

# DELMAR PROGRESS CLUB



Since 1901

SEPTEMBER 2022

PROGRESS IN PRINT



## President's Message

We have some exciting events coming up this fall, and I hope that you will participate in all of them! First up is a Chair Yoga Class, taught by Jane O'Neill, to be held on September 26<sup>th</sup>

at 10 am in the Library Public Meeting Room. Jane is a certified Yoga instructor and she works on flexibility and balance issues, but urges each individual to go at the pace that is best for her. Dress comfortably—I usually wear a tshirt and comfortable pants. I really hope lots of you show up for this class. If you like it, there are other classes she teaches, in addition to which we will try and provide other resources for chair yoga.

And, a reminder that Fitness and Community Services are sponsoring a team of walkers to garner financial support for Pancreatic Cancer Research. Pancreatic Cancer is one of the most lethal cancers, and it tends to hit younger adults. Please join Lynne Lenhardt at the Elm Avenue Town Park at 10 am on September 11<sup>th</sup>.

Finally, on a personal note, I can't wait until this hot weather subsides!! I hate the heat! I'm all for crisp fall weather, with warm days and cold nights. And the wonderful smell of leaves. And now instead of a joke, I'm relating a true story told to me by my high school friend Sarah, a retired school librarian. It's a tad risqué, but I think it's hysterical and hope you do too. Please don't be offended if you don't.

It seems that Sarah's grandson, age six, came home from first grade, and told her that he had learned the "F-word" in school from another child. Although Sarah was mortified, she told him that he should go to her bedroom, shut the door, and say the word as many times as he wanted—but he could never again say that word in her house. Realizing the seriousness of her statement, he went into her bedroom and shut the door. She stayed in the hall, and sure enough, pretty soon she heard him. "Fart! Fart! Fart!"

## ***Lustgarten Pancreatic Cancer Research Walk*** **Sunday, September 11, Elm Ave Park, Delmar**

Check-in at 8 am / Walk at 10 am

To register online, visit [events.lustgarten.org/Albany](https://events.lustgarten.org/Albany) / Sign up as a member of the Delmar Progress Club Team.

If you can't walk, you can simply show up at the Town Park. Donation checks should be made out to the Lustgarten Foundation and Delmar Progress Club be noted on the information line on the check. You can either bring a check to the event or mail it to: Lustgarten Foundation, 415 Crossways Park Drive, Suite D, Woodbury, NY 11797.

Shari Piper, a retired teacher from Elsmere School, is a principal sponsor of this Walk and similar events around the state. Some of her husband's family have died of pancreatic cancer and last month, one of Bethlehem's retired special education teachers passed away from it. We all probably know someone who has suffered from pancreatic cancer. All of the funds raised for the Lustgarten Foundation are used for research on pancreatic cancer and will hopefully some day result in a cure. Please support this worthwhile effort.

If you have any questions, please contact Lynne Lenhardt at [lynne12054@gmail.com](mailto:lynne12054@gmail.com) or 518 439-7704.

## ***Community Service Committee*** ***Annual Meeting***

**Monday, September 12, 10 am**

**Bethlehem Public Library Community Room**

**All Members Welcome!**

## ***Chair Yoga with Jane O'Neill***

**Monday, September 26, 10 am**

**Bethlehem Public Library Community Room**

**Dress comfortably!**

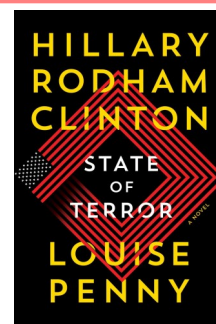
## LITERATURE GROUP

Christine Doran, Chair

Thursday, October 20, 10:30 AM, Bethlehem Public Library Board Room

**State of Terror**, by Hillary Rodham Clinton and Louise Penny.

This high-stakes thriller of international intrigue features behind-the-scenes global drama informed by details only an insider could know. (*Goodreads*)



Meetings of the Literature Group are open to all DPC members. We are in need of a facilitator for each meeting. If you are interested in facilitating one of the meetings, or if you have any comments or suggestions, please contact Chair Christine Doran. Happy reading everyone!

## WELLNESS AND THE NATURAL WORLD

Chair (vacant)

**Wellness Walks** Generally, we walk twice a month — on the second and fourth Mondays of the month. In September, we will **not** be walking on Mondays due to the following special events:

**Sunday, September 11, 10 am: Pancreatic Cancer Research Walk**

**Monday, September 26, 10 am: Chair yoga class**

See page 1 of this newsletter for details on both events.



