

LIONS CLUB OF BEL AIR

SENTINEL



P.O. Box 167; Bel Air, MD 21014

March 2024

www.belairlions.org

President's Perch



Dear Club Members,

I hope the month of March finds you all in good spirits. As we watch the days warm and the flowers open and the trees green, I am naturally cheered. I love spring and love watching the country turn green. This positive attitude is something I wish I could keep all the time. I am far too flawed and far too human to be as successful with that as I wish.

I have managed staff in my career and done sales and I am aware how important a positive attitude can be. All sales training is about maintaining a positive attitude. When I go to Disney or other resorts I can see that training as well on the faces of the service staff at the resort. The joy on their faces makes the vacation so much more enjoyable. It is true that a positive mindset shapes reality, and I want to emphasize the importance of staying optimistic. Keeping a positive attitude is not just a cliché, it is a powerful tool. When we approach life with optimism, we open ourselves up to opportunities and solutions. Challenges become steppingstones, and setbacks become lessons. As club members, let's encourage each other to see the silver lining even in difficult situations.

I try to remain positive and show that to the world. When I fail, I have learned my failures are often rooted in distorted thinking. I stumbled upon this term a few years ago and I love all that it implies.

My supposedly rational brain often gets caught up in a situation and falls into a pattern of distorted thinking. It happens many times before I have time to recognize the pattern and step back. While raking leaves I might imagine every leaf is my neighbors, every car in a hurry is a crazed driver, every comment or frown is aimed at me, or every red light saw me coming. These are all of course examples of distorted thinking patterns. They can be created by negative filters through which we perceive the world.

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DATES TO REMEMBER

March 5

Virtual Membership Meeting – Zoom
7:00PM

March 13th

LASH Hearing Demo
Institute of Hearing
Towson University
6:30PM – 8PM
POC – Lion Colleen Murphy

March 19th

General Meeting
Rockfield Manor
6:00PM

April 20th

Earth Day Roadside Cleanup
9:00AM – 11:00AM

April 27th

Town of Bel Air 150th
Celebration
Bel Air Armory
11:00 AM – 3:00PM

In This Issue

Charter Night Celebration

New Members Inducted

Donation to Kaufman Center

Club Celebrates Charter Night

On Tuesday February 6th, the club celebrated its 81st anniversary with a Charter Night Celebration at Rockfield Manor. The celebration was rescheduled from February due to inclement weather. The meeting welcomed our own District Governor John Mosier who presented a pin to past president Ken Waldner to recognize him for the Club Excellence Award for 2022-23. A new pull up display was unveiled, and two new members were inducted.



Above Left: DG John Mosier present past president Ken Waldner with the Club Excellence Award. Above Right: The new pull up display was unveiled - note the original club charter was on display for the Charter Night celebration.



New Members Inducted



DG John Mosier inducted new members Joe Bezek and Doug Corselius during club Charter Might ceremonies at Rockfield Manor.

Sponsor Dave Guzewich participated in the ceremony.

Derby Plaque Presented to Har-Co Credit Union



The Lions Club and Bel Air Town Administrator Eddie Hopkins presented the 2023 Bel Air Town Derby winning plaque to Harco Credit Union. The presentation had been delayed due to holidays and inclement weather. Lions Todd Boyle, Dave Guzewich and Amy Biondi represented the club during the presentation.

Blanket Donations for Kaufman Center



The Bel Air Lions made 36 "Comfy Cozy" blankets for Cancer LifeNet at the Kaufman Cancer Center. Lions Sandy and Dave Guzewich presented Sarah Conaway of the Upper Chesapeake Health Foundation and Diane Fitzgerald of Cancer LifeNet with the blankets for patients who will undergo chemotherapy treatments.



Lion Mike Barnett and wife Robyn (above left) and Alyssa and Liana Biondi, daughters of Lion Amy Biondi, and close friend Alex Hamrick (above right) display their blankets for the service project.

