

KIWANIS CLUB OF RIDGEWOOD, NY 3-2-1

Meets 1st and 3rd Wednesday @ GRYC Clubhouse, 59-03 Summerfield Street, Ridgewood, NY 11385

www.ridgewoodkiwanis321.org

718-456-5437 x221

The Triple Crown Newsletter



RESULTS OF MEET FOR: October 18, 2023

VOLUME 7 Number 2



3 – 2 – 1... AND THEY'RE



OFF



Race One: This was our Oktoberfest/German Day Celebration, highlighted by our Club recognizing the Distinguished Accomplishments of Immediate Past President Bill Rennison and our Club during the 2022-2023 Kiwanis Administrative Year. As we continue on our journey for the 2023-2024 Kiwanis Administrative Year, President Danielle Kleiman clapped the gong at 12:10 PM to call the meeting to order by asking those in attendance to rise for the Pledge to our Flag. After the Pledge, Danielle asked Fr. Kevin Powell to offer a blessing. Fr. Kevin asked for a moment of silence for Reverend Mike Ross of Covenant Lutheran Church in Ridgewood who passed away last evening. After the respectful silence, Fr. Kevin offered a blessing that was prayerful and reflective.



Maybe if I smile they won't realize how nervous I really am.

Race Two: The food was NOT on time so we had a chance to do some introductions of some dignitaries, guests and friends who were in the house for our Celebration. DPG Joe Ruggiero was thankful to be introduced that way, DPG Joe Corace and DPLG Nydia Corace were with us AGAIN, SDPLG 2x's and NEWEST member of the Ridgewood 3-2-1 Club, Mike Miller was able to make it, DPP (a dozen times) Al Gentile stopped by with Sabrina Montero announcing that Cross County was sponsoring her membership to the 3-2-1 Club, NYPD Inspector Louron Hall, former Commanding Officer at the 104 and now the NEW Commanding Officer for HWY came to say that he is "ALL IN" on our partnership with the HWY – Helping With Youth Program. Retired Detective Tommy Bell was back at the ranch and showing off his newest footwear. Then there was Dan Solo from Teacher's Choice Plus with us again and Xiooxue Chang from Blue Unicorn Learning Center who asked for an application for membership. Then we decided, because the food was in transit, to have our ceremony to declare to ONE & ALL, throughout the Kiwanis World, that our IPP Bill Rennison is hereby declared and crowned as **DIPPY – DISTINGUISHED IMMEDIATE PAST PRESIDENT of the YEAR!!** The Last line on his plaque says it all, **"A Man Who Walks The Walk"**. Then he got MY Distinguished President's Pin awarded to me in 2000 by DPG Joe Eppolito. Thanks Joe for always leading with respect, integrity and open-mindedness. Looking for a true Distinguished Club, look no further!!



Race Three: Finally, the food arrived and it was VELL Vorth the Vait. Let's see what we dished out for only \$15 a person. FULL Trays of Jagerschnitzel, Sauerbraten, Wurst Platter, Kassler Rippchen, Salad, Kasespatzle, Red Cabbage, Creamed Spinach, Mixed Vegetables, Home Fries and topped off with Apple Strudel. Where did this come from, you ask? That's a no-Brainer, it came from our friend and sponsor Zum Stammtisch. Ben Messing, John Servides and Alfred Ziegler, our sponsors from Forest Builders were on hand for our Deutscher Tag/Okttoberfest. There was PLENTY for everyone and we even got to send a To-Go Plate home for our member Bernie Zablocki who is a bit under the weather and couldn't make the meeting. We miss you Bernie. But let me tell you that nearly 70 members and friends were on hand for our festivities and FUN. DPP George Silkes was back again to take more donations from our club for the Victory Games and rumor is that he also was treating some friends to Apple Strudel later that evening. DPG Joe Corace did not leave empty handed as he always seems to know where to come for goodies. We love you Joe and Nydia and are here for you, ALWAYS. Our Community Affairs Officer Dilsia Bonilla brought along P.O.'s Andrew Incantalupo and Mike Gonzalez and sat with their old Boss Inspector Louron Hall. The Inspector got a 1949 model replica of an NYPD Police Car that had the 109 Pct. on the door. Then Inspector Hall was given a Log Book from 1998 that came into the possession of Bob Monahan when he worked at the NYC PAL. Detective Bell questioned how he happened to acquire such a prized item from the NYPD and Bob said that he believed the "Statute of Limitations" had expired, only to be corrected by Det. Bell that Police Property doesn't fall into that statute. Inspector Hall's Brand NEW HWY BOOT fit snugly. You had to be there to get the full effect of that statement.



