

## Victor Round Table 11/4/2016 notes

### Victor Hiking Trails

#### Projects:

- Nat Fisher Memorial Bridge – Fishers Park – completed and open to the public – over 700 volunteer hours and over \$8000 in materials and other costs – see pictures
- Emily Waldman Mural – Auburn Trail Thruway underpass north of Fishers – one more year for painting – almost finished and then the weather turned
- Daniel Waldman – 160' boardwalk in Lehigh Crossing Park – will start work this coming weekend
- Auburn to Dryer Rd Park Connection Trail – hopefully will get revocable permits soon for two properties that the Town does not have an easement on
- Conserve – spoke with design engineers about a trail on the western side of the property

#### Events:

- 9/17/16 Kettle Fest – booth/handed out info
- 10/13/16 Wellness Fair Town of Victor – handed out info
- 10/26/16 Finn's Tap Room - Volunteer appreciation dinner well attended
- 11/3/16 VCS PTSA Wellness Fair – handed out info
- 11/12/16 – next monthly hike – Valentown Hall to Woodcliff and back plus tour of Valentown before hike – 9am
- 12/3/16 challenge hike - about 14 miles including all the projects completed in 2015 – meet behind Fishers Fire House 1 at 8am and get transported to Mertensia Rd Park to start hike back to Fishers
- 12/10/16 monthly hike starting in Lehigh Crossing Park – 9am

New Website up and running – [www.victorhikingtrails.org](http://www.victorhikingtrails.org)

#### Looking for help:

- Newsletter Editor
- Brochure designer
- Assistant Trail Bosses
- Historian

**Look for VHT on Meetup.com (Victor Hiking Trails Group)**

**Look for VHT on Facebook and like us!**

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#### Fishers Fire District:

Received a \$5000 grant through Rich Funke's office – still have not gotten the funds from the \$3000 grant from 2015

#### 2017 Budget:

- Tax levy - \$3,094,011 – up 20%
- Tax rate - \$2.440 – up 17.5%
- Final budget posted on website – [Fishersfd.org](http://Fishersfd.org)

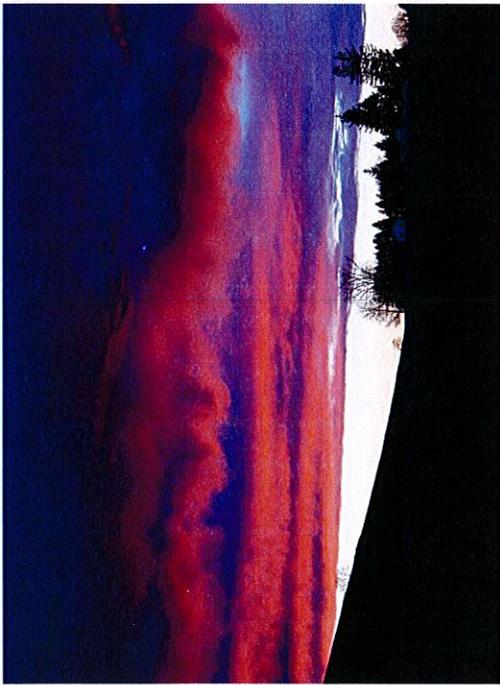


## CALLING ALL MARY JANE FARMGIRLS

If you are a fan of the magazine, **MARY JANES FARM**, you will want to know that Historic Valentown has started a Farmgirl Chapter to celebrate and express the rural heritage of Western New York. The magazine has its origin in Idaho but has an appeal to all free spirited girls and women of the rural persuasion. Historic Valentown is inviting local subscribers to join the **Valentown Farmgirl Circle**. They want farmgirls to get on their boots and find their rural roots! They are welcoming lovers of the popular magazine to set their talents down on the big front porch and stay a while. There is lots of room for fun and maybe a little work for a good cause according to Kathryn White and Sue Stehling, both fans of the publication. "If you don't have a farm to play with, we can give you one, well, to borrow. We have 13 acres of land and two historic buildings that we want to share filled with the echoes of simple farm life", says Kathryn. "We are the real deal here, even a little rough around the edges".

