



# 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

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## MEETING OF JANUARY 16, 2017

President Jean F. Hamlin, presiding

GREETINGS & INVOCATION by Joe Grillo

**GUESTS:** An interclub from East Greenbush Kiwanis:

Past Distinguished Lt Gov Noreen Barrett, Secretary,

Dual member John Brownrigg and

Past President Lynn Catelotti



**Dr Tim Kelly**, speaker



**WELCOME BACK, Craig Daniels, Joe Grillo, Joe Behson, Bob Loveridge**

### PROJECT SIGNUP SHEETS

DOORS OF HOPE, unloading food truck

Mon Jan 25<sup>th</sup>: *Patton, Ginther, Loveridge, Daniels, Nippes*

SL SENIORS LUNCH, Thursday, February 9<sup>th</sup>, Church of the Covenant, AP

8:30 am: *Booker, Trupia*

10:30: *Brownrigg, Loveridge, Mulligan, Lane, Colabelli, Weiss, Patton, Daniels*

53<sup>rd</sup> MONTHLY PASTA DINNER @ WSL Firehouse, Saturday, February 11<sup>th</sup>

12 – 7, Kitchen/Cook: **Booker, Lewandusky, Loveridge, Wagner, Brownrigg**  
3 – 5:30, Setup & Serve: **Hamlin, Weiss**  
3:30 – 7, Cashier:  
5 – 7:30, Serve & Takedown: **Hamlin, Weiss**

MIRACLE LEAGUE DINNER, Sunday, Feb 12<sup>th</sup>, East Greenbush YMCA:

12 – 2 (Set up): **Colabelli, Daniels, Loveridge,**  
2 – 4 (Serve): **Mulligan, Metchick, Weiss**  
4 – 6 (Cleanup):

ARC BLOOD DRIVE, Thursday, Feb 23<sup>rd</sup>, Church of the Covenant, AP

12 – 1 Set Up: **Davis, \_\_\_\_\_**  
1 – 3:30 Registration: **Lane**                      1 – 3:30 Canteen: **Weiss**  
3:30 – 6 Registration: \_\_\_\_\_              3:30 – 6 Canteen: **Daniels**  
6 – 7 Cleanup: **Davis, \_\_\_\_\_**

**ANNOUNCEMENTS**

- ✚ There will be a meeting of the Summerfest Planning Committee following the regular meeting in two weeks, January 30<sup>th</sup>, 2017.
- ✚ The East Greenbush Club is collecting new or gently used shoes of all kinds and sizes during the month of January. Please leave them with Lynn at her bookstore on Columbia Turnpike, or at Noreen’s home on Whiteview Road in Wynantskill.

**PRESENTATION**

President Jean awarded **Skip Patton** with the tab for 8 years of perfect attendance!



**PROGRAM**

Jim Colabelli introduced our speaker, Dr. Tim Kelly, who spoke on



*Move Well*, which is the second talk following *Eat Well*, which he delivered in December. *Move Well*, logically, concerns exercise, which some people like, and some do not. But exercise is not an option. It is necessary to good health, like fertilizer on a garden. Our

brains shrink with age, and they need us to exercise, especially using our power of balance. It is good for every part of the body, and can decrease the incidence of colon cancer by 50%, melanoma by 70%, and it will slow bone deterioration. People who fracture their hip following a fall, or by putting stress on an already weak bone structure, usually do not recover their normal life styles without exercise. The more exercise, the more hormones and more brain cells are produced. Most Americans would rather take medications than do regular exercise.





Do you want to thrive, or survive? There's a question of what quality of life you want. 90% of brain stimulation is generated by the spine. Inflammation is reduced by muscle motion. How much exercise? 3 steady hours of the same type of exercise is too much, except for the professional athlete. Normal people will benefit by doing a variety of exercises for 45 minutes in the morning, and 45 minutes later in the day. Stretching is critical to not strain muscles. Slowly stretch muscles for 5 or 6 minutes about

twice a day. Muscles need extra oxygen to work! Start slow, build up to more exercise. Walk daily. Balance your exercises. Check with your doctor to be sure you of what you can do, and then start TODAY!

Joe Grillo thanked Dr. Tim for his educational talk, which was illustrated with slides, and presented him with our Certificate of Appreciation.



## HAPPY DOLLARS

\$ **Rose Metchick:** I just had a medical checkup, and my doctor said I am cancer free for 13 years!

\$ **Pat Lane:** I had a visit with Eve, and she looks and sounds better!

\$ **Jim Colabelli:** First of all, I'm happy to have heard Dr. Tim's program. Next, I had an accident with my cell phone. It fell into the toilet! Disaster! However, it had been a gift from my daughter, and she had insured it, so I should have a replacement by tomorrow! That's why I'm happy! No other details will be provided!

\$ **Bob Loveridge:** I just returned from a 10-day cruise to Mexico—no wall! It was a pleasant trip, but I was distressed to see the poverty in Honduras: no electricity, no running water, people living in huts. Belize was nicer, but mostly a resort area. We stopped at another area of Mexico, but missed the shooting they had there! When we got back to Albany, and were trying to retrieve our luggage from the carousel, I noticed a man remove his bag, open it, and attempt to take out a gun case! I recognized it because I have one! When he noticed I'd moved closer to him, he explained that his wife's jewelry was in it, and opened it to show me! Thought we might have had an encounter of the unpleasant kind!



\$ **Dave Booker:** I can pretend I live in Honduras: I have no running water because my pump died last Friday! I've been coping the best I can using bottled water, but will be glad when it is all repaired!

\$ **John Brownrigg:** I just had my last colonoscopy, and all is OK!

\$ **Stuart Nippes:** I'm happy to know that John is not full of poop!

\$ **Jean Hamlin:** Got a story for you. Lena has become a grandmother. Ole's wife had a little girl, who was beautiful, but one of her legs was shorter than the other. The family was upset, but Ole said it was okay, because they were going to name her Eileen anyway!

An extra door prize ticket was drawn for the uneaten dinner: won by **Bob Loveridge!**

**DOOR PRIZE**, a beautiful handmade vase crafted by Barb Fioravanti, was won by **Noreen Barrett!**



**50/50 for \$20** was won by **Rose Metchick!**



**PROGRESSIVE 50/50**, worth **\$159.50** this week, foiled the efforts of **Dave Booker**, who picked out the **3 of Spades** from the 43 remaining cards!

#### COMING WEEKS.....

January 23

PROGRAM CHAIR: **John Brownrigg**  
PROGRAM: **Dr Tim Kelly, Think Well, Sleep Well**  
GREETER/INVOCATOR/CERTIFICATE PRESENTER: **Bill Whipple**

January 30

PROGRAM CHAIR: **Frank Lewandusky**  
PROGRAM: **TBA - To be followed by Summerfest Meeting**  
GREETER/INVOCATOR/CERTIFICATE PRESENTER: **Miller Young**

February 6

PROGRAM CHAIR: **Bob Loveridge**  
PROGRAM: **Young Children Priority #1 Committee Update**  
GREETER/INVOCATOR/CERTIFICATE PRESENTER: **Jamie Hanlon**  
**BOARD OF DIRECTORS MEETING**

February 13

PROGRAM CHAIR: **Dick Johnsen**  
PROGRAM: **TBA**  
GREETER/INVOCATOR/CERTIFICATE PRESENTER: **Justin Glasser**

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

**"If you can't fly, then run; if you can't run, then walk; if you can't walk, then crawl. Whatever you do, keep moving forward."**

**Rev. Martin Luther King, Jr.**