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 risk losing consciousness, emergency and first aid assistance is crucial.

The following are the results of our informal web site contest have already been posted on our district web site, with our appreciation to Webmaster Marty Tombs.

**Contest Winners**

The following are the results of our district contests, which we thank our 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 Tombs.

**Club Bulletin**

Gold Division
61 members and over
1st Place Copiague
2nd Place
Honorable Mention Schenectady

Silver Division
47-60
1st Place Sand Lake

Orange Division
30-39
1st Place Warsaw
2nd Place Newburgh
Honorable Mention Malone

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

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

Division
Unofficial Geneseo

**East Meadow Donates $10,000 to Kamp Kiwanis**

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

**Dr. Sclafani Addresses Kiwanians**

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 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.”

**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; Madelene Doss, Middletown member; Dan Snyder, Middletown member; LG Designate John Goldstein, Hudson River West; Lilly Vazquez, Middletown member; Chuck Krogslund, Middletown member; LG Jim Schalck, Gerda Krogslund, Middletown member; Sharon Snyder; Hazel Goldstein; Patricia Flynn, Middletown President - Elect; Betty Schalck, Middletown member.

**Governor Peter J. Moncuso**

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 communities, 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 PG Joe Espolito, 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 Shivnarain 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 Marrazzo, 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 Kimmse’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 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