



Rotary Roundup

The Sykesville-South Carroll Rotary Club, Sykesville, MD
<http://www.rotary7620.org/>

Club Leaders



[Cynthia A. Pehl](#)
President



[Nancy L. Parker](#)
Secretary



[Lewis W. Wimmer](#)
Attendance Secretary



[Robert J. Nickel](#)
Treasurer



[Ellen E. Baker](#)
Bulletin Editor



[David P. O'Callaghan](#)
Past President
iPast President



[Amy L. Giannakoulis](#)
CCO-Club Comm.
Offcr



[Dawn M. Wittfelt](#)
Club Membership
Chair



[Charles L. Reese](#)
Rotary Foundation
Chair



[Mary Jo Burkett](#)
Area Governor

Rotary Roundup for August, 2022

Where We Meet



The Sykesville South Carroll Rotary Club
meets on Tuesdays at 8:00 a.m.
We are a breakfast club, convening at
Stratosphere Social
located at 1332 Londontown Blvd.,
in Eldersburg, MD

Stratosphere Social

Comics to Astonish Inc
Comic book store

The Cleaning Authority
- Westminster

Londontown Blvd

Presidential Logo
2022-2023



**IMAGINE
ROTARY**

Dates to Remember

August 2 – Regular Meeting - Stratosphere (8 a.m.)

August 9 – No Regular Meeting

August 9 – SSC Club and Foundation Board Meeting

August 16 – Regular Meeting - Stratosphere (8 a.m.)

August 20 – Rotary District 7620 is holding a Baseball Night from 6-9 p.m. in Frederick to benefit Polio Plus.

August 23 – Regular Meeting - Stratosphere (8 a.m.)

August 30 – Regular Meeting- Stratosphere (8 a.m.)

Save the Date: There will be a crab feast at the Howard County Fairgrounds at West Friendship on September 17th from 3-7 p.m. sponsored by the Rotary Club of Ellicott City.

Service Opportunities

Continue to support the Pop-Up Food Pantry with a donation or send a check to The Rotary Foundation and say it is for the Sykesville Pop-up Food Pantry. The pantry is desperately short of supplies, such as canned fruits and vegetables, cereal, pasta, and sauce. Money is always needed.

Please continue to contribute to the district-wide service project to support Ukraine by contributing to Disaster Aid USA or to the Rotary Foundation's official channel for relief funds: The Disaster Relief Fund.

Meeting Notes

July 5, 2022

The following announcements were made:

- The recent Sykesville parade in honor of July 4th went well, and many people lined the route. Participants included an Army band, the Westminster Municipal Band, the Century High School Band, and a Rotary car among other entries.
- Virginia reported that Sean Davis has taken over the leadership of the Boys and Girls Club as expected, and their summer programs are on track.
- Carroll Community College's enrollment is down, so they are trying to offer more scholarships as many cannot afford to attend.
- Cindy reported a marketing plan is being developed to attract businesspeople to increase membership.
- Cindy promised to bring a revised list of members' names, cell phone numbers, and e-mail addresses and will also send out calendars that can be filled in with meeting agendas.
- Alternate meeting times were again discussed, and moving Board meetings to a quarterly schedule was also discussed.
- It was mentioned that the By-laws need to be checked to make sure they are up-to-state and compliant with State requirements.
- Cindy reminded members that Will Sevick, the winner of the Trade and Technology Scholarship, will be present on July 19, and on the 26th an acupuncturist will be the speaker.

After the closing exercises, the meeting adjourned.

July 19, 2022

The following announcements were made:

- . Virginia received a thank you note from the Boys and Girls Club.
- . Many announcements involved Oktoberfest: Stratosphere will do the catering for Oktoberfest. The Silent Auction will be held on both Saturday and Sunday. Baskets, such as a golf basket or a wine basket, would be nice, and it was suggested that each club donate a basket. The four Carroll County clubs will participate plus the New Market club. Ads and sponsors are being worked on. The next Oktoberfest meeting is August 2.

Will Sevick, the winner of the Trade and Technology Scholarship, was the first speaker. He began by thanking members for his scholarship to



the Pennsylvania College of Technology. It is located in Williamsport, Pennsylvania, and he will work towards an AA degree and hopes to obtain a certificate in welding upon graduation. It is a two-year program, and he explained it is like a bigger career and technology education program than we have in Westminster. They offer a huge welding program, and he will also be taking some academic classes. Will has been interested in welding for a long time. For his 16th birthday, his father gave him a workshop located in the backyard. He attended our Career and Tech

Center for a year and a half and graduated from Century High School. He is an Eagle Scout who completed a project for his church. He also swims at the South Carroll Swim Club.



Charles Reese spoke about his recent 18-day, 3,652 mile motorcycle trip. He visited Prince Edward Island, Woods Island, and Nova Scotia. There he saw where Alexander Graham Bell lived. He spent two days on a motorcycle ride along the seacoast, then on to Halifax to visit the Titanic Museum. Many survivors as well as bodies arrived in Halifax after the sinking of the Titanic. He went to Peggy's Cove, saw the famous Lighthouse, and spent time at White's Beach Resort, then on to New Brunswick, Maine, Massachusetts, and ended up at home in Maryland. His

next trip may be to California or Alaska. We learned he has four bikes and takes along his tools and cleaning supplies on each trip so he can give his bike a bath every night! It was a very interesting meeting and ended with the usual closing exercises.

July 26, 2022

The following announcements were made:

- . Amy was welcomed back.
- . Virginia made a plea for school supplies. Either actual or a check would be fine.
- . Todd reported on trips to Ocean City, Deep Creek Lake, and Marietta, Ohio. Marietta has a Rotary club that was founded in 1921. He also noted that there were signs on the historic places there.
- . Cindy reported that twenty-seven kids attended Camp Thrive this summer. You will recall it is supported by Carroll County Public Schools, The State's Attorney, and the Youth Services Bureau.
- . Cindy also reminded members about the August 20th Baseball Night to benefit Polio Plus. (There is one case of polio now in the U.S., in an unvaccinated young person in Rockland County, NY.)
- . At the next meeting, Cindy will bring sponsorship forms for Oktoberfest or, as an alternative, people can give to the silent auction.

The speaker was Shiopei Low, who recently opened a clinic called Patapsco Acupuncture and Integrative Medicine. It is located at 1332 Londontown Blvd, Suite 117A, in Eldersburg and is open Monday-



Friday from 9-1. The clinic specializes in treating chronic complex conditions and ailments of all types. Shiopei completed four years of training and earned a graduate degree in Acupuncture and Herbal Medicine from the Maryland University of Integrative Health. Although acupuncture is a medical practice dating back thousands of years, one needs a license to practice. She comes from a lineage of Chinese medical doctors and grew up with the principles of traditional medicine in daily life. She noted that acupuncture is becoming more integrated in the U.S. with organizations like Hopkins, NIH, and Walter Reed incorporating its use into their offerings. In her practice, she "focuses on difficult-to-treat conditions to regulate the parasympathetic nervous system to induce homeostasis. Nervous system dysregulation is the root cause of all chronic pain and inflammation.

Acupuncture also works to stimulate the release of neurotransmitters like serotonin and dopamine, which modulate pain." She mentioned numerous chronic medical conditions and described how acupuncture could help



provide an alternative medical solution when there are no other options. She also passed around a needle that is like the one she uses for acupuncture, and it is tiny compared to the one she showed us that could be used, for example, for venipuncture or joint aspiration. At the conclusion of her presentation, she ended by answering a few questions. After the closing exercises, the meeting was adjourned. Attendance was very good.