



INSIGHTS

Volume 85 | Issue 1

Upcoming Meetings

July 27th

LVRF Trustee Meeting
9:30AM
Zoom

July 27th

MD22 Turnover Meet
11:30AM
Wilmer Eye Institute

August 10th

Voting Cabinet Meeting
10AM
MD School for the Blind

August 10th

Full Cabinet Meeting
11:30AM
MD School for the Blind

August 10th

Honorary Committee
11:30AM
MD School for the Blind

District Governor’s Message

Welcome to a new Lions year. If my name sounds familiar, it's because I'm District Governor again, this time without the challenges of a pandemic. Unlike four years ago, when meetings were held via Zoom or not at all, I plan to visit each club at least once between now and the end of June 2025, and preferably sooner.

Throughout the year, I'll focus on my motto, *“Legacy & Passion - Serving Together.”* This motto reminds us of our Lions' past as we enthusiastically serve our communities today. Even several years removed, many are still rebounding from the pandemic that upended life as we knew it. This is partly reflected by District 22-A having 22 clubs today, down from 26 in 2020. This decline is not unique to Lions but common among service organizations nationwide.

Our shared goal is to first maintain our current membership, as we did this past year, and then to grow Lions here in District 22-A, contributing to the worldwide membership goal of 1.5 million by July 1, 2027. This is an ambitious target, and those of us in District 22-A are working to do our part. Immediate Past District Governor John Mosier, who now serves as both Global Membership Team and Global Extension Team coordinator, exemplifies this effort. These two areas mesh well together. John worked extremely hard on membership during his tenure as Governor and, as anyone who speaks with him knows, he has a great passion for service.

Our district goals for this year are identical: a net growth of 100 new members, the creation of two new clubs, and having 84 percent of clubs reporting service activities through the Portal. That last point is significant. You might ask why not aim for 100 percent of clubs reporting service, and I agree. However, 84 percent is a substantial improvement over the current number of clubs reporting service activities.

I am absolutely certain that every club in District 22-A is serving its community. The challenge is to report those activities on the Portal, which I know can be a new and daunting task. Having been a club secretary, I've experienced the Portal on both good and bad days. Nonetheless, I believe that by working together, we can navigate the technology and make it work for us.

Upcoming Events within the District

September 9, 2024

Bel Air Lions Foundation Golf Tournament
Winters Run Golf Club
Register to play or sponsor at Belairlions.org

June 2025

Joppatowne Lions Pet Festival
Copehaven Park
Stay tuned for details

July 2-6, 2027

LCI Convention
Washington, D.C.
Get information at: liconv2027host@gmail.com

Editor's Note

As the new editor of the Insights newsletter, I want to thank everyone who have assisted me in this role. I hope to produce an informative newsletter that is as comprehensive as Lion Sue Parks has edited for many years.

Please submit your short articles with pictures (.jpgs) that you think may be of interest to the rest of the District.

Send your articles and photos to: jhayes1012@outlook.com

Deadlines for materials:

8/20/24 for September issue
10/20/24 for November issue
12/20/24 for January 2025 issue

John Hayes
Bel Air Lions

My standing offer, besides assisting with individual club service projects, is to help everyone get their service activities reported. We can discuss this when I visit, or you can contact me via email at jimkatzaman@gmail.com or call my cell phone at 410-570- 6101.

Thanks for all you do,
Jim Katzaman
Governor, Lions District 22-A



First Vice District Governor's Message

Hello,

I am First Vice District Governor Suzette Kettenhofen from the Severn River Lions Club. I asked that your club secretary reach out to me via email at lions22a@gmail.com with your upcoming club meeting dates & schedules so I can come and visit your club to get to know you better. I would also love to be invited to Service Projects that your club may be holding as well.

I look forward to meeting and working with the Lions in our district.

