



# THE SANDPIPER



## THE WEEKLY MEMBERSHIP NEWSLETTER OF THE **KIWANIS CLUB OF SAND LAKE, NY**

P. O. Box 535, West Sand Lake, NY 12196

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Meets 6:30 PM Mondays at The Lakeview Inn Restaurant

President Jean F. Hamlin

Vice President Janet C. Malecki

Immediate Past President Stuart J. Nippes

*Sandpiper* Editor Margaret R. Weiss

Treasurer Robert S. Pasquarelli

Secretary David E. Booker

Webmaster David E. Booker

Photographers James Rogers & Kevin Sarsfield

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John B. Mulligan, Eve M. Ward, Margaret R. Weiss

John C. Brownrigg, Robert R. Loveridge, William M. Whipple

Joseph M. Behson, Frank Lewandusky, Jr., Roland B. Wagner

## MEETING OF DECEMBER 12, 2016



President Jean F. Hamlin, presiding

GREETINGS & INVOCATION by Angelo Patti

GUESTS:



Dr. Tim Kelly and Mick

(shown with Program Chair Kevin Sarsfield.)

WELCOME BACK,  
and Ron Wagner



Angelo Patti,



Bruce Perry,



Jim Parslow

## PROJECT SIGNUP SHEETS

### **HOLIDAY FOOD & GIFT BASKETS, Wed Dec 14, Thu Dec 15, & Fri Dec 16 if needed**

Move items to Legion Hall Tues 12/13 & Wed 12/14 before 6 pm:

*Ginther, Brownrigg, Colabelli, Patti*

Sort & Pack, Wed Dec 14, 6 – 8 pm

*Sarsfield*

*Malecki*

*Weiss*

*Stevens*

*Wagner*

*Patti*

*Mulligan*

*Lane*

*Nippes*

Thurs Dec 15, 6 – 8 pm

*Stevens*

*Pasquarelli*

*Brownrigg*

*Patti*

Fri Dec 16, if needed

*Stevens*

Distribute to families Sat Dec 17, 8:30 am – 1 pm

*Stevens (til 11) Parslow, Booker, Patti, Patton,*

*Pasquarelli, Loveridge, Lane, Weiss*

### **BELLS OF LIFE, Crossgates Mall, Sat Dec 17**

10 – 1: *Loveridge, Koury, Glasser, Metchick, Mulligan*

1 – 3:30: *Loveridge, Patton, Lewandusky, Tysiak*

3:30 – 6: *Loveridge, Lane, Weiss*

### **DOORS OF HOPE, unloading food truck**

Mon Dec 19<sup>th</sup>: *Wagner, Lane, Patton, Nippes, Loveridge, Ginther, Patti*

### **CLUB HOLIDAY PARTY, Monday December 19<sup>th</sup>, 6 PM, Guests welcome**

### **RED CROSS BLOOD DRIVE, Thur Dec 29, Church of the Covenant**

12 – 1, Set Up: *Davis*

6 – 7, Take Down: *Davis*

1 – 3:30, Registration: *Lane*

1 – 3:30, Canteen: *Pasquarelli*

3:30 – 6, Registration: *Booker*

3:30 – 6, Canteen: *Daniels*

### **DIVISION COUNCIL, Castleton/Schodack, Wed Jan 11<sup>th</sup>, 6:30, Scarnato's, \$20**

*Booker, Pasquarelli, Lane, Mulligan, Weiss, Brownrigg, Nippes*

### **52<sup>nd</sup> MONTHLY PASTA DINNER @ WSL Firehouse, Saturday, January 14, 2017**

12 – 7, Kitchen/Cook: *Booker, Loveridge, Lewandusky, Wagner*

3 – 5:30, Setup & Serve: *Lane*

3:30 – 7, Cashier:

5 – 7:30, Serve & Takedown: *Weiss*

## ANNOUNCEMENTS

- Thank you received from Kiwanis International Foundation for the club's donation to the Annual Club Gift Campaign. Pres Jean presented the banner patch to Bob Pasquarelli to be attached to the club's Honor Banner.
- There will be a meeting at 7 PM with the East Greenbush Kiwanis and representatives from the YMCA Tues December 13<sup>th</sup> to begin planning for the dinner for the handicapped, tentatively set for Sunday Feb 13, 2017. Those interested are invited to attend.
- Bob Loveridge reported that the December Pasta Dinner served 35 dinners.



