

DELMAR PROGRESS CLUB



FEBRUARY 2022

Since 1901

PROGRESS IN PRINT



President's Message

Welcome to February! Spring is around the corner and hopefully so are decreasing effects of COVID. Since the numbers are still high, I felt it was wise to have the February 7th General Meeting be a Zoom Meeting. Our guest speaker is Bethlehem Town Supervisor David VanLuven who will update us on the State of the Town. Please join us and be prepared to ask him questions.

I want to give a special thanks to everyone who contributed to the Scholarship Fund. With the high COVID numbers, we couldn't hold a fundraiser for scholarships. Hopefully, next year we will be able to do that.

Keep warm and well and let me know of any concerns that you may have or any assistance you might need.

-Lynne



February Birthdays

The following members are celebrating birthdays in February. (Please note that not everyone has shared birthdays with us). If you have a chance, please call or email them your good wishes.

2/2 Marti McSharry
2/7 Pam Burns and Loretta Darcy
2/16 Patricia Sutliff
2/17 Karen Bylsma



February General Meeting

Monday, February 7, 10 a.m.

Via Zoom

Guest Speaker:

Bethlehem Town Supervisor

David VanLuven

STUDY GROUP NEWS

LITERATURE

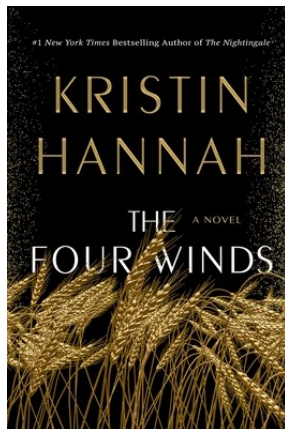
Kathy Schimanski, Chair,

Tuesday, February 8, 1:30 pm, via Zoom

The Four Winds by Kristin Hannah

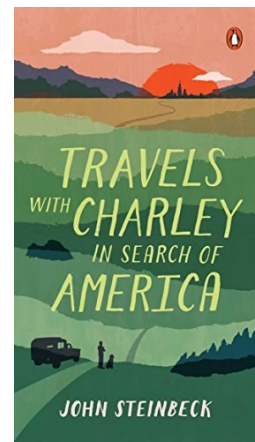
Facilitator: Kathy Schimanski

This American epic begins in the Great Plains during the Great Depression. The main character, Elsa Martinelli, must make a choice: fight for the land she loves or go west to California in search of a better life for her family.



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

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



As a follow-up to the January **Literature Group** discussion of *Outlander* by Diana Gabaldon, Linda Graf provided the following recipe for Oatcakes. She used a mixed berry preserve on top. Her 3 year old loved them and he's a picky eater. Enjoy!

Outlander Oatcakes

This simple, but delicious recipe is a mix between a cookie and a pastry. They reminded me of home somehow and I understood why Diana Gabaldon included them in the scene where Jamie returns home. If you're looking for food ideas for *Outlander*, look no further!

PREP TIME 40 mins, COOK TIME 15 mins, TOTAL TIME 55 mins, SERVINGS 8, CALORIES 450 kcal

- 2 cups flour
- 2 cups rolled oats
- 1 cup brown sugar
- 2 tsp baking powder
- 1 cup salted butter
- ½ cup water (Linda recommends increasing this to ¾ cup)

Stir flour, oats, brown sugar, and baking powder together in a large bowl. Cut butter into small pieces and use a pastry cutter or your hands to mix the butter into the dry mixture. Next, add in water until the mixture is wet enough to form a ball. Refrigerate dough for at least 30 minutes. (This dough is very sticky and refrigeration helps to make it more manageable.) On a floured surface roll the dough to 1/4" thickness (flour on the rolling pin helps as well). Cut into circles using a cookie cutter or a drinking glass. Bake on a greased baking sheet at 350 degrees for 15 minutes.

Serve warm (if possible) with your favorite preserves or soft cheese

Serve with Scotch Whiskey in crystal glasses!

ART AND ANTIQUES

Joan Kapral, Chair

Local Offerings to Explore on Your Own

Albany International airport Gallery – “Echo,” Paintings and collage by Ginnie Gardiner and Amy Talluto. Through April 25.

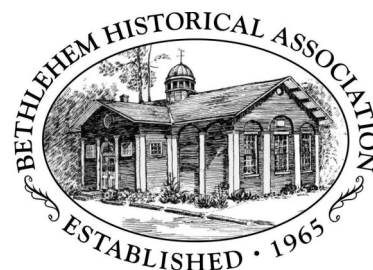
<https://albanyairportartandcultureprogram.com>

Bethlehem Historical Association - “American Folk Art,” presented by Marilyn Sassi, Delmar Reformed Church, February 17 at 7 pm. Also, “Women of the Revolution,” presented by Phyllis Chapman, Delmar Reformed Church, March 17 at 7 pm.

