



SEVERN RIVER LIONS CLUB NEWS

JULY-AUGUST 2024



GREETINGS LIONS,

I'm excited to be taking over as King Lion and already completed one duty as assigned, which was dressing up for the 4th of July Parade! I had passed out popsicles in years past but dressing up in the Lion's mascot head (minus the suit, due to the heat) took the parade to a whole new level for me!

Children were excited, teens chuckled, and adults went along with the fun! Yelling to spectators, "Let me hear you roar!" got mixed reactions but drew attention! Attention not just to the predatory animal sitting in the passenger seat of a box truck, but also to our truck covered with sticky notes and a banner listing all our club involvement. Throughout the parade route, we were

known, and along with the laughs, I also got to hear a lot of bypassing conversations about someone's tie to the Lions or someone learning what the Lions do for the very first time!

From the Retreat I held last month, there were a lot of great ideas and motivation for what's to come this upcoming year! One thing I stressed was the efficiency of our meetings. I look forward to "meeting while we eat." I ask for us to grab our plate when we arrive versus 7:00 pm, then at 7:00 pm, we can get started with official business. Conducting our general meetings this way I believe will allow us to take the time for the things we need to discuss, yet not feel rushed to get through our entire agenda.

I look forward to turning more club meetings into service activities, doing more club outings, and bringing a little song back to the club (regardless of how horrendous your voice may be) ...it's the camaraderie!

Everyone's support so far has been felt and I thank you in advance for your continued service in our community this upcoming year! Serving as King Lion is a true privilege and if I haven't learned anything else up until this point, it's to safeguard my gavel at all costs! Try to take it, I dare you!

Yours in Lions,

Lion Ryan

OFFICE TURNOVER



(L-R) DG John Mosier, PDG Sue Parks (Treasurer), Lion Laurajean Council (Vice President), FVDG Suzette Kettenhofen (Secretary), Lion Diana Wailes (Director), Lion Jon Valett (Vice President), Lion Paula Wilkes (Director), Lion Tilghman Brice (Tail Twister), Lion Chris Werth (Membership), Past King Lion Joinette Smallwood, and King Lion Ryan Shupp.

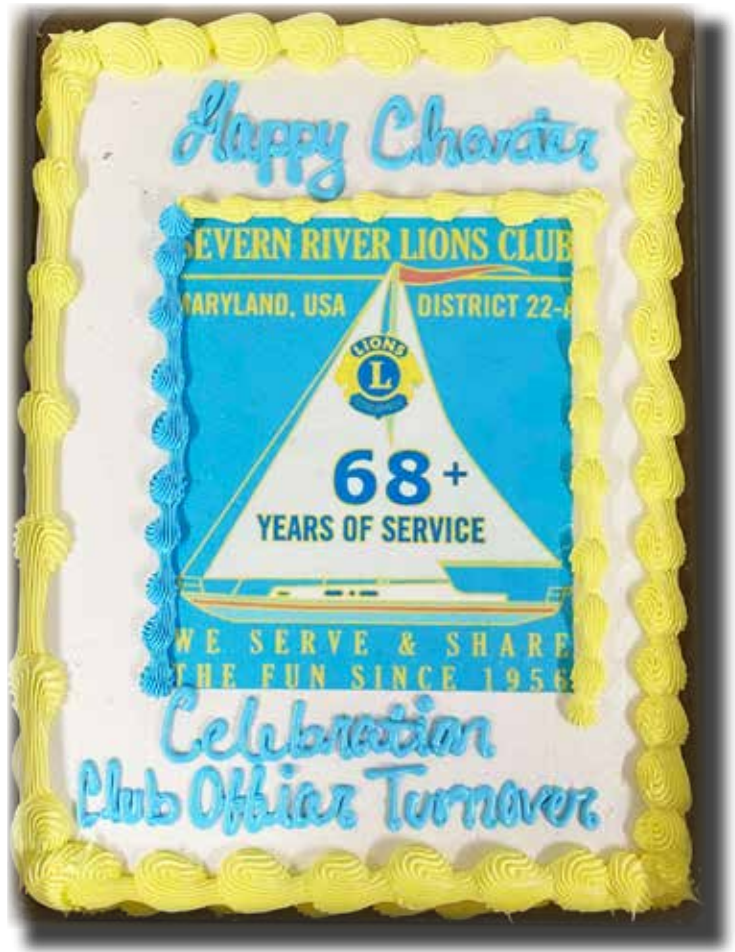


Severn River Lions watch the ceremonies intently.



Seasoned members, Lion Dick Maurer and Lion Catherine Violette enjoy the ceremonies.

SEVERN RIVER LIONS TURNOVER CELEBRATION



Immediate Past King Lion Joinette Smallwood and Incoming King Lion Ryan Shupp cut the celebration cake.



SEVERN RIVER LIONS AWARD CEREMONIES



President Ryan Schupp and Immediate Past President Joinette presented Lions Paula Wilkes, Christopher Werth, and Ashley Sanford with Bronze awards from the Lions Youth Foundation for their participation in our youth programs.



