

Flack Receives 2009 Gleaner "Russell Buck Award"

Rebecca Ott
S. Fairfield Arbor Reporter

South Fairfield Arbor members and guests enjoyed a fun and fabulous Oct. weekend at Mackinac Island's Grand Hotel celebrating Gleaner Life Ins. Society's 54th biennial convention; the society's 115th Anniversary. One of our local Gleaner members, George Flack of Metamora, Ohio was recognized with the "Russell Buck Award." This prestigious award was begun in 2004 in memory of Gleaner board member Russell Buck and is presented to one recipient a year. It honors those with outstanding fraternal dedication and service to others. George is a retired Gleaner agent. He has served in all the Fraternal Supreme Offices including: Conductor Guard '63-'65, Supreme Guard '65-'67, Supreme Vice Chief '67-'69, and Supreme Chief '69-'71. Past recipients of the Russell Buck Award include Joy Collins 2008, Michael Stuart 2007, John Mohr 2006, Kenneth Leonhard 2005, and Gale Davis 2004. Congratulations George!

SAVE THIS DATE! Sunday April 18, 2010 our community will come together for a celebration of Roger T. Durbin, a Berkey citizen who spearheaded the WWII D.C. Memorial. There will be a special dedication of an Ohio Historical Marker in MR. Durbin's honor. The event will be held at the Evergreen Elementary School on Co. Rd. 6 Metamora, Ohio. April 18 holds special significance as it would have been Roger's 90th Birthday. Join us in commemorating this once in a life time historic dedication, an educational event to bring the whole family to experience what Roger Durbin exemplified; "One person can make a difference." He not only did so on a local level but nationally and world wide as many tourist from all countries will visit the WWII Monument for many generations to come. This Ohio Historical Marker is one of 14 that will be dedicated in 2010. The Gleaner South Fairfield Arbor, Metamora Historical Society, local Veterans groups, as well as a grant from the Ohio Historical Society all contributed to the Ohio Historic Marker's cost and they will be a part of the April 18 dedication ceremony. Evergreen students will be involved in numerous aspects to pay tribute to Roger through art work, singing, poems, & patriotic band tunes. EVERY-

ONE is invited to come!

Our Arbor's "Celebrate Individuali-TEA Benefit" on Oct. 24 was a "BREW-TEAFUL" success raising \$758.50 for the Evergreen Community Room. These funds were presented to Evergreen Library Director, Jane Dominique at the S. Fairfield Arbor meeting. Our lucky 50/50 winner was Carolyn Smith of Sylvania, Oh. Winners of our "Favorite Hat Contest" were as follows; 1st place Pat Lewandowski, 2nd place tie Penny Hashman and Claudia Tracy, 3rd place tie Marie Garlick and Rebecca Ott. Gleaner S. F. Arbor would like to THANK all who attended, as well as the many who donated raffle items—you are the ones who help make our teas successful and we greatly appreciate your support.

The S. Fairfield Arbor angled \$100 to N.W. Ohio Hospice and Fayette Opera House in Nov. We presented S. Fairfield Arbor's "2009 Samaritan Beneficiary" donation of \$750 to Karen Donahue's Trot For a Track.

Just a reminder our Gleaner Arbor is collecting non perishable foods and paper products for holiday giving. A collection box has been placed at the Evergreen Com. Library for your convince and will remain there until Dec. 16, we THANK-YOU kindly in advance for your generous support.

Other upcoming South Fairfield Arbor activities include: a business meeting on WED. Dec. 2 and Jan. 6 at 4:30pm in the Evergreen Com. Room. Our annual "Winter Solstice" is scheduled to be Thurs. Dec. 3 with a pot luck dinner; doors at the Evergreen Com. Room will open at 5:30pm with dinner at 6pm. We will present numerous Samaritan Awards to our local beneficiaries. Join us for fellowship, fun, good food, and door prizes.

