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<http://www.mensgardenclubofalbany.org/>

(Serving the greater capital region)

Celebrating **81** years of service to our community

(First Chartered 1936)

VOLUME 80 NO. 9

November, 2017

Dinner and Program (everyone invited)

DATE & TIME: Thursday, November 16th @ 6:30 pm

PLACE: [PBD at Beltrone Living Center](#) 6 Winners Circle Albany

From Wolf Road go East onto Metro Park Road (across from the Hess Station) Take a LEFT onto Winners Circle. At stop sign take a RIGHT continuing on Winners Circle Following the signs for The Lakeview Restaurant & The Beltrone Living Center. Enter the building at the 1 South entrance.

First course: Roasted Pumpkin Soup - it's not just for pies and late anymore!

Entree: Roasted Loin of Pork with Savory Figgy Pudding

Dessert: "Minted Christmas Trees"

Price: \$ 25.00

PROGRAM: Traditional Holiday Flavors in New Ways

Our November program will surely get you thinking about the upcoming holidays, and will be in a format that is quite different than our usual after meal presentations. Mazzone Hospitality's PRIME at the Beltrone will be doing a cooking demonstration for us designed to spice up your holiday entertaining. The theme of the presentation will be "**Traditional Holiday Flavors in New Ways.**"

We will all enjoy a three course holiday-themed meal, while Blanchard Kenney, the General Manager of Mazzone Hospitality's PRIME at the Beltrone Living Center, will provide a cooking demonstration as we are served each course throughout the evening. Be sure to save room, as well as some curiosity, to learn about how to make and enjoy eating the featured dessert item --"Minted Christmas Trees."

The host of the cooking demonstration will be a familiar face to anyone who has attended our dinner meetings since we began coming to the Beltrone in Colonie a year and a half ago. Blanchard Kenney is always visibly attentive to all our needs throughout the evening, and I think you will agree that the service and quality of the food has been very commendable.

PROGRAM: Traditional Holiday Flavors in New Ways - continued

Blanchard has had an extensive career in the hospitality and culinary industry in the Capital Region. He spent many years as Executive Chef at two area country clubs, has been an adjunct culinary instructor at Schenectady County Community College, as well as a culinary arts instructor for a local job training program. Over the last 16 years he has worked in management for Normanside Country Club in Delmar, The Ausable Club in Keene Valley, NY, and for Mazzone Hospitality.

Reservations are required for the dinner

A caller should reach you soon for your reservation. If a caller leaves a message, please make every effort to return the call. If a caller does not reach you by Friday, November 10th, please call **Russ Greenman** at (518) 477-8321 – Note: Our intent is to call every member that is interested in our dinner meetings to get their reservation(s). If you are not getting called, and would like to be called prior to each dinner, please let Russ know.

Membership

Sam Yachup – Gardener Gone to Rest

Sam was a brilliant, kind, polite, generous and all around nice person. As a Master Gardener he excelled and shared his knowledge in many ways (see obit below). At times, I felt that he was more concerned about taking care of others than he was for himself. What a fantastic gentleman!



