

# DELMAR PROGRESS CLUB



**MARCH 2022**

**Since 1901**

## PROGRESS IN PRINT



### President's Message

The number of COVID cases is finally declining and providing us with a positive outlook and a slow return to normalcy. As a result, our General Membership Meeting on March 7<sup>th</sup> will be conducted in person at the library. In addition to addressing business issues, we are having a panel of experts who have dealt with telephone and cyber scammers and hackers and will provide suggestions to prevent us from being victims.

I am also excited about the "reunion" dinner on March 23<sup>rd</sup> at the American Legion Post in Delmar. It is a roomy location allowing for social distancing if necessary. Frank Cavaleri is an outstanding caterer and will provide a variety of dishes. There is also an elevator for anyone who needs it. I sincerely hope that you will be able to attend. It will be so great to see and visit with people in person!

-Lynne

PLEASE JOIN US  
FOR A

*"Spring into Action"*  
*Reunion Dinner*

WEDNESDAY, MARCH 23, 5 -7 PM

BLANCHARD-CURRY AMERICAN LEGION POST  
16 POPLAR DRIVE, DELMAR

PLEASE RSVP BY MARCH 17 TO  
PHYLLIS DREW,  
35 GREENOCK ROAD  
DELMAR, NY 12054

ENCLOSE \$25 CHECK  
PAYABLE TO DELMAR PROGRESS CLUB

### March General Meeting

**Monday, March 7, 10 a.m., Bethlehem Public Library**

**Program: Panel presentation about how to be aware of potential scam emails and phone calls — and how to defend yourself against them**

- **Detective Cobb, Bethlehem Department of Public Safety**
- **Luke Brown, Bethlehem Public Library**
- **Jennifer Casale, Bethlehem Senior Services Department**



## STUDY GROUP NEWS

### LITERATURE

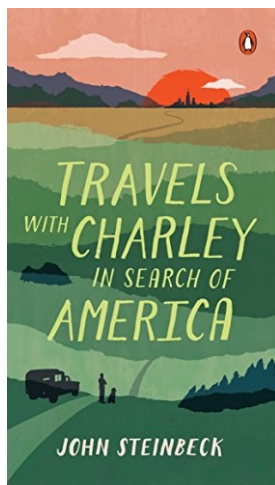
**Kathy Schimanski, Chair**

**Tuesday, March 8, 1:30 pm, Bethlehem Public Library Board Room**

**Travels with Charley in Search of America by John Steinbeck**

Facilitator: Joan Gavrilik

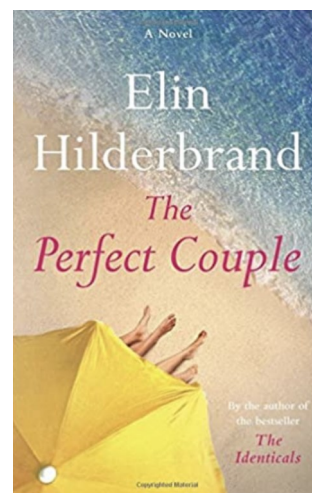
In 1960, John Steinbeck and his poodle Charley embarked on a journey across America. This book records the



interests and obsessions that preoccupy the Americans they encounter along the way.

**April: Tuesday, April 12, 1:30 pm, Bethlehem Public Library Board Room**

**The Perfect Couple by Elin Hilderbrand**



### WELLNESS AND THE NATURAL WORLD

**Pam Tindall-O'Brien, Chair**

**Wellness Walks** We walk twice a month on Mondays — at 1 p.m. in March and 10 a.m. starting in April. The walk will be canceled if the temperature, or windchill, is below 20 degrees. Let's hope the trails will be open soon so we can do some real nature walks!

**Monday, March 14, 1 pm: Elm Avenue Park, Delmar** (as you enter the park, turn right & park near the tennis courts)

**Monday, March 28, 1 pm: "Olde Delmar"** (meet up at the Delmar Reformed Church)



Our bottle and can redemption program in support of our Emergency Relief Fund through the Hannaford CLYNK program is ongoing. You can pick up CLYNK bags at the monthly meetings or contact Joan Gavrilik at [jsg85@aol.com](mailto:jsg85@aol.com) or 518-439-4520 .

### Is Chair Yoga right for you?

"Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of the chair" (Yogapedia.com). Anyone who finds yoga challenging due to age or physical disability, or who just doesn't like getting down on and up off the floor, may want to try this gentle practice. Most standard yoga poses can be adapted for a chair, and, like standard yoga, chair yoga can increase flexibility, strength, and body awareness.