<https://bethlehemhistorical.org/2021-2022-programs>

New York State Museum – “Brainfood for the Curious: Short Talks at Lunchtime,” - (12:00 pm.) Enjoy short, informative virtual talks with State Museum scientists, historians, and curators select Thursdays in January and February! Programs that are available via Zoom require free registration and will be followed by brief Q&A.

www.nysm.nysed.gov/programs/program-series/brainfood-for-the-curious



WELLNESS AND THE NATURAL WORLD

Pam Tindall-O'Brien, Chair

Wellness Walks We walk twice a month on Mondays — at 10 a.m. in the warmer months and 1 p.m. when it's colder. The walk will be canceled if the temperature, or windchill, is below 20 degrees.

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

Monday, February 28, 1 pm: “Normanside neighborhood” (park at the Normanside Country Club)

Let us know of walking trails you would like us to explore in the future. Thank you!



Our bottle and can redemption program 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 or 518-439-4520 .

PERFORMING ARTS

Marie Liddle and Debbie Mazzone, Co-chairs

Covid is still affecting area arts offerings and some venues have cancelled or postponed their winter offerings. It would be advisable to check with the facility before venturing out to see a concert or show.

As of this writing, there are still arts activities on the books, including the following:

Sand Lake Center for the Arts - One Act Plays - February 11, 12 and 13

The Albany Barn - Harbinger Theatre - "Hurricane Diane" -February 17-26

The Albany Symphony - Palace Theater (and streaming) - Tchaikovsky's Pathetique - Saturday, February 12 at 7:30 pm



COMMITTEE AND RELATED REPORTS

COMMUNITY SERVICE COMMITTEE

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

Our Capital Region initiative — ***Girls on the Run***

At our Community Service annual meeting the DPC agreed to support the Girls on the Run organization. This group is a non-profit organization that serves 5 counties in the Capital Region. Within this organization there are trained coaches that follow a curriculum which teaches life skills through interactive lessons and physical activity. Each season ends with a non-competitive 5K run, which gives the girls a tangible sense of accomplishment and confidence.

They can use:

Running shoes such as Adidas, New Balance, Asics, Saucony, etc.

Kids size 2 - Womens size 7

The running shoes can be dropped off at Linda Reddy's (261 Kenwood Ave, Delmar), Debbie Gall's (1 Weigand Lane, Delmar) or Kathy Raffe's (157 Dumbarton Dr, Delmar)

If you are unable to drop them off, I will pick them up (Linda - 518-588-6928)!

Deadline - February 12th. Thank you!



SOLES4SOULS

Soles4Souls is a program that turns unwanted shoes into an opportunity for needy people to continue to be active, perhaps to get to work, or to see family and friends. It also helps the planet by keeping unwanted items out of landfills. Soles4Souls lets us put our no longer needed or wanted shoes to good use. In 2021, the Delmar Progress Club donated 123 pairs of shoes to Soles4Souls. Check your closets and bring any unwanted shoes to me. Or let me know and I can pick them up. Thank you for supporting this very worthwhile program.

Wilma DeLucco

**SOLES4
SOULS**

CORRESPONDING SECRETARY REPORT

The DPC received correspondence from two organizations that we supported recently. RISSE thanked us for our donation of \$500 to help newly arrived refugees to our area. Also the Hilltown Christmas program was very appreciative of our donation of hats and gloves to them.

Two DPC members made donations to the Memorial Garden at BPL. Joan Gavrilik made a donation in memory of her mother and Joy Ford made a donation in memory of fellow DPC member Mary Richards.

Respectfully submitted,
Lynn Millspaugh



MEMBERSHIP COMMITTEE

Karen Winters, Second Vice President , Chair

kkwinters@verizon.net, 518-439-070



New Members: None

Resignations: None

Deaths: None

New Phone Number:

Rosemary Brown 518-977-3009

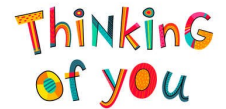
Send changes to:

kkwinters@verizon.net

Karen Winters, Second Vice president

REMEMBRANCE

Josie Woods, Chair



A sympathy card was sent to
Debbie Gall on the passing of her mother-in-law.

COMMUNICATIONS AND TECHNOLOGY

Barbara Hogan and Joan Gavrilik, Co-chairs

Progress in Print is published monthly September through June. Please submit items you wish to be included by the 25th of the previous month to Joan Gavrilik at JSG85@aol.com. We email PIP to anyone with an email address and snail mail it on request. If you would like to receive a hard copy in the mail, please notify Karen Winters, Membership Chair (518-439-0706, kkwinters@verizon.net).

Check out our website **Delmarprogressclub.org** and send any suggestions, corrections or updates on a regular basis to Barbara Hogan at hogan.barb@gmail.com.

And follow our **Facebook page** for photos and event announcements.

2021-2022 CALENDAR

FEBRUARY 2022

February 7	Monday	10 a.m.	General Meeting, via Zoom, with Town Supervisor David VanLuven
February 8	Tuesday	1:30 p.m.	Literature Group: <i>The Four Winds</i> by Kristin Hannah, via Zoom
February 14	Monday	1 p.m.	Wellness Walk — Elm Avenue Park
February 28	Monday	1 p.m.	Wellness Walk — “Normanside neighborhood”

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
March 28	Monday	1 p.m.	Wellness Walk

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 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