



Governor's Project

Alan Beinhacker

Recognizing a growing problem in our youth's lifestyle, Governor Peter Mancuso announced early this administrative year that the Governor's Project 2003-2004 is "Kiwanis and Kids Fit Together." Each club throughout the State should organize efforts promoting and achieving the goals set-forth by Gov. Peter's Project – that is, to encourage all, especially our kids, to participate in an active lifestyle to promote good health.

We could report extensively on how the lack of physical activity promotes obesity, diabetes and other illnesses; all of which affect social behaviors. However, the plethora of recent media reports on this problematic and sensitive topic has kept us all well informed, highlighting the need to take corrective action by initiating a more active lifestyle and experiencing better health.

In an attempt to achieve the goals of the 2003-04 Governor's Project, the Kiwanis Club of East Meadow introduced the program entitled "President's Challenge" to our club members and youth groups such as the Key Club, Boy and Girl Scouts, etc. This program is offered by the U.S. Department of Health and Human Services (President's Council on Physical Fitness). The "President's Challenge" is a series of various programs encouraging physical fitness by defining goals for different age categories. The "President's Challenge" programs are designed to encourage an active lifestyle and promote good health, a perfect application for the Governor's Project.

While emphasizing the important relationship between exercise and good health, the President's Council on Physical Fitness will recognize the participants with an award upon their completion of the goals set by the program. This recognition award may offer assistance in many areas such as Scouts working towards badges and students making applications for college.

Another benefit of this program is having individuals participating in activities together to meet their individual goals. This "team-work" effort will not only encourage physical activity but would also promote quality time with family and friends. And let's face it, getting away from the television and computer and spending time with others could offer many social rewards.

How do I get more information about the "President's Challenge"?

You will need access to the internet. Log onto <www.presidentschallenge.org>

How would our club get started?

First you would identify a member as the Group Administrator. This person would register your group (Club) at this website. This person will be able to review the status of all the participants registered in the group.

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Get Ready! Get Set! Go!

The Governor's Project is Off and Running in Queens East

Queens East Division – Governor Peter's Project, "Kiwanis and Kids - Fit Together" takes a lead in the Queens East Division. The Builders Club of Susan B. Anthony school and their advisor SDPLG Janet Banks are very excited about Governor's Peter's Fitness Project for kids. The Builders Club and the Kiwanis Club of Cambria Heights, co-sponsored a local girl, Olicia Williams in the 2003 USA Track and Field Junior Olympic Cross Country Championship. The meet was held December 13, 2003 in Bernalillo, New Mexico.

Olicia was a first place winner in the 2002 Colgate Women's Competition and winner of many others awards. In addition to the state of New Mexico she has qualified to compete in the following states: Florida, Massachusetts, California, North Carolina, and Oregon.

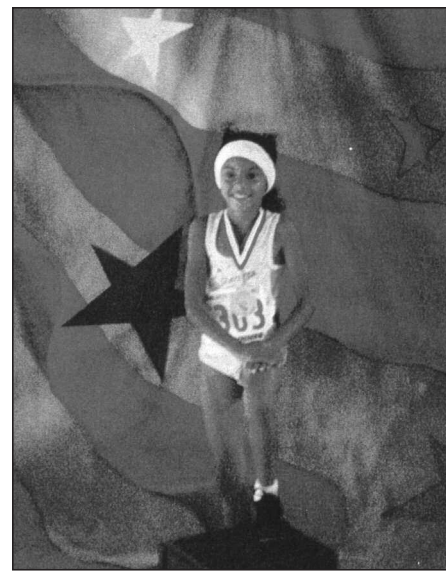
Olicia is 9 years old and in the 4th grade.

She is an honor roll student with a 91 average. She was chosen student of the month of December and is an avid reader. Olicia read over 100 books during the school year 2002-2003.

Olicia and her older sister Century qualified to compete in the prestigious 2004 Colgate Women's Track Meet on February 7, 2004. Century also qualified to participate in the televised Millrose Track Meet on February 6, 2004.

