



SEVERN RIVER LIONS CLUB NEWS

OCTOBER-DECEMBER 2025



MY FELLOW LIONS:

I am amazed at all the things we have accomplished. It makes me feel very proud to see everyone SERVING

- at the Eye Glass Sorting at the Maryland School for the Blind, 16,000 glasses were sorted
- at the Fundraising Committee meetings
- at the Mental Health initiative, packing 170 knapsacks for the House of Hope
- at Nancy E's packing 50 lunches for the House of Hope
- helping with the Cub Scout Pack
- passing trophies out at Severna Park High School for the US Bands Competition: Marching In The Park
- our Tail Twister found a way to serve SPAN with Club shenanigans, asking for non-perishable items

On November 1st, at the Elks Lodge on Pythian Drive in Annapolis, the District held seminars in the afternoon before the District Governor's Social. It was great to see everyone who attended.

Lions, we also had a busy weekend with the Veterans Day Parade in Baltimore. See page 8.

Come out and eat at the Fundraisers at Texas Road House and Brian Boru's. Note that we'll also be having our club's holiday celebration on December 16th. Then, bundle up for the Fruit Sale!

I am awestruck by Lions Suzette's and Ryan's accomplishments of applying and being successful in winning grants from LCIF and the Anne Arundel County Senior Provider Group.

Stay the course, My Fellow Lions. Keep thinking up new ways to Serve.

KING LION, LAURAJEAN

LUNCH SERVICE PROJECT



Lion Tilghman Brice bags rolls to companion with chili cups.



Completed lunches placed in car.



On 10/23/25, four Severn River Lions came to my home to pack 50 bag lunches for the House of Hope in Glen Burnie. Those Lions were Laurajeon Council, Tilghman Brice, Paula Wilkes, and Chuck Horne.

Thank you, fellow Lions, who provided items to pack, and other Lions who donated money to purchase needed food and supplies. This service project was undoubtedly a team effort. Our next packing will take place in January 2026.

YIL, Nancy Earley

CELEBRATING OCTOBER - DECEMBER LION BIRTHDAYS

OCTOBER

04 Lion Paula Wilkes

17 Lion Jon Valett

17 Lion Drew Huff

23 Lion Sandy Lewis 30 Sheila LoCastro

NOVEMBER

05 Lion Carroll Hicks

25 Lion Nancy Earley

26 Lion Clinton Wallace 30 Lion Bill Stack

DECEMBER

05 Lion Sue Parks

23 Lion Clem Kusiak

31 Lion Laurajeon Council



SRLC MEMBERS,

On October 6th we held our Mental Health Awareness event, “Nourishing the Soul, Feeding the Stomach,” over at the Arundel House of Hope (HOH). The event ran a bit longer than we expected, but in the end, we made a real difference!

I want to express my special thanks to several Lions who helped make today’s event with Elevance Health (Well-Point) go so smoothly.

First - Lion Nancy, it was with her guidance and list of items that she usually uses in our club’s lunches for HOH that we used as the baseline for our grant. When LCIF came back and asked us to add more, we changed the “one or another” to “one of each” on the food choices. Leftover food was brought over to help with this month’s Homeless Lunches scheduled for October 23rd (watch for a separate needs list).

Second - Lion Sue, who helped me with the online ordering of items (from backpacks to pulled pork), designing & printing of labels, designing and printing of the backpack packing lists, donation of items, and keeping me sane, all while trying to do an MD-22 Convention Report and the program book for my social next month!

Third - Lion Chris for his donation of the granola bar snacks. Lion Jackie (who helped set up and then pack) and Lion Clem (for helping pack the backpacks) were recognized today.

Fourth - and a most appreciated thank you to our KL Laurajean, Lion Tilghman, Joe Brice, Drew Huff, and Alfred. KL Laurajean, Lion Tilghman, and Joe Brice helped by purchasing all the food and batteries at BJ’s for any items that could not be ordered to be delivered on time. She also got her dentist to donate toothpaste and toothbrushes, which helped cut down our expenses. Plus, they helped offload boxes after boxes from my truck and then assembled items for the mental health initiative of today’s event. Please make sure I receive those receipts.

The final count was 176 completed bags, with 5 bags containing only food (we ran out of certain items, so we were unable to create a mental health bag). However, we then donated all the other leftover items, several of which happen to be at the top of their “Needs” list.

The Elevance Health members were all given our club’s membership brochures, and several had expressed interest in knowing more. Since Elevance does this type of event every October they have asked if we would partner with them again next year.

Finally, a note from the HOH Staff: “Thank you guys and gals so much. God Bless everyone.

YIL, Lion Suzette



King Lion Laurajeane Councill stands in front of donated back packs for distribution.



(above) Donations for distribution and (below) volunteers sort and inspect items.



