



SEVERN RIVER LIONS CLUB NEWS

JULY-AUGUST 2025



GREETINGS LIONS!

We have stepped off into a New Year of Lionism! The Fourth of July Severna Park Community Parade was a successful endeavor, providing both service to the community and entertainment & education. Thank you, Lion Clem, for wrangling in donations of dry ice and popsicles and directing your team, (Chuck H, Jackie H, and granddaughter Coco H, and Chris W) in their dispersal. There was SNAFU with truck decorations on 7/3. The truck had developed a hole in the roof in the past. During storage in the truck, rain and mildew damaged the signs. The buntings had horrible rust stains. (Unfortunately, the Lions Head and suit had become a habitat for mice.) Quick Tender Loving Care was given to the signs by Lion Bill Z and Suzette K. Lion Chuck H was sent out with my husband, Joe, to find new bunting.

We decided to meet at the Lutheran Church at 8:30 am to finish decorating. Lion Tilghman and I took the bunting home and soaked it in Iron Out for an hour. That did the trick. Lion Bill Z, Suzette K, Tilghman B, and I decorated the truck in the morning. We finished just in time; Lion Bill Z got the call to get in line.

I am looking forward to seeing the Club together at the General Meetings

YIL
Laurajean Councill

CELEBRATING JULY - SEPTEMBER LION BIRTHDAYS

JULY

18 Lion Bob Siska

29 Lion Diana Wailes

AUGUST

3 Lion Chris Werth 6 Lion Jeanne Kusiak 7 Lion Rollins Clark

21 Lion Jackie Hetrick 25 Lion Bill Meyers

SEPTEMBER

20 Lion Ashley Sanford

SEVERN RIVER INSTILLATION OF OFFICERS & AWARDS



Lions 1st Vice President Jim Coolbaugh, 2nd Vice President Joinette Smallwood, Lion Tamer Bill Zelenakas, President Laura Jean Council, 3VP Jon Valett, Tail Twister Tilghman Brice, Treasurer Sue Parks, 1yr Director Diana Wailes, Secretary Suzette Kettenhofen, 2yr Director Paula Wilkes, Membership Chair Chris Werth, and Assist. Treasurer Jackie Hetrick



*Lion Clem presents outgoing King Lion Ryan with a Melvin Jones Fellowship (above).
Newlywed Lion Ryan with bride Jayme (below).*



SEVERNA PARK 4TH OF JULY CELEBRATION



Lions Clem Kusiak, Chuck Horne, Chris Werth and Jackie Hetrick along with her Granddaughter Coco.



SEVERNA PARK 4TH OF JULY CELEBRATION





Lion Tilghman Brice, Lion Clem Kusiak, Lion Bill Zelenakas, Lion Ryan Schupp, King Lion Laurajeane Council, Lion Chuck Home (back) and Lion Jackie Hetrick, and DG Suzette Kettenhofen prepare for event.

This year's August 5th National Night Out (NNO) at Kinder Park provided new concepts by the Severn River Lions, marketing various aspects of what Lions have to share.

Lion Ashley Sanford created Lions Photo Back Drop for Children to stand behind, roar like a Lion, followed by a Fuji Film (donated by Lion Jeanne Kusiak) Instax mini photo, affixed with a sticker (Compliments of Severn River Lions Club - severnriverlions.org), made for significant interaction by parents, children, and Lions.

The Safari Lions costume also enhanced the photo activity of children utilizing the photo camera. Thanks to Lion Jackie's grandson for volunteering to wear the costume and stand for photos with children.

Lions Trading Pins and Stickers sparked an interesting search among children and a few adults as they browsed the assortments for eye-catching items to take as keepsakes. Thanks to Lion Clem for sharing his assortment of trading pins provided by Lions from around the world.

Lions Promotional Brochure and Eye Glass Collection Box, neatly displayed on the table, gave attendees our purpose and objective of a service organization. Thanks to Lion Ryan for his foresight.

Our Ambassador Lions, Ryan and Bill Z., made the event more meaningful through their dedication and up-front communications with visitors, who were asked questions about what Lions are all about and how they can be helped. Lion Ryan, a former Leo and member of two previous Lions Clubs, could be voted #1 for his knowledge and demeanor when he shares what we are all about.

NATIONAL NIGHT OUT 2025

Inflatable Lion by DG Lion Suzette provided another venue for attendees of NNO. Suzette's kind smile, her interest in sharing photos with families made the hit parade outside of the booth. Halfway through the 2-hour event, Lions at the booth would say Where's Suzette? After a few minutes of her absence, she returned, "I walked the entire area of the event, telling attendees to stop by the Lion booth". Thanks to Lion Suzette.

Thank you to all the Lions for being creative and active, providing a wonderful opportunity for the Severn River Lions to market who we are and what we do. Your time is appreciated for transporting items, setting up the booth, being present, and dismantling the booth. Also, thanks to the Lions who made contact with both supporters, future members, and sponsors.

Future NNO Sponsor: State Farm Agent Clay E. Shaw of Pasadena was approached by Lion Clem for his agency to sponsor a film for the 2026 National Night. Mr. Shaw's staff indicated they would be delighted to do so.