A warm, peaceful Christmas with best wishes for bright a Happy New Year!

Golf Umbrellas for Christmas

A Viking umbrella would make a great gift for the Viking Fan in your family. Majorettes are selling golf umbrellas for \$25. Umbrellas are green with a gold Viking mascot and lettering. They are great for golf, baseball, football, softball and track seasons. If you would like to purchase an umbrella, please contact an Evergreen Majorette, the Evergreen Music Dept. or Colleen Pinkelman at 825-9165.

Zero Holiday Weight Gain Challenge

This is the time of year where parties, feasts, and gifts all focus around food. For many of us, we have worked hard all year to live a healthier lifestyle, lose some weight, and keep it off. Were all of our healthy habits in vain? Be Healthy Now: Fulton County is here to help you maintain your weight and continue your healthy habits during this holiday season. Commit to participating in our FREE Zero Holiday Weight Gain Challenge. By visiting <http://behealthynowfultoncounty.osu.edu> you can download a log sheet and by sending Cheryl Barber Spires an email spires.53@cfaes.osu.edu with the subject line, "ZERO WEIGHT" you can receive weekly tips and encouragement to maintain your weight during this eating season. Anyone who lives, works, and/or worships in Fulton County, Ohio, is welcome to participate. All information will be collected using the honor system. Weigh yourself weekly at home, the OSU Extension office or your local Fulton County, Ohio library beginning the week of November 23. Keep track of your weight loss, maintenance, or gain each week. After seven weeks, return your log sheet (no later than January 12, 2010) via email to spires.53@cfaes.osu.edu, by US mail, or by FAX and you will be eligible for a random drawing of prizes. Check out our website for all of the details. Be Healthy Now: Fulton County is dedicated to helping all of Fulton County live a healthy lifestyle.

Evergreen FFA Announcements!!

Evergreen FFA is holding a Christmas Cheer dive for families need. Students at Evergreen will be working hard the next few weeks to raise as much boxed and canned goods as possible. We will also be excepting personal items such as: toilet paper, toothpaste, deodorant ect. However we would also like some support form our community. We ask that anyone who is able to make even the slightest donation toward this food dive do so at the Evergreen Ag. Shop behind the school, on Co. Rd. 6 between Co. Rd. S and U.S. 20. We would GREATLY appreciate your donation of any sort.

STROKE AWARENESS

By Jennifer Conrad, Wellness Coordinator

Source: www.strokeassociation.org

Stroke is the third leading cause of death in the United States. It is also a leading cause of serious long-term disability. While most strokes occur in people aged 65 years and older, strokes can occur at any age. Learn the signs and symptoms and how you can lower your risk for stroke.

A stroke, or cerebrovascular accident, occurs when the blood supply to the brain is cut off (an ischemic stroke) or when a blood vessel leading to or within the brain bursts (hemorrhagic stroke). Without oxygen, brain cells begin to die. Death or permanent disability can result.

With timely treatment, the risk of death and disability from a stroke can be lowered. It is very important to know the symptoms of a stroke and act right away.

Remember a stroke strikes fast and you should too. Call 9-1-1 immediately. New treatments are available that can reduce the damage caused by a stroke for some victims. But these treatments need to be given soon after the symptoms start.

Knowing the symptoms of a stroke, calling 9-1-1 right away, and getting to a hospital are crucial to the most beneficial outcomes after having a stroke. The best treatment is to try to prevent a stroke by taking steps to lower your risk for stroke.

The National Institute of Neurological Disorders and Stroke notes 5 major signs of a stroke:

1. Sudden numbness or weakness of the face, arms, or legs.
2. Sudden confusion or trouble speaking or understanding others.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, or loss of balance or coordination.
5. Sudden severe headache with no known cause.

All of the major symptoms of stroke appear suddenly, and often there is more than one symptom at the same time. Remember, if you think someone is having a stroke, you should call 9-1-1 or emergency medical services immediately!

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