



THE SANDPIPER



THE WEEKLY MEMBERSHIP NEWSLETTER OF THE KIWANIS CLUB OF SAND LAKE, NY

P. O. Box 535, West Sand Lake, NY 12196

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Meets 6:30 PM Mondays at The Lakeview Inn Restaurant

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MEETING OF NOVEMBER 10, 2014

President Linda L. Ellis, presiding

GREETINGS & INVOCATION by **Pat Lane**

GUESTS: Dr Lisa Thorn, guest speaker

WELCOME BACK, TC McEntyre and Bob Loveridge

PROJECT SIGNUP SHEETS

DOORS OF HOPE, unloading food truck

Thanks to those who worked last Friday: *Daniels, Behson, Ginther, & Patton*

Tues Nov 18th: *Daniels, Loveridge, Patton, Nippes, Lewandusky*

17th MONTHLY PASTA DINNER @ WSL Firehouse, Saturday, December 13th:

12 – 7, Setup & Cook: *L&L Ellis*

3 – 5:30, Setup & Serve: *Lane, Weiss, Metchick*

3:30 – 7, Cashiers: *Ward*

5 – 7:30, Serve & Takedown: *Weiss*

THANKSGIVING FOOD BASKETS, Sort & Pack, Averill Park Legion Hall, 6 – 8 PM:

Tues Nov 18th: *Ward, L&L Ellis, Lane, Behson, Lewandusky, Breselor*

Wed Nov 19th: *Ward, L&L Ellis, Lane, Weiss, Malecki & Fioravanti with Builders Club Members*

Thurs Nov 20th: *Ward, L&L Ellis, Lane, Jensky, Wagner, McEntyre*

DISTRIBUTE FOOD BASKETS, Legion Hall, Sat Nov 22nd:

Setup 8 – 9 AM: *Lane, Colabelli, Jensky, Fioravanti, Wagner, Ward*

Distribute 9 – Noon: *Ward, L&L Ellis, Weiss, Mulligan*

Cleanup & Deliveries 12 -1:30 PM: *Lane, Weiss*

CHRISTMAS TREE SALES

Setup stands Sat Nov 22nd @ 10 AM: *Colabelli, Cook, Ginther*

Receive delivery Fri Nov 28th @ (time TBA): *Lewandusky, Linda Ellis, _____, _____*

SALES – Sat Nov 29th 10 – 1: *Ward, _____*

1 – 3: _____

3 – 7: _____

Sun Nov 30th 12 – 3:30: *Lane, Lewandusky*

3:30 – 7: _____

Wed Dec 3rd 4:30 – 7: _____

Thurs Dec 4th 4:30 – 7: *Patton, _____*

Fri Dec 5th 4:30 – 7: _____

BELLS OF LIFE, Crossgates Mall, Sat Dec 6th:

10 – 1: *Lane, Hamlin, Patton, Loveridge, Metchick*

1 – 3:30: *Ward, Mulligan, Parslow, Daniels*

3:30 – 6: *L&L Ellis, Loveridge*

ANNOUNCEMENTS

- Membership voted approval of purchase of Food-Only Gift Cards (Hannaford) for Thanksgiving food boxes. We have 74 families with 180 kids -- \$3740 for cards.
- Barb Fioravanti: Update on Ken James – He’s back in Hoosick Falls with his daughter, and hoping to go to the Hoosick Falls Kiwanis meeting this week.
- Joe Behson: Thanks for continued support of change collection for EliMiNaTe Project. We collected \$140 last month making a total of \$450 so far!
- Bob Loveridge: Thanks to the hardy four who worked the Pasta Dinner Saturday! We served 21 meals, netting \$80, which will go to the Veterans as approved.



PRESENTATIONS

Perfect Attendance Tabs presented to Stuart Nippes for 3 years of perfect attendance

and Bryce Ginther for 5 years of perfect attendance.



