

**Centerport Harbor Civic Association
General Membership Meeting, October 23, 2024**

Present: Anne Wesp, Bob Berding, Betsy Cambria, George Pullis, Mike Regan, Jim Walker, Stan Werthheimer, and Carol Zwiulich

Pledge of Allegiance: led by Joshua Krief, student ambassador.

Treasurer's Report: CHCA has a balance of \$7,633.41 in its accounts.

Student Ambassadors' Update on Harborfields Central School District (HCSD): Joshua Krief provided an update of Harborfields School events:

- Homecoming events
- Harborfields sports
- Inductions into National Honor Society and NYSSMA (New York School of Music Association)
- Hispanic Heritage Month
- Collaboration between school board members, administrators, and students. Welcome to Dr. Philip Farrelly, new principal at Harborfields High School.

Vote on CHCA Slate of Officers for 2025: Anne W. announced that the CHCA membership will be voting on the slate of CHCA officers for the year 2025 in the November General Membership meeting.

- The membership was encouraged to become Board members.

Overview by Bob Lopez: B. Lopez provided an overview of each of the guest speakers' curriculum vitae.

October Speakers:

Dr. Anastasios Manaris, electro-cardiologist, Mount Sinai Hospital (Heart Health): Dr. Manaris provided a detailed overview regarding cardiovascular disease, its diagnosis and treatment.

- Calcium screening is a great test to evaluate heart condition; stress test; nuclear imaging; PET scans; cardiac scans. Chemical stress test vs. regular stress test. Regular stress (Bruce Protocol) is given to people who can exercise and who appear to be low risk.
- Chemical test (injection of radioisotope) is administered along with exercise. The Lexi Scan simulates exercise.
- Explanation of cardiac-rehab; Holter monitor (seven year battery life).
- Dr. Manaris was accompanied by a staff member. He also provided a model of heart and models of pacemakers.
- Dr. Manaris provided information regarding the diagnosis of Afib.

Dr. Errol Toulon, Sheriff for Suffolk County Sheriff's Department (Presentation of the Suffolk County Sheriff's Department): Dr. Toulon shared his family history, education, and details of the different law enforcement positions he's held.

- Dr. Toulon provided a very thorough description regarding the rehabilitation of people who have been incarcerated and those who have been victims of human trafficking.

- The Suffolk County Sheriff's department created the first human trafficking program to help those who have been victimized.
- The Suffolk County Sheriff's Department created the Start Resource Center to support people who have been incarcerated. 85% of those people will return to our communities. People released from jail are dropped off at a safe location.
- People newly mainstreamed to the community can reach out to the Resource Centers to find work.
- Resource Centers receive food and clothing for those in need through business donations connected to respective neighborhoods.
- A Gun Control Program exists. Social Services help families to break generational crime.
- The Start Resource Program has 10-15% recidivism, much lower than most other parts of New York State.

Invitation to the Vanderbilt Mansion: There will be a possible invitation for the CHCA Membership to visit the Vanderbilt Museum on the evening of December 4th, 2024.

- If extended, the invitation will be opened to the first 50 CHCA members who sign up for the event.

News on Heron Park/CHCA Fundraiser: CHCA members were encouraged to "Buy a Brick".

- Bricks will be installed in Heron Park.
- More details to follow during the November membership meeting.

***Next General Membership Meeting:** Wednesday, November 20th, 2024 at 7:00pm at Harborfields Library in the Large Meeting Room.

***Note the CHCA Membership will vote on the slate of CHCA officers for 2025 during the November General Membership Meeting.**