For the past several years our Recreation Department has worked closely with SUNY Brockport’s intern program for seniors majoring in Recreation Education and Programming. This year we welcome Ashley Vent who has joined the staff to fulfill her internship. As part of this program, the intern must prepare a town-wide community program. Ashley’s program is a free family “Wellness Fest” to be held Sunday, April 22 from 11 a.m. to 1 p.m. at the Community Center. The event will include mini chair massages, blood pressure screenings, a youth fitness challenge, hula hoop instruction, health education and information booths, dance instruction, prizes and give-a-ways! There is plenty of fun to be had for all ages. Mark your calendars and register at the Recreation Office or by e-mail at www.wellness@penfield.org. I look forward to seeing you at the “Wellness Fest”!

The Trails Committee’s 2012 Penfield Hiking season is well underway and you will not want to miss these upcoming sessions: Saturday, April 14 from 10 a.m. to noon at C.H. Philbrick Park, meet at the kiosk on the north side of the bridge; Saturday, May 5, 9 a.m. to 11 a.m., Harris-Whalen Park upper pavilion for “spring flowers;” and Saturday, May 12, 9 a.m. to 11 a.m. is a canoe/kayak event at Ellison Park’s south entrance. All hikes are free, however pre-registration is required. No pets please. To register contact the Recreation Department at 340-8655 or log on to www.penfield.org, click on ‘Departments,’ then ‘Parks & Recreation,’ then ‘Town Trails.’

Town Board members attended a recent Eagle Court of Honor for John O’Hern and John Siniscalco from troop 260 at St. Joseph’s Church. John O’Hern’s project was to build trails at the newly dedicated Abraham Lincoln Park on Empire Blvd. Since Monroe County opened this park almost a year ago the number of visitors has steadily increased, with countless families taking advantage of the bay and surrounding properties. John Siniscalco constructed a reflection area at the 9/11 memorial at our Veterans’ Memorial Park at the Town Hall. Both of these young men are committed to their community and demonstrated that fact in their Eagle Projects. Their families, friends and troop should be very proud of their hard work. On behalf of the entire Town of Penfield, thank you John O. and John S. for making our community a little better for everyone!

I received an information sheet from the NYS Department of Environmental Conservation (DEC) reminding our community and residents of the 2010 NYS “Dishwater Detergent and Nutrient Runoff Law” that became effective January 1, 2012. The law covers the sale and use of fertilizers containing phosphorus because phosphorus causes impairments in more than 100 water bodies in New York State. The requirements of the law will reduce the amount of phosphorus in storm water runoff and improve water quality in those affected water bodies. Highlights of the law are as follows:
- Prohibits use of fertilizer containing phosphorus on non-agricultural lawns and turf, except where a new lawn is being established or where a soil test indicates the need for additional phosphorus
- Prohibits application of any fertilizer for non-farm use between December 1 and April 1
- Restricts application of any fertilizer within 20 feet of a water body or on paved surfaces, with limited exceptions
- Requires that retailers display phosphorus-containing fertilizers separately from non-phosphorus fertilizers and post an educational sign where the phosphorus fertilizer is displayed

For full information about the law, please visit www.dec.ny.gov/chemical/67239.html.

The town employee wellness team reminds me that the wellness theme for the second quarter of the year is focused on Physical Activity. In April, consider starting an outdoor exercise plan that includes a personal fitness plan featuring walking or running, eating healthy and staying hydrated.

Important dates and events in history: April 14, 1865 – President Lincoln is tragically assassinated at Ford’s Theater in Washington, D.C.

Until next week, be well and be safe!

Tony
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