



SEVERN RIVER LIONS CLUB NEWS

SEPTEMBER 2023



FELLOW CLUB MEMBERS

Before I share some thoughts with you let me first cover a reminder and compliments. As a reminder, our daytime bingo event is Saturday, September 9th. The business opens at 10 am and the bingo session starts at 11:45 am. Our price is \$20 of which we get back \$10 in donations for our club. Please come! Bring your friends, family, and neighbors. I'll be there to give everyone a pass to keep track of our donation. Feel free to sit together for a fun time playing bingo. Have something to eat or drink or try your luck at any of the 200 slot machines. First compliments to Lion Ashley and her fundraising/membership committee for getting approval and support for the club's first-ever Trunk or Treat event! Next compliments to member Lion Clem for raising funds amongst club members sponsoring another Eagle Scout.

So now down to business as I reviewed some of the club's strategic planning meeting notes. The method used was SW.O.T analysis*. We looked at our strengths, weaknesses, opportunities, and threats. Our first steps were to discern our future as a Lions club. Many of the points are still relevant today.

Our strengths include: our members have a wide range of expertise in a wide variety of areas, as a club we have stable meeting locations, SRLC is a financially stable organization – no debts and we still have a small group of dedicated members. To accentuate many of our member's wide range of expertise I have started calling, texting, and emailing members to write articles about themselves. Yes, we are Lions and well-rounded individuals. Hopefully seeing the articles as we introduce our whole selves to the group you may be surprised what you read about your fellow Lion! I hope when I reach out to you it may be a great time for you to write your story. I am looking forward to getting to know all of you better. We are a diverse, knowledgeable, and experienced life group of folks.

A few weaknesses that I believe we are in the process of improving on include: a lack of Lions membership willing to step up for Leadership roles, having a small group of dedicated members, and lastly a lack of succession planning. I hope we can get a little further with succession planning and share the wealth of knowledge for some key roles. One such role is the Liaison role between Lions and the Department of Aging. Maybe Lion Chris can start to share his knowledge of this role with Lion Ryan? Club Treasurer – Even though Lion Sue is not going anywhere maybe start a detailed instruction booklet for the worst-case scenario and a seamless transition. Are any of our newer members ready to be mentored by Lion Jon to learn about the expertise needed for Fruit Sales? And the list goes on.... We are an active club that should always be ready for transition and change at a moment's notice.

Our opportunities still include connecting with the younger population/demographic, creating an enhanced buddy system, and doing a better job with succession planning. Yes, we had overlaps in each category 😊

Some of our threats as a club remain. These include the age of membership, cliques in membership, lack of knowledge about Lions Mission, and finally lack of succession planning. We are making some inroads with a renewed passion for our membership and fund-raising efforts.

There is no need for us to rewrite the wheel of who we are. With our infusion of new members and the last few year's experiences and a pandemic having passed maybe we can find some new ways to continue to build ourselves up and to share the wealth of experience and knowledge amongst more than a few members of our club.

I am looking forward to this exciting new year of service and fun fellowship.

Lion Joinette

For any that are interested, I will be happy to supply you with the full copy of our S.W.O.T analysis upon request

CELEBRATING SEPTEMBER LION BIRTHDAYS

13 Lion Bob Bauman

20 Lion Ashley Sanford

13 Lion Dave Knabel

22 Lion Ray Smith

28 Lion Steve Marr

GETTING TO KNOW FELLOW LIONS

LION LAURAJEAN COUNCILL

My name is Laurajean Councill, and I was born into Lionism. My Dad, George Councill joined the Severn River Lions Club a few months after the Club was established in 1956. From an early age, my siblings and I helped to deliver fertilizer and light bulbs and to help in any way we could with fundraising for the club.

Fruit sales were a huge part of my upbringing. My Mother would take orders by phone for months and compile huge lists of names and addresses. My siblings and I didn't have to do much during the actual pickup and delivery, but we helped Dad with the upkeep of the forklift and loading it on the flatbed trailer, making sure all the equipment was in good running order. During an ice storm, my siblings and I had to hand unload several pallets of fruit. We then hand-loaded it back up after the sale and took it to a warm garage, where we had to hand-unload it.

My oldest brother George Councill Jr. joined the club when he got out of college. He sponsored my son J. Tilghman Brice to join the club about 11 years ago.

I earned a BS In Pharmacy from the University of Maryland and practiced community pharmacy from 1978 to 2015. In 1982 I went to the Ohio College of Podiatric Medicine and graduated in 1986 with a DPM degree. I have a practice with my husband, Joseph Brice. We raised three children. We have collected a wonderful son-in-law, and daughter-in-law, and have been blessed with two granddaughters. Dr. Brice and I plan to retire on December 31, 2023, and can't wait!!



