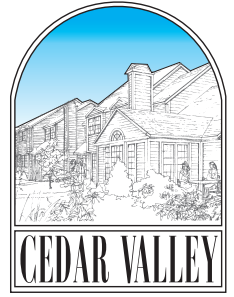




CEDAR VALLEY PRESS

The News and Views of the Cedar Valley Townhome Association
An Official Information Outlet for Our Community



September 2004 Since March 16, 1996 Volume IX Issue V

The President's Corner

John Gillespie



The Annual Homeowner's meeting is scheduled for Monday, September 13, 2004 at 7 p.m. in the Cedar Valley Club House. We will be voting in three new Board Members. By now, you should have received a letter from Spinnaker Management advising you of the meeting along with a candidate registration form to fill out for those of you who wish to run for the Board.

Attendance is important and we must have 100 votes present for an election. There will be proxies sent out for those homeowners that are not able to attend the meeting. Please make sure your proxies are turned in before the September 13th meeting.

The roof work is almost completed. Homeowners have voted to approve taking out the line of credit necessary to cover these costs and for the cost of repairs on the water and pumping stations.

As you know, The Board has asked for a copy of each resident's annual tax bill in an effort to file a challenge to the amount that the Cedar Valley Community pays in taxes. If you have not sent in your copy, please do so, so we can proceed with this effort. Please send your copy to Doris Steele at Spinnaker Management.

Attendance at our weekly cul-de-sac meetings has been positive and we thank you for your interest and feedback.

We will be adding a Community Classified section to our Newsletter. Cedar Valley residents can place ads to advertise their product, item or service.

On a lighter note, we are planning on holding a Community Day Barbeque on Saturday, September 18, 2004 at 2 p.m. Please call John at 855-3616 or Phil at 855-0106 if you would like to volunteer and help with this event. We hope to get a good response from the community and give us all a chance to see our neighbors and say goodbye to summer. Please let Phil know if you are interested in making a dish, providing beverages, or helping with set-up and clean-up.

Community Event Patriots Day Fredericksburgh 226

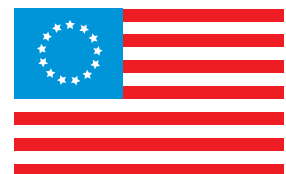
By Tom Castiglia

The Historical Society of Quaker Hill and Pawling plan to follow last years patriots weekend by bringing again an important part of Pawling history to life.

The events will take place September 19th from 12:30 PM to 5:30 PM at the Kane House. There will be demonstrations of spinning, quilting, weaving, the color guard using cannons from that era and many other exciting things taking place.

For more information contact: Nada Davis, Box 95, Pawling, New York 12564.

Fredericksburgh was the former name of Pawling. The number 226 represents the 226th anniversary of the presence of George Washington and his troops in our village and town.



Update: The Pledge of Allegiance

By Tom Castiglia



Last year, the Ninth Circuit Court ruled that the phrase “under God”, had to be dropped from the Pledge of Allegiance.

Recently the Supreme Court overruled the decision on a technicality that the Californian atheist who brought the challenge was not the custodial parent of the child reciting the Pledge and therefore lacked standing to bring the suit.

It would seem that the ruling showed some fancy footwork on the part of the justices and the issue is far from over.

Friendship

A true friend is someone who thinks that you are a good egg even though he knows that you are slightly cracked.

Author: Bernard Meltzer

“The better part of one’s life consists of his friendships.”

Abraham Lincoln

Friends are relatives you make for yourself.

Eustache Deschamps

Working Parents and Volunteering

By Ellen Tuck

It is critical that parents and others in the community actively support their schools. Research shows that such involvement causes children to behave better, earn higher grades, score better on tests and graduate at higher rates.



Before signing up for a specific committee or project, think carefully about your talents, interests, work style and schedule. That will help you find the right fit and make your volunteer time more productive and satisfying.

For example, if you can’t attend a lot of meetings but don’t mind working at the home computer after your child is in bed, look for a project that you can do at your convenience, such as keeping records for a fund-raiser. If you hate to cook, offer to solicit bake-sale donations instead of making something yourself.

Don’t wait to be asked. Check early in the year, find out what’s needed, and volunteer for a job you’d like and can fit into your schedule. That way you’ll get first pick of the available jobs and can avoid being pushed into a task you’d rather not do.

Part of supporting your school is being a partner at home. That includes reading to your child every day, making sure she completes her homework, and seeing that she gets enough sleep and has a good breakfast.

