



SEVERN RIVER LIONS CLUB NEWS

SEPTEMBER-OCTOBER 2024



FELLOW LIONS:

You've endured two months of me as King Lion, and I'd say, "So far, so good!" I was very happy with the turnout of our August general meeting, where we sorted the eyeglasses, we've collected so far as a club. There wasn't much room left in my car on the ride home, and I can say that, fortunately, there was also no hard braking as those containers were delicately stacked.

Club members may not get the chance to attend our district eyeglass sorting, which will be held on October 12th, so being able to sort on a smaller scale hopefully gives you an idea of how things go.

I want to encourage club members to seek businesses that could potentially house an eyeglass donation box. Attending our most recent Senior Provider Group, I quickly got interested in 8 additional locations. Boxes were ordered and delivered and will be handed out this upcoming month.

Eyeglass donation boxes are not only an easy marketing tool that allows the public to see one line of service we provide, but they also allow us to form relationships with local businesses, which could foster future collaborations or membership opportunities!

If you're a box sitter, remind your site that we also collect hearing aids and used cell phones. I'm hopeful we can add a small flyer to the boxes soon to inform the community about other things we're involved with!

Lastly, two opportunities for community engagement are coming up, and volunteers are needed!

On Saturday, September 28th, from 11 a.m. to 1:30 p.m., Partners in Care is hosting a Fall Prevention Fair, which we've been invited to. If possible, they'd like us to do vision screenings. This will be held in the Festival's parking lot at Pasadena Shopping Center, where Partners in Care is located.

On Saturday, October 12th, from 10 a.m. to 1 p.m., BWMC is hosting a Community Wellness Day at The Severn Center, and we've been invited to provide vision screenings at this event as well.

I hope we can make both events a success. Let me know if you're available for one or both events! I look forward to continuing to serve as your King Lions!

Yours in Lions,
KL Ryan



LIONS DOING WHAT THEY LIKE BEST: Volunteering with the Public.

The week of August 26th was warm, rainy, and sometimes a little humid, yet the Severn River Lions were not kept from doing their annual Lions Visions days. They wore their Lions attire and name badges and smiled, ready to receive donations from shoppers in or out of Angels Food Market in Pasadena.

As usual, the team was ready with a table consisting of a Vision Days Poster, a Severn River Tabletop Banner, Flyers containing information on LVRF, an SRLC Eyeglass Collection Box with stand and drop-off locations, and, of course, our traditional handheld donation container.

There were greetings by each Lion practicing the average Sales and other tips;

- Every penny helps! Give everyone their opportunity to contribute; by doing so, you may “Make their day.”
- Smile and thank everyone.
- Always greet good morning (afternoon). We are collecting donations for the Johns Hopkins Wilmer Institute. Would you like to help?
- It never hurts to tell people about Lions.



Thanks to Lions Laurajean Councill and Tilghman Brice, Suzette Kettenhofen, Jeanne Kusiak, Ryan Shupp, Paula Wilkes, and Bill Zelenkas for volunteering at Angels Food Market.

There were so many positive comments from donors. One man shared that his two young sons needed eye surgery. They were taken care of at Wilmer and are doing very well.

So many folks recalled Lions friends over the years; they shared messages about our great community work and wanted to know where to drop off eyeglasses.

One couple living in the area wants a visit from a Lion or two to visit them to let them know more about becoming Lions.

One man approached us and inquired with store employee Mary! Are the Lions legitimate? Her answer was yes. He dropped two Lincolns in the container.

And yes, as Volunteers, we discussed some of our own happenings as Lions, resulting in a few “That’s nice to know.” Wow, we have those things in common.



FYI—A letter of thanks was sent to Angels Food Market’s Mr. Walter Clocker, and a personal thank you was given to Mr. Clocker. He, in turn, said, “Let’s do this again next September by sharing an outreach event at Angels Market,” making it happen for the entire community.

