

SEVERN RIVER LIONS CLUB NEWS



King Lion Joinette Smallwood

FELLOW LIONS,

Happy Holiday season and happy new year. I hope this newsletter finds everyone enjoying quality family and friends' time.

We are halfway through this Lions year and have accomplished so much as usual. We have had a well-rounded year balanced with fellowship and service. We continue to spend quality time at home building family bonds at home, fellowship amongst others through phone calls, cards, lunches, dinners, and bingo. We have participated in and planned events such as the National Night Out at Kinder Park, the 4th of July parade, and lunches for the homeless. Adult eye screening, and continued sponsorship of Boy Scout and Eagle Scout projects. We have added letting the community know we are here by actively posting on social media, advertising with the Severna Park High School marching band, and through Fruit sales and bake sales.

I am looking forward to keeping up the momentum of serving the

community and fellowship together. Hopefully, through the monies spent on Facebook advertising and annual membership in the community, we will experience a renewed commitment from current members and new members of the community.

I also hope to see many of you support and take active functional roles with our membership/fundraising committee. We want to support the time and money invested thus far. I would ask everyone to please if there is a little time in your schedule to support these endeavors.

Thank you all for an active first half of this Lions year and hopefully we can finish out the second half just as strong!

PS. Please bring clean plastic grocery bags to future in-person meetings and as always thanks for all that you do!

CELEBRATING JANUARY LION BIRTHDAYS

02 Lion Bob Massof

05 Lion Rick Mulderick

17 Lion Christopher Parks 31 Lion Tilghman Brice

SEVERN RIVER LIONS CHRISTMAS CELEBRATION



SEVERN RIVER LIONS CELEBRATING THE HOLIDAYS AT BRIAN BORU AND WISHING ALL A HAPPY NEW YEAR!









SEVERN RIVER LIONS AT TEXAS ROADHOUSE



Lions Jackie Hetrick and Suzette Kettenhofen staffed the tables at the December 5th Bake Sale.

2024 NOTICES

SRLC Members,

Received an urgent request from the Cub Scout Troop 688 needing judges for their Annual Pinewood Derby Race which will be on Saturday January 6th in the morning at the Shipley's Choice Swim and Tennis Clubhouse, located at 947 Rustling Oaks Drive in Millersville.

They need about 3-5 Lions judges to show up around 8:30 am. If you are interested in judging the artistry of the cars then let Lion Paula Wilkes (pdwilkes99@aol.com) know by January 5th.



BARK, BREW AND WINE SAVE THE DATE June 1, 2024

Klausmeier Farm Perry Hall, MD 21236 Thank you and Happy New Year! Lion Suzette

Club Members, Please mark your calendars for Saturday, June 1, 2024 for District 22-A's annual Leader Dog event "Bark, Brew and Wine" being held once again at the Klausmeier Farm.

Healthy Shopping Tips

You can shop for healthy food without spending a lot of time or money. Try these tips.

Before You Shop	While You Shop
Fruit and vegetable stands or farmers markets may be good options too.	Compare prices of similar items or look for store brands, which are often less costly.
If a store you like offers a discount card, get one. If you're using SNAP or WIC, find out what local stores or farmers markets accept SNAP or WIC benefits.	Compare food labels of similar items to make healthy choices when in doubt.
Gather coupons for healthy items you like or would like to try. Look for them online, in the mail, and in your local newspaper.	Stick to your list. Stay away from aisles with a lot of sweet, salty, or highly processed foods. Focus on fruits, vegetables, grains, proteins, and frozen and canned foods that you need.
Find recipes online, in books, and in magazines. Swap ideas with your friends and family. If you're using SNAP or WIC, you can find recipes, cookbooks, and videos to help you cook healthy at home using foods you can buy with your benefits.	Choose carrots, apples, bananas, potatoes, cabbage, beans, rice, and oats. These often cost less. Keep in mind that some lower-cost items, such as dried beans, take much longer to cook.

Healthy tips for a healthy 2024! HAPPY AND HEALTHY NEW YEAR!!!

WREATHS ACROSS AMERICA







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EYEGLASSES AND HEARING AIDS NEEDED



To meet our commitment to promote better vision and hearing, the Severn River Lions Club collects used eyeglasses and hearing aids for recycling to less fortunate individuals. Lions "adopt" a collection box, check it regularly and pick up donated eyeglasses and hearing aids. We take them to the semi-annual District sorting where our club and other Lions Clubs in the District sort through thousands of pairs of eyeglasses. They are prepared for sanitizing and grading before they are shipped to many third world countries as part of the international campaign to help

improve quality of living. Currently, SRLC has collection boxes around the area where surplus eyeglasses and hearing aids can be deposited. If you can't make it to one of these locations, contact Severn River Lions at srlc@severnriverlions.org and we'll arrange something more convenient for you.

LOCATION

Advanced Family Vision Care, 331 Gambrills Road, Gambrills American Legion Post #175, 832 Manhattan Beach Road, Severna Park Arnold Senior Center, 44 Church Road, Arnold Brightview Annapolis, 1935 Generals Hwy, Annapolis Brightview, 469 Jumpers Hole Road, Severna Park Edward Jones/Karen Steppler-Krieg, 550D Ritchie Hwy, Park Plaza First Evangelical Lutheran Church, 8397 Piney Orchard Pkwy, Odenton Ft Meade Ophthalmology Dept. Kimbrough Ambulatory Ctr. Ft. Meade Ft Meade Optical Center at the Exchange, 2799 Rose Street, Ft. Meade Looking Glass Optical, Horizons, 8028 Ritchie Hwy #124, Pasadena Ophthalmology Associates, 83 Church Road, Arnold Partners in Care, 8151-C Ritchie Hwy, Pasadena Pasadena Senior Center, 4103 Mountain Road, Pasadena Pascal Senior Center, 125 Dorsey Road, Glen Burnie Patterson Physical Therapy, 650 Ritchie Highway, Severna Park Severna Park Eye Care, Magothy Gateway, 139B Ritchie Hwy, Severna Park Severna Park Library, 45 W. McKinsey Road, Severna Park Severna Park Elks, 160 Truck House Road, Severna Park St. Joseph's Catholic Church, 1283 Odenton Rd, Odenton Tarantino Eye Center, 806 Landmark Dr #114, Glen Burnie Wilmer Eye Center, 1106 Annapolis Rd, Odenton Woolf Eye Lab, 2446 Mountain Rd, Pasadena Woods Memorial Presbyterian Church, 611 B&A Blvd., Severna Park

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NEW YEAR'S BLESSING

In this New Year, may you have A deep understanding of your true value and worth, An absolute faith in your unlimited potential, Peace of mind in the midst of uncertainty, The confidence to let go when you need to, Acceptance to replace your resistance, Gratitude to open your heart, The strength to meet your challenges, Great love to replace your fear, Forgiveness and compassion for those who offend you, Clear sight to see your best and true path, Hope to dispel obscurity, The conviction to make your dreams come true, Meaningful and rewarding synchronicities, Dear friends who truly know and love you, A childlike trust in the benevolence of the universe, The humility to remain teachable, The wisdom to fully embrace your life exactly as it is,

The understanding that every soul has its own course to follow, The discernment to recognize your own unique inner voice of truth, And the courage to learn to be still