



Mini - Scoop



August 2014 ! !

www.pilotcluboflanaster.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



Pictured from left; Jean Weglarz, Gail Monteleone, Craig Lehman, Cathy Cieslinski, Jackie Birch, Dennis Stuckey, Scott Martin, Chief Mark Pugliese, I

Pilot Club of Lancaster Receives \$25,000 Grant from County

Lancaster County Commissioners Dennis Stuckey, Scott Martin, and Craig Lehman approved the Lancaster County Office of Aging's \$25,000 grant to expand Project Lifesaver in Lancaster County. The Pilot Club of Lancaster was then awarded the \$25,000 to continue and expand their service with Project Lifesaver. Chief Pugliese will be discussing the expansion with the other chiefs in the County. Congratulations and thank you to all of the Lancaster Pilots!

Pick Me Up Awarded to an Awesome Sister

Sharon G. and Carol B. had the pleasure of delivering a Pick Me Up to a very special young lady. Charlotte is the big sister of Teddy, a special needs child who was also diagnosed with leukemia. Charlotte is always there to lend a hand to Teddy or share a giggle. Charlotte is very interested in flowers and plants after finishing a unit on botany this year. Charlotte's Pick Me Up included a gift certificate for Longwood Gardens and gas to help with the transportation. Although very reserved with Sharon and Carol, Mom reported that Charlotte asked her if it was really for her after the Pilots left. When Mom replied yes, Charlotte jumped around excitedly!



Solanco Food Bank

items collected at
the August meeting

items total for
2014-2015

NEPOT Anchors Travel to Chicago

Kennedy Houck, President of Owen J. Roberts Anchor Club, and Aislynn Lowery, Secretary of Hempfield High School Anchor Club, traveled to Chicago to represent the NEPOT District at the 2014 Pilot International Anchor Leadership Summit. Kennedy and Aislynn participated in leadership and team building activities while meeting Anchors from all over the United States, as well as the Bahamas and Japan. The Anchors shared the history of pretzels, Wilbur chocolate, and the American flag during the Cultural Exchange. They assembled goodie bags of pretzels and Wilbur buds with an American flag keychain for other Anchors to take home. Kennedy and Aislynn also had time to sightsee with their chaperone, Lisa Palmquist, NEPOT Anchor Coordinator. They viewed the skyline from the Navy Pier's ferris wheel during the day and the top of a double-decker bus after sunset, enjoyed the Independence Day fireworks from a boat in Lake Michigan after experiencing changing water levels in a lock system, ate deep dish pizza at Giordano's, stood four feet off the edge of the 103rd floor of the Willis Building, and experienced Chicago's Wacker Drive in a variety of taxis! Both Anchors are excited to take back their experiences and knowledge to their Anchor Clubs. Get ready! I know we will hear great things from our Anchor Clubs this year! Aislynn wishes to thank all of the Lancaster Pilots that made it possible for her to travel!



Lancaster Meals on Wheels



\$\$ collected at the
August meeting

\$\$ total collected for
2014-2015

Division Reports

Anchor - Cathy Cieslinski & Mary Roth, co-coordinators

The 2014-15 Anchor board, club advisors, and Pilot liasion#will hold their summer lunch meeting on Thurs., August 7 to set the stage for the upcoming school year!



2014-15 Anchor Officers and Directors:

President Danielle Zulkosky!	!	Senior Director Nicki Rote
President-elect Lindsey Zulkosky!		Junior Director Taylor Nolan
Secretary Aislynn Lowery!	!	Sophomore Director Andrea Roehm
Treasurer Sarah Wood! !	!	Historians Abigail Brighton, Sarah Shearer, Nick Aksu
Publicist Alexa Bowman		

The Anchors thank the Pilots for their generous support with the spaghetti dinner in April!!!

Datesaver: #The spaghetti dinner will be held at the#Hempfield Fire Hall on Sat, April 11, 2015.



Fund Raising - Joan McIntosh, coordinator

Our first fund raising project will be at the District Workshop in September. District Clubs will be emailed to pre-order cashews and jam. Cashews are available salted or non-salted for \$9.50/pound. Pilots can volunteer in August to make strawberry or peach jam. Details to follow.

