



SEVERN RIVER LIONS CLUB NEWS

MARCH 2024

Greetings Fellow Lions,

We have started our Spring-cleaning project of organizing the Lions loan closet. Kudos and thank you to Lion Ashley and her family for the donation of a shelving unit. This project will serve to organize and get much of our medical equipment off the floor and readily available for use. For those of you who volunteered for this project, it starts at 10 am on March 23, 2024. Arrangements still need to be made for transporting the shelves from Ashley's parents' home to the Severna Park Health Center. Thank you to all who volunteered for this worthwhile project.

As a reminder our next club fellowship D-Day Celebration event is May 10, 2024, at The Pascal Center for Performing Arts, Anne Arundel Community College. This is our second fellowship event; the first one was bingo at Bingo World earlier this year. Please SAVE THE DATE to support our member Lion Tilghman!



We've been supportive Club of two strong female leaders. Firstly, Lion Sue Parks is the former Immediate Past District Governor and we have given our nomination and will be giving financial support to Lion Suzette Kettenhofen in her role as the incoming First Vice District Governor next year. Hats off to both ladies who showcase their talents and leadership through Lionism.

I want to thank each of you as you freely give your volunteer talents and efforts to our Severn River Lions Club. I again want to stress please do so balancing family, home, and work with your volunteer efforts. Please ensure that you take care of yourself! Self-care IS NOT selfish!

Just a few more months as my term runs its course. Effective July 2024 Lion Ryan will be your new King Lion and I am sure that his planning session sometime in June after Turnover will showcase his exuberance and ideas that he is excited to share with us all. I am sure that is planning session will be productive and fruitful.

Happy Spring to you all!!
King Lion Joinette

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 2024-2025 at the General Membership Meeting on March 26, 2024. Nominations from the floor will also be taken at this meeting. Voting for officers for 2024-2025 will take place at the regular meeting on April 23, 2024.

SRLC RECOGNIZES 2023 PEACE POSTER WINNER

SRLC & DISTRICT 22-A PEACE POSTER WINNER

Ms. Bianca Knudson, winner of the 2023 Peace Poster art challenge, and teacher, Ms. Erika Oldershaw, watch as Lion Suzette Kettenhofen presents recognition and awards.



(below) Ms. Erika Oldershaw, art teacher, Peace Poster winner, Ms. Bianca Knudson, and family member, Mrs. Linda Knudson, proudly share in the night's festivities.



(below) Ms. Erika Oldershaw looks on while Ms. Bianca Knudson, Peace Poster winner, addresses the Severn River Lions Club. (right) Peace Poster winner displays check.





LION SANDY LEWIS

New member, Lion Sandy Lewis, was inducted into the Severn River Lions Club on Thursday, February 27, 2024. She works as an optometry technician at Kimbrough.

Lion Ryan Shupp, her sponsor, states that our club has collected glasses from her for a number of years on Ft. Meade's base. Lion Sandy Lewis is now interested in serving with the Severn River Lions family.

Severn River Lions Club welcomes our new member!



Lion Ryan Shupp stands by as Lion Sue Parks inducts new member Sandy Lewis.



(above) Lion Ryan Shupp pins new Lion Sandy Lewis. (below) Lions Ryan Shupp and Sandy Lewis proudly display documents.



SEVERN RIVER LIONS ENDORSE LION SUZETTE KETTENHOFEN

Officers:
2023 - 2024

Joinette Smallwood
President

Ryan Shupp
1st Vice President

Shannon Nixon
2nd Vice President

Jon Valett
3rd Vice President

Suzette Kettenhofen
Secretary

Nancy Earley
Assistant Secretary

Sue Parks
Treasurer

Jackie Hetrick
Asst. Treasurer

Vacant
Lion Tamer

Bill Zelenakas
Tail Twister

Ashley Sanford
Membership

Vacant
2 Year Director

Paula Wilkes
1 Year Director

Chris Werth
Immediate Past President

Email: srlc@severnriverlions.org

Severn River Lions Club, Inc.
Severn River Lions Foundation, Inc.
District 22-A, Lions Clubs International
PO Box 118, Severna Park, MD 21146

