

Central New York's EXCLUSIVE Women's Magazine

S Y R A C U S E
WOMAN
magazine

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ANGELA FLYNN
Entrepreneur, wife,
mother of four

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Vanderkamp: A place to disconnect
and recharge

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unique family fun

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7 tips to get them on board

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Jennifer Wing

Longing for the kid-filled days of summer

As school starts to wind down for the year for my kids, I realize that their summer is going to be somewhat different from summers past, thus, so will mine.

My son will be home, but he is doing an internship and will be going in to work on weekdays. My daughter has decided to remain in Rochester, working and playing in the city that is now home to her college self.

I'm excited for them, of course, as they progress as young adults, making young adult decisions, but the pride I feel is tinged with a bit of sadness that, for them, the complete freedom of those summer months of their childhood seems to be at an end.

I'm no stranger to this transition. I remember, when I was young, that joy of knowing that school was out for summer. There was nothing like getting off the bus on that last day, with months of sunshine, fun and freedom stretching ahead of me. As I grew older, that feeling became more muted, with responsibilities such as work looming larger, taking a chunk out of that freedom.

It's ironic, really, that, as my children's "free time" during the summer shrinks, mine is expanding. My June, July and August used to be filled with trying to balance work with family time as designated chauffeur, chaperone and chef. This year, I'll be balancing my work with ... well, I guess that's to be determined on a day-to-day basis. It's not so much that I have nothing else to do, but my free time is becoming just that – mine.

You'd think this wasn't a problem, but having time on my hands will be an adjustment, for sure. That freedom comes with its own stress – the stress of how to spend that time, when it has always been filled with my children and their activities.

This year, with only one of our two children returning home for the summer as an intern with a set work schedule, I'm preparing for yet another version of my "normal," knowing that, maybe as soon as next summer, neither one of them will return, at least not in the way they did just one year ago.

It's what I want – for them to grow and become strong, smart people – but I can't help but long for the days when they'd come running up to me at camp to proudly display the frogs, turtles, snakes and other creepy-crawlies they'd caught. I miss everything from each summer day – from the grumpiness when I'd wake them from their slumber in the morning to their reluctance to go to bed after a long day of fun, sleepy and sun-kissed from their adventures.

Their upcoming summer days may now be filled with work and other responsibilities instead of jumping over waves in the lake and trying to eat ice cream before it melts, and their nights may be filled with socializing with their besties rather than making s'mores around a bonfire, but I like to think, at times, they'll still feel the magic that is unique to summertime.

I know, even in my advanced years, that it's still there, like the blooms of spring ready to burst from winter's refuse, waiting to be rediscovered and enjoyed with the ones you love. I believe, while our bodies and minds may age, there's still that child in each of us, the one who loved to fly a kite, ride a bike with no hands or, yes, even catch a frog during the "dog days of summer."

At times, I feel like I almost appreciate it more now, with time and experience under my belt. And so, when I see my children moving away from their childhood summers, it saddens me, but also makes me realize that it's necessary to let go in order to appreciate what it was – magic.

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Keeping the Hope alive

The nonprofit Hope for Heather held its 15th annual Teal Ribbon Run/Walk on Saturday to raise awareness about ovarian cancer and raise funds for research. The 5K run and 3K walk both started in Lewis Park in Minoa. Hope for Heather was founded in memory of Heather Weeks, an advocate for ovarian cancer patients who died from colon cancer at the age of 24 in 2008. The volunteer organization's mission is to promote education and provide comfort for women and their families who are faced with ovarian cancer. More information about symptoms, risk factors, what to do after being diagnosed, and local support groups can be found at hopeforheather.org.



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The Olympic Spirit

The athletic complex at Cicero-North Syracuse High School was abuzz with activity on Thursday, May 18 as more than 500 athletes from schools from all over Central New York arrived to participate in the Special Olympics. Young athletes competed in the 50-meter and 100-meter dashes, long jump, softball throw and a variety of other events, where they showed off their determination and competitive spirit on a perfect spring day. *Photos by David Tyler*



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Brex's legacy will live on

Norah Machia



The Syracuse Housing Authority will dedicate a youth center this month to honor Brexialea "Brex" Torres-Ortiz, an 11-year-old girl whose life was tragically lost earlier this year.

The agency has also started accepting donations for a \$5,000 scholarship that will be awarded in her memory to a public housing resident who plans to enroll in a 2-year or 4-year college.

Brex was an unintended victim of a drive-by shooting on January 16 when she was walking home on Oakwood Avenue from a neighborhood store just a short distance away. The young girl had gone to buy a gallon of milk for her family to make homemade macaroni and cheese, a recipe her grandmother was teaching her that day.

"We met with the parents after the shooting and told them we wanted to honor her legacy," said SHA Executive Director William Simmons. "She was just an incredible young lady."

Brex was a sixth-grade student at Blodgett Middle School, where she was an honor student, captain of the dance team and president of the student council. One of her favorite subjects was math.

The Syracuse Housing Authority will hold a dedication ceremony at 4 p.m. on June 5 at the youth center in the Central Village

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ADULTS:

- Spend Time Outside
- Explore a Farmer's Market
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apartment complex. Known as the “Central Village Boys & Girls Club,” it will be renamed the “Brexialee Torres-Ortiz Building at Central Village.”

The building at 212 Van Buren Steet is owned by the housing authority, which has an arrangement with the Boys & Girls Club of Syracuse to offer youth programming on site.

Brexia spent a lot of time at the youth center, which offers a safe space for children to complete their homework, participate in youth recreational activities and play soccer outside on a small field, said Simmons.

“We’ve had this center for a long time,” he said, noting it’s been operated as a partnership with the Boys & Girls Club of Syracuse for years. It was a place where Brexia spent countless hours with other children from the public housing development.

“Everyone at the Boys and Girls Club spoke so highly of her, she was so helpful to others,” Simmons said. “Even the custodian remarked how Brexia would always help clean up at the end of the day.”

As part of the dedication, a plaque with Brexia’s picture, along with a description of her character, will be hung inside the center.



Continued on page 12

An artistic poster for CNY Arts. It features a large, abstract painting of a butterfly with its wings spread, set against a background of a face. The butterfly's wings are painted in various colors including blue, green, and brown. The face is partially visible, with the eyes and nose area being the most prominent. The text "This Season Starts with the Arts!" is written in a bold, black, sans-serif font in the upper right corner. In the bottom left corner, there is a line of text: "Connecting Arts, Culture and Community" in a smaller font, followed by "Discover Arts, Culture and Entertainment Events for the whole family at cnyarts.org/events" in a larger font. In the bottom right corner, there is a logo for "CNY ARTS" in a stylized font, with "CNY" in black and "ARTS" in a colorful, multi-colored font. Next to the logo is a QR code.

**This Season Starts
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CNY ARTS

Brex's legacy will live on from page 11

Brex was often seen skipping down the sidewalk, and "you have to see the world in a certain way" to always be skipping, he said. Her tragic death "left a profound impact on us all," Simmons added.

The \$5,000 scholarship will be given to a public housing resident who embodies "the extraordinary spirit" of the young girl whose life was tragically cut short, he said.

The "Brexialee Torres-Ortiz Memorial Scholarship" was established by the Syracuse Housing Authority as a way to ensure Brexi's name will never be forgotten. Plans call for the first scholarship recipient to be announced on July 30, the last day of the SHA annual basketball tournament.

"The loss of Brexialee has been devastating for our community, and the SHA wants to honor and celebrate the life of such a promising young lady in whatever way we can," the agency stated. "With the blessing of her family, we hope to assist a young person who wishes to continue their education in the same way that Brexi would have."

Donations to support the scholarship fund in memory of Brexi may be made by following this link: <https://secure.givelively.org/donate/sha-scholarships> SWM

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Museum of Intrigue provides unique family fun

Lorna Oppedisano



When Museum of Intrigue was founded in 2017, the team knew they wanted to have a family-oriented feel to the establishment, but had no idea it would become such a destination spot for families in the Central New York area.

“As we’ve grown, we’ve discovered that our main audience is young families,” said Leila Quinn, the Museum’s National Director.

Leila has been with the company since the team — the minds behind Escape the Estate, an escape room destination formerly located in the now closed ShoppingTown Mall — opened Museum of Intrigue on the third floor of Destiny USA next to the IMAX theater. When they opened in November 2017, it was a small crew of people; the team has grown into 15 part-time employees, including floor actors, a marketing team, managers and a game design team.

