

## Key Club

John  
Goldstein



The new school year has started and Key Club is in full swing.

We had our first Key Club District Board meeting in of September. We have more than 13,000 Key Clubbers in more than 230 clubs around the dis-

trict.

The Key Club lieutenant governors have had or will have their Divisional Fall Rallies to train, educate and inform the incoming club officers and members. There is a lot of information that needs to be communicated to the clubs and their officers.

This year Gov. Hanna and her board decided to cut the number of District charities to 6 from 10 in the past years. The charities are: Kamp Kiwanis, KPTC, KPLD, Make A Wish, St Jude's Children's Hospital and Eliminate. We have always had the 3 Kiwanis District charities in our group. The governor's

project in hunger and we will be working with The Giving Circle organization to accomplish this.

Our annual District Leadership Conference in March 18-20, 2016, at the Desmond Hotel in Albany. The International Convention will be from July 6-9, 2016, in Atlanta, Georgia. We will be looking for your financial support on both of these conferences. If you get a chance to speak to a Key Clubber that has gone to one or both of these events, they will tell you how much they get out of them.

I look forward to working with all of you this coming year.

## Aktion Club

Debra  
Rothman



I am proud to announce that the New York District has two new Aktion Clubs for the 2014-15 Kiwanis year.

Congratulations to Queens ABLE Aktion Club, chartered by Kelly Chan, past Circle K International trustee and distinguished past governor for the New York District of Circle K, and Veronica

Witherspoon, distinguished past lieutenant governor of the Queens West Division.

The Sullivan County Aktion Club chartered by the Monticello and Woodridge Kiwanis Clubs in the Hudson River West Division, IPLG Gerda Krogslund.

At the district convention in August the winners for the Aktion Club contests were chosen and will go onto Kiwanis International for the International Contests.

The winner for the poster contest was Jeff Yarmel of the Brighton AC; scrapbook contest, the Elmira Aktion Club; speech contest was Matthew Kamper of the East Meadow AC and Single Service

Project, The Brighton AC. Congratulations to all the participants and the winners. Job well done!

In September, Distinguished Past Gov. David Rothman and I walked with the Niagara County Aktion Club in the Lewiston Kiwanis Peach Parade. We had the pleasure of attending the Peach Festival with Gov. Forbes and First Lady Helene Irvine.

Please visit our New York District Aktion Clubs Face book page to view our Aktion Clubs, their chartering, their many service projects and fundraisers.

Please contact me if you have any questions about chartering a club in your area.

## Pediatric Lyme Disease

DPG John  
Gridley



There are many different types of Lyme Disease bacteria, and possibly even other types of bacteria capable of establishing infection in the body that mimic Lyme Disease bacteria.

Each type of bacteria may be susceptible to completely different methods of antibacterial therapy.

Current Lyme Disease tests do not offer 100 percent accurate results. In fact, the accuracy of Lyme Disease tests may be as poor as 50 percent. Therefore, determining exactly what is causing symptoms is part science and part speculation. So, people who think they have Lyme Disease may in fact have some other problem that requires different treatment.

Different people, with different body chemistries and different genetic constitutions, may respond differently to chronic infection.

Biochemical changes in the body as a result of infection most likely vary sig-

nificantly between individuals. Therefore, the appropriate biochemical interventions may also vary.

Concomitant health problems in people suffering from Lyme Disease are most certainly different. For example, some Lyme Disease sufferers are also affected by obesity or diabetes. Others may have mercury poisoning or co-infections.

These variations in accompanying health disorders change the way people respond and react to various treatments.

The people affected by Lyme Disease live in different climates and environments.

Some people live in brand new houses at high elevation. Others live in older houses at lower elevations. Variations in climate and living environment mean very significant differences in nutrients and toxins to which the body is exposed.

There is more oxygen available at lower elevations, and less at higher elevations. Newer homes expose people to different synthetic toxins than older homes. Some homes are infested with toxic mold, while others are not. These environmental variations quite possibly have a profound effect on how Lyme Disease manifests, and consequently, the treatment that works best.

Co-infections, such as Ehrlichia,

Babesia, and Bartonella, can have a tremendous impact on the overall disease picture.

Recent research has shown that up to 90 percent of people infected with *Borrelia burgdorferi* (the causative Lyme Disease bacteria) may also be harboring co-infections, which may have been acquired at the time of the tick bite along with *Borrelia burgdorferi* (ticks are hosts to many types of pathogenic microbes, not just one).

Since the recovery process stagnates if co-infections are not detected and treated, it is critical that every Lyme Disease sufferer address co-infections, please do not miss this important point.

These are only a few examples of variables that can lead to differing responses to Lyme Disease treatment. So the bottom line is that what works for one person does not always work for another.

So if you get bit by a tick, go to the doctor and demand a blood test, safety first is always the best course. Learn from yesterday, live for today, and hope for tomorrow.

Thank you all for taking the time to care and share.