



# SEVERN RIVER LIONS CLUB NEWS

JUNE 2023



## TRANSITION=TRANSFORMATION

**King Lion Christopher Werth**

As I write this last note for the Lions newsletter, I am overcome with emotions. I have had the privilege and honor of being your King Lion for the last three (3) years. Together, we have seen much and adapted to many changes in both our Club and in the world around us.

I was at a Conference this week and one of the speakers suggested two items to consider as we move along this road called life: 1) Start where you stand and 2) Practice Uncertainty. In short, I think this is what our lifestyle has been for the last three years and frankly, it is also good advice moving forward.

Start where you stand reminds me that we as Lions stand for some key values on how we need to conduct our lives and how we are to relate to others-be the person a Lion or a member of society. I encourage you all (and myself too) to see how we can stand up for what is right, decent, and proper. It seems that we have 'lost our way' and now in the midst of the time we call "Post Pandemic" we have an opportunity to recreate and reinvent not just ourselves but the world around us!

That leads right into the second point of practice uncertainty. I/we do not know what each day will bring. We are called to do the best we can with what we have, with the skills we have and/or will develop. We are called to adapt and be flexible. This is hard for me to embrace. I want to be in charge of my life and know the answer/result sometimes before I can put together an action plan. I think, looking back after what has taken place, how much did my actions shape the outcome? Perhaps it was more of a team effort.

I don't know about any of you, but I often find that transitions in my life have led to transformation. I wrote earlier that this is my last newsletter article transition. I am stepping down as King Lion-transition. This Memorial Day weekend marks the start of my 25th year in Maryland-transition and transformation!

So, I close out by saying I am so very grateful to each of you, members of the Severn River Lions Club. You have made me a better person and a better Lion. I have learned much from each of you. It is my hope that you will support our incoming King Lion Joinette the way you have supported me. Life is short and we don't have much time to make a real positive impact in the world we live. Together we can transform ourselves and those around us by actions of kindness and service.

Thank you one and all and may you experience times of unexpected joy in the days and years to follow as we move forward together!

*King Lion,  
Christopher Werth*

# DISTRICT 22-A “SAIL-A-BRATION OF SERVICE”

SUNDAY, MAY 21, 2023



*(Above Right) The top image shows DG Sue’s son, Lion Christopher and his partner-in-service Sarah. The middle image shows DG Sue’s special guests, her uncle and aunt who came over from Delaware. In the lower image, Lion Rollins and Pat Clark enjoy the festivities.*

*(Above Left) DG Sue gives closing remarks and (below left) Lion Suzette Kettenhofen completes silent auction set-up and prepares for raffle basket drawings.*

# SAIL-A-BRATION OF SERVICE



*“Sail-a-bration of Service” Chair PDG Angela Bruce and PDG Robert Bruce, R1 Z2 Chair*



*(Below Left) DJ Brian Douglas plays a variety of melodies ranging from ballroom favorites to current dance tunes. (Top Right) Lion Nancy Earley, Lion Dick and Fran Maurer. (Middle, from Left) Lion Myrna and PDG Jim Katzaman from the Linthicum Lions Club and Lion Catherine Violette. (Bottom Right, from Left) Joan Hicks, Lions Bill Zelenakas, Carroll Hicks, and Rollins Clark.*

# SRLC NEW LION INDUCTION CEREMONY



*New Lion Induction - May 23, 2023 - from left, DGE John Mosier, DG Sue Parks sponsor of new SRLC members, Lions Peggy Fansher, Rick Fansher, Sally Stevens, and Laurajean Council sponsored by her son, Lion Tilghman Brice.*

## Membership Corner

Severn River Lions will be hosting a table at the 65<sup>th</sup> Annual Cape St. Claire Strawberry Festival.

**June 3, 2023**  
**223 River Bay Rd, Annapolis, MD 21409**

This is a wonderful community event with live music, crafters, activities/games and, of course, food!