Their website provides an explanation of the space and gameplay: “Each Story is unique, and exclusive to your group. You will not be sharing a story with any other players, you will not be timed, and you will be exploring our entire 9000 sq. ft. space in order to complete your adventure.” Museum of Intrigue offers guests, or players, 15 individual games, or stories. Five are Prologues, games designed to last about 30 minutes, ideal as an introduction to the Museum or for a group with a

limited amount of time. Ten are Standard games, taking an average of an hour to complete.

Discounts are available, as well. A half-day pass gets your group four hours of gameplay. A full-day pass is eight hours, plus snacks and water. With Museum of Intrigue’s growing popularity, Leila suggested groups make reservations, available online at intrigueandco.com.

Now that they’ve been open for several years, the team has come to know many regular players.

“We’ve been here for five years, so we’ve seen some of these kids grow up,” Leila said.

She also notes the uniquely age-inclusive nature of the gameplay, bridging the gap between younger and older siblings. She’s often seen multiple generations playing together.

“There’s magic here,” she said.

What’s more is Museum of Intrigue is a great place for parents to have their children put their phones away and connect together to solve puzzles, Leila said.

“The Museum is friendly not only to families but also students and adults who have sensory sensitivities and learning disabilities,” she said.





Museum of Intrigue is the first facility in the state to be part of Kulture City, an organization that provides training and resources to help employees better entertain guests with sensory needs. The Museum's employees are all sensory trained. They offer special backpacks that include noise-canceling headphones and have a quiet room and weighted blankets available.

Once a family arrives at the mall, finding the way to Museum of Intrigue and avoiding the crowds is simple — just enter by The Cheesecake Factory, take the elevator up to the third floor and turn right toward the IMAX theater.

When asked about any negative reputation associated with the mall, Leila explained, "You hear more about the bad stuff than the good stuff," adding that everyone on staff is trained to address any issues that might arise.

Looking to the future of Museum of Intrigue, Leila shared that the team has already sold pieces of what they do into locations in 13 different states. As National Director, she helps to organize contacts with those locations, along with taking care of the day-to-day business at Museum of Intrigue. "We thought this would be something that just Syracuse had," she said. But then they realized the demand elsewhere

for this sort of immersive gameplay. "As soon as the inkling happened, we realized we can be everywhere."

While Leila couldn't speak to the notion of any additional locations in the Central New York area, she did share that they are hoping to expand further across the country in the future. "We're striving to make 'Intrigue' a household name," she said. *SWM*

To learn more about Museum of Intrigue and book your game online, visit intrigueandco.com.

Current Museum of Intrigue Stories

PROLOGUE STORIES:

All stories are approximately 30 minutes in gameplay and designed for all ages.

PORTALS TO THE FEY:

Groups of 1 to 6 guests

BFF:

Groups of 1 to 8 guests

CONTAINMENT BREACH:

Groups of 1 to 4 guests

STILL LIFE:

Groups of 1 to 4 guests

THE TREASURE OF CAPTAIN WILLIAMS:

Groups of 1 to 6 guests

STANDARD STORIES:

All stories are approximately one hour in gameplay.

A VOICE IN THE LABORATORY:

Groups of 2 to 8 guests; all ages

THE TOYMAKER:

Groups of 2 to 6 guests; all ages

A ROBBERY ON THE INTRIGUE EXPRESS:

Groups of 2 to 8 guests; all ages

MURDER AT THE MUSEUM:

Groups of 4 to 8 guests; all ages

WITCH HUNT:

Groups of 4 to 10 guests; all ages

COLD CASE:

Groups of 1 to 6 guests; all ages

THE FRAME & THE FINGERPRINT:

Groups of 2 to 16 guests; all ages

ONE FATEFUL NIGHT:

Groups of 4 to 25 guests; all ages

ENIGMA:

Groups of 1 to 4 guests; ages 14+

THE OSIRIS INSTITUTE:

Groups of 4+ guests; ages 13+



ANDREA TANCREDI

Helping women entrepreneurs thrive

Alyssa Dearborn

"WBOC is a great organization." Said Andrea Tancredi, the owner of Thrive with 4C and this month's WBOC Leading Lady, said about the organization, "When I joined, I immediately volunteered because every volunteer organization needs help. With experience, I have gotten way more discerning about where I spend my energy. WBOC has been a great place for me to be. I get to use my talents and I'm surrounded by like-minded women. We are building success in our careers and businesses, and we are passionate about opening doors and building more success in the community with other women leaders and business owners."

Thrive with 4C specializes in collaborative consulting, coaching, and training courses particularly catering to women entrepreneurs and family-owned small businesses. With more than 20 years of experience working as an entrepreneur and then as an internal consultant for a larger business, Andrea now helps others by helping them align their personal and professional lives. When asked about what inspired her to start her business, she replied, "I was inspired to get into business coaching for entrepreneurs and small businesses because I think they are the backbone of the American economy. I got to learn some great tools as an internal consultant for an international insurance company. But I saw a gap in what solutions were available for some of the small businesses that I knew. So, I started coaching them part-time. Then I realized that it was actually way more fulfilling and way more fun to work with small, private companies – especially family-run businesses – and to see what a little tender-love-and-care could do for their outcomes."

Her passion for helping entrepreneurs and small businesses guides the coaching she provides to her clients.

"I work with female entrepreneurs and family-run businesses," she explained. "They're extra complex and my toolkit is wide and varied. I think I can uniquely serve those business owners because of it. I bring a blend of tactical and practical tools for the operational planning along with facilitating and layering on people skills like communication and team building. And I'm a systems geek. I think by crafting a solution together that starts in the situation where they are and gets them to the target they want has been very rewarding."

Her coaching strategies can be designed for both individuals and groups, but Andrea's strategies address both the personal and professional spheres of those she works with. Her coaching sessions begin with a "clarity call," to ensure that she and her clients both know what they will be working on together and what results they'll be working to achieve.

"For entrepreneurs, everything in their life touches everything else.

So, I have coached clients where one of our first projects was actually something more on the personal side because it was impacting their capacity at work," she said. "So, we find the piece in that clarity call that's going to move the needle forward for them most. Then we figure out what it's costing them. Based on that, I propose a plan and a timeframe to work together to achieve it.

In creating a plan and achieving a goal, Andrea says that her clients should prepare to let life happen, saying,

"Leave space for life to happen and issues to flow through, along with the structure of a plan to follow," she said. "Because usually when you plan the work, and work the plan, the plan works. And if it

doesn't work, we keep that goal, and tweak the plan. Coaching for me is also about accountability and honesty and really just owning where we are."

Creating concrete – yet flexible – plans and goals is important especially for Andrea's female clients. As a woman professional, she also knows that it can sometimes be a struggle to balance all the roles women take on in their daily lives.

"Especially for women, in this day and age, we wear so many hats. I raised three adult kids, my husband and I have been together for over 30 years, and I've had a career, and I have a business, and we have hobbies, and life gets kind of complex. Sometimes we want that easy button," she said. "I'm really committed to not just inspiring clients – having them be inspired to change – but actually getting them through the transformation. We want to be focused on the results that are really going to be meaningful and rewarding, the ones that are going to help them get up when they fall down."

Working with a business coach like Andrea can help entrepreneurs find balance in their busy lives. From a business standpoint, developing a plan to meet business goals can also help an entrepreneur's bottom line.

"Working with me as your business coach is going to help you become a better leader who has better management skills. And you're going to learn how to apply it in your business so that you teach those skills to others. Then you get to lead a group of leaders that you trust, they're going to tell you what they see, and you'll know that they are in your corner," she said. "We need lots of support. I tell my clients I'm relentlessly on your side. My comfort and your comfort sometimes are going to come second to your success. I'll say what needs saying because you deserve that. I am a problem solver, a puzzle-doer and my enthusiasm can turn it around for a client because our work becomes a lot more joyful, and we actually make progress." SWM

If you are interested in learning more about Andrea's services, visit www.thrive4c.com



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Syracuse Shakespeare-In-The-Park flips gender tradition

Director Dan Stevens chooses a 15-woman ensemble to perform “The Merchant of Venice” in the Thordon Park Amphitheater during the first two weeks of June 2023.

