

Wind-in-the-Willows

Willow Ridge Civic Association

Willow Ridge Civic Association

President

Rick VonLangen 691-6420

Vice President

Jim Cwierley 525-1893

Secretary

Connie Holovics 553-7433

Treasurer

Tom Amodeo 691-5150

Board of Directors

Dawn Cwierley 525-1893

Mark Hammer 691-4042

Marijean Nichols 691-4375

Bill VanSplunder 260-1011

Carol Zaffram 913-4980

Wind-In-the-Willows

Editor

Debby VonLangen 691-6420
wiweditor@gmail.com

Advertising WITW/Directory

Debbie & Julie Goetz 691-7079
dmom87@yahoo.com

Membership/Circulation

Lynn Getzin 691-0573
wrcalg@gmail.com

Directory

Jim Cwierley 525-1893

Rick VonLangen 691-6420

Area Head Reporters

Lee Baker 691-5972

Patti Burns 691-6942

Debbie Feger 691-9585

Evelyn Gagnon 564-6320

Laura Hammer 691-4042

Connie Holovics 691-9569

Jeanne Humbert 691-5016

Karen Kazial 691-8275

Marj LaHood 691-4648

Doreen Notaro 691-3507

Jane Sieman 564-0913

Kathy Smead 691-6787

Jackie Sommer 691-5605

Charlene Vitale 691-3356

Dear Friends and Neighbors,

Well, for those of you who enjoy a change in the weather, this year so far has been quite the roller coaster. I hope all of you can stay warm and still enjoy the outdoor activities.

At our meeting in January, Superintendent of Schools Anthony Day discussed issues that affect all of us here in Willow Ridge, such as the school budget, school safety, and the improvements planned for the schools. Also he enlightened us regarding snow days and how the decision to close is made, as well as the shrinking enrollment in the district and what the impact might be on the elementary schools. Questions by those in attendance were then answered. As always, we thank Mr. Day for his interest in Willow Ridge and taking time out of his busy schedule to meet with our civic association.

At the March meeting, Town Supervisor Barry A. Weinstein has agreed to give, a brief presentation, followed by a question and answer period that will address the concerns of our residents. To allow Dr. Weinstein to prepare for your questions, please e-mail your concerns (to the e-mail address below) and they will be forwarded to the supervisor prior to the meeting. I would like to add, that the office of the supervisor has been very active since last year, to address the concerns that the WRCA has presented to them.

And now for the fun events ahead. The Snowflake Dinner Dance (March 15, 2014) is just a few weeks away. The event planning continues for the next several weeks with some surprises that only those in attendance will experience. I am sure you are aware that this is the 50th anniversary celebration of our Civic Association. More details can be found in this issue of *Wind-in-the-Willows*.

Remember, WRCA info can be found on Facebook, E-Wind, *Wind-in-the-Willows* or simply by calling a board member.

There is an open position for an additional board member. Please contact me at WRCA.PRESIDENT@gmail.com if you are interested.

Our next meeting is Tuesday, February 11 at 7:30pm at the Ellicott Creek Fire Hall. Hope to see you there!

Sincerely,

Rick VonLangen

Thanks to our contributor this month:
Board Member Dawn Cwierley,
Public relations manager for Kenmore
Mercy Hospital since 2008.

WRCA MEMBERSHIP MEETING
Tuesday, February 11, 2014 7:30 p.m.
Ellicott Creek Fire Hall
All Members Welcome

- DEADLINE for the March WITW is Feb.7
- WRCA Minutes: Pg. 2
- Membership Thanks: Pg.3
- Heart Healthy: Pg. 4
- Neighborhood News: Pg. 5
- Snowflake Dinner Dance/50th: Pg. 6
- Membership Order Form: Pg. 7
- Guest Speaker Series Info: Pg.8

www.wrca.info

WRCA Minutes

January 15, 2014

President Rick VonLangen called the meeting to order at 7:03pm. Also present were Vice President Jim Cwierley, Treasurer Tom Amodeo, and Secretary Connie Holovics. Board Members present were Bill VanSplunder, Mark Hammer, Dawn Cwierley, Carol Zaffram and Marijean Nichols.

Community attendees included Lynn Getzin, Debby VonLangen, Crystal Cooke, Sylvia Nealon, Janice DiBacco, Dave DeMeester, John Radens, and Peter Nichols.

Secretary Minutes: A motion was made Bill VanSplunder to approve the minutes from the December minutes. Mark Hammer seconded and board approval followed.

