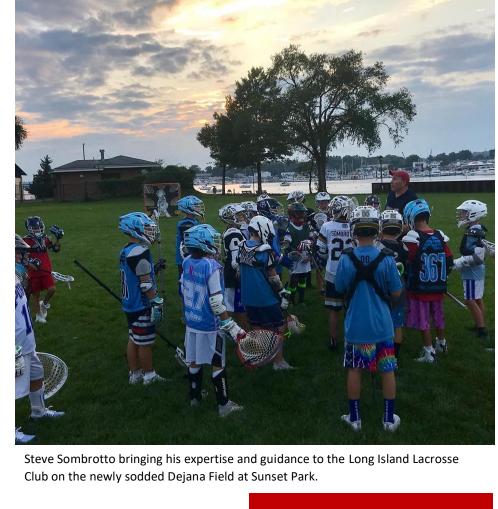
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Police Athletic League Sunset Park Field & Facility Grand Re-Opening

This spring and summer the Port Athletic Washington Police League (PAL) field at Sunset Park was upgraded with new sod and a sprinkler system, LED lights surrounding the ball field, and a regraded infield. PAL has been playing at the picturesque location on Manhasset Bay for more than 60 years and thanks to major funding from the Peter & Jeri Dejana Family Foundation and many in-kind donations from others, PAL will continue to offer many quality sports programs to youth with a view that can only be called "spectacular" for a long time to come. The improved field was not the only transformation;

PAL's multi-purpose court was resurfaced, a protective net system was installed, and the bleachers and clubhouse were refurbished. Because of on-going major funding from the Dejana Family Foundation, the PAL field was renamed the Dejana Field at a ribbon cutting ceremony on September 8th. Rob Elkins, PAL executive director expressed vocal thanks to ALL the funders, including the Community Chest, saying "without the generous financial and in-kind support from the community, the renovations simply would not have been possible." Due to the extensive renovations PAL did



The LED floods, just recently installed, lighting up the entire Dejana Field. Photo taken from a drone high above.

not have programs in the spring and summer but fall programs have started in earnest. This fall's line-up includes kickball; t-ball, tennis, boys' baseball, girls' basketball, softball, soccer, special needs sports, lacrosse and beach badminton.

Parents often wonder what distinguishes PAL from PYA (Port Youth Activities). The biggest difference other than location and type of sports offered is that PAL hires professional coaches and PYA uses parent coaches.

Because of You...

Community Chest gives grants to these charities and others (28 in 2020) that provide vital services for Port Washington residents - \$1.5 million in the last 5 years alone.

SPOTLIGHT ON A NEW GRANTEE

PROVIDING SUPPORT SERVICES TO THOSE WITH BREAST CANCER THROUGH THE MANHASSET WOMEN'S COALITION AGAINST BREAST CANCER (MWCABC)

Manhasset Women's Coalition Against Breast Cancer's Outreach Program focuses on helping members of Manhasset, Port Washington and nearby communities who are coping with breast cancer; whether newly diagnosed, being tested, undergoing treatment, or experiencing a recurrence. The volunteers of the Outreach Committee include breast cancer survivors and



members of MWCABC. They are committed to ensuring that each woman who is referred to them receives confidential emotional and compassionate assistance during the days and weeks following a breast cancer diagnosis or recurrence. The program is one of neighbor helping neighbor, friend helping friend, women helping women.

PAGE 2 COMMUNITY



Planting smooth cord grass in the Manhasset Bay estuary mud flats; part of their conservation project.

BOY SCOUTS TROOP 7: THE PRIDE OF PORT WASHINGTON

If you attended the 2019 Port Washington Memorial Day Parade or the subsequent remembrance activities held at Sunset Park, you may have seen a number of boys and adults dressed in fluorescent lime green T-shirts assembled near the Manhasset Bay sea wall or on the mud flats below. This team — Scouts and adult leaders of Port Washington's Boy Scout Troop 7 — had just marched in the Memorial Day parade. After completing that task, they donned work clothes and spent the next

few hours planting smooth cord grass in the Manhasset Bay estuarv mud flats conservation project to restore lost aquatic plant life and provide a healthier marine environment to the various forms of sea life found in Manhasset Bay. "I can say with certainty that Troop 7's primary goal in projects like this is to benefit the community," said Andy Johns, Scoutmaster of the Troop, "and to make sure that we protect our environment for future generations."

