

TRAINING FOR LIONS

MULTIPLE DISTRICT 22 LIONS LEADERSHIP INSTITUTE

November 17-19, 2023

Lions Camp Merrick, Nanjemoy, Maryland

Full Name: _____

Nick Name (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:

This event is being subsidized by the District.

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

PCC Larry Burton

coach13@

zoominternet.net

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

Rev 7/26/2023

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.

DIABETES AWARENESS MOMENT

ARM CIRCLES

With diabetes or prediabetes, exercise is essential for maintaining the body's health!

This exercise targets the shoulders.

MUSCLES USED - SHOULDER



Important Note: Exercise should be performed with slow and controlled movements. Stop if you feel pain. Gradually increase the number of circles over time. Exercise should be repeated 2-3 times. (Resting between sets)

PERFORMING THIS EXERCISE

- Stand comfortably with feet shoulder-width apart and knees slightly bent
- Extend your arms straight out to your sides (forming a “t” shape or cross) with your palms facing the ground.
- Rotate your arms forward in small circles 10 times followed by 10 small circles in the opposite direction



LASH Eyeglasses Sorting

8-11 AM Saturday, 14 Oct 2023
Knefely Gymnasium,
MD School for the Blind
3501 Taylor Avenue
Nottingham, MD 21236

Brian Boru Fundraiser

Severn River Lions Club & Foundation

Tuesday October 3, 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 Killece

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: 20 September 2023

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SAVE THE DATE!!

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

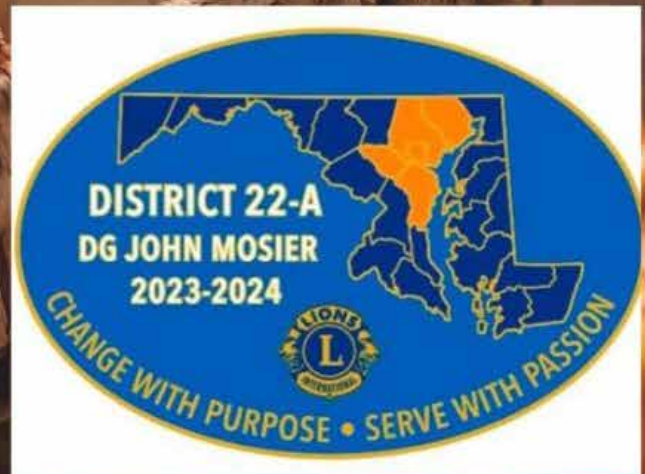
SATURDAY, NOV 11 6-9 PM

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**



Lion Jackie Hetrick receives donations of books for the Little Libraries.