



Hickory Notes

The official newsletter of Lion's Camp Hickory

January 2010

Located on the Seneca River in Baldwinsville, Lion's Camp Hickory offers two one-week summer day camps for kids aged 6 -12 with type 1 diabetes.

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The goal of Camp Hickory is to teach children diabetes self-management. Children learn how to balance food, activity and stress to achieve acceptable blood glucose levels. In this camp setting, children play games to better understand their diabetes. Children can then apply these concepts to real life situations. This is important since children must manage diabetes for the rest of their lives. Each year, the feedback we receive from parents and care providers is that Camp Hickory provides a superior program thanks to all who contribute to providing this wonderful resource!

For 2010, children can attend camp for one week, either July 12-16 or July 19-23. For more information please visit us on the web www.lionscamp Hickory.com

2010 brings a few changes to Lion's Camp Hickory that will nearly be invisible to the parents. Prominent among this changes is the appointment of Mrs. Kathy Honsinger, RN as the camp director. Mrs. Honsinger is a nurse with the Baldwinsville Central School district which gives her an unique perspective of a large group of children all in one place. This year will also bring some program changes as we strive to consistently keep camp fresh. But, old favorites will be maintained such as water day

and theme days. New activities and special programs are being planned that are sure to keep the campers engaged.

According to a recent study by the University of Chicago, diabetes rates will double over the next 25 years. In the past, when the rising rate of diabetes was quoted in various publications, it focused on type 2 diabetes. Newer research studies have focused on the prevalence of type 1 diabetes and the rate at which the incidence of type 1 is growing. There are a few key factors being identified by the researchers including weight gain in children, lack of vitamin D (the sunshine vitamin), environmental toxins and exposure to much fewer germs.

Although early cautions from physicians indicated that heavier people were more likely to develop diabetes, it was recently observed that diabetes is five times more common now than it was during WW2. However, it was also observed that the population in general is not five times heavier.

We are fortunate in the United States that there are so many dedicated researchers working to find the cure. Hopefully, in our lifetime, places like LCH will no longer be needed because the cure was found and made affordable to all that need it.



President's Corner



Lion's Camp Hickory (LCH) has a capacity of 40 campers each year – 20 campers each week for 2 weeks. Each year, many “verteran” campers return but there is also an influx of new campers each year. Typically, new campers quickly become part of the

family that is Lion's Camp Hickory and make many discoveries as well as learn from other campers and staff that have diabetes.

An annual observation is that we notice that first time campers seem hesitant to get involved in strenuous activity and prefer to work at the craft area rather than go outside where there might be kick ball game, four square game, capture the flag or any of the many outdoor activities. We find that in some cases, some of these children, especially newly diagnosed children, are treated like China dolls – considered by family to be fragile. Our experience however is the complete opposite. It usually takes us a day to draw out even the shyest camper, but it's not long before they chase headlong into those outdoor activities. This is actually a part of our program. Physical exertion is increased with each day at camp helping the camper to learn how to trend their insulin and nutrition needs against physical activity. In other words, we stress that diabetes does not mean a restrictive lifestyle.

Indeed, many parents are surprised to learn of the days activities on the way home when many campers seem to have a hard time containing themselves. WE firmly believe that a kid with diabetes is still a kid.

Also quite important during the camp day is the opportunity for the campers to meet other campers in their age range and see first hand the varying levels of self care of both campers and counseling staff that also have diabetes. For many campers, the level of self care and confidence evolves during their week at camp and each year, we award several “Sharp Shooter” certificates for campers that start self

injecting.

With all of this in mind, the Lion's Camp Hickory committee is excited about the approaching camping sessions in July. They've been planning it since last August and will continue planning right up until June.

We are continuing our relationship with the Syracuse University College of Human Ecology. Senior and graduate students in the Nutrition and Dietetics program will once again join us as counselors. These students all have brothers and sisters too and we find that they identify well with the campers. They are under the full time supervision of their professor, Dr. Lynn Brann who is also a key member of the LCH committee. We are proud of our staff and our connection with the Syracuse University College of Human Ecology.

Jack Osinski is president of Lion's Camp Hickory and has been a member of the Baldwinsville Lions Club for more than 20 years.