GETTING TO KNOW FELLOW LIONS

LION REV. DIANA ELIZABETH WAILES

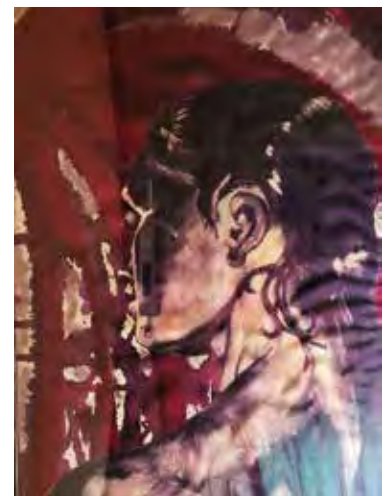
Born in New York City, New York to parents, Marine Staff Sergeant, and Mrs. Ossie Lee Andrews, I grew up with an ecumenical background. My family was Seventh Day Adventist, but after finishing college at Fordham University at Lincoln Center and moving to Hamden, Connecticut, I later joined Christian Tabernacle Baptist Church. After my daughter started college at Yale University in New Haven, I moved to Baltimore, MD in 1981 for work opportunities. I worked as the Senior Buyer for the National Aquarium in Baltimore for five years until I was hired by the United States Capitol Historical Society. Promoted from Senior Buyer to Vice President of Merchandise and Graphic Design. I designed quality gifts and produced the Congressional calendar that members of Congress sent annually to their constituents and the Dome magazine. I worked in this position until retirement in October 2021 (29 years).

During this time, I joined Payne Memorial African Methodist Episcopal Church and served as president of the Women's Choir, vice president of the Mass Choir, chaplain of the Mass Choir, on the Praise & Worship team, and as a steward under three pastoral assignments. It was here that I received my call to ministry and preached my trial sermon on March 24, 2005. The title of my sermon was "I Must Be Out of My Mind." Realizing that this journey for ministerial service had begun well into her 50s when I was looking forward to retirement, the title of my trial sermon brought a smile to my face. I have served on the ministerial staff of Payne Memorial A.M.E.C. since my ordination on November 18, 2008, and completed a Master of Theological Studies on December 17, 2021.

Retirement hasn't slowed me down. I am the District Superintendent for the Baltimore District (serving 28 churches), Baltimore District Caucus Leader for Women in Ministry, and Lions Club District 22A Committee Chair for Diabetes Awareness. I continue to create fine art, oil painting, multi-media art pieces, pen and ink, and charcoal drawing. I also create newsletters for Severn River Lions Club and Women in Ministry monthly.



Hiking in the ruins of Israel.



*Multi-Media artwork
(fabric, photography & oil)*



GETTING TO KNOW FELLOW LIONS

LION JACKIE HETRICK

I was recently given an opportunity (by incoming President, Joinette Smallwood) to talk about my work as a Lion and about interests I enjoy.

My main responsibility, as a Lion, is the Medical Loan Closet for durable medical equipment, hospital beds, wheelchairs, walkers, shower benches, etc.



I have people call for their friends and family members. In addition, rehabilitation facilities call looking for assistance with their patient needs.

I do volunteer work for the Department of Aging, Partners in Care, and The Orphan Grain Train. When we have excess medical equipment or medical supplies, they are donated to these agencies. Hoyer Lifts and Electric Lift chairs have also been given to people in need.

Lions Christopher Werth and Ryan Shupp have orchestrated the usage and distribution arrangements. This facilitates the equipment distribution into and out of the closet on a daily or weekly basis for people needing or borrowing the equipment.

As a retired person living in Arnold, Maryland, I have many interests. To begin with, I volunteer for multiple locations—Partners in Care, Maryland Hall, and SRLC. I socialize with people who patronize these venues. At Maryland Hall (for the Performing Arts), I work as an usher and bartender. While there, I enjoyed a variety of arts—ballet, symphony, theatre, and Rams Head performances (Herb Albert is one of my favorites). Also, at Maryland Hall, venues for the Bates Middle School are provided next to the Hall on Chase Street.

My personal life includes family and friends, biking swimming, hiking, and vacationing to a variety of locations. Recent trips included Mexico, Miami, Florida, and Las Vegas, Nevada.

My family and I are off to Treasure Beach, Delaware. As I am writing this I am at Lewis, Delaware.

Enjoy the rest of your summer everyone. School starts August 28th on the following day of our return.

Peace and Best Wishes to all our SRLC Lions,

Lion Jackie



GETTING TO KNOW FELLOW LIONS

LION NANCY EARLEY

I was born in Queens, New York City, and moved to Annapolis at age 18 with my parents and 3 younger siblings. I graduated from Anne Arundel Community College and then Towson University. Joseph Earley and I met at AACC and married in 1967. We had two wonderful daughters, Allison and Megan, and one precious granddaughter Kara Jane.

My career was with the State of Maryland, Department of Social Services as a Foster Care Social Worker in Baltimore City.

After retirement in 2006, I joined Severn River Lions Club, following in the footsteps of my husband Joe and my father-in-law Joe Sr. My sister Betty is a Lion in Virginia as well. I am honored to be a Lion, and have participated in Meals on Wheels, making SRLC scrapbooks, Leo Club advisor, working on fundraisers, making masks during COVID, attending training, and spearheading the Lunches for the Homeless Service Project. I have also served as Assistant Secretary and as a member of the Board of Directors.

