

the official newsletter of the
Kiwanis Club of Frederick, MD

FrederickKiwanis.org | info@frederickkiwanis.org

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2023-2024 OFFICERS

Pres. Richard Cutting
518 593-9672
Pres Elect. Ron Williams
301-874-4866
Sec . Lauri Cutting
518 593-3164
Treas. Bob Failor
301-698-9425
Past Pres. Sue Vona
301-898-9032

DIRECTORS

Clara Thompson ('23-'26)
240-397-3749
Allen Byrne ('23-'26)
301-401-0043
Ray Ediger ('21-'24)
301-788-2250
Dr. Bob Kaufmann ('23-'24)
240-994-5679
Colette Baker ('22-'25)
301-514-9144
Dex Ryberg (5/9/23-'25)

Meetings

Regular meetings are held every Tuesday at 12:15pm in the Garden Room, Elks Lodge, 289 Willowdale Dr., Frederick, MD 21702

Club Gets Update on FCPS



At a recent club meeting, School Board Candidate Jamie Brennan, discussed the status of the Frederick County Public School System and its budget. Shown left, Pres. Richard Cutting presents Brennan with a club Challenge Coin as a Thank You gift as member Ray Ediger looks on.

Sleep-in-Heavenly Peace

Our club is now recognized at the Sleep-in-Heavenly Peace build barn with a centennial logo mounted on the wall!



100 Years Ago

Feb. 27, 1924

Showing how telephone connections are made and pointing out a few "does" and don'ts" for the subscriber, employees of the C&P Telephone Company gave an interesting and instructive demonstration with a miniature switchboard at the weekly meeting of the Kiwanis Club in the Blue and Grey room Tuesday noon. Paul Payne, local manager, stated that so little of the utility is visible to the people that a very hazy idea obtains as to just what takes place when a person telephones.

Mardi Gras: Royalty Among Us!

We have Royalty among us! At the 62nd “Mardi Gras Masquerade” held on Feb. 10, 2024 at Holly Hills Country Club, our own Dr. Ray Ediger was crowned Rex, King of Mardi Gras!

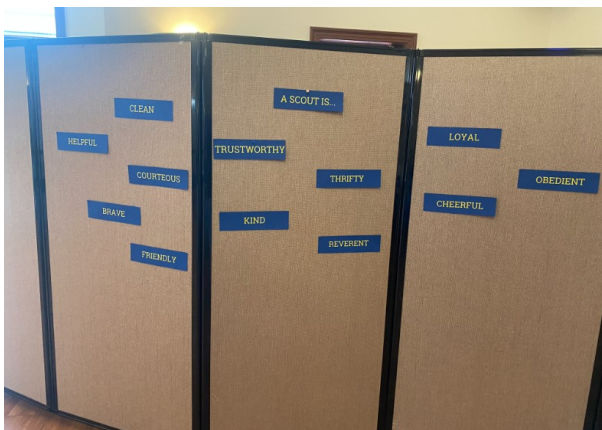
(Top photo) Several fellow Kiwanians were in attendance to help celebrate this special recognition! In top photo shown left to right, back row: Doug Heagen, King Dr Ray Ediger, Sue Vona. Front row: Lauri and Richard Cutting and Dr Bob Kaufmann. (Bottom photo) Rex in center is flanked by members of his Court.



Cub Pack 285 Holds Annual Blue & Gold Banquet; Kiwanis Club Recognized



Dave Maloney recently represented our Club at our Pack 285's annual Blue & Gold Banquet where Cub Scout awards were presented and rank advancement was recognized. Five scouts were presented with their Arrow of Light Award (bottom right photo)—the highest award a Cub Scout can earn before advancing on to Boy Scouts. Pack Committee chair, Paul Dethlefsen (standing on dais in upper left photo) gives recognition to adult volunteers with some especially nice words for the years of support given to the Pack by the Kiwanis Club of Frederick.



February was Heart Month



Recently, a three-person team from Frederick Health spoke to our club regarding Heart Disease. They came well-prepared with a thick handout covering how the heart works, coronary heart disease that could result in a heart attack, prevalence of heart disease in women, risk factors for heart attack, high blood pressure, cholesterol buildup in arteries, how diabetes develops, prediabetes, types 1 and 2 diabetes, angina, healthy diet and weight loss, stress management strategies, cardiac rehab, and promotion fitness, the importance of learning hands-only CPR. (Top left): team members included (L to R) Kristin Deely (CRNP Director CV Services), Amy Burrier (Manager, Cardiac Cath Lab) and Katy Smith (Manager, Preventive Cardiology) (Center and bottom photos) Pres Richard Cutting presents Club Challenge coins to a very appreciative group of ladies as Ray Ediger looks on.

Dr. Ray's Hops Featured on MPT

Wild hops were growing in a Ray Ediger's farm yard and local brewers and researchers had never seen anything like it. But the unique find has folks hopping with delight. A new day is rising in Keedysville, Maryland along with it, the hopes of many Maryland brewmasters, hop farmers, and beer lovers. Say "hello" to one of Maryland's newest discoveries, the Monocacy hop. [Click here](#) to view . (Thanks to Art Anderson for this material.)