Also, be sure to read the notices that come home from school and to respond promptly to requests for information or signed forms. You want your child’s teacher to spend time teaching, not coping with parents who fail to return permission slips and other records.

This is part of an article from FamilyFun.com. This web site is full of great information, recipes and crafts.



Making Strides Against Breast Cancer

By Ivette Cruz

October is Breast Cancer Awareness Month.



As a team leader, I ask that you join my team today, so that one day we don't need a team at all.

Over 200,000 times this year breast cancer will strike and claim 40,000 lives in the United States. Some will look at the number "40,000", I choose to look at the "lives". These are the mothers, sisters, daughters, friends, co-workers, dads, brothers uncles, nephews, oh, and yes, *you also!* Forty-thousand lives who will effect families emotionally and spiritually.

I will be walking in memory of my mother, Rafaela Torres, who lost her battle against breast cancer in 1981.

I ask that you walk on October 17th. There are many sites in New York and if you truly cannot walk, please sponsor me, sign my walk paper. All donations are welcomed. Do it for your loved ones, do it for mine. I can be reached at 917.842.7694 between 9:00 PM and 10:00PM.

Thank you, Ivette.

Tom's Gems

A LOVELY HAND

Last night I held a lovely hand,
A hand so soft and neat,
I thought my heart would burst with joy
So wildly did it beat.

No other hand into my heart
Could greater solace bring;
Than that dear hand I held last night
four aces and a king!

Submitted by Bill Kiernan



Tom's Gems

The body of every organization is structured from four kinds of bones:

1. There are wishbones who spend all their time wishing someone would do the work.
2. Then there are the jawbones who do all the talking but little else.
3. The knucklebones knock everything anybody else tries to do.
4. Fortunately, in every organization, there are the backbones that get under the load and do most of the work.
Which bone are you?

"Three daily reminders: Have courage to say no. Have the courage to face the truth. Have the courage to do the right thing because it is right."
Mark Twain

"Don't let yesterday take up too much of today."
Will Rogers

The Senility Prayer

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference.

Valley Views

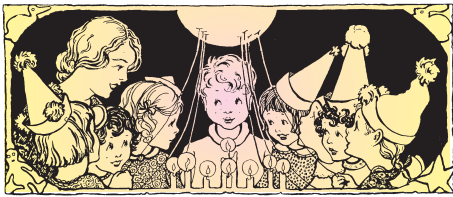
Betty Castiglia
Staff Reporter



A warm welcome to our newest homeowners:

Ana Pasashe
22 Juniper Lane

Linda Thompson
1 Timberline Trail



Happy Birthdays to:

Gail Lewis, Sept. 24th; Jim Cronin, Sept. 28th; Jeff Henkin, Sept. 30th; Mike Lewis, Oct. 1st; Tom Castiglia, Oct. 5th; Kathy Weber, Oct. 30th.

Happy Anniversary to:

Patricia and Mike Sweeting, Sept. 23rd; Maggie and Tony Esposito, Oct. 11th; Gail and Mike Lewis, Oct. 16th; Margaret and Mike Martin, Oct. 31 st.



Something to Think About

"I find that the harder I work, the more luck I seem to have."

Thomas Jefferson

Thoughts are but dreams till their effects be tried.

William Shakespeare

"Success is a journey, not a destination."

Ben Sweetland

The 82nd Annual Firemen's Parade and Carnival

By Thomas Castiglia

The carnival sponsored by the Pawling Volunteer Fire Department took place on August 4th through the 7th on the grounds of the Fire Station at One South Street in the Village.



Rides, games, food, raffles, fireworks and endless family fun were all there at this much loved annual tradition.

The Firemen's parade was action packed and just wonderful.

Please remember that the men and women of the Pawling Volunteer Fire Department are just that, volunteers, giving freely of their time and resources and they look to the community for your support.

We Mark the Passing of a Member of Our Community

Sincere condolences go to: the family of Marie Cali, a former resident of the Cedar Valley Community.

Marie was a valued and active member of this community and will be sorely missed by her friends and family.

The following is the published obituary:

Marie Cali, 69

PAWLING - Marie Teresa Cali of Pawling since 1995, died Monday, June 21, 2004 at home.

Ms. Cali owned and managed Mooney and Company in Pawling and also was a realtor for Tela Cook Real Estate. She retired in 2000. She was a member of St. John's Church in Pawling.

Born in New York City on Sept. 20, 1934, she was the daughter of Santo and Teresa Perrone Cali.