HEALTHY HEART STRATEGIES

Take good care of your heart!

If you smoke, you can quit and protect your heart health. For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW(1-800-784-8669).



- If you have blood pressure medicine, take it as directed.
- If your doctor tells you to, limit your salt.
- If you have medicine to manage your blood cholesterol levels, take it as directed.
- Try to eat healthy fats.
- Limit the amount of alcohol you drink—up to one drink a day for women and two drinks per day for men.
- Be active for at least 150 minutes a week at a moderate pace or more.
- Avoid sitting still for long periods of time. Take a 2-minute fitness break every 30minutes.
- Manage or reduce stress.
- Reach and stay at a healthy weight.
- Choose fresh meats, poultry, fish, and dairy more often. Processed foods often contain more fat, salt, and sugar.
- Choose leaner cuts of meat and remove the skin from chicken and turkey. Include fish in your diet.
- Try using herbs and spices to flavor foods, especially if you must avoid salt.



**DISTRICT
22-A
SOCIAL**

The Lions of District 22-A will honor
**District Governor
Suzette Kettenhofen**

at the District Social
Saturday, November 1, 2025, 5 p.m.

Elks Lodge #622
2 Pythian Drive
Edgewater, MD 21037

**Contact PDG Sue Parks for more info:
RICH99991@verizon.net**



AUGUST 2025

- 5 AUG [5- 7pm] – National Night Out, Kinder Park [\[Volunteer Opportunities/Service Project\]](#)
- 9 AUG [9- 11am] – 1 st Cabinet Meeting for LY 2025 - 2026, Maryland School for the Blind
- 12 AUG (7pm Mtg) – Board Meeting
- 26 AUG (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting

SEPTEMBER 2025

- 5-6 SEPT - VISION DAYS - Green Valley Market (formerly Angel's), Pasadena, MD.
- 9 SEPT (7pm Mtg) – Board Meeting
- 23 SEPT (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting, Family Picnic
- 27 SEPT – Partners in Care Fall Prevention Fair, Severna Park community center, 623 Baltimore Annapolis Boulevard, Severna Park, MD 21146. [\[Volunteer Opportunities/Service Project\]](#)

OCTOBER 2025

- 6 OCT – Community Service Project with Elevance Health at the House of Hope, Glen Burnie. LCI Grant awarded [\[Volunteer Opportunities/Service Project\]](#)
- 14 OCT (7pm Mtg) – Board Meeting
- 25 OCT (9am - 12pm) – 2 nd Cabinet Meeting, Maryland School for the Blind
- 28 OCT (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting, Peace Poster Judging

NOVEMBER 2025

- 1 NOV (5- 10pm) – District 22- A Governor Social, Annapolis Elks Lodge, 2 Pythian Drive, Edgewater, Maryland 21037
- 8 NOV (8am - 4pm) – Bay Bridge Walk, Anne Arundel Fair Grounds [\[Volunteer Opportunities/Service Project\]](#)
- 11 NOV (7pm Mtg) – Board Meeting
- 25 NOV?? (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting

DECEMBER 2025

- 9 DEC (7pm Mtg) – Board Meeting
- 13 DEC (10am - 2pm) – Wreaths across America, Crownsville, Placing wreaths with Cub Scout troop [\[Volunteer Opportunities/Service Project\]](#)
- 23 DEC?? (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting

JANUARY 2026

- 3 - 11 JAN – LCI Service Initiatives/District- wide event – Hunger [\[Volunteer Opportunities/Service Project\]](#)
- 13 JAN (7pm Mtg) – Board Meeting
- 27 JAN (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting

FEBRUARY 2026

- 10 FEB (7pm Mtg) – Board Meeting
- 24 FEB (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting, Peace Poster Winner

MARCH 2026

- 10 MAR (7pm Mtg) – Board Meeting
- 24 MAR (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting

APRIL 2026

- 10 - 12 APR – Emerging Lions Leadership Institute, Camp Merrick
- 11 APR – LASH Eyeglass sorting, Maryland School for the Blind
- 14 APR (7pm Mtg) – Board Meeting
- 18 - 26 APRIL 2026 – LCI Service Initiatives/District - wide event – Environment [Volunteer Opportunities/Service Project]
- 28 APR (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting, Club Elections

MAY 2026

- 1 - 3 MAY - Ignite Leadership training, Lions Camp Merrick, Lions USA sponsored event.
- 12 MAY (7pm Mtg) – Board Meeting
- 14 - 17 MAY – 103 rd MD - 22 Convention, Ocean City, MD
- 25 MAY – Memorial Day Parade, Washington, DC
- 26 MAY (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting

JUNE 2026

- 9 JUN (7pm Mtg) – Board Meeting
- 23 JUN (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting, Officer Turnover
- 27 JUN (9am - 2pm) – Club Officer Training/District Turnover, Maryland School for the Blind

JULY 2026

- 3 - 7 JUL – Lions International Convention, Hong Kong
- 4 JUL – Severna Park 4th of July Parade