This past weekend I attended a retirement gathering for Carol Enfonde, who retired after 36 years with the Town of Penfield. I first met Carol in 1977 and had an opportunity to work with her over the years as she supported many town departments. Some may remember her from the Town Clerk’s Office as Receiver of Taxes; many may have dealt with her at the Building Department when picking up a permit for a home, an addition, or a pool. I understand that Carol’s next job is to be a full-time grandmother and do some gardening. On behalf of all town employees, congratulations Carol on a great career and best wishes for the next chapter of your life!

I was also honored to attend an 80th birthday gathering for Don Nelson-Nasca. Don is an active member of the Local History Room Advisory Committee and a long-time resident of East Penfield. You may have seen Don in his replica civil war uniform giving one of his many lectures describing the tactics of the Union and Confederate Generals and what might have happened if Abraham Lincoln had not been re-elected in 1864. Maybe you have seen him demonstrating the method for loading his smooth-bore musket with ammunition, or highlighting the contents of a standard backpack and describing battlefield food preparation. Don, thank you for all you do in our community to share your knowledge of American history, and congratulations on what you told me was the 30th anniversary of your 50th birthday!

2014 budget update…in last week’s column I spoke about health care costs, specifically about the fact that our consortium was able to hold the 2014 cost increase to 9 percent before the additional taxes and fees of 3.5 percent that are being levied by the Federal Government. A resident, to his credit, called me on the 9 percent by saying it seems as though we are celebrating that the rates are only up 9 percent, and the consortium should be demanding even lower costs from health care providers, as the current model of significant increases for health care year-on-year are not sustainable. This resident was spot-on with his observation, and all of us in business, government, and as individuals, must look for ways to reduce the cost of medical as we move forward. I will take this as a challenge to help our consortium better focus on educating members to be better advocates for themselves and their families on early detection, knowing “their numbers,” and overall wellness education as these are ways to help better manage costs. I want to thank this resident for not accepting good practices but demanding best practices!

The Town’s Employee Wellness Committee asked me to share some interesting facts on the “rule of threes”: you can live three minutes without air; three days without water; and three weeks without food; if you have an endless supply of water you could live for months without food but not without water! By reaching for water instead of soda you will save money, reduce calories, and create a healthy lifestyle habit. In a world of specialty coffees, soft drinks, and energy boosters, please do yourself a favor and remember to chose water above all other drinks. Your body needs water to function and survive…and it’s good for you!

Mark your calendars for the eleventh annual Family First/Town of Penfield 5K Challenge to be held on Sunday, September 29 starting at the Community Center. Check-in is at 8:00 a.m. and the race will begin at 9:00 a.m. The race fee before September 23 is $20 or $25 after that. There will be more than $1,000 in prizes given away, including $100 to each of the top male and female finishers in each age category. For more information on the 5K Challenge and more fall events, log on to penfieldrec.org.

Important dates and events in history: August 14, 1945 – Japan surrenders “unofficially” ending World War II; August 15, 1914 – The Panama Canal opens for business; August 21, 1959 – Hawaii is the fiftieth state admitted to the Union.

Until next week, be well and be safe…and consider drinking a few extra glasses of water!

Tony
supervisor@penfield.org