

## Contest Winners

The following are the results of our district contests, which we thank PG Governor Sue Ganey and her staff of volunteers for judging. The results of our informal web site contest have already been posted on our district web site, with our appreciation to Webmaster Marty Toombs.

### Club Bulletin

#### Gold Division

61 members and over

1st Place .....Copiague  
2nd Place .....North Shore  
Honorable Mention .....Schenectady  
.....Maspeth

#### Silver Division

47-60

1st Place .....Sand Lake

#### Orange Division

30-46

1st Place .....Warsaw  
2nd Place .....Newburgh  
Honorable Mention .....Malone  
.....Greece

#### Blue Division

21-29

1st Place .....Potsdam

#### White Division

20 or less

1st Place .....Pleasant Valley  
2nd Place .....Saratoga Springs

### Scrapbooks

#### Gold

1st Place .....North Shore

#### Silver

1st Place .....Lindenhurst  
2nd Place .....West Seneca  
Honorable Mention .....Patchogue  
.....Corning

#### Bronze

1st Place .....Delmar  
Honorable Mention .....Gates-Greece  
.....Hempstead Division

#### Division

Unofficial .....Genesee

## How To Survive A Heart Attack When You're Alone

Many people are alone and without help when they suffer a heart attack. When their heart starts beating improperly and they begin to feel faint, they have only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A deep breath and a cough must be repeated about every two seconds without let-up until help arrives or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital. Tell as many other people as possible about this. It could save their lives.

## Dr. Sclafani Addresses Kiwanis

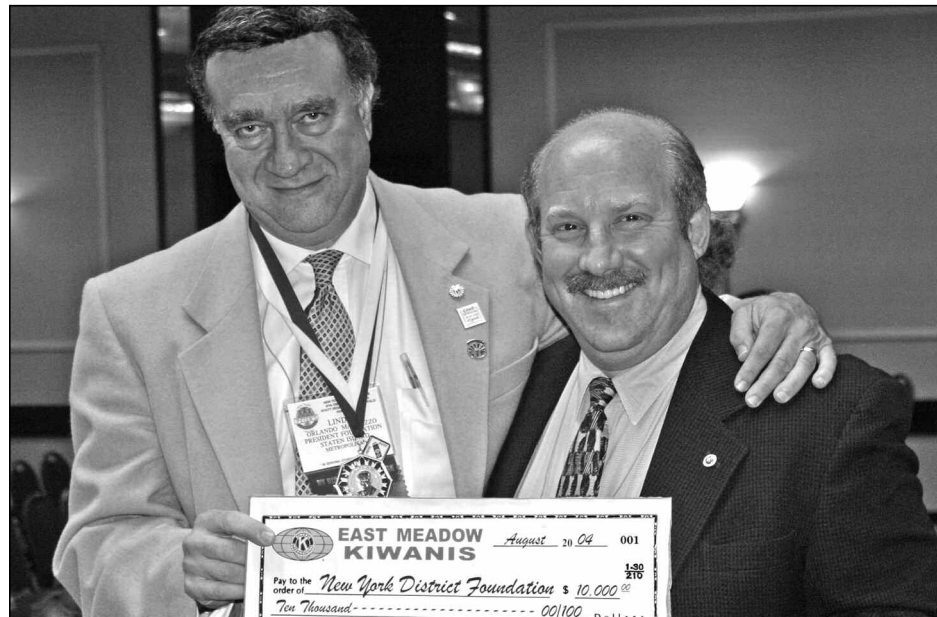


New York District Convention in Buffalo – Assistant US Secretary of Education Dr. Susan Sclafani appeared at our District Convention and made an excellent presentation to our House of Delegates about a new collaborative effort between Kiwanis International and the Federal Department of Education to promote greater community involvement in local high schools, entitled "Take the Lead in Preparing America's Future". The program will encourage local Kiwanis clubs in the United States to become

**Dr. Susan Sclafani, Counselor to the U.S. Secretary of Education and Assistant Sect., Office of Vocational and Adult Ed.** more involved in such areas as mentoring and tutoring.

At the conclusion of her thoughtful remarks, Dr. Sclafani was presented with a certificate to express our appreciation by Governor Peter, who told her that the New York District would take the lead in supporting our children through this program, "as we have in so many other ways in the past."