DG John Mosier presented an LCIF "Campaign 100 Model Club" plaque to Lion Chris Werth for SRLC's contributions to LCIF during Campaign 100.

4TH OF JULY PARADE



Fully decorated Severn River Lions Club Truck exhibits flag, post-it notes, and banners.



King Lion Ryan Shupp excites the crowds as he wears the Lions' Mascot!



Lions Chuck Horne, Bill Zelenakas, and Paula Wilkes pose before truck in preparation for service.

4TH OF JULY PARADE



Fully decorated Severn River Lions Club Truck prepared for duty.



Lions Clem Kusiak, Suzette Ketterhofen, Chuck Horne, Jackie Hetrick and granddaughter Coco.



Severn River "Popsicle Detail" prepares for distribution with smiles.



Lion Clem Kusiak grabs popsicles for distribution.





At our Brian Boru dine-to-donate fundraiser on June 5th, FVDGE Suzette Kettenhofen (left) presented Ms. Kendall Yingling, General Manager, Brian Boru Irish Pub and Restaurant (right), a Lions Clubs International Plaque of Appreciation from the Severn River Lions Club recognizing their continued support of our fundraising efforts. Brian Boru has donated several gift baskets (valued between \$150-\$200) for our club to use in District Social silent auctions. Additionally, they created a unique three-course menu that included club members' favorite foods, hosted our Charter Night celebration, and even posted our annual fruit sale flyers. This relationship is a win-win for Severn River and Brian Boru!

Brian Boru Fundraiser
 Severn River Lions Club – June 5, 2024

Enjoy your choice of the following...

Starter
 A cup of our traditional Potato & Leek Soup or Tomato Whiskey or beginner's Caesar or Garden Salad

Main Course

Whiskey Leek Chicken
 6 oz all-natural chicken breast, whiskey leek cream sauce, house rice, steamed mixed vegetables

Norwegian Salmon Kiltik
 6oz Salmon topped with a Kerrygold Mustard Butter served with Basmati Rice and Smashed Peas

Liver & Onions
 Griddle-fried calves liver, bacon, sauteed onion, mushroom gravy, champ mashed potatoes, steamed mixed vegetables

Shepherd's Pig **
 Ground beef sirloin with onions, peas, carrots, in a rich gravy topped with mashed potatoes, and baked

Irish Vegetarian Boxty
 Potato Pancake filled with grilled peppers, onions, mushrooms, cheese and topped with your choice of marinara or cheese sauce

Dessert
 Bread Pudding or Bailey's Mousse

All for \$35. \$10 out of each menu will be donated!

****Gluten free option**

"A triple serving of help for tonight's cause"



District 22-A held officer turnover at the Maryland School for the Blind on June 29, 2024. Outgoing DG John presented several gifts to his cabinet for their service. Incoming DG Jim Katzaman spoke of his plan for the coming year. The day's events included club officer training and lunch provided by Mission BBQ.



FVDG Elect Suzette Kettenhofen accepts thank you gift from DG John Mosier

CELEBRATING JULY-AUGUST LION BIRTHDAYS

JULY

18 Lion Bob Siska

29 Lion Diana Wailes

AUGUST

02 Lion Yvonne Jackson

03 Lion Christopher Werth

06 Lion Jeanne Kusiak

07 Lion Rollins Clark

09 Lion Steve Keefer

17 Lion Mike Milord

21 Lion Jackie Hetrick

25 Lion Bill Meyers

KEEP YOUR HEART HEALTHY

If you are at risk for type 2 diabetes, you are more likely to have problems with your heart or arteries. So, it's important to keep your heart healthy.

In this session, we will talk about:

- Why heart health matters
- How to keep your heart healthy
- Why you should limit salt and how to do it
- How to make healthier choices about fats

YOU WILL ALSO MAKE A NEW ACTION PLAN!

TIPS:

- When possible, replace unhealthy fats with healthier fats.
- Remember that all fats are high in calories—use them moderately.
- Choose less processed meats, poultry, fish, and dairy more often. Processed foods like ready-made meats that are breaded or in sauces often contain more fat, salt, and sugar.
- Choose leaner cuts of meat, like round cuts and sirloin.
- Remove the skin from chicken and turkey and eat more fish.
- Try using herbs and spices to flavor foods to lower the amount of salt.



SRLC NOTICES

SRLC MEMBERS,

The board has decided that, at least for the summer, that we will have our food ready to be served at 6:30 pm during social time so when we start the meeting at 6:59 pm there will not be any interruption of the meeting.

The food will be available for anyone who comes in later, we just ask that you quietly and quickly get your meal so we can try to get out of our meeting at a decent time.

Thank you. YIL, Lion Suzette



RECLAIMED GOLF BALL FUNDRAISER



SRLC,

I finally finished washing, packaging, and labeling 16 packs consisting of one dozen golf balls for the SRL campaign to elect the Vice District Governor fundraiser.

This final group of packets equals 25. I'm now out of used golf balls.

We have a few Lions events about to happen where packs can be promoted for sale.

If packets are needed sooner than later, please let me know.

Lion Clem