

CURRENTS

Upper Susquehanna Synod News and Information

April 8, 2010

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ATTACHMENTS:

- Camp Mount Luther April Camel Tracks
- LPG Newsletter

CURRENTS is the e-newsletter of the Upper Susquehanna Synod. Please share this information with others! Edit, copy, and use this information in bulletins, newsletters, sermons, billboards, press releases, evangelism efforts, and/or spoken announcements where helpful. If you have information to include in future editions, please send an email to <news@uss-elca.org> with your name, congregation name, town, and the information.

The next edition of Currents is planned for May 5, 2010, with a publication deadline of May 1, 2010.

NEWS IN THIS ISSUE

A Reminder about Liberian Birthday Cards

The signed cards that each congregation is doing for the Lutheran Church in Liberia's birthday should be sent into the synod office by April 14.

Think Globally, Act Synodically!

Do you have a passion for the church's mission to other countries? Does your congregation have an active ministry partner in another land? Have you been profoundly affected by your experience traveling or living in another country? Come and share your ideas, energy, and passion with the synod's Global Mission Committee, meeting next on Tuesday, May 11, at the synod office in Lewisburg. Join us for dinner at 6:00 p.m. (provided), with discussion to follow about ways to reinvigorate the Upper Susquehanna Synod's congregations in our ministry with global partners. Interested? Please contact Pastor Beth Ann L. Stone (bethann@uss-elca.org) to reserve your place at the table!

Stewardship Resources

Interested in stewardship? If so, Beth Yenko, the synod's director for evangelical mission and outreach, recommends checking out the resources on the ELCA website. Go to <http://www.elca.org/Growing-In-Faith/Discipleship/Stewardship.aspx>. There, you will find stewardship stories, sermon starters, and a weekly on-line newsletter.

April News from Mount Luther

Camp Mount Luther's monthly "Camel Tracks" newsletter is attached for use in church bulletins and newsletters. Highlights this month from our synod camp include the following:

- Early Registration Deadline is April 15. If campers register and pay their portion by then, they receive a discount.
- Open House is April 25 from 2-4 p.m. Come see our site and learn more about our programs! First time campers get a coupon for a discount off registration if they attend.
- Bishop's Open Golf Tournament at Susquehanna Valley Country is May 10, 2010, starting at 11:30 a.m. Register by April 16- both teams and sponsors.
- This summer, follow the camp on Twitter. We'll post pictures and tell you what is going on during the week. www.twitter.com/mtluther.

Wireless Microphone Alert

The Federal Communications Commission (FCC) has issued a new ruling that wireless microphones using the 700MHz band will be banned beginning on June 12, 2010. The reason behind the new ruling, according to the FCC, is that wireless microphones at these frequencies now interfere with the communications of public safety organizations. Congregations will want to check which frequency their wireless microphones are using. This ruling does not apply to microphones that use cords and are plugged into microphone jacks. For more information on this ruling follow these links: <http://www.fcc.gov/cgb/wirelessmicrophones> or <http://www.fcc.gov/cgb/wirelessmicrophones/manufacturers.html>

Organist Needed

Holy Spirit Lutheran Church, on Route 44 between Turbotville and McEwensville, has an opening for a skilled and committed organist for our 9:15 a.m. Sunday worship and rehearsals with the choir on Wednesday evenings. The successful candidate will need to be able to start in August. Anyone interested in this position can contact Patty Hines, Choir Director, at 437-4329 for more details.

New IRS Website Helps Congregations

From the ELCA General Counsel: What is that joke where the answer is, "I'm from the government and I am here to help." Well, the IRS actually has a new website that may be of help to your congregation. The government website, "Stay Exempt" will help non-profits comply with federal tax rules easier, so the organizations can continue to focus on mission. The website is located at <http://www.stayexempt.org/default.aspx>

Lutheran World Relief Needs Your Help!

