



Editor: Dave Maloney
dave@maloney.com
301-712-5855

2024-2025 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 ('25-'27)
301-788-2250
Diane Reba ('25-'27)
301-371-4796
Colette Baker ('22-'25)
301-514-9144
Dex Ryberg (5/9/23-'25)

Meetings

Meetings are held weekly in the Garden Room, Elks Lodge, 289 Willowdale Dr., Frederick, MD 21702. We meet every Tuesday at 12:15 pm, except for the 4th Tuesday of the month when we meet at 6 pm.



"Nice iron. Your wife will love it. While I wrap it, you might want to go over to sporting goods and pick out a helmet."

Report on Div. 4 Council Meeting

Good afternoon Division 4 leaders!

Thank you to everyone who attended our DCM on Wednesday!

Congratulations to **Katie Pajewski**, our newly elected LTG Designate for 2025-2026!

Congratulations to **Liz Moore**, our newly elected LTG-Elect for 2026-2027!

Here is the folder with our division's teenager of the year nominees for you all to review.

[https://drive.google.com/drive/folders/1Puliu_SBE5W7Q_rCRqM5t2qfrtb0EHjW?usp=drive link](https://drive.google.com/drive/folders/1Puliu_SBE5W7Q_rCRqM5t2qfrtb0EHjW?usp=drive_link)

Here is the ballot for Teenager of the Year. Please select one nominee by midnight this Sunday, the 30th.

<https://docs.google.com/forms/d/1KkP1Zn6WDuEWgXQeIKlrMVf1wFXIfVMLpHE20ckyGHQ/edit?usp=drivesdk>



Below are the Club events that were shared at the DCM:

Crofton Raffle

<https://www.zeffy.com/en-US/ticketing/2025-crofton-kiwanis-clubs-crofton-night-out-raffle>

Crofton 5K/10K

<https://www.active.com/crofton-md/running/distance-running-races/crofton-kiwanis-team-surlis-10k-challenge-and-5k-run-2025>

Eclub Game of Life Signature Service Project

<https://k20360.site.kiwanis.org/signature-service-project/>

Link to Mt. Airy Events

Mount Airy Kiwanis website which has each event listed and the associated details: <https://www.mtairykiwanis.org/>

In service,
Cory Fore

2024-2025 Division 4 Lieutenant Governor

540-645-7502

fore.cory22@gmail.com

Upcoming Events

May 6th

Middle School Most Improved Student Recognition Dinner – held at the Elks. Time TBA. Cost will be \$20 adult and \$10 per child 12 and under.

June 25-28th

Kiwanis International Convention 2025 in Pittsburgh, PA

Register early to get the best price. To access convention information and registration on [Kiwanis.org](https://kiwanis.org), you will need to use your Kiwanis Connect user name (email address) and password. If you do not have a Kiwanis Connect login, you can request one at members.kiwanis.org. If you have further questions, email Member Services at memberservices@kiwanis.org or call 1-800-549-2647.

Members in the News



(Above) Young Matt Herndon assists Dave Maloney starting a new bee hive at the CTC apiary as Matt's Mom, Diane Herndon, takes this picture. (Right) Club Member and Grandmother-to-be Ashley VanCleaf poses with her daughter, Alexandra Benjamin.



Dr. Larry Romaine: Recent Speaker on Vaccines

VACCINES

Dr. Larry Romane, 3/25

I'm a firm believer in "EBM" – Evidence Based Medicine. But, thanks to the Internet, opinions about vaccines often bypass scientific evidence. For this talk, I used 4 specific websites: NIH, CDC, Mayo Clinic, and Cleveland Clinic. Let's start at the beginning:

1. WHAT IS A VACCINE? A vaccine is a molecule your immune system thinks is a germ. Medically, vaccines are Antigens that cause your body to make protective Antibodies against bacteria and viruses.

2. ANTIGENS AND ANTIBODIES – WHAT'S THE DIFFERENCE? An Antigen is a chemical molecule your immune system recognizes as "foreign". An Antibody is the "hand in glove" chemical you make to fight that specific antigen.

