



SEVERN RIVER LIONS CLUB NEWS

NOVEMBER-DECEMBER 2024



FELLOW LIONS:

We've been busy. There have only been a few weekends over the past couple of months with no Lions activity, and that's a good problem to have as a club! I appreciate everyone taking the time to serve; your volunteerism does not go unnoticed in the community!

I'm proud that we were invited to conduct two separate Vision Screenings for the Partners in Care Fall Prevention Fair and BWMC Wellness Fair, where we screened over 30 individuals!

Our club collected hundreds of eyeglasses for this past month's eyeglass recycling. Thankfully, DG Jim Katzman hauled most of our club's donations to the event. I don't think he expected the sheer number of containers and bags the Severn River Lions collected!

As you know, our November fruit sale was canceled due to recent weather events down South. I'm asking the club to double down on our December fruit sale. We rely on the funds raised to benefit different community activities and initiatives.

Our next General Meeting was held a week early on November 19th to avoid the Thanksgiving Holiday. This was a well-attended and exciting meeting, as Severn River hosted both a Zone and Region Meeting! We came together and enjoyed fellow Lions from surrounding clubs. We also enjoyed the dynamic service speaker, Wendy Preslan, who is president and founder of "Stitches of Kindness!"

I wish everyone a safe and happy holiday. It's been a pleasure serving as your President so far.

Yours in Lionism,
- KL Ryan

VISION SCREENING EVENTS



Severn River Lions Ryan Shupp, Carroll Hicks, Chuck Horne, Clem Kusiak, Sandy Lewis, Bill Zelenakas, and Chris Werth along with family members Christine & Mike Rogall, and LASH trailer coordinator Lion Mark LeRoux attended the Partners in Care Fall Prevention Fair on September 28 in Pasadena.



KL Ryan presenting trophies to the winners and runners-up at the Severna Park Home Show Marching Band Competition.



Lions Jackie Hetrick and Tilghman Brice are ready for vision screening at the UM BWMC's Fall Community Wellness Day held 12 October in Severn.



Lion Sandy Lewis performs eye screening at the UM BWMC's Fall Community Wellness Day held 12 October in Severn.

DISTRICT GOVERNOR'S HARVEST GALA

Lions of District 22-A honored District Governor Jim and First Lady Lion Myrna Katzaman on Saturday, November 2nd at the Elks Lodge in Annapolis, MD.

Representatives from all MD22 Districts attended including 8 Severn River members, the three Past International Directors, the Council of Governors, many Past District Governors and other friends. International Director Hans Neidhardt gave the keynote address highlighting LCI's membership initiative 1.5 and leadership qualities. Thank you to those of you who celebrated with us - it was a wonderful evening!



District Governor Jim Katzaman addresses the dining Lions.



International Director Hans Neidhardt, our keynote speaker, gives in-depth words of encouragement.



International Director Hans Neidhardt and DG Jim Katzaman present PDG Sue Parks with the International President's Certificate of Appreciation.

DISTRICT GOVERNOR'S HARVEST GALA



PDG Sue Parks 'pins' DG Jim Katzaman with a Melvin Jones Fellowship pin with ID Hans looking on.



First Lady Myrna gives a gift to DG Shari Neidhardt as DG Katzaman and ID Hans watch.



Can goods generously donated by Gala guests.



Gift basket for bidding

SEVERN RIVER HOMELESS LUNCH PREPARATION



Lunches for the homeless bagged by Severn River Lions.



Lions Jackie Hetrick, Paula Wilkes, and Diana Wailes prepare sandwiches for lunches



Lion Paula Wilkes and Jackie Hetrick count sandwiches.



Lion Ashley Sanford bags prepared sandwiches.



Lion Joinette Smallwood folds blankets she crocheted from plastic bags for donating to the homeless.



Donations for lunches to be added to bags.

NOVEMBER GENERAL MEETING



Guest Speaker Wendy Preslan receives a thank you gift from King Lion Ryan Shupp.



Linthicum Lions joined Severn River and Annapolis Lions in this first Region 1 meeting of the Lions Year.



Lions Bill Zelenkas, Jim Coolbaugh, Rollins Clark, and Nancy Earley listen to speaker.



District Governor Jim Katzaman honors Lion Chris Werth, Lion Myrna and Linthicum guests look on.



Annapolis Lions Mike Roblyer and Gene Zeiser joined in the fun with SRLC members Chuck Horne, Jon Valett, and Laurajean Council.