Outside of being a Lion, I enjoy spending time with my family and friends. I enjoy quilting, knitting, and scrapbooking.

The friendships and contacts I have made through our club and the greater Lions Community have been priceless. I look forward to many more years of being a member of the Severn River Lions Club.



NATIONAL NIGHT OUT

AUGUST 1, 2023



ANNE ARUNDEL COUNTY EASTERN DISTRICT: NATIONAL NIGHT OUT

Lions Jackie Hetrick, Ryan Shupp, Ashley Sanford, and Clem Kusiak represent SRLC along with community and church organizations, Anne Arundel County Police and small businesses.

CUB SCOUT RAINGUTTER REGATTA

AUGUST 26, 2023



(left to right) Lions Chris Werth, (judge), Jim Coolbaugh (judge) Paula Wilkes (Cub Scout Liason), and Suzette Kettenhofen (Judge)



Cub Scouts present entries.



Cub Scouts prepare to race.

DIABETES MINUTE

YOUR BODY CAN HEAL ITSELF

What is clear is that health is an active state, protected by a series of remarkable defense systems in the body that are firing on all cylinders, from birth to our last day alive, keeping our cells and organs functioning smoothly. These health defense systems are hard wired in our body to protect us. **Some are so powerful they can even reverse diseases like cancer.** And while they function as separate systems of defense, they also support and interact with one another. These defense systems are the common denominators of health. By recalibrating our approach to disease prevention and focusing on common denominators, we can be as powerful as funding common denominator to treat disease, as we did two decades ago.

Five defense systems form key pillars to your health. Each of the systems is influenced by diet. When you know what to eat to support each health defense, you know how to use your diet to maintain health and beat disease.

These defenses heal the body from within, so it is now possible to systematically examine how to shore up your health.

The five defense systems are **angiogenesis, regeneration, microbiome, DNA protection, and immunity.**

Angiogenesis

Sixty thousand miles of blood vessels course throughout our bodies and bring oxygen and nutrients to all of our cells and organs. Angiogenesis is the process by which these blood vessels are formed. Foods like soy, green tea, coffee, tomatoes, red wine and beer can influence the angiogenesis system.

Regeneration

Powered by more than 750,000 stem cells distributed throughout our bone marrow, lungs, liver, almost all our organs, our body regenerates it itself every day. These stem cells maintain, repair, and regenerate our bodies throughout our lives. Some foods like dark chocolate, black tea, and beer can mobilize them and help us regenerate. Other foods like purple potatoes can kill deadly stem cells that spark cancer growth.

Microbiome

Almost 40 million bacteria inhabit our bodies, most of which act to defend our health. Not only do these bacteria produce health supporting metabolites from the foods that we swallow and deliver to our gut, but they also control our immune system, influence angiogenesis, and help produce hormones that influence our brain and social function. We can boost our microbiome by eating foods like kimchi, sauerkraut, and sourdough bread.

DNA Protection

Our DNA is our genetic blueprint, but is also designed to be a defense system. It has surprising repair mechanisms that protect us against damage caused by solar radiation, household chemicals, stress, compromised sleep, and poor diet, among other insults. Not only can certain foods prompt DNA to fix itself, but some foods turn on helpful genes and turnoff harmful ones, while other foods lengthen our telomeres, which protect DNA and slow aging.

Immunity

Our immune system defends our health in sophisticated ways that are much more complicated than we previously thought. It is influenced by our gut, it can be manipulated to successfully attack and wipe out cancer, even in the elderly. Recent discoveries have completely changed our understanding of the immune system. Foods like blackberries, walnuts and pomegranate can activate the immune systems, while other foods can dampen its activities and help reduce the symptoms of autoimmune disease.

UPCOMING EVENTS



SAVE THE DATE!!

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

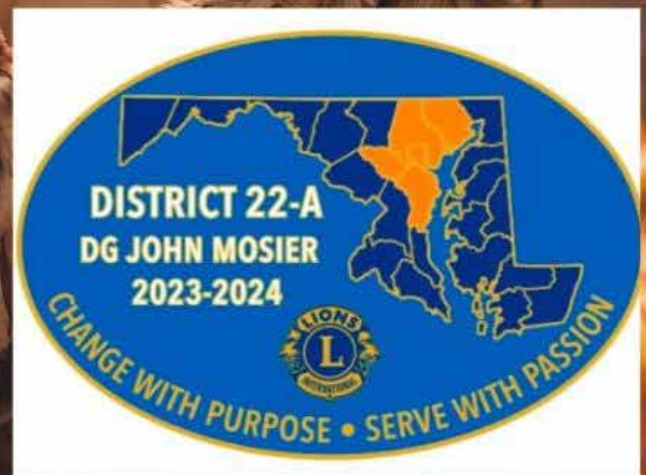
SATURDAY, NOV 11 6-9 PM

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**



If you are interested in staying overnight, arrangements have been made at the Hampton Inn, White Marsh. The cost per room is \$129.00 (plus tax = \$149.00). The room will have a king-sized bed with a fold-out couch. Breakfast is complimentary on Sunday morning. All reservations must be made by October 13, 2023.