Members of the Kiwanis Club of Hollis and the Kiwanis Club of Cambria Heights, co-sponsors, also made a special donation to Olicia and to the Starkett Track Team who also participated in the Jr. Olympic Track Meet in New Mexico.

Olicia and Century are the granddaughters of Gary and Janet Banks, members of Kiwanis Club of Hollis and the Kiwanis Club of Cambria Heights.



Olicia Williams

Mancuso

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you are willing to serve on your Divisional Membership Team. For the sake of Kiwanis and our communities, I hope that your answer will be an emphatic "Yes!"



On another subject, by now your club should have had personal contact with every member who has not paid their 2003-04 dues, to determine whether they will do so. Those who have not paid should be made the subject of a motion at your next Board meeting to terminate their membership, effective March 31, 2004, if their dues have not been paid by that date. They should also be sent a letter from the club immediately after that Board meeting informing them of this decision. If they have not paid their dues by then, they should be dropped on the March monthly report, so that your club will not have to pay the second half of their dues.

From that point on there should be no further drops during this administrative year. Everyone who has not paid his or her dues will have already been dropped. You will know exactly how many members you need during the rest of the year in order to finish on September 30 with a sufficient net growth in members so as to achieve Distinguished status. The last half of this year should then be devoted to the membership drives and other events needed to make this happen. In that regard, our District Membership Team is ready offer any suggestions or advice that may be of assistance to you.

That team, by the way, is led by Membership Chair Ray Pfeifer and Membership Coordinator Ann Sewert, who have done a tremendous and well received job of traveling all over our district this year presenting programs on membership. Thank you, Ray and Ann for all of your efforts on behalf of our district.



Martin

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District Office notifying them and us who will be representing our clubs at the convention. Also remember that your club must have their club dues up to date in order to be able to vote.

Membership Development

As all clubs should have made their membership adjustments for the year, they should now concentrate on increasing the size of their clubs. New members mean new ideas and more Kiwanians to work on projects. All clubs should now have a membership plan with a goal to end the year with an increase in membership.

Peninsula Kiwanis Hoops for Hope

By Kristin McGrath

The Kiwanis Club of **PENINSULA**, Long Island Southwest Division – The boys' basketball team from Hewlett beat Sewanhaka 74 to 71 in the annual Peninsula Kiwanis "Hoops for Hope" charity game. Senior David Warner had a standout game, scoring 24 points, 21 of which he made in the first half. Seniors Jesse Marcus and Louis Renzo also dominated for the bulldogs. Marcus had 11 points in total, including 4 in the last two minutes to put the game away. Renzo scored 17 points, 5 of which were three pointers.

"It was an exciting game, and a great game to coach and watch," said Hewlett Coach Bill Dubin. "We played a very aggressive offense, moved the ball well and kept feeding the hot hand. Ultimately it was a team effort: we went down in the third quar-

ants by trained volunteers. These volunteers also help with birthday and holiday celebrations, and accompany the children on field trips. *SIBS Place*, which is funded by grants from philanthropic organizations and private donations, is based in South Nassau Community Hospital's Primary Care Office at 1420 Broadway in Hewlett.

"At *SIBS Place*, the focus is on providing attention to the well sibling and support to their parents" said Thomas Demaria, PhD, Admin. Director, Behavioral Health Services, *SIBS Place*.

"Children living with an ill sibling are often burdened by feelings of anger, fear, jealousy, guilt, abandonment and loss. *SIBS Place* restores many of the family routines typically forgotten when a family copes with illness."

According to Coach Dubin, who is a mem-



Peninsula member Bill Dubin and Peninsula President Frank R. Basile join officers from South Nassau Communities Hospital, *SIBS Place* location for a photo.

ber of the Peninsula Kiwanis, Kiwanis was a big sponsor in terms of donation of money and helping to put the word out in the community. The Hewlett High School Key Club, which is another program sponsored by Peninsula Kiwanis, also helped to raise money by running a concession stand during both the Junior Varsity and Varsity games.

"*SIBS Place* is great program that is very beneficial to members of our community affected by the illnesses of their loved ones," said Frank Basile, Peninsula President. Peninsula Kiwanis was happy to lend their support to the cause and to Coach Dubin.
