



SUNRISE EXPRESS

Newsletter of the Erie-Niagara Sunrise Exchange Club



P.O. Box 1614

Amherst NY 14226

Meetings at 7:30 a.m. every Wednesday

Olympic Restaurant in Kenmore

Dec. 2, 2009

Coming attractions

Dec. 7 - Board meeting Ken-Ton Chamber - 7 p.m.

Dec. 9 - World Trade Center

Dec. 16 - Christmas party at Barbara Tucker's

Dec. 23, 30 — No meetings. Happy holidays!

Attendance:

Marilyn Baxter, Joan Davern, Sue Downing, Jim Fitz-Patrick, Kim Giesing, Karen Grace, Joanne Guercio, Carole Harrigan, Paul and Diane Krause, Charles Lewis, John Lukasik, Jerry Maragliano, Bob Pagels, Ron Sciandra, Raymond Smith, Wayne and Mary Ann Tahara, Gay Thompson, Jan Tooke, Barbara Tucker. **Guest:** Barbara Barrett.

- **Breakfast Winner:** Marilyn Baxter
- **Split Club:** Collected \$40, Joan Davern won \$10

Bragging Bucks: Ron Sciandra \$2, for a new puppy and his daughter has moved to a new apartment; Sue Downing, Joan Davern and Jan Tooke (\$1) for their photo in Ken Ton Chamber newsletter; Joanne Guercio (\$1) for photo and story about the Salvation Army pantry on the front page of the Tonawanda News; Bob Pagels (\$5) for bagging the largest deer he's ever gotten; Barbara Tucker (\$1) for her cookie recipes in the News. John Lukasik gave \$48 from recycling cans - some all the way from Connecticut! WHEW!! The end!

Diabetes Association provides info, suggestions, help

Susan Daniels, director of the Western New York Diabetes Association spoke on the disease, handed out a diabetes alert and fact sheet and told the consequences of the disease. She talked about Type 1 and Type 2 diabetes, the latter which can strike at any time in life.

Her suggestions are to keep track of what you eat and exercise. All hospitals in the area have good diabetes programs and education is available.

Club Ped is a walking program sponsored by the Diabetes Association. Volunteers are needed for the major fundraising efforts.

For more information, call 1-800-DIABETES (342-2383).

Thinking of you

- **Mary Ann Tahara and Jerry Maragliano** are back! Good news.
- **Happy Birthday to Paul Krause (12/2), Bob Pagels (12/8) and Jennifer Babcock (12/6).**

Joanne Guercio has given us the name of a family to help at Christmas from the Salvation Army's requests. We are bringing gifts **next week** for the 21-year-old mother with three children, twins age 2 and a baby age 1 year. Unwrapped gifts must be in by Dec. 9. Mom's gifts may be wrapped and marked for her.

Don't forget your assignment as **bell ringers** on Dec. 12 at the Sheridan Drive Tops Market. Mark your calendars!!

Lottery: Hey, everyone: Sue is really serious about selling those tickets. Christmas is coming: SELL, SELL, SELL! Let's do it!



Ron Sciandra introduces Susan Daniels from the American Diabetes Association.

Amherst, N.Y. 14226-7614
P.O. Box 1614
Erie-Niagara Sunrise Exchange Club

2009-2010 Officers

President: Marilyn Baxter
 Preesident-elect: Ron Sciandra
 Vice President: Wayne Tahara
 Treasurer: Ray Smith
 Secretary: Carole Harrigan
 Past President: Kim Giesing

Board of Directors

Diane Krause Sue Downing
 Jerry Maragliano Karen Grace
 Barbara Tucker Bob Pagels

Exchange Officers

Claude Carmack
 National President
 John Fetters
 Region 8 Vice President
 Cora Martin, District President

Meetings

7:30 a.m. Wednesday mornings
 Olympic Restaurant
 Sheridan Drive & Military Road
 Kenmore, N.Y.