Our famous Chicken Corn Soup order forms will be distributed at the September meeting. Mark your calendar for Sat., Oct. 25 to make our yummy soup. Any unsold soup will be sold at the Vendor Fair.

Several Vendor/craft fair flyers were handed out at the picnic to solicit friends and family of Pilots. Pilots will receive an email copy of the flyer prior to the August meeting. A letter be available at the August meeting to solicit additional vendors. Space is limited, so don't delay your registration. 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.

The Fashion Show committee is organized and sub-committees are up and running. Be sure to mark your calendar for March 21, 2015!

Leadership - Dora Hillegas, coordinator

The Leadership committee will be meeting soon to review our Standing Rules and begin the Strategic Plan process. They plan to present the Standing Rules update to the Board in August and the Club in September.

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

Kudos to Kelly P. for developing our Facebook page, Gina for our new, updated and current website, and Dora for the professional business cards! Thank you for sharing your time and talents!!!#

Gina plans to update the website each Sunday. Please contact Gina with new and/or updated information!

Pilots, "share out" our new website (Pilotcluboflancaster.com) and Facebook page with your family, friends, and colleagues...spread the Pilot good news!

We are an incorporated club...please use ", **Inc.**" after our name: Pilot Club of Lancaster, **Inc.**



Membership - Joan Herr, coordinator

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. This meeting will replace our regularly scheduled October 8 Club meeting so that Governor Eileen and Governor Elect Lori can attend as part of their official visit. Please begin to jot down names of guests you would like to *Share Pilot* with at our exciting program. Guests can be family, friends, co-workers, church family; possibilities are endless. Joan and Lisa started chatting with a woman at JoAnn Fabrics that will be invited! The Membership committee will send the invitation if you provide contact information before Aug 31, but you may want to consider making a personal contact with our new "Be Our Guest" packet.

Projects - Judy Maier & Gail Monteleone, co-coordinators

Six Pilots went to Aaron's Acres Summer Camp on July 22 and 29 to make crafts with the campers. Darlene, the chair of the project, coordinated eight projects for the campers from a clay saucer turtle to a seashell picture frame. The campers really enjoyed themselves and were excited to take their treasures home.

Fifty foster children serviced by Lancaster County's Children and Youth Agency will be starting the school year off right with a new backpacks filled with needed supplies. Amy K., Erica, and Marianne organized the project and thanks to Marianne's granddaughter who volunteered to assemble the backpacks. A future Pilot in the making! Also, a big thank you to Valerie for getting our backpack donation from her employer again.

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

Do you have an idea for a Brain Minders presentation? Camp, Brownies, Girl Scouts, Cub or Boy Scouts, church group or Sunday School, anywhere.... See Joan or Marge; we have a committee of Pilots wanting to present our program!

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

The new chief of police for WLPD has been named and should be announced in August. We are anxious for the new chief to start so we can move forward with the addition of the Southern Regional Police Dept. as a PLI Associate Member. Updated PLI brochures are going to print.

Many Pilots will showcase our club and spotlight PLI and BrainMinders during the National Night Out (NNO) events across the county. Pilots will be in Columbia, Northwest Region, West Lampeter and Mountville! Go Pilots!!!

The Pilot Club of Lancaster will meet at 5:30 pm at the Elk's Club on N. Duke Street for a Club Business meeting on Wednesday, August 13. President Elect Marge Thomas will be the presiding officer, so please let her know if you are unable to attend the meeting or if you are bringing a guest. Thank you!

Yummy Berries Cut Heart Attack Risk by a Third

Eating three or more servings of blueberries and strawberries a week may help women reduce their risk of a heart attack, according to the research from the University of East Anglia, in collaboration with the Harvard School of Public Health. The berries contain high levels of powerful flavonoids called anthocyanins, which may help dilate arteries, counter build up of plaque and provide other cardiovascular benefits. Publishes in *Circulation: Journal of the American Heart Association*, the study involved 93,600 women ages 25 to 42 that completed questionnaires about their diet every four years for over 16 years. Those that ate the most berries had a 32 percent reduction in heart attack risk compared with those that ate them once a month or less, even if they ate a diet rich in other fruits and vegetables.

