



Pilot Club of Lancaster, Inc.

Mini - Scoop



October 2014

www.pilotcluboflancaster.com

Lisa Palmquist, editor

2014-15 Executive Board

Lisa Palmquist
President

Marge Thomas
President Elect

Amy Koerner
Secretary

Sharlene Woodruff
Treasurer

Valerie Calhoun
Assistant Treasurer/Secretary

Judy Harding
Board of Directors, Chair 2014-2015

Carol Aston
Board of Directors, 2013-2015

Janet Trout
Board of Directors, 2013-2015

Mary Roth
Board of Directors, 2014-2016

Erica Scanlon
Board of Directors, 2014-2016

The Pilot Club of Lancaster, Inc.
PILOT INTERNATIONAL
Northeast-Potomac District



Vendor & Craft Fair



Saturday, November 1, 2014
9:00 am - 2:00 pm

Hempfield Fire Department
19 W. Main Street, Salunga

Donation \$5

Receive 5 tickets to enter in your choice of door prizes,
all valued more than \$20

Get ready for the Holidays

Stella & Dot, Tastefully Simple, Terra Oils, Scentsy,
Sew By Betty, It Works, Avon, Dove Candies,
Pampered Chef, Thirty One, Beckham Bones,
Premier Designs, Jamberry Nails, independent crafters...

Chicken Corn Soup, Baked Goods, and other food and drinks
will be sold by the Pilot Club of Lancaster, Inc.

Donations and profit from food sales
support our community service projects

www.pilotcluboflancaster.com



**Solanco
Food Bank**

37 items collected at
the Sept. meeting

37 items total for
2014-2015

**Lancaster
Meals on
Wheels**



\$ 20.25 collected at the
September meeting

\$ 42.25 total collected for
2014-2015

Division Reports



Anchor - Cathy Cieslinski & Mary Roth, co-coordinators

The Hempfield HS Anchor Club held its first "official" club meeting on Thursday, September 25. More than 100 students will be "on board" this school year. The club's car wash set for September 13 was cancelled due to rain and a light volunteer turnout.

The students have been sharing their time and talents with the following organizations/ events: Homestead Days on Sept. 20, Hands-on-House 5K and Kids' Run on Sept. 27, Healthy Kids Run Series over four Sundays from Sept. 28 through Oct. 19.

The club members are excited for "Long Home" Bingo on October 14 with the Pilots.

The Anchor Board meets on the Tuesday mornings before the club meetings!

Fund Raising - Joan McIntosh, coordinator

Jams, butters, and chutneys were sold at District Workshop marketplace. Members received an email with an order form for additional sales prior to the Vendor Fair. Salted and non-salted cashews are also available in 1/2 and 1 pound bags. See Joan M.

Our famous Chicken Corn Soup order forms were emailed to members on August 24. Orders are due October 18. We will prepare the soup at the Bethany Church on Sat., Oct. 25. Any unsold soup will be sold at the Vendor Fair.

The Vendor Fair is Sat., Nov. 1 at the Hempfield Fire Hall with a \$5 donation to receive five door prize tickets. Door prizes are donated by the vendors and are valued at \$20 or more. Members received an email on August 24 with a poster and small flyers to distribute to friends, family, co-workers. **Please make a personal goal to have 2-3 people attend.** Check your holiday gift list- are there any vendors/crafters that you could support without dealing with the Park City rush?



Leadership - Dora Hillegas, coordinator

The Leadership committee presented the revised Standing Rules to the Club at the September business meeting. The Club will vote at the October 11 Club meeting for approval of the revised Standing Rules.

Media/Public Relations - Cathy Cieslinski & Kelly Palmquist, co-coordinators

A shout out is due for Kelly P. and Marianne for their monthly activities = neat stuff...
THANK YOU!!

Membership - Joan Herr & Eileen Raffensberger, co-coordinators

Share Pilot will be held on Saturday, October 11 at 2:00 pm in the LGH Suburban Outpatient Pavilion (Health Campus) in the third floor conference room. Governor Eileen and Governor Elect Lori will be attending. The program will begin with members and guests interacting with displays about Pilot, Anchors, Brain Minders, Caring for Families, and Project Lifesaver, followed by the Club's Business meeting. Light refreshments will be served.



Projects - Judy Maier & Gail Monteleone, co-coordinators

Please bring your canned goods to the Share Pilot Meeting on Saturday, October 11. If everyone brings just one or two items, the Solanco food bank will be very grateful.

Join us on Thursday, October 16 at the Bethany Church on West End Avenue for an evening of friendship while doing a good thing to help keep children warm this winter - making no-sew blankets. Joan H. will be sending out an email asking for the toiletries to fill the bags for the mothers, please bring your donated items to the Share Pilot meeting.



Brain Minders - Joan McIntosh & Marge Thomas, co-chairs

Look for a committee meeting soon to determine availability of Pilots to offer more presentations.

Caring for Families in Need - Sharon Gantz & Kelly Palmquist, co-chairs

Do you have a caregiver that deserves a Pick Me Up? See Sharon or Kelly for an application.



Project Lifesaver - Cathy Cieslinski, Dora Hillegas, & Gail Monteleone, co-chairs

Please continue to personally pass the word about Project Lifesaver and its "safety net" for folks who tend to wander! Good news! We are processing the paperwork to schedule training for three new associate agencies under West Hempfield Township. Welcome to Manor Township, Millersville Borough, and East Hempfield Township!

Audit Committee Update

The audit committee presented their report and recommendations to the Board at the September Board meeting. The Board recommends the Club approve the final audit report at the October Club meeting.

The Pilot Club of Lancaster will meet at 2:00 pm at the Lancaster General Health's Suburban Health Pavilion for a Club Business meeting on Saturday, October 11. President Lisa Palmquist will be the presiding officer, so please let her know if you are unable to attend the meeting. Thank you!

