SEVERN RIVER LIONS CLUB NEWS

OCTOBER- DECEMBER 2026



GREETINGS FELLOW LIONS

We have a lot to be thankful for, and to be proud of our Service and activities!

SRLC handed out popsicles to Parade participants at the postponed Fourth of July in Severna Park, and at National Night Out in Kinder Park. We kept young people busy coloring "Pocket Hugs" while Lions handed out Identification Kits to Parents.

A group of Lions judged sailboats for the Cub Scouts during their Rain Gutter Regatta.

Lions Suzette K and Jackie H handed out trophies that SRLC provided for Severna Park High School "Home Show", a Marching Band Competition.

Our Club had a good turnout for the eyeglass sorting held at the Maryland School for the Blind.

SRLC received a $ 2,500 grant from LCIF for an Elevance Health Project at Anne Arundel House of Hope. With it we filled their food pantry, provided lunch to their clients, and did a Vision Screening for the clients.

We are all saddened by the loss of Lion Chuck Horne. He was always ready and willing to serve. We are grateful to have had him in our Club for so long. Rest easy, Lion Chuck. Rest in Peace.

Lions, we have selected a pretty good entry for the District Peace Poster contest. I look forward to helping prepare for the Bay Bridge Walk and to seeing you at the District Social!

Yours in Lionism,

Laurajean Councill





King Lion Laurajean looks on as DG Nara Khakurel visits Severn River Lions Club and inducted new member Oliver John who was sponsored by PIP Clem in the October Monthly meeting.



New members, Lions Allison and Kara, inducted in June by PDG Suzette Kettenhofen proudly accepts the role of Membership Leaders after Lion Chris Werth stepped down from the position due to his extensive work load.



LION JACKIE RECEIVES LIONS CLUBS INTERNATIONAL 4th HIGHEST AWARD

DG Nara Khakurel and PID John Lawrence presented a Lions Clubs International Certificate of Appreciation to Lion Jack Hetrick at the 22-A District Social on 11/7. She was recognized with these words:

Lion Jackie Hetrick *joined the Severn River Lions Club in 2013 and has demonstrated an unwavering commitment to service and leadership ever since. She has served in many club chair and officer positions, including Club President, and extended her leadership to District 22-A as a Zone Chair. In recognition of her dedication, her club honored her with a Melvin Jones Fellowship in 2019.*

Lion Jackie has actively supported club fundraisers, including Dine to Donate Bake Sales and Citrus Sales, while contributing to numerous service projects including Bay Bridge Walks, High School Band Home Shows, Wreaths Across America, Cub Scouts, vision and hearing screenings, and eyeglass collection.



Perhaps her most remarkable contribution has been operating the club's Medical Loan Closet for many years. This vital service requires frequent trips during the week for equipment pickups and returns, along with a generous investment of time and energy.

Her dedication truly embodies the Lions spirit of service.



(above) District Governor Nara Khakurel, First Lady Lion Kristine Parungao, and daughters Kara (right) and Zara(left) host and celebrate at the District 22-A Social on November 7, 2026 at the Maritime Conference Center.

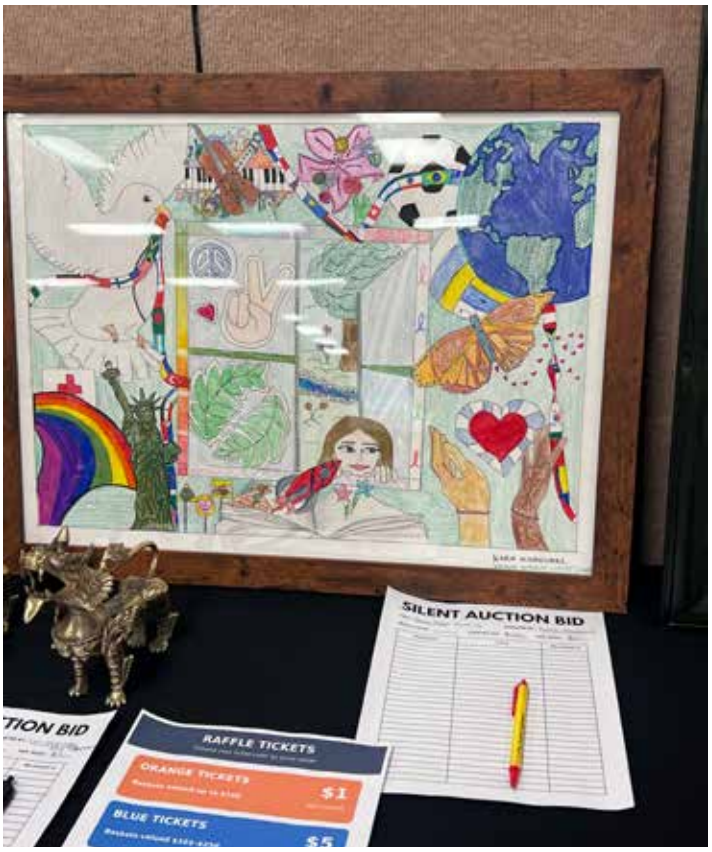




Dancer elegantly celebrates a beautiful rendition of the Diwali celebration of India's foremost Festival of Lights.



PDG Lion Suzette Kettenhofen and Cabinet Treasurer Lion Amanda Parsons.



Artwork and auction items on display for Social bidding.



