



Mini - Scoop



September 2014

www.pilotcluboflanaster.com

Lisa Palmquist, editor

2014-15 Executive Board

Lisa Palmquist
President

Marge Thomas
President Elect

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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

PortalBuzz is HERE and Buzzing!



Pilot International's database, *PortalBuzz*, is up and running! This web-based program will allow us to manage our membership records, event registration, and dues invoices. The software was originally designed by Scott Smith, a member of the Kiwanis Club, for the Kiwanis Club. Scott has been working with PI to adapt the program to meet the needs of PI and our clubs.

What does this mean to YOU? Well, all members need to login to the database and review their profiles. Some information has been imported, so members need to check for accuracy and complete any missing information. Members will have access to their profile and can update most fields independently. If there is a field that is inaccurate and members cannot update that field, simply email Amy Koerner to change the data. Amy, as our Secretary, is our club's administrator and Lisa, as our President, will be the back-up for Amy.

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 before the Club meeting in case you have questions. After members have edited their profile, Amy and Lisa can create reports and directories for the Club's use.



Solanco Food Bank

0 items collected at the August meeting

0 items total for 2014-2015

Lancaster Meals on Wheels



\$ 22 collected at the August meeting

\$ 22 total collected for 2014-2015



Safe Kids Lancaster County

Safe Kids Worldwide develops initiatives to prevent accidental injury or death in children based on data collected by local hospitals. Pilot International has partnered with Safe Kids Worldwide to support safety education.

Injuries, unintentional and intentional, are predictable, preventable and controllable. LG Health has headed the *Safe Kids Lancaster County Coalition* for more than five years. The coalition focuses its educational activities and events on child passenger safety, farm safety and home safety. This includes regularly scheduled car seat safety checks and Farm Safety Day camps reaching the rural community.

Sue Lackman, Safe Kids Coordinator, will be our guest speaker at the September meeting.

Division Reports



Anchor - Cathy Cieslinski & Mary Roth, co-coordinators

The Hempfield High School Anchor Club's initial meeting will be held on Thursday, September 11 at 7:00 am and 3:00 pm. The Club will hold its first fund raiser, a car wash, at the Centerville Middle School on September 13 from 9:00 am to 1:00 pm. A clean shiny car is a happy car!

Fund Raising - Joan McIntosh, coordinator

Pilots enjoyed making 107 pints of jams, butters, and chutneys for marketplace at District Workshop! Salted and non-salted cashews will also be available in 1/2 and 1 pound bags.

Our famous Chicken Corn Soup order forms were emailed to members on August 24. Orders will be due October 18. A sign up for help needed to make the soup at the Bethany Church on Sat., Oct. 25 will be circulated at the September Club meeting. 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? A sign up will be circulated at the September Club meeting for donations of baked goods/food and help with setup, kitchen, tickets, greeters.



Leadership - Dora Hillegas, coordinator

The Leadership committee presented the revised Standing Rules to the Executive Board at their August 27 meeting. The Board is recommending the Club approve the Standing Rules with the changes that were made by the Board and committee members at the Board meeting. The Leadership committee will present the revised Standing Rules at the September Club meeting and a vote will be taken at the October 11 Club meeting.

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

Committee members collected quotes from several local printers and when the quotes were reviewed White Oak Printing had the most competitive bid. Carol A. will continue to be the liaison between the printer and the Club. Please address any of our printing needs to Carol A.

Don't forget to bring your recipe card for Kelly P. and Marianne's activity. If you are absent, please email your recipe to Kelly P. or Marianne.

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. Please bring the names, addresses, and emails of guests you would like to invite to Share Pilot to the Sept. Club meeting.

Margaret (Peggy) Breneman will be initiated into the Club at our September Club meeting. Kelly Fulton is Peggy's sponsor. We are very happy to have Peggy join us!

We will be voting on our Pilot Sweetheart at the September Club meeting.



Projects - Judy Maier & Gail Monteleone, co-coordinators

West Lampeter's Fair will be held on September 24-26. A sign up will be circulated at the September meeting for volunteers to greet at our stand.

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

School has started and so will Marge! She will soon be contacting schools and pre-schools to offer BrainMinders programs. 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. We have one Pick Me Up ready to deliver. More details later...

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

Many Pilots showcased our Club during the National Night Out (NNO) events across the county. Pilots were in Columbia, Northwest Region, West Lampeter and Mountville. There is a committee meeting on Wed., September 3 at 5:30 pm in the LGH SOP 3rd floor cafe.

Audit Committee Update

The audit committee will present its report and recommendations to the Board at the September Board meeting and the Club at the October Club meeting.

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, September 10. President Lisa Palmquist 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!



Vaccinations....they're not just for kids anymore!

Despite eating a healthy diet and exercising frequently, our immune systems weaken as we age. Certain medical conditions and medications that we are predisposed to as we age also weaken our immune system. As flu season nears, signs offering flu shots and even pneumonia shots pop up everywhere. Here is some information about some vaccinations you may want to discuss with your physician as fall draws near.