Treasurer's Report: Tom Amodeo was unable to have copies of the treasury report. He said it would be emailed for the board to review.

President's Report: Rick VonLangen reported he hadn't received any emails or calls this month.

Membership Report: Lynn Getzin reported our membership was 574 to date. She recommended we mail reminders to those who hadn't responded, since we got 50 additional memberships last year after the reminder. Jim moved that we do the reminder mailing and Connie seconded the motion. A discussion followed regarding the possibility of having the block reps make reminder calls or visits to those on their street who hadn't joined.

Old Business: Rick discussed the speakers series and said we are planning for Barry Weinstein, Amherst town supervisor, for the March meeting.

Rick noted he still hasn't received any calls or emails regarding non-working street lights that are in need of repair. In addition, only one bid from Mennes had arrived for the replacement of the pine tree at the entrance to the neighborhood. He is looking for more bids, so arrangements can be made for a spring planting.

Carol Zaffram said the date has been set for the Snowflake Dinner Dance and reservations need to be in by March 1, so the room size can be determined. She is requesting old photos for a slide show. It will be presented by the DJ, since he has the equipment that is necessary.

New Business: The Wine Tasting event has been cancelled for this year. There was a discussion regarding the need of another source of income to fund the WRCA. Various ideas were discussed. Mark Hammer volunteered to research the possibility of having Oktoberfest again.

The 25 winners of the Christmas Lighting Contest will have their gift cards delivered soon.

Committee Reports

Easter Party: Dawn reported that April 12 is the date the committee has chosen subject to the approval of using Willow Ridge Elementary for the party.

Movie night: Tom reported we will get a large discount because of the power outage delay and change in the movie requested. There were 185 in attendance last summer. He felt this was a great number since it was our first year and we had to change to our rain date. He recommended we plan a date later in the summer when it gets dark earlier, so the movie can start sooner.

Community Open Forum: A question was raised as to why only certain streets had a power outage during the blizzard. There was a discussion if there is any way to avoid the power outages.

Two residents reported the neglect and poor maintenance by the bank of the foreclosed property on Dalewood. There was a discussion on the vacant homes in the neighborhood that are in disrepair. A recommendation was made to make a list to report to Dr. Barry Weinstein at the March meeting.

Guest Speaker Series: We were glad to welcome back Tony Day, Superintendent of Sweet Home Schools to the WRCA. His presentation included the following items: An update on the safety measures being made in all the schools in the district; common core curriculum; digital conversion in 6th & 9th grades to tablets; capital improvements in the planning stages; roofs, traffic flow for buses, more parking, improved internet service and athletic fields. He also addressed school budgets and plans for the future. He discussed the possibility of an elementary school closing (Willow Ridge Elementary would be very unlikely to close, since it is the largest). The superintendent answered questions from the floor regarding the possibility of extending pre-K to full day; the ranking of Sweet Home in *Business First* and what steps are being taken to improve that ranking.

A special thank you was given to Tony Day for his very informative presentation.

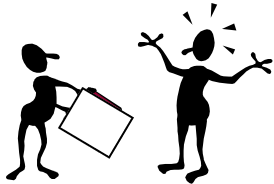
Adjournment: With no further items on the agenda, a motion was made by Jim Cwierley and seconded by Mark Hammer to adjourn the meeting. Board approval followed. The next meeting is Tuesday, February 11 at the Ellicott Creek Fire Hall at 7:30pm. All Willow Ridge residents welcome.

Respectfully submitted by Connie Holovics, secretary.



THANK YOU

Many thanks to all who renewed their memberships or joined WRCA for the first time! We appreciate you being a member and hope to see you at monthly meetings and events. Remember, it is never too late to volunteer to assist with WRCA. There is always room for more!



Know a neighbor that hasn't joined yet? A handy membership form is provided on page 7. Please feel free to provide your neighbor with a form.

So How Is That Diet Coming? Here are some ideas.

Host a tasty, yet healthy Super Bowl Sunday Party!

For many of us, the fun of Super Bowl Sunday comes with watching the commercials and overindulging on snacks.

However, there are some simple changes football fans can make to cut calories and fat and still enjoy tasty game day snacks.

Pizza

Go for a thin, whole wheat crust veggie pizza. Otherwise, dab the slices with a paper towel and steer clear of the crust.

Chips

Forgo regular fried potato chips for baked chips. The latter contain 65% less fat than regular chips, with 0.5g of saturated fat and zero cholesterol per serving.

