



THE

PIONEER

X PRESS

Official Publication of XRX Pioneer Club of Rochester, Inc., 800 Phillips Road, Bldg 337-15S, Webster, NY 14580
A club for Xerox retirees and their spouses. www.xerxpioneerclub.org

October 2009

Volume XXII Issue 8

EXECUTIVE BOARD REPORT

By Dave Ogi, President



Over the years, your Pioneer club has supported a variety of community service projects for the betterment of non-profit organizations in our area. This year, you should be proud to know that we have made a significant impact on the **HOPE Ministry** in Webster under the guidance of members **Millie and Joe Schillaci**. As 2010 approaches, we need your assistance in coming up with ideas for our Community Service Project for next year. If you have any suggestions, please contact the club's Vice President, **Dave Rau** at 315-524-5173. The deadline for identifying potential projects is before our executive board of directors meeting, the first Tuesday in November. Please submit any suggestions to us before that date.

Our membership co-chairperson **Sandy Leary** has been "spreading the word" on our club's **Joseph C. Wilson Retiree of the Year Award** for the past several months. She has made multiple press releases to newspapers, radio and television stations as well as getting Xerox top management involved. The purpose of the award is to recognize retirees for extraordinary achievements during their retirement; to enhance the recognition of these accomplishments, and to encourage retirees to engage in significant activities that contribute to the welfare of the community. To be eligible, an individual must be 50 years or older and a former employee of Xerox, as well as an upstanding member of his/her community who exemplifies volunteerism. If you have suggestions or comments, please call Sandy at 585-872-0975 as soon as possible.

Over the past few months, we have received a few requests from outside organizations (companies) to provide luncheon subsidies and/or luncheon goods to gain access to meeting with our membership. Your executive board has reviewed this type of request and has determined that no matter how innocent they appear, they provide some implied level of obligation on the part of our membership. We believe it is in our best interest to allow topics of interest to our membership to be scheduled at the very end of our luncheons, so anyone not interested in participating is free to leave without any feeling of obligation to stay and listen. Additionally, by not allowing monetary contributions of this nature, we dispel any feeling of impropriety on the part of the club. If you have comments on this topic, please let us know.

While New York State has its problems, as we approach the fall season, it all comes back to me as to why I love this area. The brilliant colors of the fall season are something to behold. If you have ever traveled through the Adirondack region in late September, you have to question why it is not classified as the eighth wonder of the world. Letchworth Park, often referred to as the Grand Canyon of the East, is another great place to see the beautiful autumn foliage in mid-October. So get out and enjoy the great fall season before the snow starts to fly again.

"Good Old Days"

submitted by Sandy Leary

July 4th, 1964 - I had just graduated from Wayne Central and started working at Xerox as the mail girl in the Purchasing Department, Building 208 for Marie Morris. I was also the back-up receptionist for the largest lobby on site at the Webster plant at that time. A group of us would spend our lunch hour at the "Candy Kitchen" on Main Street in Webster at least twice a week. Lunch was always homemade sandwiches or soup—the root beer floats were my favorite—and we'd always return to the office with a mid-afternoon snack: mouth-watering chocolates, a cookie that tasted as good as grandma's, or a piece of pie that made you smack your lips. The service was homey and quick, and the price tag was more than worth the short trip!! I fondly remember the "Candy Kitchen" and wish it were still around for my daughter and granddaughter to experience. It will always be remembered as one of the great perks of working at Xerox in Webster!

Singles Group

Get your XPRESS Digitally

This provides the advantages of early delivery and the club saves money by stopping the mailed copy.

Send a note to John Clapp at xpress@rochester.rr.com or phone (585) 671-4158. He will e-mail each new XPRESS to you as soon as it is ready.

You can always get a copy of the published newsletters on the Web:

<http://www.xeroxpioneerclub.org>

NOTE: Please let John know if your e-mail address changes.

Sleep Better, Stress Less

(NAPSI)-Here's eye-opening news: Recently published research from Oklahoma State University suggests that improving quality of sleep not only reduces stress, but also helps us manage everyday stress.

"When you're stressed and tired, every aspect of your life is affected," says lifestyle expert and spokesperson for the Better Sleep Council, Lissa Coffey. "Controlling stress and getting a good night's rest start with evaluating your lifestyle."

Dr. Douglas MacKay, N.D., vice president, scientific and regulatory affairs, Council for Responsible Nutrition, agrees: "Eating a healthy diet, taking vitamins and other supplements, exercising regularly and getting adequate amounts of sleep are all part of a healthy lifestyle."

Here are more tips to help you sleep better and stress less:

1. Eat a well-balanced diet.
2. Take vitamins, including a daily multi-vitamin. Ask your doctor about other supplements, like valerian, for healthy sleep.
3. Evaluate your mattress--consider replacing it if it's five to seven years old or older.

Learn more about sleep at www.lifesupplemented.org and at www.bettersleep.org.

Herbals and other dietary supplements can be safe and effective ways to help achieve quality sleep.

October 2009 Meeting

When: Wednesday, October 28, 2009

Meeting: 11:30 a.m.

