



**STRIDE E-News August 2018**



**Welcome New Employee Bridget Carney, Assistant Development Director**

**Fun Facts! Did you Know?**

- STRIDE was founded in 1985-86 as a research project for skiers with disabilities, under the DBA name "Expect a Miracle"
- in it's 32 year history, STRIDE had no employees for 23 years!
- Mare Whitney, STRIDE's CEO sits on the Adaptive Board of Educators for Eastern division of Professional Ski Instructors of America for nearly 15 years.
- STRIDE operates an 86 acre former Girl Scout camp which is leased for \$1 a year from a very generous resident of Columbia County
- STRIDE receives over \$175,000 worth of in-kind (non-cash) donations per year.



Bridget graduated with a B.A. in Media and Communication from St. John Fisher College before becoming a freelance marketing professional, generating business development strategy, creating digital content, managing various social media platforms, writing blogs, and designing websites for clients. Bridget also plans events and executes media relations strategy for small businesses. During her undergraduate career at St. John Fisher College, Bridget was captain of the women's basketball team, sports editor for the on campus newspaper "The Cardinal Courier," and served as an officer for the "Positive Body Image" club. Bridget joins the STRIDE team with a strong desire to

support our military as well as make a difference in the special needs community.



**SCORE September Camp**

**Needs counselors!**

Looking for a fun weekend get away that's meaningful and free? Join our STRIDE youth for a weekend in Back to Nature' on September 14-16

Contact [mevans@stride.org](mailto:mevans@stride.org)



**Warrior Boot Camp a**

**traditional!!**

Our themed youth/Warrior weekend tent-camping trip was a success for bringing youth and military together sponsored by DSUSA and Warfighter Sports. The group spent time at Jiminy Peak aerial adventure park, archery, paintball, yoga, music by the fire, steak dinner served by Lansingburg Vets. Youth received military uniforms and participated in all in a military fashion setting.



**STRIDE Wish List!**

Seeking items new or gently used to offset expenses:

- ~ 3000 sq feet carpet squares
- ~ gently used patio furniture
- ~ propane tank (filled!)
- ~Keurig coffee cups!
- ~ kitchenette cabinetry
- ~ bathroom paper supplies
- ~ Twister game mats
- ~ Bocce ball sets



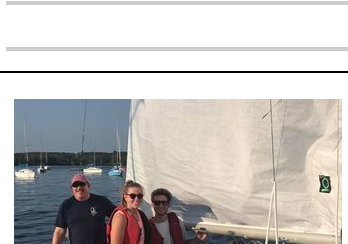
**STRIDE Cares!**

- ~ Continued healing and Get Well Wishes to Kathryn Allen
- ~ Get Well wishes to Joe Nastke, SCORE Camp overseer, after heart surgery.
- ~ Thanks to Craig Wicks - grass cutter at the STRIDE HQ!
- ~Congrats to JP coach Scott Henricks on his frist triathlon
- ~Get Well wishes to former Board member Jim Furlong with cancer treatments
- ~ Thank you to Maarcel Chaîne and Mark McClenahan for painting the new SHARE Center gym walls & ceiling
- ~ Thanks to summer intern Dylan MacQuoid



Every Thursday 3:30 pm - 5 pm - Sled hockey off-ice practice at STRIDE parking lot

Sept 22 - Brunswick Harley Davidson Open House with live music and food to benefit STRIDE SHARE Center!



**Sailing Sailing...** skipper and team are having a whale of a time at the Saratoga Lake Sailing Club on Mondays through August for 'Learn to Sail' program

Contact [mevans@stride.org](mailto:mevans@stride.org).

**Nutrition education is so important for youth with special needs especially kids with ASD**

That's why we've set up this amazing workshop for anyone at STRIDE to attend! Taught by an expert in the field, includes a snack & recipes. simply contact [mevans@stride.org](mailto:mevans@stride.org) to register.

**Brand New!!! STRIDE Nutrition Workshop**  
Saturday's 11-12 am (9/8-10/6)  
Family educational class

Located at STRIDE Office: 4482 NY Highway 150, West Sand Lake, NY

11-11:30 Have a snack while learning nutritional foundations for the importance of healthy eating. Learn to shop on a budget. Easy recipes shared for kids with picky eating habits.

11:30- 12 Children will play a game while adults continue comprehensive nutritional information for family life changes.

Course Conductor: Allan B. Daley; B.S. Health Science; Med student candidate @SUNY Albany; over 2000 hours in nutritional consultation, research, and health promotion.

For more information about this program or to register your family, please contact STRIDE Program Director, Megan Evans: 518-598-1279 or email: [mevans@stride.org](mailto:mevans@stride.org)



**Make sure to visit [www.stride.org](http://www.stride.org) calendar for all the fall programs**

**being offered**

Golf, Bowling, swimming, yoga, nutrition, camping, and so much more!!

Contact [mevans@stride.org](mailto:mevans@stride.org) for info and registration

**STRIDE Fall 2018 Bowling**



**Offered in 2 locations!**

**Latham Spare Time**

375 Troy Schenectady Rd, Latham  
Saturday's 10am (Ages 6-21)  
9/22- 12/15 no bowling on 10/13, 10/27 or 11/17

Program Leader: Diane Grugan  
Special Olympics Bowling participation available

**East Greenbush Bowling Center**

570 Columbia Turnpike, East Greenbush  
Saturday's 11 am (Ages 6-21)  
10/13 - 12/15

Program Leader: Gina Howard

All participants must have a current (within a calendar year) STRIDE registration on file. Once you receive confirmation that your child has a space in the class a \$25 administrative fee is due. The fee secures your child's placement in the class. Financial assistance is available if needed.

In order to register for the class, you must call or email STRIDE Program Director, Megan Evans: 518-598-1279; [mevans@stride.org](mailto:mevans@stride.org)

**TICKETS ON SALE NOW!!** Don't wait. It makes it difficult for STRIDE staff to plan; its only a \$20 donation!

**ALL SQUARE Wealth Management Presents STRIDE Inaugural Sports & Brewfest**

Saturday, September 29

Tickets: [www.stride.org](http://www.stride.org) Adults \$20 Youth \$10 Family \$50 VIP \$50  
1-3 pm Family fun & games; 5-10 pm- Open to public

Food truck & beverage proceeds % to benefit STRIDE

Fundraiser for STRIDE Adaptive Sports  
Changing lives for people with disabilities



Live Music All Day Featuring Erin Powers; Joe Adele & the Barnstormers; T-Bone Daddy; The Stray Dogs  
Food Trucks, Booths & Games 1-5 pm; Open to Public 5-10 pm; Tastings; Silent Auction; VIP experience



**STRIDE Donations Since June! We Are Grateful!**

We would like to take this opportunity to thank the following groups, clubs and individuals for their financial and in-kind support:

**Donors**

- John and Carol Cerny
- Karen Chave
- Daniel Coffey
- Brooke Cox
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- Adam South
- Nancy Wayne
- Mary Ellen Whitney
- Susan Yonkers

**Foundations**

- John E. Sackett Foundation

**Corporations**

- Pioneer Bank
- Chatham Brewing, LLC
- Columbia Physical Therapy, P.C.
- Tri City Valley Cates

**In Memory of Byron Hills**

- Robert, Cindy, Naima, and Karell

**In Memory of Thelma Blumenthal**

- Janet Scammell

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