3. HOW IMPORTANT ARE VACCINES? Remember, "an ounce of prevention is worth a pound of cure". That makes vaccines the greatest medical advance in history. Period!

4. ISN'T THAT AN EXAGGERATION? You decide: In the 1950's, Paralytic Polio ran rampant in the U.S. In 1952, there were about 57,000 cases (including 21,000 paralyzed, and 3,000 dead). Then, Dr. Jonas Salk did massive testing for his Polio Vaccine. It was approved for widespread use on April 12, 1955. By 1961, Polio cases in the U.S. had dropped to 161!

5. HOW ABOUT VACCINES FOR OTHER DISEASES? Some "Pre" and "Post" vaccine numbers are:

- Measles: 1950 = 500,000 cases vs. 338 cases in 2020;
- Diphtheria: 1950 = 5,796 cases vs. 6 cases in 20220.
- Tetanus: U.S. cases decreased 95% from 1947 (first reportable year) to present;

6. IF I'M VACCINATED, AM I 100% PROTECTED? Absolutely not! No vaccine is 100% effective at preventing any disease. Your annual "Flu Shot" is a good example. From 2009 to 2024, the protection rate varied from a high of 60% (2010) to a low of 19% (2014).

7. THAT'S TERRIBLE. WHY WASTE THE MONEY? Widespread vaccination improves "herd immunity". That lowers everyone's risk – even the unvaccinated!

8. OK, WHAT'S "HERD IMMUNITY"? There are over 8 billion *homo sapiens* in our "herd". We catch infectious diseases from other herd members. Say a vaccine is only 60% effective. But, everyone (except me) got vaccinated. My risk just dropped by 60%!

9. BUT, WHAT ABOUT DEATHS FROM THE VACCINES THEMSELVES? All medicines for anything carry the possibility of deadly allergy or unintended side effects. Example: Penicillin prevents the common "Strep Throat" from becoming the deadly "Rheumatic Fever". The price? 500-1000 patients die from penicillin allergy each year.



Speaker Dr. Larry Romaine displays a Challenge Coin he was presented as a Thank You by Pres. Richard Cutting (L) as Dr. Bob Kaufmann looks on.

10. WHAT VACCINATIONS ARE RECOMMENDED FOR SENIORS?

Currently, CDCP (Centers for Disease Control & Prevention) in Atlanta recommends **all** seniors be fully immunized against:

- **INFLUENZA:** The “Flu” virus mutates (changes shape) often. That means a **new** Flu shot every year. “High Dose” is recommended for seniors. What’s the big deal? In 2017, Influenza **killed** twice as many Americans as Breast Cancer!
- **TETANUS:** The current vaccine is a 3 in 1 winner. It’s called “TDAP” because it prevents **Tetanus, Diphtheria, And Pertussis (“Whooping Cough”). And, it lasts **10** years!**
- **“PNEUMONIA SHOT”:** This prevents infections by “*Pneumococcus*” bacteria. That **one** germ is a top cause of Pneumonia, Meningitis, and Blood/ Bone/ & Sinus infections.
- **ZOSTER:** We all survived childhood “Chickenpox”. But, the virus didn’t go away. It’s been hiding in your spinal nerves for decades. It **re**-emergences in 1/3rd of seniors causing “Shingles”. That’s a painful, blistering rash along a spinal nerve. And, it can become **permanent**. The “Shingrix” vaccine is 90+% effective for prevention.
- **COVID:** Everyone over age 6 needs a COVID primary series. Adults need a booster at 6 months. “**High Risk**”* seniors may need additional boosters.
- **RSV: “Respiratory Synsitial Virus”** usually causes mild cold symptoms in Fall or Winter. **But**, infants and seniors may have life-threatening complications – especially “**High Risk**”* patients. Over age 75? One RSV injection. Age 60-74 **and** High Risk = one RSV injection. (RSV vaccines by Pfizer & GSK carry a **new** FDA warning of a rare complication. The RSV injection by Moderna does not.)