Flu...

Flu vaccines are recommended every year for seniors over 60 and many under 60. Flu can be debilitating or even fatal for some. The earlier in the season (fall-winter) you can get your vaccination, the better. It may take up to two weeks for the vaccine to be fully effective.

Pneumonia...

Pneumonia vaccines are very important for seniors with weakened immune systems. Although the vaccine only protects against particular varieties of pneumonia, it can prevent pneumonia that often results after a respiratory flu. The CDC (Center of Disease Control) recommends 1 vaccine after the age of 65 which provides lifetime immunity.

Shingles...

Shingles is a skin condition that can be extremely painful for months or even years and in extreme cases affect vision and hearing. If you had the chicken pox, the virus is in your body and presents itself as shingles in some adults. The CDC recommends one vaccination after the age of 60.

Whooping Cough...

Whooping cough, or pertussis, starts with cold-like symptoms and progresses to a dry cough that can last for months, causing broken ribs and pneumonia in some cases. A booster is recommended after the age of 65, especially for seniors frequently around children.

As always, your physician can guide you for your individual health needs, but making an educated choice that is right for you can help you live longer, healthier, independently, and happier as you age.



LGH Suburban Outpatient Pavilion Opportunity

The Executive Board and several members visited the third floor conference room where we have been invited to hold our Club meetings. The room provides adequate space, a podium, and technology (projector/screen). The restrooms are directly across from the conference room. After much discussion, the Board decided to have the Club vote on the following options:

- remain at the Elk's Club at 5:30 with a meal
- move to the Pavilion and meet at 5:30 with a professionally catered meal (caterer to be determined at a later date)
- move to the Pavilion and meet at 6:30 without a meal

Due to the large number of members not able to attend the Sept. Club meeting, the Board has allowed members that have notified President Lisa that they will be absent at the Club meeting may email or mail their vote to her prior to the Club meeting.

Hempfield High School Anchor Club Car Wash



Saturday, September 13
 Centerville Middle School
 (Centerville Road north of Marietta Avenue)
9:00 am - 1:00 pm

Pilot Sweetheart

Congratulations to our Pilot Sweetheart nominees:

Joan Herr

Gail Monteleone

Sharlene Woodruff



Ballots will be distributed at the September Club meeting. Due to the large number of members not able to attend the Sept. Club meeting, the Board has allowed members that have notified President Lisa that they will be absent at the Club meeting may email or mail their vote to her prior to the Club meeting.



Service Hours Reported to Pilot international

95.5 hours reported for August
 102.5 hours total for 2014-2015

Celebrations

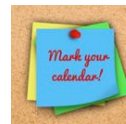
Birthdays

August 28 - Kelly Fulton

September 2 - Amy Koerner

September 26 - Judy Harding

September 27 - Mignon Bowman



Date Savers

- Sept. 6 - NEPOT District Workshop
Registration Deadline
- Sept. 10 - Club Business Meeting at 5:30 pm
Elk's Club on N. Duke Street
Program: Leadership-Standing Rules & Sue Lackman, *Safe Kids Lancaster*
- Sept. 18 - Fashion Show Committee Meeting
LGH SOP 3rd floor cafe at 7:00 pm
- Sept. 20 - NEPOT District Workshop
Inn at Pocono Manor
- Oct. 2 - Executive Board Meeting at 5:30 pm
LGH SOP 3rd floor Cafe
- Oct. 11 - *Share Pilot* 2:00 pm
LGH SOP 3rd floor conference room

Looking Ahead....

- April 17-19, 2015 NEPOT District Conference
Villa Roma, NY
- July 8-12, 2015 PI Conference
WDW Swan and Dolphin, Orlando, FL
(\$149/night+tax)



In the Pilot Spotlight....

Marge Thomas

Margaret Thomas, known to us as Marge, was born in Pottsville, Pennsylvania with her twin sister, Martha! She also grew up with her older brother, Ken, in Pottsville. Her mother died when she and Martha were only 13 years old. Since their father worked long hours as a bookkeeper for the coal mines in Ashland, the children were responsible for much of the day to day operation of the family's chores when not in school. Marge graduated from Pottsville High School. She married and had three daughters. When her husband died, Marge headed off to nursing school at Reading Community College where she earned her Associates Degree. While working, she continued her education at Millersville University part-time, earning her BSN after 7 years. Marge retired from nursing two years ago after spending 25 of her 29 years in dialysis.

Marge was the primary caregiver for her brother, Ken, until he passed away recently. She and her twin sister continue to be close and she has four granddaughters in addition to her three daughters to keep her busy! In 1983, she met her beau, Ken, through Ken's sister-in-law who was attending nursing school with Marge. Marge loves horses and has travelled to Kentucky to be part of the Kentucky Derby in person! She loves to be outside, take walks, read, visit the library, and enjoys eating out.

Marge joined Pilot in 2000 and has been an active member in our projects and fund raisers, as well as our District and International Conventions. What happens in Louisville, stays in Louisville!!

Thank you, Marge, for your dedication to Pilot!