Fruit Sale Proceeds Donated to HCAA



On Wednesday, February 14th, Lion Fruit Sale Chairman Ken Spoerl and Lion Dave Frace presented the proceeds of \$1,148.69 from our annual fruit sale to Kim Neely, COO of Harford Community Action Agency. Additionally, the club donated 10 boxes of fruit to HCAA in December. This was the first time where our fruit sale proceeds were designated to a specific charity. Lion Dave Frace, who volunteers weekly at HCAA, sees first-hand how these funds and donations will assist the needy of Harford County.

The fruits sale pick-up and delivery day was on Saturday December 2nd at Bel Air Elementary School. With help from a team made up of Lions, Bel Air Explorers, and Boy Scout Troop 777, the group unloaded 230 cases of fruit from the truck, stacked the fruit, and served 98 customers. The total number of volunteer hours, both in preparation and on delivery day amounted to 75.

Other beneficiaries of fruit donations included: Anna's House, The Homecoming Project, and Harford County DPW.

President's Perch...continued from page 1

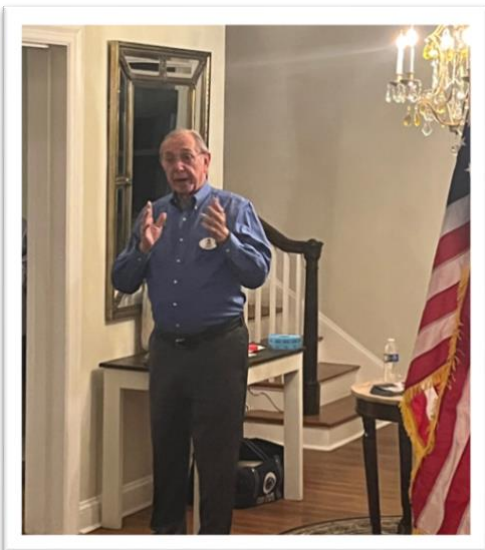
We all fall into these traps from time to time. Some folks meditate, I work-out, others walk, and some relax with a good book. When we catch ourselves falling into negative patterns, pause and reframe. Remember, our thoughts influence our emotions, behaviors, and ultimately our outcomes. As your friend and fellow flawed human, I encourage you to support one another in cultivating a balanced perspective. Together, we can maintain our positive club environment that fosters positivity, growth, and resilience and show that smiling face of "Lionism" to the world.

Warm regards,

KL Michael New

Club Moves to New Storage Facility

The club moved its storage facility from the Public Storage on Route 924 to the Stack-N-Store n store on North Tollgate Road across from Harford Mall. The group of Lions moved all contents to the new location as well as cleaned and swept the old storage room.



DG John Mosier Updates Club

DG John Mosier speaks to the club on the General Meeting on February 20th regarding the Multiple District Convention in Ocean City the weekend of April 19-21, 2024.

He also provided updates on the status of the upcoming vice district governor.

Club Welcomes Alzheimer's Association Nicole Gorski

Nicole Gorski from the Alzheimer's Association spoke to the club on February 20th about Alzheimer's disease and dementia. She spoke of the warning signs and affects and lifestyle adjustments for individuals to reduce their risks. She also provided an understanding of what the Alzheimer's Association is doing to raise awareness of this devastating disease.



10 WAYS TO LOVE YOUR BRAIN

START NOW. It's never too late or too early to incorporate healthy habits.

BREAK A SWEAT
Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

HIT THE BOOKS
Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

BUTT OUT
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

FOLLOW YOUR HEART
Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

STUMP YOURSELF
Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

BUDDY UP
Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

TAKE CARE OF YOUR MENTAL HEALTH
Some studies link depression with cognitive decline, so seek treatment, if you have depression, anxiety or stress.

CATCH SOME ZZZ'S
Not getting enough sleep may result in problems with memory and thinking.

HEADS UP!
Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

FUEL UP RIGHT
Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefits for the brain and body.

