



SEVERN RIVER LIONS CLUB NEWS

APRIL 2023



STOP, PAUSE, REFLECT, RESPOND

I recently have been on the receiving end and/ or witnessed some terse and inappropriate email and verbal communication. It seems to me that in an age when we're used to an instant response to a request or comment we, myself included, can fire off an inappropriate response as we are multitasking and distracted on so many different levels. I think we may have forgotten how to be respectful and considerate of others and other's feelings.

I suggest that we stop after receiving a message -email or verbal and pause before responding...hence the need to reflect. Then respond in a proper and respectful manner.

COVID aside, it seems to me that we have forgotten our civil manners. We are quick to lash out or make less than appreciate comments about the conversation at hand or about the individual.

As Lions members we are all volunteers. We are all involved in multi activities and efforts. We lead busy lives. All that said, we need to remember that each of us is an individual who has feelings and is person of value. I encourage each of us, and self talking to myself as well, to stop, pause, reflect and respond. We will all be better for these actions on so many positive levels.

Yours in service and Lionsism,
King Lion Christopher Werth

CELEBRATING LION APRIL BIRTHDAYS



- 1 Lion Bill Waring
- 6 Lion Suzette Kettenhofen
- 8 Lion Dick Motley
- 23 Lion Bruce Schriener
- 29 Lion Chuck Home
- 30 Lion Joinette Smallwood

SERVICE PROJECT SRLC 3-2-23



50-BAG LUNCHESES FOR THE ARUNDEL HOUSE OF HOPE

On 3-2-23 myself, Lion Rollins Clark and his wife Pat, Lion Paula Wilks, and Lion Jackie Hetrick met to make 50 sandwiches and pack 50 bag lunches for the Arundel House of Hope. I then delivered these lunches to the Glen Burnie Office of the Arundel House of Hope. They would be distributed to the homeless population visiting these offices by closing time that day. Also delivered to the House of Hope were toiletries, boots, bedding, and clothing donated by Lion Jackie.

Besides the ham and cheese and turkey and cheese sandwiches, the lunch consisted of a water bottle, crackers, cookies, fruit cups, raisins, fruit snacks, puddings, and candy.

A big thank you goes out to the Severn River Lions and helper who came to make the sandwiches and pack, the Lions who donated food and supplies, and the Lions who made monetary contributions to purchase needed items.

YIL Nancy Earley

HEAR YE! HEAR YE! "CLUB'S CHARTER NIGHT"

will be April 4th at Brian Boru's.

We have the back area reserved from 6:45 to 9 pm.

Brian Boru Fundraiser Severn River Lions Club & Foundation

Tuesday April 4, 2023 from 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

Chicken Marsala

All-natural fresh chicken breast, chef's own mushroom marsala sauce, champ mashed potatoes, steamed mixed vegetables

Norwegian Salmon Killek

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"



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Severn River Lions Club Medical Loan Closet

A list of items borrowed and donated in the years 2021 and 2022

By Chair Jackie G. Hetrick

MEDICAL EQUIPMENT— BORROW:		DONATIONS:	
Stand Assist	2	Potty Chair	36
Lift Belt	2	Shower Chair	26
Wheelchair Pads	10	Wheelchair	19
Shower Chair	25	Rollator Walker	12
Transport Chair	22	Walker	40
Knee Scooter	30	Walker Tray Table	4
Potty Chair	34	Bedside Rail	9
Wheelchair	40	Transport Chair	15
Transfer Board	2	Canes	25
Bed Rail	5	Ice Machine	1
Bedside Tray	2	Crutches	22
Bedside Table	5	Bedside Table	5
Halo grab bar	1	Hospital Bed	4
Ramp	3	Air Mattress (compression)	3
Bag for walker	7	Lift Chair	2
Grab bar tub/shower	5	TV Stand	1
Cane	22	Knee Scooter	7
Walker	22	Gait Belt	1
Hospital Bed	9	Bidet	1
Mattress/blow-up	5	Bed Alarm	1
Crutches	10	Boots (sets)	2
Sling	1	Wheelchair pad	1
Raised Toilet Seat	6	Hoyer sling	1
Rollator Chair	15	Blood Pressure Machine	2
Reacher	5	Bed Restraint	1
Bidet	1	Bed Wedge	1
Ramp	2	Sheets (sets)	2
Transfer Bench for Tub	6	Tub Transfer Bench	3
Grabber	5	Grip Bar	1
		Stethoscope	1
		CPAP & Supplies	2
		Leg Braces	1
		Sock Assist	2
		More "Sony" Vision Projector	1

