The Red Cross strives to maintain a sufficient blood supply to meet the community’s needs each and every day. They must collect enough blood to support accident victims, cancer patients, surgical candidates, children and adults with blood disorders, and many other needy patients. Right now the Red Cross needs donations of all blood types, especially O negative. Please help the Red Cross ensure that blood and platelets are available for all patients in need by scheduling your donation today. Just one blood donation can help save up to three lives! The next Penfield donation event is Friday, April 5 from 1:00 to 6:00 p.m. at St. Joseph’s, 43 Gebhardt Road. To schedule an appointment log on to www.redcrossblood.org, call 1-800-RED-CROSS, 1-800-733-2767, or just stop in, they would love to see you!

Penfield Animal Control Officer Steven Schicker recently graduated from the Peace Officer program at MCC. This certification offered at the Public Safety Training Facility is recognized as one of the most comprehensive and well coordinated program of education and training in the region. Congratulations to Steve for completing this program.

Jeffery Long, Boy Scout Troop 312, is working on his Eagle Scout project. He will collect used bicycles, make minor repairs and give them to R Community Bikes, a non-profit organization that donated 27,000 bikes to less fortunate children and adults in Rochester last year. Jeffrey told me he was introduced to this organization two years ago when his grandfather invited him to tag along and collect some bikes to donate. Jeffrey shared, “When I saw the excitement on the kids’ faces when they got the bikes that day I decided from that point I wanted to do more with this organization.” So when the time came to identify his Eagle project, Jeffery’s decision was easy, he wanted to conduct a bike drive to support R Community Bikes. Jeffrey will be hosting a bike drop off on Saturday, May 4 at the Community Center, 1985 Baird Road from 9:00 a.m. to 3:00 p.m. He welcomes bicycle donations from all residents so he can clean them up, make repairs, and get them to children and adults in need. Watch for more details and consider supporting Jeffery and his Eagle Scout project.

The Penfield Community Victory Garden still has some beds available to rent for the 2013 growing season. As the weather gets warmer (and it will get warmer…honest) the beds go fast. To reserve you yours today, log on at www.penfieldrec.org.

I had the honor of attending Master Kim’s Taekwondo Institute’s nineteenth annual “Supercup Championship” last weekend at MCC. Taekwondo is a martial art originating in Korea that combines combat and self-defense techniques with sport and exercise. I continue to be amazed and impressed with this program and the hard work and dedication of participants, judges and instructors. Master Kim’s Taekwondo Institute is a Penfield Business.

Watch your mail box, the 2013 summer Penfield Recreation brochure should hit on or around April 6. There are fifty pages of programs, activities and events planned through Labor Day. Registration begins May 1 and many programs offer a discounted fee for early online registration. For more information and details, log on to www.penfieldrec.org.

Until next week, be well and be safe!

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