



FREEDOM DISTRICT LIONS CLUB, INC.
P.O. BOX 1663
SYKESVILLE, MD 21784



SERVING THE SYKESVILLE / ELDERSBURG COMMUNITY SINCE 1947

“WE SERVE”

Business Meeting Minutes for 8 NOV 2023

Meeting Location: Messiah Lutheran Church’s Celebration Hall
5600 Old Washington Road Sykesville MD 21784

Meeting was called to order: at 6:29 p.m. by President Lion Melissa Turski with a welcome to everyone.

Attendance Total: 50 (Members – 45 / Guests -5). A list of the attendees is included at the end of these meeting minutes.

Opening Ceremonies:

Pledge of Allegiance was led by Lion Gilbert Fleming.
Song “God Bless America” was led by Lion Kelsey Hof.
Invocation was offered by Club Co-Chaplain Lion Bob Bastress.
Lions Toast was led by Lion John Dozsa.

Dinner was catered by Bullock’s Restaurant. Dinner was chosen for it being diabetes friendly. It was roasted chicken, parslid potatoes, green beans, tossed salad, fruit, and unsweetened cookies.

Meeting Reconvenes: The meeting resumed after dinner at 7:10pm with President Lion Melissa Turski thanking members of the FDLC Meals Committee for their help serving the dinner. Lion Melissa Turski introduced PDG Evan Gillett and his wife Bonnie. Lion Don Champ introduced a new potential member David Wolff attending tonight’s meeting.

Program Speaker was introduced by Lion Tony Ramirez. Amy Michael is the Coordinator for Diabetes Awareness at Carroll Hospital.

Program As this is Diabetes Awareness Month, it was appropriate that Amy gave us a tutorial about Diabetes called “Diabetes and Pre-diabetes and What You Need to Know.”

*Some stats from 2022. 96 Million U.S. Adults are Pre-Diabetic. 9.8% of Carroll County population is diabetic.

*A daily blood sugar of 100-125 or an A1C of 5.7-6.4 is considered to be Pre-Diabetic, More than 126 or A1C higher than 6.5 is considered Diabetic.

*Pre-Diabetes is reversible, Diabetes is not.

* Recommended intake of sugar is less than 22 grams of added sugar /day (three packs of sugar)

*Some Risk Factors for Diabetes: age over 45, overweight, not physically active three times a week, high blood pressure, high cholesterol

*Some Symptoms of Diabetes: less energetic, thirsty, dry mouth, dry skin, numbness in hands and feet, and slow healing.

*Here are some ways to lower your A1C: Insulin doses, exercise, lose weight, avoid sugary drinks, eat your vegetables, lower your stress, and eat more fiber.

*Carroll County Health Dept. has a Diabetes Prevention Program Contact 410-876-4819 or Lauren.Harrison@maryland.gov

PDG Evan Gillett Inducted two new members into FDLC. Stephanie Brennan and Cathy Kang were asked questions about Lions Clubs Programs and were then given presents like sunglasses and blankets to emphasize PDG Evan's point.

Reading & Approval of Business Meeting Minutes:

The minutes of the 11 OCT 2023 business meeting were distributed earlier to the club membership by Lion Kelsey Hof by email. A motion to dispense with the reading of the minutes from that meeting and to approve them as previously distributed was made by Lion Bob Bastress; the motion was seconded by Lion Jim Moore; the motion carried.

Secretary's Report/Correspondence: Lion Gary Buchman shared the following:

- Springfield Hospital Center sent out a Holiday Wish List for 2023. The list was shared with the club.
- A thank you letter was received from The Herman & Walter Samuelson Children's Hospital at Sinai for our many donations for Pediatric Cancer.

Treasurer's Report: Lion Mark Krebs emailed his report to members on 7 NOV 2023.

Activity Account:	\$38,583.00
Administrative Account:	\$5,476.00
Capital Improvements Account:	\$2,503.00

Lion Mark noted that the Snack Shack was now in the black.

Committee Reports:

- **FDLC Foundation**
 - Met on 1 NOV and voted in new officers.
 - Voted to approve three grant requests: \$6,100 for normal FDLC annual expenditures, \$2,500 for Snack Shack Equipment, and \$1,500 for Pediatric Cancer (VDG Initiative)
 - The account balances are \$19,700 in checking and \$221,000 in Investment Account.
 - Of special note, the FDLC Foundation was approved by IRS as a Public Charity and LCI approved as a Foundation.
- **Thanksgiving Meals to be delivered on 22 NOV at 12:00noon at Salerno's.**
 - 21 families to be served.
 - 5-6 Lions needed. See Lion Bob Bastress to sign up.
- **LEO Holiday Shopping on 9 DEC 2023**
 - Shopping at Walmart will be from 9-11am.
 - Gift wrapping will be at Liberty High School Media Center 11:30-1:00.
- **Veterans Committee**