Race Four: Friends are nice to have, nice to share with and are our most precious gifts. Speaking of friends and gifts, our new Queen West Lt. Governor Janice Bar was back in the Clubhouse and came with Janet Harmeyer, President of the Queens Blvd Club. Janet and Janice are sponsoring a World Class Magician to perform for our AKTION Club Halloween Party on October 28th from 12:00 – 2:30 PM. What a novel idea that Clubs can actually work together for the betterment of Kiwanis. You are absolutely TRUE FRIENDS of our 3-2-1 Club. Happy Dollars were flying around the room for DIPPY Bill Rennison, all of the guests and friends in the house, projects and events going on and so much more. Janice also plans to create a Division Committee on Diversity, Equity and Inclusion and will have a meeting on Wednesday, October 25th at 6:30 PM in the Ridgewood Clubhouse at 59-03 Summerfield St. This Committee will include members from the Queens West Division and will explore ways to encourage and bring the DEI concept into ALL of our club service projects and meetings.



Race Five: Joining us again was Rozario Sylvain from Champion Elevator who is in a networking group with Michael Addeo. It is our hope that Champion Elevator will become a Corporate Sponsor of our Club and be very active in our Service Projects. We missed another of our new prospects, Jaimyline Echevarria | Senior Bank Officer and the Ridgewood Branch Manager for our Corporate Sponsor, Maspeth Federal Savings. DPP George Silkes from the West Hempstead Club came to accept some more donations for the Victory Games. This amazing event serves nearly 1,400 Special Needs athletes and EVERY SINGLE participant gets a prize and gift. George has been involved in this service project for 38 YEARS and is a humble servant doing incredible work. The 3-2-1 Club donated some more Basketballs, Footballs and another 250 Baseball Jersey s that were donated to us by our friends at BSN Sports.



What time is it?

It's time to serve!!

OK you go find Mother Superior, I'm gonna get Papi Chulo.

Race Six: The bucks continued to fly around the room. Diane Cusimano won a very special doll and had happy dollars to add it to her collection. Just look at what being the President of the St. Michael's HS Student Council does to someone. LOL DPP Janine Mahon, DPP Maricelis Romero, Dina DePaola and President Danielle Kleiman all gave happy dollars for a great year by Bill and hopeful and confident \$\$\$'s for Danielle. Then Bill had some bucks to thank everyone for their gracious gifts and awards, followed by Bob giving some bucks for Bill's incredible and DISTINGUISHED Year as our leader. Lucian Matej came in person to give some BIG Happy Dollars because he got a personal invitation to attend the meet. Thanks Lucian. DPG Joe Ruggiero was in the house and gave some bucks, DPG Joe Corace gave some happy dollars to say that Ridgewood is ALWAYS there for him and Nydia's service projects, Two time SDPLG Mike Miller, now a member of Ridgewood 3-2-1 had happy dollars for Joe Corace who was his Distinguished Governor. Michael Addeo, Lucian Matej and JR Velepec had happy dollars to celebrate German Day with the 3-2-1 Club. Thanks to everyone who made this a special day.



That was my family hat with all the pins and trimmings.

When 2 x SDPLG Mike Miller speaks, Everyone listens. Especially when he Has Happy Dollars in his hand.

Lucian won a sign that read, "What doesn't kill you, makes you stronger, Except Bears, Bears will kill you!!