OUR VISION DAYS RESULTS

THURSDAY	FRIDAY	SATURDAY
Donations - \$242.33	Donations - \$326.65	Donations - \$323.83
Total Lions Service Hours - 12	Total Lions Service Hours - 12	Total Lions Service Hours - 10
Donors (Donors) - 55	Donors (Donors) - 58	Donors (Estimated) - 54

Total Donations - \$904.56, Total Lions Service Hours 34, Overall, Donors (Estimated) - 161

Lion Clem

SEVERN RIVER LIONS SORT EYGLASSES



A NEW GROUP PARADIGM

Severn River Lions meets on the fourth Tuesday of the month to coordinate volunteer service projects, occasionally hear about current community needs from speakers, review the club’s activities and current needs, and share fellowship and a meal.

To inspire group participation and reenergize our monthly meetings, King Lion Ryan Schupp has implemented monthly service projects that hopefully will encourage group participation in outside volunteer projects by pulling the club’s members together and allowing members to learn more about one another and available project needs.

LIONS JUDGING PACK 688 RAIN REGATTA



Lion Suzette Kettenhofen, Clem Kusiak, Jim Coolbaugh, and Paula Wilkes



NATIONAL NIGHT OUT & BIRTHDAYS

Severn River Lions participated in America's National Night Out on June 6th at Kinder Park. Washable tattoos became a sought-after request by young and old. Thanks to the SRLC setup team and welcoming team for their untiring efforts promoting Lions and the services provided to the community



Lions Tilghman Brice, Chuck Horne, Laurajean Councill, Suzette Kettenhofen, Clem Kusiak, and King Lion Ryan Shupp

CELEBRATING SEPTEMBER - OCTOBER LION BIRTHDAYS

SEPTEMBER

- | | | |
|--------------------|---------------------|------------------------|
| 13 Lion Bob Bauman | 13 Lion Dave Knabel | 20 Lion Ashley Sanford |
| 22 Lion Ray Smith | 28 Lion Steve Marr | |

OCTOBER

- | | | |
|----------------------|--------------------|-------------------------|
| 04 Lion Paula Wilkes | 17 Lion Jon Valett | 30 Lion Sheila LoCastro |
|----------------------|--------------------|-------------------------|

**Lions District 22-A HARVEST GALA
in Honor of
DG Jim and First Lady Myrna Katzaman
"Legacy & Passion - Serving Together"**

When: Saturday, November 2, 2024, 5:00 - 9:00 PM

Where: Annapolis Elks Lodge #622 at 2 Pythian Drive, Edgewater, MD 21037

Social with appetizers	5:00 - 5:45 PM
Buffet Dinner	6:00 - 8:00 PM
Cash Bar	5:00 - 8:45 PM

Name(s): _____

Email Address: _____

Phone: _____

Club Name: _____

Prefer to be Seated with: _____

Dress: Business Casual

Cost is \$55 per person (please make checks payable to District 22-A Lions)

Please RSVP no later than October 20, 2024 to:

Lions District 22-A c/o Lion Michael Barnett
1007 Henderson Road, Bel Air, MD 21014

Reservation confirmation emailed. NO PAPER TICKETS!!!

50-50 and Basket Raffles will be Conducted (tickets purchased by cash only)

Hotel accommodations and reservation information:

- Spring Hill Suites Annapolis; 189 Admiral Cochrane Drive
Annapolis, MD 21401

- Hotel cutoff date is 10/3/24. If issues with room availability please
reach out to PDG Sue Parks

[Hotel Reservations](#)

This November, DG Jim has chosen to observe National Hunger and Homelessness Awareness Week by requesting all Social attendees bring a nonperishable food item(s) that in turn will be delivered to local food banks.