The January 12 earthquake in Haiti has impacted millions. LWR continues to respond to needs in Haiti and all over the world through the ministry of quilts and kits. As needs continue to increase, they rely on the faithful generosity of U. S. Lutherans to respond. Because the Upper Susquehanna Synod is within driving distance of one of the LWR warehouses, they are asking for special help from our synod. Health kits and quilts are the items of greatest need during the initial response. School kits will be needed down the road during longer-term recovery efforts. Specific assembly guidelines can be found at www.lwr.org/beinvolved. If you'd like to make kits, you must schedule a drop off at the Lutheran World Relief Warehouse at 601 Main Street, New Windsor, Maryland. Call Shari Norris, Office Assistant, ahead of time at 410-635-8795. **THE SYNOD OFFICE IS NOT COLLECTING KITS- LWR IS REQUESTING YOU BRING THEM TO THEIR WAREHOUSE IN MARYLAND IF YOU WANT TO PARTICIPATE.**

Thrivent Campaign Reaches Facebook Goal

What do you get when you combine the popularity of Facebook with 10,000 Facebook users who want to make a difference? \$10,000 to support Lutheran World Relief! In a first-of-its-kind effort for Thrivent Financial, 10,000 people made a difference with just one click as part of the Fan it Forward campaign. Thrivent Financial for Lutherans launched the charitable outreach campaign February 15 on Facebook allowing fans an easy way to help others worldwide. For every new fan of the Thrivent Financial Facebook page, Thrivent Financial pledged to contribute \$1 to Lutheran World Relief (LWR), up to \$10,000. The goal of Fan it Forward was to not only generate \$10,000 for LWR but also raise awareness for the humanitarian outreach programs the organization has in 35 countries around the world. During the campaign, a Fan it ForwardSM tab on the Thrivent Financial Facebook page highlighted the campaign details and gave fans quick tools to share information about Fan it Forward with their friends and family through Facebook, Twitter and email. Today, the tab features a thank you message to everyone who supported the effort.

Leave a Legacy for Ministry and Mission

Remember: If you have no Will or Trust, state laws will determine who will inherit your property at your death. State laws do not include your church or any other charity as a beneficiary. To learn more about how you can make charitable gifts to your church or other charities from your estate, call Pr. Greg Kramer at the Lutheran Planned Giving Office at 570-374-2044 or call the ELCA Foundation, 800/638-3522, ext. 2970 or visit our website at <http://www.elca.org/fo>

Singers Needed for Assembly Choir

On behalf of the Bishop's Committee on Worship, which is planning worship for Synod Assembly on June 18-19, you are invited to sing as part of the Synod Assembly Choir that will provide musical leadership for the Eucharist on Friday, June 18, at 10:00 a.m. and Saturday, June 19, at 10:00 a.m. at Susquehanna University. In addition to leading the liturgy and hymns, the choir will prepare special music for the service. Interesting instrumentation is being planned. Adult and high school singers who would like to sing in the Assembly Choir should have some choral experience in church and/or school. Being able to read music is helpful but not required. Bring a friend. If you cannot attend both services, please feel encouraged to sing at one. Two rehearsals are scheduled for Sunday afternoons, May 23 and June 6, from 2:00 - 3:30 p.m. in the chapel of Zion Lutheran Church in Sunbury. A "warm-up" rehearsal will take place in some as yet to be designated place at Susquehanna University at 9:00 a.m. prior to each service. If you plan to sing in the choir, please contact David Reier at dreier@ptd.net by May 21. Indicate your name, address, day and night phone numbers, e-mail address, voice parts, and if you are available on June 18, 19, or both. If you have questions, please do not hesitate to call David Reier at 570-286-1664 during the day or evening.

