

DELMAR PROGRESS CLUB



MARCH 2023

PROGRESS IN PRINT



President's Message

You are probably wondering why I picked this picture. It's a picture of my friends from high school and me, several years after we graduated. I am the one third from the right. When I look at this picture, I envy this young woman. Not just because she has brown hair instead of gray, or that she is much thinner, but that she has a much quicker mind and a tremendous memory. Aging is hard, because we usually focus on what we have lost. Our memories aren't as sharp, our reflexes aren't as sharp, our balance isn't as good, we don't sleep like we used to....You understand what I mean.

But I'm reading a book that discusses "fluid intelligence" and "crystallized intelligence." Fluid intelligence includes problem solving, quickness of thought and memory, and adaptation. This is clearly the strength of the younger adult. Crystallized intelligence is the vast body of knowledge which an older person has, and can continue to grow throughout a lifetime. With crystallized intelligence hopefully comes more patience, maturity, wisdom, and understanding. This is my way of saying simply, stop beating yourself up because you can't remember the way you used to, that you will open the fridge and not remember what it is you needed, that you have to watch where you are walking a little more carefully, and instead focus on the fact that you have so much more wisdom that you did at 22! (My age in this picture.) Be proud of who and what you are!

(And do you think I should dye my hair back to brown??)

Pam

March General Meeting

Monday, March 6, 10 am

Bethlehem Public Library Community Room

At the March meeting, to be held on March 6th at 10 am in the Bethlehem Public Library's Community Meeting Room, we will have a ***Souper Creative Meeting***! No, that's not a typo! We are asking you to bring a poem you have written, a picture you have drawn or painted, a craft you are especially proud of, a quilt you love. Something you have created and want to share with us. Since we are not having a Souper Luncheon this year, with the Arts and Craft competition, we thought we would do a different version of it with more participants. Bringing something is not mandatory, but please try. I'm bringing a watercolor, so if I can do it, so can you! We are also serving homemade soup and desserts that members are donating. I am really excited about this experiment, and I hope you will be too!

Pam

March Planning Meeting

Thursday, March 16, noon

Bethlehem Public Library Board Room

On March 16th, right after book group, we will be meeting at the Bethlehem Public Library at 12 pm to eat pizza and do some planning for the Delmar Progress Club. We are having issues regarding activities and getting volunteers, so the hope is that we can do some CREATIVE problem solving. (See how I wove that in?) Please RSVP to me if you can attend so that I know how much pizza to buy. ptindallobrien@gmail.com or 518 439-1672. Hoping we get a good turn out with lots of good ideas!

Pam



MEMBERSHIP

**Debbie Gall, Second Vice President,
Chair** (galldebbiedpc@gmail.com)



New Members: Carol Berry, 18
McMillan Place, Delmar NY 12054
cberry52@yahoo.com 518-330-7834

Membership Information: To streamline our **Attendance** sign in at our meetings, it will be done by a checkmark next to your name on an online attendance list. This is in an attempt to avoid a line at the door. We are also working to streamline our record of **Volunteer Hours**. This is important information we need for reporting purposes, but hard to remember on the spot while others are waiting in line behind you.

Resignations: none

Deaths: none

Please reach out to Debbie Gall regarding dues, change of contact information, birthday information, etc. We want to keep our Membership List as up to date as possible...Thank You!

MARCH BIRTHDAYS

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

Happy Birthday to...

Eileen Perkins - March 3

Sue Kilgallon - March 16

Marilyn Peterson - March 18

Elizabeth Thacher - March 19

Dawn Pratt - March 22

Eileen Meyers - March 25

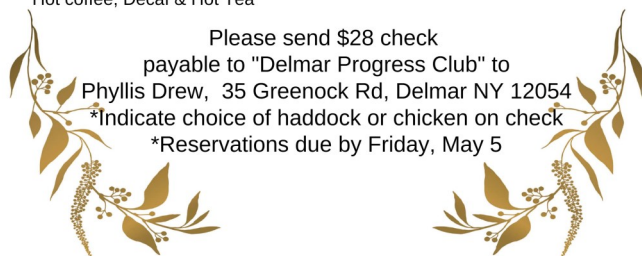


Wednesday, May 17, Noon

Red's Restaurant
12005 Route 9W, West Cossackie NY
(Need a ride? Call Barbara Kavanagh,
518-898-9041, after April 1)

Menu:

Fresh Crudities Platter
Horseradish-infused Cheddar Spread with Crackers
Mixed Green Salad with Balsamic Vinaigrette
Choice of entree:
-- Butter-crumbed Haddock with Duchess Potato
-- Chicken ala Red's (Breast of chicken in egg-parmesan batter, sauteed & finished with a delicate lemon/sherry sauce, served over rice pilaf)
Dessert: French Cheesecake with Blueberry-strawberry sauce
Hot coffee, Decaf & Hot Tea



Please send \$28 check
payable to "Delmar Progress Club" to
Phyllis Drew, 35 Greenock Rd, Delmar NY 12054
*Indicate choice of haddock or chicken on check
*Reservations due by Friday, May 5

SCHOLARSHIP FUND

Maryalice Svare, Chair



Thank you for all your contributions to the Delmar Scholarship Fund. Your generosity is very much appreciated. If you have not been able to donate and want to contribute, please send donations to Delmar Progress Club (Deanne Sodergren at 22 Sheffield Dr. Delmar). We are planning to award two scholarships to graduating seniors. Students will be applying through March. More information will follow as we go through the selection process.

