



# VARNA NEWS

INFORMATION AND ITEMS OF INTEREST FOR THE VARNA COMMUNITY

Living alone? Not going home for the holiday? Don't like to cook?

## FREE THANKSGIVING DINNER

Thanksgiving Day Thursday, November 23

Noon to 3:00pm

Varna Community Center  
943 Dryden Rd.

Dinner will include a traditional menu of turkey, stuffing, mashed potatoes, gravy, green bean casserole, squash, fruit salad, rolls, beverage, and pies. A vegetarian entree will also be available.

**EVERYONE IS WELCOME  
NO RESERVATIONS NEEDED**

**Donations make this event possible!**

To donate food items, contact

Dawn Potter (607-280-9750) ([dap4@cornell.edu](mailto:dap4@cornell.edu))

To volunteer at the dinner, contact

Susan Simmons (607-280-8042) ([sasrvcs121@yahoo.com](mailto:sasrvcs121@yahoo.com))



To make a financial donation (tax deductible) — Write a check to 'Varna Community Association' & send to:  
VCA, P.O. Box 4771 Ithaca NY 14852-4771. **THANK YOU!**

## Bringing Geography to Varna

January 27 2018, 1pm  
Varna Community Center



GeoWhiz is the Varna Community Association's new fun and educational event for the community. It will run much like a spelling bee, but it's a geography quiz, where teams compete to answer questions about geography. On January 27 2018 we'll start with a small scale event with questions limited to local and US geography. We want to make sure everything runs smoothly before we scale up to the big time in November 2018 with questions about the whole world.

**Who will participate?** Everyone is welcome to take part in GeoWhiz. Here are ways to get involved:

- Form a team of three people and register to play. Team members will consult with each other to decide on one answer to each question. The team registration fee for January 27 is \$30.
- Join the planning committee to write questions - we need lots of geography questions!
- Be part of the audience to cheer on the teams on as they compete.
- Make a financial contribution to help pay for publicity, supplies and prizes.
- Help us engage a few generous corporate sponsors.

**PROCEEDS FROM GeoWhiz WILL BENEFIT THE VCA  
AND THE SERVICES WE OFFER**

To register, donate, or get more information  
call: 607-256-1617 or email:  
[GeoWhiz@VarnaCommunityAssociation.org](mailto:GeoWhiz@VarnaCommunityAssociation.org)

**DISH-TO-PASS-DINNER AND ANNUAL MEETING OF THE VARNA COMMUNITY ASSOCIATION**

January 20 2018, 5-7pm

Varna Community Center 943 Dryden Rd.

More information on the next page...

To receive the VARNA NEWS fast and in color, email: [newsletter@VarnaCommunityAssociation.org](mailto:newsletter@VarnaCommunityAssociation.org)

**Pancake Breakfasts Nov. 12 & Dec. 10 2017**

**8am - noon**

Featuring all you care to eat, pancakes, French toast, cooked-to-order eggs, breakfast meats from Clark's market, hash browns, fresh fruits, homemade unsalted butter and whipped cream, orange juice, coffee, tea or hot cocoa. We source our menu items locally.

Adults \$8, Seniors \$7.00, ages 5-12 \$7.50 under age 5 free.

Volunteers get a free breakfast! To volunteer, contact Susan Simmons [sasrvcs121@yahoo.com](mailto:sasrvcs121@yahoo.com) (607-280-8042)

**More Pancakes in 2018: Jan. 14, Feb. 11, Mar. 11, Apr. 8**

What makes a hamlet feel like home?  
Is our zoning making Varna grow too fast?

Join an informal discussion\*\* at the monthly Varna Pancake Breakfast to talk about questions like these, and more. What balance of owner-occupied and rental housing will make Varna sustainable? Do we need to work on getting the zoning law changed? Bring your coffee, your questions and your ideas. Let's talk!