## PRESENTATION

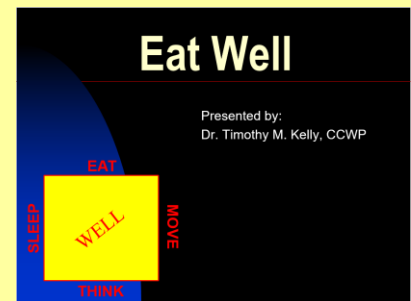
President Jean awarded **Barbara Fioravanti** her tab for **23 years of perfect attendance!**



## PROGRAM



Chair Kevin Sarsfield introduced Dr. Tim Kelly, an APHS alumnus and local chiropractor. He said he owes gratitude to Sand Lake Kiwanis because when he was still a high school student, the club helped to finance his trip to Africa. His topic was "Eat Well". "Genetics loads the gun, and environment determines whether or not the trigger gets pulled."

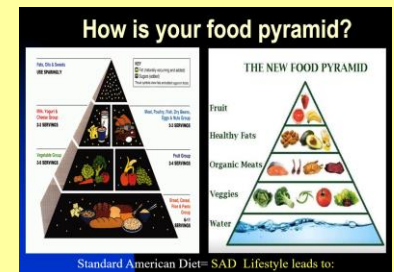


David Amen, MD. Our modern diets are deficient in many nutrients we need, due to chemical changes in the food we eat. Americans use 52% of all the medications in the world. The three leading causes of death are heart, cancer, and medication errors. There are a vast array



of diseases which start with inflammation which have no symptoms until the disease has progressed. 60% of our children are obese due to eating fast food and a sedentary life style. Fatty acids have been blamed for many illnesses. There are two: Omega 3 and Omega 6. Omega 3 is anti-inflammatory, and is considered good fat. Omega 3 is a supplement found in fish oil, while Omega 6 causes inflammation. Previously the government's food pyramid was based on grains; the newer

grouping shows its base to be water, then fruits and vegetables, then lean protein (fish). We need more exercise. Consume grass-fed meats rather than grain-fed. Use olive oil rather than vegetable oils. Reduce inflammation by filling plates with 75% fruits and vegetables and 25% lean protein. Read labels on food products.



Avoid high fructose corn syrup which contributes to cirrhosis as much as alcohol. Avoid grain products, such as bread and pasta (carbohydrates). Sugar is eight times more addictive than cocaine. Watch your glycemic index. Start your day with protein as early as possible; do not skip breakfast.

Angelo Patti presented Dr. Kelly with our Certificate of Appreciation for his informative talk.

## HAPPY DOLLARS

\$ **Skip Patton:** Got another great haircut by Botsy! A suggestion for next year's Summerfest—consider asking the new eatery The Mess Hall to provide food service.

\$ **Pat Lane:** I've been attending Builders Club meeting at Algonquin Middle School, and recently toured the shop. They really need a jointer, either a Delta or Jet. If anyone has one they would be willing to donate, let me know.

\$ **Peg Weiss:** I'm reporting the demise of the original little red wagon. After 15 years, I now have a new Honda CR-V, not exactly red, but a darker burgundy, with heated seats! It drives nicely, but I'll be a year learning all the electronic bells and whistles. Still have the same plates, though!

\$ **Jean Hamlin:** Thanks to Dr. Kelly for his informative program. I promised to tell a story. Lena and Helga went for a drive, and Lena was stopped by a policeman for driving 65 mph in a 40-mph zone. When he saw her license he told her it was old and out of date. Lena replied, "I didn't know I was supposed to get another one." Looking at her registration, he said that it was out of date, too, and instructed her to see the judge, who looked at her documents and said, "That's not too bad. Just renew them and there'll be no problem." Lena then replied, "So I'm guessing you won't believe that liar when he tells you I was driving 65 miles an hour!"

DOOR PRIZE, provided by Kevin Sarsfield, was won by **Bill Whipple!**

50/50 for \$16 was won by **Jim Colabelli!**

PROGRESSIVE 50/50, worth **\$131.50** this week, will keep growing, because **Jim Parslow** picked the **8 of Spades**, and not the King of Clubs, from the remaining 45 cards!



## COMING WEEKS.....

DECEMBER 19 ANNUAL HOLIDAY DINNER PARTY  
Social Hour at 6, Dinner at 7, Guests welcome

DECEMBER 26 No Meeting – Christmas Observance

JANUARY 2 No Meeting – New Year's Observance

JANUARY 9 PROGRAM CHAIR: **Bob Loveridge & Bryce Ginther**  
PROGRAM: **Community Services Committee Update**  
GREETER/INVOCATOR/CERTIFICATE PRESENTER: **Jim Hoffman**  
**BOARD OF DIRECTORS MEETING**

JANUARY 16 PROGRAM CHAIR: **Barbara Fioravanti**  
PROGRAM: **Dr. Tim Kelly, Move Well**  
GREETER/INVOCATOR/CERTIFICATE PRESENTER: **Joe Grillo**

## SPIRITUAL THOUGHT FOR THE WEEK:

*"I cannot cause light; the most I can do is try to put myself in the path of its beam."*

**Annie Dillard, writer**