Survivors include two daughters, Michelle Vinciguerra of Pawling and Oriana DeRose of Pawling; a brother, Anthony Cali of Rocky Hill, Conn.; five grandchildren, Jesse, Lauren, and Benjamin Vinciguerra, and Christopher and Alexis DeRose; and one great-grandchild, Isabella Vinciguerra.

Community Day 2004

By Tom Castiglia



Community Day was a great success and a fun filled special day at Lakeside Park with summer, food and fireworks.

Sixth-Graders from the middle school hosted Community Day and they got it all started at the opening ceremonies as they led the crowd in the Pledge of Allegiance.

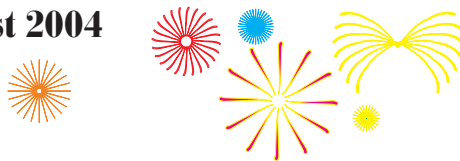
Dave Piazza spoke for his classmates. He welcomed the crowd and provided a full description of the incredibly full day, saying, "This year we, the class of 2010, are hosting Community Day in honor of our beloved classmate Erin O'Toole and her father, Christopher O'Toole, who tragically lost their lives due to a drunk driver earlier this year."

Members of the sixth grade raised \$1,661 in honor of their classmate, Erin O'Toole, to be donated to *Mothers Against Drunk Drivers*. All in all, it was just one fine Community Day.

Special thanks go to Town Supervisor Ed Hauser and his collaborative Supporters for having had the foresight and perseverance in having made the acquisition of Lakeside Park, a magnificent jewel and wonderland, a reality.

The Seventh Annual Summerfest 2004

By Tom Castiglia



This family event took place on August 28th at Lakeside Park with old New Orleans Jazz, soul stirring Gospel and fireworks. Performances included the Preservation Hall Jazz Band and the Dixie Hummingbirds.

This was a wonderful evening enjoyed in the company of old and new friends.

All of the proceeds benefited the "Where House", the Pawling Teen Center.

School News

By Tom Castiglia

The generosity of the Pawling Community was quite evident in the annual contributions of scholarship prizes to students graduating from Pawling High School.

This year, a total of \$54,600 was donated by the community in scholarships for the graduating class.



Of this amount the Pawling Rotary Club donated \$3,000 and was ranked as the fourth largest grant: a two year grant to Jessica Romeo of \$1,000 and a four year grant of \$2,000 to Christine Gasparch.

Superintendent of the Schools, Frank Deluca was complimentary and pleased with the ongoing support and generosity of our community.



From Dykeman's Farm How To Freeze Our Sweet Corn:

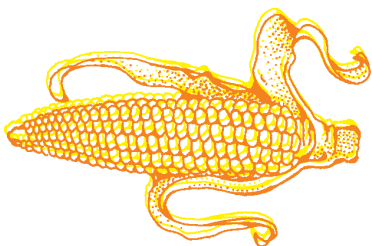
1. Buy corn the day you will freeze it.
2. Husk corn.
3. Fill large pot with water and bring to a boil.
4. Put husked corn in pot of boiling water. When water comes back to a boil, take corn out .
5. Immediately put corn into ice cold water to cool the ear.
6. When ear of corn is easy to handle, take a sharp knife and cut the kernels off taking care not to cut too deep.
7. Put 1-2 cups of corn into a zip lock bag and store in freezer until ready to use.
8. Warm in a saucepan, serve & enjoy!

How to cook our sweet corn:

Put water in a large pot. Bring to boiling. Place corn in pot. Cover. When water returns to a boil, take the corn out and serve with butter or margarine as desired.

The following is courtesy of Dykeman's Farm.

There website is
www.bestcorn.com



Giving Blood it Saves Lives

By William B. Owens



The following is culled from an American Red Cross Pamphlet titled *First Timers Guide to Giving Blood*.

Facts:

- ◆ A blood transfusion is required every two seconds.
- ◆ Fewer than five percent of people able to give blood do.
- ◆ Of those who do donate most only donate once a year.
- ◆ Every donation you make can help as many as three people
- ◆ Adults usually have ten to twelve pints of blood.
- ◆ They take less than a pint.
- ◆ You can donate blood safely every fifty-six days, as many as six times a year.

When a person donates their blood it is separated into its components.

