



The Sandpiper October 21, 2013

President Stuart Nippes presided, with eloquent invocation (sans notes) by Pete Stevens



Guests were speaker Cathy Peake and prospective member Susan Marks-Jensky.



Randy Wheeler was welcomed back after a long absence.



SIGN-UP SHEETS:

Blood Drive Monday 10/28: setup 11:00-1:30 – Daniels & Metchick
Canteen & Registration 1 – 3:30 Malecki & Ward, 3:30 – 6 Lane & _____
Clean-up 6:00-7:00 Davis & _____

Adopt-a-Highway (Brownrigg says put an aspirin in it) 10/26, 9:00 AM at Town Beach on Reichards Lake Road: Brownrigg, Malecki, Ginther, Hamlin, Daniels, Patton, Mulligan, Fioravanti, Whipple, Johnsen, James and Meislin

Soccer Food Trailer Sales: Bring Trailer-Colabelli; 1st Shift: Patton, Ellis and Ellis; 2nd Shift: Daniels & Metchick; Return Trailer: Whipple

November Pasta Dinner is 11/9. There are positions available in all time slots.

Doors of Hope Friday 11/1: Lane, Whipple, Daniels, Nippes; Tuesday 11/19 Lane, Patton, Nippes

Powder Puff Football Game: 11/6, 6:00 at APHS. The food trailer will be there for Key Club until half-time and will need volunteers. President Stu will send an email with further information.

ELECTION: for the position of President Elect John Brownrigg nominated Linda Ellis, who accepted. A voice vote approved the casting by the Secretary of one vote in favor. The club enthusiastically congratulated Linda.



PROGRAM:

John Mulligan introduced Cathy Peake to speak on Huntington's disease. She lives in our community and heads a discussion group, as her Husband Bob is affected by the condition. Cathy described Bob as a very active, intelligent person, an avid bicyclist, and a computer programmer by profession. He has also been involved in research into solar energy and an acid rain project on Whiteface Mountain.

Parkinson's, ALS, and Alzheimer's are, like Huntington's, neurogenetic conditions. The most famous victim of Huntington's was Woody Guthrie, whose wife Marjorie started the foundation for study of the disease and its possible treatments and cure. Huntington's is genetically determined. The child of a person with the disease has a

50% chance of carrying the gene, and if it is present the person will develop the disease. The genetic test for the condition is 100% accurate. If negative, the person will not develop the disease or pass it along. If the mother was the carrier, the child usually manifests the disease at about the same age she did. If it was the father, symptoms usually appear earlier. It can appear as early as childhood, but usually later. Bob was in his 40's when symptoms began.

Symptoms are Physical: lots of involuntary movement and later possible speech impairment; Cognitive: short-term memory loss and slow processing of information; and Psychological: anxiety and depression and sometimes OCD. Which symptoms will appear first is not predictable. Physical symptoms can be helped with Parkinson's medication to prevent falls, the greatest hazard. Cognitive symptoms can be alleviated with neuro-protectors such as Creatins and CoQ10. Psychological symptoms which are chemically-based can be greatly helped with medications. One of the best therapies for treatment and delay of onset of all symptoms is vigorous exercise. Unfortunately there have been few good studies of this effect because there is not a product to sell to offset the cost of research.

Symptoms can make the person appear drunk, and choking is also a hazard, so it is important to notify law enforcement or emergency personnel of the condition when calling for help. There are bracelets and microprocessor chips to assist in this as well.

The Club thanked Cathy with a Certificate of Appreciation for her interesting and informative presentation.



HAPPY DOLLARS:

Eve Ward was happy for 5

great days in Maine with warm weather, calm seas, enjoyable festivals and good food. She and Audrey Trupia beat the guys twice at Bocce.

Skip Patton had two happy dollars: The Red Sox won the pennant, and Skip has a seat for the first game of the World Series.

Jim Rogers was happy to celebrate his grandson's 17th birthday at the Okinawa restaurant, where his grandson ordered sushi fashioned into a dragon. Jim had shrimp. Cooked.

Bob Loveridge had one happy dollar for the Red Sox's 2 star players going to the Yankees next season. He had another for the distress he caused by making that story up.

Ken James had a happy dollar for his son's retirement, wondered if anyone else has reached that stage.

Pat Lane was happy that Skip took her place at the food trailer so she could go to a wedding in Massachusetts. She was also happy about tonight's very interesting program.

Randy Wheeler was \$5 worth of happy to be back after long absence due to intervening factors now settled, permitting him to be back with us more regularly. We're happy too.

Joe Behson, wearing a Jets shirt, is happy they're in second place. (That's football, right? –Ed.)

Jim Colabelli was also happy about that lovely trip to Maine, and especially enjoyed the almost-full moon. He also had happy dollars for a visit from his daughter and grandkids, and for a nice neighbor (Joe Behson) who moved a delivered package to the less-conspicuous back porch.

John Mulligan was happy for tonight's great program.

Joe Trupia was happy about the trip to Maine even though he lost at bocce.

Gary Meislin had an unhappy dollar because he had to sign a warrant for the arrest of a woman who had stolen thousands of dollars from him after building his trust in her by running errands.

Bill Whipple was happy that Pat Lane picked up the letters from our sign which had been re-lettered with an X-rated (albeit correctly spelled) message. She even sorted the letters alphabetically. Bill had another happy dollar for his son's 47th birthday, and yet another for his and Betty Jean's 49th anniversary. He was very specific about that sequence.

Sue Marks-Jensky was happy to be back at work at her Federal job after the furlough. Shhh, don't tell anyone, it's the IRS!

Stu Nippes said he was happy there were no more happy dollars. Then he gave another happy dollar for the beautiful weather we've been having.

DRAWINGS:

Door Prize from Eve Ward was won by Sue Marks-Jensky, prospective member

50/50 worth \$25 was won by Bob Loveridge

Progressive 50/50 worth \$182 gave Eve ward a chance, but all she could come up with was the

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NEXT WEEK:

Program Chair: Stu Nippes

Program: Meet the Candidates (Town of Sand Lake)

Greeter/Invoker: Joe Trupia