DIABETES MINUTE



TIPS FOR MAKING YOUR ACTION PLAN

Think about your goal: the new version of you!

This is your reason to create new routines that lower your risk of type 2 diabetes.

REMEMBER:

Your action plan helps you to try out new routines that can turn into habits over time. When new routines become habits, they are much easier to stick with. Follow these steps:

Step 1.

Figure out what needs to change. What routine do you want to add, stop, or change?

Step 2.

Plan a new routine. What new routine do you want to try? Remember to be specific and realistic.

Step 3.

Choose a cue or hint. What will help you remember your new routine? Here are some ideas:

- A specific time or place
- A feeling or emotion
- Other people in your life
- An action right before or right after a regular routine

Be flexible. Review your action plan often. If your action plan isn't working for you, revise it.

Or if you need help getting started, approach the 3 steps like a SMART goal—Specific, Measurable, Achievable, Relevant, and Time-bound.

Make it enjoyable! Change doesn't have to be painful. Find activities and healthy foods that you enjoy.



District 22-A
"Sail-a-bration of Service"
Sunday, May 21, 2023 ~ 2-6 pm

Join us as we 'Sailabrate' Service* with
District Governor Sue Parks

Annapolis Elks, Lodge 622
2517 Solomons Island Road, Edgewater, MD 21037

Dress: Casual

*Service Projects outlined on attached pages.

Name(s): _____

Email Address _____ Phone: _____

Club Name _____

District: (check one, if applicable) ___A ___B ___C ___D ___W

Tickets will not be mailed, but confirmation will be emailed.

Please make checks payable to District 22-A.

\$50.00 per person Buffet Dinner

RSVP NO LATER THAN MAY 5, 2023 to:

Social Chair, PDG Angela Bruce, 6722 Mink Hollow Road, Highland, MD 20777.

Note: 8 - 10 prepaid reservations maybe be seated together if all reservation forms come in together by May 5.

Questions? Contact PDG Angela at:

443-375-2852 or highland47@outlook.com





DISTRICT GOVERNOR SUE PARKS
Cordially Invites You to a
'Sail-a-bration of Service'
Annapolis Elks Lodge #622
2 Pythian Drive, Edgewater, MD 21037
May 21, 2023 ~ 2 - 6 pm

Advertisement and Sponsorship Form

This is a great opportunity for you and/or your company to receive exposure and help support a number of worthy causes. The Lions of District 22-A are dedicated to sight, hearing, diabetes, environment, youth and other programs which support the community. Over the years of giving we have found that support like yours provides a tremendous morale boost to those helped, and the recipients are profoundly grateful. Your involvement will make this year's event an extra special celebration.

Program Advertising Fees

- Full Page Advertisement — \$180
- One Half Page Advertisement — \$100
- One Quarter Page Advertisement — \$55
- One Eighth Page Advertisement — \$35
- Sponsor — \$5

Company Name: _____

Point of Contact: _____

Address: _____

City, State, Zip: _____

Email address: _____

Telephone: _____

Payment is due upon submission and ad must be provided (preferably by email)
no later than April 25, 2023 to:

Lion Suzette Kettenhofen, 209 Dauntsey Drive, Arnold, MD 21012 ■ lions22a@gmail.com

MAKE CHECKS PAYABLE TO: DISTRICT 22-A LIONS

22-A 'Sail-a-bration of Service' Silent Auction and Raffle Basket Donation Form

Part of our "Sail-a-bration" will be holding Silent Auction and Raffle Baskets. If you can donate any items for either of these it would be greatly appreciated. Club members can help create a complete basket or donate items to be added into a basket. Please return form to lions22a@gmail.com prior to May 5, 2023.