We'll certainly miss our friend **Mr. Sam Yachup**

Yachup, Samuel ALTAMONT Samuel Yachup of Altamont passed away on October 23, 2017, at the age of 80 after a courageous battle against cancer. After being born in Jacob's Creek, in western Pennsylvania, and growing up on a farm there, Sam joined the United State Marines in 1958, and was honorably discharged in 1962 after serving in numerous locations including Camp Lejeune, Puerto Rico, and in the Mediterranean. He then attended college and earned a master's degree in business administration from New York University. He worked as a financial executive for several international companies. Sam's accomplished career included being chosen to lead Henkel initiatives in Philadelphia and Montreal, where he was president for Henkel Canada. He returned to Henkel Corporation of America, where he finished his career as a corporate comptroller. He traveled to many regions during his career and enjoyed learning about the countries and people where he visited. After retiring in 1993, Sam enjoyed traveling with his wife, Catherine. During his retirement, Sam spent much time nurturing his extensive Altamont home garden, his fruit producing crops and beautifully landscaped flower gardens. He enjoyed sharing his harvest with his friends and people in need. He served 20 years as a master gardener in the greater Albany area through the Cornell Extension program, and volunteered to answer public questions about gardening at events, during Master Gardner call-in hours and through gardening information sheets that he authored. Survivors include his wife, Catherine Marich Yachup; his daughter, Natasha Yachup-Sandman; his son-in-law, David Sandman; his sister, Dorothy Marshall (Michael); nephew Michael (Melissa); and nieces, Marianna (Arden) and Barbara (Art). Services will include viewing hours on Sunday, October 29, from 4-7 p.m. during which the Parastas service will be held at 6:30 p.m. at Parker Brothers Memorial Funeral Home in Watervliet, followed by church services on Monday, at 10:30 a.m. St. Basils Orthodox Church at 26 Archibald St., Watervliet. Interment will then be held at 1 p.m. in the Gerald B.H. Solomon Saratoga National Cemetery in Schuylerville. In lieu of flowers, the family requests that donations be made to St. Basils Restoration Fund, 6 Lansing Ave., Watervliet, NY 12189, in Samuel's memory.

Joachim Frank - Nobel Prize winner

I always knew there was something unique about our MGCA members – but who knew that would include a **Nobel Prize winner**. Congratulations!!!! **Joachim Frank** was active in our club when he lived in the Albany area and now it seems like he is doing amazing research all over the world. **Joachim Frank** has done so many cool things in his life and I'm having a hard time condensing highlights of them into this newsletter. Below is part of an interview shortly after **Joachim** received the news of being a **Nobel Prize winner**.



Prize motivation: "for developing cryo-electron microscopy for the high-resolution structure determination of biomolecules in solution"

AS: The committee have singled out the fact that you developed the image analysis methods to allow ensembles of biomolecules to be put together and produce 3D images from many 2D images.

JF: Well regarding the three-dimensional reconstruction, first of all the whole step of averaging, that was one step. But these are two-dimensional averages and how to get to three-dimensions requires two steps. One was to find relative orientations between the molecules which is difficult if you don't know the structure. So it's like a chicken and egg problem.

JF: And the other one is putting all that information together once you know the angles. So these are essentially different moments, so in terms of how to find the orientations there was an 'aha moment' in 1977 or something like this where I conceived of the random conical method.



Photo: Joachim Frank

This is the very photo **Joachim Frank** mentions in the telephone interview, taken last weekend in Central Park, of his new dog Daisy. In a way it reflects his work in cryo-EM, in which multiple 2D images are transformed into high resolution 3D structures. "I was intrigued by the geometric arrangement," he says, "and the way 3D object (**Daisy**), the camera man (me), and their shadows are all depicted at the same time."

3-D Vision

The Wadsworth Center is a large government laboratory that sits under a 42-story skyscraper facing the Hudson River in downtown Albany. When the decision was made to create the center, **Donald Parsons**, who had hired **Frank**, had lobbied the state governor and Wadsworth's director to purchase a 1.2-megavolt electron microscope, one of only three in the United States at the time.

—**Frank** was inducted into the National Academy of Sciences in 2007.

Joachim Frank - Nobel Prize winner

The ribosome poses a triple challenge to those who would visualize it. It is hard to see: its diameter of 20 nanometers is well below the wavelength of visible light. The most ideal technique for imaging would seem to be electron microscopy. It is fragile, and electron bombardment at high magnification burns it up. At the same time, it is large for an organic molecule, with a mass of several megadaltons, and its size makes x-ray crystallography a formidable task.

Several crystal structures have nonetheless been obtained. However, emerging research shows that the process of translation is dynamic and involves the interaction of the ribosome with a host of catalytic factors. X-ray crystallography may be able to pinpoint atomic location, but it cannot show how the molecules ratchet, bend, and snap in the assembly line of translation.