August Lindsey

Shakespeare’s timeless works continue to captivate audiences around the world, transcending boundaries of time and culture. Now celebrating its 20th season, Syracuse Shakespeare-In-The-Park is employing an all-female cast as a powerful means of reinventing the playwright’s narratives with this year’s production of “The Merchant of Venice”.

While all-male casts were traditional during Shakespeare’s time when societal norms forbade women from appearing on stage, this contemporary presentation by an all-female cast lends itself to fresh interpretations and nuanced portrayals of Shakespeare’s characters. Co-producers Ronnie Bell and Maria Coleman, guided

by Director Dan Stevens, hope that by providing a female perspective on male-driven narratives, new light will be shed on the characters’ motivations, struggles and relationships that will resonate with a contemporary audience.

“The Merchant of Venice” has some gender-switching going on as a prominent plot device in the play. One of the lead characters is a female who impersonates a male attorney so she may defend her husband’s benefactor in a court of law,” said Stevens. “The spectacle of all the characters on stage played by females for these scenes is a glorious treat for the senses.”

Continued on page 20





"The spectacle of all the characters on stage played by females for these scenes is a glorious treat for the senses."—Dan Stevens



Syracuse Shakespeare-In-The-Park from page 19



Entrance to stairs leading to Thornden Park Amphitheater

Another delight for the eyes is every character in the play is in authentic period costumes and the performances take place on the open lawn in the Thornden Park amphitheater “en plein air”. Built in 1933 within the 76-acre park, the theater can hold up to 6,000 people with seating designed in concentric rings that dramatically showcase the actors and scenery on a lush green lawn with sunlight peeking through the trees. Located within the complex and diverse Syracuse University neighborhood, Thornden Park is a jewel of the city’s east side and is a place for people of all ages to gather, play and enjoy the out of doors.

As director, Dan Stevens brings decades of experience as an actor, director, writer and stagehand to the Syracuse Shakespeare-In-The-Park productions. Dan also is a deacon with the Catholic Church, ordained in 2014 and is in preaching rotation at Blessed Sacrament and St. Vincent de Paul churches in Syracuse. “Deacons are called to have one foot in both the secular world and the clerical world, so we’re expected to be out among the people,” he explained. “Theater is one way I can fulfill that directive.”

As an actor, Dan has been out in front of the people in over 40 roles with 11 community troupes. He earned a bachelor’s degree in mathematics from SUNY Plattsburg and an MBA from the Martin J. Whitman School of Management at Syracuse University, a fact that surprises some that do not know his full story.

With no previous interest in theater, as a college student on a three-day weekend with nothing to do, he attended a play at SUNY Plattsburgh not knowing it would forever change the direction of his life.

“What struck me was the action that was happening in the room,” he said. “It wasn’t on screen, it wasn’t recorded – it was live, right in front of me. It was like no other experience I had ever had in my life, and it has stuck with me ever since.”

“I’m blessed that my wife [Nora O’Dea] was a drama major in college. Throughout our marriage we’ve been able to do quite a bit of theater together, it’s an art form that unifies the two of us. I met a number of my closest friends through the theater. It’s exposed me to people of all ages and ethnicities and has really drawn me out of

myself. The wonderful thing is – unlike sports, where sooner or later your body fails you and you can no longer even play at a decent level – with theater, if you stay healthy, you can do it at any age. There’s always a role to be played, either onstage or backstage. I just love it for all these reasons – the socialization and the art form,” reflects Dan.

“The Merchant of Venice” cast is made up of both visiting and local actors. Performances take place Friday, June 2; Saturday, June 3; Friday, June 9; and Saturday, June 10 starting at 5:30 p.m. Matinees are scheduled for Sunday, June 4 and Sunday, June 11 at 2:30 p.m. Admission is free, but donations are appreciated to support future performances. Questions? Call 315-395-0691 or visit ssitp.org. SWM



Nina
Williams,
Costume
Designer

CAST:

BELLA CADENA	PRINCE OF ARRAGON
MEGAN ROSE CAMPBELL	JESSICA
MARIA COLEMAN	PORTIA
KRISTEN DAVIS	SALERIO (SALARINO)
JACQUELINE DEJOHN	ANTONIO
DEBRA RICHARDSON	PRINCE OF MOROCCO
EVA GUGGENHEIM	LAUNCELOT GOBBO & TUBAL
MAGGIE ARIOTTI	SOLANIO & JAILER
LYNN KING	GRATIANO
MACKENZIE MORAN	LORENZO
NORA O'DEA	SHYLOCK
ROSE HAYS	BASSANIO
HAYLEE SALMONSEN	BATHAZAR & STEFANO
JUDY SCHMID	THE DUKE
HEIDI WALKO	NERISSA

PRODUCTION TEAM:

RONNIE BELL	CO-PRODUCER
MARIA COLEMAN	CO-PRODUCER
MIKE DOUGHERTY	STAGE MANAGER
EUGENE LEE	SCENIC DESIGNER
DAN STEVENS	DIRECTOR
NINA WILLIAMS	COSTUME DESIGNER





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ANGELA FLYNN

Entrepreneur, wife, mother of four

Kate Hanzalik

// I have a lot of energy. My mom will tell you that," says Angela Flynn. "She describes me as the child who walked through the door, but I didn't even make it in the door. I threw my backpack inside and I was back outside." As an entrepreneur, wife, and mother of four young children, she needs all the energy she can get. In fact, it's this vitality, and her ability to navigate her days, that has helped her to thrive.

Continued on page 24



Photo by Alice G. Patterson

Angela Flynn from page 23

A Typical Day

A typical morning for Flynn starts before 6 a.m. Her kids, 12-year-old son, Levi, and 14-year-old daughter, Harper, are on the bus by 6:30 a.m. Then she has breakfast with her 10-year-old son, Gunnar, and helps him with his homework. The nanny comes at 8 a.m. to watch her two-year-old son, Rocky, then she gets down to business. She owns and operates Airbnbs, rental properties, and the dumpster rental company, Green Team Dumpster Rentals.

Flynn shares her home office with her husband, Mike Flynn, owner and founder of the successful residential roofing company, The Roofing Guys. Both she and her husband were born and raised in Syracuse and went to West Genesee High School.



"My husband's mom worked two jobs to provide for her four kids," she said. "Both of our moms were nurses. We both come from divorced families. Not from a lot of money. It was very difficult. Both of our moms worked very, very hard to provide for us." This shared history was motivating to the couple.

They started dating in 2005. In 2006, they got married and he started The Roofing Guys. "We went to Jamaica [for a destination wedding]. We got married on December 30. On December 25 of that year, he was doing a roof, like on Christmas day. He is literally the hardest worker that you know," she says. "When he started his business, we did not have a dollar to our name and now The Roofing Guys is the largest residential roofing company in the Northeast."

Over the years, he worked 80-hour weeks building the business, and she worked as a Spanish teacher at West Genesee High School. Eventually they had children and her perspective changed. "I thought that [being a Spanish teacher] was going to be my end-all-be-all. Then when I had the kids, and he was working so much, it made the most sense for me to stay home with the kids and also help him with his business. I was out there with fliers, writing proposals for him, doing all that."

Officially resigning from teaching in 2011, she explored options for businesses and found many in the world of rentals and real estate. "Things fall in my lap. We bought a bunch of foreclosure properties in 2016, and we started flipping those, selling them or renting them out, and I really enjoy that. That was a lot of fun," she said. "I love a project, such as, bringing old, dilapidated farmhouses back to life. [I love] watching people love them again.

And I love the befores and afters, and how everything comes together. We've done about 10 of those houses. A couple we kept, a couple we rented out, a couple we sold off. Then I got into Florida Airbnb, and now, [as of] yesterday,

we're converting to our third one down there. We have had two, I just sold one yesterday. I'm buying a new one." She also started Green Team Dumpster Rentals in 2019, which has turned out to be very successful.

Her husband has been instrumental to her success. "I saw him working from 5 a.m. to 10 p.m. and [leading] a business-owner life. That's not easy. It's cut-throat, it's hard, there's a lot of time and energy and commitment and you have to take risks, and I'm not a big risk taker. So I never thought that was something I was ever going to do, but he really motivated me to go out and do things."