Clark McKinney tells Gino About his family hat and His Black Forest Roots

Race Seven: Ridgewood 3-2-1 is back on track with over 60 members and friends in attendance. Let's not forget Carlos "Papi Chulo" Rodriguez, Tracy "Mamaluke" Rodriguez, Joseph Then, Mary Benitez, Xiomara Pina, Linda Manetta, Andy Villion, Marc Darius, Edwing Vilsaint, BettyAnn Monahan, Chris Jardin, Jayne Wadhawan, Maureen Powell, DPP Maricelis Romero, Cat Siegel, Joan Hoffmann, DPP Gino Ancona, DPP Janine Mahon, Diane Cusimano, Dina DePaola and Master Beekeeper Tom Wilk. They all contributed to the success of this amazing event. We also heard about Turkey Shoot scheduled for Friday, November 10th at the Clubhouse. We are asking for donations of NEW candles, alcohol, and other basket fillers. We can only accept NEW items, please. Since it is right before Thanksgiving, we will also be giving out Gift Cards for Turkeys and all of the sides to create a delicious home cooked meal. We SOLD OUT our \$20 Grid Box and have already made \$2,000 for our Community Service Fund. We are hopeful that we can DOUBLE that figure when all is said and done. Working **TOGETHER** always works **BETTER**.

Race Eight: Upcoming Events include:

- **October 25th – Board of Directors Meeting in Clubhouse at 5:30 PM**
- **October 25th – Division Meeting for the DEI Committee at 6:45 PM in Clubhouse**
- **October 28th – AKTION Club Halloween Party in Clubhouse from 12 – 2:30 PM**



Race Nine: Danielle closed the meeting at 1:15 PM. There was \$1,175.00 for Happy Dollars and Food Money. It was a good day!!!



Passion ✦ Respect ✦ Inclusion ✦ Diversity ✦ Equity

3 – 2 – 1... AND THEY'RE  FF



What made you think that we could sell out our \$20 grid in only 5 days?



After 40 YEARS in Kiwanis, what makes you think that meetings and events can be fun again...

My gift from **Bill Rennison**
Distinguished Immediate Past President of the Year
DIPPY

Editor's Page

How to deal.

We all have times -- hours, days, weeks, months and even years -- when we feel stressed out and overwhelmed with all the work we have yet to do. It's an inescapable feeling. It's distracting, and it can make us irritable. Our thoughts are riddled with anxiousness, and our stress-ridden thoughts and emotions nag us throughout the day. We have so many things to do, and before we can even check something off the list, someone comes to us with another request.

The pressure is intense and overwhelming -- even if a good chunk of it is self-inflicted.

But here's what you need to know: **You cannot do it all.** You have to learn to say no and to let some things go. You're not the best, most complete version of you when your plate is overfull. So, unless you want your physical and mental health to hit rock bottom...unless you want to sacrifice the most important relationships in your life...unless you want your stress to continue to skyrocket...you must start doing three key things...

1. If you could wipe the slate completely clean, what would you put back on your plate? Take a step back and take an honest look what you have on your plate. Evaluate what's there and why. What would you do if your schedule was empty? What would you choose to put on your plate if you could wipe it clean?

Once you figure that out, you understand your values and priorities. In other words, you know what belongs on your plate. Now, when invitations, activities, requests, tasks, etc., pop up, you can ask, "Is this one of the things that I would choose to put on my plate?"

2. Learn to say "NO" when you don't want something new on your plate... Being a "Yes Person" certainly has a time and a place, but when you say yes to everything, you put yourself on the fast track to being miserable. Learn to set boundaries and stop saying yes when you want to say no. If you always say yes, people will take advantage of you.

We know it's hard to say no. But you must. The alternative is that you're going to do a half-hearted job begrudgingly, be stressed beyond belief and feel like you're stuck in a vicious cycle of failure and frustration. The thing that keeps most of us in the debilitating cycle of feeling overwhelmed is the fantasy that we can be everything to everyone, be everywhere all at once, and be a hero on all fronts. You're either going to do a few things well or do everything poorly.

3. Focus on no more than three core things every day... In an ideal world, you'd only have to focus and complete one thing well for an extended period of time. (Yes, multitasking is a myth, at least when it comes to cognitively demanding tasks.) We understand that's not the way life works, though. The good news is that most people can do two or three things well every day.

Wake up every morning and figure out what the most important two or three things are for the day and cut out the rest. Better yet, figure out what your top priorities are the night before. Attack your priorities ruthlessly. And when something else comes up (because it will), say no. Say that you want to help but your plate is full. You wouldn't be able to serve as well as your standards demand.

Do this and you will notice a difference. Life isn't really that complicated; we are.

After all, ***change isn't the same thing as progress.***



YES IT'S BACK
IT'S UGLY
TUESDAY
AGAIN !!!



A Picture is worth a thousand words!!!