International Association of
Lions Club

District 22-A

2024 – 2025

HARVEST GALA

“Legacy & Passion – Serving Together”

JIM KATZAMAN
DISTRICT GOVERNOR
452 Norvelle Court
Glen Burnie, MD 21061
jimkatzaman@gmail.com

JOHN MOSIER
IMMEDIATE PAST DISTRICT GOVERNOR
310 Willrich Circle #L
Forest Hill, MD 21050
lionjohnmosier@outlook.com

SUZETTE KETTENHOFEN
FIRST VICE DISTRICT GOVERNOR
209 Dauntsey Drive
Arnold, MD 21012
lions22a@gmail.com

DAVE ELLIS
ADMINISTRATIVE ASSISTANT
503 Country Walk Court
Bel Air, MD 21015
dmellis@comcast.net

SANDY GUZEWICH
CABINET SECRETARY
1313 Gibbs Court
Bel Air, MD 21014
dcguzzy@outlook.com

DON STEWART
CABINET TREASURER
1307 Gibbs Court
Bel Air, MD 21014
stewart21014@gmail.com

Dear Fellow Lions and Lions Clubs of District 22-A,

Our Harvest Gala in honor of District Governor Jim Katzaman and First Lady Lion Myrna will be held on Saturday, November 2, 2024 at Annapolis Elks Lodge #662 in Edgewater, Maryland from 5 PM to 9 PM.

We'd like to start gathering ads for the Program Book now. We need to sell ads to community businesses, our Clubs, and our members. A great place to start is where your Club meets. If each Club will put someone in charge of this very important activity, the outcome could be significant.

It would be great to see 100% Club participation in this effort because DG Jim has chosen to donate profits from the program book and raffles to LASH, Leader Dog, and the Maryland School for the Blind.

Club ads can be purchased from Activities Funds.

The cost of these ads is the same as previous years:

- Full page \$180
- One Half page \$100
- One Quarter page \$ 55
- One Eighth page \$ 35
- Patron Ad \$ 5

E-mail each ad/contract to cmurphy803@aol.com and then mail the contract (see next page) and payment to Lion Colleen Murphy, 1224 Grafton Shop Road, Bel Air, MD 21014. Make checks payable to Lions District 22-A. If you want us to make up something for you or update your ad from a previous year, just indicate that on the contract. We'd appreciate receiving your input and checks ASAP, but the absolute deadline is Friday, October 4, 2024.



“Legacy & Passion – Serving Together”

You are cordially invited to the Lions
District 22-A Harvest Gala

In Honor of

**DISTRICT GOVERNOR JIM KATZAMAN &
FIRST LADY LION MYRNA**

Saturday, November 2, 2024

5:00 – 9:00 PM

Annapolis Elks Lodge #622
2 Pythian Drive, Edgewater, MD

Guest Speaker: International Director
Hans Neidhardt of Kansas

ADVERTISEMENT AND SPONSORSHIP FORM

This is a wonderful opportunity for you, your Lions Club, and/or your company to receive exposure and help support a worthy cause. The Lions of District 22-A are dedicated to hunger programs, food insecurities and marginalized individuals, diabetes, youth, sight and hearing and environment as well as other programs which support the community. Over the years of giving, we have found that support like yours provides a tremendous morale boost to those helped. The recipients are profoundly grateful. Your involvement will make this year’s event an extra special celebration.

Program Advertising Fees

- Full Page Advertisement \$180
- One Half Page Advertisement \$100
- One Quarter Page Advertisement \$ 55
- One Eighth Page Advertisement \$ 35
- Sponsor \$ 5

Company Name or Lions Club Name: _____

Point of Contact: _____

Address: _____

City, State, Zip: _____

E-Mail Address: _____

Cell Number: _____

Payment is due upon submission and ad must be provided (preferably by e-mail)

no later than Friday, October 4, 2024

Send payment and submission to:

Lion Colleen Murphy, 1224 Grafton Shop Road, Bel Air, MD 21014

cmurphy803@aol.com

410-925-5875

MAKE CHECKS PAYABLE TO: LIONS DISTRICT 22-A



LIONS DISTRICT 22-A
HARVEST GALA
HONORING
DG JIM KATZAMAN
& FIRST LADY LION MYRNA
SATURDAY, NOVEMBER 2, 2024

“Legacy & Passion – Serving Together”

Greetings Lions of Lions District 22-A,

A significant and fun-filled part of each District Governor’s social is the raffles and fundraising activities. This year, DG Jim Katzaman has decided that any profits from the social will be distributed to LASH, Leader Dog, and the Maryland School for the Blind. In addition, we are asking that each guest donate a non-perishable food item(s) which will then be donated to local food banks in observance of National Hunger and Homelessness Awareness Week.