She has learned so much from stepping outside of her comfort zone. "Starting a business from nothing, to learning it all, and doing every part of the business—selling the jobs, doing the advertisement, creating the business plan—I mean it's really hard work," she said. "The dumpster company is no frills. You're working with waste management. But it has allowed me to do other things that I also love. Like, I love doing the Airbnbs, that's great. I love creating them, I love building them up and I love hosting people, and I'm always in constant communication with my tenants and my guests, and I have hosted people from all over the world. The rentals, same thing. I love flipping something, making something ugly into something beautiful."

Her life is hectic, but she takes time to workout every day. "I'm 40 minutes at the gym. I do 20 minutes cardio, 20 minutes strength training. I diversify that a little bit but that's my super important time that I have to get done for myself that I really enjoy. It keeps me sane. It gets some of my energy out." In 2020, she started using Peloton. "It's crazy motivational. Jess Sims, Robin Arzón, Kirsten Ferguson. I do a 20-minute run, I throw on my headphones. They are the most motivational people in the world. They're like, 'Whatever does not serve you, get rid of it!' And I've taken that to heart." Now at 39, Flynn says, "I've never felt as good as this past year."

A Typical Night

Work stops – at least for a moment – when the kids get home at 4:30 p.m. "Dinner is cooked at 4 o'clock. We're eating dinner at 4:30. We're out the door and at sports by 5. It's a divide-and-conquer approach. My husband does, right now, track pick up, soccer practice. I do baseball practice and taking the toddler to the park. And then we're home at 8, 8:30. Maybe a little bit of a second dinner and then we're done and in bed by 10."

Family is everything to her. At first, it was three kids, Harper, Levi, and Gunnar. Then she learned she was pregnant. "I took some years off and had my little surprise baby. He completed our family. He is the cutest little thing. It's actually really fun having one after the rest of them.

Continued on page 26



Angela Flynn from page 23

When I had three under 5, life was so crazy. Things were chaotic. They were crazy. They're so cute." Now that the kids are older, the family dynamics have changed. "It was really amazing to see the older kids be so involved. They're so super helpful. And [Rocky's] just doted on . . . It's so much fun."

When the fun is over at the end of the day, she is open for business again. "I usually do a lot of my work after the kids go to bed. Between 9 and 10, I will get on the computer and finish emails. I put my schedule together for the next day, text myself my driver's schedule for my dumpster company, so that way when I wake up in the morning it's a text, send, go."

Looking Back, Looking Ahead

She sees the world differently now after all that she has accomplished. "I've done both worlds. I've done the working mom. I've done the stay-at-home mom . . . And now that they're older, and I've thrown myself in to all these new businesses, I have a very good balance where I'm at right now, where they don't need me so much, but I still am at the point in my life where I can spend a lot of time with them when they need things."

In the future, after her 10-year-old graduates high school, the couple wants to spend the majority of the year living in Florida and the summers in Syracuse. But for right now, she's completely content. "I love where we're at right now. We're in such a wonderful routine, and I know what I want in the future, and the steps we need to take to get there."

As of recently, Angela has been focusing her efforts on opening day festivities for Mike's new business, FlynnStoned Cannabis Company, where she will take on the lead role of event coordinator and will be holding a block party for the grand opening in Armory Square on June 16th and 17th. *SWM*





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Men's health through the decades

According to the Department of Labor, women are the primary healthcare decision makers in the home 80 percent of the time. As such, women are often keeping track of men's health: appointments, check-ups and screenings.

June is Men's Health month, a great time to check in with the men in your life and remind them of the important steps they can take now to ensure a lifetime of good health.

At any age, being physically active, not smoking, maintaining a healthy diet and staying at a healthy weight, drinking alcohol only in moderation and taking preventative medicines if recommended by your healthcare provider can aid in men's (and women's) overall health.

The following screening recommendations are a great starting point, but a primary care provider (PCP) is an integral part of maintaining health throughout any decade.

Men in their 30s

GENERAL HEALTH SCREENINGS

- Yearly full check-up with a primary care provider including weight and height
 - Discuss your sleep habits at this appointment
 - Discuss a need for a thyroid screening at this appointment
- Immunizations
 - Tetanus-Diphtheria booster – needed every 10 years
 - Yearly Influenza vaccine
- Diabetes
 - Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure or are at risk for diabetes (talk to your PCP)
- Cardiovascular health
 - Blood pressure screening – every two years
 - Cholesterol screening - ask your PCP if needed
- Reproductive health
 - Discuss testicular exam and STI tests with your PCP
- Eyes, ears and teeth
 - Eye exam if you have visual problems or changes in your vision
 - Hearing test – every 10 years
 - Dental exam – every 6 months

- Skin health
 - Do a monthly self-exam for moles and get checked every three years by a provider

Men in their 40s

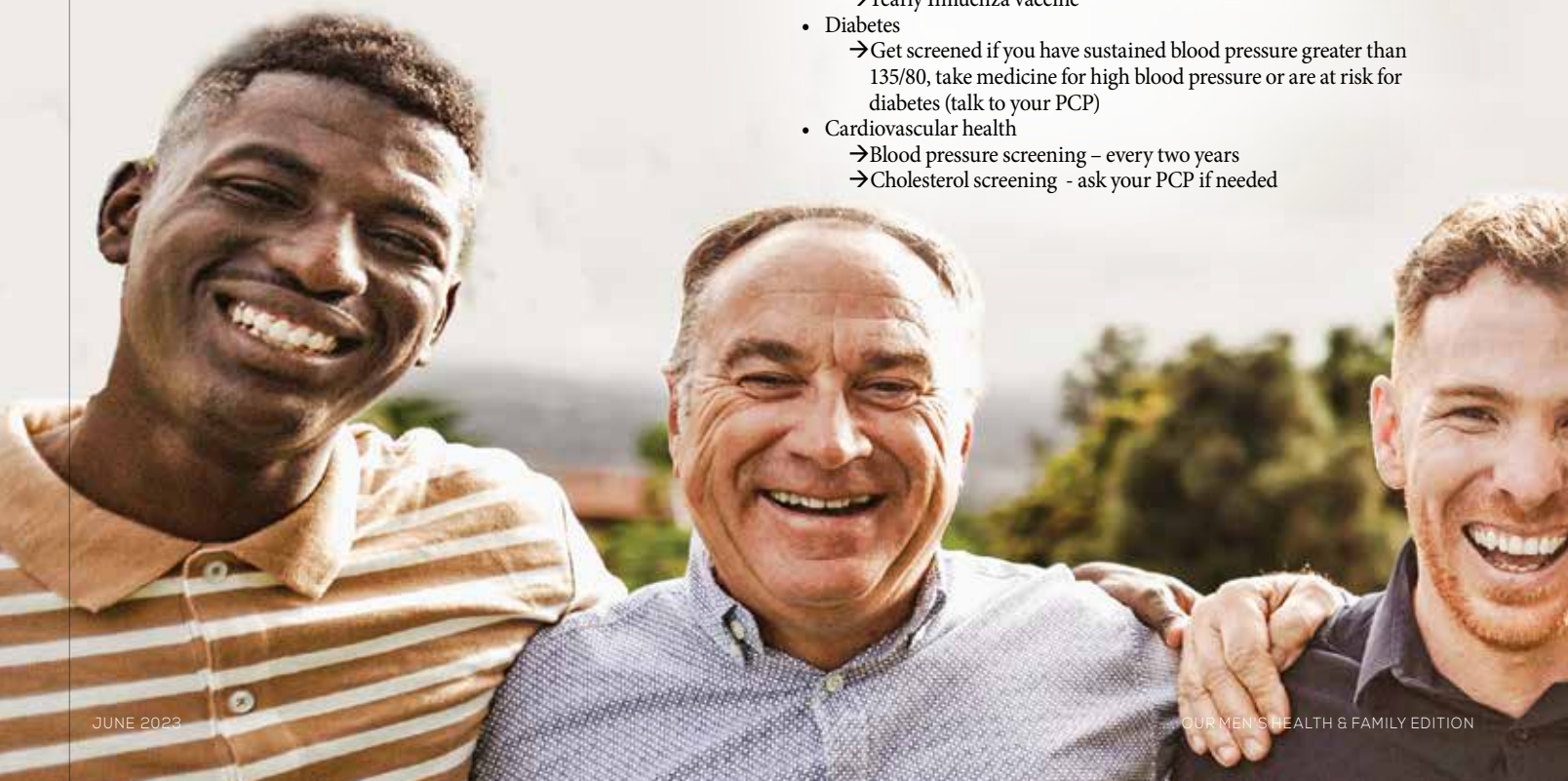
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- Cardiovascular health
 - Blood pressure screening – every two years
 - Cholesterol screening - ask your PCP if needed
- Reproductive health
 - Discuss testicular exam and STI tests with your PCP
- Prostate health
 - Speak to your PCP about a Digital Rectal Exam and/or Prostate-Specific Antigen
- Eyes, ears and teeth
 - Eye exam - every 2-4 years
 - Hearing test – every 10 years
 - Dental exam – every 6 months
- Skin health
 - Do a monthly self-exam for moles and get checked every three years by a provider