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 .

## PERFORMING ARTS

Marie Liddle and Debbie Mazzone, Co-chairs

With the uncertainties of Covid still looming, it's difficult to plan group performing arts activities, so our committee will continue to be a "conduit" of information for our members. You may then feel free to choose events and cultural opportunities that are of interest to you.

"The Lyons" - Sand Lake Center for the Arts, September 9,10,11 and 16,17,18 [slca-ctp.org](http://slca-ctp.org)

"Andy and the Orphans" - Harbinger Theatre at the Albany Barn, September 22-October 1, Tickets: \$15 [Harbinger Theatre](http://HarbingerTheatre.com) ([actingclasswithpatrickwhite.net](http://actingclasswithpatrickwhite.net))

"Music in the Barn" - Albany Pro Musica - September 25, at the Jan Wemp Barn in Feura Bush: 12:00 -12:30 Cocktails, Coffee and Conversation, 12:30 -1:30 Brunch Al Fresco and 1:30 -2:30 Concert and Award (Space is limited. Reserve by September 12) For information and tickets: [albanypromusica.org/barn](http://albanypromusica.org/barn)

Late afternoon movie at the Spectrum Theater on Delaware Ave in Albany on Tuesday, September 27...times and movie titles to be advertised on the Spectrum website [Movie Showtimes & Tickets | Landmark Theatres Spectrum 8 Theatres,NY](http://MovieShowtimes&Tickets|LandmarkTheatresSpectrum8Theatres,NY)

Performances from the Metropolitan Opera will be simulcast at Crossgates Cinema 18 and Colonie Center. Details and dates of upcoming performances may be found at [Met Opera Live in HD 2022-23 Season | Showcase Cinemas](http://MetOperaLiveinHD2022-23Season|ShowcaseCinemas)

## MEMBERSHIP COMMITTEE

**Debbie Gall, Second Vice President, Chair**

**New Members:** None — Several applications have been sent and online inquiries as well.



**Resignations:** Barbara McCormick, Joyce Dzekciorius

**Deaths:** None

**Edits to Membership List:** The 2022-23 Yearbook has been sent electronically to everyone who has an email address on file. The hard copies of the Yearbook are available for pickup at the circulation desk at the Bethlehem Public Library until September 13th. (Check Library hours over the Labor Day weekend.)

- Barbara Bradford's only # is 603-667-8949
- Lynn Cooper's only # is 518-439-3933
- Dot Geyer is at Our Lady of Mercy in Guilderland

**Membership statistics:** As of 9/1/22, 125 dues-paying members, 11 Life Members (no dues collected), 105 members have paid their dues, 20 still owe dues.

Reach out to Debbie Gall ([galldebbiedpc@gmail.com](mailto:galldebbiedpc@gmail.com)) regarding dues, changes of contact information, etc. We want to keep our Membership List as up to date as possible! Thank you!

## SEPTEMBER BIRTHDAYS

If you have a chance, call or email them your good wishes. (And share your birthday with us!)

- 9/9 Shirley Bone
- 9/11 Elvina MacMillan
- 9/12 Priscilla Miller
- 9/13 Wilma DeLucco
- 9/18 Leda Loux
- 9/20 Connie Mulligan and Georgette Tefoe



## Bylaws Committee

**Lynne Lenhardt, Chair**

The Bylaws Committee met on August 17<sup>th</sup> and reviewed several recommendations for changes in the bylaws. The committee approved a series of modifications and will continue to evaluate them and the club's Standing Rules. There will be a presentation at the October 3<sup>rd</sup> general meeting on the committee's recommended changes and a vote will be conducted on them at the November general meeting in accordance with the present bylaws.

**DPC**  
FALL FOLIAGE  
LUNCHEON

WEDNESDAY, OCTOBER 26, NOON

Red's Restaurant  
12005 Rt 9W, Coxsackie  
(Carpooling will be available)

Choice of Chicken Parm or Baked Haddock

rsvp by October 16 to  
Phyllis Drew  
35 Greenock Rd, Delmar NY 12054  
Please enclose \$25 check  
Payable to Delmar Progress Club

*Indicate chicken or fish  
on your check*

## PLEASE READ ...



If you read the 2022-2023 Yearbook, you know that a number of vacancies exist in our organization, including (among others) ...