Children's Choir Invitation

Children who are completing Kindergarten through Fifth Grade, whether or not your congregation has a formal children's choir, are invited to join with others in participating in the 10:00 a.m. Worship Service at Synod Assembly on Saturday, June 19. The children will have two pieces to learn and sing: "Come, O Holy Spirit, Come", #681 in *With One Voice* (sung during the prelude) and "This is the Feast" from ELW Setting 4/LBW Setting 2, the first line. They will

process with streamers (provided) representing the Holy Spirit. When they finish singing, they will sit with their parents or chaperones for the rest of the worship. Please respond by May 1 to Annette Frontz, director, with the names and ages of those participating, as well as a contact person and their contact information. Information will be sent to you regarding rehearsal earlier that morning. Each group should learn the music on their own in advance. Contact Annette at frontzfamily@verizon.net or 570-323-9861 for more information.

Pages Needed for Synod Assembly

Calling all youth (who have completed at least sixth grade), college students, and seminarians! The 2010 USS Synod Assembly is looking for pages. You'll be needed on Friday and Saturday, June 18-19, from 7:45 a.m. until the end of the day. Responsibilities include handing out papers, bulletins, and other materials as well as serving as ushers for worship and counting votes when asked. Meals will be provided for the pages. All pages receive a free T-shirt! If you have interested youth, please send their names to Pastor Jill V. Seagle at pastorjills@windstream.net.

UPCOMING EVENTS

Spring Learning Opportunities at Gettysburg Seminary

Learn with the Lutheran Theological Seminary at Gettysburg! Join students and faculty for this learning opportunity on campus that is free and open to the public:

Tuesday and Wednesday, April 20-21, 2010: *With Ears to Hear*. This program will help participants tune their ears for deeper conversation with neighbors of different faiths and vocation. For more information, visit <http://www.ltsg.edu/events/springconvo.htm>

Lutheran Day at the Capitol 2010: April 14, 2010

Lutheran Day at the Capitol gives you the opportunity to gather in Harrisburg with Lutherans from all across the Commonwealth to raise a Voice for Justice. Don't miss this day full of speakers, workshops, and networking that will equip you for a face-to-face visit with your legislators or their staff. Join lay leaders, pastors, social ministry organization leaders, students, and bishops as we work together on behalf of Pennsylvania's most vulnerable citizens. Sponsored by Lutheran Advocacy Ministry in Pennsylvania (LAMPa), this year's event features the Keynote Speaker Dr. Christopher P. Borick, Professor of Political Science, Muhlenberg College & Director of the Muhlenberg Institute of Public Opinion. More details and online-registration may be found at the LAMPa website: <http://www.lamp.org>

"Gathering in the East" Youth Leaders' Conference: April 16-18, 2010

Attention Youth Ministers! It's here. The time has finally come. It's the annual youth retreat, the spaghetti dinner fundraiser, the parent's Bible study, Youth Sunday, the budget meeting, the tough conversation with the youth advisor, the weekly Youth Group meeting, the late-night phone call from a young person in trouble. It's time for the ministry you've been called and gifted to do, and you're going to need the right tools. You grab your Bible, notebook, first aid kit, playground balls, and guitar, and it's time to go. We know you work hard to minister to the young people and the families in your midst, and that you need to be equipped for that work. That is what the Gathering in the East Youth Leaders Conference is all about. Get connected. Be equipped. Find encouragement. Registration starts at just \$150.00 and hotel rooms start at \$75.00. For details on speakers, musicians, and workshop topics and to get a registration discount go to <http://www.gatheringintheeast.org> or contact Robin Kunkel at (570) 374-8444.

USSWO Day of Learning: April 24, 2010

The Upper Susquehanna Synodical Women's Organization Day of Learning will be held on Saturday, April 24, 2010, at St. Luke's Lutheran Church, 1400 Market Street, Williamsport. Registration begins at 9:30 a.m. The theme is God's Work Our Hands in Service, focusing on community service. Bible Study Leader is Pastor Ron Shellhamer who will speak on John 13:3-16. Workshop presentations include the Shepherd of the Street and Salvation Army, both of Williamsport.