You can find more information and videos on chair yoga poses and benefits online. Or, if you prefer personal instruction, for a modest fee you can try a live online class. DPC member recommendations for live online chair yoga classes include:

- Katherine Noyes, instructor, Lotus, Speech & Wellness, online via Google Meet Thursdays at 1 pm (Visit [LotusSLP.com/yoga](http://LotusSLP.com/yoga) for details)
- Jane O'Neill, instructor, online via Zoom Wednesdays at 10 am (Contact [jane@sourcerx.com](mailto:jane@sourcerx.com) for information)

## ART AND ANTIQUES

Joan Kapral, Chair

### Local Offerings to Explore on Your Own

**Martin Van Buren National Historic Site** – Take a virtual tour of historic Lindenwald, located in nearby Kinderhook, New York. Although the home is closed currently, you can explore President Van Buren's beloved home on this virtual tour. This tour makes use of images taken by the Google Cultural Institute. It can be navigated similarly to google maps or street view by scrolling downward or by using the arrows on either side of the image to follow a preset series of stops.

[Virtual Tour of Martin Van Buren National Historic Site — Google Arts & Culture](#)

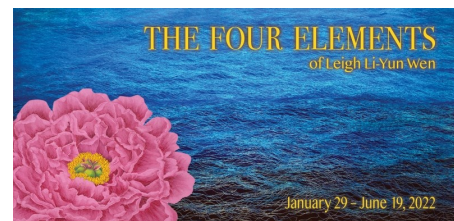
Opalka Gallery - Russell Sage College, 140 New Scotland Ave., Albany, NY 12208, Tel: 518-292-7742. Presenting: **Judith Braun: My Pleasure**, February 22 through April 23, 2022. A solo exhibition of new work. Fifteen new paintings and ten painted sculptures are included along with two site-specific murals and one large wall installation from 1993.

[Exhibitions - The Opalka Gallery \(sage.edu\)](#)

**Albany Institute of History and Art** - 125 Washington Ave., Albany, NY, 12210, Tel: 518.463.4478. Presenting: **The Four Elements of Leigh Li-Yun Wen**, January 29 - June 19 2022. The four elements of western cosmology—earth, air, fire, water—are the subjects of artist Leigh Li-Yun Wen's work.

Whether paintings, prints, or ceramics, Wen's art expresses her personal and cultural histories. Having grown up on the island of Taiwan, she possesses a deep affinity for the elemental power of water and the forces of nature. As a Taiwanese-American artist who has lived in both Taiwan and America, she feels the ebb and flow of competing cultures. The ancient philosophies of her homeland, which teach self-discipline and selflessness, collide and mingle with Western notions of ego, alienation, and desire.

[The Four Elements of Leigh Li-Yun Wen - Albany Institute of History and Art](#)



## PERFORMING ARTS

Marie Liddle and Debbie Mazzone, Co-chairs

It still hasn't been safe and prudent enough to plan group events, so our members may choose to take advantage of some of the programs listed below:

Rachmaninoff's All-Night Vigil - Albany Pro Musica - Sunday, March 6 at 3 p.m. at Troy Savings Bank Music Hall



"The Last Romance" - March 18, 19, 20 and March 25, 26 and 27 - Sand Lake Center for the Arts

"Marjorie Prime" - March 18, 19 20 and March 23-27 - Schenectady Civic Players

## COMMITTEE AND RELATED REPORTS

### COMMUNITY SERVICE COMMITTEE

Debbie Gall, Kathy Raffe & Linda Reddy, Co-chairs



The Community Service Committee collected and delivered 12 pairs of running shoes to the Girls on the Run organization this week. They were very happy to receive them and were very appreciative! Thank you for your generosity!



Our next initiative is the **To Life!** breast center in Delmar. **To Life!** was founded in 1998 by a breast cancer survivor who understood firsthand the uncertainty, questions and needs faced by those dealing with a breast cancer diagnosis. Her vision was to create a local, independent, grass-roots organization which would serve our community right here in the Capital District. This organization strives to provide the information and resources for anyone who may need them. We will be asking for donations to fill 2 gift baskets that will be auctioned off at their Spring fundraiser. There will be sign up sheets at the March meeting to donate different items for each of these baskets.



Keep collecting the pull tabs for the Ronald McDonald House! The House recycles the tabs to generate funds to offset general operating costs. Every tab helps!

### MARCH BIRTHDAYS

The following members are celebrating birthdays in March. If you have a chance, call or email them your good wishes.

(Not everyone has shared their birthday with us.)