Men in their 50s

GENERAL HEALTH SCREENINGS

- Yearly full check-up with a primary care provider including weight and height
 - Discuss your sleep habits at this appointment
 - Discuss a need for a thyroid screening at this appointment
- Immunizations
 - Tetanus-Diphtheria booster – needed every 10 years
 - Yearly Influenza vaccine
- Diabetes
 - Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure or are at risk for diabetes (talk to your PCP)
- Cardiovascular health
 - Blood pressure screening – every two years
 - Cholesterol screening - ask your PCP if needed



- Reproductive health
 - Discuss testicular exam and STI tests with your PCP
- Prostate Health
 - Speak to your PCP about a Digital Rectal Exam and/or Prostate-Specific Antigen
- Eyes, ears and teeth
 - Eye exam - every 2-4 years
 - Hearing test - discuss with your PCP
 - Dental exam - every 6 months
- Skin Health
 - Do a monthly self-exam for moles and get checked every year by a provider
- Colorectal Health
 - Fecal occult blood test, flexible sigmoidoscopy, colonoscopy - talk to your provider about which screening is right for you and how often you may need it

Men in their 60s

GENERAL HEALTH SCREENINGS

- Yearly full check-up with a primary care provider including weight and height
 - Discuss your sleep habits at this appointment
 - Discuss a need for a thyroid screening at this appointment
- Immunizations
 - Tetanus-Diphtheria booster - needed every 10 years
 - Yearly Influenza vaccine
 - One-time only Pneumococcal vaccine
 - One-time only Herpes zoster
- Diabetes
 - Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure or are at risk for diabetes (talk to your PCP)
- Cardiovascular health
 - Blood pressure screening - every two years
 - Cholesterol screening - ask your PCP if needed
 - If you were ever a smoker, get a onetime Abdominal Aortic Aneurysm screening
- Reproductive health
 - Discuss testicular exam and STI tests with your PCP
- Prostate health
 - Speak to your PCP about a Digital Rectal Exam and/or Prostate-Specific Antigen
- Eyes, Ears and Teeth
 - Eye exam - every 1-2 years
 - Hearing test - discuss with your PCP
 - Dental exam - every 6 months
- Skin health
 - Do a monthly self-exam for moles and get checked every year by a provider

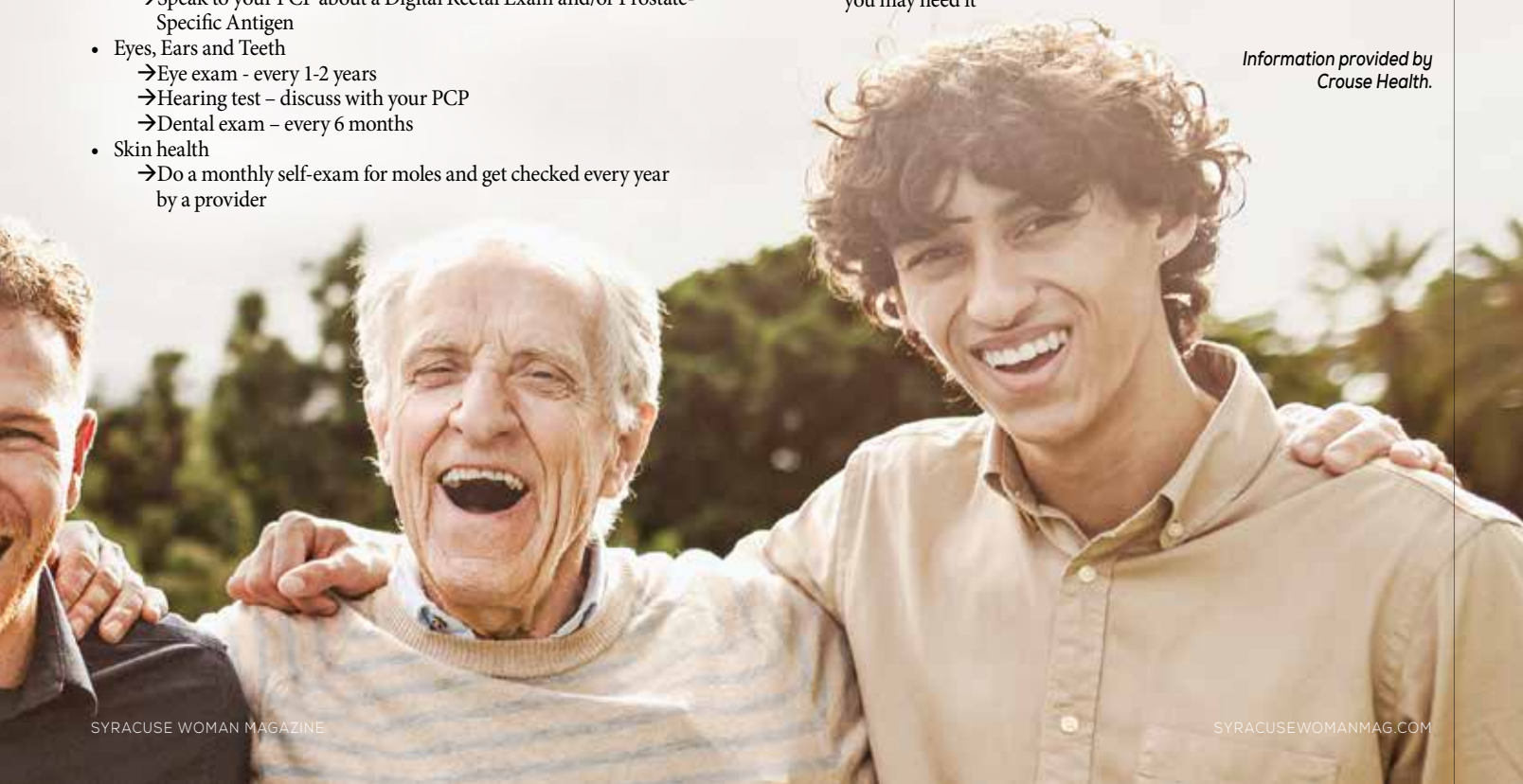
- Colorectal Health
 - Fecal occult blood test, flexible sigmoidoscopy, colonoscopy - talk to your provider about which screening is right for you and how often you may need it

Men in their 70s

GENERAL HEALTH SCREENINGS

- Yearly full check-up with a primary care provider including weight and height
 - Discuss your sleep habits at this appointment
 - Discuss a need for a thyroid screening at this appointment
- Immunizations
 - Tetanus-Diphtheria booster - needed every 10 years
 - Yearly Influenza vaccine
 - One-time only Pneumococcal vaccine
 - One-time only Herpes zoster
- Diabetes
 - Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure or are at risk for diabetes (talk to your PCP)
- Cardiovascular Health
 - Blood pressure screening - every two years
 - Cholesterol screening - ask your PCP if needed
 - If you were ever a smoker, get a onetime Abdominal Aortic Aneurysm screening
- Reproductive Health
 - Discuss testicular exam and STI tests with your PCP
- Prostate Health
 - Speak to your PCP about a Digital Rectal Exam and/or Prostate-Specific Antigen
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 - Eye exam - every 1-2 years
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Information provided by
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Cooking healthy for your kids

7 TIPS TO GET THEM ON BOARD

Chef Eric Rose



As a parent, you want the best for your children. That includes making sure they eat healthy, nutritious meals. Unfortunately, in America, childhood obesity has become a major problem. According to the Centers for Disease Control and Prevention (CDC), obesity now affects 1 in 5 children and adolescents. This can lead to serious health issues later in life, including diabetes, heart disease and certain types of cancer. But there is hope! With a few simple tips, you can help your kids develop healthy eating habits that will last a lifetime.