They want to spread the word about the good hometown businesses and community at Historic Valentown that were once so much a part of country life. The museum is interested in promoting healthy foods, recipes, past and present, arts, crafts, heirloom plantings, natural landscapes and all the glorious extras that the magazine indulges in and promotes. They want farmgirls to get involved with Historic Valentown while having fun spreading the word about past and present rural lifestyle pleasures. They hope the Valentown Farmgirl Circle will give a little touch of something extra that the historic site's visitors will take home with them for later.

If you are interested please contact Kathryn:  
585-663-2809 or [kathyw@valentown.org](mailto:kathyw@valentown.org)



The beauty of the world about us is only according to what we ourselves bring to it.

Eldress Bertha Lindsey, Shaker Community, Canterbury, New Hampshire  
Historic Valentown is now closed for tours. However we are still busy with behind the scenes projects and planning for next year. If you would like to help us and become a Valentown Volunteer please contact us: [info@valentown.org](mailto:info@valentown.org) . We wish everyone a wonderful Thanksgiving and thank you for your support.

## HISTORIC VALENTOWN

The history of hometown business and community

### MEMBERSHIP

Mr./Mrs./Ms. \_\_\_\_\_  
Address \_\_\_\_\_  
City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
E-mail Address \_\_\_\_\_

Yes! I/We would like to support the Victor Historical Society and Historic Valentown at the following membership level (please check):

- Senior Citizen/Student \$ 18
- Individual \$ 20
- Family \$ 30
- Patron \$ 50
- Sponsor \$ 100
- Benefactor \$ 250
- Valentown Hall \$ 500
- Historic Valentown Site \$ 1000

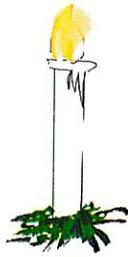
Amount enclosed \$ \_\_\_\_\_

Please make your check payable to: Victor Historical Society

To renew by credit card, go to [www.valentown.org](http://www.valentown.org) and click on "Join Now."

Victor Historical Society is duly incorporated under the laws of the State of New York and is classified a 501(C) 3 not-for-profit institution by the Internal Revenue Service. Membership dues are tax deductible to the fullest extent allowed by law.

P.O. Box 472 \* Victor, NY 14564 \* 585.924.4170  
[www.valentown.org](http://www.valentown.org)



*Love Glows On*

Serenity House invites you to a special tree lighting ceremony to honor and remember the lives of friends and family who have passed.

A tree will be planted on the Serenity House property as a lasting reminder of the kindness and compassion offered to those during their greatest time of need.

An invocation will be offered by Reverend Colin Pritchard of the First Presbyterian Church in Victor and the names of the individuals being honored and remembered will be read aloud. Light refreshments will be served inside (1278 Brace Rd., Victor, NY) after the ceremony.

Make a minimum donation of \$25 to illuminate a light on our celebration tree and receive an ornament to commemorate your loved one. Additional ornaments will be provided for every \$25 donated, which you can use as gifts for family and friends.

Your gift will assist Serenity House in its mission to provide service and care for those nearing the end of life.

We look forward to sharing this special time with you on **Thursday December 1, 2016 at 6pm.**

For more information contact Tracey Fuller at [tfuller@heiserusa.com](mailto:tfuller@heiserusa.com).

FARMINGTON-VICTOR KIWANIS - FRIDAY MORNING MEETING - 7-8AM  
HAMPTON INN & SUITES, ROUTE 96, VICTOR,

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PROGRAMS FOR NOVEMBER, 2016

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NOVEMBER 4-----Business meeting

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NOVEMBER 11-----AMVETS - Dick Williams *McDermott*

Share the programs and assistance given to Veterans

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NOVEMBER 18-----Pastors Breakfast ----- Pastors in the Victor/Farmington

Worship Community are presented with a substantial  
check for their Holiday outreach to their faith