Suzette Kettenhofen
1VDG, Lions District 22-A



ABERDEEN LIONS HIGHLIGHTS

Purse Bingo Fundraiser

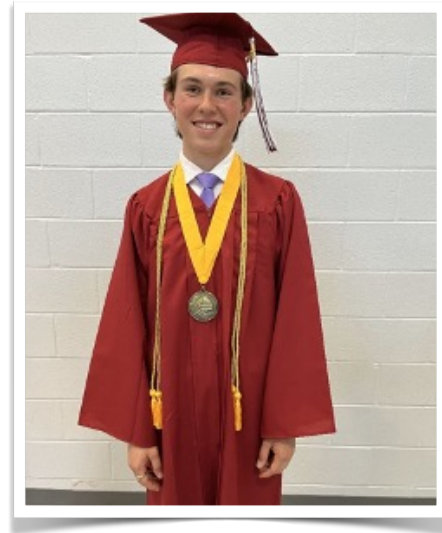
We have had successful fundraisers and have given out many donations and support to members of the Aberdeen Community and beyond. First of all, I would like to thank everyone who helped with our most recent and largest fundraiser of the year, the Purse Bingo. Thanks goes out to those who purchased tickets and sold tickets, filled purses, helped set up the hall, helped break down the hall, helped with working the event.



ABERDEEN LIONS HIGHLIGHTS

High School Seniors Awarded Scholarships

Emily Watts and Jude Walters were the 2024 recipients of the \$2000 Aberdeen Lions Scholarships to honor the memory of Art Helton. Emily will attend BYU-Idaho in the fall and study recreational management with a minor in music. After a gap year, Jude will attend Benedictine College in Atchison, KS to study architecture.



National Memorial Day Parade

Aberdeen Lions Club participated again in National Memorial Day Parade in Washington DC. Mark Schlottman, LuAnne Miller and Dave Shetterly joined many other Lions to participate this year.



BALTIMORE NEPALESE LIONS HIGHLIGHTS

Screenings at Emmanuel Apostolic Church

The club hosted the L.A.S.H. trailer to provide screenings at the Community Health Fair at Emmanuel Apostolic Church on June 29th. The Lions screened 24 people from 11am to 2pm and shared the information how Lions can serve the community.



Collaboration with BANA

The club provides vision and hearing screenings at the **Baltimore Association of Nepalese American (BANA)** health camp held at the BANA Building on Taylor Avenue. The camp is held on the first Sunday of every two months, providing essential health services to community individuals. This camp addresses critical health needs within the community by providing comprehensive health services.



BEL AIR LIONS HIGHLIGHTS

2024 Bel Air Town Derby Heats Up Main Street

The Bel Air Town Derby 2024 was another huge success on Sunday, June 23. The Town estimated over 1000 spectators watched the event in the sweltering heat.

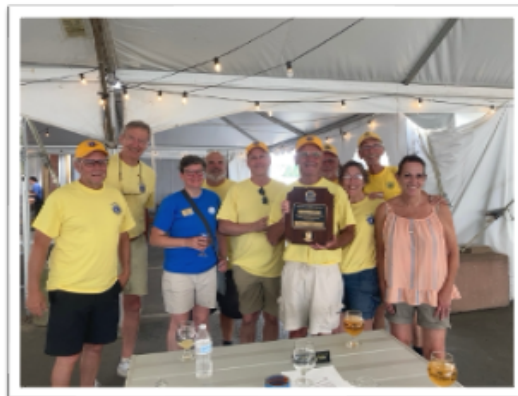
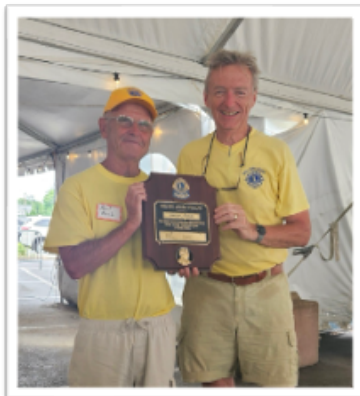
It was an exciting event, with the Bel Air Retirement Planners car winning on a photo finish in the final race. Twenty cars, owned by local Bel Air businesses, participated. The Lions Club car won 2 races.

The Club has received many accolades for how well the event was conducted. It was a complete team effort by the Lions, with over 30 members participating working the pit area, stage, information / check in table, bracket table, starting ramps, finish line, auxiliary children’s activities and course monitoring.



Lion Phil Raub Receives Melvin Jones Award

Bel Air Lions President Mike New presented a Melvin Jones award to Lion Phil Raub commemorating his 50 years of service to the community. Lion Phil was presented this award and celebrated with fellow Lions at the after-derby race event at Independent Brewing Company.



BEL AIR LIONS HIGHLIGHTS

Elementary School Community Service Recognitions

Bel Air Lions recognized 10 students from 4 local elementary schools for their outstanding service to their school and our community in 2023-24. The students were selected by their school principals

In addition, the club made donations to each school, in the names of these students, toward their STEM programs



2024 BALF Scholarship Recipients

The Bel Air Lions Foundation announced the Community Service Scholarship recipients for 2024. These students were selected from 13 applicants demonstrating outstanding service to our community during their high school careers.