It was delightful to have Dan Solo from Teacher's Choice Plus at our meeting today. Just look at DIPPY Bill sitting at the door to make sure NO ONE leaves without giving Happy Dollars and a smile.

When you get a text from Joe regarding Tuesday mornings, nothing else need be said.

Diane Cusimano and DPP Janine Mahon have a brief discussion on Health and Nutrition. Thank goodness DPG Joe Ruggiero didn't join that dialogue.

One of the nicest things about being at a Ridgewood 3-2-1 meeting is that everyone REALLY has FUN and leaves wanting to come back for more levity and light-hearted humor.

There is a genuine feeling of Diversity, Equity and Inclusion that lets EVERYONE know that they are welcome and appreciated. It is a true "respite" in the middle of a long and serious week.

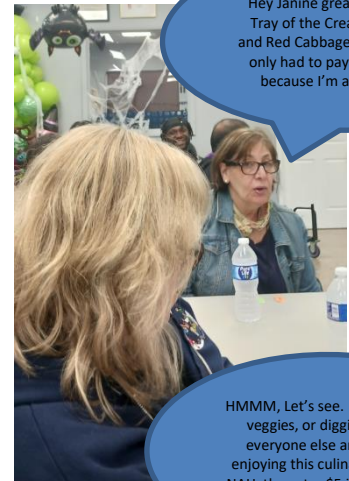
Try it, you might like it.

Our friends and partners at the NY Racing Chaplaincy have a NEW home and it is stunning. Many Congratulations on this awesome facility dedicated to serving others at Belmont, Aqueduct and Saratoga. Carlos dropped off a huge shipment of items for the Backstretch and we will be sponsoring some families for Thanksgiving and Christmas.

Ask how you can join this service effort at any meeting!



What are you looking at? Haven't you ever seen a really nice rainbow logo for the Patriots on a hat before? Well, it's the closest one that I had with Black, Yellow and Red on it.



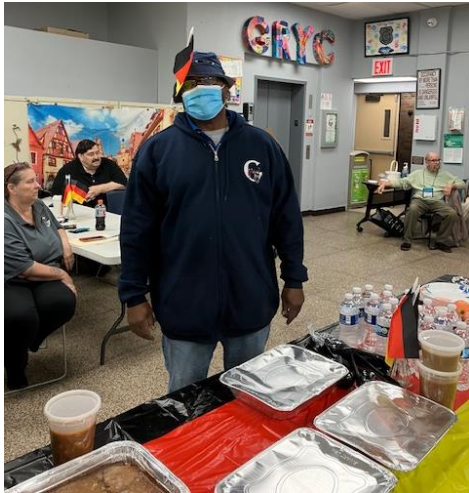
Hey Janine great call on a Full Tray of the Creamed Spinach and Red Cabbage. And to think, I only had to pay \$10 for lunch because I'm a Vegetarian.



HMMM, Let's see. \$10 for only veggies, or digging in like everyone else and totally enjoying this culinary festival. NAH, the extra \$5 is well worth it and then some Strudel.



It is so wonderful to see smiling faces all over the place at Ridgewood 3-2-1 meetings. Laughter is food for the soul and we have plenty to offer at our gatherings.





Having FUN @ 3-2-1



Almost forgot that we had Apple Strudel, but, George made sure that he didn't forget

Well isn't he adorable. Look closely and see the German & American Flags, both in one picture.

SDPLG Mike Miller feels right at home at 3-2-1 as he speaks with HIS DPG Joe Corace and DPG Joe Ruggiero. That table had close to 100 years of Kiwanis Experience and History.

On Wednesday, October 25th, Queens West Lt. Governor Janice Bar will host a Diversity, Equity and Inclusion Committee Meeting at 6:45 PM, immediately following the Ridgewood 3-2-1 Club's Board Meeting in their Clubhouse. Just as the name implies, we are looking for members from Queens West Division to become ACTIVE and ENGAGED in creating a culture of DEI within our Clubs, Committees, Meetings and Service Projects.

Kiwanis International has, for years, encouraged every District to create a DEI Committee and NY District is in the process of doing that after passing a resolution at D-Con this past August. As we ALL witness the rapidly changing Country and World Events, this is more important than ever, to create an environment of peace, kindness and justice for ALL. If we add Justice to Equity, Diversity and Inclusion, you get J.E.D.I.

May the Force Be With You, May the Force Be With ALL of Us.