Community

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NO NOVEMBER EVENING MEETING

NO NOVEMBER 25<sup>TH</sup> MEETING

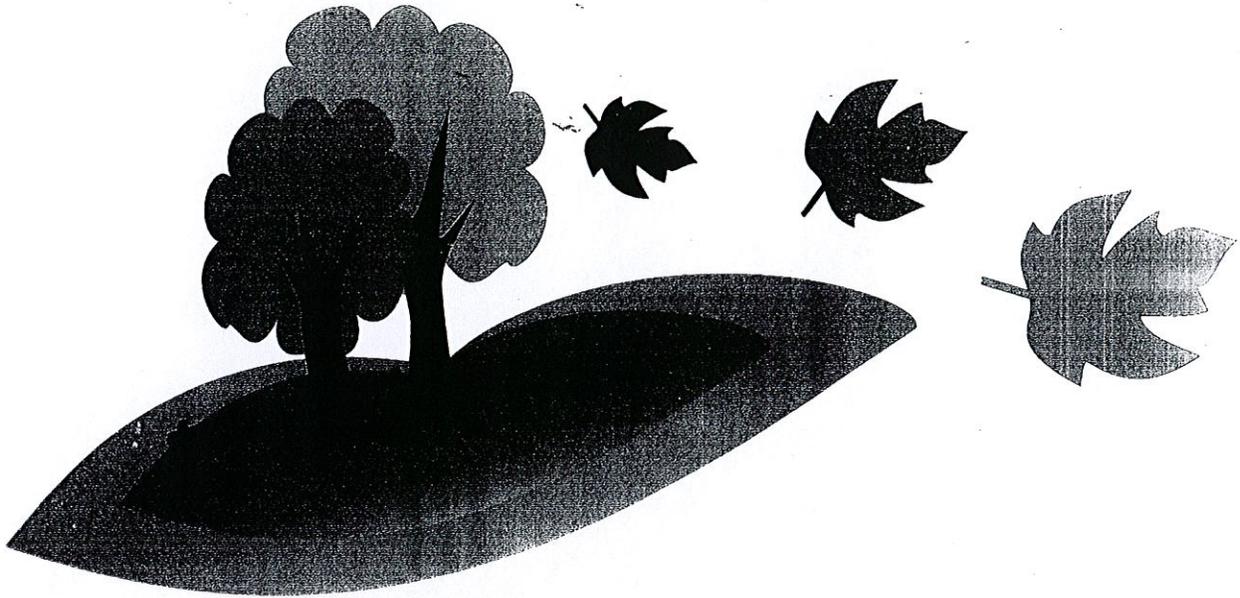
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HAPPY THANKSGIVING

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“SPIRIT OF GIVING DINNER, SATURDAY, NOV. 5, COBBLESTONE COUNTRY CLUB  
COCKTAILS AT 6PM, DINNER AT 7PM. PROGRAM AT 8PM.

SUBMITTED BY SUE STEHLING, PROGRAM COORDINATOR – 924-3409



***You are cordially invited to the  
Farmington Chamber of Commerce Annual Dinner***

***Date: November 10<sup>th</sup>, 2016 Thursday***

***The Finger Lakes Gaming and Race Track / Vineyard Buffet Room***

***Time: 5:00 PM Cheese and Crackers /Cash Bar/ 6:00PM Buffet dinner***

***"Expansion of Cobblestone Arts Center" by Ex. Director, Lorene Benson***

***Update on what's "New in Farmington"***

***Peter Ingalsbe    Ron Brand***

***Silent auction, vendors***

***Cost \$30.00***

***Pay in advance or at the door: Send checks to: Farmington Chamber***

***Jan Veomett, Ingleside, 1120 Hook Rd., Farmington, NY 14425***

***RSVP to Ginger Bedard @ [gbedard@rochester.rr.com](mailto:gbedard@rochester.rr.com), 585-200-0753***



You are invited to our annual

## **Holiday Party**

Thursday, December 1 from 5:30-7:00 PM

Our host is Legacy at The Fairways, 681 High Street, Victor

Heavy hors d'oeuvres provided by the Legacy with wine from Casa Larga

**We require RSVP's for this event so we may give our host an accurate count. This event is complimentary.**

Please RSVP to Ms. Pat Abbott at 585-742-1476 or [pat@victorchamber.com](mailto:pat@victorchamber.com) or register online at the chamber website: [www.victorchamber.com/featured](http://www.victorchamber.com/featured) events.

We encourage our members to participate in Ribbon Cutting ceremonies for our members. It's a great way to connect and build our business community.