Nachos

Pick from the bottom of the pile to limit cheese. Swap out sour cream for salsa.
Dawn Cwierley



Who do you know that would like to live in *OUR* neighborhood?



21 Red Maple Ct

CONNIE L. HOLOVICS
LICENSED ASSOCIATE REAL ESTATE BROKER

www.ConnieHolovics.com

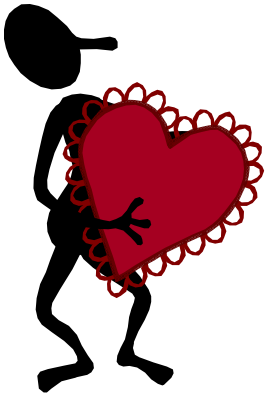
Office: 634-4200 Cell: 553-7433

CHolovics@RealtyUSA.com



6000 Sheridan Dr.,
Williamsville, NY 14221





Happy Valentine's Day

Keep Your Heart Healthy

February is all about the heart—and not just because of Valentine's Day. It is also American Heart Month. It is also a good opportunity to remind the public to pay close attention to cardiovascular health.

Cardiovascular diseases are the leading cause of death in the country for men and women. While routine testing with your doctor is the best way to monitor your risk for heart problems, these five key areas that can help keep your heart in shape at any age.

1. **Get regular exercise.** Ages 18–65 should be getting at least 30 minutes of moderate intensity activity five days of the week, according to the American Heart Association.
2. **Eat a balanced diet.** Choose whole fruits that offer high levels of fiber. Check for whole grains in cereal. Eggs, fish and almonds are all good options.
3. **Do not smoke.** Cigarette smokers are two to three times more likely to die from coronary heart disease than non-smokers.
4. **Manage your stress.** Whether from work or personal life, take time to relax to ensure a healthy heart.
5. **Get plenty of sleep.** According to the Harvard Medical School, poor sleep habits can contribute to heart disease, high blood pressure, atherosclerosis, heart failure, heart attack and stroke, diabetes and obesity. In addition to these tips above, regular visits to the doctor are important.

A doctor should perform a variety of tests to determine your heart's ability to maintain a normal rhythm or regulate blood flow. These tests sometimes begin as early as age 35 for those who are considered high risk but usually start around age 40.

Here is what you can expect at the doctor's office. A simple stress test might involve running on a treadmill for your doctor to observe your heart rate while you exercise. The doctor might also perform a nuclear stress test by taking pictures of your heart with a special camera. During this test a harmless substance is injected, and the camera tracks the movement of the substance through your bloodstream to identify blockages or low blood pressure.

After examining the results, your doctor can advise the best way for you to improve your heart's ability to function or might suggest you see a specialist. Diabetes, obesity and high cholesterol increase a person's risk of having heart problems. If you have diabetes or a history of heart issues in your family, you should talk with your primary doctor about visiting a cardiovascular specialist.

As a Valentine's gift to yourself, start taking the steps to building and maintaining a strong, healthy heart.

Dawn Cwierley, WRCA Board Member

SEE CLEARLY



Corneal Molding™
Eye Care for the 21st Century
Non Surgical Alternative to Lasik

Bifocal Contacts

VISION CARE CENTER

VISA **693-4606** MasterCard

2126 Niagara Falls Blvd., Tonawanda
www.BartelsVisionCare.com

Dr. David P. Bartels

Neighborhood News



Farewell

Neighbors on Kaymar Drive and Button Bush Court would like to say farewell to the Serrios, who moved from 517 Kaymar in January to the new home they built close by in Amherst. Frank and Dee, you have been wonderful neighbors and we will miss you. We wish you much happiness. Please come back to visit us from time to time.

Dear Willow Ridge Neighbors,

It is the start of a new year and here we are, sharing another winter in our neighborhood. Yes, seasons come and go and though we are, at this writing, in the icy grip of winter, soon enough the neighborhood will come alive with joggers, dog walkers, the crack of hockey sticks smacking the pavement, and trucks laden with top soil hailing the beginning of another spring.

In the passage of time, isn't it nice to have each other, whether it is to share experiences, or have a connection through a mere glance and nod. As neighbors, we are not alone. This was made abundantly clear by the countless acts of kindness we were givers, and receivers of, during the weeks following the October surprise storm some years ago. We are grounded by the comfort of belonging on our street, to our neighborhood, and each other!

