



Eastwood-East Syracuse Kiwanis Club

P O Box 655, East Syracuse, NY 13057

www.kiwanis-ees.org

June 18, 2009 Presiding Ernie Wass

Present: Jim Schaefer, Cal Suarez, Ken Pacelli and Sandra, Ernie and Sue Wass, Mary DePietro, Dr. Stephen Nash and Scholarship winner Paola Benevento with her brother and sister and parents.

Solvay-Geddes-Camillus: Night at the Ball Park, Clubs can purchase tickets @.20 each for resale or to give away. \$.50 from each ticket turned in at the gate will be given to Kamp Kiwanis. Jim made a motion to purchase \$50 worth. Mary seconded. All agreed.

Web Site: Ellen will be up to speed soon. A backhoe cut her phone line.

Kiwanis History: Mary read a passage on the beginning of Kiwanis.

Yearbook: Jim reported that the ads from the last yearbook are almost ready for distribution. A goal of net \$3,000 should be attempted, up from \$2,400. Any ideas for another fund raising project?

Kamp Kiwanis Workday and Erwin Stern Memorial: Jim attended and Helen and Pam Stern went down for the dedication. Pam hopes to honor Erwin with future camperships.

Key Club: Ed Ames hopes to meet with Club members on July 20 to talk about the organization.

Kiwanis International Convention: Jim has registered to attend next week in Nashville. Next year the convention will be held in Las Vegas.

50/50 Paola won and donated her winnings back to the Club.

Happy/Sad \$'s: Sue happy her grandson is going to France. Sandy happy Club is giving scholarships. Jim happy he will be talkin' Tennessean soon. Cal happy to be here. Ken happy to have great guests. Ernie happy so many are here. Mary happy guests are here. Dr. happy to be here. John and Paola happy to be here.

Paola will be attending SU in the fall with Environmental Science as her focus and Public Policy relating to environmental issues. She will be on the rowing team.

Dr. Nash – How Can You Avoid Seeing Him. He is a preventive Cardiologist who joined his father's practice and to do research 20 years ago after attending Hamilton College and medical school and residency in the mid-west. Preventive measures include working out, life style, diet, genetics; family history of diabetes could be a problem. Eating less sugar, white flour, salt, fat, limiting liquor and no cigarettes would be the best ways to good health. Pick your parents carefully. 3 out of 4 over 65 have high blood pressure.

The ES-M scholarship winner and her family will attend lunch on the 24th.

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|-------|------------|----------|---------------|----------|
| 06/23 | T. Griesel | | | |
| 06/30 | J. Wright | 656-8879 | R. Bozogian | 701-2822 |
| 07/07 | J. Wright | | R. Kipping | |
| 07/14 | E. Wass | 458-3475 | Mary DePietro | 437-4841 |
| 07/21 | E. Wass | | Cheryl West | 656-7129 |