City Alderman Kelly Russell Visits Club



The club was fortunate to recently have City Alderman Kelly Russell speak about current and upcoming important Frederick City issues. A lifelong resident of Maryland, Alderman Kelly is serving her fourth consecutive term as Alderman.

Ms. Russell chose law enforcement as a career to give back to the community and chose Frederick in 1983 as the place to build her career and home. She attended Shepherd College, the University of Maryland at College Park, and Montgomery (MC) and Frederick Community Colleges (FCC). While working full time as an officer, she completed an Associate of Arts Degree in Criminal Justice.

Shown here Pres. Richard Cutting presents Ms. Russell with a Club Challenge Coin as member Colette Baker looks on.



Fun at the 2024 Midyear Conference



Friday Night Dinner Activity

An evening of bowling at the Leisure Center at The Resort at Glade Springs is one part nostalgia, one part high-tech, and a blast! This eight-lane bowling center is the perfect spot Friday's delicious on-site buffet dinner and a great way to keep the fun and fellowship rolling at The Wild and Wonderful Midyear Conference.

See history come to life at Midyear!

Award-winning actress Karen Vuranch will share the dramatic story of Mary Draper Ingles, a Virginia woman who was captured by Shawnee Indians in 1755 and later became the focus of the bestseller "Follow the River." Saturday's banquet dinner concludes with this educational and entertaining taste of life on the frontier.



Registration is now open!

The **Capital District Kiwanis Midyear Conference** will be held **March 8-10, 2024** at **The Resort at Glade Springs** in Daniels, West Virginia, a gorgeous 4100-acre property in the lap of the Appalachian Mountains. This is our first Capital District Kiwanis event to be set in West Virginia and we couldn't be more excited to have you join us there!

Our theme this year is "The Wild and Wonderful Midyear Conference" playing off the motto of the state of West Virginia!

[Click here to go to the Midyear Conference page](#) on the Capital District Website and register for the event.

You will find:

General information

Schedule Outline:

Registration Information (Early Deadline is Feb 8, Final date is March1)

Hotel Information: (Deadline is Feb 14)

Program Ad Flyer: (Deadline Feb 9)

Educational Workshops:

Sponsorship Flyer (Deadline Feb 9)

The Hotel Options include several types of accommodations, including some that would allow Clubs, Divisions or other groups to stay together. Please review all this information with your fellow Kiwanians. If you have any questions please contact Midyear Conference Chairperson [Dave Laraba](#)



These topics were recently being considered by the Club's BOD:

- Kiwanis Sign placed at the Sleep in Heavenly Peace Site Showing support by Kiwanis
- Salvation Army Update - \$557.18
- Proposed Salvation Army Match of money Generated 12/16/23
- Day of Giving February 21 (To give and how much?)
- Mission of Mercy Visit – (Colette, Sue, Dr. Bob, Ron Williams, Lauri & Richard)
- Interclub at Westminster (Dr. Bob, Sue, Lauri & Richard)
- Kiwanis International Trustee Visit at Crofton – May 8th
- Kiwanis Club of Mt. Airy Pancake Breakfast – March 16th 7:00-11:00
- Upcoming Conferences:
 - ◇ **District Midyear Conference** – March 8-10 @ the Resort at Glade Springs, Daniels, WV
 - ◇ **Kiwanis International Convention** – July 3-6 in Denver, CO
 - ◇ **Capital District Kiwanis Convention** – August 23-25 @ Renaissance Portsmouth-Norfolk Waterfront, Portsmouth, VA

Thank You Notes for grants recently received by the club include:

- Advocates for Homeless Families (\$1,100)
 - Boys & Girls Club (\$550)
 - Children's Fund (\$400)
 - COIPP (\$550)
 - Frederick Health Hospice (\$1,650)
 - Frederick Health Pediatrics (\$313.63)
 - Mission of Mercy (\$550)
 - Salvation Army (\$557.18)
 - United Way (\$550)
 - 4-H Therapeutic Riding Program (\$550)
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Member Monthly Volunteer Hours: January 2024

by Colette Baker

Here are volunteer hours for the month of January 2024. Be sure to report your monthly hours on the first of each month for the preceding month. Go here to do so:

<https://davidmaloney.com/machform2/embed.php?id=18517>

CTC Bee Keeping Mentoring	1 member	40 hours	
Gift Wrap	1 member	4 hours	
Cub Pack 285, Scout Troop 795	1 member	1 hour	
Bed Build	2 members	8 hours	80 youth
Assist Seniors	2 members	10 hours	
SLP	1 member	2 hours	
Decoding Dyslexia Presentation			
Free Legal Help for Families	1 member	3 hours	20 youth

Yesterday

Items from the files of The Frederick News-Post

100 Years Ago

Feb. 6, 1924 P aying a tribute of respect to the nation's former chief, Woodrow Wilson, the local Kiwanis Club, at its weekly meeting held in the Blue and Gray room of the Francis Scott Key Hotel, devoted its allotted time in memory of the late war president. "Tomorrow they bury a corpse within a plot of ground — the mortal remains of Woodrow Wilson — but they cannot bury a tradition. There will be a Wilson tradition," said Charles C. Waters, a member of the club, in his principal talk.

Upcoming Birthdays!

Diane Reba	3/7	dcreba@comcast.net
Arthur Anderson	3/12	artnscience@yahoo.com
Ron Williams	5/10	chestyvan@aol.com



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