*\*If you would like to assist at the table or with set up, please contact:  
Lion Ashley Sanford 202-329-7972 [djshrew31@gmail.com](mailto:djshrew31@gmail.com)*

*For more information about the festival visit:  
<https://cscstrawberryfestival.com>*

Membership Tip of the month:

**Do you know of a local community event SRLC could attend? Let the committee know!**

# FLAG DAY REMEMBRANCE—JUNE 14



## THE QUEEN ANNE FLAG:

I am the Queen Anne flag. I waved over the 13 American colonies from 1707 to the revolution. I was the flag of England...red with a union combining the crosses of Saint George and Saint Andrew. before me, other flags flew over different parts of America, including the banner of the Norseman and the flags of Spain, France, Holland, Sweden, and an earlier English flag.



## THE GRAND UNION FLAG:

I was first raised over George Washington's headquarters outside of Boston on January 1, 1776. The revolutionary war had started the year before, and the colonies needed a flag of their own. my union was the same as that of the Queen Anne flag, but my field was broken into 7 red stripes and 6 white ones.



## THE BETSY ROSS FLAG:

I was the first official flag of the new nation - the United States of America. My creation was the result of a resolution of the continental congress in Philadelphia. That resolution stated, "that I be the flag of the 13 united states - that I have 13 alternating red and white stripes and that my union be of 13 stars, white in a field of blue, representing a new constellation". the resolution was passed on June 14, 1777. a date celebrated every year as "flag day". such questions as my size, design, and arrangement of the stars were left open, therefore each flag maker filled in their own details according to their fancy or imagination. This condition was not rectified until 1912 - 135 years later. unofficial reports state that I first flew at the Battle of Cooch's Bridge on September 3rd, 1777.



## THE STAR SPANGLED BANNER:

The second official flag of the United States. I was the first flag to be carried across the continent to the Pacific. I waved over Fort McHenry during the bombing of 1814, which inspired Francis Scott Key to write the national anthem. As you can see, I have 15 stripes and stars. two stripes and two stars were added to the original 13 on May 1, 1795. However, as more states joined the union, it became apparent that I was developing an awkward shape. Therefore, on April 4, 1818, congress passed a law that restored the design to the original 13 stripes and provided that a star be added to the blue field for each new state.

# FLAG DAY REMEMBRANCE & SERVICE OPPORTUNITIES



## OLD GLORY:

I am the flag of the United States of America. as the flag of today, I possess 13 stripes – 7 red and 6 white. on my field of blue are 50 white stars – 5 rows of 6 and 4 rows of 5. For I am old glory – for over 200 years, I have been the banner of hope and freedom for generation after generation of Americans. born amid the first flames of America’s fight for freedom, I am the symbol of a country that has grown from a little group of 13 colonies to a united nation of 50 sovereign states. planted firmly on a high pinnacle of American faith, my gently fluttering folds have served as an inspiration to untold millions. Americans have followed me into battle with unwavering courage. They have looked upon me as a symbol of national unity. they have prayed that they and their fellow citizens might continue to enjoy life, liberty, and the pursuit of happiness, which have been granted to every American as the heritage of free men and women. so long as men and women love liberty more than life itself..

## SERVICE OPPORTUNITIES

Club members, we have several service projects or fundraising opportunities available that are looking for volunteers. Contact the Lion associated with the event to sign up or get more information.

1) **The Cape St Claire 65th Annual Strawberry Festival** (1223 River Bay Rd. Annapolis, MD 21409) on Saturday, 3 June. The setup is at 6 am, the Parade is at 10 and the Festival kicks off at 10:45 am. Lion Ashley is looking for Lions to work either the first shift (11 am to 3 pm) or the second shift (3-7 pm) see attachment. If interested or need more details contact Lion Ashley Sanford Email: [djshrew31@gmail.com](mailto:djshrew31@gmail.com) or by Phone: (202) 329-7972

2) **Cub Scout Troop 688 Bridging Ceremony**, also on Saturday, June 3rd, Lake Waterford Park, 830 Pasadena Rd, Pasadena, MD 21122). Lion Clem will be grilling and feeding the troops. If you have a few hours you contact Lion Clem Kusiak by Email: [ckusiak@verizon.net](mailto:ckusiak@verizon.net) or by Phone: (443) 989-8093

3) Tuesday, June 6th is our next **Texas Roadhouse “Dine to Donate”** night, located at 4465 Mountain Rd, Lake Shore, MD 21122. Share the flyer with colleagues, family, and friends. If you can help by either baking goodies or manning the table let Lion Suzette know. Looking for Lions to work 3-5 pm, 5-7 pm, 7-9 pm, and 9-10 pm (closing). If you cannot volunteer, then maybe you can bake something. Looking for individually wrapped cookies, brownies, cakes, Rice Krispies, fudge, etc.... Lion Suzette Kettenhofen can be reached via Email: [K10hofn2@yahoo.com](mailto:K10hofn2@yahoo.com) or Phone: (443) 253-8434