Lion Jackie Hetrick sorts boxes



Lions Jackie Hetrick and Tilghman Brice assist distribution volunteer.

On November 1, 2025, the 22-A Social Committee warmly welcomed fellow Lions who provide untiring service to others. 22-A also extended a warm welcome to welcome International Director Dr. Mark and Lion Debbie Mansell and all visiting Lion leaders who shared this event.



Servant Hero, DG Suzette Kettenhofen, rode her lion into the event.



PDG Jeremy Bair, DG Suzette Kettenhofen, and guest speaker, Dr. Mark Mansell.



DG Suzette Kettenhofen greeted Lion Catherine Violette and Annapolis Lion Carol Kellner.



PDG Sue Parks and 22-A King Lion Laurajean Council enjoyed fellowship and dessert.



King Lion Laurajean Councill, DG Suzette Kettenhofen, and Lion Diana Wailes



PDG Sue Parks served as emcee for the celebration for DG Suzette Kettenhofen



Servant Hero Lion Jackie Hetrick of Severn River Club.



Servant Hero Lion Rev. Diana Wailes of Severn River Club.



(above) PDG Sue Parks inducted new Lion Drew Huff and Sponsor, King Lion Laurajean Council and Lion Drew display their certificates.

(below) King Lion Laurajean pins new Member Drew Huff on October 28, 2025. Lion Nancy Earley looks on.



VETERAN'S DAY PARADE



On November 8th, Lions Drew Huff and Bill Zelenkas of Severn River Lions Club participated in the Baltimore Veterans Day Parade in honor of those veterans who have served our community, past and present.



Breast Cancer Awareness Month 2025



WHAT IS BREAST CANCER?

Breast cancer is a disease in which cells in the breast grow out of control forming tumors in the breast tissue. This occurs most frequently in women but can occur in men (ex. Richard Roundtree). Even though these cells start in the breast tissue, they are capable of traveling to other parts of the body via the bloodstream or lymphatic system. When it moves to other locations, it is called metastatic cancer.

RISKS, PREVENTION & SCREENINGS

Overall, your risks for breast cancer include family history of breast cancer or having the breast cancer gene (BRCA 1, BRCA2, etc), denser breasts, sedentary lifestyle, increased weight, hormone replacement therapy, or use of birth control. Your risk for developing breast cancer also increases with age or daily alcohol consumption. Therefore, you can decrease your risk by exercising, avoiding hormone replacement therapy if possible, maintaining a healthy weight, and drinking no more than 1 alcoholic beverage daily.

Screenings include breast self-exams and annual mammograms.

SIGNS & SYMPTOMS

- **Swelling of all or part of a breast** (even if no lump is felt)
- **Skin dimpling** (sometimes looking like an orange peel)
- **Breast or nipple pain**
- **Nipple retraction** (turning inward)
- **Nipple or breast skin that is red, dry, flaking, or thickened**
- **Nipple discharge** (other than breast milk)
- **Swollen lymph nodes under the arm or near the collar bone**

TREATMENT OPTIONS

Breast cancer treatment depends on the size of the tumor and/ or spread of the disease. Treatment can be localized like surgical removal of the lump and radiation, or systemic options using any combination of the following therapies: complete mastectomy, radiation, chemotherapy, immunotherapy (using antibodies to target cancer cells), or hormone therapy.



(410)-439-0233

4465 Mountain Rd | Pasadena, MD

FUNDRAISING

DINE-IN OR TO-GO

»» ***Support*** ««

Severn River Lions Club

Tuesday, November 18, 2025

3pm – 10pm

10%

DONATION NIGHT

Support the **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**.





Brian Boru Fundraiser



LIONS CLUB

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

Blazin Cajun Chicken

6 oz all-natural Blackened chicken breast, Cajun cream sauce, house rice, steamed mixed vegetables

Haddock & Chips

Wild Atlantic Haddock, Hand-dipped & fried to order, served with Irish Chips, coleslaw, tartar sauce

Homemade Meatloaf

Tomato Whiskey Glaze, champ mashed potatoes, steamed mixed vegetables

Shepherd's Pie **

Ground beef sirloin with onions, peas, carrots, in a rich gravy topped with mashed potatoes, and baked

Severn River Sandwich*

Fresh mozzarella, roasted red pepper, spinach, tomato, green goddess spread, balsamic glaze drizzle, toasted ciabatta roll

Dessert

Bread Pudding *or* Bailey's Mousse

.All for \$30. \$10 out of each menu will be donated!

**Gluten free option



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

DISTRICT 22-A FULL CABINET MEETING



District 22-A met at the School for the Blind under the leadership of DG Suzette Kettenhoffen where she handed out District Service Awards to clubs achieving outstanding service and leadership.