- FDLC will support Wreaths Across America at Springfield Cemetery. Lion Sheila Bowman will coordinate activity. Lion Rose Young distributed pledge materials.
- FDLC will have a Veterans Banquet in April which will collect donations for Operation Second Chance.
- **Golf Tournament**
 - Lion Jim Moore reported that the FDLC Golf Tournament made \$12,631.50 in profits and donations.
- **Citrus Fruit**
 - Lion Sue Krebs reminded us that all citrus fruit orders are due by 10 NOV 2023.
 - The fruit will come in Friday 1 DEC 2023 at 7:30 am and can be picked up on 2 or 3 DEC 2023 9:am-6:00pm. Sign up sheets were distributed.
- **Deck the Trees Charity Challenge**
 - Scheduled for 10 DEC 2023, 10:00am-1:00pm at Freedom Park.
 - 15 Sponsors so far.
- **Big Band Merry Christmas on 2 DEC 2023.**
 - Lion Don Champ has tickets. \$12/ ticket in advance.
- **Diabetes Awareness**
 - Lion Tony Ramirez announced there will be a “Dance for Health” on 23 MAR 2024 at the Optimist Hall. Entry fee will be \$10.00. It will begin with a salsa lesson and then have a DJ for dancing.
- **Operation Joy**
 - Youth Mackenzie Barden announced there will be a Craft Event this Sunday 12 NOV and another one in December. She is looking for at least one lion to assist.
 - Lion Melissa Turski announced that there will be a Karaoke Event this Friday, 10 NOV 23.
- **Pediatric Cancer**
 - Lion Viki Peltier reported that the Pediatric Committee delivered 100 Batman Action Figures to Sinai Hospital to support “Hope for Henry”.
 - They also delivered 238 toys from Freedom Soccer Families.
- **LVRF “Easy Rally”**
 - PDG Evan Gillett announced that on 18 NOV 2023 the Wilmer Eye Institute will allow guests to visit the facility for research and education.

Mentoring Moment- Lion Myron Horn offered some personal examples of how ignoring diabetes can affect one’s health.

50/25/25 Raffle

- Lion Bob Valis Held the raffle and Lion Jim Moore won both drawings. Lion Jim donated all winnings to Pediatric Cancer.

Tail Twister

- Lion Jim Moore started out the evening by fining everyone a quarter for their plastic eating utensils.
- Lion Jim asked us to identify the lion based on some answers given to him in a survey.

Lions in the Den Drawing

- Lion Gary Peltier held the drawing and Lion Carol Neff was present and won \$55.00. The next drawing will return to \$15.00.

Other Announcements

- The next Board of Directors Meeting will be on 15 NOV 2023 at 7:00pm via Zoom. Lion Rich Collins will preside and Lion Kelsey Hof will be Acting Secretary as Lion Melissa and Lion Myron will be attending the Zone Meeting.
- The next Business Meeting on 13 DEC 2023 at 6:29pm will be a Holiday Dinner Party. Lion Wu Schaeffer and the Social Committee will be coordinating.

Our thanks to Youth Mackenzie Barden for hosting the zoom connection at this meeting.

The meeting adjourned at 8:23pm.

Respectfully Submitted by:

/N/

Lion Myron Horn
Freedom District Lions Club (FDLC) Secretary

FDLC Business Meeting Attendees – Wed. 8 NOV 2023 @ 6:29pm

at Messiah Lutheran Church's Celebration Hall

Below is a list of the 45 people who attended this meeting.

FDLC members (45):

Ron Audlin	George Barnhart
Bob Bastress	Stephanie Brennan
Patty Buchman	Chris Centofanti
Don Champ	Russ Coldren
Rich Collins	Tony Dercola
John Dozsa	Bruce Edwards
Gilbert Fleming	Mary Hartmann
Kelsey Hof	Myron Horn
Patrick Horn	Jill Huey
Paula Justice	Jane Jung-Potter
Cathy Kang	Matt King (via Zoom)
Ann Kramb (via zoom)	Mark Krebs
Susan Krebs	Jim Lauber
Jim Moore	Carole Neff
Sue Nelson	Bob Parks
Gary Peltier	Viki Peltier
Tony Ramirez	Mona Ramirez

Rita Salins

Phil Salmon (via zoom)

Les Schneiderman

Rochelle Schneiderman

Michele Sciacchitano (via zoom)

Diane Torockio

Franklin Torockio

Melissa Turski

Bob Valis

Joe Wisniewski

Rose Young

Guests (5):

PDG Evan Gillett

Bonnie Gillett

David Wolff

Amy Michael

Mackenzie Barden
