



SEVERN RIVER LIONS CLUB NEWS

JANUARY-MARCH 2026



GREETINGS, SALUTATIONS AND HELLO!

Our Club will soon Celebrate 70 Years of Service. What a benchmark! Planning for a celebration is underway.

I want to thank all who stepped up to help with the Loan Closet clean up, and to help pack lunches with Nancy E. for the House of Hope. Thank you for your dedication to retrieval of donated eye glasses. All of these little service projects show our dedication to the community.

The Fund Raising Committee has been working on some new ideas to help replace the fruit sales.

A Nominating Committee has been formed to suggest next year's officers.

Please remember the Convention at the Ashore Resort in Ocean City in May. I am looking forward to seeing you there!

Yours in Lionism,
KING LION, LAURAJEAN

NOTICE TO MEMBERS

As required by the Constitution and Bylaws of the Severn River Lions Club, notice is hereby given that the Nominating Committee will present a slate of officers for 2026-2027 at the General Membership Meeting on March 24, 2026. Nominations from the floor will also be taken at this meeting. Voting for officers for 2026-2027 will take place at the regular meeting on April 28, 2026.

WREATHS ACROSS AMERICA

Military officers present arms and Lion Paula Wilkes and her team assist the Cub Scouts as they lay veterans' wreaths.



PEACE POSTER PRESENTATION



Lola Ward, Severn River Middle School



2025-2026 Peace Poster Winner

Lola Ward discusses her artworks themes and motivation for the images.



King Lion Laurajeon Council presents check to Peace Poster Winner Ms. Lola Ward from Severn River Middle School. Holding the check on the far side is Art Teacher, Erika Oldershaw.



King Lion Laurajeon Council, District Governor and Secretary Suzette Kettenhofen present Ms. Ward's winning artwork to club while Ms. Ward and Teacher, Erika Oldershaw, look on.

LOAN CLOSET CLEAN-UP (FEBRUARY)

SEVERN RIVER LIONS CLUB.

Lion Jackie Hetrick supervises the initial shed organization. Club members clean spend the day cleaning the shed.



LOAN CLOSET CLEAN-UP (MARCH)

SEVERN RIVER LIONS CLUB.

This time, the shed with hospital beds. 2 ½ hours later, it looks good.
We really had to work at this to sort things out!





TERRY'S STORY

Terry is at risk for type 2 diabetes. Her doctor asks her to be active for at least 150 minutes a week at a moderate pace or more. Over time, she reaches that goal.

Terry's doctor then asks her to start tracking the time she spends sitting still. Here's what she finds. In the morning, Terry sits while taking the train to work. She spends most of the workday sitting at her desk, using the computer. Sometimes she talks on the phone or has a meeting—also sitting. She eats her lunch at her desk while working or while sitting at a table in the staff room. After work, she takes the train home. Later that evening, she watches TV while sitting on the couch.

When Terry adds up all that time, she is surprised by what she learns. It turns out she sits still for about 12 out of the 16 hours that she's awake. So even though she gets her 150 minutes of activity a week, Terry spends an awful lot of time sitting still.

Terry decides to take action. At first, she felt overwhelmed with adding movement breaks into her day on top of getting her 150 minutes of activity in each week. So, she began taking small steps to include her 2-minute movement breaks. To start, Terry decided to stand up during her train rides. After this became routine, she then began getting in her movement breaks at work. She started with a 2-minute break every couple of hours and has now worked up to taking a break every hour. Terry is using an app on her phone to remind herself to take her 2-minute movement breaks. At work, she also walks around her office while she talks on the phone and uses an exercise ball at the computer. Terry feels better than ever and is working toward her goal of taking a 2-minute movement break every 30 minutes.

CELEBRATING JANUARY - MARCH LION BIRTHDAYS

JANUARY

02 Lion Bob Massof

05 Lion Rick Mulderick

17 Lion Christopher Parks

31 J. Tighman Brice

FEBRUARY

15 Lion Dick Maurer

MARCH

19 Lion George Williams

21 Lion Ken Tschantre

31 Lion Nelson Chesler

Multiple District 22 103rd Annual Convention



**Ashore Resort and Beach Club
10100 Coastal Highway, Ocean City, MD
May 14 - 17, 2026**

REGISTER ONLINE!!!

<https://www.mdlions22w.org/md22-convention-homepage/>

CHAIRPERSON
PDG Sue Parks
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DG Suzette Kettenhofen prepares for March 14, 2026 3rd full cabinet meeting.



Lion Mark A. LeRoux, MD 22, shares updates on Sight and Hearing policies.



Eagle Scout Candidate Vivienne Elizabeth Beauchamp shares her journey of a brighter future.



Eagle Scout Candidate Beauchamp receives presentation from 1st Vice District Governor Nara Khakurel, Baltimore Nepalese Lions Club.



Lions International Kindness Matters Service Award 2024-2025 awarded to BelAir Lions Club.



PDG Sue Parks shares highlights and information for the Multiple District 22 103rd Annual Convention.

BARKS, BREW & WINE



SPEAKER
Joey Johnson
& LD Tucker

\$40/person

APRIL 18, 2026

2-6PM

KLAUSMEIER FARM
4014 PERRY HALL RD,
PERRY HALL MD 21128

RESERVATIONS ARE PREPAID:

Make checks payable to
Lions District 22-A/
Leader Dog

All checks mailed to:
PDG Angela Bruce
6722 Mink Hollow Rd
Highland, MD 20777
443 375 2852

highland47@outlook.com

OR

PDG Owen Landis
2317 Kings Arms Dr
Fallston, MD 21047
410 218 4186

landisosr@comcast.net

MENU

Pit Beef & Turkey

Meatballs

Salad and Vegetables

Cake and Ice Cream

Soft Drinks

BEER & WINE
INCLUDED
WITH TICKET

BAG RAFFLE
BASKET OF CHEER
AND MORE



LEADER DOGS
FOR THE BLIND



SPONSORED BY
DISTRICT 22-A
HOSTED BY PERRY
HALL KINGSVILLE
LIONS CLUB