Upcoming Ribbon Cuttings:

### **Poresky's Dynamic Karate &**

#### **Balance Spa**

Saturday, November 12 @ 1:00 PM

7235 Route 96, Victor

Food, refreshments and family activities

### **Planet Fitness- Grand Re-Opening**

Wednesday, November 16, 5 PM- 7 PM

Ribbon Cutting at 5:30

7493 State Rte 96

Huge celebration with tours, raffles and prizes

### **Synergy Global Solutions**

Thursday, November 17, 5 PM- 7 PM

Ribbon Cutting at 5:30

7871 Lehigh Crossing, Victor

### **Community Real Estate Group**

Thursday, November 17, 6:15 PM

10 East Main, Victor

**Youth Club House,**  
A Program of The Partnership for Ontario County

**Presents**

**Tony Collins**

**Saturday November 12, 2016**

**4 PM**

**Geneva Community Center**

**160 Carter Rd. Geneva, NY**

**This event is FREE and open to the public**

As a youth, Tony Collins was focused on a single goal-making it to the NFL. His hard work and strong determination, Collins defeated the odds and lived that dream, reaching both the Pro Bowl and Super Bowl as one of the most productive running backs in the New England Patriots history. Collins became what he believed, but Collins's damaging choices led him down a road of destruction and a sudden dead end. Collins didn't give up and he fought back and turned his challenges into an opportunity to deliver an important message. Today, Collins travels the world encouraging and inspiring others to do the same. **BECOME WHAT YOU BELIEVE**

**BECOME WHAT YOU BELIEVE**



This event is provided to you in collaboration with the following agencies:



Funded by Ontario County Stop-DWI

*You are invited to join our gathering!*

*Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.* ~ Margaret Mead

*Parents, neighbors and community members join in the conversation to discuss substance abuse and how we can make a positive community wide change.*

- *Where can a group of people in a community with a shared intention meet to discuss change?*
- *Where can you have an open dialogue about substance abuse and prevention?*
- *What patterns will be noted?*
- *What questions will communities struggle with to create the ownership needed to create change?*
- *How do we do this together?*



*Community Cafe*

Where: Victor Library

When: Tuesday, November 29th from 6pm – 8pm

Why? By coming together as a community, we can help curb the issues with heroin and substance abuse in our communities.

Topic: How did we get here? A brief history of the Heroin Epidemic followed by community discussion.

Questions? Please contact Petrea Rae, Coalition Coordinator of the Substance Abuse Prevention Coalition of Ontario County at 585-396-4554 or via email at [petrea.rae@gmail.com](mailto:petrea.rae@gmail.com).



The Prevention Coalition is an initiative of the Partnership of Ontario County, Inc.



# OFFERING PAID TIME OFF FOR CANCER SCREENINGS

Save Money & Save Lives:  
Implement a Screening  
Program Today



## Cancer prevention keeps your staff healthy and makes business sense

- ✓ Cancer is the second leading cause of death in New York State and cancer prevention screenings help detect cancer early, when treatments can be most successful.<sup>1</sup>
- ✓ Screenings for breast, cervical and colon cancers can prevent cancer from ever developing.<sup>2</sup>
- ✓ Research has shown that offering designated time off for cancer screenings increases employee screening rates.<sup>3,4</sup>
- ✓ A business can realize a return on investment for this policy. A cancer diagnosis is estimated to cost a business more than \$1,600 annually per employee in lost productivity.<sup>5</sup>
- ✓ Cancer is the second leading cause of long-term disability. Additional costs can be avoided from higher health care costs, short - term disability and life insurance premiums.<sup>6,7</sup>
- ✓ The sooner policies are implemented, the sooner businesses will realize the savings and a healthier workforce.

<sup>1</sup>[https://www.health.ny.gov/statistics/vital\\_statistics/docs/leading\\_causes\\_of\\_death\\_nys\\_2012.pdf](https://www.health.ny.gov/statistics/vital_statistics/docs/leading_causes_of_death_nys_2012.pdf)

<sup>2</sup>American Cancer Society, <http://www.cancer.org/cancer/news/features/cancer-screening-tests-all-women-should-know-about>

<sup>3</sup><http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3433348/pdf/1471-2458-12-520.pdf>

<sup>4</sup><http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3168716/pdf/nihms305969.pdf>

<sup>5</sup>Mitchell, R. and Bates, P. 2011. Measuring Health-Related Productivity Loss, 14 Population Health Management, 93, 96- 97. Retrieved from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3128441/pdf/pop.2010.0014.pdf>

<sup>6</sup>[http://c-changetogether.org/Websites/cchange/images/Publications%20and%20Reports/Milliman\\_Report.pdf](http://c-changetogether.org/Websites/cchange/images/Publications%20and%20Reports/Milliman_Report.pdf)

<sup>7</sup><https://www.health.ny.gov/statistics/cancer/registry/>

Talk to your local Cancer Services Program and get started today.