## East Meadow Donates \$10,000 to Kamp Kiwanis

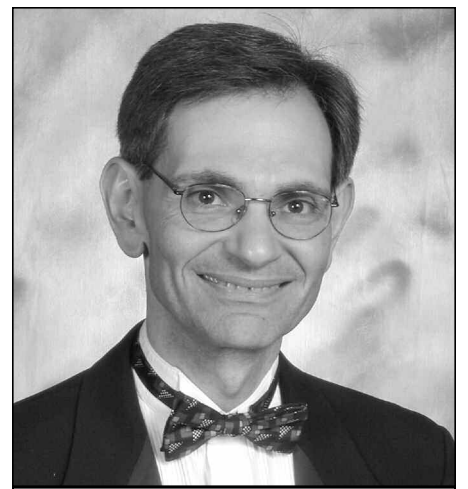


**East Meadow President Mitchell Skoller (right) presents a check from the Kiwanis Club of East Meadow to New York District Foundation President Lindy Marrasso for \$10,000 as an additional payment for the \$35,000 pledged by the club.**

## Hudson River West Attends St. Louis Brunch



**Nineteen members of the Hudson River West Division enjoyed food, music, and fellowship at the New York District Sunday morning brunch at the St Louis International Kiwanis Convention. They are: Ricki Leal, wife of Ron Leal, Middletown President; PLG Ed Flynn; Elaine Flynn, Ellenville Delegate; Shirley Wood, Roscoe Secretary & Delegate; Rick Scott, Middletown member; Sue Scott; PLG Lou Morse; Madeliene Doss, Middletown member; Dan Snyder, Middletown member; LG Designate John Goldstein, Hudson River West; Lilly Vazquez, Middletown member; Chuck Kroglund, Middletown member; LG Jim Schalck, Gerda Kroglund, Middletown member; Sharon Snyder; Hazel Goldstein; Patricia Flynn, Middletown President - Elect; Betty Schalck, Middletown member.**



### Governor

Peter J. Mancuso

Our District Convention in Buffalo was a smashing success, with approximately 550 Kiwanians and friends in attendance. Conventions are intended to rekindle the fires of enthusiastic Kiwanis participation in our members, and this one certainly did. Everything went smoothly, and there were many special moments, including a resolution honoring Secretary/Treasurer PG Bill Martin for his lifetime of service to Kiwanis, and another endorsing PG Tom DeJulio's candidacy for International Trustee in Honolulu. Our District Wide Governor's Project, a scenic 5K walk through downtown Buffalo to the waterfront and back, including a Martial Arts class on the way, attracted nearly 50 Kiwanians and children. And the Hospitality Suites were hopping!

The list of people to be thanked is enormous: Convention Chair PG Jim and Mary Yochum did an incredible job, and were ably assisted by Bill Martin, Assistant Secretary Gerald Payanoff, Secretary/Treasurer Designate DPG Joe Eppolito, Ernie Smith (Registrations), Dick Johnson (Credentials), Joe Corace (Forums), PIP Tony Kaiser (Resolutions), Mike Malark (Sergeant at Arms), Shirley Conrad (Elections), Rich Hall, Alison Mandel, Maureen and Marty Neuringer (Staging & Photography), Janice Seyfried (Public Relations), Jean and PG Bob Weeks (Silent Auction), PG Ralph Vasami (Golf Outing), our volunteer chauffeurs to and from the airport and many others. Dennis Gallagher, Key Club LG Sunita Shivrarin and her father, LG Eric also played key roles in our Governor's Project.

Our congratulations also go to newly elected Governor Glenn Hollins, a caring and dedicated Kiwanian who will have our full support; Governor-elect Dave Rothman, a member of my club and one of my oldest and dearest friends; and Foundation Board election winners Lindy Marrasso, Ed Sexton and LG Tom Gallagher, another close friend and fellow club member. Convention Honoree Steve Haller also capped off a weekend of celebration by raising \$25,000 for our District Foundation raffle.

With less than a month to go in our administrative year, we have built eight clubs, with perhaps a few more on the way. The latest additions are in Lakeview (LG Tom Gallagher and New Club Builder Yours Truly), North-East Bronx (LG Sister Anne-Marie Kirmse's second of the year and New Club Builder Patrick Tomlinson), and Rolling Meadows, New Jersey (LG Mike Assenza and New Club Builder Al Federico). Congratulations to all concerned! Due in large measure to these new clubs, our District has grown by more than 400 members since the beginning of the year.

Please, let's keep it that way when you submit your final club report at the end of September. Early this year, I encouraged all of you to "drop the deadwood", that is, drop

*Continued on Page 14*