We are planning a basket raffle and 50-50 activities. Each club in the district is invited and encouraged to donate a completed basket for the raffle *or* if your club prefers, simply make a monetary donation to Lions District 22-A in honor of DG Jim Katzaman. All expenses for a raffle basket *or* a donation can be taken from your club’s activities budget.

Please complete your raffle basket by **October 20th** and contact me, Cabinet Secretary Sandy Guzewich (410-459-6496 or dcguzzy@outlook.com) if your club is in Region II *or* 1st VDG Suzette Kettenhofen (443-253-8434 or lions22a@gmail.com) if your club is in Region I and arrangements will be made for pick-up of the basket and delivery to the social venue.

RAFFLE BASKET THEME IDEAS:

- Maryland, My Maryland basket with items made, sold, and found/or representing Maryland
- Ravens Basket; Ravens memorabilia, hat shirt, game tickets, etc
- Date Night Basket; restaurant gift cards, bottle of wine, wine glasses, a box of decadent chocolates, etc
- Family Game Night; board games, card games, popcorn, beverages, candy, . . .
- Poker Night; cards, poker chips, snacks, cigars, adult beverages, . . .
- “Designer” Purse; purchase a “designer” purse at TJMAXX or Marshalls, and place a gift card(s) within or tuck lottery scratch-off tickets in the purse, . . .
- Mexican Dinner Night; a bottle of Tiquila, margherita mix, Mexican-themed food, gift card to a Mexican restaurant, . . .
- Basket of Cheer; various wines, wine glasses, container of nuts, box of chocolates, snacks to enjoy when drinking wine, . . .

- Basket of Cheer; various craft beers from your area, container of nuts, chips, pretzels, gift card to a craft brewery, . . .
- Basket of Cheer; a collection of various liquors with mixers, container of nuts, snacks, and foods enjoyed when drinking a liquor-based beverage, . . .
- Beauty Basket; various beauty products, gift card for a mani-pedi, hair salon gift card, . . .
- Harvest Basket; a basket filled with foods indicative of the fall season and Thanksgiving, a gift card to Richardson’s store, fall-themed napkins, fall-themed tablecloth, . . .
- Deck the Halls; basket filled with items with which to decorate a home for the holiday season, candles, tree lights, ornaments, tin of special cookies, holiday dishware, . . .

The list is endless. Use your imagination and the time of year to compile a creative, clever, and attractive basket.

Please return the form shown below prior to October 20th to Cabinet Secretary Sandy Guzewich at dcguzzy@outlook.com or text Sandy with a photo of your completed form to 410-459-6496.

DONOR FORM; RAFFLE BASKET

Complete this form for your donated raffle basket(s) and send to Cabinet Secretary Sandy Guzewich at dcguzzy@outlook.com by Sunday, October 20, 2024. Arrangements will be made at a later date to delivery of raffle basket to a central location will be made upon receiving this completed form.

Name: _____

Club: _____

Cell Number: _____

E-Mail Address: _____

Title of Raffle Basket: _____

Description of Raffle Basket and List of Contents: _____

Estimated Value of Raffle Basket: _____

Test photo of Raffle Basket sent to Cabinet Secretary Sandy at 410-459-6496 by Sunday, October 20, 2024.

In lieu of a raffle basket, our club, _____, chooses to make a donation to Lions District 22-A in honor of DG Jim Katzaman.

Send your club’s donation to CS Sandy Guzewich; 1313 Gibbs Court, Bel Air, MD 21014

BE HEART HEALTHY

At risk for type 2 diabetes? You are more likely to have problems with your heart or arteries. So, it's important to keep your heart healthy.