## **Paid Time Off for Cancer Screening – Saves Lives and Reduces Business Costs**

### **Cancer prevention not only saves lives, it makes good business sense.**

- Cancer is the second leading cause of death in New York State. However, early detection of cancer can save lives by finding cancer early, when treatment is most likely to be successful and before some cancers even start. In the case of colon cancer, 6 out of 10 cases could have been prevented if they had been screened early.
- Preventive cancer screenings reduce health care costs, improve workforce health, and reduce related business expenditures.

### **Employers can support cancer prevention by offering paid time off and flex time for cancer screening.**

- A paid time off policy provides employees with time off for obtaining evidence-based preventive cancer screening for breast, cervical and colorectal cancer without having to use accrued leave or sick time.
- A flex time policy allows employees to temporarily alter their regular work schedule (e.g., working 8 am – 4 pm rather than the usual 9 am – 5 pm) to accommodate breast, cervical and colorectal screening, or employees can be allowed to take time off and then make up that time during the same workweek or pay period.

### **Employers who offer paid leave for cancer screenings have a healthier workforce.**

- A healthy workforce is needed for a business to expand and prosper. Studies have found that paid time off encourages staff to make regular visits to primary care physicians and obtain routine cancer screenings.<sup>1</sup>
- Additional benefits include a reduction in absenteeism and a decrease in employee attendance at work while sick.<sup>2</sup>

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<sup>1</sup>Pepins et al. The lack of paid sick leave as a barrier to cancer screening and medical care-seeking: results from the National Health Interview Survey, BMC Public Health 2012, 12:520. Available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3433348/pdf/1471-2458-12-520.pdf>. Won Kim Cook, Paid Sick Days and Health Care Use: An Analysis of the 2007 National Health Interview Survey Data. Am J Ind Med. 2011 October; 54(10): 771-779. Available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3168716/pdf/nihms305969.pdf>.  
<sup>2</sup>Making the Business Case for Cancer Prevention and Early Detection, C-CHANGE 8 (2008),

## **Messaging on Policies and Facts**

### **Paid time off and flex time for cancer screening is cost effective.**

- Cancer is expensive for employers. The medical costs of people with cancer high, and cancer is the second leading cause of long-term disability.<sup>3</sup>
- In addition, a cancer diagnoses is estimated to cost a business more than \$1600 annually in lost productivity for each employee diagnosed.<sup>4</sup>
- However, savings related to early detection of breast, cervical and colorectal cancer essentially pay for the costs of providing paid leave time for these cancer screenings.<sup>5</sup>

### **Now is the time for employers to offer or expand paid time off or flex time policies.**

- According to a recent statewide opinion poll, 85% of New York adults are in favor of employer-based paid leave policies to obtain preventive health tests, such as screening for cancer.<sup>6</sup>
- Employers can do something today that will benefit them and their workforces in the future.

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3[http://c-changetogether.org/Websites/cchang/images/Publications%20and%20Reports/Milliman\\_Report..pdf](http://c-changetogether.org/Websites/cchang/images/Publications%20and%20Reports/Milliman_Report..pdf)

4Rebecca J. Mitchell & Paul Bates, Measuring Health-Related Productivity Loss, 14 Population Health Mgmt. 93, 96-97 Fig 1. (2011). Available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3128441/pdf/pop.2010.0014.pdf>.

See also Barnett et al, The Costs of Cancer to a Major Employer in the United States: A Case-Control Analysis, Am J Manag Care. 2000;6(11):1243-1251.

5[http://c-changetogether.org/Websites/cchange/images/Publications%20and%20Reports/Milliman\\_Report.pdf](http://c-changetogether.org/Websites/cchange/images/Publications%20and%20Reports/Milliman_Report.pdf)

6Public Support for Policies to Prevent and Control Cancer,

[https://www.health.ny.gov/statistics/cancer/docs/public\\_support\\_cancer\\_control\\_2013.pdf](https://www.health.ny.gov/statistics/cancer/docs/public_support_cancer_control_2013.pdf)