Lion Ryan Schupp displays the Senior Provider Group Grant Award.

Wreaths Across America 2025

Link to Sponsor a Wreath – order online before Midnight Dec 2nd through our unique link at:

<https://www.wreathsasscrossamerica.org/pages/178362/Overview/?relatedId=16144> – any paper forms must be turned in by 6pm December 1st.

The Wreath laying Ceremony is on Saturday December 13th, at Noon with wreath placement immediately afterwards to all wreaths placed. We have selected Crownsville Veterans' Cemetery (but you can choose a different location for your wreath in Step 3 below)

Step 1: select number of Wreaths wanted.

- 1 Wreaths \$17 _____
- 5 Wreaths \$85 _____
- 12 Wreaths \$204 _____
- Custom (# x \$17) _____

Step 2: confirm our Sponsorship Group: MD0622P - Severn River Lion's Club (SRLC)

Step 3: Confirm our Location Where Your Wreaths Will Be Placed: We are placing at MDCVCE - Crownsville Veterans' Cemetery - Maryland, 1122 Sunrise Beach Rd, Crownsville, MD 21032 [or to search another location You may select a different cemetery here.

Step 4. Choose Customizations (Optional) Custom Wreaths must be submitted individually on form.

Customized choices:

A) Grave Specific: Request a wreath to be placed on a *specific* grave. Give grave name.

B) Remember Wall: Post a *photo* or *message* on our Remember Wall webpage.

C) Pair Wreaths: Send additional wreath(s) to an individual or home address. (prices vary from standard Patriot Wreath \$17 to \$21.50 for service specific plus shipping costs)

Pairs Recipient Name & Address

Recipient Name: _____

Address: _____ Suite, Apt #, PO Box, etc

Postal Code: _____

City: _____

State: _____

Country: United States

Recipient Mobile Phone: _____

Shipping Method Costs example to 21146

- | | |
|---|--|
| <ul style="list-style-type: none"> • UPS® Ground, \$18.00 • FedEx Home Delivery®, \$18.50 • UPS 3 Day Select®, \$19.17 | <ul style="list-style-type: none"> • UPS 2nd Day Air®, \$24.33 • USPS Priority Mail - Package, \$25.39 • UPS Next Day Air Saver®, \$62.63 • UPS Next Day Air®, \$69.10 • FedEx Express Saver®, \$74.14 • FedEx 2Day®, \$81.26 • FedEx 2Day® A.M., \$94.72 • UPS Next Day Air® Early, \$102.10 • USPS Priority Mail Express - Package, \$114.60 • FedEx Standard Overnight®, \$205.37 |
|---|--|

• FedEx Priority Overnight®, \$218.21

• FedEx First Overnight®, \$254.17

D) e-Card or Mailed: Send an e-Card or mail a card to a loved one or friend. Send Via (Check All that Apply)

- Email: _____
- Mobile/SMS: _____
- Mail (+ \$2.00): _____

F) In Honor/Memory Of: Sponsor *in honor* of a living veteran or *in memory* of one who has passed.

Choose In Honor Of Memory Of

- In Honor Of: _____
- In Memory Of: _____

Payment methods accepted: If paying in person before deadline we accept Cash, Check, CashApp, Paypal*, Venmo*, (* 3% fee added) or you can pay with credit card online through link above.

Make checks payable to: SRLC or Severn River Lion

Other payment options:

CashApp: \$SevernRiverLions

PayPal*: Severn River Lions Club

Venmo*: @SevernRiverLions

Would you be interested in wanting to Volunteer and help place wreaths - sign up at

<https://wreathsassacrossamerica.org/pages/178362/Overview/> and 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://wreathsassacrossamerica.org/pages/178362/Overview/>

WREATH CHOICES AND PRICES



Top Row choices [left to right]: 1) Patriot: \$17.00 2) Navy: \$21.50 3) Marine Corps: \$21.50 4) Air Force: \$21.50



Middle Row choices [left to right]: 1) Army: \$21.50 2) Coast Guard: \$21.50 3) Merchant Marine: \$21.50 4) Space Force: \$21.50



Bottom Row choices [left to right]: 1) POW/MIA: \$21.50 2) All-American: \$21.50 3) Trucking Tribute: \$21.50



Multiple District 22
Lions Vision Research Foundation

Join us for a CELEBRATION at the

LVRF Rally

November 22, 2025

At Johns Hopkins Hospital



Pastries and Coffee will be served

Tours of the *Low Vision Center* will start at

09:30

Program will start at **10:40**

**Presentation of Club and Individual donations
to LVRF**

Lunch will be served at **12:45**

Keynote Speaker:

Dr. Suleiman Alibhai

**This is a FREE event for everyone:
Lions and Guest**

Register by emailing

LVRF.Rally@gmail.com