REMINDER: PortalBuzz is HERE and Buzzing!



Directions to enter PortalBuzz and check your profile.....

1. Enter www.portalbuzz.com in your browser or simply click on the link. There is a 4 minute video explaining PortalBuzz if you want to view it.
2. Click on **sign in**. (If sign in is not visible, it may be hidden under three small white lines at the top right of your screen.)
3. For the first time logging into PortalBuzz, you need to choose **register/set password**. Enter the email address that you have registered with PI.
4. You will be directed to wait for an email, which you will receive quickly. In the email, you will be directed to "**click here**."
5. You will be directed to a screen that instructs you to **type your password** and **submit**. Create your password and make note of it.
6. When you click on submit, you will be directed to a screen to login. You will **type your email and password** and **login**.
7. This will open your profile. In order for you to add or change any of the data, you will need to click on "**edit profile**" first.
8. When you are finished, **logout**. You may want to bookmark this page, since this is the site that you will want to enter PortalBuzz from now on. You will not need to go through these directions again. From now on you will simply enter your email and password.

Please login and edit your profile. After members have edited their profile, Amy and Lisa can create reports and directories for the Club's use.

7 THINGS to KNOW ABOUT GETTING a MAMMOGRAM

A mammogram is an important step in taking care of yourself and your breasts. The American Cancer Society recommends women age 40 and over get a mammogram every year, along with a breast exam by a doctor or nurse. Knowing what to expect may help you get through the process more smoothly. So here's what you need to know before you go.

A mammogram is an x-ray of the breast that's used to find breast changes. It says when first used to examine breast tissue nearly a century ago. Today, the x-ray machines used for mammograms produce lower energy x-rays and expose the breast to much less radiation compared with those of the past.

WHAT IS A MAMMOGRAM?



2

Find a center that specializes in mammograms. The US Food and Drug Administration certifies mammogram facilities that meet high professional standards of quality and safety. Ask to see the FDA certificate if you aren't listed near the receptionist's desk. And when you find a facility you like, talk with it. Having all your mammograms at the same facility will make it easier for doctors to compare images from one year to the next. If you've had mammograms done at other facilities, have those images sent to your new facility.

WHERE TO GET IT

It's best to schedule your mammogram about a week after your menstrual period. Your breasts aren't too swollen or tender, which means less discomfort during the x-ray.

WHEN TO SCHEDULE IT



4

Wear a 2-piece buff because you will need to remove your top and bra. Do not apply deodorant, antiperspirant, powder, lotion, or cream on or around your chest on the day of your mammogram. These products can appear on x-ray images on the x-ray.

WHAT YOU NEED TO WEAR

The x-ray procedure takes about twenty minutes. The breast is compressed between two plastic plates for a few seconds while an x-ray is taken. It is uncomfortable and compressed x-rays to take another view. This is done for the other breast. Following the breast can be uncomfortable, but is needed to provide a clearer view.

WHAT TO EXPECT



6

You should get your results within 60 days. If you don't, you should call to ask about them. If doctors find something suspicious, you'll likely be contacted within a week to take new pictures or get other tests. But that doesn't mean you have cancer. A suspicious finding may be just a benign breast lump or a cyst. Other times, the image just isn't clear and needs to be retaken. If this is your first mammogram, your doctor may want to look at an area more closely simply because there is no previous mammogram for comparison.

GETTING THE RESULTS

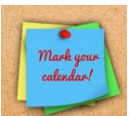
Under the Affordable Care Act, Medicare and almost all private insurance plans now cover yearly mammograms, with no co-pay or other out-of-pocket costs. Medicare also covers mammograms. For uninsured or low-income women, free or low-cost programs are available. Some programs are held during Breast Cancer Awareness Month in October, while others are year-round. Call the American Cancer Society at 1-800-272-3237 to find a program near you.

WHAT YOU PAY



THE OFFICIAL SPONSOR OF BIRTHDAYS!

To learn more about these programs, visit www.aacr.org/birthdays



Date Savers

- Oct. 9 - West Lampeter PLI Battery Change 4-7 pm
- Oct. 11 - **Share Pilot** 2:00 pm
LGH SOP 3rd floor conference room
Set up @ 1:00 pm
- Oct. 14 - "Long Home" Bingo
- Oct. 16 - No-Sew Blankets at Bethany 6-8 pm
- Oct. 18 - Soup Orders due to Lisa
- Oct. 22 - Board Meeting at LGH SOP 5:30 pm
- Oct. 23 - Fashion Show Meeting at LGH SOP at 7:00 pm
- Oct. 25 - Chicken Corn Soup Prep at Bethany 8:00 am
- Nov. 1 - Vendor Fair at Hempfield Fire Dept. set up at 8:00 am; 9:00 - 2:00

Looking Ahead....

- April 17-19, 2015 NEPOT District Conference
Villa Roma, NY
- July 8-12, 2015 PI Conference
WDW Swan and Dolphin, Orlando, FL



And now a word from our Directors...

Our December meeting will be held on Wednesday, December 10 at Loxley's at 500 Centerville Road, Lancaster. We will gather at 5:30 pm with our meal served at 6:00 pm. The meal will include an appetizer, choice of 3 entrees, dessert and coffee/tea for \$35.00. A tentative head count will be needed by the November meeting with a final count by December 5th. It would be appreciated if you pay Sharlene for your meal prior to the meeting.



Service Hours Reported to Pilot international

78. hours reported for September
180.5 hours total for 2014-2015



Celebrations

Birthdays

- October 7 - Carol Aston
- October 12 - Kathy Burkhart
- October 18 - Founder's Day