A graphic titled "2024 Scholarship Recipients" with the Bel Air Lions Foundation logo. It congratulates five recipients: Kaiden Schopf (Patterson Mill), Mary Moloney (John Carroll), Mason Stephens (Harford Tech), Ava Shores (Patterson Mill), and Michael Oltarzewski (Harve de Grace). The graphic includes the text "A Local Community Service-Based Scholarship" at the bottom.

2024 Scholarship Recipients
Congratulations to the 2024 Bel Air Lions Foundation Scholarship Recipients!

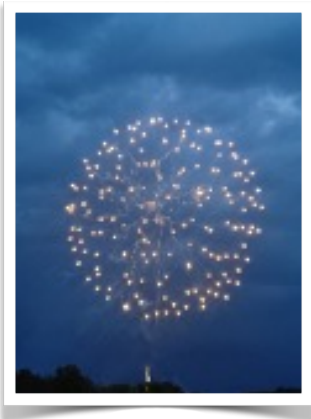
 Kaiden Schopf Patterson Mill	 Mary Moloney John Carroll	 Mason Stephens Harford Tech	 Ava Shores Patterson Mill	 Michael Oltarzewski Harve de Grace
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A Local Community Service-Based Scholarship

DARLINGTON LIONS HIGHLIGHTS

Club Sponsors Independence Day Events

The Darlington Lions sponsored the Darlington Independence Celebration which the club has organized and executed since 2014. This year’s event is led by one of our newest Lions, Michelle Christman. She put together what was certainly the largest parade during the Lions time overseeing the event, and possibly the biggest in the 40-year history of the event. After the parade, there were kid activities and music in the community park with the day ending with a large fireworks display for the thousands in attendance.



Friendship Night & Scholarships Awarded

In May, the club held an informational friendship night with 9 guests in attendance, where club President, PCC Larry Burton, gave a presentation that detailed the many service activities and fundraising events that the Darlington Lions undertake. Also at the meeting, the club recognized one of its two graduating high school senior scholarship winners, Taylor Blevins. Unfortunately, the second recipient, Cole Hellwig, couldn’t make it due to a conflict with North Harford High School’s graduation awards assembly. Taylor, a graduate of Havre de Grace High School, plans to major in Environmental Science.



JARRETTSVILLE LIONS HIGHLIGHTS

75th Year Charter Night Celebration

The Club recently celebrated its 75th Charter Night at Pond View. The program for the evening included remarks and presentations by Bob Cassilly the County Executive, Pat Vincenti president of the County Council and James Reilly the County Councilman for our District. Former Jarrettsville Lion Linda Lupro, twice District Governor in Pennsylvania, donated a metal International Lions logo sign to the club. District Governor John Mosier presented a certificate of achievement to King Lion Mel and a membership award to immediate Past President Rick Russell.

Incoming President Rick McGerry presented King Lion Mel with a plaque and thanked him for his service. Lions Ned Cockey and Bill Schilling showed a slide presentation that Lion Ned has assembled from various pictures from Lions. PDG Owen Landis presented Lion Sam Brooks and Lion Nancy Dorn with Melvin Jones Fellowships. Lion Rick Russell presented Lion Dale Orwig with a Life Membership. PDG Dan Scott presented an award for Humanitarian Service to the Community to ClearMeadow Farm. Former Lion Hap Smith's daughter, Nancy Rose, her husband David and children Zach, Stacey and Greg were in attendance to accept the award. Jarrettsville Lions donated \$ 1,000.00 to LCIF in the name of Clear Meadow Farm. The Rose family continue to support the Lions Club by hosting our annual crab feast, mowing the field when needed and unloading fruit for our fruit sale. They also established a foundation which is funded by the proceeds from the Sunflower Festival to help those in the community that are in need.

There were display tables with pictures, awards, Lion vests, pins and souvenirs. Lion Missy Altenburg provided table centerpieces and potted plants which were given away at the end of the evening. Additional souvenirs of note books pens and key chains were provide by Lion Bill Schilling and Jammie. PDG Owen and Zonda provided balloons and candy on the tables as well as tote bags with the Lions logo to each couple or single person who attended. Lion Carol Morrow's family donated cookies with the Lion logo in honor of Lion Carol. LionCarol conducted her Tail Twisting duties and collected \$251.50 for Mason Dixon.