Lutheran Marriage Encounter: April 30-May 2, 2010

Attention Married Couples: Many couples have learned that taking time to “tune-up” their marriages pays huge dividends. Lutheran Marriage Encounter Weekends are designed to strengthen and revitalize ALL MARRIAGES. There currently is still room at the April 30-May 2 Weekend at The Riverside Inn, a charming, historical Victorian Inn located in Cambridge Springs, PA, (20 miles south of Erie). All costs for 2 nights lodging, 5 meals for each of you, and all supplies are covered by a \$45.00 per couple registration fee plus a confidential contribution of whatever amount you choose that you are given the opportunity to make at the end of the weekend. If the April date does not work for you, please consider the October 22-24 Weekend at the Radisson in Sharon, PA, (an hour north of Pittsburgh.) For further information or to register online, go to: <http://www.GodLovesMarriage.org>, or contact Fred & Julie Schamber, Western PA Directors, at email: fjschamber@comcast.net or 724-325-3166 with questions or to receive a brochure with registration form.

Commonwealth Interfaith Service: Prayers for Justice and Peace: May 3, 2010

The Pennsylvania Council of Churches is encouraging congregations include this paragraph concerning the “Commonwealth Interfaith Service: Prayers for Justice and Peace” event on May 3 in a bulletin or newsletter:

The Interfaith Alliance of Pennsylvania, joined by numerous others, is sponsoring the Commonwealth Interfaith Service: Prayers for Justice and Peace on May 3, 2010, at 5:30 p.m. Pine Street Presbyterian Church (310 N. 3rd Street, Harrisburg) is hosting this service in observance of the National Day of Prayer on May 6. Please join your friends and neighbors to celebrate the rich diversity of faith traditions in Pennsylvania and raise a collective voice for a more just and peaceful world. Music by the vocal trio Three Twelve will begin at around 5:00 p.m., with the service commencing at 5:30 p.m. It will be followed by a reception hosted by Pine Street Presbyterian Church. For more information, contact Rev. Sandra Strauss at (717) 545-4761 or at s.strauss@pachurches.org, or visit <http://pachurchesadvocacy.org/weblog/?p=2675>.

Building Men for Christ Workshop: May 7-8, 2010

Lutheran Men in Mission is sponsoring a region-wide workshop “Building Men for Christ.” The organization hopes to get at least three men, including a male pastor, from each church to attend. The event will be held on May 7-8, 2010, at Trinity Lutheran Church, Camp Hill. Checks should be made out to Lutheran Men in Mission and sent to Fred Bohls along with the registration forms. The registration fee is based on multiple men coming from one church. If five or more men come from one church the cost is an additional \$50 per man. Registration includes all books, materials, Friday dinner, and Saturday lunch. Special rates have also been secured from a local hotel for those who need overnight accommodations. For more information, contact Fred Bohls at (717) 732-5050 or fcfp@ix.netcom.com. A registration form is available on the synod’s website.

2010 Synod Evangelism Events

The Lay Ministry Institute invites rostered leaders and members of congregations to participate in one or more of these Evangelism events from 9:00 a.m.-noon at the Washingtonville Lutheran Church, Washingtonville, on the following Saturdays. Cost is \$30 per participant. Register by contacting the Rev. Melody Sell at <mailto:msell@chilitech.net>. Checks should be made out to the “Upper Susquehanna Synod, ELCA” with Lay Ministry Institute noted in the memo.

May 8, 2010 - The Rev. Larry Clark, Atlanta, Georgia: Larry has served a number of congregations in Chicago and Georgia; he has more recently been Executive Director of the Lutheran Theological Center in Atlanta. Larry has been called one of those “singing pastors” and is excited about spreading the Gospel.

June 12, 2010 - The Rev. Fred Landsberg, Omaha, Nebraska: Fred has been with us in the past and his dynamic presentation challenged those present to be more daring in reaching out in our evangelism efforts. He also shares a wealth of interesting program suggestions to involve and equip lay members for ministry in daily life.

