

# years 50 good deeds



18 Bike Stop - Two Princeton University Seniors (Dan and Pete) on side of road: I asked if they need help, they responded "Yes". Flat tire, no pump, no spare tire. I happened to have both. Changed tire, took about 20 minutes. Dan was out to look for a job and

Pete was off to Peru for thirty days after graduation.



**Firecracker  
5K Race**

www.ywcaprinceton.org. Sent out 6,000 emails, advertised in US Route 1 paper, went to 13 races handed out 1,100 flyers and gave \$500. 75 people can to run.



20 Sunshine Dream Lift: May 4, 2010. Helped load handicapped kids going to Disneyworld with The Sunshine Foundation. My wife Nancy, Amy, her sister, and Nick her husband and myself gave a check for \$2,000 in the honor of Dr. Armand Ruderman. Give money as a family.



21 Junior League: Designer Showhouse & Gardens XVI - Woodacres - drove golf cart back and forth to the parking lot, picking up guests. Nancy, my wife, also volunteered as one of the presenter of the house. www.jlgp.org/

22 Rehabilitation Equipment Donation Drive for Your ReSource: Donation drive drop-off June 5, Hopewell Valley Bank Parking lot, on Denow Rd, Pennington. Collected 45 pieces of equipment, including an electric scooter. www.yourresourcenj.org



24 Autism, New Jersey: 52 mile bike, Brookdale College: June 12, 2010: Rode with JP Ryan. I did 3 hours ten minutes, JP was 5 minutes faster. He got off the bike and said, "we hammered the course like it was a fifty mile time trial". Felt like I had to do more: gave Autism NJ \$500. www.ride4autism.org, www.autismnj.org



25 St. Paul's Roman Catholic Church Princeton: annual Loaves and Fishes event on Friday, June 18, Made 800 peanut butter and jelly sandwiches with ten people for two hours. St Pauls gives food away through The Trenton Soup kitchen on the weekend when normally they are closed.



27. St Gregory The Great Fair-Volunteered to sell 50/50 raffle tickets went Friday June 25th sold 160 tickets in three and a half hours, total paid out for 50/50 was \$18,000. Nancy my wife worked the break the plate concession. Hard work, fun time.



29. Road Stop: Stopped today as the first person on the scene of an accident. Had to direct traffic for 25 minutes until the police finally arrived. The woman and child were in one of the cars.



23 Sweeper for 5 Mile Race: Volunteered as sweeper. This is the person who runs behind the last runner in a race. Five miles, hilly, 86 degrees, one hour nineteen minutes: long time. Stayed with Tina as she navigated a tough course.



26. Military Donation Drive-Beach Haven-Canvassed 150 homes door to door. July 4th 2010 drop off 114 Kentucky Ave Long Beach Island. Collected baby wipes, laundry soap, sun block shaving cream, saline drops, Kleenex-basic items to be used in military actions. Neighbor at beach has son in military. Sent sixteen boxes to Afghanistan.



28. Robert Wood Johnson "Strides for Stroke 5K"-Breaking down in my quest to help, Gave \$1,000 contribution. Ran race July 8, 2010.