beautiful camp setting
Come away refreshed and inspired

WHAT IS THE COST?

The tuition is \$150.00 for training courses on Friday, Saturday, Sunday, two nights lodging at the camp, six meals, and all instructional materials. Some districts and clubs provide partial scholarships or sponsorships.

HOW DO I SIGN UP?

Contact your District's Global Leadership Team Chair or PDG Ken Chew at 302-798-6520 or 1941akc@gmail.com
Please submit by October 13, 2023



MULTIPLE DISTRICT 22 LIONS LEADERSHIP INSTITUTE

November 17-19, 2023
Lions Camp Merrick, Nanjemoy, Maryland

Full Name: _____

Nickname (if any) that you prefer _____

Years in Lionism _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: () _____

Email: _____

Name of Lions Club: _____ District: _____

Highest Office/Position held within Lions Club: _____

Highest Office/Position held at District level: _____

1. Registration fee is \$150.00, and must accompany this Registration Form. If fee is being subsidized by your district or club, their portion will be billed later.
2. All participants must arrive and sign-in between 1:00 and 2:00 PM on Friday, November 17, 2023. Activities will begin promptly at 2:00.
3. Institute will be completed by 2:00 PM on Sunday, November 19, 2023.
4. Further information will be sent to participants in October.
5. Send Registration Form and fees by October 13, 2023 to:

PDG Ken Chew
1400 Forrest Drive
Wilmington, DE 19810

Make checks out to MD-22 RLLI

SPECIAL NEEDS:

_____ Diabetic Diet _____ Vegetarian _____ Hearing Challenged

_____ Visually Challenged _____ Wheelchair Access

_____ Other (please explain) _____

For more information, please contact Coordinator: PDG Ken Chew, 302-798-6520, 1941akc@gmail.com

Multiple District 22 Lions Leadership Institute at Camp Merrick

Camp Merrick is located on 320 acres on the shores of the Potomac River in southern Maryland. This beautiful site is owned and operated by the Lions of Lions of 22 C to serve children ages 6 to 16, who suffer from diabetes or are hearing or visually impaired, with a summer camp experiences. Camp Merrick is also supported financially by the Lions of MD 22 and rentals by outside groups during the fall through November.

Camp Merrick has a cluster of cabins with 6 or 8 double decker bunk beds (we are only using the lower ones) next to the main dining room. Each cabin is winterized and has a bathroom in them. There are showers in a separate building next to the cabins. Lions will need to bring their own bedding for the bunk beds.

The learning experience will be enhanced by the sheer beauty of the site. The RLLI will not only be a learning experience for future leaders but a real retreat from the frantic lives that most of us experience. This a chance to build relationships with your fellow Lions of MD 22.

10 Lions from 22-A will be subsidized by the District.

To take advantage of this very worthwhile training opportunity, contact:

PCC Larry Burton
coach13@

zoominternet.net



SAVE THE DATE!!

**DISTRICT 22A SOCIAL FOR
DG JOHN MOSIER**

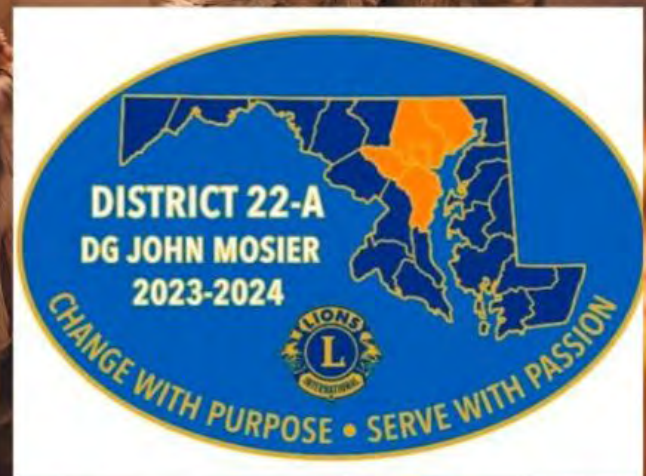
SATURDAY, NOV 11 6-9 PM

COLUMBUS GARDENS, PERRY HALL, MD

**HOTEL ROOMS AVAILABLE
HAMPTON INN, WHITE MARSH**

**DETAILS
COMING SOON**

**FOR MORE INFORMATION
CONTACT LION SANDY GUZEWICH
CELL 410-459-6496
EMAIL: DCGUZZY@OUTLOOK.COM**



HONORARY COMMITTEE MEMBERS, CABINET AND CLUB SECRETARIES

Please send out to any member who may be interested in attending the 22-D Social on December 2nd. RSVP by 19 November if you are attending.

Email directly to their social chair PCC Clyde Bragg at cib1147@aol.com if you have any questions.



LIONS VISION RESEARCH FOUNDATION 2023 HOMECOMING RALLY



Date & Time: November 18, 2023 ~ 9:30 am

Place: Chevy Chase Auditorium, Johns Hopkins



Highlights of Homecoming Rally

- ◆ Tour the Lions Low Vision Center ~ 9:30 - 10:30
- ◆ Wilmer Eye Institute Presentations ~ 10:40
 - ◇ Lions Vision Center
 - ◇ Research
 - ◇ LVC Fellow Program and more...
- ◆ Patient Testimonials
- ◆ Jim Deremeik Service Award
- ◆ LUNCH (**RSVP** so that we have a good count)
- ◆ Closing Ceremony
 - ◇ Wilmer Eye Institute Update, Dr. Peter McDonnell
 - ◇ Fellowship Endowment Update
 - ◇ Club Donations

Donations

Bring your donations. If you are unable to attend, mail donation check payable to LVRF, with *Homecoming Rally* on the memo line, to SVDG Martin Bonura, LVRF Treasurer, PO Box 1714, Baltimore, MD 21203.