To obtain a picture of the ribosome in a more natural environment, **Frank** uses a technique called cryo-electron microscopy (cryo-EM). In cryo-EM, a biological sample—say, of ribosomes translating mRNA—is frozen instantly into a thin layer of ice. “The ice is amorphous,” **Frank** says. “This is very important because if the water has time to form crystals, the biological material is destroyed.” **Frank** operates the microscope at $\times 50,000$ magnification, effectively holding the ribosome at arm's length to avoid damaging it with the electron dose. Each image he takes is a picture of disorder, with thousands of ribosomes in all orientations. “An individual image of a molecule is very noisy,” he says. “It's meaningless. Only averages over large numbers have any meaning.” Mathematical methods that he has developed enable him to integrate such large-scale micrographs into three-dimensional (3-D) images of a single ribosome.

Bob Pratt - Korean War Veteran - takes Patriot Flight to Washington DC

Bob Pratt immediately signed up for a trip after learning about the Capital District Patriot Flights from **Frank DeSorbo** and **Paul Bedard** at our Picnic in August.

Frank DeSorbo of Delmar serves as the President of this federal, non-profit organization, whose mission is to honor our veterans. **Frank** and his team really have a way of making sure that every veteran realizes how much we appreciate what they have done for us. In a small way - really a big way - the Patriot Flight team provides a fantastic service that makes this a special day for our veterans. **Bob Pratt** couldn't stop raving about how well he was

treated and how much it meant to him to be able to go on this trip.

Patriot Flight Inc. is a 501(c) (3) all-volunteer not-for-profit organization created to honor America's Veterans for all their sacrifices.

We fly our local veterans to Washington, DC to visit and reflect at their memorials for their service, sacrifices and memories.

Top priority is given to the senior Veterans – WW II Survivors along with other Veterans from any war that have been diagnosed with a terminal illness, those with too few tomorrows. Subsequent priorities are given to Korean and then Vietnam War Veterans.

Since it will be close to Veterans day by the time you receive this - it seems appropriate to give big Thank You! to all veterans. We really appreciate your service and **Frank Desorbo** and the Capital District Patriot Flight team, that dedicate their lives to making sure that you know how much you are appreciated.

Thanks again to all veterans for your service.



*Albany, NY Honor Flight Arrival
BWI - Airport 4-29-2017*

Capital District Patriot Flight's



October 14, 2017 Mission to DC



The day trip from Albany, NY to Washington D.C., is provided at no cost to the veteran. The

Veterans are flown back to Albany, NY the same day, where they receive a warm welcome home from the community.

High School Students – We want your Patriotic Spirit

Write a patriotic essay - win a day long flight in 2018

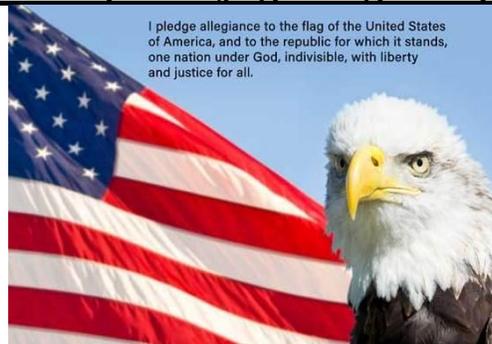
With Patriot Flight to Washington DC

with Veterans from WW II, Korea and Vietnam

Enter the 2nd Annual High School Student Essay Contest



Applications & Instructions - patriotflight.org & [capital district patriot flight](http://capitaldistrictpatriotflight.org)



Contact Lois Wilson Lwilson315@nycap.rr.com

**Donations
Honor Our**



**Appreciated –
Veterans**

November Program - Thank You!

The Vegetable Project by our own **Bill Stoneman**

Wow! We need to figure out a way to clone Mr. Bill Stoneman. He has done so much for our club and for the community. Bill is on the board of directors for the MGCA, got our 501(C) 3 status reinstated and started this awesome way of getting kids to enjoy learning. Bill Stoneman has started an Albany-based nonprofit organization called **The Vegetable Project** that uses gardens to create hands-on teaching and learning opportunities. His thinking outside of the box and hard work has helped students change their way of thinking (for the better) very rapidly. Imagine seeing a student look at a carrot just pulled from the ground – and saying “I’ll never touch that” to eating one and enjoying it after seeing a friend that was brave enough to try one. Another student saw a worm and her reaction was a good start to a conversation that led into a lesson in biology. Bill Stoneman spent some time on the subject “Why bother?”. For many, it is easy to justify not doing anything to improve the world – but, Bill gave some compelling reasons why it is important to do our part. Bill Stoneman not only talks the talk, he walks the walk and the world needs more people like Bill that really dedicate their life to helping others – even when it feels like your pushing a boulder up hill with little help.

