



March 2010

**Board Members**

- Kara Hahn
- President**
- Charles Arasi
- 1<sup>st</sup> Vice President**
- Paul Willoughby, MD
- 2<sup>nd</sup> Vice President**
- Pat Flanagan
- Recording Secretary**
- Don Garber
- Treasurer**
- Jay Wastiewiz
- Sgt. @ Arms**
- Bob de Zafra
- Archivist**
- Directors:**
- Directors to 12**
- Jim Graham
- Ron DiBiase
- Howard Scarrow
- Directors to 11**
- Cynthia Barnes
- Rev Elizabeth Braddon
- Pat Hildebrandt
- Directors to 10**
- Joseph A. Betz
- Scott Sanders
- Liz Garber
- Past Presidents**
- Herb Mones
- Norma Watson
- Bill Schaub
- Ken Sundberg
- Bob deZafra
- Grace Vander Voort
- Peter Scully
- Don Garber

**Upcoming Events**

- Three Village Restaurant Week**
- March 1 – 7
- A Taste of Ireland Fundraiser for the Neighborhood House**
- Sat., March 6, 7 – 10 pm
- Call 751-6208
- Operation Medicine Cabinet**
- Sat., March 13<sup>th</sup>
- 10:00 – 2:00, 6<sup>th</sup> Precinct
- Stony Brook Fire Dept Las Vegas Night**
- Sat. March 27<sup>th</sup>
- 9:00 pm – Midnight
- Station 1, 21 & Over

**2010 Civic Association Meeting Dates**

All meetings are scheduled to be held at the Emma S. Clark Library at 7:30 p.m.

<u>Date</u>	<u>Topic</u>	<u>Date</u>	<u>Topic</u>
March 1 <sup>st</sup>	Parks Funding	April 5 <sup>th</sup>	TBD
May 3 <sup>rd</sup>	TBD	June 7 <sup>th</sup>	Year End Review

Are your unused Rx medicines

Fueling our community's drug problem?

All too often, the street sale value of each pill is too much of a temptation for people, especially in this economy. Home improvement workers, cleaning staff, cousins, friends, neighbors; every person with access to the pills in your bathroom cabinet is a potential threat to our community.

You don't need to have teens in the house to worry about keeping track of YOUR OWN pills in YOUR OWN HOME.

Dispose of unused medications, Lock up those which you are currently taking

**Operation Medicine Cabinet**

Collection Drive for  
Unused / No longer needed  
Prescription Pills

**Saturday, March 13<sup>th</sup>**  
10:00 a.m. – 2:00 p.m.

Suffolk County Police Department's  
**6<sup>th</sup> Precinct**  
400 Middle Country Road, Selden

A safe and easy way to dispose of unused and unwanted prescription drugs.

Don't give your unused prescription medications the chance to get into the wrong hands. Addiction to prescription medication is the most common cause of heroin use in our community today.

These prescription drugs, especially painkillers, are the new "gateway" drugs to heroine for our children. After being prescribed pain killers or muscle relaxants for a sports injury or other legitimate medical condition, both teens and adults can get hooked and then try to find more drugs on the illegal market.

P.O. Box 2432, Setauket, N.Y. 11733

Web address: [www.CivicAssociationOfTheSetauketAndStonyBrook.org](http://www.CivicAssociationOfTheSetauketAndStonyBrook.org)

# Civic Association of the Setaukets and Stony Brook

PO Box 2432

Setauket, NY 11733

Return Service Requested

Presorted  
Standard  
US Postage Paid  
Permit No 30  
E Setauket NY  
11733

## NEXT MEETING:

**MONDAY, March 1, 2010**

**EMMA CLARK LIBRARY, 7:30 P.M.**

**Funding for Our Parks:** William Shilling, Suffolk County Parks Trustee; Maria Hoffman, Assemblyman Englebright's office, Representative from Town, County & State Parks Departments invited,

## Annual Spring Clean Up



Yes, old man winter may still be howling, but pretty soon the weather will be getting warmer and it will be time for the *Greening of 25A's* Annual Spring Clean Up at the Stony Brook Train Station. As an arm of our civic association, *The Greening of 25A* has successfully cared for the grounds of the station for the past fifteen years. So mark your calendar, the Spring Clean Up is scheduled for the morning of Sat., April 24, 2010.

Also, *The Greening of 25A* is seeking volunteers for three important tasks during the spring and summer months. We need someone to mow the grass at the Stony Brook Train Station, another person to weed the landscaped beds at the station, and a third to weed the landscaped islands at the center of Route 25A in Setauket. Each job requires about an hour or two every other week. Interested? Contact Kara Hahn at 516-639-3788 or [KaraHahn@optonline.net](mailto:KaraHahn@optonline.net) for more information.

## EMS Safety Tip

### Cardiac-Related Symptoms:

- Shortness of breath is very often cardiac-related.
- Fainting is NEVER normal and is something that should be taken seriously
- Cool, clammy skin could be an ominous sign.
- ANY pain that WAKES YOU UP should also be taken seriously.
- During or after shoveling snow, be aware of aches and pains in places that could be more than just muscle pain.
- Nausea and vomiting could be more than just a stomach virus.
- Diabetics show different symptoms.

Thank you to the Setauket Fire Dept for their monthly EMS and Fire Safety Tips- emergencies call 941-4441 .

## Are you interested in serving on our Board of Directors?

Would you like to get more involved in what we do? We are looking for nominations for new Board members. Behind the scenes, the members of the Civic's board attend numerous meetings with local officials, community organizations, and area residents. The board serves as the "eyes and ears" and the "voice" of the community. Throughout the year, the board is active in helping address issues both big and small. As an all-volunteer group, the board's only reward is the personal satisfaction of service to their fellow citizens. The board's efforts go a long way in helping the Three Villages remain "The Place" to live, work and play! Please contact Herb Mones Nominating Committee Chair at [hjmones@gmail.com](mailto:hjmones@gmail.com).