



The Downtowner

<http://rotaryclintoncountypa.org/downtownLH/>

Rotary Club of Downtown LH
Meets Tuesdays, 5:15 PM at
KcNet (Keystone Community
Network) 18 East Main Street
Lock Haven PA
District 7370 Club 61484

Editor, Diane Whitaker



November 2 Meeting
KcNet 5:15pm



It was a pleasure to invite Major Johnson who spoke about The Salvation Army located on East Church Street in Lock Haven.

Club Announcements

1. **November is Rotary Foundation Month**
2. **November 9 - KcNet 5:15pm** Club Assembly CLASSROOM across the hall
3. **November 16 - Rotary Roundup with Mill Hall at Madison Restaurant McElhattan PA**
4. **November 23 - No evening meeting -** meeting with the Lock Haven Club at noon, Reservations to Jerri by Nov 9 meeting

October 26, 2010 Dr. Marek Kurowski meeting notes by Jeanne Baker

Pain management for effective quality of life for sufferers of chronic pain was the primary topic of **Dr. Marek Kurowski**. He approaches pain relief using several methods: intervention with injections, oblation, joint and nerve blocks; non-narcotic medications based on the patient's pain perception and medical history; and multi-disciplinary methods such as cognitive behavioral therapy, biofeedback therapy, and pain coping mechanisms. He differentiated between chronic pain and age-related pain (generally between age 50 to 55 and older).

Dr. Kurowski works with the patient's primary doctor, as well as the patient's specialists, to determine a specific course of action to alleviate pain. His office is on the second floor of the Lock Haven Hospital.



Jerri's Jottings

Rotarian Anniversary:

Past President Suzanne Foust was initiated into the Downtown LH Rotary on Nov 27, 2007.

Sue was, however, a member of the Mill Hall Sunrise some years before joining DTLH. We're glad to have you back in Rotary!



Joint Thanksgiving meeting of LH, DT LH, and Mill Hall Sunrise Rotary Clubs is November 23 Cost is \$10 per person. **Deadline for reservations** to Brent May is Friday, November 12. Contact: bmay@lhup.edu

CLUB ACTIVITIES: REMINDERS:

Military donations for Downtown LH Inc. should be brought on Nov 16 to our meeting at the Madison Restaurant

Happy Thanksgiving to everyone - I hope you spend quality time with family and friends during the holiday.

Operation Warm-up was a great success - we collected a lot of warm and useful items. Working together with the Mill Hall club was a great idea - we were able to donate more items than if we had done it with just our club - though we are a very generous club. Some of our members looked like Santa when they left - they had bulging sacks on their backs filled with warm clothing. Thanks to everyone who donated items - they were greatly appreciated.

It was fun looking at the varied items we donated to the Salvation Army. Again, thank you for your generosity. Once again we immersed ourselves into our community in two ways: first with the donation of food (and a variety of stuffed fuzzy critters - one of whom entertained us by singing the alphabet song) to the Salvation Army and also by buying meals from the Woolrich Township Boy Scout Troop 66 - thanks to Bonnie for telling about this meal.

November and December are going to be whirlwind months filled with Rotary events. This Saturday and Sunday (November 6 and 7) we will be selling the Veterans Hometown Heroes shirts at the Elks Club on Saturday and in front of KCnet on Sunday (wear warm clothing, but Sue did promise if it was too cold, we could set up inside).

Then at our Roundup with Mill Hall we will be collecting items for the military that is being sponsored by Downtown Lock Haven and the Woolrich Military Support Team. And last but certainly not least is our Holiday party on December 14; we will be wrapping our presents for the family(s) we adopted for this year.

Suddenly, we'll have two weeks off to catch our breath and relax, and then we will be right back into the swing of things in January 2011. Wow, it is interesting just typing up our events. We are so fortunate to have such great members in our Rotary club - we are active, interesting and exciting people.

After our meeting on October 26 some of us went to the Ross Library for the performance of "Women of Ross Library." The free public program highlighted the lives of five women in the 100-year history of Ross Library. Joann Marcinkevage played Annie Halenbake Ross, who began Lock Haven's free library. Rebecca F. Gross, board member known for

receiving federal funds to rebuild after the 1972 flood and chartering the Renovo library, was played by **Wendy Stiver**. Staff member Nancy Antram portrayed Mary Elizabeth Crocker, poet and librarian during the 1936 flood. Her daughter, Susan Hannegan, portrayed Edythe Hoy Bossert, board member who helped open Friendship Community Library at Beech Creek. Library Director, **Diane Whitaker**, appeared as herself. The program was interesting, informative and it was interesting to see two of our members in roles other than their Rotary role.

Smile and enjoy whatever you do – see you at our Rotary meetings.

In Rotary Friendship,
Jerri

District Events

www.rotary7370.org

**Deadline for Foundation
Dinner reservations is
Thursday, November 11 --
that's 11/11!!!**

**Thursday, November 18
Rotary Foundation Dinner**
at La Primavera on Route
45 just outside of
Lewisburg. 6:30pm – 9 pm.

Tickets are \$25 per
person. Checks can be
made payable to "Rotary
District 7370" and sent
to: Michael Nailor 651
Fifth Street
Northumberland, PA 17857

Bottom Line: (Courtesy of Jeanne Baker)

What are Interact Clubs?

Answer: These are Rotary-sponsored service clubs for young people from ages 12 to 18. Even though the sponsoring Rotary Club provides support and guidance, the Interact Clubs are self-governing and self-supporting (www.rotary.org)

Next Weeks Question: How many Interact Clubs are there?

Answer: In next week's The Downtowner.

Have news to be printed?

E-mail : missmarple19@yahoo.com

Club members donate food and toys to
Salvation Army.