Where: Jack's Place

1200 Kings Highway

Rochester, NY 266-0110, Ext. 5

Choice of:	Members	Guests
1. Roast Sirloin	\$19.00	\$20.00
2. Chicken Parmesan	\$19.00	\$20.00
3. Stuffed Haddock / Crab	\$20.00	\$21.00
4. Vegetable Lasagna	\$16.50	\$17.50

All dinners served with Soup or Fruit Salad, Crisp Garden Salad, Rolls and Butter, Fresh Vegetables (Chef's Choice), Ice Cream or Sherbet, Coffee, Tea or Milk. Price includes tax and gratuity.

Registration Form Singles Group Luncheon Wednesday, October 28, 2009

Name: _____

Guest Name: _____

Phone Number: (____) _____

Amount Enclosed: \$ _____

	Member	Guest
Roast Sirloin	\$ _____	\$ _____
Chicken Parmesan	\$ _____	\$ _____
Stuffed Haddock/Crab	\$ _____	\$ _____
Vegetable Lasagna	\$ _____	\$ _____

Make checks payable to **XRX Pioneer Singles Group**; send to:
Carol Deasey
2045 Brookway Crescent
Ontario, NY 14519

Registration deadline: **Wednesday, October 21, 2009.**
Checks received after the deadline will be returned.

SPORTS ACTIVITIES

GOLF

The season is coming to a close all too fast; only three league games remain to be completed. The final team standings will be reported at a future date.

COMING EVENTS

Who: XRX Pioneer Club Golf League Tournament and Banquet

When: Thursday, September 24th, 2009

Tournament at 11:45 a.m.

Banquet at 5:00 p.m.

Where: Tournament at Webster Golf Course West
Banquet at the Green Lantern Inn, Fairport

Why: *Because Tom says so.*

BOWLING

Who: Xerox Bowling League Start of 2009 / 2010 Season

When: Wednesday, September 30th at 9:30 a.m.

Meeting at 9:00 a.m. - There will be no free donuts.

Where: Clover Lanes on Monroe Avenue

Why: *Because Lucy will be checking.*

Joseph C. Wilson Retiree-of-the-Year Award

The mission is to annually recognize a Xerox Retiree who epitomizes the legacy of Joseph C. Wilson.
See details on our web site or call Sandy Leary.

USEFUL PHONE NUMBERS AND WEB SITES

AARP 55 ALIVE Driver Safety Program	(888) 227-7669
Pioneer Club Office	(585) 265-3280
Sunshine Chairperson	(315) 986-7965 (lhelfer002@rochester.rr.com)
Xerox Benefits Center	(888) 979-9961
XRX Pioneer Club Web site	www.xeroxpioneerclub.org
Association of Retired Xerox Employees	www.arxe.org

LUNCHEON RESERVATION POLICY

- ◇ All Pioneer Club function reservations must be made through the PIONEER CLUB ONLY. We cannot honor any others. Those received **after the deadline** will be returned unopened.
- ◇ The **captain's deadline for table reservations** for all Pioneer events is one day after the reservation deadline, regardless of the day of the week. Reservations are limited to those with at least four (4) and no more than eight (8) per table when using the "table captain" reserve system.

- CANCELLATION / REFUND POLICY -

If you are registered for a Pioneer Club luncheon or dinner and need to cancel for any reason, you must call **ONLY** the PIONEER CLUB OFFICE at (585) 265-3280. The minimum length of time required to ensure a refund will vary upon the facility used. *Check the reservation form for each specific event's cut-off date.* (Beyond that time the Pioneer Club is committed to the banquet facility, with no refunds allowed.) Leave a message and include your name and phone number. (NOTE: A handling fee of \$1.00 per person per cancellation will be deducted.)

Bulletin Board

Note from XRA

Stacie Baker

Xerox retirees are eligible to participate in many of XRA's offerings and discounts—I don't know if many are aware of that fact. All they have to do is to contact me at:

Stacie.Baker@xerox.com, and I'll add them to the distribution list of XRA events, programs and discounts.

SUNSHINE REPORT

Submitted by Audrey Helfer

Get Well

Larry Helfer



Sympathy

Jeannie Carrier---

loss of sister-in-law, Grace Pilato

Happy Anniversary

Barb and Bill Kalamanka 50 years

Rena and Bob Grassi 55 years

Mary and Chet Skurski 68 years

MEMBERSHIP is critical to our club's survival—we need the help of every member! Please share our club information with your family, friends, neighbors—everyone who can help us capture N-E-W members and retain our current members. Many thanks!!

Volunteers Needed

We are looking for volunteers to help with check-ins at the luncheons and/or to provide invocations. If you are interested, please contact: Rose Riefer at

585-545-4783 or
rosey1838@yahoo.com

Veterans Committed to Serving Other Veterans

(NAPSI)-For over 60 years, an organization has been serving veterans and the communities in which they live, in an effort to make a difference in the lives of others. These two areas—veterans service and community service—drive the efforts of the organization known as AMVETS. Founded in 1944 as the American Veterans of World War II, it became in 1947 the first World War II organization to be chartered by Congress.