February 27, 2024

PDG John Andrews
Chair, 22-A Elections and Credentials
1205 Corbett Road
Monkton, MD 21111



Dear PDG John,

The Severn River Lions Club, by unanimous vote of its members present at the General Membership meeting on this date, proudly endorses Lion Suzette Kettenhofen for the office of First Vice District Governor of District 22A for the Lions Year 2024 – 2025.

Lion Suzette joined the Severn River Lions Club in 2005. She moved to an area served by our West Arundel Branch Club, transferred to that club, becoming its Charter President in 2007. In 2015, Lion Suzette moved back to Severn River's service area, transferred back, and she has served our club on various committees and in many offices including Tail Twister, Vice President, President, and Secretary.

On the District level, Lion Suzette has been PR and IT Committee Chairs, Zone Chair, Region Chair, District Secretary, and most recently 2nd Vice District Governor. On the Multiple District level, Lion Suzette has served as PR & Lions Information Chair

Lion Suzette has met all the qualifications for the office of First Vice District Governor and considering her extensive Lions experience and her strong desire to help build Lionism, we, therefore, endorse her for the office of District 22-A First Vice District Governor for Lions Year 2024 - 2025.

Very truly yours,

Joinette Smallwood

cc: DG John Mosier





Earth Day

Monday, April 22, 2024

8:30am to 11:30am

Farmer's Market

275 Harry Truman Pkwy Annapolis



Collecting

Computer Equipment

Pet Supplies

Used Eye Glasses &

Hearing Aids

Used Books

Lithium Batteries

***Bring Your
Confidential
Paperwork
to be Shredded***

Severn River Lions
Recycle for Sight & Hearing



Hearing Aid Recycling
DONATE USED HEARING AIDS HERE

**Severn River Lions Club Officers and Board of Directors
for Lion Year 2024-2025
Still need officer(s)**

SRLC members, here is the slate of officers and board of directors to date for Lions year 2024-2025. We will be announcing the complete slate at our March 26th General meeting.

If you are interested in filling one of them, let King Lion Joinette, our Nominations Committee chair, know by email at joinette28@gmail.com. She will present your name to the membership at our next general membership meeting on March 26th.

SEVERN RIVER LIONS CLUB LION YEAR 2024-2025 SLATE OF OFFICERS:

President: Ryan Shupp

1st Vice President: Shannon Nixon

2nd Vice President: Laurajeane Council

3rd Vice President: Jon Valett

Treasurer: Sue Parks

Assistant Treasurer: Jackie Hetrick

2 years Director: Paula Wilkes

1 year Director: Diana Wailes

Membership Chair: Chris Werth

Immediate Past President: Joinette Smallwood

IMPORTANT NOTE:

These are the positions still open and need a dedicated Lion(s) to step up and fulfill position. One is a Mandatory position while three are Optional.

Descriptions of each duties/responsibilities are listed below position.

A. Secretary (Mandatory): OPEN

B. Assistant Secretary (Optional): OPEN

[As club secretary, you keep the club running efficiently. You provide important support of all business operations for the club and board of director meetings, maintain the club roster and member contact information as well as support the club service and social activities.]

C. Lion Tamer (Optional): OPEN

[The Lion Tamer shall have charge of and be responsible for the property and paraphernalia of the Club, including flags, banners, gong, gavel, song books, and button board. He/she shall put each in its proper place before each meeting and return the same to the proper storage area after each meeting. He/she shall act as Sergeant-at-Arms at meetings, see that those present are properly seated, and distribute bulletins, favors, and literature as required at Club and Board meetings. He/she shall give special attention to assure that each new member sits with a different group at each meeting so that he/she can become better acquainted.]

