

PO Box 5, Schaghticoke NY, 12154

**Welcome to the Community Life Newsletter. As we move through April into May/June 2025, we want to take a moment to thank you for your continued support and commitment to our mission. Together, we are making a difference in the communities of Town of Schaghticoke, Pittstown and around the northern Rensselaer and Washington County.
In This Issue:**

**Officers of Community Life Support, Inc. Active Board Members** **for 2025**: David Smith, Tanya Lipinski, Debra Barton, Dawn Knauss, Deanna Rohloff, Christine Barton, Nikki Simoncavage.

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| *President* | Lynne Hardy |
| *Vice-President* | Elizabeth Baker |
| *Secretary* | Heather Fronckowiak |
| *Finance Secretary* |  Sharon Kosowsky  |
| *Business Manager* | Sue Pritt |
| *Treasurer* | Ted Wright |

**Mission Statement:** Community Life Support, Inc.’s mission is to provide multiple approaches that encourage healthy lifestyles through education, services, and opportunities. Community Life Support, Inc.’s desires to build community capacity through volunteer opportunities, activities, events, and services. Community Life and all its branches are hosted at the Presbyterian Church. Contact Liz Baker 518- 461-2155 for further info or to offer assistance, speak with anyone on the board or to volunteer for any of our programs or the Food Pantry

**A Brief History**: Born out of a ‘community builders group’ in 2017- 18. It began with 4 people and expanding as our mission to provide opportunities to bring the community together grew. In 2019 it became Community Life Support Inc. Our logo is a tree with multiple branches to represent the many branches of our work: The Schaghticoke Food Pantry, Health and Wellness, Community Center Initiative and the Greater Hoosic Valley community Business Alliance.

**GHV CBA**- our business alliance is designed to gather all our cottage industries and service businesses together to support local small business through a membership that benefits them with advertising and advocacy and education. Information can be found at GHV.CBA.com. We are also listed as part of clsschaghticoke.com as well as our Facebook page. When May comes, we will send out our canvasing letter to all our currently registered businesses and encourage them to sign up for the GHV-CBA Directory. More specifics can be found in the letter. We are hoping the local businesses will participate and reap the benefits of an alliance in our area of Rensselaer County. I will include a link <https://givebutter.com/tQYPIq> if you would like to join.

**Community Center Initiative** meets monthly at the Hoosic Valley High School – will be in Late May after budget/board vote. CCI is a grass roots group from the northern Rensselaer County with a broad focus on preparing for the future of the Schaghticoke area. We are currently in the survey phase and meeting to discuss the data we are getting and then move to the next steps. A survey for the community can be found at the link below. Surveys are distributed through Parents Space and to high school students 7- 12th grade through their social studies class. We want every voice to be heard. Besides the survey work CCI is interested in seeking land, support, and acknowledgment.

<https://docs.google.com/forms/d/e/1FAIpQLScryNX66jRhFOM3IzynmPPoVLtHDLUneyChupfLvIouhQArug/viewform>

**The Food Pantry is open every Monday 9- 11 am (except for any holiday or snow school day is closed); Thursday 4-6 pm.**

The Food Pantry of Schaghticoke is happy to report a positive fund raiser with the basket raffle. Thank you all who worked, donated, or helped to plan this event. The funds raised go into the Food Pantry line item of CLS Budget to support the pantry if it needs to purchase any food or other items for the clients of the pantry in light of the changes in funding sources. We are entertaining an idea of monthly shoppers who can purchase items for the pantry- say- dish soap- or snack food. You may sign up for an item for the month. We would reimburse you for your purchases and we will pay you $5.00 for the effort.

The Food Pantry welcomes all who would like to volunteer their time. Reach out to Liz Baker for further info and to schedule a visit to the pantry to see if you are a good fit for what we do. Want to volunteer for a program, we would love to hear about it. Liz Baker or lenhardyny@gmail.com are your resource and contacts.

**Upcoming Calendar of Events Month of May- June 2025**

* Indoor Walking Club Monday’s 11- 12 in the dining room.
* Sewing Club- Tuesday 11-2 pm in the dining room.
* Tai Chi Club- Saturday 9-10 in dining room
* Feb 24-start Spring sessions- Monday Evening Yoga with Kelsey Richards- 6:30- 7:30- $10 per class pay instructor at Presbyterian United Church, 165 Main Street. Schaghticoke, NY
* Feb 26- March 5,12, 19, 26- Session 1- Wednesday's Yoga with Sharon Gavitt 10-11 am. Pay instructor 5 classes for $30 or $10 walk in fee. Session 2- April 2, 9, 16, 23, 30. Same arrangement- at Presbyterian United Church, 165 Main Street. Schaghticoke, NY
* Living with Cancer Support Group with Ted Wright- 3rd Monday of month calls 240-595-4511 to contact.
* June 5- Mental Health First Aid for Adults; A Mental Health Association of NY Free training offered by Community Life Support. Free. Register by calling 207-319-5307 or at the door for 8-hour class with morning light refreshments and lunch at noon. Open to all encouraging teachers and community leaders, churches, fire departments and rescue squad attendance.
* May 21 Food Pantry Meeting 6:30 pm- dining rm .
* June 14- Strawberry Fest- Volunteers are always needed to help with parking in small blocks of time- also for setting up and taking down set ups. Call Liz Baker 518- 461-2155.

