

Key Leader

Mary Jean Sprague



Great News! Key Leader is not only secured for Friday May 3 through Sunday May 5 at beautiful Camp Stella Maris in Livonia, there is also one a week prior on Friday, April 25 through Sunday April 27 at the lovely Huguenot YMCA Camp in Huguenot.

Both facilities offer so much to the experience and I know there are students who are eager to participate. While official online registration does not open until December, an application for signing up students now has been devised by PLTG David Morse of the Hudson River West Division. We already have sign-ups for the Huguenot Camp and are looking for many more.

A little bit about Key Leader. Key Leader is an intense Leadership Training Camp for students between 14 and

18. They may come from the general high school population and in some cases the junior high and they will be a mix of Kiwanis-sponsored Key Club members and students who might become potential club members. On occasion we may see a new Key Club form as a result.

The general cost is \$200 for main stream students, \$175 for Key Club Members, and \$115 for Student Facilitators, who are experienced Key Leader students who facilitate the camp experience.

Key Leader provides both a classroom component and hands-on outdoor workshops which reinforce the classroom teachings. Students learn integral life skills focused on Integrity, Community Building, Pursuit of Excellence, Personal Growth and Respect. It's a great experience, the program really makes you stop and take stock of your values and encourages you to reach beyond and think outside your comfort zone.

We need a minimum of 60 students for each program, with a maximum of 80. Let's set the goal of needing a waiting list! Key Leader also needs fun-lov-

ing adults who like to work with young people and watch them bloom. I have several openings for both camps. We need both men and women to chaperone. The students truly do make an amazing transformation from Friday to Sunday. Please contact me if you are interested.

I'd like to extend a heartfelt thanks to my team, Key Club Lt. Gov. Danielle Richardson, who is my counterpart in Key Club and a Key Leader graduate; Past Lt. Gov. David Morse and Barbara M. Ewanciw of the Huguenot YMCA and Dean Beltrano and Ann Holevinski of Camp Stella Maris for all their inspiration and help!

I would also like to thank retiring Gov. Al Norato, all of his board of lieutenant governors and incoming Gov. Joe Aiello and his board for their strong support of the Key Leader Program.

If you know of a young person in whose life you want to make a difference, please consider making them a Key Leader!

For more information: Visit www.KeyLeader.org website or contact Mary Jean Sprague, askmj@hvc.rr.com.

Pediatric Lyme Disease

DPG John Gridley



A few weeks ago I attended a mini-convention for Builders Club and K-Kids with many parents in attendance. While at the convention one of the K-Kids asked me, "Can I die from Lyme disease"?

When you are asked a question like that by a young person you must be very careful with the answer but must tell the truth. So I said, it is possible, but don't panic. The risk of developing chronic Lyme disease after being bitten by a tick is three percent. On top of that, it takes at least 24 to 48 hours for the tick to transmit the bacteria that causes Lyme disease. However, to be safe, though, you will want to have your par-

ents remove the tick as soon as possible. This is why a daily tick check is a good idea for people who live, work, or play in high-risk areas, and that is why I gave all Builders Club and K-Kids members and parents a Tick Kit to take home.

Then I was asked, if I find a tick what should I do? That I found to be an easier question to answer. I told them to have your parents call your doctor and save the tick after removing it with the tick kit that I gave you so it can be determined if it's the type that can carry Lyme disease.

I also told them to have their parents put the tick in the container that came with the tick kit to preserve it. Have your parents use the tweezers in the tick kit to grasp the tick firmly at its head or mouth, next to the skin. They should pull firmly and steadily on the tick until it lets go of the skin. If part of the tick stays in the skin, don't worry. It will eventually come out - although your parents should call the doctor if they notice any irritation in the area or symp-

toms of Lyme disease. They should swab the bite with alcohol. Then I told the parents one note of caution: Don't use "folk remedies" like petroleum jelly or a lit match to kill and remove a tick. These methods don't get the tick off the skin and might just cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

They were all happy to hear that tick bites don't generally hurt - then I explained to the parents, that's part of the difficulty in knowing whether someone has Lyme disease because pain usually helps to call attention to problems. So be on the lookout for ticks and rashes, and call your doctor if you're at all concerned. Remember, the main thing is to keep the main thing the main thing, and in this case the main thing is our children and education on Lyme disease. As always, if you know of anyone that has Lyme disease and needs assistance paying for treatment and/or medication, just give me or any member of the Pediatric Lyme Foundation a call.

Governor's Project: "Open Your Heart to Autism"

Thank you for your support of this year's Governor's Project, "Open Your Heart to Autism".

There is so much that your club can do to support autism and get the word out. Education is such an important component on this project. Please set aside one meeting to prepare a program on this project. There are so many resources available in your community and throughout the district. You can

start by reaching out to your local school district or BOCES for program ideas as well as any organization that services the needs of individuals with autism.

If you have any photos of your programs and projects please remember to send them to webmaster@kiwanis-ny.org so that they can be shown on the New York District website. Also remember to send in your report form so that

your club can receive a banner patch.

For more information please feel free to contact the governor's project committee members listed on the district web site and check out the materials on the web site. You can make a difference.