Visit alz.org/10ways to learn more.

alzheimer's association
THE BRAINS BEHIND SAVING YOURS.

Lion Ben Meyers Opens Ice Cream Shop

Lion Ben Meyers has just opened the Frosted Rooster Ice Cream Sandwich Shop right next to his Vagabond Sandwich on Main Street in Bel Air. Patrons can customize their orders to their specific liking. The shop's motto is "not your average ice cream sandwich."



Left: The interior of Lion Ben's Frosted Rooster.



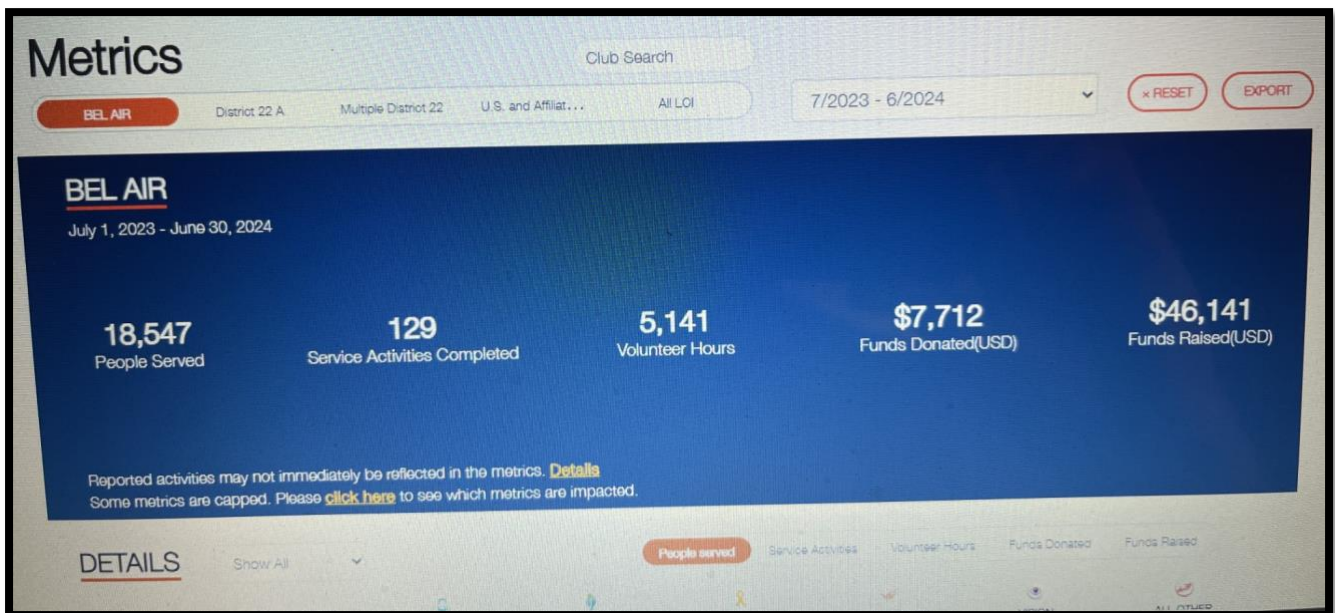
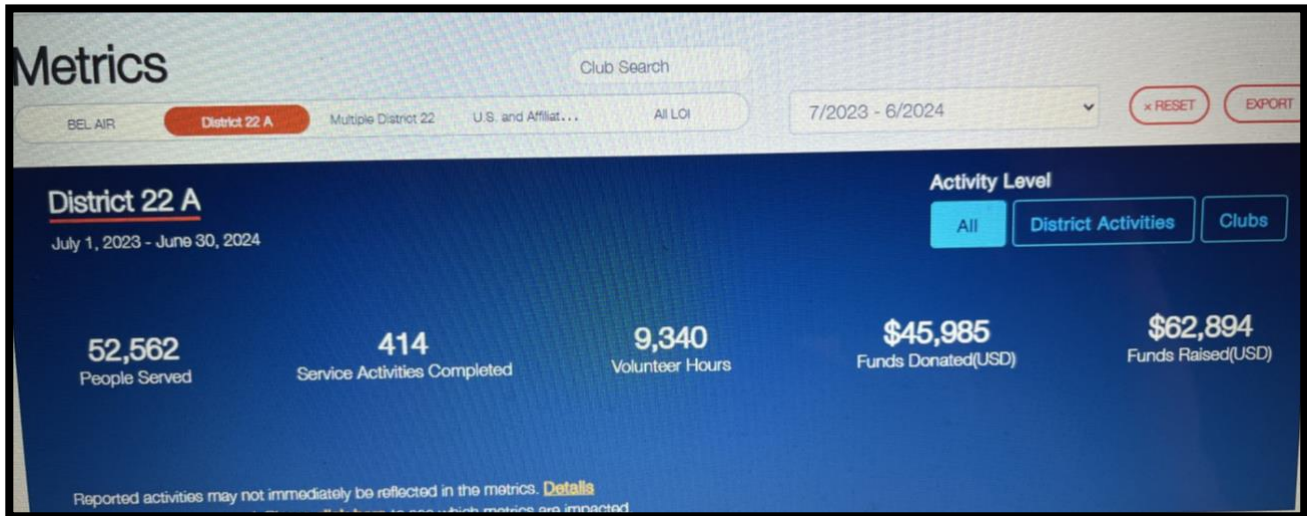
Right: Lion Amy Biondi's daughter Alyssa and friend Alex with the shop's mascot.