Name	Work	Home	Address	City	Occupation
1 Michael Babcock (Jennifer)		880-5331	97 Midland Ave.	Kenmore NY 14223	Draftsman kaotik29@buffalo.net
2 Betty Barabasz		537-3288	10179 Gasner Rd.	Chaffee NY 14030	M&T Bank
3 Marilyn Baxter		688-6108	5382 Village Station Crcl.	Williamsville NY 14221	Retired msbhsb@roadrunner.com
4 Joan Davern	631-8300	689-8696	128 Schoelles Rd.	Amherst, NY 14228	Coldwell Banker Denny65160@aol.com
5 Sue Downing (Steve)	743-5101	743-1114	3275 Evergreen Dr.	N. Tonawanda, NY 14120	Re/Max suedowning@remax.net
6 Betty Duguay		694-1030	245 Bryant St. #308	N. Tonawanda, NY 14120	
7 Lori Fahs	874-1202	835-8465	208 Wynnwood Ave.	Tonawanda NY 14150	Bookkeeper lafahs@verizon.net
8 Dan Eisenhauer (Peg)	691-0787	625-6203	6200 Aiken Rd	Lockport NY 14094	Real estate agent dan.eisenhauer@remax.net
9. Jim Fitz-Patrick (Nancy)	597-9847	631-8227	121 Brooklane Drive	Williamsville NY 14221	Constructor/remodeler jim@sunshineserviceswny.com
10 Kimberly Giesing (Mickey)	874-1202	572-8683	307 Rumbold Ave.	N. Tonawanda NY 14120	Chamber of Commerce kgiesing@roadrunner.com
11 Karen Grace		432-5306	285 Crestmount #240	Tonawanda NY 14150	Loan Officer kgrace@homesteadfinancial.net
12 Joanne Guercio (William)	693-3110	694-7552	126 William St.	Tonawanda, NY 14150	Dir., Social Services Sal. Army JSGuercio@yahoo.com
13 Carole Gutt (Joe)	881-7783	689-2432	270 Paradise Road	East Amherst, NY 14051	D'Youville College
14 Carole Harrigan	875-8822	837-5250	275 Grayton Road	Tonawanda NY 14150	
15 Carol Kirst (Dennis)	873-5404	692-3274	91 Dale Drive	N. Tonawanda, NY 14120	Metro H&L Real Estate CAROL-SOLDCJK@aol.com
16 Diane Kissel	692-0052	692-9249	7296 Schultz Road	N. Tonawanda, NY 14120	Kissel Country Tin
17 Diane Krause (Paul)	694-7800	695-2139	24 Lepeirs Dr.	Tonawanda, NY 14150	Attorney Robert Nicely pauldiane24@aol.com
18 Paul Krause (Diane)		695-2139	24 Lepeirs Dr.	Tonawanda, NY 14150	Retired
19 Charles Lewis		983-5811	105 Ross Ave.	Buffalo, NY 14207	Seneca-Niagara Casino tazzieckl@hotmail.com
20 John Lukasik		693-0371	454 Schenck St.	N. Tonawanda, NY 14120	#1 Flag Man, a.k.a. Can Man
21 Jerome Maragliano (Navene)		877-0399	65 Fowler Ave.	Kenmore NY 14217	Retired
22 Robert Pagels		874-4794	74 Coventry Road	Kenmore, NY 14217	PGROBE 6@aol.com
23 Kelly Prezioso (Christopher)	998-3196	812-2103	5824 Diller Road	Sanborn, NY 14132	athletic trainer/therapist kms429shanny@yahoo.com
24 Deborah Sciandra (Ron)		837-3828	602 Fries Rd.	Tonawanda NY 14150	Owner, day care center JJKSMOM@aol.com
25 Jennifer Sciandra Babcock	877-1351	880-5331	295 Kinsey Ave.	Kenmore, NY 14217	Teacher aide at day care Smile74424@yahoo.com
26 Ron Sciandra (Debbie)	834-8660	837-3828	602 Fries Rd.	Tonawanda NY 14150	Primerica Financial Services rsciandra@adelphia.net
27 Bertha Sciandra		874-0722	435 Brighton Road	Tonawanda NY 14150	Faculty advisor
28 Addison Smith (Nancy)		836-0483	80 Berryman Dr.	Amherst, NY 14226	amsmith@localnet.com
29 Raymond Smith		877-6105	2100 Sheridan Dr.#136	Kenmore NY 14223	
30 Wayne Tahara		868-1802	105 Ross Ave.	Buffalo NY 14207	Retired teacher hapywat@hotmail.com
31 Mary Ann Tahara		628-7238	105 Ross Ave.	Buffalo NY 14207	ladybasst@hotmail.com
32 Gay Thompson (Neil Gerges)		980-4223	611 Englewood Ave.	Kenmore NY 14223-2429	gayt@vitalityforlife.com
32 Janith Tooke		693-2848	894-B E. Robinson #4	N. Tonawanda, N.Y. 14120	Bank officer (HSBC) retired JanithT5@aol.com
33 Barbara Tucker	693-1001	874-4074	849 Delaware Road	Kenmore, NY 14223	Tonawanda News wgtbt@aol.com
34 Ruth Winnie	888-7150	693-9180	8 Nimitz Court	Tonawanda, NY 14150	Buffalo School System

Exchange Club Covenant of Service



Accepting the divine privilege of single and collective responsibility as life's noblest gift, I covenant with my fellow Exchangites: To consecrate my best energies to the uplifting of Social, Religious, Political and Business ideals; To discharge the debt I owe to those of high

and low estate who have served and sacrificed so the heritage of American citizenship might be mine; To honor and respect law, to serve my fellowmen, and to uphold the ideals and institutions of my Country; To implant the life-giving, society-building spirit of Service and Comradeship in my social and business relationships; To serve in Unity with those seeking better conditions, better understandings, and greater opportunities for all.