Bill works as a building substitute teacher at **Albany High School**, where he shares a concern that mainstream education may not be working for many students, and that schools are struggling to meet the challenge for those students who are not thriving in a traditional classroom environment. **Bill** first started a garden program at the **Stephen and Harriet Middle School** in Albany in 2009, which later grew into **The Vegetable Project** and expanded to **Albany High School**.

The Vegetable Project, which supports teachers in developing garden-or plant-related instruction, and leads an after-school Garden Club at **Myers Middle School**. They offer paid internships to Albany High students and also partner with the City of Albany’s summer youth employment program. They have found that contact with nature, working with one’s hands, can cross traditional academic discipline boundaries, while offering an opportunity to engage some students who may otherwise falter in the traditional passive classroom learning environment.

www.vegetableproject.org

2018 Slate of Officers			
President	Don Wreiden	2020 Directors	Gary Woods and Bruce Wilcox
Vice Presidents	Greg Goutos and Joe Herman	2019 Directors	Bill Stoneman and Bill Danish
Recording Secretary	Tom Baker	2018 Directors	Jack Meagher and Chuck Scott
Treasurer	Russ Greenman	Regional Directors	Tom Baker and Bob Ireland

GARDEN TALK – By Paul Zimmermann (Past MGCA President)

Vegetable Gardening and the Insect Apocalypse

Recently you may have read in the news about the apparent precipitous decline in insect populations. The source of this sudden outburst of entomological concern was the publication of a German study that showed a 75% decline in the biomass of flying insects over a 27 year period. But this study only reinforces other studies that show declining populations of invertebrates across the world. Not only are populations declining, but species are disappearing at an alarming rate. Until now most folks have only heard about the so-called bee colony collapse disorder that has impacted both wild and managed bee populations. But apparently the problem is far broader based than most people had imagined.

As an aside, I've been asking for years why car windshields no longer get splattered with bugs during the summer months. Was it because cars have become more aerodynamic? And where are the June bugs that produced the biggest splatters? Also it seems years since I've been bitten by a mosquito (can't say that I miss those blood suckers).

There appears to be little consensus on the underlying cause(s). Pesticides? Monoculture? Loss of habitat? Whatever the reasons, entomologists have their work cut out for themselves.

For vegetable gardeners, in the short term, need we be concerned? Based on the gradual nature of the insect population decline, it's unlikely that we'll see a dramatic year-to-year impact. However since pollination occupies an important role in garden health and productivity, I believe we should keep a sharp eye out for problems with vegetables that are highly dependent on pollinators. I have listed below common (and some uncommon) garden vegetables that are highly dependent on pollinators.

Vegetable/Fruit	Pollinator Dependency	Pollinators
cucumber	high	honey bees, squash bees, bumblebees, solitary bees
squash	high	honey bees, bumblebees, squash bees, solitary bees
melon	essential	honey bees, bumblebees, squash bees, solitary bees
watermelon	essential	honey bees, bumblebees, solitary bees
apple	high	honey bees, bumblebees, solitary bees, mason bees, carpenter bees, hover flies
cherry	high	honey bees, bumblebees, solitary bees, flies
plum, pear, peach	high	honey bees, bumblebees, solitary bees, flies
kiwi	high	honey bees, bumblebees, solitary bees, flies
raspberry	high	honey bees, bumblebees, solitary bees, flies
blackberry	high	honey bees, bumblebees, solitary bees, stingless bees, hover flies
strawberry	high	honey bees, bumblebees, solitary bees, flies
coriander	high	honey bees, solitary bees
fennel	high	honey bees, solitary bees, flies
almond (nut)	high	honey bees, bumblebees, solitary bees, flies
Brazil (nut)	essential	bumblebees, Orchard bees, carpenter bees