**\*\*11am during Pancakes**

**ANNUAL MEETING** of the Varna Community Association, Inc.

**January 20 2018, 6pm** — during the 5-7pm dish-to-pass dinner  
**Varna Community Center (943 Dryden Rd.)**

Annual meeting agenda: review 2017, elect Directors, discuss future plans.

**If you live in Varna, you are a member of the Varna Community Association (VCA).  
You are eligible to vote on candidates for the VCA Board of Directors and any other business that is brought  
before the meeting.**

**Bring food to share, or simply come and be a part of your community!**

Not sure if you live in Varna? email your street address to: [VCA@VarnaCommunityAssociation.org](mailto:VCA@VarnaCommunityAssociation.org)  
We'll get back to you!

**Q: Who needs a flu shot? A: Everyone, Every Year!** As important as snow tires and furnace maintenance before the winter weather, the influenza vaccine is an essential part of being safe and healthy this upcoming winter season. The Centers for Disease Control recommends that everyone six months of age and up should receive an influenza vaccine every year. Each year, approximately 200,000 people are hospitalized with complications from the flu and approximately 36,000 people die annually from the virus. The flu vaccine is the best way to protect yourself, your loved ones, and those who are unable to receive the vaccine. The flu vaccine is available by injection with infants and children receiving two doses in their first season and people over 65 years of age receiving a high dose formulation for increased protection. The vaccine is available throughout the community at your physician office, at the local health department (call 274-6609 for more information) and at several area pharmacies.

—Melissa Miller, MS, RN



What a deal! "This pumpkin man was purchased by Art and Deb Lecoq at a VCA rummage sale. Everyone seems to like him, including the pumpkin man."

— Deb Lecoq

"We live in an interconnected, 'globalized,' world in which life in one place depends on resources, activities, and people far away. With a working knowledge of **geography** we are better prepared to face these challenges."

Jake Brenner, Associate Professor  
Department of Environmental Studies & Sciences, Ithaca College

## VARNA AFTER SCHOOL PROGRAM

Year two of the Varna After School Program (VASP) is going strong! With 28 students in PreK to Grade 5 from six different elementary schools in the Ithaca City School District, our days are filled with lots of fun (and noise)! When the kiddos arrive, they are greeted at the school bus by a member of the VASP staff and escorted into the Community Center. After stowing jackets and backpacks, students use their own curiosity to explore through free play before engaging in snack, outdoor play, homework club, and special learning activities.

VASP's enrollment has more than doubled since last year, along with the staff. VASP currently employs eight staff members, with diverse backgrounds and ages. Although our enrollment has greatly increased, there are still spaces available, so tell your friends!

For the month of October, our students created candy corn catapults, pumpkin pie play dough, handprint spiders, paper plate scarecrows, shaving cream painted leaves and more. We learned about fire safety from members of the Varna Volunteer Fire Company and enjoyed the generous goody bags the firemen brought. We are looking forward to a presentation from the ReUse Center about composting and a visit from the Cornell EYES (Encouraging Young Engineers and Scientists) group.

For more information about the program, to enroll, or to volunteer, contact the VASP Director, Sarah Mahool, ([VASP@VarnaCommunityAssociation.org](mailto:VASP@VarnaCommunityAssociation.org)) [\(607\) 272-2658](tel:6072722658). You can also visit our website: [www.VarnaAfterSchoolProgram.com](http://www.VarnaAfterSchoolProgram.com).



VASP students practice 'Stop, Drop, & Roll' with a real Varna fireman

### VASP Wish List — things we could really use —

- Craft supplies: tape, glue, pipe cleaners, googly eyes, tissue paper, craft pompoms, popsicle sticks, craft feathers, egg cartons, tempera paint, any type of paper, yarn
- Legos
- Play Mags
- Electric pencil sharpener
- iPod touch
- Speakers for music (Bluetooth capable)
- Gift cards; Aldi, Dollar Store, Michaels, Target, Walmart
- Monetary donations
- Time to donate to teach any talents you may have!

