Great news! If you think you missed out on an opportunity to participate in the Community Victory Garden due to lack of beds or bad weather…more garden beds are now available. Through the generous work of Tony and Michele from Country Way Garden Center on Penfield Road, nine more garden beds have been added to the Victory Garden to bring our total to 80 beds. Additionally, volunteers of the Community Garden recently installed deer fencing around the perimeter to keep the crops safe from becoming a grazing station for our various wildlife friends! To reserve your bed please call Sabrina at 340-8651 or log on at http://www.penfield.org/index.php?pr=Community Victory Garden.

Last week I had the honor of attending Boy Scout Troop 310’s Court of Honor recognizing thirteen scouts for receiving eleven different merit badges and various rank advancements. The second part of the program was an Eagle Court of Honor for Matt Sirianni and Tommy Conners. Matt’s Eagle project was to design, build and paint six large sandwich boards for the Seneca Park Zoo that will be used to publicize different ongoing events. Tommy’s project was to clean up, organize and design a system to catalog all the music that is housed at the Bay Trail Middle School, as well as inventory the music. With Matt and Tommy receiving their Eagle Badges, the total number of Eagles out of Troop 310 is now forty-nine. I look forward to presenting certificates of recognition on behalf of the Town of Penfield for Eagle Scout number 50 later this year!

I attended the 25th drive for a cure campaign luncheon for the Committee to Aid Research to end Schizophrenia (CARES) recently, and presented a certificate of appreciation to Penfield residents John and Winnie Delehanty in recognition of 25 years of service to CARES. Their commitment of time, energy and resources is second to none for this wonderful organization. On behalf of the entire community of Penfield, a special thank you to John and Winnie for everything you have done over the last 25 years in support of CARES. I would like to also recognize Barbara Swigert, Founder and First President, for her efforts to form and fund a not-for-profit organization. She put those skills into action by holding the first dinner-dance in 1987 to support CARES. I continue to be amazed and impressed with the types of volunteerism that our residents provide the community of Monroe.

As you are reading this week’s column the Penfield Art Association’s annual Spring Art Show and Sale at the Penfield Community Center is well under way. Please consider stopping by to view more than 150 paintings that are on display at this year’s show. By way of some history on the Penfield Art Association, this organization is 48-years-old and this year marks their 45th show.

There are still a few openings for the Kiwanis Club of Penfield-Perinton Foundation and Town of Penfield Community Charity Golf Tournament to be held on Monday, June 20th. If you do not want to golf, consider joining us for dinner. The money raised will benefit community charity projects. If you are interested in participating in some way, contact Bob at 746-2500 or John at 671-4314.

June 13–19 is Men’s Health Week. If you have not been to the doctor in a while, consider making an appointment. If you have a nice balance between eating healthy and exercising, congratulations and keep up the good work. The Town Board and Town Departments and Boards are looking to establish the community of Penfield as a “Wellness Community.” To that end, as we develop programs, events and activities we will look to have a “wellness theme.” Penfield is noted for its parks, trails, sports activities, recreation programs and more. Consider joining PenRec’s 100 mile walking club to track your daily steps. This is an activity for the entire family! Give up a little screen time for some scenery time. Working with Wegmans as our Wellness Partner and also the Finger Lakes Municipal Health Insurance Trust and our Recreation Department, we will be looking to provide more wellness tips and activities throughout the year.

Until next week…be well and be safe!

Tony

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