GARDEN TALK – By Paul Zimmermann (Past MGCA President) - continued Vegetable Gardening and the Insect Apocalypse

As you can see, many garden favorites such as tomatoes, peppers, eggplant, potatoes, beans, peas, and greens such as lettuce, chard and kale require little or no pollinator assistance. You'll also be happy to learn that the major grain crops such as corn, wheat and rice also self-pollinate. Mass starvation from lack of pollinators seems to be improbable. However the interactions of nature are complex and largely unknown (until it's too late), so we should, at a minimum, pressure our elected officials to fund scientific inquiries into declining insect populations. Or in the future our diets might become considerably more monotonous.



Sources

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History – 30 years ago

MEN' GARDEN CLUB OF ALBANY

BOARD OF DIRECTORS MONTHLY MEETING NOVEMBER 5, 1987

The Regular Meeting of the Board of Directors was held on Thursday evening, November 5, 1987 in the Cerebral Palsy Center for the Disabled.

The meeting was called to order by president **Joe Huth** at 7:35.

The Minutes of the September 24, 1987 meeting in lieu of the October meeting were approved as read by the Club Secretary, **Tom Baker**.

The Treasurer's Report was approved as read by **Paul Hughes**, our Club Treasurer. As of October 31, 1987 there was a total balance on hand of \$4,675.78, and the balance in the Key Advantage Account was \$5,550.82.

COMMITTEE REPORTS

The Bulb Sale: A complete report will be made when all after sale monies are turned in to **Joe Raggio**.

Calendar Committee: At least 50 calendars are left and Chairman **Charlie Schade** is anxious for Club members to buy as many as they want, soon, because he and **Ferd Johnson** will be selling the rest at the Empire State Plaza.

Gardening From the Heart: Yesterday, Wednesday, the clients had probably their last experience, for this year, participating in activities around the outside gardens. They are also busily working on their plant sale which will be held on December 9 from 9 p.m. until noon. All Club members are welcome to come and see what they have to offer.

Museum Committee: No report.

Memorial Committee: The two scheduled plantings of a Pear tree and Holly were completed.

Calling committee: All callers for the November dinner meeting at the Cerebral Palsy center will call in their reservations to **Herm Mau**.

OTHER BUSINESS

1. The next Board of Directors meeting will be held on Dec. 3.
2. **Al Miller** will not be able to publish the Dirt in January, therefore, **Don Otterness** volunteered to do the Dirt and have it mailed to the members.
3. The Board unanimously approved a suggestion that we as a Club, should send flowers to **Al** and **Barbara Miller** in Atlanta. **Al** will be presiding as the National President. It was decided that the simplest way to do this was to contact **Bob Ireland** who was already in Atlanta and have him make arrangements there, to be delivered to their room, and we would reimburse him later.
4. **Don Otterness** made the motion that the Club should set aside, and present \$2,000 to **Al Miller** for his expenses while he is our National Men's Garden Club President. **Herman Mau** seconded the motion which was carried. The details will be worked out later.

--The Board also voted unanimously to take this money out of the Key Advantage Account, since it was money left over from our highly successful national Convention under **Al's** leadership.

5. **Mrs. Duck** will make a Holly wreath for the head table at the Ladies Invited Dinner.

There being no further business, the meeting was adjourned at 8:25.

Respectfully submitted by _____ **Tom Baker**, Secretary

** Editor's note: **Tom Baker** has been faithfully documenting our minutes since way before he had a personal computer - but somehow he has managed to digitize all of the minutes he has taken over the years and we now include them in our newsletter under the heading "History - 25 years ago" Thanks, **Tom Baker!!!**



MEN'S GARDEN CLUB of ALBANY CLUB ACTIVITIES

Albany International Airport
Don Wrieden – Chairman



Adopt-a-Highway –
On hold until our raised bed is returned



Ken Abele during construction of our second raised bed on I-90 at Exit 7 Westbound. Built to last with lots of steel, many yards of concrete, some fancy filter material that **Ken Abele** found to keep the soil from washing out between the blocks, 2" foam insulation (allows us to plant tulip bulbs closer to the edges), many blocks hauled by **Ken Abele** and many yards of nice soil from **Osborne Mills Nursery** on Everett Road in Albany. And most importantly, this was build as a Memorial to an outstanding member - **Mr. Conrad (Connie) Robert**. This project took years to get State and Federal approvals and lots of hard work from members of the Men's Garden Club of Albany. ps. If you know who borrowed our several thousand pound raised bed - **please ask them to return it.**



Someone that was working on the bridge at Exit 7 of I-90 knows where it is.

