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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. 3

March, 2017

MGCA March dinner meeting

DATE & TIME:

Thursday, March 23rd @ 6:30 pm

Ladies and the public are cordially invited

PLACE:

Prime at the Beltrone Living Center 6 Winners Circle Albany

APPETIZER:

Soup

Price: \$ 25.00

ENTRÉE CHOICES

Chicken and Eggplant Sorrento served with Pasta Marinara

Traditional Beef Stew over Mashed Potatoes

Roasted Cod, Lemon Beurre Blanc, Mashed Potatoes, Chef Vegetable

DESSERT:

Chocolate Irish Chocolate Cupcake

PROGRAM:

Town of Bethlehem's Recycling at their award winning composting facility.

Presented by: **Dan Lilkas-Rain Named State Recycler of the Year for 2016!**

Dan Lilkas-Rain, Recycling Coordinator for the Town of Bethlehem, (left) is presented with the 2016 Recycling Leadership Award



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 Saturday, March 18th, please call **Russ Greenman** at 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

James Glasgow Tate

Sadly, we report the loss of another real gentleman that we were all honored to have known. **Mr. Jim Tate** was an active life member of our club until he moved to North Carolina. Like so many gardeners, **Jim Tate** was successful at living his life to help others and to make this world a better place. Thanks **Jim** for a lifetime of service.



Tate, James Glasgow DELMAR James Glasgow Tate of Delmar, passed away on Sunday, February 12, 2017. He was born in Altoona, Pa., on September 17, 1924, the son of **Joseph L.** and **Genevieve G. Tate**. He served in the eighth Air Force and was a decorated [World War II](#) veteran; awarded the Air Medal with three clusters, Distinguished Flying Cross and four Bronze Battle Stars, receiving the rank of first lieutenant upon his honorable discharge. He continued his education at Pennsylvania State University and received his bachelor of science in chemical engineering. He was employed by Mobil Oil Corporation for 34 years and retired to establish the **Red Horse Farm** in 1985,

where he enjoyed his passion for gardening, the annual family pumpkin harvests and community service, including the Free Masons, Cooperative Extension and the Senior Citizens Center. He loved life, playing tennis, golf, bridge, and poker and was known for his wink and a smile. He is survived by his beloved wife, **Barbara Camp** of 65 years; his sister, **Joyce Small** of Charlton, Mass.; four children, **Emily Tate** of Kamuela, Hawaii, **James Warfield Tate** of Shelton, Conn., **Lesley Tate Allen** of Oriental, N.C. and **Bradley Glasgow Tate** of Ambler, Pa.; nine grandchildren and three great-grandchildren. There will be a private celebration of his life in the spring. In lieu of flowers, memorial contributions in memory of Jim may be made to Friends of Five Rivers. Environmental Conservation Center. applebeefuneralhome.com Albany Times Union on Feb. 19, 2017

Applebee Funeral Home
403 Kenwood Avenue
Delmar, NY 12054
(518) 439-2715



Sal Schiavo is in the Villa Mary Immaculate Nursing Home
301 Hackett Boulevard, Albany, NY 12208

I'm sure **Sal** would appreciate a visit as it can get lonely being away from home and unable to drive. I'm sure he could use your encouragement, thoughts and prayers.

Dues are due in small unmarked bills (25 of them) – mailed to **Russ Greenman** \$15 pays for your national membership in the MGCA/TGOA, \$.50 pays for the regional dues, and the remaining \$9.50 pays your local dues. Please let **Russ Greenman** know if there are any changes (from your last directory) that need to be made for the 2017 membership directory. That includes: Name, Address, Phone #, significant other's name, email address

February Program - Thank You!

Neil Gifford spoke about their efforts to restore the **Albany Pine Bush** Preserve's globally-rare inland pine barrens ecosystem

As we expected, **Neil Gifford** kept us on the edge of our seat as we learned how the work their doing at the **Albany Pine Bush Preserve** is improving this globally rare and significant preserve. Six years ago, almost to the day, **Neil** spoke to our group (see DIRT article below) and to this day I keep telling folks about some of the things I learned from that talk. **Neil** talked about the many species of plants and animals that help classify this Preserve as one of the best in the world. It was interesting to hear about how "prescribed" fires are used to manage various sections of the preserve. These "prescribed" fires are based on a 30 page prescription, specific to each section, written by **Neil's** team to insure the health of the preserve. Fire is necessary to insure that seeds pods open and that the sand is exposed for the plants that grow best with their roots directly in the sand. We have a goldmine in our back yard and a visit to the **Discovery Center** in the **Albany Pine Bush** is something that we should all take advantage of.

Neil's presentation sparked (no pun intended) many questions and I hope many of us will also take advantage of this globally unique Preserve and the **Discovery Center** located on Rt. 155. Special thanks to **Neil Gifford's wife** and a **co-worker** that joined us for the evening.