LAUGHS AND CHUCKLES



During the August SRLC August General meeting Lion Tail twister Tilghman Brice called "Hear Ye Hear Ye" to all Lions present and those waiting to hear my call - The September General meeting will be mismatched shoe night. Those Lions not hearing the call and arriving without different shoes will be fined and or required to clean off the tables and move tables and chairs to storage, in addition to being extremely kind to the tail twister.



BAY BRIDGE WALK VOLUNTEERS

On November 9th, the Severn River Lions Club had eight volunteers working at the Bay Bridge Walk volunteer booth checking in runners and issuing shirts in preparation for the Sunday, November 10 Bay Bridge Walk.



Front row: Lion Bill Stack, Lion Bill Zelenakas, and Lion Laurajean Council

Back row: Mrs. Dixie Stack, Lion Carroll Hicks, Lion Tilghman Brice, IVDG Suzette Kettenhofen and Lion Catherine Violette.

CELEBRATING NOVEMBER - DECEMBER LION BIRTHDAYS

NOVEMBER

5 Lion Carroll Hicks 17 Lion Bobby Edmond 25 Lion Nancy Earley
26 Lion Clinton Wallace 30 Lion Bill Stack

DECEMBER

05 Lion Sue Parks 23 Lion Clem Kusiak





Wreaths Across America 2024

MD0622P - Severn River Lion's Club (SRLC) and Wreaths Across America!

Our link is <https://wreathscrossamerica.org/pages/178362/Overview/>

Wreaths cost \$17, and we earn \$5 per wreath sold.

The ceremony is Saturday, December 14th, at Noon, with wreath placement immediately afterward to ??

Orders must be turned in by Midnight on December 3rd.

Cemetery location:

MDCVCE - Crownsville Veterans' Cemetery - Maryland
1122 Sunrise Beach Rd
Crownsville, MD 21032

Link to Sponsor a Wreath - <https://wreathscrossamerica.org/Shop/Product/597?tid=4C757BE7-7F83-4ABA-9E11-9111B91F9325&pageIds=178362,0>

Cost:

1 Wreaths \$17

5 Wreaths \$85

12 Wreaths \$204

Custom Wreaths must be submitted individually on the form.

Volunteer <https://wreathscrossamerica.org/pages/178362/Overview/>

Select WAA sponsorship

Our group name is MD0622P - Severn River Lion's Club (SRLC)

Send an Invite to family and friends to sponsor a wreath or volunteer placing wreaths on graves - <https://wreathscrossamerica.org/pages/178362/Overview/>



(410)-439-0233

4465 Mountain Rd | Pasadena, MD

FUNDRAISING

DINE-IN OR TO-GO

↔ *Support* ↔

Severn River Lions Club

Tuesday, December 3

3pm – 10pm



10%
DONATION NIGHT

Support **Severn River Lions Club** by presenting this flyer to the Pasadena, MD Location and Texas Roadhouse will donate **10%** of your total food purchases to **Severn River Lions Club**.

WHY WEIGHT LOSS CAN STALL

REASONS WHY WEIGHT LOSS STALLS

Weight loss can stall for different reasons, which can vary considerably among people. Some of these reasons include:



- Your body adapts to weight loss, changing the number of calories you need.
- Your body adapts to your physical activity routine.
- You may be eating a little more without realizing it, especially if you’ve stopped measuring or logging your meals.
- You may be eating fewer vegetables or fiber.
- You may be eating or drinking more high calorie foods or drinks.
- You may be drinking less water than you did at the start of the program.
- You may be going through a time of the year with more social gatherings, meaning more highly processed foods and fewer opportunities to be physically active.
- Your sleep schedule may have changed.
- You may be experiencing stress, anxiety, or depression.
- You may have started a new medication.
- You may have hormonal changes due to age, stress, menstrual cycle, or the time of year.

REMEMBER:

- Focus on your strengths and Remember:
- Focus on your strengths and reinvest in the behaviors that led to your successes.
- Focus on maintaining your weight when your normal routine changes.
- Remind yourself that weight loss maintenance is your long-term goal. Being able to balance food intake and activity when maintaining your weight are important too.
- Look at small changes you can make to your eating patterns, physical activity, sleep, and stress management to stay on track—it’s often not one thing, but several small things that can make a big difference.

WAYS TO TAKE IN FEWER CALORIES

Here are some ways to take in fewer calories. Consider the following swaps.

INSTEAD OF:	CHOOSE:
Cooking in Butter	Vegetable oil (olive, canola, etc.)
Heavy Cream	Evaporated skim milk
Whole Milk	2%, 1%, or skim milk
Sour Cream	Greek yogurt or reduced-fat sour cream
Mayonaise	Light mayo or Greek yogurt
Cream-Based Salad Dressing	Oil-based salad dressing