You've seen, in this space, the welcome news of a marriage, or a brand new baby. Through the seasons we've shared the news of the graduation of the kid down the street, and marveled at how that same kid used to come around selling popcorn every year. Other times, we've heaved a collective sigh at the report of a loss, a death. We've used this space to bid a family uprooted from Willow Ridge, but not from our hearts, a fond farewell. Those messages, in the "Neighborhood News" are an outward display of our appreciation for and awareness of one another, our cohesion as Willow Ridgers, and the unique—ness that we long-timers have always enjoyed in this neighborhood, and new comers come to understand.

In this spirit I urge you, who have lived in Willow Ridge for dozens of years to contribute to this space. To those who are still setting up house and familiarizing yourself with the

WRCA and the monthly newsletter, I wish to invite you to share your new-baby, wedding, or congratulatory news in this space.

Are you leaving Willow Ridge? Contact your block rep so we may give you a proper farewell. Have you just moved in? Contact your block rep, or any board member listed on the inside cover of this newsletter for answers to your questions.

Do you have a story about a neighbor that goes above and beyond and perhaps wish to thank them? Do you have great pictures of a neighborhood event such as a block party? Please get permission of anyone in the picture first (parents must give permission for a child) and send me a picture to print. For you, what makes this place a great place to live/raise a family? *Neighborhood News* has been called the favorite section of the newsletter. It's about the heart of Willow Ridge—you, our great neighbors. It has never been easier to send along your notices with a tool like email. Send articles to: wiweditor@gmail.com. If you are a walker, drop your article off at 221 N. Brier Rd. and put it in the box provided on the porch. Please leave name and contact information.

Neighborhood News; "write" here, right now, in every season! Keep it going, Willow Ridge!

Debby VonLangen, Editor

Classified

Classified is a service provided for the use of Willow Ridge Civic Association members free of charge. Please print or type your ad on a full-sized sheet of paper. Sign your ad (not the envelope) and include your address and phone number. Classified is not to be used for business purposes. Deliver to 221 N. Brier and place in porch box, or email to wiweditor@gmail.com.



Run Your Ad For Free: Why not take advantage of this *free* Classified section. WRCA members can advertise items in the *Wind-in-the-Willows* at no cost! See above for details.

WILLOW RIDGE ANNUAL *SNOWFLAKE DINNER DANCE*



MARCH 15th 7pm– Midnight



Come celebrate the
50th Anniversary of the WRCA
You don't want to miss this one!

ONLY \$75 COUPLE FOR DINNER AND OPEN BAR SERVING WELL DRINKS

TICKETS MUST BE PURCHASED BY March 1st



Menu choices

PRIME RIB OF BEEF

Slow Roasted with its own juices.

CHICKEN COQ AU VIN ROUGE

*Twin chicken breast sautéed and baked with chopped bacon, onion, mushrooms,
finished with a red wine demi glaze.*

STUFFED SHRIMP

*Large prawns stuffed w/ lump crab and topped with a mornay sauce
drizzled with light garlic sauce.*

FOR TICKET INFO CALL

CAROL ZAFFRAM 716-913-4980

inknmore06@gmail.com

Willow Ridge Civic Association

2014 Membership Invoice

DUES

DUES FOR 2014 ARE \$15.00 AND INCLUDE:

- *Wind-in-the-Willows* newsletter for 2014—by U.S. Mail and/or email
- E-Wind—email notification of events in our community
- 2014 WRCA Directory—to be delivered to your door in March 2014

PAYMENT:

Mail your check payable to:
WILLOW RIDGE CIVIC ASSOCIATION
P.O. Box 86, Amherst, NY 14226

Note: You can also pay via PayPal at wrca.info
Please submit as soon as possible; don't miss out!

Thank you

Please provide the following information to update WRCA membership file. Please PRINT clearly

LAST NAME _____ FIRST NAME _____

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____

TELEPHONE(S) _____

EMAIL ADDRESS _____

Used for E-Wind only. Not published in WRCA Directory

_____ GOING GREEN—I wish to receive the *Wind-in the-Willows* via email only.

Children's Names _____

_____ Please contact me. I wish to volunteer to assist with WRCA activities such as Junior Recreation, Snowflake Dinner Dance, National Night Out.

Comments:

February 2014



Guest speaker series

Amherst Town Supervisor Barry A. Weinstein

WRCA Membership Meeting

Tuesday, March 11, 2014 7:30pm

Ellicott Creek Fire Hall

All Members Welcome

Please email questions/concerns prior to the meeting to:

WRCA.PRESIDENT@gmail.com

and they will be forwarded to Dr. Weinstein's office.