From the February 2016 DIRT

Our speaker this month is **Neil Gifford**, who is the Conservation Director for the Albany Pine Bush Preserve Commission, a NYS Public Authority created in 1988. He will talk about their efforts to restore Albany's globally-rare inland pine barrens ecosystem. The Albany Pine Bush Preserve contains the world's best remaining inland pitch pine-scrub oak barrens ecosystem, as well as 70 wildlife species of greatest conservation need.

Neil's interactive presentation will shed light on what it means to restore a healthy ecosystem, and highlight the commission's successful efforts in doing so. It will surely be a fascinating talk that will enlighten us all on a very unique ecosystem that we are fortunate to have right in our own backyard.

Neil Gifford has been associated with the Albany Pine Bush Preserve Commission for over 20 years, and as the Conservation Director he is the Commission's lead scientist, directing the management, monitoring and research activities within the 3,300 acre Preserve. He has authored several scientific publications on various aspects of pine barrens conservation, and is also licensed USGS master bird bander. During his tenure at the Commission, the Albany Pine Bush has been designated a National Natural Landmark, a NYS Bird Conservation Area, and a National Audubon Society Important Bird Area. He is a graduate of Plattsburgh State University, where he received a B.A. in Environmental Science & Ecology, and later a M.A. studying breeding season bird ecology.

February Dinner Review from the March 2011 DIRT

The program was "Birds of the Wild" with **Neil Gifford**. **Neil** is from the Albany Pine Bush Discovery Center. **Neil's** presentation was well organized, thought out and sparked many interesting questions. His presentation really made us appreciate how important the pine bush is to so many species of birds. Can you imagine tracking birds from around the World as they look for food or nesting areas? Neil has watched the same birds travel thousands of miles only to nest within a few feet of the nest they built last year. They mark that spot in their high tech built in GPS system because the Pine Push offers food and safety for them and their young. They offer many tours that sound like they are well worth attending. I'm not sure... but I think **Neil** even gets paid to do all this cool research. For more info check out <http://www.albanypinebush.org/>

Garden & Flower Show

March 24-26, 2017 - We will have our Educational booth at the **Capital District Garden and Flower Show**. Thanks to **Tom Baker's** minutes, in this newsletter, we know we have been supporting this show (and bluebirds) for at least 25 years. Please contact **Russ Greenman** to see how you can help (and get in for free to see a great show).

We need volunteers

Friday, March 24, 10 am - 8 p.m.

Saturday, March 25, 10 a.m. - 7 p.m. and

Sunday, March 27, 10 a.m. - 6 p.m.

Even if you don't work the show I'm sure you will be impressed as to the amount of

work that goes into this show. Where else can you find 30 foot trees, ponds and streams with fish, gazebos, 2 ton rocks, thousands of blocks forming huge walls, tulips growing in the gardens, etc. It's well worth seeing. It's also neat to see the contest entries that like the ones that **Don Otterness** used to enter. Need a new gizmo? It's probably there waiting for you to take it home. If nothing else you will get some great ideas for projects around the house. On second thought, that may not be good advice – you might want to leave the boss at home... unless you want the “honey do” list to get longer.



Spring Garden Day

Saturday, March 11th, 2017 Saturday, 9:45 am - 3:30 pm

Tamarac/Brunswick High School Troy, New York

Activities include:

Classes, a nice lunch, book & plant sale and auction. \$30 per person includes up to 3 classes, the keynote speaker and lunch. For questions call 518-272-4210. Click here for full brochure and registration form

<http://ccerensselaer.org/resources/spring-garden-day-2017>

Seeking Candidates for Scholarship

Do you know a deserving college student who could benefit from receiving a \$500 Scholarship from our club? This year the Scholarship Committee would like to ask all our members to consider a personal family member or friend who might qualify. Candidates can be a current college student, or a high school senior registered to begin a college program this fall. Ideally, they should be pursuing studies in any horticultural-related field, including agriculture, environmental studies, forestry or natural resource management. Applicants need not live locally, and can be male or female. Perhaps you have a child, grandchild, nephew or niece, or know of a neighbor that would qualify? If so, please contact **Greg Goutos**, Scholarship Chair, at 861-6052 for application details.

The deadline is May 31.

A celebration of
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-Choose classes from 10
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jects

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plant sale

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website at ccerensselaer.org or
phone (518) 272-4210

History – 25 years ago - MARCH 7, 1991
MEN`S GARDEN CLUB OF ALBANY
BOARD OF DIRECTORS MONTHLY MEETING

The regular Monthly Meeting of the Board of Directors of the Men`s Garden Club of Albany, was held on Thursday evening, March 7, 1991, in the Cerebral Palsy Center for the disabled.