September 11, 2010 - The Rev. Anthony and Kimberly Chatman, Columbus, Ohio: formerly employed by the NFL, Anthony’s call to the ministry has brought him to serve congregations in Oklahoma and Ohio. Pastor Anthony has served in the Southwestern Synod working with Mission Developers and the Division for Outreach.

October 9, 2010 - The Rev. Chi-Shih Chen, Chicago, IL: born on Taiwan; president of a corporation; Vice President of American Express; parish pastor at 50+; Pastor Chen brings a broad variety of experience to bear on the evangelistic effort. He has served as an advisor to the ELCA Church Council and is President of the Association of Asian and Pacific Islanders.

Grant Writing Workshop: May 26, 2010

A grant writing training, "Grant Writing for Beginners," will be offered by Dory Campbell, Coordinator of the Evangelical Lutheran Coalition for Mission in Appalachia, on Wednesday, May 26, beginning at 6:00 p.m. at Pine Street Lutheran Church in Danville. This will be a three-hour session, and is again open to any interested people. There is no cost for this training, but advance reservations are requested. For more information or to register for the session in Danville, contact the church office at 570-275-2110. Office hours are 9:00 a.m.- 1:00 p.m. Monday thru Thursday. The e-mail address is pinestch@ptd.net.

Called: Future Pastors and Church Leaders Camp '10: May 28-30, 2010

Calling all young people who are completing 7th, 8th, or 9th grades! From May 28-30, 2010, the synod's youth and candidacy committees will again sponsor "Called: Future Pastors & Church Leaders Camp '10", this year for confirmation-aged kids in grades 7-9. We will begin Friday at 7:00 p.m. at Camp Mount Luther near Mifflinburg, and finish at 1:30 p.m. on Sunday at Buffalo Valley Lutheran Village in Lewisburg. This will be an interactive, exciting weekend retreat for youth who show potential for church leadership. Many pastors can point to confirmation-age experiences as the "seed" that was planted for their calling to ministry. Congregations are asked to encourage young people personally whom they may identify with potential gifts for ministry. The event will include visits with area congregations, ministries, and pastors, service projects, and more. Cost: \$20 per person. See attached registration form. A more detailed schedule will follow soon.

The Morally Divided Body: Ethical Disagreement and the Disunity of the Church: June 14-16, 2010

This is an ecumenical conference for clergy and laity sponsored by the Center for Catholic and Evangelical Theology. It will be held Monday evening, June 14, through Wednesday noon, June 16, 2010, at Loyola University, Baltimore, MD. While doctrinal issues have often in the past been the most ecumenically neuralgic topics, increasingly today ethical issues - abortion and homosexuality most prominently - have become a focus of difference between the churches and of potentially splintering debate within churches. These issues are more laden with emotion than many traditional doctrinal disputes, but ecumenical discussions have yet to address them in detail. We have little sense of just when and how ethical disputes rightly impact communion within and among the churches. When can we live together with difference over such matters and when does unity in Christ require common teaching? These questions will be addressed from a variety of perspectives. Accommodations will be available on the Loyola Campus. Conference cost (including banquet): \$210; reduced price for early registrations, retired clergy (\$175), and students (\$95). For more information, contact Michael Root at 803-735-1178 or mroot1@sc.rr.com. Online registration at <http://www.acteva.com/go/ccet>. More information and mail-in registration at <http://www.e-ccet.org>.

Seminary Sampler for High School Youth: June and July 2010

Trinity Lutheran Seminary in Columbus, OH invites high school youth who have completed sophomore, junior, or senior year to come to the seminary for three weeks in June or July to explore vocations, think theologically, participate in service projects, shadow mentors, and make friends with Jesus-loving youth from around the country. If you or someone you know would be interested in this unique experience, check out the <http://www.summersampler.com> website and watch a short video about the program. You'll be glad you did! For more information, contact Pastor Ruth Fortis, Director at rfortis@trinitylutheranseminary.edu