MAKE A NEW ACTION PLAN!

TIPS:

- When possible, replace unhealthy fats with healthier fats. Remember that all fats are high in calories—use them moderately.
- Choose less processed meats, poultry, fish, and dairy more often. Processed foods like ready-made meats that are breaded or in sauces often contain more fat, salt, and sugar.
- Choose leaner cuts of meat, like round cuts and sirloin. Remove the skin from chicken and turkey and eat more fish.
- Try using herbs and spices to flavor foods to lower the amount of salt.

MONITOR SALT AND YOUR BLOOD PRESSURE

- Consuming a lot of packaged and processed foods can increase your salt intake as well. Over time, uncontrolled high blood pressure can make some people more likely to develop heart disease or have a stroke.
- Talk to your doctor about your blood pressure. They will tell you what it should be and whether you need to take medicine to help control it.

IF YOUR DOCTOR TELLS YOU TO LIMIT SALT, TRY THESE IDEAS:



- When possible, avoid prepackaged and frozen meals and prepared foods like pizza and cured meats, which tend to be high in sodium.
- Limit restaurant food. Restaurants tend to have food high in calories, fat, and sodium.
- Read food labels and look for ingredients such as salt, sodium, monosodium glutamate, and disodium phosphate.
- Rinse canned vegetables and beans with water to remove some of the salt.



PAMPERED CHEF PROMOTION

The Severn River Lions Club is hosting an online Facebook Pampered Chef party 30 September to 7 October but the link is live now at <https://www.pamperedchef.com/party/severnriverlionsclub> if you want to see the newest items and order anything before the “party” starts. During the party you will learn new recipes and play games to win prizes. Come join us and have some fun!

Order by Monday, October 7

Let's Raise Funds!

SEP 30

Severn River Lions Club Pampered Chef Fundraiser

Hosted By: Severn River Lions Club

Let's fundraise together! Mark your calendar, and invite a friend or two! You'll learn recipes and tips to help get delicious meals quickly on your table. A portion of the party sales will go to a great cause.

pamperedchef.com

You'll learn recipes and tips to help get delicious meals quickly on your table. A portion of the party sales will go to a great cause.

[Shop Now](#)

Share this invite



Text



Facebook



Email



Copy

Party Details



Monday, September 30 - Monday, October 7



Fundraiser Organization

Severn River Lions Club

AA pamperedchef.com

Navigation icons: back, forward, share, bookmarks, tabs



The benefits of being a Lion

Becoming a member of your local Lions club benefits your community and you.

- **Make a difference**

There are over 48,000 Lions clubs around the world. Each one is filled with people like you who've decided to take action and serve others. Collectively, Lions make a global impact through their community service.

- **Serve with pride**

Lions feel a great sense of satisfaction from doing what is at the heart of all Lions clubs – serving others. You will have the opportunity to give your time, share your talents, help your community, and feel proud knowing you change lives.

- **Build your network**

As a Lion, you develop relationships with the people in your club and also the local leaders you collaborate with in service. You can also network with Lions in your district and around the world who are serving their communities, just like you!

- **Gain Lion credibility**

There are Lions in over 200 countries and geographic areas who share your passion for service. Gain the respect that comes with being part of a global organization known for its contributions to humanity for over 100 years.

- **Develop new friendships**

Feel a sense of belonging with the other members of your club, as well as the over 1.4 million Lions around the world. Through the MyLion App, you can connect with other service-minded men and women locally, regionally and internationally.

- **Show your leadership**

As a Lion, you gain access to our online learning management system, where you can sharpen your leadership skills. You will also have the opportunity to lead within your club and gain valuable, practical experience for use in your personal and professional life.

- **Receive global support**

Every Lion and every club is supported by a global network of volunteers, the Lions Clubs International staff, and the Lions Clubs International Foundation (LCIF), which provides grant funding to support the compassionate work of Lions, empowering their service and addressing the needs of their communities both locally and globally.

Visit weserve.org to see how becoming a Lion can change your life.



Lions Clubs International