4) **Vision Days** (8-9 June) at Angel’s Food Market at 4681 Mountain Rd, Pasadena, MD 21122. If you want to sign up or get more information you should contact Lion Clem Kusiak at Email: [ckusiak@verizon.net](mailto:ckusiak@verizon.net) or by Phone: (443) 989-8093

# VISION DAYS AT ANGELS MARKET

## VISION DAYS AT ANGELS MARKET

The Severn River Lions Club Planning for Annual Vision Days, June 8-9, 2023

The Severn River Lions Club will be collecting donations on June 8 and 9 from 3 – 8 pm at Angel's Food Market, 4681 Mountain Road, Pasadena.

Along with hundreds of Lions and friends throughout the states of Maryland, Delaware and the District of Columbia, we will greet the public with open arms and brilliant smiles. The occasion will be the annual Lions Vision Days held in support of the Lions Vision Research and Rehabilitation Center at the Johns Hopkins Wilmer Eye Institute, Baltimore, Maryland.

The Lions Vision Research and Rehabilitation Center has research scientists and clinicians working together to develop and implement new methods and technological techniques for improving the quality of low-vision patients' lives. We are pooling our resources with the help of our generous contributors to support their work and to care for visually impaired people in our area. The Severn River Lions Club has participated in this project for many years and asks for the same generous public support that we have enjoyed in the past.

For more information, contact:

Lion Clem Kusiak

ckusiak@verizon.net

## “VISION DAYS and LIONS VISION RESEARCH FOUNDATION”

### Start of LVRF

THE LIONS VISION RESEARCH FOUNDATION In May 1988, The District 22 Lions (consisting of Delaware, Maryland, and the District of Columbia) established the Lions Vision Research Foundation (LVRF) which is committed solely to supporting the research at the Wilmer Eye Institute at The Johns Hopkins Hospital. In this way, the Lions clubs pursue their mission as “Knights of the Blind.” LVRF is a nonprofit foundation that secures and manages its own funds, which are granted to the Wilmer Eye Institute to support programs selected by the board on a competitive basis. A twenty-three-member board elected from the Multiple District 22 Lions memberships, and three members from the Wilmer Eye Institute, governs the Foundation's activities, including the review and selection of research programs for Foundation funding.

### How Lions Support LVRF

Lions throughout Maryland, Delaware & District of Columbia have raised millions of dollars through Lion Vision Days (formerly Candy Days). Clubs have raised an unlimited amount of money with minimal effort. Lions Vision Days is a positive, proven program used by Lions Clubs to support their favorite projects. Multiple District 22 has dedicated this fundraiser to benefit the Lions Vision Research Foundation. Without exception, Lions clubs that follow through with the Lions Vision Days program report solid benefits. Lions Vision Days yield top returns, increase membership, build attendance, expand community awareness, widen your clubs' sphere of influence, and add interest and enthusiasm in participating Lions clubs.

There is **no investment** in trifold handouts for Vision Days. Handouts are provided by District chairs and shipped to the Club chair. Clubs are encouraged to hand it out to raise funds for the Lions Vision Research Foundation. There is nothing to sell. You give away handouts in exchange for contributions.

# VISION DAYS AT ANGELS MARKET & BIRTHDAYS

## Planning steps for Vision Days.

Discuss with club leadership for approval, select a date, and contact local businesses for approval to hold Vision days.

Develop and communicate news releases for local newspapers etc.

Create a volunteer schedule for Lion members and friends for Vision Days.

## Materials Necessary

Vision Days Posters, tri-fold brochures, collection containers, and Lions apparel.

## Sales and other tips

Be careful not to stereotype people. Experience has taught us that we're not always good judges of who may or may not contribute. Remember every penny helps! Give everyone the opportunity to contribute. You just may "Make their Day"

Be courteous, smile, and thank everyone.