Built to last...
Destroyed in hours
This was our Memorial to **Mr. Conrad (Connie) Robert**

Forcing potted bulbs for winter color

Years ago we held an annual bulb forcing contest for our members. We would like to do that again this year and we will try to supply bulbs at our November 16th dinner meeting. The goal is to have the best looking Daffodil that we can show at the Capital District Garden and Flower show on March 23rd 2018. The winner gets bragging rights and a free year's membership in the MGCA.

By potting bulbs now for forcing, you can have colorful blooms in your home from Christmas time until spring. Forcing is the process of stimulating plants to bloom out of season. Bulbs can be planted in pots during October or November to bloom from January through April.

Many popular flowering bulbs can be forced indoors, including daffodils, tulips, hyacinths, and crocuses. Most of these take 10 to 20 weeks from planting to bloom. Paperwhite narcissus take only 6 to 8 weeks to bloom, however, so they are the best choice if you want flowers sometime around the holidays.

The key to success lies in the timing of each step in the forcing process. Here's a simplified outline of the process:

1. To plant your bulbs, select clean pots with drainage holes in the bottom. The pot should be at least twice as deep as the bulbs to allow good root development, though it's best to use a broad, shallow pot that won't tip over when the plants get top-heavy after blooming.
2. Fill each pot loosely with a lightweight potting medium, leaving space for the bulbs to sit in the soil with their tips just below the pot rim. Do not compress the soil or press the bulbs into it. Cover the bulbs with potting mix up to the rim of the pot, then water. Watering will compress the potting mix enough to leave headspace for future watering.
3. Put pots of bulbs in a cool, dark place to prepare them for later leaf and flower growth. You can use any structure – such as a root cellar, an unheated basement, an old refrigerator – where you can keep the temperature between 35° and 50° F.
4. To force the blooms, bring the pots out of the cool environment into warmth and light to trigger the formation of leaves and flowers. For best results, give the bulbs a temperature of 60° F and direct sunlight. From the time you remove them from storage, the bulbs will require another three or four weeks to bloom. If you have prepared a number of pots for forcing, you can bring out one per week to provide a longer period of blooms.
5. Rotate the pots regularly so that all the leaves receive an equal amount of sunlight. To prolong the bloom, remove the plants from direct sunlight when they begin to flower. Keep the soil moist throughout the forcing period.

Note that paperwhite narcissus are best kept in a cool, but not so cold, spot (50° to 60°) in low light until they are well-rooted and shoots appear – usually in two to three weeks – before placing them in sunlight.



Gardening from the Heart at the Center for Disability Services

Volunteers in October included: **Tom Baker, Russ Greenman, Joe Herman, Joe Huth, Jack Meagher, Bruce Wilcox, and Don Wrieden.** With the unusually warm weather we have been able to spend our days outside in the garden picking the last radishes, tomatoes, brussel sprouts and herbs for the cooking class. We're also starting to clean up the gardens and preparing to plant flower bulbs that we'll try to force to that in early Spring our group members will all get to take home a pot of nice daffodils. Special thanks to **Dave Becker (Becker's Farm)** for allowing us to buy some of the good growing material that they usually reserve for their growing needs. We'll use that to start our bulbs and for the cuttings that we plant during the colder weather when we're stuck inside. By November, I expect that we will be working indoors and we always welcome projects that our group members can be involved in. If you have free time on Wednesday mornings – you could consider helping us out – I bet it will do as much good for you as it does for the individuals. – Contact anyone of our volunteers to find out more.