CORRESPONDING SECRETARY'S REPORT

Margaret Dilgen, Corresponding Secretary

A get well card was sent to Carol Ackerman.



WELLNESS AND THE NATURAL WORLD

Chair (vacant)

Wellness Walks In the Spring, we plan to make our annual visits to see the daffodils at Oakwood Cemetery in Troy, the tulips at Washington Park in Albany, and the rose garden at Central Park in Schenectady.

Seed Library returns to the Bethlehem Public Library. Bethlehem cardholders can choose up to 10 seed packets per household online from **March 13 to April 10**. Visit bethlehempubliclibrary.org to get started. The library will contact you when your seeds are ready for pickup. Beginning April 11, seeds can be selected in person at the Information Desk while supplies last.



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

Albany Pro Musica Concert will present the Capital Region Premiere of "Star Song" by Bradley Ellingboe, APM's composer-in-residence, on Sunday, March 5 at 3:00 pm at the Troy Savings Bank Music Hall. The concert also features the American Modern Ensemble and tenor Dann Coakwell, as well as additional musical pieces. For tickets, visit albanypromusica.org/starsong or call the Box Office at (518) 273-0038.

Curtain Call Theater in Latham will present "Fireflies" Thursdays through Sundays from March 2-19. *This new play is adapted from the novel Eleanor and Abel by Annette Sanford, and is a charming love story about late-life romance.* For tickets visit curtaincalltheatre.com or call (518) 877-7529.

Sand Lake Center for the Arts will be hosting three concerts during the month of March, as follows:

March 4 - The Silver Beats Celebrate 60 years of The Beatles at 8:00pm

March 17 - Triskele at 7:30pm

March 19 - Patsy Cline Tribute at 3:00pm

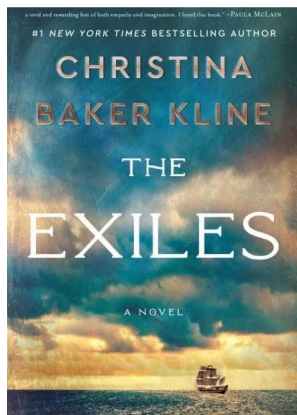
For details or to purchase tickets, go to slca-ctp.org

LITERATURE

Christine Doran, Chair

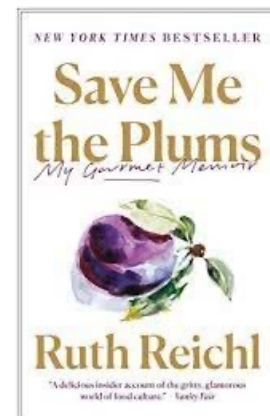
Thursday, March 16, 10:30 am, via Zoom, ***The Exiles*** by Christina Baker Kline

"In this gorgeous novel, [the author] brilliantly recreates the beginnings of a new society in a beautiful and challenging land, telling the story of Australia from a fresh perspective, though the experiences of [three women]." -- Amazon



Thursday, April 20, 10:30 am, BPL Board Room

Save Me The Plums: My Gourmet Memoir by Ruth Reichl



COMMUNITY SERVICE

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



Thank you to all our generous members who donated to the Pajama Program at the February meeting. Making the washcloth teddy bears is always fun and we made 54 of them! As a club we collected:

- 71 pajamas ranging from 3-6 months to XXL sizes
- 56 single toothbrushes
- 15 Kid brush/toothpaste kits
- 27 tubes of toothpaste
- 5 bottles of bodywash
- 11 bars of soap (3 with handknitted washcloths)
- 36 books ranging from Pre-K board books to intermediate level



ALL OF THESE GOODIES have been donated locally to USCRI which is the U.S. Committee for Refugees and Immigrants. We know there has been an influx of immigrants/refugees recently and they arrive with literally nothing so our donations will certainly be put to good use!!

THANK YOU FROM THE COMMITTEE: Linda, Debbie, Mary Ellen and Kathy

OPERATION SMILE

Denise Gisotti, Coordinator

Spring is Coming and Bringing Smiles!

Spring is such a lovely time of year as new life springs forth. **Operation Smile** after a period of dormancy during the pandemic is emerging to bring smiles once again to children with cleft palates and other medical concerns. The **GFWC** is a partner organization of **Operation Smile**. Our club has been making children's hospital gowns and small dolls (or what my grandchildren call "lovies") to bring comfort.