President **Joe Raggio** called the meeting to order at 7:35.

The Minutes of the February 7, 1991 meeting were approved as read by the Club Secretary, **Tom Baker**

The Treasurer`s Report was approved as presented by our Club Treasurer, **Fred Day**. There was a balance in the General Fund, as of February 28, 1991 of \$4,220.50, in the Memorial Fund there was \$742.29 and in the Endowment and Investment Fund there was \$6, 083.26.

COMMITTEE REPORTS

* **DELMAR PLANT SALE: Wally Dillenbeck** reported for **Herm Mau** who is wintering in Florida. (We are having two sales this year, the second one will be in Guilderland)

Many details were discussed and were readily resolved. Someone volunteered his truck and himself to transport the tables from the Methodist Church.

* **GUILDERLAND PLANT SALE: Don Otterness**, in charge, reported that the final plans are still in the works.

* **FLOWER SHOW EXHIBIT: Andy Cytrynak** reporting:

The exhibit is just about complete. **Tom Baker** showed-up Thursday afternoon to help.

Andy informed the club that he had arranged with the Helderberg Kiwanis Club to sell, on consignment, Blue Bird houses, at a cost of \$10.00. We will get \$5.00 for each house we sell.

Warren Abele`s Seminar on forcing Daffodils will be at 4:00 on Saturday afternoon.

All the slots for manning the exhibit were filled.

* **YOUTH GARDENING: Lee Negus** reporting:

Lee asked the board if the Club would be sponsoring the Seed and Plant Growing contest this year as we did last year. **Wally Dillenbeck** made the motion that we should sponsor the contest and that we should appropriate the necessary monies to fund the project. The motion was carried.

NEW BUSINESS

President **Joe** read a communication from the City of Albany inviting our Club to take part in a Beautification project in the City which will be held during the week following our Plant Sales. The Board decided that we as a club would not participate, however, any members who would like to help may do so on their own.

The Club was also invited to take part in the 1992 Festivities in Albany commemorating the Five Hundredth Anniversary of **Columbus** discovering America. This was left for a decision at a later date.

Dinner meeting, March 21, 1991 will be held in the Tom Sawyer Motor Inn, with **Richard Stott Anderson** our own member who will give a talk entitled "A Gardener`s Year."

There being no other business, the meeting was adjourned at 9:07.

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



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 this - **please ask them to return it**. Someone with big boy toys on site while working on the bridge? Thanks!!!



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



Gardening from the Heart at the Center for Disability Services

Volunteers this February included: **Tom Baker, Russ Greenman, Joe Herman, Jack Meagher, Bruce Wilcox, and Don Wrieden.**



Since we finally got some snow this year we felt that we should make more bird treats out of pine cones, Peanut Butter and sunflower seeds. I think that some of us were looking for the jelly and had to be reminded to save some Peanut Butter for the birds. We also took cuttings from Coleus and Philodendron plants. We got some Color-ons from national that are kinda unique. They are stencils of various gardening symbols that the garden club attendees colored in with crayons. When the coloring is complete we will iron them onto tote bags and shirts that each individual will get to keep.

We always welcome any ideas for hands on projects that we can do inside during the winter months. Or, better yet, we could use your help to lead an indoor gardening project.

Greenhouse – We’re looking for your thoughts about the outdoor work area and the existing greenhouse. If we had the option to design a storage shed / greenhouse with solar power – what would it look like? We will be replacing some of our oldest raised beds and will need some strong backs to transfer the soil from the old beds to the new raised beds.

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.





Memorial Garden
At the Albany County Cooperative Extension
Joe Huth / Chuck Scott Memorial Garden 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.



Harris Memorial Centerpiece
Made and donated by the Harris family

Thanks again to the Harris kids!

DATES TO REMEMBER

Today!	Please visit our friends that need our visits and cards
March 24 Fri 10am - 8pm	Capital District Garden and Flower Show - Hudson Valley Community College http://gardenandflowershow.com/
March 25 Sat 9am - 7pm	
March 26 Sun 10am - 5pm	
March 23 rd @ 6:30pm	Dinner meeting - @ the Beltrone Center – 6 Winners Circle
April 27 th @ 6:30pm	Albany, NY
April 6 th @ 7:30 pm	Board of Director's Meeting All members are invited
May 4 th @ 7:30 pm	
Every Wednesday : @ 9:15 am	Gardening from the Heart Center for Disability Services 700 South Pearl St. Albany

Editor: **Russ Greenman**

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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March, Garden Reminders by Bill Danish

Treat Snow-Laden Branches With Care

When tree and shrub branches bend under the weight of a new snowfall, use a broom to gently brush off the snow. Don't try to remove ice or you might break the branch. It's possible to save a branch that partially splits from the main trunk if you tie it in place and use long screws (coming from each direction, if necessary) to secure it. If done right away, the tree may callous over the wound and heal itself.