D. Tail Twister (Optional): OPEN

[The Tail Twister shall promote harmony, good fellowship, life, and enthusiasm in the meetings through appropriate stunts and games and the judicious imposition of fines on Club members. There shall be no ruling from their decision in imposing a fine, provided, however, that no fine shall exceed an amount fixed by the Board of Directors of this Club, and no member shall be fined more than twice at any one meeting. The Tail Twister may not be fined except by the unanimous vote of all members present. All monies collected by the Tail Twister shall be immediately turned over to the Treasurer.]

YIL,
Lion Suzette

CELEBRATING MARCH LION BIRTHDAYS

19 Lion Don Lilley
19 George Williams

21 Lion Ken Tschantre
31 Nelson Chesler



SATURDAY, APRIL 6

10AM - 1PM

ShIPLEY'S CHOICE Clubhouse Parking Lot

947 Rustling Oaks Drive
Millersville, MD 21108

Paper Only • 2 Boxes Max Per Person

Kona Ice Food Truck on Site

REGISTER HERE



Compliments of

PHRONESIS

WEALTH MANAGEMENT

YOUR BODY CAN HEAL ITSELF

What is clear is that health is an active state, protected by a series of remarkable defense systems in the body that are firing on all cylinders, from birth to our last day alive, keeping our cells and organs functioning smoothly. These health defense systems are hard wired in our body to protect us. Some are so powerful they can even reverse diseases like cancer. And while they function as separate systems of defense, they also support and interact with one another. These defense systems are the common denominators of health. By recalibrating our approach to disease prevention and focusing on common denominators, we can be as powerful as funding common denominator to treat disease, as we did two decades ago.

Five defense systems form key pillars to your health. Each of the systems is influenced by diet. When you know what to eat to support each health defense, you know how to use your diet to maintain health and beat disease.

These defenses heal the body from within, so it is now possible to systematically examine how to shore up your health. The five defense systems are angiogenesis, regeneration, microbiome, DNA protection, and immunity.

ANGIOGENESIS

Sixty thousand miles of blood vessels course throughout our bodies and bring oxygen and nutrients to all of our cells and organs. Angiogenesis is the process by which these blood vessels are formed. Foods like soy, green tea, coffee, tomatoes, red wine and beer can influence the angiogenesis system.

REGENERATION

Powered by more than 750,000 stem cells distributed throughout our bone marrow, lungs, liver, almost all our organs, our body regenerates it itself every day. These stem cells maintain, repair, and regenerate our bodies throughout our lives. Some foods like dark chocolate, black tea, and beer can mobilize them and help us regenerate. Other foods like purple potatoes can kill deadly stem cells that spark cancer growth.

MICROBIOME

Almost 40 million bacteria inhabit our bodies, most of which act to defend our health. Not only do these bacteria produce health supporting metabolites from the foods that we swallow and deliver to our gut, but they also control our immune system, influence angiogenesis, and help produce hormones that influence our brain and social function. We can boost our microbiome by eating foods like kimchi, sauerkraut, and sourdough bread.

DNA PROTECTION

Our DNA is our genetic blueprint, but is also designed to be a defense system. It has surprising repair mechanisms that protect us against damage caused by solar radiation, household chemicals, stress, compromised sleep, and poor diet, among other insults. Not only can certain foods prompt DNA to fix itself, but some foods turn on helpful genes and turnoff harmful ones, while other foods lengthen our telomeres, which protect DNA and slow aging.

IMMUNITY

Our immune system defends our health in sophisticated ways that are much more complicated than we previously thought. It is influenced by our gut, it can be manipulated to successfully attack and wipe out cancer, even in the elderly. Recent discoveries have completely changed our understanding of the immune system. Foods like blackberries, walnuts and pomegranate can activate the immune systems, while other foods can dampen its activities and help reduce the symptoms of autoimmune disease.

