



SEVERN RIVER LIONS CLUB NEWS

MAY-JUNE 2025



HELLO FELLOW LIONS AND HAPPY SPRING!

Good news! Our club endorsed Lion Suzette Kettenhofen to be the incoming District Governor! We knew this was coming for a while, but what does that mean for our club? Lion Suzette does A LOT for the Severn River Lions, and as a club, we must recognize that her duties will be shifted elsewhere for the next Lions year. Please consider stepping up or taking a club task off her plate so her time as DG can be well spent serving the District and not fully consumed by our direct club needs! We value her leadership and all her contributions and fully support her as incoming DG! We wish her the best of luck!

We had a wonderful March General Meeting, where we hosted Peace Poster Winner Maddison Gasaway and her family. Maddison did an impressive job interpreting her vision of peace and told us she had spent several hours on her poster. We were also fortunate to have her Art Teacher, Ms. Erika Oldershaw,

back visiting to help us present the award.

Thank you and shout out to those who have volunteered with our scheduled service projects over the past couple months, whether that be the eyeglass recycling or Texas Roadhouse fundraiser. These events wouldn't be near a success without the support of our members.

Also, as many of you know, I got married on April 12th. It's a very exciting time in my personal life, and I appreciate everyone's warm wishes and assistance while I'll be off for both the wedding and honeymoon! I'm looking forward to seeing everyone back again at our May Board Meeting!

Till next time,
KL Ryan

CELEBRATING MAY - JUNE LION BIRTHDAYS

MAY

4 Lion Catherine Violette 24 Lion Bill Zelenakas 28 Lion Nancy Garczynski
29 Lion Jim Coolbaugh 31 Lion Ryan Shupp

JUNE

18 Lion Carl Gilbert

MULTIPLE DISTRICT 22 102ND ANNUAL CONVENTION



Newly elected 22-A DG Suzette Kettenhofen (right) and First Vice District Governor Elect Nara Khakurel (left)



District Governor Elect Suzette Kettenhofen receives Messick Memorial Trophy for District 22-A's best percentage attendance.

MESSICK MEMORIAL TROPHY

The Messick Memorial Trophy was established in 2018 in memory of Lion Ray Messick who passed away in 2010. Lion Ray was a Life Member of the Takoma Park Lions Club for 65 years, and a former 22-C Lt. Governor. He also attended all 22-C conventions and made it to most of the Lions Clubs International Conventions. The purpose for this Memorial Trophy is to encourage comradery among the subdistricts and to motivate districts to get their Lions to the convention.

So - Congratulations District 22-A! Although we only had 36 attendees at the 102nd Annual Multiple District 22 Convention, based on the number of members in our district, we had the highest percentage of attendance!!! During the Victory Luncheon, DGE Suzette was presented the Messick Memorial Trophy and will be taking it with her on club visits. District 22-B, C, D and W have already committed that they were coming after it so...mark your calendars now and let's try to make us the winners two years in the row by getting folks excited about attending the convention in Ocean City, May 15th-17, 2026!!!! Several First time attendees came out to Wisp and really had a great time!



Newly elected 22-A 1st Vice District Governor Nara Khakurel, Baltimore Nepalese Lions Club



(left to right) 2nd Vice District Governor Nara Khakurel, (Baltimore Napalese Lions Club) Lion Jackie Hetrick, 1st Vice District Governor, Suzette Kettenhofen, and PDG Sue Parks



Lion (Chuck) Robert Horne attends the Memorial Service at Multiple District 22 102nd Annual Convention



Lion Rev. Diana E. Wailes offers invocation at Multiple District 22 Banquet.



SVDG Nara Khakurel, FVDG Suzette Kettenhofen, our International Guest, 3rd VP of Lions International, Dr. Manoj Shah, (Kenya), accompanied by his wife, Lion Jayna, and Nara's wife, Lion Kristine Parungao and daughters Kara (in Lion Costume) and Zara.



District 22-A DG Jim Katzaman and wife Lion Myrna, Linthicum Lions Club



PIP Clement F. Kusiak greets District 22 participants.

MULTIPLE DISTRICT 22 102ND ANNUAL CONVENTION



DG James Katzaman 22A stands for the Pledge of Allegiance at the Victory Luncheon.



First Vice District Governor Suzette Kettenhofen celebrates "Lionism"

2025 PEACE POSTER AWARD



Art Teacher Erika Oldershaw (left), and King Lion Ryan Shupp, look on while this year's Peace Poster winner, Maddison Gasaway, presents her unique winning image at our March general meeting.

CUB SCOUTS PACK 688 BIKE RODEO



On Sunday, April 27th the Severn River Lions Club had a wonderful time participating in the Cub Scouts Bike Rodeo! It was great to see community involvement, especially with activities that promote bike safety and skills among young scouts. The various challenges, like newspaper tossing and figure 8 challenge, were enjoyable and educational for everyone attending.