1. Get your kids involved

Kids are more likely to eat what they help prepare. Have your kids help with age-appropriate tasks like measuring ingredients, stirring, or even choosing recipes. This will not only make them more excited to eat the food, but it will also teach them important cooking skills.

2. Make healthy foods fun

Kids love bright colors and fun shapes, so get creative with your food presentation. Cut fruits and vegetables into fun shapes or make a rainbow fruit salad. Another idea is to create a "build-your-own" meal like tacos or pizza, where kids can choose from a variety of healthy toppings.

3. Choose healthy snacks

Snacks can be a big source of empty calories in a child's diet. Instead of reaching for sugary or salty snacks, offer healthier options like fresh fruit, vegetables with hummus, or air-popped popcorn. If your child has a sweet tooth, try making homemade granola bars or energy balls.

4. Don't banish their favorites

It's okay to include your child's favorite foods in their diet, as long as they are consumed in moderation. Instead of completely eliminating foods like pizza or mac and cheese, try making a healthier version at home. For example, use whole grain pasta and add in some vegetables to a homemade mac and cheese recipe.

5. Be a good role model

Kids learn by example, so make sure you are setting a good one. If your kids see you making healthy food choices and enjoying them, they are more likely to do the same. Additionally, limit your own intake of sugary and high-fat foods to help your kids see healthy eating as the norm.

6. Make mealtimes enjoyable

Mealtimes should be a time for families to come together and enjoy each other's company. Make an effort to have family meals at the table, without distractions like phones or TV. This can help your child develop a positive relationship with food and encourage them to try new things.

7. Get creative with leftovers

Leftovers are a great way to save time and reduce waste, but they can also be boring. Get creative with your leftovers by turning them into a new meal. For example, leftover grilled chicken can be chopped up and added to a salad, or leftover roasted vegetables can be blended into a soup.

As a leading Health and Wellness coach, I believe that in addition to the seven crucial tips, there are three vital areas that everyone, not just kids, should focus on. Firstly, proper hydration is key to overall health. When your body is fully hydrated, all its functions operate more efficiently, leading to increased calorie burning simply through drinking water. Additionally, it can help you feel fuller and prevent overeating.

Secondly, gut health is often overlooked, but it is of utmost importance. Over the past five years, research has demonstrated how gut health impacts everything from nutrient absorption to gastrointestinal issues and mood. Studies have shown that gut health is responsible for more than 80% of your mood. To optimize gut flora, it's essential to take a probiotic and consume a variety of fruits and vegetables.

Lastly, it's important to shift your perspective and view food as fuel. What you eat can either fuel your body or weigh it down. By changing your mindset, you can make powerful decisions about what you put into your body.

Childhood obesity is a serious problem in America, but it is not insurmountable. By following these seven tips, you can help your child develop healthy eating habits that will last a lifetime.

Remember, it's not about being perfect, it's about making small changes that add up over time. By working together as a family, you can make healthy eating fun and enjoyable for everyone. *SWM*

"Cooking with your kids is a perfect bonding moment that not only keeps them busy but also teaches them cooking skills and even encourages them to try new, healthy foods."

—Eric Rose



*Continued on
page 34*



BBQ Cheddar Meatloaf

(honestly the best meatloaf I've ever had!)

Serves: 4-5

INGREDIENTS:

- 1 cup green spring onion, cut in thin slices
- 1 Tbsp olive oil
- ¼ tsp salt
- ½ tsp pepper
- 1 ½ pounds ground beef
- ½ teaspoon garlic powder
- 1 egg, whisked
- ¼ cup + 4 tablespoons sugar-free BBQ sauce (divided)
- 4 ounces cheddar cheese, cut into ¼ inch cubes

DIRECTIONS:

1. Over medium heat, add oil in a large skillet. Cut the onion into thin slices and add the onions to the pan. Sprinkle the onions with salt and pepper and stir. Cook the onions, stirring every couple of minutes, until the onions are caramelized. Turn the heat down if you notice the onions are burning. Once caramelized, set the onions aside to slightly cool.
2. Preheat the oven to 425 degrees. Prepare a large baking sheet by lining it with foil.
3. In a large bowl combine the ground beef, egg, 4 tablespoons BBQ sauce, cheese cubes, caramelized onions, and a dash of salt and pepper. Mix together just until combined.
4. Shape the mixture into loaf form. Place on foil lined baking sheet. Spread 5-10 tablespoons of BBQ sauce over the top of the loaf and then bake for about 50 minutes or until no longer pink in the center. (I spread the last BBQ sauce after it has cooked.)

Palmini Lasagna

Serves 4

INGREDIENTS:

- 1 can Palmini lasagna sheets, drained (8 oz)
- 1 lb ground beef or ground turkey
- 1 ¼ cups Marinara Sauce
- 1 ½ cups shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- Basil or parley to garnish as desired

DIRECTIONS:

1. Preheat oven to 400-425 °F (conventional)
2. Open the Palmini cans and drain the liquid by pouring the content of both cans in a colander.
3. Rinse the palmini slices with water and set aside.
4. Place the ground meat in a non-stick pan. Cook over a medium-high heat until browned and opaque, for about 10 minutes. Add the Marinara Sauce and cook to heat through. Take off the heat.
5. Lay the palmini slices in a single layer on the bottom of a medium-sized deep tray (I used a 8 x 12 inch tray). Add half of the prepared meat mixture and evenly spread on top.
6. Sprinkle with about a third of the grated mozzarella cheese. Add another layer of palmini slices. Add the remaining palmini slices. (Note: I was two slices short so I opened another can but you can just spread them out more and use one can.)
7. Top with the remaining one third of grated mozzarella and add grated Parmesan cheese.
8. Place in the oven and bake for 20 minutes, until golden brown and bubbly on top. Remove from the oven and let it cool down slightly before serving.
9. Optionally, sprinkle with some fresh basil and serve warm.



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Vanderkamp:

A PLACE TO DISCONNECT AND RECHARGE

Alyssa Dearborn

Thirty miles from Syracuse in Cleveland, NY, deep inside hundreds of acres of preserved forests, Vanderkamp welcomes solo adventurers, retreat seekers, and family vacationers. A historic camp built by a wealthy philanthropist in the late 1800's and a former church camp, the site now has a variety of luxury lodges and unique experiences.

"You walk in there and you drive onto the property and instantly feel peaceful and magical, just surrounded by nature," Kera Wassenbach, an event organizer who organizes retreats and other events at Vanderkamp, said about the property's first impression.

Troy Tevens, one of the owners and founders of Vanderkamp, said when asked about the property that, "The existing lodges all have this unique, historic character. Old stone fireplaces, all this cool early 19th century architecture of Adirondack lodges. What we've been doing over the past two years is converting these into really luxury kind of immersive lodging experiences where you have pretty amazing places inside, but untouched nature outside. And I would say the vibe is one of peace, calmness, and seclusion."

"Some of the lodges are a quarter mile into the woods" he continued, "and some of them are right on the lake. There's a little bit of variety, but I think the general theme is disconnect. When you get there, there's no light pollution [in] the night sky, there's no traffic. It's really a different world. A place to disconnect."

While visitors disconnect from their everyday life, they can reconnect with themselves and nature through the variety of experiences Vanderkamp has to offer. Visitors can participate in some expected outdoor activities like hiking, canoeing, fishing, and enjoying campfires. But the property offers unique ways to connect with nature as well. The idea has been popular with families and solo travelers, but Troy would like to attract more professional teams and retreat coordinators.

"As we've developed over the past two years," Troy said, "it's been a real popular destination for families and couples as they go up there and stay at the lodges. But it's really our passion – and Kera's passion –

to focus on bringing all kinds of great experiences out there from corporate retreats to women retreats, men retreats, transformational type retreats with coaching and yoga and things like that. It's just such a natural fit for what we do out there and just a fit for our personalities. So we started to do that sort of thing. We've just had a coaching company that did an experience this week actually and they're doing two more this year. We're doing – hopefully – some stuff with the city of Syracuse. They're going to do some events out there."