PROGRAM



Eve Ward introduced Dr Lisa Thorn, a family physician practicing in Averill Park, giving a lengthy list of educational and professional experience. She's married to Mike Hanna, a professor at RPI, and has two daughters. Dr Thorn's illustrated topic was "The Bugs and Bothers of Autumn." There are two categories of fall illnesses, Infectious and Environmental. Infectious Illnesses: Seasonal Influenza affects 20% of US population starting in fall and can last until spring, is spread person to

person by virus laden droplets, and can live briefly on surfaces. Symptoms are fever, cough &/or sore throat, runny &/or stuffy nose, headache and body aches, chills, fatigue, and in children nausea, vomiting, and diarrhea. Treatment is rest, fluids, salt water gargle, decongestants, antiviral medications (not antibiotics). Preventions are frequent hand washing, avoiding sick people, and vaccination! The common cold is very similar in contagion and treatment. Again avoid antibiotics! Norovirus, also called the "stomach bug," is the most contagious, also spread from person to person, and is particularly prominent where groups of people are in close contact, such as nursing homes and cruise ships! Ear infections and bronchiolitis are most prominent in young children. In all of these illnesses frequent hand washing is highly stressed! And get your flu shot! The sooner the better!

Environmental Illnesses are seasonal, like allergies and asthma, but arthritis can flare in the fall too. Seasonal Affective Disorder (SAD) is an emotional disorder caused by lack of sunshine and is more than "winter blues". It is a form of major depression and is treated by light therapy to increase the levels of serotonin and melatonin in the brain. Symptoms are irritability, "heaviness", fatigue, carbohydrate cravings. Besides light therapy, treatments include medications and psychotherapy. Another cold weather problem is Raynaud's Phenomenon, a condition in which the tiny arteries of the fingers and toes constrict, limiting blood flow, and causing them to turn white and become painful. Treatment can be medication to dilate blood vessels, and not allowing them to become too cold. This is more often seen in young females, but lasts years. Stress also brings on symptoms.

Dr Thorn very graciously answered the many questions our members asked. Pat Lane thanked her for a most informative talk, and for her patience with our "spontaneous" group! Dr. Thorn was presented with our Certificate of Appreciation.



HAPPY DOLLARS

- \$ Eve Ward** was thankful for Dr Thorn's appearance with us, especially in view of her very busy schedule, and despite suffering from a cold herself!
- \$ Pete Stevens:** My daughter took her MCAT exam, then retreated to watching "chick flicks"! And my son is now back in Boston!
- \$ Pat Lane:** I was absent last week because all the male members of my family were at my house putting on a new roof; I had to feed them! I also want to pay tribute to the AP school nurses. They are invaluable to our food distribution program! In answer to your questions, yes, I was hit by a shopping cart last week, putting me on my back for a few days!
- \$ Jim Colabelli:** Thanks to John Mulligan and Pat Lane for helping me set up the Food Trailer last Friday. It was so cold and windy we closed all but one opening! And my gratitude to Dr Thorn for insisting I get to the hospital with my infection—thanks!
- \$ Pat (for Jim Parslow):** "Tell John Brownrigg he was doing real well last week!" Jim's scheduled knee surgery had to be postponed due to his doctor's illness!
- \$ Peg Weiss:** My dollar is happy because of the wonderful birthday party I had yesterday at the Crossroads Restaurant, taking advantage of their offer of one chicken wing for each year! We didn't finish 83 wings, (only 60), because of all the extras that were ordered. My son, grandson,

and great-granddaughters came with their families, and Bob and Joan Pasquarelli rounded out the group along with my daughter and sister-in-law—lots of fun!

DOOR PRIZE, provided by Eve Ward, was won by **Skip Patton!**

50/50 for \$23.50 was won by **Linda Ellis!**

PROGRESSIVE 50/50, worth \$78 this week, will continue to grow because **Bryce Ginther** was unable to find the King of Clubs in the pile of 50 cards—he pulled out the wrong King—of Spades!



COMING WEEKS...

NOVEMBER 17

PROGRAM CHAIR: *Skip Patton -- TBA*

GREETER/INVOCATOR/CERTIFICATE: *Peg Weiss*

NOVEMBER 24

PROGRAM CHAIR: *Bob Loveridge -- TBA*

GREETER/INVOCATOR/CERTIFICATE: *Frank Breselor*

DECEMBER 1

PROGRAM CHAIR: *Peter Stevens – Update on House Committee*
BOARD OF DIRECTORS MEETING

GREETER/INVOCATOR/CERTIFICATE: *TBA*

DECEMBER 8

PROGRAM CHAIR: *Ron Wagner*

GREETER/INVOCATOR/CERTIFICATE: *Ron Wagner*

SPIRITUAL THOUGHT FOR THE WEEK:

“A vote is the great equalizer, but only when it is cast.” Columnist **Charles H. Blow**