

The Frederick Torch *Bulletin*

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March 2025

fredtorch.org

The Torch Club
of Frederick, Maryland



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The International Association of Torch Clubs

The Torch Club of Frederick is one of over 60 in the United States and Canada. IATC was founded in 1924 in Minneapolis as a highly interactive organization in which members discuss stimulating presentations by members and guest speakers.

Torch members are professionals with a broad range of experience in creating knowledge involving diverse viewpoints.

Torch membership includes outstanding atmospheres in which to freely exchange ideas, comfortable club dining venues, and, most of all, close fellowship.

Learn more at the Torch International website.

<https://www.torch.org/>

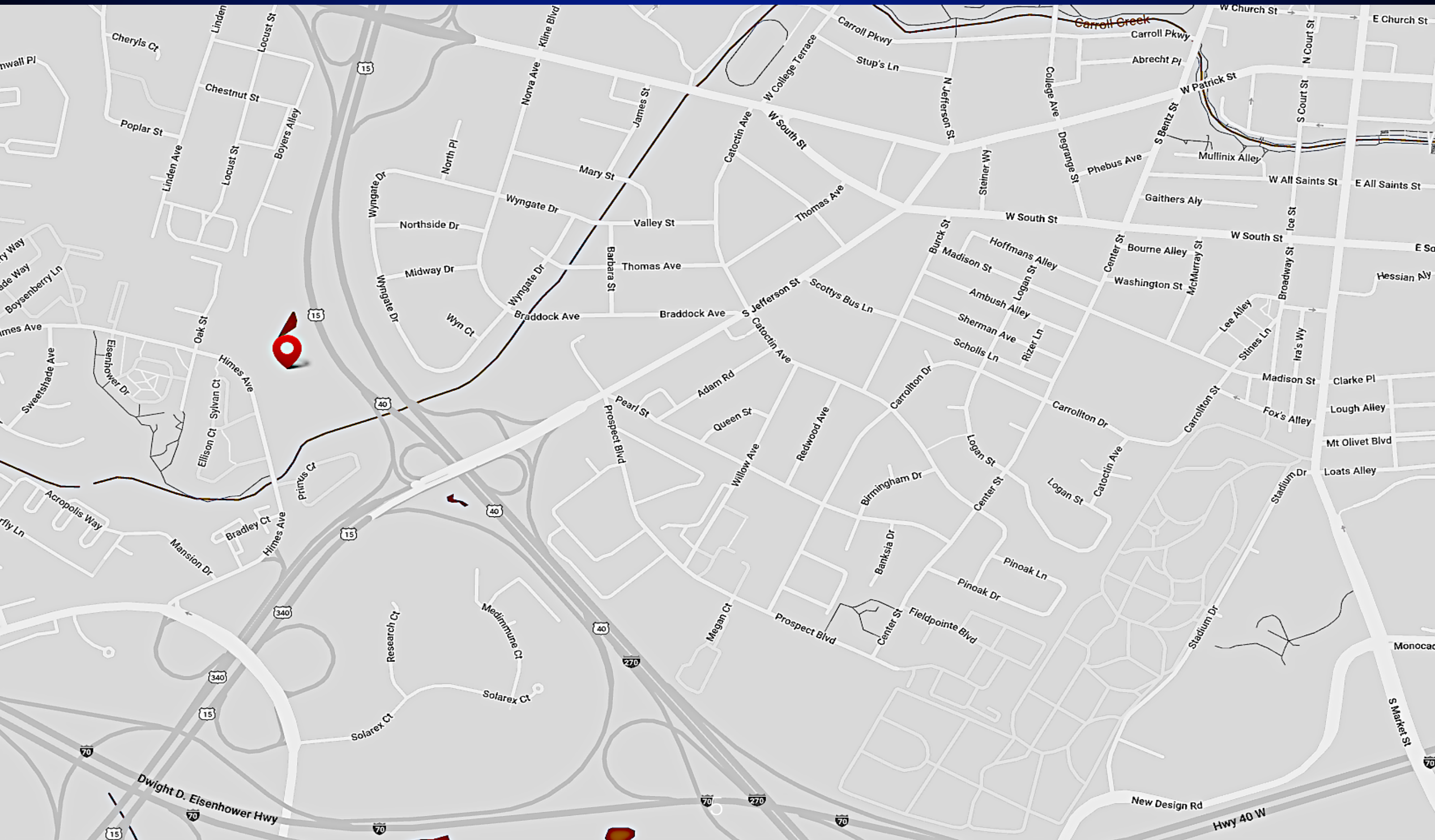


Frederick Torch Club Lunch Meetings at Dutch's Daughter

As expected consideration of others, lunch attendees must be fully vaccinated and boosted against Covid, which also applies to guests and new members. Zoom meetings may be required when county or state pandemic warnings limit in-person attendance.