- ◆ Surgery patients will use the red blood cells.
- ◆ Red blood cells can be stored in refrigeration for up to six weeks.
- ◆ The platelets from the blood are used by Cancer Patients and bone marrow recipients to prevent hemorrhaging.
- ◆ The platelets last up to five days.
- ◆ A patient may need platelets from as many as six donors for every transfusion.
- ◆ Patients suffering burns, shock or dehydration need plasma.

Plasma can be transformed into many other products that:

- ◆ Fight shock
- ◆ Fight infection
- ◆ Replace clotting factors for patients with hemophilia.

It requires hundreds of donors for a single transfusion for a patient with hemophilia.

In the Pawling area there is an ongoing and regular blood drive, the next onw is September 24th begining at 12:30pm. For information from the Red Cross call 1-214-9455 or go to www.bloodct.org. To schedule an appointment call 1-800-GIVE-LIFE.

When you give blood they make it quick and easy and it makes you feel great!

Needle Ladies at Cedar Valley

The ladies meet at 12:30 pm in the Cedar Valley Clubhouse.

If you are interested in joining the group call:

Chairperson: Nancy Guagliano
855.0895

Co-Chair: Marian Rogers
855.3508

You can't build a reputation on what you are going to do.

Henry Ford



A Reminder

If you would like to see the birthday, anniversary, wedding, graduation, honors, special occasion, or other special date of you or anyone in your life published in the newsletter or if there has been an illness, hospitalization or death in the family, etcetera, and you wish to have it included in the newsletter please send it to:

William B. Owens
24 Evergreen Way
Pawling, NY 12564
Attn: Newsletter

Or email it to: bg10@verizon.net, in the subject line put "For the Cedar Valley Newsletter".

PS. If you feel inclined to write a piece to submit that would be great. A short anecdote, a recipe, a poem, a story, a community item, etc. would be welcomed.

Cedar Valley Community Classifieds

ATV for Sale: 2004 Honda ATV TRX650. Brand new, mint condition. Only 15 hours. Trailer and snow plow Included. \$7500. Call Phil @ 855-0106

Boat for Sale: 2000 Bayliner Cierra 2855 (28 foot). Immaculate. Only 95 hours. Call Phil to inquire @ 855-0106.

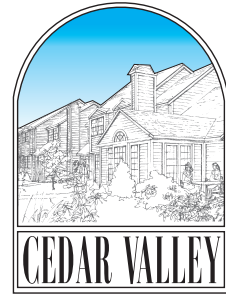
Tutor available right here in Cedar Valley! - New York State certified teacher (K-6) currently on maternity leave looking to work with your child. Help available in all subjects. Reasonable rates and flexible hours. For more information call Kristen Gillespie of 9 Aspen Court at 855-5902.

If you wish to submit items for the classified section of the paper you may do so by sending them to the board of directors. Contact John Gillespie at 855-3616 or Phil Gambelli at 855-0106.

Second Floor Windows

The Board is putting together another opportunity to have a moveable sash window installed in place of the fixed window on the second floor of your townhome.

The price is \$290 if enough people sign up. Please contact John Gillespie at 855-3616.



Cedar Valley Community Info

Emergency Numbers

Police, Fire, Ambulance.....911

Pawling:
Police.....486.3800
855.4405

Fire.....855.1144

Ambulance.....855.1144

Poison Control.....800.336.6997

NYSEG:
Power Outage.....800.572.1131

Spinnaker Management..895.8122

Verizon Tel. Repairs..... 890.6611

Cable TV.....800.7464726

Senior Citizen Information and referral.....800.342.9871

Pawling Community Resource & Service Center.....855.3459

Master Insurance Policy,
Al Girelli.....265.2220

Please review our list of subscribers and patronize them whenever you can. They have supported us in the newsletter effort, so let's support them. Mention that you saw their ad in the newsletter.

Concerning Grease and the Sewer System Redo

William B. Owens

Back in April of 1999 I wrote an article concerning the proper disposal of household grease. It was brought to my attention again in 2002, that the Greenlawn pump station had to be repeatedly cleaned due to excessive accumulated grease. This was brought to my attention because with the exception of a few residences, Greenlawn exclusively handles the flow from Cedar Valley. Ergo, we cause the problem.

An accumulation problem means necessary maintenance. This translates into further costs. As you may or may not know, you pay a portion of your quarterly sewer bill based on your water usage. Another portion of that bill is for maintenance costs. The more grease accumulation, the more maintenance must be performed - the higher the costs.

Furthermore, you also will be causing yourself problems, because 100% of the grease you pour down your drain does not clear your own drain pipes and it eventually narrows and clogs them as well as the pipes of the Cedar Valley Community. When they become clogged, we pay directly for that.