RSVP by 11/14/23

LVRF.rally@gmail.com

With Name, Email, Club, District

Questions?

Contact LVRF Chair PCC Dee Hawkins
301-774-5229



SEVERN RIVER MEMBERS ATTEND 22-W SOCIAL & MORE



On October 7th, several SRLC members (Lions Jackie, Suzette, Sue, and Clem) attended the 22-W social honoring District Governor Jeremy Bair. Part of the entertainment included the Kitzmiller Lions Club's sporting homemade instruments. Pictured is our own Lion Clem Kusiak with International Director Anthony Paradiso helping out the Kitzmiller Lions.

GETTING TO KNOW SEVERN RIVER LIONS—LION RYANN SHUPP

A TIMELINE OF MY LIONISM:

- 2010-2014: Cocalico High School Leo Club
- 2014-2018: East Cocalico Lions Club (Associate)
- 2014-2018: Broadway Lions Club
- 2018-2020: Mount Vernon Evening Lions Club
- 2020-present: Severn River Lions Club

Amidst all these changes and transfers of schools and clubs, my passion for the Lions has been unwavering!

For fun, you can find me at a club or music festival promoting my favorite Electronic Dance Music DJs, dancing to the music.

I also am an antique collector and enjoy collecting phonographs, records, oddities/curiosities.

I love Raising Canes Chicken Fingers and am determined to go to every restaurant opening in Maryland.

I live in Columbia with my girlfriend, Jayme, and work for the Anne Arundel County Department of Aging in the Assisted Living Program.



MEMBERSHIP

Membership Corner

TIP: INSTEAD OF TELLING OTHERS WHAT LIONS DO, ASK THEM WHAT SERVICE PROJECTS INTEREST THEM AND INVITE THEM TO COMPLETE THESE PROJECTS WITH THE HELP OF SRLC.



SEVERN RIVER LION CLUB MEMBERS MEET



King Lion Joinette presented IPDG Sue with LCI's Master Key Award for opening the door to over 20 new Lions.



Lions Rollins Clark, Diana Wailes, and Rick and Peggy Fansher load lunches.

BAG LUNCHES

On October 26, 50 Bag lunches for the House of Hope were assembled and delivered. Lions Rick and Peggy Fansher, Lion Diana Wailes, and Lion Rollins Clark and his wife Pat made sandwiches and packed the bags full of water bottles, fruit, crackers, cookies, Slim Jims, cheese sticks, etc., and topped off with some Halloween candy.

Thank you to all of my fellow Lions who donated food and money toward this project. It could not have happened without your generosity. I also received a donation from a community member to help with this endeavor.

Submitted by Lion Nancy Earley

SEVERN RIVER LIONS CLUB MEMBERS PREPARE MATS FOR THE HOMELESS



CRAFTING FOR THE HOMELESS

King Lion Joinette Smallwood introduces the Severn River Lions Club to a service project that involves using plastic grocery bags to create mats for the homeless. Using plastic is environmentally friendly as it uses 80% of the plastic from bags that normally become landfill that does not break down. The mats are tightly crocheted and offer a dry mat for those living outdoors. The mats are machine washable and need to be air-dried.

SPONSOR A WREATH:

Sponsor a veteran's wreath in honor of or in memory of a loved one who served in our armed forces. Or, sponsor and allow Wreaths Across America to designate a recipient among the millions of heroes who rest in honored glory.



Cost of Wreaths:

- 1 - Wreath Individual Sponsorship (\$17)
- 2 - Wreaths (\$34)
- 5 - Wreaths (\$85) *Most Popular
- 10 - Wreaths (\$170)

The Severn River Lions Club is a sponsor of Wreaths Across America and will be honoring deceased military/first responder members by placing a wreath on their graves on December 16, 2023. You can help the club by purchasing a wreath or volunteering to help.

BUYING A WREATH

PAYING ONLINE:

<https://www.wreathsasscrossamerica.org/pages/178362/Overview/?relatedId=0>

You can designate a grave site for a wreath when doing it online. NOTE: it DOES NOT have to be at Crownsville Veterans Cemetery if the family is located elsewhere - but our club will still get credit for any wreaths ordered through our sponsor link.

CASH, CHECK OR MONEY ORDER:

Make all checks/money orders payable to "SRLC".

Any Grave site:

Tell us the number of wreaths wanted.

Designated Grave site:

Give full name and cemetery of member you want recognized.

-All Cash, Checks or Money Orders will be collected at our next in-person meeting (November 28) as we have to place orders by midnight.

Pair a Wreath:

A child, a parent, a friend, a hero: Every veteran deserves to be honored and remembered. By sponsoring a Patriot Pair, a donated veteran's wreath will be placed at one of our more than 3,700+ participating cemeteries across the nation. A second purchased wreath with a branch flag will be sent to the address of your choice.

ORDERS ACCEPTED ONLINE ONLY:

<https://donate.wreathsasscrossamerica.org/pairs/?pageId=178362&relatedId=16144>



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 |
|---------|---------------------------------|-------|------|

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**