USSWO 23rd Annual Convention: July 24, 2010

The Upper Susquehanna Synodical Women's Organization Annual Convention will be held on Saturday, July 24, 2010, at the Evergreen Center at Camp Mount Luther, 355 Mt. Luther Lane, Mifflinburg. Registration is from 7:30-8:30 a.m. The theme is "Renew and Rejoice," focusing on the following scripture passages: Romans 5:1-5; 12:1-2 and Philippians 4:4-7. Bible Study Leader is Pastor Erin Bovendam and the presiding minister for Holy Communion will be Pastor Miriam Nicholson. Workshop presentations include yoga. Registration deadline is June 21, 2010. Nominations are needed for three board positions and three delegates to the 8th Triennial Convention on July 12-14, 2011, in Spokane, Washington.

Camp Evergreen: July 30-August 1, 2010

Diakon's Deb Best reports: Mark your calendars for Camp Evergreen, a Children's Bereavement Program, July 30-August 1, 2010. This special camp for children and teens that have experienced a death of a loved one is free of charge for all participants. The camp is an opportunity for youth ages 8-16 years to learn they are not alone in their feelings of

confusion, loss and grief. A staff of professional and trained volunteers fosters an atmosphere of fun and friendship. Registration deadline is July 9. There is a new site for Camp Evergreen 2010: the grounds of Valley Youth House-Camp Fowler, Orefield, PA. The site includes a therapeutic adventure course, heated pool, and beautiful wooded setting. The 43-acre facility sits on the banks of the Jordan Creek, northwest of Allentown. Call 1-877-438-5311 for more information or registration materials.

MONTHLY FEATURES

(W)holy, (W)holy, (W)holy: Health, Healing and Wholeness Article for May 2010

“Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go.” (John 21:18)

Jesus is telling Peter what to expect in the future, that he too will face the kind of fate that Jesus did. Peter, the impetuous disciple, needed to accept the sobering reality of what it meant to be a follower of Christ. Whenever I read it, this verse also speaks to me of the sacrifices that we sometimes have to make as we grow older.

No one wants to find him or herself in the situation in which they are dependent upon others for their daily activities. That is why it is so difficult to make the decision of whether or not we should give up driving. Please understand that getting older does not automatically turn one into a bad driver; however, sometimes physical limitations can make it more challenging. Stiffening in joints may make it more difficult to turn your head side-to-side to watch for on-coming traffic, to accelerate, and to brake. They can also make it uncomfortable for our hands to grip the steering wheel. Reflexes are slower, and vision problems such as glaucoma, macular degeneration, or cataracts make it more difficult to respond to the glare of on-coming headlights, street lights, or bright sunlight, and sometimes limit our peripheral vision.

We can compensate for some of these age-related conditions by carefully planning ahead: driving during the daytime; keeping to familiar streets; taking routes that avoid risky traffic spots, such as left turns and on-off ramps; not driving when we are stressed or tired; leaving at least two car lengths between our vehicle and the one in front of us; and keeping our headlights on at all times. Regardless of age, we should all wear a safety belt and stay off the cell phone when behind the wheel! Consider taking a driving refresher course (contact AAA or AARP) - in fact, by doing so, you may receive a discount on your car insurance (depending on your carrier and policy).

But when should we hand over our keys? AARP (www.aarp.org/families/driver_safety) proposes the following warning signs as indicators that we should either limit, or stop driving either temporarily or permanently (one or more):

- Feeling uncomfortable and nervous or fearful while driving.
- Dents and scrapes on the car or on fences, mailboxes, garage doors, curbs, etc.
- Difficulty staying in the lane of traffic.
- Getting lost - particularly in familiar areas.
- Trouble paying attention to signals, road signs, cones and barrels, and pavement markings.
- Slower response to unexpected situations (animals crossing, road construction, people walking/running)
- Medical conditions or medications that may affect safe driving (ex. untreated sleep apnea, diabetes, stroke)
- Difficulty judging gaps in traffic at intersections and on-off ramps
- Drivers frequently honking at you
- Friends or relatives no longer willing to ride with you
- Difficulty seeing the sides of the road when looking ahead (peripheral vision)
- Easily distracted; hard time concentrating
- Hard time looking over shoulders while backing up or changing lanes
- Frequent traffic tickets or “warnings”; driving through red lights
- Friends/loved ones expressing concern about our driving
- Frequent “near misses/close calls”