Dutch's Daughter

581 Himes Avenue, Frederick, Maryland
301 | 668 | 9500



Next Presentation

Monday, March 24, 2025

Homewood Dietitian Adam Miller on "Better Eating to Attain Optimum Health"

Mr. Miller will be speaking on "You are what you eat and the gut-brain connection." Expect to hear what the connection is, its role, what body functions it affects, what systems are involved, and how the connection is treated to keep it healthy.

Mr. Miller says that, since "diet is an essential modulator of the microbiota-gut-brain communication in health and disease, diet-induced microbiome states can impact brain health and behavior."

This Month's Presenter

Adam Miller

Adam Miller is a Registered Dietitian and head dietitian Homewood at Crumland Farms in Frederick. Mr. Miller has been working with older adults for over twelve years and has been employed with Homewood for the past ten. He is a graduate of Indiana University of Pennsylvania where he took his bachelor's degree in dietetics and master's degree in nutrition. He lives in Frederick with his wife Kim and two-year-old daughter Josephine.



Lunch Sign-up

Attending or not, please let Reservations Chair John Hewetson know and, if you plan to attend, your seating requests and the names of your guests. Please respond to John at torchreservations@gmail.com or call him at 301.663.8130.

Sign-up Deadline— Preferably one week before the lunch but later OK

Cost— \$30 per person (also payable if a signed-up no-show)

Cancellations— Email the address above before the day of the lunch.

Most Recent Presentation

Lois Jarman on "The Wonderful Brain: "You *Can* Teach an Old Dog New Tricks"

In a club first, this presentation was video-recorded and made available to all club members for viewing. The club is working on making this a regular practice.

In February's presentation, Frederick Torch member Lois Jarman explained to us how a happy brain at any age is primed to learn and that it is the brain's chemical neurotransmitters that are crucial to learning and memory. In her presentation, Lois shared how we can best prepare our brains to remember, enabling us to better retain new information.

New Members



At our next lunch, be sure to welcome new club members **Jan** and **John Gardner, Mary Kippen, Steve Stoyke, Pat** and **Tom Dorsz, Melanie Galloway, Diane Kantner, Deborah Ross** and **Ellen West**.

As one of the largest of the 60+ Torch clubs, our success relies on strong recruiting. Our membership has now been rebuilt to nearly our pre-Covid size. Please invite your friends who enjoy stimulating company and fascinating presentations to attend a fine club lunch or two and then join.

Club Membership Co-chair Toni Clarke is here to help. Reach Toni at toniclarke101@gmail.com or at 301.606.2694.

For more information and to download the club membership application, visit the website at fredtorch.org.

2024-25 Presentations

September - December

*Many thanks to 2023-24 Program Chair Norine Haas
for the interesting speakers and topics in Torch year 2024-25*



September 23- Former Frederick County Executive Jan Gardner on "Government Is Difficult As It Is and Then Along Comes Covid"

October 28- Peter Michael on "Finding John Hanson: The Recent Rediscovery of the Grave of the Nation's Only Lost President"

November 25- Claire Kondig on "Eisenhower, the Boy From Kansas"

December 16- Frederick Torch 30th and Torch International 100th Anniversary Celebration

2024-25 Presentations

January - May

January 27- Geordie Wilson, Publisher of *The Frederick News-Post*, on "The Joys and Woes of Publishing a Local Newspaper"

February 24- Lois Jarman on "The Wonderful Brain: You *Can* Teach an Old Dog New Tricks!"

March 24- Adam Miller, Homewood's dietitian, on "Better Eating to Attain Optimum Health"

April 28- Double Paxton Award Winner Lee Robinson on "Quanah Parker: War Leader, Civil Leader, Religious Leader"

May 19- Joanne McCoy on "Walking the Camino Santiago: Lessons from Europe's Oldest Pilgrimage Route"

June 23- Annual Frederick Torch picnic

2024-25 Board of Directors

Welcome

President Marguerite Wilson and the club's board of directors hope you enjoy this year's interesting programs. The following members are serving as your 2024-25 directors and committee chairs.

Elected Directors

President	Marguerite Wilson
Vice President	John Hewetson
Secretary	Peter Michael
Treasurer	Claire Kondig

Appointed Committee Chairs

Assistant Treasurer	John Kondig
Program Chair	Norine Haas
Reservations Chair	John Hewetson
Membership Chair	Toni Clarke
Publications Chair	Peter Michael
Webmaster	Ed Seidewitz
Presentation Support	Jeff Wilson

Club Archives

Torch Club of Frederick *Bulletin*

Past issues beginning with October 2017 are archived and may be viewed, downloaded or printed [here](#).



2024-25 Program and Member Roster

The *2024-25 Program* and the club's *Member Roster* are updated regularly. View, download or print [here](#).



The Club Website

Board meeting minutes, past presentations and more may be reached at the club website [here](#).



Member Survey

Survey results may be viewed, downloaded or printed [here](#).