LCH and The United Way

Although Camp Hickory does not receive any direct funding from the United Way, since we are a not for profit organization, referred to as a 501(c)(3), you can designate your United Way pledge to Lion's Camp Hickory.

Our mailing address is PO Box 108, Baldwinsville, NY 13027. Our employer ID number is #20-0613284. We currently receive a few pledges from committee members as well as other community members. We will receive approximately 90% of your pledge over the course of the pledge year while the United Way retains approximately 10% for administrative overhead. If you choose to support Lion's Camp Hickory through the United Way, please accept our thanks for making the commitment.

Join us for the Baldwinsville Lions Club's 4th Annual Spring Fling!

The Spring Fling, which includes a lunch, raffles, and a Silent Auction is being held at Barbagallos Restaurant in East Syracuse on Saturday, May 1st, 2010.

The doors open at 10AM. lunch will be served at about noon. Drawings start at 1:00PM. During the event, you can purchase tickets for the Chinese Auction and drop them in the coffee cans attached to the items you want to win. We usually have between 150 and 200 Chinese Auction items. You can bid on Silent Auction items as well – there are always a few surprises at the silent auction table such as handmade cherry tables. You can purchase 50-50 raffle tickets where the winner keeps half of the money collected for the 50-50 raffle. In the past, the split has reached in excess of \$700.

Tickets are \$19 which covers the cost of the lunch and a starter card of 25 prize tickets, distributed the day of the event. For tickets, order by mail with payment in full with the order form below or contact any member of the Baldwinsville Lions Club.

Proceeds from this event support service projects of the Baldwinsville Lions Club such as a major initiative, Lion's Camp Hickory. The club also raises money to help provide eyeglasses and eye exams for the needy, hearing professional services for the needy and an annual scholarship for a Baker High School student with a handicapping condition.

We support Guiding Eyes for the Blind (nonprofit guide dog school), The Christmas Bureau, Meals on Wheels, The Leader Dog School in Michigan, Lions Camp Badger (special education summer school in Spencer, NY), The Finger Lakes Region Lions Hearing Foundation, The Baldwinsville Library, Project See (test children for 'lazy eye'), Lions Community Park Improvement, The Baldwinsville Volunteer Center and International efforts including building clinics in Africa and Asia to fight river blindness and contributions to relief efforts including natural disasters like tsunamis and Hurricane Katrina.

Please send _____ tickets at \$19.00. Total enclosed \$ _____

Make checks payable to "Baldwinsville Lions Club"

Name _____ Phone () _____

Mailing Address _____

_____ zip _____

Mail this ticket order form with payment in full to : Jack Osinski
120 Cook Drive
Baldwinsville, NY 13027

Ticket orders must be received no later than April 1, 2010

Into the Frying Pan...

We haven't visited with Chris Smith, the Diabetic Chef in several months so the time is right for this recipe for a classic comfort food.

Cream of Potato Soup

Ingredients:

- 1/2 tbsp olive oil
- 1/2 medium onion, diced
- 1 stalk celery, diced
- 1 quart chicken stock
- 1 lb potatoes, peeled and quartered
- 1/2sp marjoram
- 1/2sp thyme
- 1 cup low fat milk (1%)
- 1/2 tsp salt
- 1/4 tsp white pepper
- 4 tbsp fresh parsley, minced

Preparation:

Heat the olive oil in a large pot over medium heat. Add the onion and celery and cook about 5 minutes, or until the vegetables are tender. Add the chicken stock, potatoes, marjoram and thyme. Bring to a simmer and cover to cook for 25 – 30 minutes, or until the potatoes are tender.

Place the mixture in a food processor and blend until smooth. Whisk in the milk until the mixture is thin enough. Add the salt and pepper and mix well. Serve with 1 tbsp of parsley otop of each bowl.

www.lionscamphickory.com

6 Servings with serving size being about 1 cup

Calories	121
Calories from fat	27
Total fat	3 g
Saturated fat	1 g
Cholesterol	6 mg
Sodium	296 mg
Carbohydrates	19 g
Dietary fiber	2 g
Sugars	4 g
Protein	5 g

Exchanges

- 1 starch
- 1/2 fat

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