Today, membership in this volunteer organization is open to anyone who is currently serving or who has honorably served in the U.S. Armed Forces.

One of its most visible initiatives is the network of trained national service officers (NSOs) who assist veterans in obtaining the benefits promised to them by the federal government. Last year, more than 65,000 claims and appeals were filed on behalf of veterans, resulting in veterans and their families receiving \$410 million in compensation. To learn more, visit www.AMVETS.org.

ACKNOWLEDGMENT

I would like to say thank you for all the cards and donations made in memory of Paul.

Most of all, thanks for all the prayers and support at this difficult time.

Sue Happ

Pioneer XPRESS Contacts

Activity	Chairperson	E-Mail/Phone
Club Activities	Claude Carrier	jennie33@rochester.rr.com
Exec. Board Report	Dave Ogi	daveogi@gmail.com
Human Interest	Jeanne Carrier	jennie33@rochester.rr.com
Luncheon Program	Rose Riefer	rosey1838@yahoo.com
Membership (co-chair)	Sandy Leary Sue Rausch	sandyhhi@rochester.rr.com laceyd627@rochester.rr.com
Norma's News	Norma Rappl	nrappl@frontiernet.net
Singles Group	Delores Hockwater	(585) 342-5515
Sunshine	Audrey Helfer	lhelfer002@rochester.rr.com
Trips/Travel	Delores Curtis	necurtis1@aol.com
Web Site	Betty VanVolkenburg	lambs@samslambs.org
XPRESS Publication	Sabra/John Clapp	xpress@rochester.rr.com

Thank You Members

Your generous gifts at the luncheons are greatly appreciated by HOPE Ministry.

Millie Schillaci

XPRESS Articles for Publication

Remember the deadline is the **last Friday of the month** for publication two months later (i.e., end of Oct. for the Dec. issue). Please submit articles through the club's office, 800 Phillips Road, Bldg 337-15S, Webster, NY 14580 or e-mail to xpress@rochester.rr.com.

**Pioneer Club October Luncheon Registration Form
Thursday, October 15, 2009**

___ No. of Members @ \$18.50 \$ _____

___ No. of Guests @ \$20.00 \$ _____

Total No. of Attendees: ___ Total Enclosed: \$ _____ Check No.: _____

Member Name(s): _____ Home Phone: (____) _____

Non-member Spouse/Guest Name(s): _____

Table Captain (if applicable): _____ E-mail: _____

Transportation / Special Needs Request: _____

Please make check payable to **XXR Pioneer Club of Rochester, Inc.** and send with completed form to:

Rose Riefer, 18 Westover Drive, Webster, NY 14580
to be received by **Monday, October 5, 2009**. Thank you.
(NOTE: Kindly remove any tape before mailing.)

ITALIAN FINESTA

Where: Mario's
2740 Monroe Ave.
Rochester, NY 271-1111

When: Thursday, October 15, 2009

Time: 11:30 a.m. - Registration
12:00 p.m. - Buffet

Mixed Greens
Tomato, Basil, Red Onion Salad
Penne Pasta w/ Mario's Pasta Sauce
Cheese Tortellini w/ Alfredo Sauce
Chicken French
Meatballs in Marinara Sauce
Baked Zucchini Italiano w/ Cheese Gratinat
Rolls and Butter
Coffee
Lemon Ice



HOPE MINISTRY
Bring to Luncheon

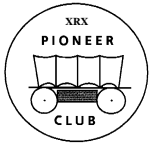
- ♣ Laundry soap, dish soap
- ♣ Diapers and wipes
- ♣ Personal care products: shampoo, deodorant, shaving items, etc.
- ♣ Hearty / chunky soups and stews
- ♣ Pasta and sauce, macaroni and cheese
- ♣ Feminine hygiene products
- ♣ Paper products: toilet paper, napkins, and paper towels
- ♣ Bus passes, gift cards: Wegmans, Target, Wal-Mart, gas, etc.
- ♣ Cleaning products
- ♣ Cereal and oatmeal
- ♣ Peanut butter, tuna

DEADLINES:

For registrations – Oct. 5.
(Any received after the deadline date will be returned.)
For cancellations – Oct. 8.

**Please - DO NOT arrive
before 11:30 a.m.**

**- REFUND POLICY -
Refer to Page 3**



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Date-sensitive Material

October Dates To Remember

<u>Day</u>	<u>Date</u>	<u>Event</u>
Friday	2	Volunteer Recognition Luncheon at Green Lantern
Monday	5	Deadline for Pioneer Club Luncheon Reservations
Tuesday	6	Executive Board Meeting - 1:00 p.m., Bldg. 335 Conference Room
Tuesday	6	Deadline for Table Captain's Reservations
Monday	12	Columbus Day
Thursday	15	XRX Pioneer Club Luncheon at Mario's
Wednesday	21	Deadline for Singles Group Reservations
Wednesday	28	Singles Group Luncheon at Jack's Place
Friday	30	Deadline for input to the December XPRESS
Saturday	31	Halloween

Mark your calendar NOW for XRX Pioneer Club Luncheon on November 19, 2009 at Green Lantern.