11. **AND LAST, HOW ABOUT A MYTH BUSTER?** Does the MMR vaccine cause autism? “**no** vaccine associated cases of autism among 1.8 **million** children” (journal of “Clinical Infectious Diseases”, 2009)

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Frederick County, Maryland

Chapter Newsletter February 2025

- **Beds delivered in February= 40**
- **Families served in February= 26**
- **Beds delivered since 2019= 2544**
- **Total families served since 2019= 1456**

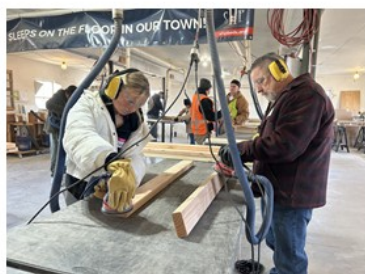
Sleep in Heavenly Peace is a group of volunteers dedicated to building, assembling, and delivering top-notch twin size, single or bunk beds for children and families in need. Across the nation, we have helped over 250,000 kiddos find beds so far...NO KIDS SLEEP ON THE FLOOR IN OUR TOWN!

We fully believe that a bed is a basic part of the proper physical, emotional, and mental support that a child needs. We're a national organization answering the call to a national problem.



February Bed Build

A BIG thank you to the Ausherman Family Foundation for sponsoring our February bed build titled KIDS HELPING KIDS! We loved having kids from Tuscarora and Linganore High School, Girl Scouts, and several families. All the kids worked really hard and had fantastic attitudes for learning.





Agenda for March 11, 2025 – Board of Directors Meeting

Call to Order - President Cutting

Secretary's Report - Lauri Cutting

Treasurer's Report – Bob Failor

Community Foundation Update - Colette Baker

Key Clubs – Colette Baker

UNFINISHED BUSINESS

Gift Wrap Appreciation Dinner - update

Cool Kids request for financial support for a Frederick Student – update

Capital District Midyear Conference in Cambridge, MD – report

Audit Committee Meeting Date

NEW BUSINESS

Kiwanis Club of Frederick will be sponsoring 5 high schools to attend the 2025 Maryland HOBY Leadership Seminar in June.

Appoint Nominating Committee for May Elections

Division Council Meeting on Wednesday, March 26th @ 7:00 p.m. on Zoom

Student Appreciation Dinner – May 6th

No Kiwanis Meeting May 6 in lieu of Kiwanis attending the Student Appreciation Dinner

Reminders: [See the Kiwanis Events sheet for further information.]

March 26th Division Council Zoom meeting @ 7:00 p.m.

March 29th Mt. Airy Kiwanis Pancake Breakfast 7:00 – 11:00

SPEAKERS: We need a speaker for March 18th and the 1st and 3rd meeting of each month.

ADJOURNMENT

Member Monthly Volunteer Hours: February 2024

by Colette Baker

Here are volunteer hours for the month of February 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>

Bed Build	2 members	6 hours	50 youth
Hospice Board Mtgs.	1 member	8 hours	
Hood Honorary			
Degree Committee	1 member	2 hours	
Service Learning SLP	2 members	2 hours	50 youth
Assist Seniors	1 member	3 hours	

Read the February/March *The Capital Kiwanian!*



In this issue:

- Governor's Message
- Executive Director
- Governor-Elect Update
- Vice Governor Update
- Membership Momentum
- Education News
- Kiwanis Children's Fund
- Capital District Kiwanis Foundation
- Self Care
- Service Showcase
- Eye On KI
- Indianapolis Skinny

[Click here to read the latest edition of *The Capital Kiwanian*](#)

Upcoming Birthdays!

Tim Dinterman 4/17 timdinterman901@comcast.net

Ron Williams 5/10 chestyvan@aol.com

Lauralynn Cutting 6/3 lauruscut@gmail.com