SILENT AUCTION ITEMS:

1. Antiques & Collectibles
2. Art, Painting, Photographs
3. Crystal, China, and Jewelry
4. Alcohol, Fine Food, Dining and Culinary Classes
5. Hotels, Airfare, Time-Shares
6. Relaxation, Health and Spa Services
7. Sporting items, tickets, collectibles
8. Lions Items of Interest

RAFFLE AUCTION IDEAS:

- Maryland "My Maryland" basket with items made, sold, found or representing Maryland
- "My County" themed basket with items made, sold, found or representing Anne Arundel, Baltimore, Harford, Howard County or Baltimore City
- Orioles Basket – tickets to game, baseball, shirt, hat, etc.
- Ravens Basket – tickets to game, hat, shirt, etc
- Golf-themed basket – tees, glove, balls, tee time, etc.
- Barbecue supply basket – utensils, gift card to Omaha Steaks, apron, portable grill, etc.
- Date Night baskets – Restaurant Gift cards, Bottle of wine, etc.
- Game night basket with popcorn, candy, soda and games
- Movies - gift cards/tickets to local movie theaters
- Poker Night basket with cards, poker chips, snacks, cigars, etc.
- Tea and Coffee Break basket with gift cards to various coffee shops and restaurants in your area
- You Scream, I Scream, We all Scream for Ice Cream; with the ice cream trail passing through Harford County, we have the pleasure of three great creameries, Jarrettsville Creamery, Keyes Creamery and Broom's Bloom. Create a basket with gift cards to these three creameries and ice cream type items.
- Patriotic Basket; with Memorial Day and Fourth of July occurring shortly after DG Sue's Social, this basket could provide decorations and supplies for a patriotic picnic.
- "Designer" Purse; this item was very popular at PDG Bijoy's gala in November 2021. Purchase a name brand purse at TJMAXX for a reasonable price and donate to the auction.

Contacts:

Lion Suzette Kettenhofen - (443) 253-8434 or lions22a@gmail.com

Lion Sandy Guzewich – (410) 459-6496 or dcguzzy@outlook.com

DONOR FORM:

Complete this form for any Items you would like to donate and send it to ions22a@gmail.com by May 5th. Delivery and collection of donated items will be determined case by case. As a last resort, the item may be delivered at the District Social by 1pm. Thank you for your donation

Name: _____

Club: _____

Cell Phone: _____

E-mail: _____

Description of Item _____

Silent Auction or Raffle Basket (Circle choice)

Estimated Value \$ _____ Minimum acceptable bid \$ _____ (Silent Auction only)

Photo sent? Yes or No (circle)

Description of Item _____

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Photo sent? Yes or No (circle)

Description of Item _____

Silent Auction or Raffle Basket (Circle choice)

Estimated Value \$ _____ Minimum acceptable bid \$ _____ (Silent Auction only)

Photo sent? Yes or No (circle)

Send photos of item to be used in auction program book to (443) 253-8434 or email to ions22a@gmail.com.

Silent Auction Chair c/o
Severn River Lions Club
P.O. Box 118
Severna Park, MD 21146

All donated items are subject to committee review as acceptable for auction.



JOIN THE BATTLE AGAINST PEDIATRIC CANCER ON TWO FRONTS!

Spread JOY to the CHILDREN with JOY Boxes AND

Give a Helping Hand to the FAMILIES thru the
BELIEVE IN TOMORROW'S
CHILDREN'S HOUSE at HOPKINS

MasonStrong Village JOY Boxes

Help Fill our JOY boxes with Legos, toys, stuffed animals, and fun age appropriate items to bring a smile and provide an escape even momentarily - JOY boxes are distributed at Delaware Maryland Virginia oncology clinics and floors.

At our "Sail-a-bration of Service" on May 21st, we will make and fill JOY Boxes for MasonStrong Village. Please review the list below and bring a toy suitable for a 6 - 11 year old child. Alternatively, any and all items or donations will be gratefully accepted.