Suggested greeting: good morning (afternoon) (with a pleasant smile). Today we're collecting donations for Lions Vision Research Center at the Johns Hopkins Wilmer Eye Institute. Would you like to help? THANK EVERYONE! Take the opportunity to let people know we are collecting new/used glasses and hearing aids.

Remember that it never hurts to take the time to let people know what your Lions club is all about. If they ask questions, answer to the best of your ability. Always keep your eye out for potential members - you never know.

## Severn River Lions Vision Days Plan

Dates: Thursday, June 8, 3:00 pm to 8:00 pm (split schedule)

Friday, June 9, 3:00 pm to 8:00 pm (split schedule)

Location: Angels Market

4681 Mountain Road

Pasadena, MD 21122

Schedule: Being prepared by Lead Lion Clem Kusiak

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## CELEBRATING LIONS JUNE BIRTHDAYS





# LIONS MEDICAL LOAN CLOSET AND DIABETES MINUTE

## LIONS MEDICAL LOAN CLOSET HELPS LOCAL ASSISTED LIVING FACILITIES

One advantage of working for the Department of Aging is the partnership I've made with Assisted Living Providers throughout Anne Arundel County. The smaller community-based assisted living facilities often have residents of low income and in need of any resources they can get. You may not be aware, but dozens of items have gone in and out of the loan closet for Assisted Living Facilities alone.

The other week I got a call from a provider saying she had a bedbound resident who was laying on a deflated air mattress in desperate need of a new one. Fortunately, I was able to provide a new compression air mattress from the Severn River Medical Loan Closet the same day. This same resident benefited from a hospital bed and a wheelchair a few months earlier. The Assisted Living Provider was forever grateful for our help in a time of crisis. Another provider, this past week, benefited from a Hoyer lift, who fit this cumbersome contraption in her car by having it hang out the open windows of their car (pictured below). Donations of incontinence products to the medical loan closet have very likely saved residents thousands of dollars from having to purchase their own products.

The medical loan closet is a blessing for local Assisted Living Providers, and I, myself, am blessed each time I can fulfill the request of a local Assisted Living Provider. We are making a difference!!

Lion Ryan Shupp



## DIABETES MINUTE

### WHAT CAUSES A CHRONIC DISEASE?

To answer this question, we need to understand how the body operates. As you know, cells are the building blocks of tissues and organs: the heart, lungs, brain, blood, blood vessels, bones, and muscles---in fact, everything in the body. For a cell to remain alive and function normally, three things must happen: it must be nourished, receive oxygen, and get rid of waste products. If anything goes wrong with any of these three functions, the cell becomes diseased. If cells are diseased the organ or tissue suffers. If this happens you may experience limitations in your ability to be active in daily life.

The differences among chronic disease depend on which cells and organs are affected and the processes by which the disruption occurs. For example, during a stroke, a blood vessel in the brain becomes blocked or bursts. Oxygen and nutrition are cut off for part of the brain supplied by that artery. As a result, the part of your body controlled by the damaged brain cells, such as an arm, a leg, or a portion of your face, loses function.

When one has diabetes, the pancreas does not produce enough insulin or produces insulin that cannot be used efficiently by the body. Without this insulin the body's cells are not able to use the glucose (sugar) in the blood for energy.

In liver and kidney disease, the cells of these organs do not work properly, making it difficult for the body to get rid of waste products. The basic consequences of these diseases are similar: loss of function due a reduction in oxygen, accumulation of waste products, or inability of the body to use glucose for energy.

Loss of function also occurs in arthritis, but of other reasons. In osteoarthritis, the cartilage (the cushioning material found on the ends of bones and as the "disks" between the vertebrae of the back) becomes worn, frayed, or displaced, causing pain. We often do not know exactly why the cartilage cells begin to weaken or die, but the results are pain and disability.



(410) 439-0233

4465 Mountain Rd | Pasadena, MD

# FUNDRAISING

DINE-IN OR TO-GO

⇒ *Support* ⇐

## Severn River Lions Club

Tuesday June 6<sup>th</sup>, 2023

3pm – 10pm

**10%**  
DONATION NIGHT

Support Severn River Lions Club by presenting this flyer to the Pasadena Location and Texas Roadhouse will donate **10%** of your total food purchases to Severn River Lions Club



**NOTE: VOLUNTEERS FOR SALES AND BAKERY DONATIONS NEEDED!**