



# 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 Linda L. Ellis

President-Elect Lyndon Ellis

Immediate Past President Stuart J. Nippes

*Sandpiper* Editor Margaret R. Weiss

Treasurer Robert S. Pasquarelli

Secretary David E. Booker

Webmaster David E. Booker

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Barbara K. Fioravanti, Robert R. Loveridge, Janet Malecki

Joseph M. Behson, Craig Daniels, Patricia A. Lane

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

## MEETING OF FEBRUARY 23, 2015

President Linda L. Ellis, presiding

GREETINGS and CERTIFICATE PRESENTATION by Pat Lane

& INVOCATION by Bob Pasquarelli

**GUESTS:** Speakers Shannon Romanowski and Allison Reinhardt, from the YMCA



**WELCOME BACK,**



Bruce Perry, TC McEntyre,



and IPP Stuart Nippes!

### PROJECT SIGNUP SHEETS

RED CROSS BLOOD DRIVE, Tues Feb 24<sup>th</sup>, Church of the Covenant

11 - 1:30 Set up: **Davis**

1 - 3:30 Registration: **Ward**

3:30 - 6 Registration: **Ward**

6 - 7:30 Take down: **Davis**

1 - 3:30 Canteen: **Ellis, Linda**

3:30 - 6 Canteen: **Weiss**

DOORS OF HOPE, unloading food truck

Fri Mar 6<sup>th</sup>: **Wagner, Patton, Daniels, Nippes, Jensky**

Tues Mar 17<sup>th</sup>: **Wagner, Daniels, Nippes**

31<sup>st</sup> MONTHLY PASTA DINNER @ WSL Firehouse, Saturday, March 14<sup>th</sup>:

12 – 7, Setup & Cook: **L&L Ellis, Loveridge, Brownrigg**

3 – 5:30, Setup & Serve: **Jensky, Hamlin**

3:30 – 7, Cashiers: **Ward**

5 – 7:30, Serve & Takedown: **Hamlin, Lane**

POESTENKILL ELEMENTARY DISCOVERY DAY Food Service, Sat Mar 21<sup>st</sup>

Pick Up Food 9 – 2: **Pasquarelli, \_\_\_\_\_**

Serve Food 11 – 2: **L&L Ellis, Ward, Daniels, -----, -----, -----, -----**

DIVISION COUNCIL/INTERCLUB North Greenbush, Wed Apr 1<sup>st</sup>, American Legion Hall

@ 6:30 PM: **Pasquarelli, Nippes, McEntyre, Lane, Hamlin, Loveridge, Linda Ellis & Booker**

## ANNOUNCEMENTS

- **John Brownrigg:** Summerfest planning committee meeting immediately after the regular meeting.
- **Joe Behson:** Still collecting change for Eliminate--\$90 last month!
- **President Linda** read thank you notes from APHS Yearbook Staff for our purchase of an ad, from Rev. Perry Jones for our donation to the Capital City Rescue Mission, and from the Nassau Free Library for our donation of a computer system.



## PRESENTATIONS

President Linda presented the following with Model Club pins:



**Bill Whipple, Stuart Nippes, TC McEntyre, Sue Jensky & Bruce Perry.**

Sand Lake qualified as a Model Club by our donation of at least \$750 per member to the EliMiNaTe Project. We were reported at the Mid Year Conference last weekend as being the 3<sup>rd</sup> highest, in both total giving and per capita giving, in NY District in donations! FYI the West Sand Lake Elementary School K Kids are 9<sup>th</sup> among the sponsored Service Leadership Programs!

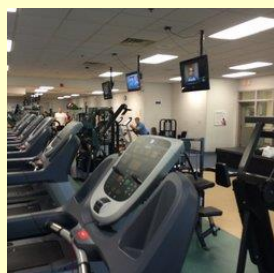
## PROGRAM



Program Chair Janet Malecki introduced our guest speakers from the Capital District YMCA Greenbush Area Branch, Executive Director Shannon Romanowski and Wellness Director Allison Reinhardt. The YMCA is a worldwide charitable organization which serves both males and females of all ages. Allison described some of their programs directed toward wellness of