None of us wants to feel that we must surrender our freedom to be an active participant in society; however, we also need to be realistic regarding our safety, and the safety of others when we get behind the wheel. We can still be productive and enjoy a full life without driving. It takes some planning, and some sacrifice on our part. Don't wait;

begin to explore other options now. You may be surprised. The money spent on maintaining a car, may go a long way toward paying someone to drive for us!

Spring Blessings!

Debbie Best, Program Coordinator Family Life Services, Diakon Lutheran Social Ministries

Nurse's Notes - Bulletin Blurbs for May 2010

May 3

Wait before you kiss that frog here's something you ought to know! The CDC says critter contact causes about 74,000 cases each year of salmonella infection. Animals to remember are birds, chicks, reptiles like turtles and snakes, and especially amphibians, such as frogs. Young children may put the animal to their mouths, or not wash their hands properly after touching it. People even clean the aquarium in the kitchen, contaminating areas where they prepare food. (<http://www.hhs.gov/news/healthbeat/2010>)

May 10

When you take a calcium supplement, it's the amount of elemental calcium that's key. For example, Tums Ultra 1000 contains 1000 mg. of calcium carbonate per tablet, but only 40% of calcium carbonate is elemental calcium. This means that one Tums Ultra 1000 tablet has 400 mg. of the essential mineral [calcium]. If you have questions regarding the right dose for you, speak to your doctor. Also, it is best to spread out your daily dose of calcium so you don't take more than 600 mg. of elemental calcium at one time; the body absorbs larger amounts less efficiently. (<http://www.johnshopkinshealthalerts.com>, March 10, 2010)

May 17

Do you require less than 6 hours of shut-eye a night? If so, you are a rarity. A just-discovered genetic mutation does enable some people to get by on 20-25% less sleep than average, but researchers estimate that fewer than 1% of people have the trait. Two likely signs you're among them: You wake up regularly without an alarm clock, and at the same time every day, says Emory University sleep expert, David Schulman, MD "But most of us need 7 to 8 hours to function well and stay healthy." (Prevention, April 2010, pg. 17)

May 24

Lawn Mower Safety from <http://www.aap.org/family/tiplawnn.htm>

- Try to use a mower with a control that stops the mower from moving forward if the handle is let go
- Children younger than 16 should not be allowed to use ride-on mowers. Children under 12 years should not use walk-behind mowers
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking them up before mowing begins. Have anyone who uses the mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.
- Do not allow children to ride as passengers on ride-on mowers.

May 31

Salt for athlete's foot? A saline [salt] solution provides a hostile environment for fungus, decreases excess perspiration, and softens skin so antifungal meds can penetrate deeper. Soak your foot for 10-15 minutes in a mixture of 2 teaspoons of salt per pint of warm water, recommends podiatric surgeon Suzanne M Levine, DPM (Prevention, April 2010, pg. 49)

Safety Tips for Ministries from Brotherhood Mutual Insurance Company for April 2010

Let's Go Outside!

Warmer days are here and that means it's time to take those kids outside and let them play. Is your playground ready for the increased activity? After sitting unused for most of the winter, be sure to take a close look at your equipment before you set those kids loose. Brotherhood Mutual Insurance Company offers a free playground safety checklist that

can help your ministry take a good look at your playground equipment and make sure it's ready to give the children you serve hours of safe fun.

Your playground should be:

- Designed and installed by professionals
- Separated from roadways with a fence, wall, or other barrier
- Supervised at all times by an adult when in use

Your ministry can download this free checklist and find many other playground safety resources at <http://www.SafetyCentralOnline.com>, Brotherhood Mutual's online library of free risk management materials. You can also check with your insurance agent if you have additional questions or concerns.