**Volunteer Need**: We have learned from some folks of the community have a need for transportation for health and business appointments. We are not on the Flex Route yet- though I keep asking and poking for it- but if there are any folks with some free time and a willingness to help, please let me know- at 207-319-5307 and I will help to coordinate the needs. Thank you.

**Community Highlight**: Community Life Support- ***Health and Wellness Fair- focusing on Living the Good Life.* We can report that we had a successful event this year . We had about 30 Health and Wellness Vendors of multiple varieties as well as some kid friendly activities. We drew for the freezer which was won by Rachel Tucker of Stillwater. The raffle raised about $1500 for the food pantry. Thank you Jason Martin for your freezer donation and thank you to all who donated gift certificates to fill the freezer to a $950 value.**

**In Our Spot Light: Strawberry Festival June 14, 2025 at the Schaghticoke Fairgrounds.**

**Here are the up-to-date details: Live music, Kids Activities, Food Trucks, Firemen and their trucks, and of course the vendors. There will be plenty of strawberries if the weather co-operates at various vendors around the fest as well as Diver Library Strawberry Shortcake. This is our biggest fest ever- with 125 plus vendors ranging from candle making to garments and bags- to home décor, jewelry and jellies and jams and many other wonderful offerings. So mark your calendar and we will see you there. Be aware the fest entry is on the Stillwater Bridge Road side this year- at the main entrance to the fair.**

**New Ideas: Respond to me with your interest- 4 or more make a club. Lynne at 207-319-5307 text or call.**

1. Investment club-It is a good time to learn about the market and how to invest.
2. support group for any number of things- but maybe just to get through the chaos and fear of the next four years.
3. Cooking Clubs/Baking Club/Bread Club
4. Club that teaches about the difference between government and politics.
5. how to tell truth from fake news.
6. class on Writing a book.
7. Variety of genres for a Book Club
8. Making your own soup mixes, brownie mixes-

You never know where it will take you. As Dr. Suess says- ‘O The Places You Will Go…’

**Get Involved!** Your support is crucial to our mission. Here’s how you can help:
• **Donate:** Every contribution, big or small, makes a difference. Visit this link on Give Butter for CLS support:  <https://givebutter.com/b1XrKv> to give.
• **Spread the Word:** Share our mission with friends and family. Follow us on social media:
• **Facebook:** Community Life Support; Website: CLSSchaghticoke.com
Thank You! We are grateful for your support and commitment to making our community a better place. Together, we can achieve great things! For more information, visit our website at CLSSchaghticoke.com or contact us at lenhardyny@gmail.com

**Board members are available to come and share our work with your group. Please call on us especially if you are interested in small business support and or the concept of a community center in the future of the Greater Hoosic Valley area.**

Warm regards,

The Board of Community Life Support of Schaghticoke, NY 2019 Inc

Lynne Hardy, president; 207-319-5307; lenhardyny@gmail.com

**See upcoming Community Events and Opportunities: next page.**

Valley Falls Library- has a new director Julia Weston and she is building programs for the community:

Adult Exercise Class- Noon on Tuesday and Thursday contact 518-753-4230 for info and to register.

A Seed Library is available to the public.

June 14- Village Wide Garage Sale in Valley Falls – no clothes. Donations call 518-753-4230.

Valley Falls Methodist Charge Chicken BBQ after yard sale.

Memorial Day Service- May 24th- on front lawn of library

Preschool Story Time: Wednesdays 10 am

Middle School Bricks and Boards- Fridays 2 pm

Valley Falls Game Society- Every other Tuesday- call 518-753-4230 for information

Monthly Bird Walk in Valley Falls- 9:30 am every second Thursday of the Month.

May 23rd Rensselaer County Career Center Opportunity 9am- 11 am.

Victor Lodge Chicken BBQ’s have resumed- and drive through event by registration only May 17 4-6 pm. Wednesday is the last day to reserve your ticket. Call- 518-368-7228- or email Donnie Barton at donniebjv@aol.com-

Victor Lodge Breakfasts are continuing on May 18th. -Open to the public- 7:30- 10: 30 am.

May 17th Ice Cream Social – by reservation only- at Chrissy’s for families and children with autism. 9- 11 am.