- First Vice-President (President-Elect & Program Chair)
- Social Committee Chair
- Wellness Study Group Chair

In addition, most committees and study groups need volunteer members to carry out their functions.

Everyone has different capabilities, but most members have the ability to serve our organization in some way. However major or minor — whether as First VP, helping with the Holiday Tea, or making a few phone calls — it all adds up! Every contribution makes a difference in the ability of the DPC to meet its goals.

Please consider what you can do — and contact the appropriate chair for further information and guidance. Thank you!

**If you haven't already done so ...**

**PLEASE PAY YOUR 2022-23 DUES**

**Thank you!**

**Send \$45 check payable to "Delmar Progress Club" to  
Delmar Progress Club, PO Box 423, Delmar NY 12054**

## COMMUNITY SERVICE

**Mary Ellen Caporta, Kathy Raffe, and Linda Reddy, Co-chairs**

This committee is an integral part of the Delmar Progress Club's history. Please help us to carry on our club's tradition of service. Our theme for the 2022-2023 year will be *A Caring Community*. Join us at 10:00 September 12th in the Bethlehem Public Library Community Room for our annual planning meeting. All are welcome! Bring a club friend!



Please continue to save the pull tabs from soda/seltzer/beverage cans for the **Ronald McDonald House**. These tabs are recycled and the funds raised by this recycling are used to help support the day to day operations of the Ronald McDonald House. Bring the tabs to our meeting in October and look for the Ronald McDonald House container to put them in. Thank you!

**A tip from the Community Service Committee:** If you are an Amazon consumer did you know that you can direct some of your purchase \$ to a charity? Choose your charity and Amazon will donate 0.5% of the price of eligible purchases. You can change your charity at any time. A very easy way to donate for sure!

**How to use AmazonSmile on a web browser:**

1. Visit [smile.amazon.com](https://smile.amazon.com) 2. Sign in with the same account you use for Amazon.com 3. Select your charity 4. Start shopping! Remember to checkout at [smile.amazon.com](https://smile.amazon.com) to generate donations for your chosen charity.

**Tip:** Add a bookmark to make it easier to shop at [smile.amazon.com](https://smile.amazon.com)



## Canine Companions for Independence

**Marie Liddle and Debbie Mazzone, DPC Coordinators**

Canine Companions for Independence — a GFWC Partnership — provides service dogs for people with physical, cognitive or developmental disabilities.

COVID has created disruption and loneliness, especially for those who have no one to care for them and are in need of help in their daily lives. Some have been very fortunate to have been paired with a Canine Companion, which has allowed them to have assistance when needed, as well as constant company to help alleviate the loneliness.

There is always a huge need for CCI dogs. However, the expenses involved in raising and training are enormous — over \$25,000.00 for each one — for which the recipient pays nothing. Therefore.... please, if you can assist in this mission in any amount, send your contribution payable to Canine Companions for Independence, mailed to Delmar Progress Club, PO Box 423, Delmar, NY 12054. It is greatly appreciated!

## YEARBOOK COMMITTEE

**Joan Gavrilik and Barbara Hogan, Co-chairs**

As you know, we provided the 2022-2023 Yearbook in two formats — a printed version and an electronic one. (Both provided the same information in the same order.) The plan is to move toward an electronic yearbook — to save on printing costs and to reduce our reliance on paper — while ensuring that all members receive information in a manner that they can access. If you have any comments or suggestions as we move in this directions, we would love to hear from you.

## June 28, 2022 Board of Directors Meeting Minutes

Present: Pamela Tindall-O'Brien, Debbie Gall, Barbara Kavanagh, Margaret Dilgen, Christine Doran,Carolynn Bennett, Joan Gavrilik, Kathleen Newkirk, Barbara Hogan, Maryalice Svare

Absent: Phyllis Drew, Lynne Lenhardt, Rosemary Brown

Pamela Tindall-O'Brien called the meeting to order at 1:06, and welcomed everyone.

Pam has examined the club's bylaws and Certificate of Incorporation; Delmar Progress Club is a 501(c)3 entity, and we can raise funds up to \$25,000 to support our goals and to donate. Above that amount, we would have to register as a fund-raising organization. Chris Doran researched this issue last November after questions from Keybank, which may ask for a report on our financial activities.