"This is the first study to look at the impact of diet in younger and middle-aged women," remarks the study's lead author, Aedin Cassidy, Ph.D., head of the University's nutrition department. "Even at an early age, eating more of these fruits may reduce risk of a heart attack later in life."

reproduced from Natural Awakenings, June 2014



501(c)(3) Status



Pilot International Officers announced at the 2014 PI Convention in Chicago that they were notified on June 14, 2014 that the Clubs failed the compliance audit and no longer have their 501(c)(3) status. They reported that 40 clubs have not filed their 990 for more than 3 years, so they are no longer considered non-profit. Audits of 2011-2012 standing rules, minutes, and newsletters were completed from Clubs chosen randomly. It was reported that there was too much reference to networking and socializing and not enough to charitable and educational. Since the approval was a group approval, all of the clubs return to 501(c)(4) status. PI is researching the best way to handle the filing process. There may be some clubs that will choose to apply independently, while others may want to file as a group with PI. Stay tuned for updates....

Directors' Message

Thanks for all the goodies brought to the picnic and while no Pilot cookbook is planned, if recipes are sent to me, I will make copies for club members. We had fun doing the mind games - remember exercising your brain is important at all ages. Hint from BrainMinders Adult - give your head a massage ever morning to wake it up. Start at the crown of your head and work down using your fingertips.



What a lovely surprise to be recognized for 40 years as a member of the Pilot Club of Lancaster! My heartfelt thanks for the engraved Things Remembered touch clock which I can really use. As they say, "time flies" and it surely has. But while I

reflect upon past memories, I also look forward to many more years of Pilot friendship and service.

-Jean



Service Hours Reported to Pilot international

7 hours reported for July

7 hours total for 2014-2015

Celebrations

Birthdays

August 1 - Gina Monteleone

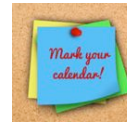
August 12 - Amy Gaston

August 20 - Dawn Boltz

August 20 - Dora Hillegas

Happy 40th Pilot Anniversary

Jean Weglarz



Date Savers

August 13 -! Club Business Meeting at 5:30 pm
! ! Elk's Club on N. Duke Street
! ! Program:
August 19 - ! NEPOT District Workshop
! ! Hotel Registration Deadline
August 27 -! Executive Board Meeting at 5:30 pm
! ! LGH SOP 3rd floor Cafe
September 6 -! NEPOT District Workshop
! ! Registration Deadline

July 8-12, 2015 PI Conference
! WDW Swan and Dolphin, Orlando, FL
! (\$149/night+tax)

July 6- 9, 2016 PI Conference
! LeCentre Sheraton, Montreal, Ontario
! (\$162/night+tax)



In the Pilot Spotlight....

Dora Hillegas

Dora joined the Pilot Club of Lancaster in November 2012 after helping Gail prepare for the Project Lifesaver kick-off. Dora's Pilot passion? Definitely Project Lifesaver. She has been instrumental in the success of Project Lifesaver in Lancaster!

Dora was born and raised in Quakertown, PA with her two younger brothers and two younger sisters. Dora's father and uncle married sisters- Dora's mother and aunt, so there were always kids to play with. They loved to play baseball, ride bikes, anything outside. Dora graduated from Quakertown High School and Bloomsburg College with her BS and MS in Business Ed. She played basketball in high school and college and softball in high school.

She retired from the Solanco School District after 35 1/2 years of teaching at Swift and Smith Middle Schools. She helped thousands of students transition from ribbons on manual typewriters to software on computers! During Dora's days at Solanco, she coached girls' basketball for five years and girls' tennis for two years at school, while coaching one of the first girls' community softball teams.

Dora joined the H&R Block Tax team in 1976 as a part-time job when she left coaching and has been an office manager in addition to a tax consultant. She has travelled all over the world as a People to People Student Ambassador teacher leader with middle school and high school students.

In addition to spending time with her adopted Palmquist family, Dora enjoys visiting her mom, brother, sisters, four nephews, niece, five grand-nieces and two grand-nephews in Quakertown. She also enjoys doing jigsaw puzzles and Soduko, going to Phillies and Barnstormers games, celebrating July 4 and Christmas, and eating Italian food.

Thank you, Dora, for your dedication to Pilot!