

Reed Elected to Circle K International Board



Kristen Reed, 18, of Ogdensburg was elected as an International Representative on the Circle K International Board at the CKI convention in Portland, Oregon, this summer. She is a sophomore at SUNY Potsdam majoring in politics/communications with a minor in pre-law.

Kristen will represent Sub-Region F, including the New York, New England, New Jersey, and Capital districts.

Kristen is vice president of the Student Government Association at SUNY Potsdam. In high school, she was a leader in Key Club, winning distinguished honors as district governor in 2005-06.

Gridley

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Does past infection with Lyme disease make a person immune?

Lyme disease is a bacterial infection. Even if successfully treated, a person may become reinfected if bitten later by another infected tick.

What is the treatment for Lyme disease?

Early treatment of Lyme disease involves antibiotics and almost always results in a full cure. However, the chances of a complete cure decrease if treatment is delayed.

What can I do to prevent Lyme disease?

Deer ticks live in shady moist areas at ground level. They will cling to tall grass, brush and shrubs, usually no more than 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls.

Deer ticks cannot jump or fly, and do not drop onto passing people or animals. They get on humans and animals only by direct contact. Once a tick gets on the skin it generally climbs upward until it reaches a protected area.

In tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work, or otherwise spend time in the outdoors, you can still protect yourself:

- ▢ Wear light-colored clothing with a tight weave to spot ticks easily.
- ▢ Wear enclosed shoes, long pants and a long-sleeved shirt.
- ▢ Tuck pant legs into socks or boots and shirt into pants.
- ▢ Check clothes and any exposed skin frequently for ticks while outdoors and check again once indoors.
- ▢ Consider using insect repellent. Follow label directions.
- ▢ Stay on cleared well-traveled trails. Avoid contacting vegetation.
- ▢ Avoid sitting directly on the ground or on stone walls.
- ▢ Keep long hair tied back, especially when gardening.

NY Everyday Heroes Project Going Strong



The Kiwanis Club of Five Towns, Long Island Southwest Division – presented Everyday Hero Awards to two local waiters at Goldie's Restaurant in Gibson NY. The Everyday Hero Award given by Kiwanis, is to praise our local community for everyday duties. These two men have taken care of the Five Towns Kiwanis Club for years and are well appreciated. Pictured from L-R: Past Governor Al Bevilacqua, Mr "E", Kevin Smith, and President Anthony Campanile. The Everyday Hero Award Program is going to continue during the 2007-08 year with the Dream Catchers.

McVey K-Kids Bring Pride and Service to Community



Pictured above are the members of the NUMC Kiwanis sponsored K-Kids Club from McVey Elementary School along with Members of the NUMC Kiwanis Club.

The Kiwanis Club of Nassau University Medical Center, Long Island South Central Division – This year the dedicated children of the McVey K-Kids club, sponsored by NUMC Kiwanians have completed some worthwhile and very worthy projects during their 10-month program.

The K-Kids club meets bi-weekly and took on the following projects – they made bookmarks and cards for veterans; and they prepared snack bags for the children of a local homeless shelter to take to school with them. The McVey K-Kids made decorations for the patients' rooms on the pediatric floor on NUMC. They also sent Valentines care packages for the Troops in Iraq. They distributed angel pins and sang seasonal songs for the residents of a local nursing home.

Another one of their projects was "Pillow Hugs" for the children of "Double H Hole" in the wall camp for Terminal and Chronically ill children to use in their infirmary. The kids raised over \$1800 in pennies for patients to

be given to the Leukemia Society to support their programs.

They also participated in the Math-a-thon to raise money for St Jukes hospital and they help out on Kiwanis One Day by cleaning up at the Bird Sanctuary in East Meadow.

The McVey K-kids made birthday cards for "Shane" to help him achieve his goal of getting into the Guinness book of world records. They organized and participated in a "Snowing Kindness Program" by purchasing holiday gifts for under privileged children. They collected can goods and supplies to help East Meadow Kiwanis with their yearly Thanksgiving Basket Program.

McVey k-kids also helped sell homemade baked good to raise money for "Share our Strength" an organization whose goal is to end hunger in Long Island communities. These children met each task with enthusiasm and laughter. We are inspired by their passion. Great job, McVey K-kids!



Sponsored Organizations and Programs

Tony Palangi

Editor's Note: The following article by Past Governor Tony Palangi was written and sent to the ESK days before his death. Tony was most diligent about preparing his article for the paper. He called me periodically to let me know it was on its way. I will sorely missed the kind-loving conversations we had about Kiwanis and his outlook on the world.

Rest in peace dear friend, until we meet again. – Maureen Neuringer, ESK Editor

2006-2007 A YEAR OF CHANGE AND INNOVATIONS

The culmination of the Kiwanis year 2006-2007 climaxed at the New York District Kiwanis 90th Annual Convention held on August 16-19, at the Hyatt Regency Hotel, Buffalo, New York. The overall theme of the convention displayed many changes and innovations implemented during the year. One of the Highlights of the convention was the election of District Officers. Congratulations to J. Donald Herring elected Governor 2007-2008 and Doreen Pellitteri Governor-Elect.

The New York District honored our Veterans at the convention. It's a wonderful feeling to know that Kiwanis cares and recognizes the many sacrifices that our Veterans have made so that we can be free and enjoy the American way of life. Today, the men and woman serving in the Armed Forces are bravely fighting terrorism to protect our freedoms. Thank you Governor Joe Corace and Chairman Al Federico for an excellent program.

The Sponsored Organizations were all represented at the convention. K-Kids Clubs, Builders Clubs, Key Clubs, Circle K Clubs, Aktion Clubs and Key Leader Leadership program. They all enjoyed an exceptional year of service and growth, especially participating jointly with Kiwanis in Governor Joe's Project covering six areas of community service: Everyday Hero Award, Sports Project, Health Awareness, 'Family Day, Scouting and the Senior Program. The Key Clubs and Circle K Clubs continued their support of Kamp Kiwanis and raised approximately \$8000 for the benefit of the Kamp; in addition to all the Sponsored Organizations held fund raisers for the benefit of charitable organizations in their communities.

GROWTH OF ACTION CLUBS

2006-2007 Kiwanis year experienced the rapid growth of Aktion Clubs, the most recent addition to our Sponsored Organizations. Three new Aktion Clubs were formed: West Hempstead Court, Oceanside Sailors, and Forest Park. Members of the Aktion Clubs all have some degree of disability. However, their motto speaks for itself - "Development Has No Disability". Congratulations to Aktion Club Chairman Debra Fuchs for her devotion to handicapped people

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