3/3 Eileen Perkins  
3/9 Margaret Farrell  
3/16 Susan Kilgallon  
3/17 Maureen Nyilis  
3/18 Marilyn Peterson  
3/19 Elizabeth Thacher  
3/22 Dawn Pratt



### MEMBERSHIP COMMITTEE

Karen Winters, Second Vice President , Chair

**New Members:** None

**Resignations:** None

**Deaths:** None

#### **New Contact Information:**

Marge O'Brien  
3 Rembiano Court, Delmar 12054  
518-439-2086 or Cell : 518-253-7932

#### **Changes in Contact Information:**

Send to Karen Winters at [kkwinters@verizon.net](mailto:kkwinters@verizon.net), 518-439-0706



## Delmar Progress Club Treasurer's Report

January 31, 2022

### Key Bank Checking

|                    |             |
|--------------------|-------------|
| Balance on 9/30/21 | \$13,937.60 |
| Additions          | 1,698.35    |
| Subtractions       | 4,210.52    |
| Balance on 1/31/22 | \$11,425.43 |

### Key Bank CD – Restricted to Blackmore Scholarship

|                    |             |
|--------------------|-------------|
| Balance on 9/30/21 | \$20,717.96 |
| Interest           | 3.46        |
| Balance on 1/31/22 | \$20,721.42 |

### Key Bank Savings – Restricted to Scholarships

|                          |            |
|--------------------------|------------|
| Balance on 9/30/21       | \$9,275.83 |
| Matured 11/17/21         | 9,276.59   |
| Withdrawal (to checking) | 500.00     |
| Interest from 11/17/21   | .18        |
| Balance on 1/31/22       | \$8,776.77 |

### Berkshire Bank Account - Restricted to Convention Expenses

|                     |            |
|---------------------|------------|
| Balance on 10/31/21 | \$5,266.06 |
| Balance on 1/31/22  | \$5,266.06 |

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### Restricted and Unrestricted Funds in Key Bank Checking as of 1/31/22

|                                    |             |
|------------------------------------|-------------|
| ERF Balance                        | \$256.69    |
| Donations to Memory Garden         | \$370.00    |
| Donations to Scholarship Fund      | \$320.00    |
| Total Restricted Funds in Checking | \$946.69    |
| Balance Unrestricted               | \$10,478.74 |

Note: Substantial additional Scholarship Fund donations were deposited after 1/31/22. These deposits are not reflected in this report.



## CORRESPONDING SECRETARY REPORT

A thank you note was sent to Town Supervisor David VanLuven for speaking to us during our February Zoom meeting.

The DPC received a note from Soles4Souls thanking us for our recent donation of 18 pairs of shoes.

Respectfully submitted,  
**Lynn Millsbaugh**



## REMEMBRANCE

**Josie Woods, Chair**

Thinking  
of you

Sympathy cards were sent  
to Karen Winters on the passing of her husband  
and to Susan DiMuria on the loss of her father.

## 2021-2022 CALENDAR

### MARCH 2022

|          |           |           |   |
|----------|-----------|-----------|---|
| March 7  | Monday    | 10 a.m.   | General Meeting, BPL Community Room   |
| March 8  | Tuesday   | 1:30 p.m. | Literature Group: <i>Travels with Charley</i> by John Steinbeck, BPL Board Room |
| March 14 | Monday    | 1 p.m.    | Wellness Walk: Elm Avenue Park  |
| March 23 | Wednesday | 5 p.m.    | Reunion Dinner  |
| March 28 | Monday    | 1 p.m.    | Wellness Walk: Olde Delmar (from Delmar Reformed Church)                        |

### APRIL 2022

|          |         |           |   |
|----------|---------|-----------|---|
| April 4  | Monday  | 10 a.m.   | General Meeting, BPL Community Room   |
| April 11 | Monday  | 10 a.m.   | Wellness Walk—Oakwood Cemetery, Troy  |
| April 12 | Tuesday | 1:30 p.m. | Literature Group: <i>The Perfect Couple</i> by Elin Hilderbrand, BPL Board Room |
| April 25 | Monday  | 10 a.m.   | Wellness Walk   |

### MAY 2022

|        |         |            |  |
|--------|---------|------------|--|
| May 2  | Monday  | 10 a.m.    | General Meeting, BPL Community Room    |
| May 9  | Monday  | 10 a.m.    | Wellness Walk— Washington Park, Albany |
| May 10 | Tuesday | 12:30 p.m. | Literature Group, BPL Board Room       |
| May 23 | Tuesday | 10 a.m.    | Wellness Walk                          |

### JUNE 2022

|         |         |         |   |
|---------|---------|---------|---|
| June 13 | Monday  | 10 a.m. | Wellness Walk   |
| June 14 | Tuesday | Noon    | Literature Group Picnic (Book selection to be determined) |
| June 27 | Monday  | 10 a.m. | Wellness Walk—Rose Garden, Central Park. Schenectady      |