(above) Lions Bill Zelenakas, Paula Wilkes, Tilghman J. Brice, Rev. Diana E. Wailes, and Laurajeane Council volunteer at the Cub Scouts' Bike Rodeo. (right) Bikers line up to get their bikes checked by Lions Zelenakas and Council for air pressure and brakes..



Lion Bill Zelenakas and scout master greet bicyclists.



Lion Bill Zelenakas checks bikes and encourages youth to be aware of bike safety.



SEVERN RIVER EYEGLOSS COLLECTION

(above) Club members were asked to bring their donated eyeglasses to our March meeting. As you can see in the photo, hundreds of eyeglasses were picked up over the course of six months. The image only captures a portion of the total collected! Great job, Club!

SODA TABS

(left) Lion Ashley is holding hundreds of donated soda tabs, which will be recycled.

WAYS TO KEEP YOUR HEART HEALTHY

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 30 minutes.
- 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.

THE IMPORTANCE OF CLUB GROWTH

As a Lion, we understand the difference a club makes in the community, and that's why it's important to help seek new Lions. But there may be more reasons than a Lion can think of. Inviting new members is important for the following reasons:

1. TO REJUVENATE AND GROW MEMBERSHIP

Inviting new Lions grows active volunteers. Through club extension, you:

- Cultivate new resources.
- Boost enthusiasm.
- Generate new and innovative ideas for service and fundraising projects.
- Build leadership skills and new leaders.
- Increase district funds for activities and projects.

2. BECAUSE COMMUNITY IS WHAT WE MAKE IT

At the end of the day, it's what Lions do that matters. Inviting new Lions:

- Gives communities currently without an active Lions club the opportunity to respond to local needs.
- Provides an avenue for community and service-minded individuals to be involved in projects they care about.
- Readies more hands for service.

3. TO ENGAGE NEW MEMBER

No two Lions clubs are alike, because no two people are alike. A new Lion:

- Allows members to provide a unique club culture.
- Persuades younger members to get involved, particularly when the club has a focus on community service projects and utilizes modern communication methods.
- Encourages family and women membership.
- Removes the uncomfortable issue of seniority and leadership felt by long-time members.
- Enables members with shared interests to form a build your Lions club.

4. BECAUSE THE FUTURE OF LIONS DEPENDS ON YOU

We matter, because people know they can count on Lions to pitch in. With new Lions we continue to:

- Enable more Lions to continue making a difference.
- Support the humanitarian work of Lions clubs through LCIF.
- Ensure our members remain as our most sustainable resource.

It's important for communities to have a strong Lions Club to support their needs. We became the world's largest service organization one member and one club at a time, so begin your club extension efforts today.

UPCOMING EVENTS

MAY 2025

- Wednesday, 21 May (11 am – 2 pm) – Homeless Lunches [[Volunteer Opportunities/Service Project](#)], Lion Nancy's House, 25 Emerson Rd Severna Park. (443) 570-2253 Contact Lion Nancy to sign up.
- Monday, 26 May (11am - ??) – The National Memorial Day Parade [[Volunteer Opportunities/Service Project](#)], Constitution Avenue, Washington, DC. Parade kicks off at 2 pm
- Tuesday, 27 May (6pm Social/6:30pm Food/6:59pm Mtg) – General Club Meeting, [[Service Project](#)] (*Homeless Blankets*)
- Saturday, 31 May – Leader Dog event – see flyer for info.

BARKS, BREW & WINE

SPEAKER
Timothy Cuneo
& LD Glacier

\$40/person

MAY 31, 2025
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

PDG Owen Landis
2317 Kings Arms Dr
Fallston, MD 21047
410 218 4186
landisosr@comcast.net

MENU

Pit Beef & Turkey
Homemade Rotini and Sauce
Salad and Vegetables
Cake and Ice Cream
Soft Drinks

BEER & WINE INCLUDED WITH TICKET

BAG RAFFLE BASKET OF CHEER AND MORE

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

LEADER DOGS FOR THE BLIND

Walter Michigan, JoJo Michigan, Rusty Michigan, Porillo Illinois, Harlem Hi-Oaks, Caramello Wisconsin

JUNE 2025

- Tuesday, 10 June (7pm) – Board Meeting, via Zoom
- Saturday, 14 June (10 am - 1 pm) – Club Retreat, Senior Living, 43 W. McKinsey Rd, Severna Park, MD 21146
- Saturday, 21 June (9 am - 2 pm) – Club Officer Training & District Turnover, Location TBD
- Tuesday, 24 June (6pm Social/6:30pm Food/6:59pm Mtg) – Club Officer Turnover; guests invited

JULY 2025

- Friday, 4 July (9 am) – Severna Park 4th of July Parade/Popsicles passing out [[Volunteer Opportunities/Service Project](#)], Parade starts at 10 am. Contact Lion Clem for more information