This past Sunday we held the Family First Penfield 5K Challenge XI. The weather was perfect for the 200-plus runners and walkers who participated. I would like to congratulate all the winners from the various divisions. I would also like to thank everyone who participated because you are all winners in contributing to our overall “community wellness.” This event was made possible by Family First Federal Credit Union, the YMCA, Nalgene (Made in USA), PCR Timing Services, and the Penfield Recreation Department.

Right after the 5K event, the Recreation Department held its first annual “REC”reate Wellness Day designed for residents to sample some of their most popular programs. I personally participated in spiritual wellness by spending time with Usha Shah, who is running a program on the “Healing Power of Meditation Using Sound Energy” from September 30 to November 4 at the Community Center. For more information on this program please consult your Rec Brochure on page 32, or go to www.penfieldrec.org. Additionally, Usha shared with me that there will be a “Hope and Health Expo 2013” on Saturday, October 12 from 10:00 a.m. to 7:00 p.m. For more information on this event, please log on to www.hopeandhealthexpo.com. If you mention “Usha” or “sound energy” you will receive 50% off the regular admission price of $10.00.

The third annual National Plug in Day was held at the Community Center this past Saturday and was sponsored by Nissan, the New York State Electric Automobile Association, and the Town of Penfield. Many electric vehicles were on site for viewing and test driving. I would like to recognize Bob Kanauer, a member of the Town’s Energy & Environmental Advisory Committee and the Conservation Board, for his work and support of this event. This is an annual educational event to learn about various makes and models first-hand from experienced owners.

I am reminded that The Barn Owl’s 1st Birthday Party Celebration will be held this Saturday, October 5 from 10:00 a.m. to 4:00 p.m. As I look at the schedule, the day is filled with exciting events and activities. The day opens with meeting the Big Owl Mascot, at 10:30 a.m. there is story time with Pickles the Hedgehog, followed by Krittr Kris and her Raptors till noon. From 1:00 to 2:30 p.m. there will be a WEC Live Animal Program. Now you cannot have a birthday celebration without cake and punch, a piñata and games, and of course an Owl Mask Craft. Stop by early and stay late for door prizes, raffles, in-store specials, refreshments and more. All events are free!

Have you ever thought about watching or participating in a soap box derby? The Greater Rochester Soap Box Derby will be coming to Penfield this weekend, October 5 and 6, for rally races. What are rally races? They are races held in various locations around the United States. If you accumulate 180 points from these rallies, you get to go to the World Championships in Akron, Ohio. The races will be held at the Penfield Town Hall all day Saturday and Sunday; please consider stopping in and watching some of the events and the work that these young drivers and their parents do to shave a thousandth-of-a-second off their times for a winning car. This is the third annual event in Penfield and the program continues to grow. For more information about how to get started in soap box derby racing contact Mark Scuderi at mscuderi@rochester.rr.com. I hope to see you out at the races!

One last reminder because we seem to have so many great things going on this coming weekend, don’t forget the Fall Recycling Day on Saturday, October 5 from 9:00 a.m. to 3:00 p.m. at the DPW Complex at 1607 Jackson Road. This is not a “junk drop-off,” rather a recycling day. Electronics (TVs/computers & more), secure document shredding, metals, clothing, and brush. The next drop-off event will be the traditional Spring Drop-off in May. Also, if you have an old bike, consider taking it to the Community Center at 1985 Baird road for the third annual Penfield Rotary, R Community Bikes and Penfield “up-cycling event.”

Until next week…I hope to see you at one of the many events this weekend!

Tony
supervisor@penfield.org 340.8631