our aging population. Exercise is fundamental to health as we begin to lose muscle after the age of 50. Strength training is especially important for older people. Endurance decreases with age. She mentioned the Silver Sneakers program which pays fees for many members of insurance programs. For cardiovascular health, walking is the best. Outdoors is preferable from many standpoints, but in



view of the severe cold snowy weather we've been having, the Y has an indoor track and treadmills. Stretching helps flexibility and balance to improve the quality of life. Aquatic exercises in the pool improve mobility with the least stress on joints. Diabetes prevention is a one year program, 30 minutes per day, 5 days per week, toward a goal of 7% loss of body weight. There is an exercise program for cancer survivors, and one called Pedaling for Parkinson's. There are personal trainers available. The Y holds 128 classes per week for many interests such as yoga, chair caning, coffee crew, and pickle ball. *{ Editor - it is a made up game combining racket ball, tennis and ping pong. It seems that there are some very competitive games at the Y }*

In addition to the Y facility just off Luther Road next to the East Greenbush Library, there is a free Wellness Center in collaboration with CDPHP at Hannaford's on Central Ave in the Westgate area of Albany.

Pat Lane thanked both Allison and Shannon for a most enlightening program and presented each of them with our Certificate of Appreciation.



## HAPPY DOLLARS

**\$ Eve Ward:** Bryce and I took bags of the stuffed animals donated by Kohl's to Joseph's House in Troy, to St Paul's in Rensselaer, and to the Capital City Rescue Mission in Albany to be given to the children at those shelters. We also gave some to the Sand Lake Ambulance Squad.

**\$ Skip Patton:** I had a wonderful time cross country skiing at Prospect Mountain in Vermont, despite the cold. It was a beautiful sunny day!

**\$ Pat Lane:** I had a lovely time at the Mid Year Conference this past weekend!

**\$ John Brownrigg:** Suzanne and I had a very interesting visit to the West Point Military Museum. Since Sunday was so nice and warm, I hiked through the deep snow to check on my community of bees and was happy to see that they had survived the severe cold weather!



**\$ Jean Hamlin:** So glad to be here after my garbage can took off my car mirror! I have another story for you: Lena and Ole were being annoyed by a group of flies, so Ole went after them with the swatter. He happily reported to Lena that he had “got ‘em all—2 males and 3 females!” Lena asked him how he could tell what they were. “Easy—the males were on a beer can, and the females were on the telephone!”

**\$ Bob Loveridge:** Glad the ladies from the Y were here. Can somebody make this cold go away?



**DOOR PRIZE**, provided by Janet Malecki, was won by **Secretary Dave Booker!**

**50/50 for \$\$24.50** was won by **Sue Jensky!**

**PROGRESSIVE 50/50**, worth \$248.50 this week, defeated **Bob Loveridge's** best efforts. He picked the **10 of Diamonds** from the 39 remaining cards!

### COMING WEEKS...

MARCH 2

PROGRAM CHAIR: *Eve Ward, Social Committee Update & APCSD Nurses Appreciation Night*

**BOARD OF DIRECTORS MEETING**

GREETER/INVOCATOR: *Dick Johnsen*

*Volunteers needed to take Sandpiper notes for the next 3 meetings  
March 9<sup>th</sup>, March 16<sup>th</sup>, & March 23<sup>rd</sup>*

MARCH 9

PROGRAM CHAIR: *Kevin Sarsfield -- Quick fixes for digital images.*

GREETER/INVOCATOR/CERTIFICATE: *Jim Colabelli*

MARCH 16

PROGRAM CHAIR: *Doug Baldrey -- TBA*

GREETER/INVOCATOR/CERTIFICATE: *Joe Behson*

MARCH 23

PROGRAM CHAIR: *Dale Hall*

**Dr Augustin DeLago, Pres & CEO, Capital Cardiology**

GREETER/INVOCATOR/CERTIFICATE: *Skip Patton*

MARCH 30

PROGRAM CHAIR: *Jim Parslow -- TBA*

GREETER/INVOCATOR/CERTIFICATE: *Bruce Perry*

### **SPIRITUAL THOUGHT FOR THE WEEK:**

*“We make a living by what we get, but we make a life by what we give.”*

**Sir Winston Churchill**