PDG Sue Parks greets incoming Social guests as she shares their table assignments.



Lions Jackie Hetrick and Catherine Violette enjoy an evening of games and fellowship at the District 22-A Social.

LUNCH PREP FOR THE HOMELESS



King Lion Laurajean Councill, Lions Paula Wilkes, Jackie Hetrick (not shown), and a group of Lions (not shown) at Lion Nancy Earley's home to assemble lunches for the homeless.



Lion Suzette Kettenhofen and Lion Chris Werth donated a variety of foods and socks.





LUNCH PREP FOR THE HOMELESS



Lion Rollins Clark and spouse Pat Clark, Lion Tilghman Brice, and King Lion Laurajean Councill fill bags with a variety of healthy treats.



Lions Diana Wailes and Paula Wilkes, Severn River directors, make sandwiches for the homeless bags.

CELEBRATING OCTOBER - DECEMBER LION BIRTHDAYS

OCTOBER

04 Lion Paula Wilkes
17 Lion Drew Huff
17 Lion Jon Valett
30 Lion Sheila LoCastro

NOVEMBER

04 Lion Kara Matthews
05 Lion Carroll Hicks
17 Lion Bobby Edmond
21 Lion Allison Matthews
25 Lion Nancy Earley
26 Lion Clinton Wallace
30 Lion Bill Stack

DECEMBER

05 Lion Sue Parks
23 Lion Clem Kusiak
31 Lion Laurajean Councill



Severn River Lions and vendors prepare for the November 7th Bay Bridge Walk





Lions Clubs International & Diabetes Awareness

Diabetes has a large effect on our communities. An estimated 463 million adults across the world live with diabetes and its prevalence is increasing rapidly. By 2045, the number is expected to reach 700 million. Research has found that the rate of people being diagnosed with prediabetes and diabetes has been rising across the globe for many years. Diabetes is a global epidemic that touches every corner of the globe. Lions and Lions clubs are working to reduce the prevalence of diabetes and improve the lives of those living with type II diabetes.

DIABETES IN MARYLAND According to the Maryland Behavioral Risk Factor Surveillance System-

- **10.5 % of Maryland adults have diabetes**
- **34% of Maryland adults have prediabetes** (approximately 1.6 million people)

Risk factors for diabetes include:

- Being overweight or obese
- Age and gender (risk increases as age increases)
- Race or ethnicity
- Poor nutrition and lack of physical activity
- Tobacco use
- Prediabetes and gestational diabetes
- Social determinants such as income and education level

Diabetes Awareness Ribbons allow Lions to become active in reducing the cause and raising awareness of diabetes. By raising small donations and handing out this small ribbon we hope to bring awareness to those with diabetes. **Diabetes Awareness Ribbons** raise funds to help by sending kids to diabetes camps, providing literature for coping with diabetes, cookbooks, diet planning, and literature.

All of the funds raised with Diabetes Awareness Ribbons will go toward diabetes awareness and helping those with diabetes. That's the Lion's commitment.



Diabetes is a global health phenomenon and a chronic physical condition that affects people of all ages, ethnicities, and economic statuses. The condition manifests itself when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone produced by the pancreas that acts like a key, releasing glucose from the food we ingest and allowing it to move from the bloodstream into the body's cells to produce energy. This condition, diabetes mellitus, can be prevented in the early stages and managed in more severe cases.

TEXAS ROADHOUSE

(410)-439-0233

4465 Mountain Rd | Pasadena, MD

FUNDRAISING

DINE-IN OR TO-GO

Support

SEVERN RIVER LIONS CLUB

TUESDAY, NOVEMBER 17, 2026

3PM – 10PM

10%

DONATION NIGHT

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

Severn River Lions
Celebrate the Holidays!

Please join us at 6:00 pm at Carrabba's Italian Grill, 8030 Ritchie Highway, Pasadena, MD 21122 on December 8th.

Choose from:

Lobster Ravioli - Ravioli stuffed with lobster and romano in our white wine cream sauce topped with diced tomatoes.

Chicken Parmesan - Coated with Mama Mandola's breadcrumbs, sautéed and topped with our pomodoro sauce, parmesan, romano and mozzarella cheese; choice of side - Sauteed Broccoli, Garlic Mashed Potatoes, or Penne Pomodoro

Salmon Capperi - Wood-grilled Salmon with oven-roasted grape tomatoes, fresh basil, capers and our lemon butter sauce; choice of side - Sauteed Broccoli, Garlic Mashed Potatoes, or Penne Pomodoro

All entrées served with choice of Soup or Caesar Salad, fresh bread with herb mix and olive oil, an alcohol free beverage, and mini Cannoli

Hope to see you all there!

Cost - $43.00/person (Note - payment is required by check or cash when you get there. No one will be billed.)

RSVP **with entrée choice** no later than 11/30/26 - Club Secretary Lion Suzette - 443-253-8434 or k10hofn2@yahoo.com



The Severn River Lions Club held their Annual Peace Poster Contest judging on October 27, 2026. This year's theme was "Harmony in Humanity". The winning poster was submitted by Danielle Bernardy a student from Severn River Middle School. Her poster went on to compete at the District level on November 7, 2026, with it winning at the District 22-A social. Now her poster will compete at the Multiple District Level on December 6, 2026 at the Council of Governors meeting. If her poster wins there it will be forwarded to compete at the LCI level.

YIL,
Lion Suzette