Red Lady Lives On.....



The elusive Queen of Hearts was not found as Lions Amy Biondi (above left) and Neil Hamrick (above right) seek but do not find the Red Lady.

LCI Monthly Service Report



Casseroles for St. Margaret Church

Over the years, Lions have been providing casseroles for needy families in Harford County. This year the drop off for the casseroles is any day between March 18-22nd.

You can make your own favorite casserole or use one of the recipes included in this email. Cover the casserole with aluminum foil and freeze. St. Margaret's has casserole tins that you can pick up for your use. Label the casserole:

Bel Air Lions Club
St. Margaret Church
Date
Name of Casserole


Drop of frozen casserole in the coolers outside of St Margaret's office or the St. Magdalen Mission (Route 22, Churchville) from 9AM to 4PM.

Please text or e-mail Lion Diane Frace at 443-910-2480 or dfrace@comcast.net that you have dropped off a casserole so we will have count. Take a picture of you with your casserole and send to Lion Diane. Do not hesitate to call her if you have any questions. Thank you for helping the hungry.

Recipes for your project follow:



**SAINT MARGARET PARISH
BEEF STEW RECIPE**

2 lbs. beef cubes (small) or ground beef
Salt & pepper
1 medium onion, chopped
5 medium potatoes, chopped
4 carrots, peeled & cut up
1 pkg. frozen cut green beans
1 beef bouillon cube
1 1/2 cups of water, separated
2 tablespoons flour



Brown meat, add salt & pepper and onion. Let simmer about 30 minutes until tender. Add vegetables, bouillon and 1 cup of water and simmer until done. Mix 2 tablespoons flour with 1/2 cup of water until smooth; add to stew to thicken to desired consistency. Pour into casserole pan. Cool and cover with aluminum foil and freeze. Label casserole: SAINT MARGARET PARISH & YOUR NAME. Place frozen casseroles in cooler outside the Parish Office MON - THURS 9 - 4 & FRI 9 - 2 OR at the Mission MON - FRI 9 - 4. Thank you for providing meals for the needy in Harford County.