So, please dispose of oil and grease properly; do not pour them down your drain.

Starting an Exercise Program

by Suzanne Mayette, Personal Trainer.



If you're considering putting an exercise program together it's perfectly normal to have a lot of questions swimming around in your head. What's the best activity to participate in? How do I get the most out of exercising? How long should I exercise?

Often, the hardest part of getting into shape is taking the first step. Here are some simple steps to help you begin your journey.

Think F.I.T.

To make physical improvements, you need to work your body harder than usual. This is referred to as the overload principle. As your body becomes more conditioned, you need to increase the frequency, intensity, or time of your workouts in order to continue improving your fitness level.

Frequency: How often you exercise. For beginners, consider starting with 2-3 sessions per week.

Intensity: How hard you exercise. For example, the pace you walk or run, the amount of weight you lift, or your heart rate count.

Time: How long you perform an activity. "Time" can also refer to the number of sets or repetitions you perform in weight training.

Exercise Component 1: Aerobic Exercise

Aerobic exercise increases the health and function of your heart, lungs, and circulatory system.

Exercise Component 2: Strength Training

Strength training is the process of exercising with progressively heavier resistance to build or retain muscle.

Exercise Component 3: Flexibility

Flexibility is a critical element of an exercise program but it is often overlooked. Stretching is important for a number of reasons; increases physical performance, decreases risk of injury, increases blood supply and nutrients to the joints, increases neuromuscular coordination, reduces soreness, improves balance, decreases risk of low back pain, and reduces stress in muscles.

Choosing an Exercise

The best exercise is an activity that you enjoy enough to really pursue enthusiastically. Experiment with different forms of activity (cross training). Alternating new activities with old favorites will keep your enthusiasm high. Here are some suggestions:

Indoor (Facility) Activities: If the treadmill, stairmaster, rowing machine or stationery cycle doesn't excite you, sample some group activities that strike your fancy. Participate in a group cycling class, beat stress with yoga, find balance with martial arts, stay cool with indoor or outdoor swimming.

At Home Activities: You don't need to join a gym to experience a variety of activities. Your local video store or library will carry a variety of fitness videos that allow you to workout in the privacy of your home. Some equipment may be required, depending on the activity you select. A few inexpensive pieces of equipment include a jump rope, a set of hand weights (preferably with weight plates that you can add and remove), Dyna-Bands or tubing, or a basic step (for step aerobics).

If you enjoy working out at home then you may want to consider engaging a personal trainer to or investing in a piece of equipment such as a treadmill, ski machine, stationery bicycle, or elliptical trainer.

Outdoor Activities: Outdoor activities abound during all four seasons. Sample the variety of activities available to you. For example, take a hike to enjoy the autumn colors, learn to cross-country ski when Old Man Winter visits, walk among the flowers in the spring, or dive into swimming during the hot months of summer. Getting outdoors into the fresh air not only adds variety to your exercise program but it seems to provide an uplifting of one's spirit as well.

Staying Motivated

Only one-third of those who begin an exercise program are still exercising by the end of their first year. The good news is that with some strategizing and planning, you can beat the dropout odds and make a successful transition to a lifestyle that incorporates exercise. Here are some tips to help you stay motivated.

Find a Fitness Partner: Studies show that exercise adherence is generally greater if the family or a friend is included in the commitment to exercise.

Start an Exercise Log or Journal: An exercise log or journal is an excellent way to chart your progress and provide motivation.

Schedule Your Workouts: Exercise must be a priority in order to establish it as a lifestyle practice. Make time for your workouts and schedule them on your daily calendar or planner.

Toss Your Scale: Ask yourself, "How often has stepping on the scale in the morning ruined my day?" If your answer is "often," consider whether or not you should give that little machine such power over you.

Dress the Part: Wear comfortable clothes appropriate for exercising, they will help you feel like working out.

Entertain Yourself: If you exercise alone, consider using a Walkman to listen to your favorite music or books on tape to help keep you entertained during your workout.

Evaluate Your Progress: It's a good idea to test your fitness level when you start and re-evaluate yourself every couple of months.

Make Exercise Non-Negotiable: Think of exercise as something you do without question, like brushing your teeth or going to work. Taking the lifestyle perspective will help you make exercise a habit.

Suzanne is available to come to your home or meet with you in the Cedar Valley Club House gym for a personal fitness /workout consultation. Please feel free to call her at 855-9143.