The conservation project is just one of the many ways that Troop 7 has been serving the Port Washington community since 1914. Meeting on Wednesday nights at the United Church Port Methodist Washington throughout the school year, the Troop helps develop our town's youth into the leading citizens of tomorrow. The Scouts are always out there lending a hand and initiating projects that benefit the community. Take a close look and you'll see the Scouts manning a water station at the annual Thanksgiving Day Run...and cheering on runners at the Helen's 5K Run/Walk, benefiting the Helen Keller National Center for Deaf-Blind Youths & Adults located on Middle Neck Road.

You'll see them in front of Stop and Shop come rain or shine, collecting food donations for a local food pantry as well as helping with the Safety Child ID program run by the Masons at Harborfest. Add to the list a plethora of special community beautification projects initiated by aspiring Eagle Scouts of Troop 7 and you'll truly marvel at all the Scouts have accomplished.

In a world where children's lives are increasingly dominated by the glare of their computer and phone screens, Scouting allows our youth to connect with the real world in a way that makes a difference not only to their own lives, but to the life of our community.

Through these and many other projects, Troop 7 Scouts can rightly stand behind their motto: "The Pride of Port Washington"!

Note From the Executive Director



Thanks to your donations, the Community Chest of Port Washington was able to give out \$325,000 in 2019.

Here's how your donations helped:

- 2,350 residents were given mental health counseling and preventative supports
- 1,033 children had quality childcare or early childhood classes
- 1,000 youth participated in afterschool activities, including scouting
- **659** senior citizens enjoyed meals, trips and activities through a Center
- 246 people with disabilities were in day programs or worked with assistance
- **746** youth received a scholarship to participate in a sport
- **37** H.S. seniors received college scholarship assistance
- 314 families and teens enjoyed acting with and attendance at local theater
- 25,000 pounds of produce were grown and delivered to local food pantries

That's a **LOT** of help!

Your generosity has changed lives. We all benefit when families are physically and emotionally healthy. If you are in the neighborhood (382 Main Street), stop in and say "hi" so I can thank you in person...for real!

Julie Meer Harnick Executive Director

Helping Children Grow at North Shore Child & Family Guidance Center



Getting the gardens (and their own selves) ready for the winter months

Summer is just winding down, and at North Shore Child & Family Guidance Center that means it's time to prepare the organic gardens for winter and allowing nature to guide the healing process!

When they begin as clients of the Guidance Center, many children and teens have low self-confidence, but when they learn how to garden and then share their knowledge with children and adolescents from other therapy groups, they feel capable. "One of the most critical things for kids we work

We need to give young people a way to initiate and develop projects so they can feel the power of engagement.

with is to help them build a sense of belonging, mastery and competence," says Andrew Malekoff, Executive Director of the Guidance Center. "Working in a garden helps children develop a sense of accomplishment and selfesteem as they witness what their hard work and dedication can create."

Some of the children at the Guidance Center have trouble staying focused and organized, but in the garden, they are able to think clearly and can feel less anxious. Also, "in caring for something and keeping it alive, the children feel a purpose and

pride," says Hillary McGrath, Mental Health Counselor.

During the summer months children and teens water, seed and weed the organic beds, and they're exuberant when they see the vegetables grow. In the fall, care in the garden mirrors taking care of your physical and emotional bodies. Clients work on developing mental health toolkits to be prepared ahead of time just as they are replenishing mulch, cleaning up finished plants and preparing their soil for spring.

Vanessa McMullen, Supervisor at the Guidance Center's Manhasset location says that many children are so connected to tech gadgets that they've lost touch with the natural world. "The various texture, sounds, smells and sights in the gardens help younger children explore their creative sides, and we also use it with the teens, to give them a natural, soothing space to experience positive visualization and deep breathing."

