

# East Yonkers Kiwanis and Ursuline School Key Club Hold Fitness and Nutrition Obstacle Course for Kids

The Kiwanis Club of **EAST YONKERS**, Bronx Westchester South Division – recently joined with members of its newly formed Ursuline School Key Club to hold a Fitness and Nutrition Obstacle Course at the Ursuline School's May Fair. Inspired by Governor Peter Mancuso's Governor's Project, this endeavor aimed to improve the health of school-aged children.

Children moved from one station to the next, completing different physical tasks such as jump rope, hula-hooping, a tennis ball toss, 20 yard dash, football throw, soccer kick, and ring toss. After conquering the physical activity part of the course, children moved to the nutrition station where they participated in several hands-on experiments to discover how much sugar is in a can of soda and the amount of fat in french fries. Children, parents, and Kiwanis members alike were alarmed at the results! Participants went home with an informative packet about the importance of physical activity and a healthy snack of raisins and sugar-free jello.

The Fitness and Nutrition Obstacle Course educated children and parents about the importance of exercise and making healthy food choices. It was a fun and rewarding experience for the children who completed the course as well as the East Yonkers Kiwanis Club and The Ursuline School Key Club.

**Top: East Yonkers Pres. Palma Volino gets right in there with the kids and enjoys helping the children to become more fit while having fun. "Kiwanis and Kids Do Fit Together." Bottom (l-r): Ursuline School Key Club Pres. Jazmine Pina, East Yonkers VP Vickie Volino, DPLG Dr. Ron Volino, Bronx-Westchester South Division and East Yonkers Pres. Palma Volino.**



## Governor's Project

Alan Beinacker

It is hard to believe that we have completed our District Convention in Buffalo, and that this administrative year is nearly over. It has been an honor and a privilege for Alan Hodish and myself to serve as Co-Chairs of this year's Governor's Project. "Kiwanis and Kids Fit Together" was an idea we know Governor Peter had in his mind a long time before he took office. Peter is a physical fitness nut. He is a man who runs or trains every other day and knows it is good for the soul. Governor Peter's enthusiasm about wanting to tackle the epidemic of childhood obesity became our theme for the year.

As we traveled, e-mailed and spoke to your clubs and divisions, we tried to motivate you to find new and exciting ways to get a child to be more active. Our kids today sit behind computers for hours on end, instant messaging their friends. They have become a lazy generation. We, as parents and grandparents, aunts and uncles, continue to play a major role in their lives. We are the ones who can help make a difference. We need to encourage them to join a team, play outside, ride a bike or even just walk to school.

Our kids are our future. We want them to be of sound mind and body. Kids who are obese have many problems growing up. They are made fun of, teased and laughed at. They have low self esteem and a high rate of suicide. Kids can be mean to other kids, we all know that. As adults we are there to comfort and guide them. Many of us are busy and we sometimes take the easy way out. Instead of cooking, we head to McDonald's. Let's show our kids the right from the wrong in all aspects of life, from the food we eat to the exercise we all need to do. Just like a smile, exercising is contagious. If you do it, your kids will follow.

We want to thank the clubs that have received their Governor's Project Patch upon completion of their project. You all did an outstanding job and we hope that you will continue to encourage the kids in your community to be active. For those of you who have not yet completed your project, we look forward to hearing and reading about them very soon. Alan and I are available to help you in any way we can. Once again, thank you for letting us be a part of this project and for making a difference in kids' lives.

# New Scotland Kiwanis Baseball Promotes Kids' Physical Fitness

Kiwanis Club of **NEW SCOTLAND**, Capital Division – Long ago a former U.S. President said "The business of America is business." The apparent truth of that statement has never been disputed.

Kiwanis Int'l is likewise in business – the business of serving the children of the world; helping them to become better citizens, better nourished, medically sound and physically fit. On the local level a prime example is the children's baseball programs sponsored by the Kiwanis Club of New Scotland, New York through which youngsters ages 5 to 12 learn the fundamentals of a good healthy life. Participation also teaches them sportsmanship, honesty and the importance of a sound body and an alert mind.

Since its inception nearly 50 years ago, the New Scotland Club's Children's Baseball Program has exposed these benefits to over 10,000 youngsters.

Annually, in late winter, baseball registration forms are distributed to local area schools, bulletin board notices are posted and news releases appear in local newspapers. In 2004, 250 youths signed up for par-

ticipation in T-Ball, Big Sticks T-Ball and the Pee Wee and Minor Leagues. Of this total, 91 were girls who played in each of the divisions named above. In addition, 60 fathers and mothers served as coaches and there were 11 young boys and girls who worked as umpires. The fees charged were used to cover umpire and coaches fees and purchase players shirts. New Scotland Kiwanis furnished helmets, bats, balls, chest protectors, masks, and bases. In addition, it operated a refreshment stand using the net proceeds toward the children's baseball program.

After the completion of this season (April 21-June 5, 2004), championship games were played between the two top teams in the Pee Wee and Minor Leagues. This year's champions were the new Scotland Kiwanis Blackbirds in the Pee Wee league and the New Scotland Kiwanis Ravens in the Minor League.

Following the championship playoffs, a family picnic was held in the New Scotland Town Park, to which parents brought a variety of dishes and desserts. New Scotland Kiwanians grilled nearly 500 hot dogs and provided an assortment of condiments. A rousing good time was enjoyed by all.

By their participation in this New Scotland Kiwanis Club's baseball program, youngsters learned not only valuable life lessons but the importance of being physically fit.

Heading up the New Scotland Kiwanis Club's baseball program was Kiwanian Lew Scheidlbauer, who as commissioner coordinated the registrations, made up teams, and recruited coaches and umpires. He was assisted by Kiwanians Richard and Molly Reilly, who handled the T-Ball segments. Kiwanian Amy Faustel oversaw the refreshment stand operation with the help of several Kiwanians and players' parents.



**T-Ball Learner gets some advice from his coach.**



**Ravens team and their coaches who won the championship of the minor league in the New Scotland Kiwanis Baseball Program.**



**Blackbirds team and their coaches, who won the 2004 championship of the Pee Wee League in the New Scotland Kiwanis Baseball Program.**



**Lew Schedlbauer, New Scotland Kiwanis Baseball Commissioner.**