**OUR DAILY BREAD
SAINT MARGARET PARISH
CHICKEN & BROCCOLI CASSEROLE**



Ingredients:

- 8 oz. wide egg noodles, cooked and drained
- 2 packages frozen broccoli, cooked and drained
- 1 cup shredded cheddar cheese
- 2 cans cream of chicken soup, undiluted
- 4 chicken breasts, cooked

Cover aluminum pan bottom with cooked noodles. Arrange broccoli on top of noodles. Cut chicken into pieces and place over broccoli. Pour cans of cream of chicken soup over chicken and top with shredded cheese. Cook at 350 degrees for 45 minutes. Cool completely, cover with aluminum foil. Freeze casserole. Label casserole: Saint Margaret Parish, Your Name & Chicken Broccoli. Drop off frozen casseroles to the Parish Office (place in cooler) Mon-Thurs 9 - 4 PM or at the Mission (place in cooler) Mon-Fri 9 - 4 PM

Beef and Bean Chili

Ingredients needed:

- 2 1/2 lbs. ground beef
- 1 small onion, chopped
- 1 tsp. sugar
- 1 lb. red kidney beans, drained
- 32 oz. ketchup
- 4 tsp. chili powder



Brown meat and onion. Drain fat. Add sugar, kidney beans, ketchup and chili powder. Stir together until well mixed. Pour mixture into pan. DO NOT BAKE. Cover with foil & freeze. Label casserole: Saint Margaret Parish, Your name & Beef and Bean Chili. Drop off frozen casseroles to Parish Office (place in coolers) Mon-Thur. 9-4 PM & Fri. 9-2PM OR at the Mission Mon-Fri 9-4:00 PM. Thank you for providing meals to the needy in Harford County.

EASY CHICKEN-N PASTA CASSEROLE

Ingredients:

- 1 package of pre-cooked chicken strips
- 1 package of frozen broccoli
- 2 jars of chicken gravy
- 1 box of macaroni
- Chicken seasoning to taste

Cook pasta 15-20 minutes. Microwave broccoli for about 6 minutes until al-dente. Cut up chicken strips and place all ingredients into pan. Add chicken gravy and mix thoroughly. Add chicken seasoning to taste. The freeze.

Important Dates in March

Birthdays

Jacob Garten	3/08
Bobbie Whitlock	3/10
John Verbillis	3/21
Chris New	3/22
Phillip Raub	3/23
Mike New	3/26

Years in Lionism

Jim Szachta	1993
Bill Smith	1996
Fred Buckel	2004
Monica Worrell	2013
PJ Chambers	2018
Dathaniel Jones	2018
Natalie Shaw	2019
Robin Young	2020
Ken Zorbach	2020
Chris New	2021
Mike New	2021
David Panshoukian	2023

Save the Dates....

Click each icons for more information.

Project Connect on April 24th



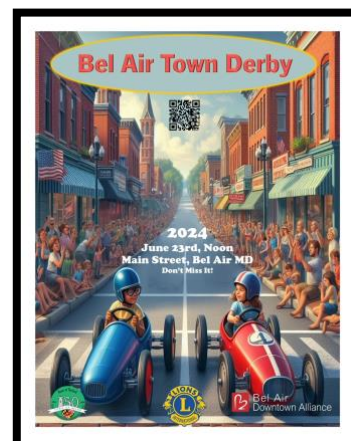
Bel Air 150th Anniversary on April 27th



2024 CCA Celebration Walk on May 11th



2024 Bel Air Derby on June 23rd



Lions Club Board of Directors 2023-2024

President Mike New
1st VP John Verbillis
2nd VP.....Ken Spoerl
SecretaryMike Barnett
Treasurer.....Chris New
Membership Chair Dan Fuqua
Service Chairperson.....Sandy Guzewich
Past President/LCIF ChairKen Waldner

Contact Information

Mailing Address
Bel Air Lions Club
P.O. Box 167
Bel Air, MD 21014

Web Address: www.belairlions.org

Phone Number: **(410) 879-2914**

Email Addresses:

President Mike New.....mnew322@outlook.com
Secretary Mike Barnett..... michaelbarnett@hotmail.com
Sentinel Editor John Hayes.....jhayes1012@outlook.com