Any donation to VASP is tax deductible. If you have items you would like to donate, arrangements can be made for them to be picked up. Contact Sarah Mahool, VASP Director ([VASP@VarnaCommunityAssociation.org](mailto:VASP@VarnaCommunityAssociation.org)) [\(607\) 272-2658](tel:6072722658)

**All donations are greatly appreciated!**

**VCA board meetings** - Visitors are welcome to attend meetings of the VCA board. Meetings are held the first Sunday of the month, 5pm at the Community Center. Questions? Contact: [chair@VarnaCommunityAssociation.org](mailto:chair@VarnaCommunityAssociation.org)

### VARNA NEWS SPONSORS

THANK YOU! to these local businesses for supporting the Varna News:

#### **GOLD LEVEL**

- Jim Ray Homes, Inc.
- Lifestyle Properties
- Varna Volunteer Fire Company

#### **BRONZE LEVEL**

- Plantation Inn
- Rose's Home Dish



### **Freese Rd. Bridge Update — Laurie Snyder**

In October there were surveyors examining and measuring the Freese Road bridge and Freese Road itself. Also, the State had a crew examining the bridge for structural defects. This will all help the engineers assess what, if anything, needs to be done, to the bridge.

**Stay in touch** with neighbors by joining the 'Hamlet of Varna' at [NextDoor.com](http://NextDoor.com) Lost cats, event reminders, help with finding a reliable contractor - these are examples of notices that get posted. It's an easy way to keep up with what's going on in Varna and nearby neighborhoods.

Varna Community Association, Inc.  
P.O. Box 4771  
Ithaca NY 14852-4771

Non Profit Org  
US POSTAGE  
PAID  
Ithaca, NY 14850  
Permit #312

## National Geography Awareness Week November 12-18

**What is it?** Established by congress 30 years ago, this annual public awareness program encourages citizens young and old to think and learn about the significance of place and how we affect and are affected by it.

**Why do we need it?** According to the National Geographic Society, too many young Americans are unable to make effective decisions, understand geo-spatial issues, or even recognize their impacts as global citizens.

**What can Varna do? See page 1, inside**

We are seeking several Varna residents to join the VCA Board of Directors. To learn more, please contact Jan Morgan, VCA Chair:  
(607-256-1617) ([chair@VarnaCommunityAssociation.org](mailto:chair@VarnaCommunityAssociation.org))

### CALENDAR OF VARNA EVENTS

Events are at the Varna Community Center, 943 Dryden Rd. (NY Rte. 366) unless otherwise indicated.

**Nov. 12, 8am-Noon** Pancake Breakfast

**Nov. 18, 1-3pm** — Lunch & snacks and to share

**Nov. 23, Noon-3pm** — **Community Thanksgiving Dinner**

**Dec. 3, 1-3pm** — Cookie exchange

**Dec. 10, 8am-Noon** Pancake Breakfast

**Jan. 20, 5pm — 7pm** Dish-to-pass dinner

**Jan. 20, 6pm** **2017 ANNUAL MEETING** of the VCA

**Jan 14, 8am to Noon** — Pancake Breakfast

**Jan. 27, 1-3pm** — **GeoWhiz**

**Feb. 11. 8am to Noon** Pancake Breakfast

### DISH-TO-PASS EVENTS

**Join your neighbors for one or more of these community get-togethers to share food and good company. Children are always welcome.**

**Saturday Nov. 18, 1-3pm** We've planned this to be a light and simple gathering before everyone get too busy with holidays plans. Bring your family and some small lunch or snack items to share.

**COOKIES!! Saturday Dec. 3, 1-3pm** Bring a couple dozen of your favorite holiday cookies to share. If you are willing to share the recipe, bring the recipe too. **No time to bake? Bakery cookies are also welcome.** This will be a fun time to get together and chat while enjoying tasty treats.

**Saturday Jan. 20, 5-7pm** Bring a neighbor and a dish to share. At 6pm we'll hold our **ANNUAL MEETING** to review 2017 and elect new members to the VCA Board of Directors.