Greenhouse and raised beds at the Center For Disability Services 700 S. Pearl St.

I'm sure that Bruce did not make these



**Memorial Garden
At the Albany County Cooperative Extension
Joe Huth / Chuck Scott - Chairmen**



**Harris Memorial
Centerpiece**

Thanks to the **Harris** kids!

Each month, the **Harris family, Dave** and his sister **Diane** design and create a beautiful centerpiece to honor their parents and their brother **Phil**. Every month one of their masterpieces has been raffled off since 1980 - **YES, That's 37 Years!!!** and the money goes into our Memorial fund. The more I think about it, the more amazed I am at how much time, talent and money goes into each one of the **Harris** centerpieces that **Phil** and now **Dave** have been bringing, to every meeting, for more years than I can remember. What talent and generocity that family has. We can't begin to thank all of you for all you have done for us over the years. **Thanks again to the Harris kids!**

Scholarship Winner Announced

This year's recipient of the \$500 scholarship is **Emily Lewis** of Round Lake, NY. **Emily** just completed her senior year at Shenendahowa High School, where she maintained a 98 average while also an outstanding athlete on the Track & Field Team. She just started her first semester at the University of Delaware, where she is majoring in Environmental Studies, with a focus in Geology.

Emily is the Niece of our club Vice President, **Greg Goutos**. It is always nice to award the scholarship to a person with a connection to our club, and she is the first female to receive it in many years. Congratulations and good luck to her, and be sure to meet **Emily** when she is an honored guest at our Christmas dinner meeting.

Southwest Garden Tour

DISCOVER ARIZONA
APRIL 3-9, 2018

A full brochure will be
available at our November 16th
dinner



Rensselaer County Master Gardeners continue the quest to see Gardens of America. Join us in a wonderful trip to the Southwest area of the United States-Arizona. Here we will explore the native plants of this area and experience gardens so different from our own. We will also see other many hidden gems in Phoenix and Tucson. Included will be a speaker from the Cactus and Succulent Society and private garden tours in Phoenix and Tucson.

DATES TO REMEMBER

Today!	Please visit our friends that need our visits and cards
December 7 th @ 7:30 pm	Board of Director's Meeting All members are invited
Every Wednesday : @ 9:15 am	Gardening from the Heart Center for Disability Services 700 South Pearl St. Albany
November 16 th @ 6:30 pm	Monthly Dinner meeting
December 14 th @ 6:30 pm	Monthly Dinner meeting

Editor: **Russ Greenman**

Please support research for ALS (Amyotrophic Lateral Sclerosis - Lou Gehrig's disease) in memory of one of our most active members - **Mr. Bill Town**

Click on this link to read his story: <http://community.als.net/teamtown>

Special thanks to **Paul Zimmermann** for our terrific website

<http://www.mensgardenclubofalbany.org/>

Go ahead - click on it - you'll be glad you did.

Capital District Patriot Flight Inc
WW II, Korean, Vietnam, Cold War Veterans
Flights to the War Memorials in DC
2018 Spring & Fall

Complete Applications Now

Veterans & Guardians Send in Your Application



Patriotflight.org

PO Box 190 Delmar NY 12054

Capital District Patriot Flight on Facebook

518-439-9265 fomservice@aol.com (Frank)

518-795-0665 bdmendini@yahoo.com (Bruce)

In Memory

Of My

Loving Wife, Young

Bruce Wilcox

In Memory of

*Louis Meo
&
Richard Stankus*

*In Memory of
Al & Barbara Miller*

Phil Harris

Bill Barr

Christian & Mildred Lebrecht

Ed Tompkins

Avrom Koblenz

In Memory of my parents

John and Carrie Meagher

They both loved Plants and Flowers

Jack Meagher

In Memory of

Grandpa & Great Grandpa

Carroll W. Greenman

Russ, Maria, and Carl

In Memory of

*Wally Dillenbeck
and
Don Otterness*

By Tom Baker

In Memory of



Bill Town

Joe Herman

*In Memory of
my Dad*



Carroll W. Greenman

Bob



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<http://www.mensgardenclubofalbany.org/>

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