Suggested List items:

- ◆ stuffed animals
- ◆ squishmallows
- ◆ small lego kits (age appropriate)
- ◆ arts and crafts kits
- ◆ books
- ◆ coloring books and colored pencils
- ◆ string lights to decorate room
- ◆ pop sensory items
- ◆ stress balls
- ◆ games (uno, cards, etc)
- ◆ mind teasers
- ◆ crossword puzzles
- ◆ slime/slime kits
- ◆ super heros/LOL/dolls/barbies

Suggested stores:

- ◆ Five and Below
- ◆ Walmart
- ◆ Target
- ◆ Dollar Tree



About Mason Strong Village

Mason Mazzuca was a warrior and superhero who fought his T cell Acute Lymphoblastic Leukemia all the way through March 9, 2018 when he was finally free of his pain. He inspired all who surrounded him to turn to the positive, live every moment to the fullest and to always "choose JOY." Mason lived more in his six years than many do in a lifetime.

We have been deeply moved by the village of support we received throughout Mason's treatment and to all the other warriors we watch battle with grace. With that inspiration we are moving forward, turning to the positive and have formed this foundation, the MasonStrong Village. With your help, the MasonStrong Village can carry out it's mission: to provide comprehensive support for pediatric oncology patients and families by facilitating connections to resources, connecting families with similar diagnoses, funding research for cures and spreading joy and hope.

www.masonstrongvillage.org

For more info: info@masonstrongvillage.org

MasonStrong Village is a 501(c)3 tax-exempt organization and your donation is tax-deductible within the guidelines of U.S. law.



Believe In Tomorrow's Children's House at Johns Hopkins

Wish List

Who We Are | Believe In Tomorrow Children's Foundation provides exceptional hospital and respite housing services to critically ill children and their families. Our unique programs bring comfort, hope, and joy to children and their families, enabling them to renew their spirits mentally and physically.

What We Believe | We believe in keeping families together during a child's medical crisis, and that the gentle cadence of normal family life has a powerful influence on the healing process. We believe the highest standards of service and unparalleled hospitality help create a unique healing environment, where families find hope and comfort.

Since 1982, Believe In Tomorrow has provided over 900,000 individual overnight accommodations, from every state in the U.S. and more than 82 countries worldwide. Our unique hospital housing and respite housing serve as a support system for when families need it most. Navigate through our programs below or continue reading to learn more about Believe In Tomorrow Children's Foundation.

Please review the Wish List below and consider bringing one or more of these items to our "Sail-a-bration of Service" on May 21st.

Our Biggest Wishes



- ◆ Disposable Masks
- ◆ Giftcards to Safeway, Whole Foods, Target, Walmart, Home Depot, Amazon, Gas Stations

Household Needs



- ◆ Insulated hot cups (12 oz with lids)
- ◆ Eco-friendly cold cups & Lids (16 oz)
- ◆ Paper Plates, Paper Towels, Toilet Paper, Facial Tissues
- ◆ Batteries—AA, AAA, CR2032, 9 Volt, D
- ◆ ALL Liquid Laundry Detergent Free and Clear for Sensitive Skin
- ◆ Swiffer WetJet Solution Refills and Pads

Food For Families



- ◆ Coffee and Tea K-cups (all flavors)
- ◆ Individually wrapped tea bags
- ◆ Variety 8oz fruit juices
- ◆ Sweeteners & Creamers (French Vanilla singles and Half and Half singles)
- ◆ Breakfast: Instant oatmeal packets, single serving cereal, yogurt, Thomas' bagels (all varieties), individually wrapped muffins, individual 1oz cream cheese & butter, Pop Tarts
- ◆ 8 and 16 oz bottled water
- ◆ Chips/cookies/pretzels/fruit snacks/crackers, gluten free snacks
- ◆ Mac and cheese, Pasta Sauces

www.BelieveInTomorrow.org

tchjinfo@believeintomorrow.org

Donations to Believe In Tomorrow are tax-deductible