I have taken on the responsibility to be the DPC's Co-Ordinator for this service project.

Stay tuned for small ways you may want to engage in this service of compassion.

We are looking for donations of:

- cotton fabric, 44-45" wide and 1 yard long
- pre-folded bias tape
- brown paper to make additional patterns
- members who are interested in assisting

If you have any of these items and wish to donate them, please contact Denise Gisotti
golfing1020@yahoo.com



Delmar Progress Club -- January 10, 2023 General Meeting

Pamela Tindall O'Brien welcomed two speakers, the first of whom was David VanLuven, Supervisor of the Town of Bethlehem. Supervisor VanLuven previewed his State of the Town address, and reported on current happenings in the Town.

He explained the 3 Year "Bethlehem Forward" Plan, prioritizing open space protection. There are two initiatives he plans to champion, Traffic Safety and Investment in Parks. Under Traffic Safety, there will be an education campaign, as well as installation of some "speed humps", and engineering studies on Blessing Road and Kenwood Avenue.

The Parks Initiative will include an accessibility audit, improvements to infrastructure in existing parks, trails for the Normanside Ravines Park, and restoration of the Olympic Pool at Elm Avenue Park.

Between the speakers, Pam called our business meeting to order at 1:58, and led the Club in the Pledge of Allegiance. There were 38 members in attendance.

Several upcoming events were discussed, including the March Soup Luncheon. We lack a chair for this event. The format for the luncheon could change, if a chair wanted to, for example, have a potluck with recipes from previous events.

Scholarship Luncheon- Margaret Dilgen and Barbara Kavanagh volunteered to chair the event.

Senior Health and Fitness Day- May 31 at Bethlehem Town Park- The Club will have a table at this event.

Member Recruitment Cttee- will meet this summer, chaired by Debbie Gall

Arts and Crafts Competition- Linda Graf has volunteered to help with the BCHS portion of the competition. Members were asked to contact Marge O'Brien to get involved with this.

The business meeting was temporarily adjourned at 2:07.

Our second speaker was Martie Teunim, who spoke about native plants and their importance in preserving our natural world. She cited the new pollinator garden at Town Hall, and shared some resources for members who were interested in revamping their landscapes to more fully support local creatures.

Back to our business meeting:

Walks are on hold; there will be some outings this spring to specific sites.

Movie nights have not been successful; they are on hold, as well. It was suggested that a different night of the week might be more popular.

Checks for the Scholarship Fund should be mailed to Deanne Sodergren.

New brochures are being printed; see Debbie Gall for copies.

Community Service Cttee- Twenty-seven volunteers met to put together feminine hygiene kits. There is a list in the PIP of items being collected for veterans. Finally, the focus of the February 6 meeting is "caring is sharing". The Cttee will collect pajamas, children's toiletries, and make washcloth teddy bears.

The minutes from the November meeting were submitted for review. Joan Gavrilik moved to accept the minutes, Kathy Raffe seconded, and the minutes were approved.

Respectfully submitted,

Barbara Kavanagh

Recording Secretary

TREASURER'S REPORT: January 1 – January 31, 2023

Christine Doran, Treasurer

Checking

Balance on 12/31/22	\$ 12,532.57
Deposits	135.00
Expenditures	1,218.21
Balance on 1/31/23	\$ 11,449.36

Blackmore Scholarship CD

Balance on 12/31/22	\$ 20,768.44
Interest Income	43.59
Balance on 1/31/23	\$ 20,812.03

Scholarship Savings

Balance on 12/31/22	\$ 3,000.51
Interest Income	.03
Balance on 1/31/23	\$ 3,000.54

Scholarship CD

Balance on 12/31/22	\$ 5,787.92
Interest Income	10.95
Balance on 1/31/23	\$ 5,798.87

Leadership CD - Restricted to Convention Expenses

Balance on 12/31/22	\$ 3,742.61
Interest Income	7.08
Balance on 1/31/23	\$ 3,749.69

(note: all accounts are at Key Bank)

Restricted and Unrestricted Funds in Checking as of 1/31/23

Checking Account Balance		\$ 11,449.36
Emergency Relief Fund	556.44	
Scholarship Fund	810.00	
Remembrance Garden	100.00	
Leadership Fund	600.00	
Total Restricted Funds in Checking	\$ 2,066.44	
Balance Unrestricted		\$ 9,382.92

MARCH CALENDAR

March 6, Monday, 10 am, **General Meeting: Souper Creative Meeting**, Bethlehem Public Library Community Room

March 16, Thursday, 10:30 am, **Literature Group** via Zoom, **The Exiles by Christina Baker Kline**

March 16, Thursday, noon, **Planning Meeting**, Bethlehem Public Library Board Room

