

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: April 17, 2024

VOLUME 7 Number 12



3 – 2 – 1... AND THEY'RE



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Race One: This was supposed to be our EARTH DAY meeting but due to circumstances beyond our control, we simply moved it to another time to be announced whenever we get around to it. That's just how we roll at the Ridgewood 3-2-1 Club to accommodate our committee folks and those who are going to make it an awesome event, when we get around to it. The meeting was a delightful gathering of 20+ members and friends just sitting around and having fun. President Danielle Kleiman clapped the gong at 12:00 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 Father Kevin Powell, our Sky Pilot to offer a blessing. It was a blessing to appreciate our gifts and remembering those less fortunate.



Race Two: Today was another fast food day. Gino went over to Wendy's, again, and picked up some chicken sandwiches, hamburgers, chicken nuggets and fries. Since it wasn't EARTH DAY and some of our healthy eaters were not able to attend, we skipped the salads for those veggie folks. Enjoying their meals were; Carlos "Papi Chulo" Rodriguez and his lovely wife, Tracy Rodriguez; Mary Benitez, Dina DePaola, Joan Hoffmann and Paul Hoffmann. Then there was Joseph Then, DPP's Gino Ancona, Liz Fitzgerald and Janine Mahon. Watch out Joseph, they might be looking for a candidate to become the NEXT D.P.P.



What time is it?
It's time to Serve!

Look at that "Honor's Wall" behind DPP Gino, Liz and Janine. They are responsible for over HALF of those honors for leading our Club to great heights. Add in Maricelis and Bill (who has 6 more awards to be framed) and you know that "SERVICE" lives at 3-2-1.

Race Three: This was a quaint gathering, so after everyone had gotten their meal, President Danielle turned the podium over to her Chief of Staff, Bob Monahan and he kicked it off by introducing the dignitaries in the Clubhouse. Everyone had a good laugh in our usual fun-loving manner. QWLG Janice Bar was in the house and had a few announcements. DPG Joe Corace was present along with his incredible First Lady Nydia Corace. They were joined by Distinguished “something” George Silk who runs the Victory Games for Developmentally Disabled and Physically Challenged Athletes. 2X – DPP Gino Ancona and his committee, **ALWAYS** make you feel welcomed, included and equitable. That’s what Ridgewood 3-2-1 members bring to the table, every single meeting. Joe Corace got up and spoke about his Cursillo retreat weekend out at the Huntington Seminary the previous weekend. He said that it was an inspirational and spiritual awakening that was good for the mind, body and soul. He went on to say that his New Year’s Resolution at the 3-2-1 Club was to spend more time with Bob Monahan, and man o’ man, 72 hours was good for a solid month or two. Joining them were DPP Hank Kraker and Ridgewood Members, Andy Villion, Edwing Vilsaint and Rozario Sylvain. Next one is from October 17 – 20, 2024. JUST ASK!



Race Four: DPP Gino Ancona, DPP Janine Mahon, President Danielle Kleiman, Carlos “Papi-Chulo” Rodriguez and Joseph Then set up the room and tables to prepare for our meeting. EVERYONE is equal in making things happen at the 3-2-1 club. Henrietta Maier, Fr. Kevin and Maureen Powell, Master Beekeeper Tom Wilk (the hives already have NEW honey for the season) and DIPPY Bill Rennison was ABSOLUTELY present, even if he didn’t make the shot. Got you covered Bill and thanks.



I hope they don't realize this is an old picture, but I was at the meeting and there's my shoe to prove it.

Bill's shoe

Race Five: Since there wasn't a ton of stuff going on to announce, I'm going to just put out some pictures and little bullet comments to fill in the gaps.



Good-Bye OLD Friends

YES, my New Balance 624's are gone, gone & gone. After nearly 2 years (just for this pair), these incredibly comfortable and loyal sneakers are no more. New Balance has discontinued these 4E (extra wide) models and I've had to graduate to a newer model. Change is sometimes very difficult and this is one of those times. Fair thee well!

Race Six: In the last Edition, I mentioned that the club has created a “Toni Kraker Scholarship Fund” as a way for Hank, Lauren and all of us to remember Toni and her many philanthropic causes and interests. After posting this, DPG Joel Harris, immediately replied that He and First Lady Helene were most interested in partnering with us to fulfill one of the First Lady’s Major Projects on Literacy. The thought for this partnership will be to place a small reading and library station at the 104th Precinct for children who come into the command with adults. Gino had a very successful Book Fair and the Scholarship Fund purchased the book of their choice for the GRYC’s Kiddy Kidz, Pre-K and 3K at Summerfield and Fairview locations and will now get this project going. Detective Mike Berish and PO Dilsia Bonilla are already getting a space prepared for us to reach our goal.



Peter Grote officially became a teenager on April 18th and his mom made him this outstanding Eiffel Tower cake for his birthday party. Except for the banner and candles, everything else was edible and delicious. For those who don’t know, Peter & Connor are the grandsons of Bob & BettyAnn Monahan and Sara is their daughter. Last Edition, there was a blurb on the Wilderness Cake for younger brother Connor and one thing is for certain, they are as good as any local bakery. Also, Peter is a member of the Oceanside Middle School Builders Club



What time is it??

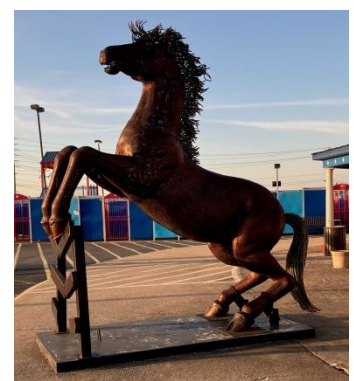
It’s time to SHAKE & BAKE!!



***It’s KENTUCKY DERBY POOL Time!!
We will be having our Derby Pools for
\$100, \$50 and \$20 starting NOW!!***

***Looking for JOCKEYS to mount up and
take a shot at winning the first leg of the
Triple Crown.***

Who’s IN it to WIN IT??



Race Seven: Remember the story in the last Edition about Diane Cusimano telling the club a story about finding a LIVE Chicken walking in front of her place of business (McKenna's Florist on Central Avenue) who may have been slated for a "religious" sacrifice by a local group. Well, I have some good news for everyone, the Chicken LIVES and has flown the coop and making a go of it in Branson, MO. Thanks Diane for always bringing fun and festivities to our meetings.



Race Eight: Upcoming Events include:

- **May 1st – Ridgewood 3-2-1 Regular Meeting at 12:00 NOON. This is to celebrate our Sky Pilot Kevin Powell and Maureen Powell for their years of service to our communities As the prepare to move to Florida. EVERYONE should make an effort to attend.**

Race Nine: Danielle closed the meeting at 1:20 PM. There was \$225 for Happy Dollars and Food Money. It was a great afternoon!!

Passion + Respect + Inclusion + Diversity + Equity

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People may doubt what you say, but they will ALWAYS believe what you DO.



NO Singing the BLUES out at BRANSON, MO. YouTube available of Bob singing with Jake and Elmo.



Things were STACKING UP out here in Branson, even the animals got into the ACTION!



Yes, JOE has been a bit CRABBY of late. NOW you understand why!!!

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 at 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 Man" 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.