"And weddings I think are super popular as well," he added, "Part of the current existing structure is a 10,000 square foot central building that's the great big wilderness type of lodge where we do weddings and events. It's got a full commercial kitchen. And then this summer we'll be developing a back area to that where it's a cool patio with a big fire pit. We're really trying to make this a unique destination for weddings, corporate events. It's something that doesn't exist in our area or even in the northeast where a lot of people do hotels and then they do retreats. We want to focus on being that retreat destination where you can exclusively rent out this place fairly easily. So you come there and you're the steward of the lake, the lodges, with you and your team just for the weekend, the week, or whatever. You come here, it's all yours, borrowed for the time you're there."

"The true retreat thing," Kera added, "there's not many around here where you can actually just bring your whole team or whole group and just be yourself and have support from a professional that really understands what retreats are all about. I've been working at retreats all over and our caterer that we've partnered with – Southern Fare – they understand the type of food and type of experience we want to be served at retreats... It's amazing how many transformational and team building and professional services are around here that just haven't had a space to be. We partner with a list of them to create experiences

for retreats as well. So it's something really special in addition to the property and that you're able to be secluded, we've got a team that can really support the retreat style."



Being able to host – and eventually coordinate their own – retreats is a very important goal for the owners of Vanderkamp. Creating a comfortable, nature-filled set of experiences for entire teams of people is something Troy is striving to do.

“We want to bring people in to do their retreats with us and we also want to start doing our own retreats...adding our own partnerships to it. We can do our own retreat experiences,” he explained. “We’re really trying to build this for the retreat customer, not only adding lodges so they can fit the amount of people they need to fit, but also building out the common amenities space... We’re going to be adding a lot of neat outdoors spaces.

Continued on page 28

Vanderkamp from page 27

For example, behind this one common building, we're going to add this kind of hot springs experience. Stone hot tubes under a canopy of green. Just a kind of immersive, outdoor hot springs experience. And then combined with this indoor-outdoor bar and game room experience. You go there and you can gather for cocktail hours and other places where you can gather with your team and do some creative team building."

When asked about his goals for the future development of Vanderkamp, Troy said, "Our idea is that we're just going to add onto this place. So we've got lodges coming on this summer...and then four more secluded cabins coming on the following year. And then in future developments, developing three unique, more remote





experiences. Maybe there's a lodge that's on the lake, you canoe out to it. And then possibly a treehouse out in the woods. Just these really unique places, all of them designed a little bit different so [you] can have a different experience each time you're there." *SWM*

If you are interested in learning more about Vanderkamp and its unique retreat options, visit <https://vanderkampny.com/>.



LAURA ZAFERAKIS



Getting kids started on the right path

Janelle Davis

Laura Zaferakis, vice president of Liberty Resource's Early Childhood division (Liberty POST), wasn't expecting not to teach after finishing her early childhood education degree in southern Virginia. "I was planning on working as an early childhood education teacher. Both my parents were teachers. It was what I knew," she said.

Laura has always loved kids and was interested in learning about their development. "There is nothing better than being around babies and young children, I don't care what kind of mood you are in," she said.

Upon graduating, Laura returned home to New York only to face a lack of available teaching jobs. She noticed a need for special education, so she obtained her master's degree in special education from SUNY Oswego. She quickly got a job teaching elementary school special education and continued in that role for five years.

"I had my first son in 1997. I knew that I didn't want to return to the classroom full-time. I wanted to be home with him," explains Laura. That was when she discovered early intervention services, which were only a few years old in New York State. This was the perfect opportunity for Laura to use her special education degree, make her own schedule, and work with infants and children. "I started working in early childhood intervention in 1998 and never looked back," she said.

Starting part-time in early intervention services, Laura was able to stay home with both of her sons. Throughout the years in this sector, she climbed the ladder. She was the discipline-specific supervisor overseeing the special education program. From there, she moved into the director role. Laura returned to school at Syracuse University to get her school administration degree which opened up the opportunity to become vice president of Liberty Resource's Early Childhood division.

The early childhood division (Liberty POST) is the largest division at Liberty Resources. The main office is in Syracuse, with additional offices in Buffalo, Rochester, the Hudson Valley region, Long Island, and in New Jersey. Laura oversees all of those programs containing 600+ employees.

Laura explained that each region has its own director. "We did that very intentionally because even though it's the same state except New Jersey, the needs of the communities across the state are very different. So having a director running each region allows us to meet the specific needs of that community."

The services that the early childhood division offers are vast. Liberty POST specializes in early intervention (birth to three years old) and preschool special education (ages three to five). They have toddler programs, special education preschool programs, and ABA services. Laura and her team work with children diagnosed with autism or suspected to be on the autism spectrum. They also diagnose autism and associated diagnosis.

In the past six months, Liberty POST brought audiology services to Syracuse. "This is an important service for children from birth through school age. It's a new and exciting lens for us," explains Laura. Laura continues to explain that each of the regions has different

programming. For example, there is a diagnostic team in Syracuse and Buffalo, but not yet in other regions. So services are specific to the region's needs and what they can offer in terms of staffing.

Laura also teaches Methods and Curriculum for Early Childhood at Syracuse University. "I tell my students all of the time, it doesn't matter what grade you teach — it's so important to know where your student's development came from before they got to where they are now. You have to know what development took place in their early childhood before coming to you. It is imperative for them to be successful in your classroom," she said.

It is the relationships that we create that build us, and that's why Laura loves early child-

hood because it is when these connections happen.

When asked what important service or action a parent can provide their child to assist in their development, Laura explained that there is a common theme among the services they provide. Whether they are working on early learning skills, gross motor skills, fine motor skills, or language development, it all starts with shared engagement and connections between the child and the adult.

"If I were to advise parents, it would be to engage with your child. This lets them know that their ideas are important. Screen time should be limited," Laura said. She agrees that independent play is great, but the most important part of your child's development is helping them understand that there's a relationship within playtime, which translates to life as they get older. There's a relationship within everything that we ask them to do. She says nothing replaces the face-to-face engagement of playing on the floor with your kids. *SWM*



LINDSAY AGNESS



Casting for Recovery

Norah Machia

Lindsay Agness developed her love for fishing from spending time with her grandfather at Honeoye Lake. She thought it was odd that her young friends didn't share the same enthusiasm growing up. "I never thought that girls didn't want to fish," she said.

Lindsay's passion for fishing never went away, and in 2011, she became a New York State Licensed fishing guide, one of a small number of licensed female fishing guides in the state. Lindsay is also a member of the NYS Guides Association.

While fishing was not her full-time career, she managed to carve out time over the years to use her knowledge of fly fishing to help others. She has supported several nonprofit initiatives, and after retiring as director of the enterprise project management office at Rochester Regional Health System, she expanded her volunteer work throughout the state, including the Central New York area.

"I love fly fishing and I love teaching," said Lindsay. "I really enjoy giving back to the community, and it's an uplifting experience to see others discover the joy of fishing."

Last year, Lindsay was inducted into the New York State Outdoorsmen Hall of Fame, for her lifetime devotion of giving back to outdoor sports and conservation efforts in NYS. The organization honors sportsmen and women who have made significant contributions to preserving the heritage of outdoor sports.

Fly fishing can be therapeutic for the body and the mind, Lindsay said. "Just watching the flowing of the water and being in nature" can help people release emotions, meditate or just reenergize, she said. It can be beneficial for people undergoing a range of mental and physical challenges.

This month, Lindsay will return to the Salmon River in the town of Altmar to volunteer as a fly-fishing instructor and guide for the Upstate New York Casting for Recovery weekend, a chapter that she helped get started in 2015.

Casting for Recovery is a nonprofit nationwide program that provides free outdoor retreats for women with breast cancer. The event highlights the therapeutic aspect of fly fishing, and provides support for women who may feel alone in their breast cancer battle, said Lindsay.

"We teach them what to wear, how to tie a fly, and practice casting on the lawn before going to the water," she said. On the first day of fishing, participants hold a prayer ceremony and throw rocks into the water as a symbolic gesture of getting rid of their burdens.

"Sometimes newly diagnosed women have not had a chance to go through their emotions," Lindsay said. "This is a great way for them to meet other women going through the same thing."

The emotional benefits of being with others in a similar situation while connecting with nature are immeasurable, she said. "There is a

lot of crying, a lot of laughter and a lot of bonding on that weekend." The motion itself of fly casting is physically beneficial because it can help increase arm and upper body mobility after surgery or radiation. "It's been an honor to guide these women," she said. "They are delightful, and so full of life."

