

# Cortland Breakfast Rotary

"The Friendliest Club in the District!"

March 8, 2023



## Elizabeth Balfour

Central New York  
Lyme and Tick-Borne  
Disease Alliance

**Ticks don't fall, they don't fly, they quest!**

Elizabeth shared information on ticks in our area; lone star, dog or wood tick, and the most common—the black legged deer tick. Ticks will typically sit and wait for a warm-blooded creature, which they grab onto—they quest!

The tick is small, which Elizabeth explained is roughly the size of the point of a pencil

Elizabeth recommended the use of Permethrin to treat our clothing, but NOT on our skin or pets, and that we take hot showers with washcloth, when we come in the house. Tick checks are tedious but important!

Elizabeth gave us green bags that have supplies to prevent ticks, and a tick prevention checklist (which is much better than the Editor of this Newsletter can write).

**The emphasis is on prevention.**

Thank you for being our Speaker today, Elizabeth, and for helping us to better enjoy the outdoors!

**WHERE TO CHECK FOR TICKS**

- Hairline
- Inside/Behind Ears
- Back of Neck
- Armpits
- Inside Belly Button
- Around Waistline
- Groin
- Legs
- Behind Knees
- Between Toes

**TICK PREVENTION CHECKLIST**

- ▶ Check you and your pets for ticks
- ▶ Remember to use tick repellents
- ▶ Remove and submit ticks for testing
- ▶ Mow regularly and avoid tall grass
- ▶ Wear light-colored clothing and tall socks
- ▶ Call your doctor if bitten by a tick

Open your camera, aim and tap to donate to help us continue our efforts to make sure all CNYers are safe while enjoying our beautiful outdoor spaces.



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#### Professional Biography

Current position; Education Coordinator, Central New York Lyme & Tick-borne Disease Alliance.

Folks in our community notice the uptick (sorry-can't help myself) in Tick-borne Diseases (TBD's) and want to learn more. I bring information to our community members on TBD prevention methods, resources and support, plus free tick testing in NYS. Most importantly, my goal is to initiate conversation, exchange ideas and information, and get everyone talking about ticks.

President.  
Front Desk.  
Thought for the Day.  
Visitors and Guest.

R a f f l e

Something You Don't Know About Me.

expounded about her dad, Casimir Konieczka, how he grew up speaking Polish, and played basketball at St. Bonaventure University.

**Conrad Janke.**  
**Karen Dewitt, Peter Williams.**  
**Mike Catalano.**  
**Elizabeth Balfour.**  
**Jackie Burke.**  
**Kathie O'Mara**

**Attendance: 22 +4 Zoom**



Announcements

We had a Board meeting yesterday (March 7), and discussed some special events.

One will be September 24, a concert at the Center for the Arts by **Steve Jones**, for an organization of our choice. **Mike Shafer, Don Richards, Jackie Burke,** and **Conrad Janke** are on the committee, and can use another.

In November **Matt Banazek** is working with **Cindy Stoker** and the **Living History Center** for a presentation about the sinking of the Edmund Fitzgerald.

**Bob Martin, Jackie Burke, and Conrad Janke** attended the Rotary learning Institute last Saturday, and encourage all members to attend in the future.

**Bob Martin** informed us that Lime Hollow is having its Maple Syrup Pancake Breakfast on March 25. All are invited.

**Jeremy Boylan** suggested that we work to recycle better at our meetings, and even bring our own coffee cups and forks to meetings.

**Jeremy** also handed out sign up sheets for Spring Clean Up.



**Bob Martin** finally had delivery of his new truck, and thanked **Dianne Higgins** for the \$100 donation to Lime Hollow (p. 4).

**Joanne Sautter** is happy to make a meeting!

**Jackie Burke** appreciated **Dianne's** donation to Lime Hollow, and for the **Rotary Learning Institute**.

**Valerie Kaiser** also thanked **Dianne**, and had a pleasant drive to Poughkeepsie.

**Peter Williams** is moving to Syracuse in June and will be missing the people in this Club.

**Karen Dewitt** is happy that her daughter is out of the hospital, and thanked the members of the Club for their good will wishes.

**Jeremy Boylan** lauded **Sponge Bob the Musical**, and for **Sam Sorenson** letting his challenged neighbor to pin him.

**Glenn Reisweber** not only is happy to be watching his 6 and 2 year old grandsons, but needs a nap!

**Conrad Janke** donated a dollar for our Speaker, **Elizabeth Balfour**.

Dianne Higgins pulled the Queen of Hearts for the Raffle at the February 22 meeting, and had the honor of donating \$100 to an organization of her choice. Dianne is shown presenting the “Big Check” for \$100 to her fellow Lime Hollow Board members, Bob Martin and Valerie Kaiser.