There was a discussion of the role of the Board and how much control/oversight it should exercise over the committees of the Club. Joan advocated more oversight, while Maryalice pointed out that the trust level was important, and not wanting to overburden committee chairs. Some committees are running well, others struggle with members and finding women willing to take on leadership roles. Pam proposed having a program group meet to help committees develop schedules, in order to avoid scheduling conflicts. The committee chairs would pre-plan and propose programs to bring to the meeting. In general, the Board favored a more macro approach to oversight of the committees. Debbie spoke in favor of a general meeting for committee chairs.

Several Bylaws changes were suggested, including changing the duties of the Corresponding Secretary to include sending Remembrances and Condolences, and eliminating the Remembrance committee. There was also the suggestion to change the date when dues are to be paid, to a date prior to the yearbook printing.

The Board all agreed that increasing membership and participation by members was a vital issue. We should increase our outreach, and refine our club's message of charitable and community service, self-improvement, and civic engagement. Members liked the motto "Service to Community, Self-improvement, and Social and Civic Engagement."

Current paid membership is 77. There are eleven Life Members; we do not pay \$20 dues to GFWC for Life Members. Carolyn moved, Barb Kavanagh seconded a motion to continue to offer Life Memberships to 45-year Members. This motion passed, and the Board voted unanimously to extend Life Membership to Marty McSharry.

Debbie reported on her plans as Membership Chair. She plans to call each member of the club, and survey their current interests and plans for involvement in Progress Club. She is reaching out to the members of the Bethlehem Businesswomen's Club, as that group is dissolving. Debbie is working on our Membership tri-fold, which is available at the Library.

Joan shared the timeline for the Yearbook, which will be available in print AND online versions. The deadline for edits is August 1, and the goal is to have the Yearbook to the printer on August 7. Joan will post the club's "job openings" with goals and objectives in the next PIP.

There was some interest in changing the Scrapbook position to that of Historian/Archivist to more correctly describe the duties of that person. Debbie will get guidance from Jody Boyle at SUNY Albany as to what materials are most relevant to add to our archive.

Pam Tindall-O'Brien told the group about MEETUP, which is a community group for people with diverse interests. She said that this might be a way to reach women who have not heard of our group. Pam suggested that we explore joining. Barbara Hogan will research information about costs, etc. and present options at the next meeting of the Board.

Kathy Newkirk has contacted Yankee Trails about daytrips, and there was discussion about pairing with other groups to ensure a "full bus".

The meeting was adjourned at 3:06.

Respectfully submitted,

Barbara Kavanagh.

Recording Secretary

## Treasurer's Report: June 1, 2021 - May 31, 2022

Christine Doran, Treasurer

### Key Bank Checking

Balance on 6/1/21	\$ 12,455.68
Deposits	18,391.56
Expenditures	18,572.51
Balance on 5/31/22	\$ 12,274.73

### Key Bank CD – Restricted to Blackmore Scholarship

Balance on 6/1/21	\$ 20,714.47
Interest Income	10.36
Balance on 5/31/22	\$ 20,724.83

### Key Bank Savings – Restricted to Scholarships

Balance on 6/1/21	\$9,274.26
Interest Income	2.80
Withdrawal	500.00
(applied to scholarship expenses for 20–21 and 21–22)	
Balance on 5/31/22	\$8,777.06

### Key Bank CD - Restricted to Convention Expenses (account moved from Berkshire Bank to Key Bank on 5/24/22)

Balance on 6/1/21	\$ 5,266.06
Withdrawal	931.64
(applied to convention expenses for 20–21 and 21–22)	
Balance on 5/31/22	\$ 4,334.42

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### Restricted and Unrestricted Funds in Key Bank Checking as of 5/31/22

Checking Account Balance	\$12,274.73
ERF Balance	\$413.19
Donations to Scholarship Fund	\$245.00
Total Restricted Funds in Checking	\$658.19
Balance Unrestricted	11,616.54

## **2022-2023 CALENDAR** (for full-year calendar, see 2022-2023 Yearbook)

### **SEPTEMBER 2022**

**September 11, Sunday, Pancreatic Cancer Research Walk**, Elm Avenue Park, Delmar (See page 1 for details)

**September 12, Monday, 10 am, Community Service Committee Annual Meeting**, Bethlehem Public Library Community Room

**September 25, Sunday, October PIP items due** (send to [jsg85@aol.com](mailto:jsg85@aol.com))

**September 26, Monday, 10 am, Chair Yoga with Jane O'Neill**, Bethlehem Public Library Community Room, Dress comfortably!

**September 27, Tuesday, Movie afternoon**