Lindsay is also a volunteer for the Fort Drum/Syracuse chapter of Project Healing Waters, a rehabilitation program that focuses on helping disabled military personnel and veterans with physical and emotional rehabilitation through the sport of fly fishing.

Studies have shown that after spending time fly fishing, people often experience lower levels of depression, anxiety and stress, and often sleep better.

Since 2011, Lindsay has volunteered as a fly fishing guide for an annual weekend of fishing by Project Healing Waters participants at the state DEC Salmon River Fish Hatchery in Altmar. The fish hatchery opens areas on site for the veterans to fish which are closed to the public. "I've had the honor to guide both male and female veterans as part of the program," she said.

For several weekends in March, Lindsay and her husband, Dave, volunteer as fly fishing instructors for

their local CompeerCORPS chapter, which sponsors a range of outdoor activities to help promote independence, social and emotional well-being for wounded veterans. "It's a great experience to get them outdoors and focus on fly fishing," Lindsay said.

Her busiest volunteer work, however, has been with the Trout Unlimited organization. In 2007, Lindsay she started the TU

Women's Fly Fishing classes to introduce more women to fly fishing, and has taught the sport to more than 350 women since that time. This led Lindsay to help develop a national program for women's fly fishing instruction that is used by local TU chapters throughout the country.

Lindsay, who serves as vice president of youth education for Trout Unlimited, has since been focusing more on programs for children, teenagers and even college students. These include the Trout in the Classroom and the Teen Trout camp programs, along with activities for boy scouts and girls scouts statewide.

Her most recent accomplishment was partnering with a girl scout troop in Honeoye Falls to become the first recipients of "Stream Girl" badges in New York State. The Stream Girls program was started nationwide by Trout Unlimited and offers young girls the opportunity to observe and learn more about the environment.

For Lindsay's group, that included learning about fly fishing. "It's so rewarding to introduce young people to the sport," she said. "Their first fish is like my first fish." SWM



Baldwinsville Eighth-Grader Wins National Girl Scout Essay Contest



Eighth-grader Charlotte DuBois of Baldwinsville, a Girl Scout Cadette in Troop 10210 and a member of the NYPENN Pathways Council is one of 81 winners from across the country of the "Girl Scouts to the Moon and Back" national essay contest. Girls shared how they saw their role in space exploration using creative writing skills and research facts from the National Aeronautics and Space Administration.

Charlotte DuBois

Essay winners were awarded a Girl Scout badge that traveled 1.4 million miles to the moon and back aboard NASA's Artemis I mission in late 2022. Charlotte was presented with her Space Science Researcher badge by Col. Eileen Collins (USAF, Ret.) during a special event for Girl Scouts at Onondaga Community College.

"Touching something that has flown around the moon and back is really moving and makes you realize that so much is possible! It was a really cool experience meeting Col. Collins. She brings so much positivity and hope for women with her inspiring stories of being an aviator and commanding the Space Shuttle. Plus, shaking hands with an astronaut is pretty amazing," says Charlotte.

Helio Health Board Appoints New President & CEO

Kathleen Gaffney-Babb will take the helm as the president and chief executive officer of Helio Health, Inc., The Helio Health Foundation and Fulton Friendship House, Inc.

Gaffney-Babb has worked at Helio Health for more than 30 years. She started in a clinical role in 1991 at the Outpatient Clinic (when the agency only provided outpatient, residential and inpatient services) in Syracuse for two hundred individuals and with only fifty colleagues. Later, she was promoted to director of outpatient services, then director of inpatient services, then to the director of quality assurance, training and compliance, and most recently served as the executive vice president & chief operating officer.

Through her tenure and executive oversight, the agency has grown to serve over 18,000 individuals annually, and employs over 1,000 colleagues in Syracuse, Binghamton, Rochester, Utica, and Fulton County. She has played an integral role leading multiple non-profit corporate mergers, a corporate rebrand, and in the expansion of Helio Health's reach and reputation in New York State.

"I remain committed to leading Helio Health and our affiliates with integrity and inclusivity in the provision of evidence-based services for the people we serve and to becoming a workplace of choice for our colleagues who serve them. Helio Health will continue to work to meet the community needs, to increase access to quality services when and where people need them. Where hope meets healing is not just a tag line, it is a guiding North Star for all who work and receive services at Helio Health," she said.

Gaffney-Babb is a Syracuse native and received her bachelor's degree in psychology from Empire State College, a master's degree in rehabilitation from Syracuse University and is a Nationally Certified Rehabilitation Counselor and State Credentialed Alcoholism and Substance Abuse Counselor.

Syracuse Hemporium LLC Expands with New Business, Northern Lights Buds LLC

Syracuse Hemporium LLC is pleased to announce the launch of its new business, Northern Lights Buds LLC. Northern Lights Buds LLC will apply for a dispensary license when they become available and plans on offering a wide variety of cannabis products.

"We are excited to expand our offerings to include cannabis products," said Jim Charon, owner of Syracuse Hemporium LLC. "We believe that cannabis has the potential to improve the lives of many people, and we are committed to continuing to provide our customers with high-quality, safe, and effective products."

Northern Lights Buds LLC will take over the location from Syracuse Hemporium LLC at 320 Northern Lights Plaza. The plan is for the store to be open seven days a week with approved hours from the town of Salina. Syracuse Hemporium LLC is a minority and veteran-owned and operated business that has been serving the community since 2018. The company is committed to providing its customers with the highest quality hemp products at an affordable price.

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UPCOMING EVENTS

June 7-25

Clue

What: Based on the motion picture and the Hasbro board game, farce meets murder mystery in this hilarious theatrical adaptation. It's all fun and games until someone gets clobbered by a candle stick in the library.

Where: Syracuse Stage
820 E Genesee St, Syracuse, NY 13210

Info: For more information and to purchase tickets, visit www.syracusestage.org



June 9-June 11

Polish Days in Syracuse

What: Three days of Polish music, food stands, beer, vendors, and more!

Where: Clinton Square,
Downtown Syracuse



June 9-July 28

Friday Nights at the Harbor

What: Join for fun, food and music! Proceeds benefit United Way of CNY.

Where: Inner Harbor, Syracuse

Info: Free admission, free parking.



Saturday, June 10

CNY Pride Festival and Parade

What: Join for another year of celebrating LGBTQ+ communities in CNY! Enjoy a parade, vendors, food trucks, entertainment and more.

Where: Inner Harbor, Syracuse

When: 11 a.m. to 5 p.m.



Saturday, June 10

Shell we Dance?

What: Syracuse Swing Connection is hosting swing dance lessons and open dance. Wear your best beach wear and dance the night away!

Where: The McCarthy Mercantile,
217 S Salina St, Syracuse, NY 13202

When: 6 p.m. to 9 p.m.

Info: \$5, cash or Venmo. No experience or partner needed. All ages welcome.



Thursday, June 15

Annual Summer Picnic

What: Join for a cocktail reception, gallery viewing, dinner and entertainment. Funds raised support the growth and accessibility of the museum's learning and engagement, outreach and member programs.

Where: Everson Museum of Art
401 Harrison St, Syracuse, NY 13202

When: 5:30 p.m.-9 p.m.

Info: \$300 for an individual, \$600 for a couple.

Visit www.everson.org/connect/2023-everson-annual-picnic.



June 15-June 17

2023 New York State Blues Fest

What: Listen to headlining artists, supporting acts, and side stage acoustic acts while shopping from the vendors market and enjoying food, wine, and beer.

Where: Chevy Court, New York State Fairgrounds
581 State Fair Blvd, Syracuse, NY 13209

When: 4 p.m.

Info: For the schedule, visit www.nybluesfest.com.



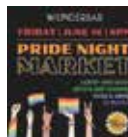
Friday, June 16

Pride Night Market

What: Shop from LGBTQ+ and ally artists and vendors. Enjoy food and music from DJ Bianca.

Where: Wunderbar,
201 S West St, Syracuse, NY 13202

When: 6 p.m.



Monday, June 19

Tee it up for Girl Scouts Golf Tournament Fundraiser

What: Benefit the Girl Scouts with a silent auction, golf tournament, lunch, cocktail hour, dinner, awards, and a keystone speaker.

Where: Cavalry Club,
4801 Troop K Rd, Manlius, NY 13104

When: 9 a.m. to 7 p.m.

Info: \$825 for a foursome, \$250 for an individual.

Email jmorak@gsnypenn.org for more information.



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