GLENWOOD LIONS HIGHLIGHTS

Lion Catherine Carter was recently sworn in as the consumer member of the Maryland Board of Examiners in Optometry. One of her roles is to help improve access to vision care services within the state of Maryland.



LINTHICUM LIONS HIGHLIGHTS

Lion Brock Hutton received his 20 year service pin from club president and DG Jim Katzaman.



SEVERN RIVER LIONS HIGHLIGHTS

Club Participates in 4th of July Parade

The Severn River Lions Club once again participated in the Severna Park annual Fourth of July Parade. As part of its service project to the community, the club passed out 644 Popsicles to parade participants at the end of the route. Many participants stated this was the best part of being in the parade.

Passing out popsicles was PIP Clem Kusiak, 1VDG Suzette Kettenhofen, Lions Chuck Horne & Jackie Hetrick and with her granddaughter Coco. Participating in the parade were King Lion Ryan Shupp, Lions Bill Zelenakas and Chris Werth. Posted on our truck were 10 x 10 posted notes of different service projects that our club is involved in. Also, we had a banner of all the activities we do with our Cub Scout troop. The Cub Scouts walked with us and showed off their scouting trailer that was purchased with Lions funds.



Recognizing Local Pub

At the club's Brian Boru dine-to-donate fundraiser on June 5th, FVDGE Suzette Kettenhofen (*left*) presented Ms. Kendall Yingling, General Manager, Brian Boru Irish Pub and Restaurant (*right*), a Lions Clubs International Plaque of Appreciation from the Severn River Lions Club recognizing their continued support of our fundraising efforts.

Brian Boru has donated several gift baskets (valued between \$150-\$200) for the club to use in District Social silent auctions. Additionally, they created a unique three-course menu which included club members favorite foods, have hosted our Charter Night celebration and even posted annual fruit sale flyers.



DIABETES MINUTE - Lion Diana Wailes, 22-A Diabetes Chair

KEEP YOUR HEART HEALTHY

If you are 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.

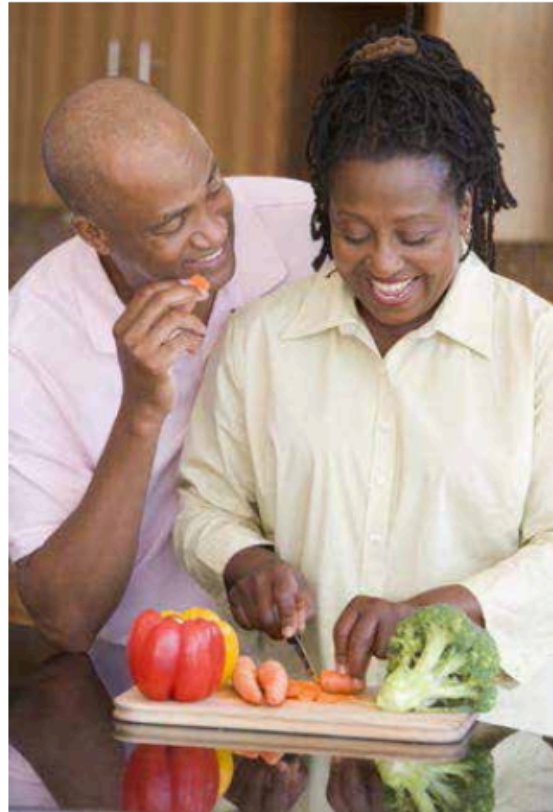
In this session, we will talk about:

- Why heart health matters
- How to keep your heart healthy
- Why you should limit salt and how to do it
- How to make healthier choices about fats

YOU WILL ALSO 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.



District Officers

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Welcome to Our Newest Members

Baltimore Nepalese

Mohan Bahadur Raut - Sponsor Natayan Khakurel

Arun Kumar Kumar Shahi - Sponsor Natayan Khakurel

Bel Air

Edwin Perez - Sponsor John Mosier

Darlington

Timothy Burch - Sponsor Alberta Porter

Terri McNutt - Sponsor Kathy Foley

Rick & Jane Howe - Sponsor Larry Burton

Edgewood

Jennifer Dix - Sponsor Linda Laorange

Timothy Dix - Sponsor Stephen Laorange

Perry Hall - Kingsville

Victoria Rhoads - Sponsor Charles Rhoads

In Memory of Our Past Member

Robert Engh

Severn River Lions - 22 Year Member