RAISE MONEY FOR YOUR NEIGHBORS AT THE 2019 THANKSGIVING DAY RUN & BEYOND

DREAM BIG & GO THE EXTRA MILE FOR THE PEOPLE OF PORT WASHINGTON

Until 1999 the Community Chest went door-to-door asking everyone in Port Washington to give their "fair share," to help their neighbors. Once a year, for three days during OCTOBER, hundreds of public-spirited men and women walked the streets of Port Washington and knocked on doors. We used to say, "when your neighbor calls on you, open your door...then open your heart and give."

Times have changed and a knock on your door in the evening isn't a welcome sound for most. You can

help us figuratively knock on doors through our "Be a **Charity** Hero" online campaign.

All you need to do is type this link into your internet search bar www.portchest.org/become-a-charity-hero and click on the red words "Become a Charity Hero." You are creating your own fundraising campaign and can connect with friends and family to help you raise money for people in Port Washington who are vulnerable and need your support.

The Community Chest of Port Washing

THANK YOU!

NATIONAL CENTER'S DESTINY HOME; TAKING THE MISSION OF HKNC TO THE NEXT LEVEL

HELEN KELLER



Destiny Home is the first community residence in New York State for individuals who have combined vision and hearing loss as well as intellectual disabilities. Its staff supports the lifestyles of five permanent Port Washington residents 24 hours a day and helps these adults to pursue job and leisure opportunities that match their interests and abilities.

The residents share their time and talents through volunteer work. Most recently they've volunteered in the mail room at Nassau Community College. During their leisure time, they enjoy attending community events, shopping, going to nail and hair salons and dining out at local restaurants.



SPECTRUM DESIGNS FOUNDATION HAS 1ST ANNIVERSARY IN PORT FLAGSHIP LOCATION AND TAKES ITS SHOW "ON THE ROAD"



Billy Scrobe showing off his embroidered visor

Spring 2019 marked Spectrum Designs Foundation's 1st anniversary in its flagship location at 366 Main Street in Port Washington, NY.

The move, which tripled the production space and hiring capabilities has enabled Spectrum to further its mission to help individuals with Autism lead full and productive lives through the world of work. In the past year, they have printed custom apparel and provided gourmet granola for Metro North Railroad, Northwell Health, Uber and Google to name a few. Spectrum's leadership and staff have presented to Google, Microsoft and other companies about how best to support individuals with Autism in the workplace. Their film, This Business of Autism, has been screened at 16 film festivals, including at Cannes in France and at the U.S. Capitol. Most importantly, with the support of the Community Chest and other grants and donations, 23 individuals on the Autism spectrum are now employed. And, working in collaboration with its partner agency, the Nicholas Center, provides pre-vocational experiences to 60 teens and young adults. In April, for Autism Awareness Month, a video about Spectrum Designs was played in NYC Taxi Cabs! Very exciting developments from this organization that began in a 1-room barn and has grown to surpass its wildest dreams. Spectrum Designs plans to open its second location in Westchester by the end of 2019.

WHY DO YOU GIVE TO THE COMMUNITY CHEST?

I care about helping my neighbors...Community-wide fundraising is cost effective...It's easier than writing 30 checks...I have confidence in the fact that they've been around for 70 years...They don't waste money... I love the Thanksgiving Day Run...I don't have time to check up on all of them.

NEWS IN BRIEF

THE SAFE CENTER LI

The Safe Center was featured on CBS News on October 8, 2019 speaking about NY State legislation that will help close loopholes that allow domestic abusers to purchase firearms. "Abusers should not have access to weapons, whatsoever," said Keith Scott, Safe Center LI Director of Education.

PORT ROWING ENTERS 9TH SEASON THIS FALL

Three rowers from Schreiber H.S. signed letters of intent with NCAA Division 1 college programs; others are rowing and attending prestigious Division 3 schools such as Cornell, Brown, U Penn, MIT, Rice and more.

This past spring Port Rowing earned nine medals including winning title of State Champion for Women's Pair and Men's Freshman Four. This summer for the first time in Port Rowing history, one of the members of the class of 2019 was chosen to join the elite group of rowers to compete at the Junior World Championships in Tokyo, Japan.



Proud smiles from New York State Champions in Men's Freshmen Four

Major Donors to the 2018-19 Campaign

October 1, 2018 - September 30, 2019

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