Use a Heat Mat

For seeds that need warmth to germinate, a heat mat underneath the flat can make a big difference. Once the seedlings are up, move them off the mat and grow them on at a cooler temperature to encourage strong, stocky growth.

Sow Slow-Growing Annuals

It's not too soon to start annuals that get off to a very slow start, such as pansies, violas, petunias, snapdragons, and lobelia. While garden centers offer some favorites, the choices are seeming endless when you grow your own, and the quantity will be too if you save all the little seedlings.

Check Grow Lights

If you are preparing to start seeds under grow lights or fluorescent shop lights indoors, check the tubes for signs of age. Tubes that have been used for two to three seasons probably have lost much of their intensity even though they look fine. Dark rings on the ends of the tubes are a sign they need to be replaced.

Get Pruning Tools Ready

Before the main pruning season starts, take apart hand pruners and shears, sharpen the blades, oil the levers, and remove any rust. Pruning trees will go much faster and be easier on your hands when you use sharp, well-maintained equipment.

Plan Schedule for Indoor Seed Starting

Check seed packets for recommendations, then plot out planting times for seeds you'll be starting indoors. Don't try to get a jump on the season by planting earlier; larger plants are more easily stunted than smaller ones and won't necessarily grow faster once they're transplanted outdoors.

Trim Leeks

If you started leeks indoors, they are probably getting pretty tall by now. Trim them back to about 2 inches in height, so they don't get spindly and fall over. Like grasses, leeks grow from near the soil line rather than from the top, so you won't harm the growing point by trimming them back.

March, Garden Reminders - Continued

Begin Fertilizing Houseplants

Now that the days are getting longer, your houseplants will be resuming vigorous growth, so begin fertilizing with a soluble fertilizer. A seaweed/fish emulsion blend is a good choice -- but look for one labeled as "no odor" to avoid the usual pungent smell. You can fertilize monthly at the label's recommended dilution rate, or fertilize every time you water using a quarter-strength mix.

Sterilize Seed-Starting Trays

Dig out seed-starting trays and pots and wash them in soapy water. Then, in a bucket or work sink, sterilize them in a solution of one part bleach to nine parts water. This will help prevent disease organisms from ravaging your seedlings.

GARDEN TALK

Chicks & Bricks: Do you lose sight of your "hens & chickens" (sempervivums) among other annuals and perennials in your flower garden. A most effective way to use these plants is to set them in the openings of concrete blocks made with holes. Outline your flower bed with the blocks, fill the holes with potting soil and set the "hens & chickens" into the soil. They thrive in the bricks and make an attractive permanent edging. It looks good winter and summer and makes trimming the lawn around the flower bed much easier. A side note – we have "hens & chickens" growing out of gravel at the Center for Disability Services which we dig every year and sell at our plant sale.

Sweet Corn Genetics - Mark Willis, Harris Seed

Every year customers ask about the different genetic types of sweet corn we have to offer. Here I will try and give you a quick lesson in sweet corn genetics. There are three basic genetic types of [sweet corn](#) we offer: normal sugary (su), sugary enhanced (se) and supersweet (sh).

Normal Sugary (su) is the standard sweet corn and is the one you've known for years. They have a good corn flavor and their quality is best if picked and eaten the same day. When picked at full maturity, the quality is good but the quality soon depreciates after full maturity has been reached. Most normal sugary varieties germinate quite well at 55° F. soil temperature and grow with good vigor. *Normal sugary varieties should be isolated from supersweet varieties, field corn, popcorn and ornamental corn. They may be planted beside sugary enhanced varieties.

Sugary Enhanced (se) varieties have the familiar corn flavors but their sweetness, tenderness and moisture levels are enhanced by the se gene. The result is a sweeter, more tender kernel with good corn flavor that will retain its eating quality longer than a normal sugary variety. Most (se) types prefer slightly warmer soils (above 60° F.). *Sugary enhanced varieties should be isolated from supersweet varieties, field corn, popcorn and ornamental corn. They may be planted beside normal sugary varieties.

GARDEN TALK - Continued

Supersweets (sh) have a shrunken gene, a name that describes the lightweight, wrinkled seed of this type. This gene raises the original levels of complex sugars and extends their flavor by slowing the conversion to simple sugars and finally to starch. Their moisture is also retained longer and they have a much extended high quality period, both on the plant and after harvest. The earlier introductions of this type had a kernel texture that was noticeably crunchier and firmer than other genetic types. However, recent breeding advances in the supersweet class have improved the tenderness considerably from what it used to be. Supersweets do not normally germinate well under less than ideal conditions. Wait for ideal growing conditions (soil temperatures of at least 65° F. and adequate moisture) before planting supersweets. *Supersweet varieties may be planted beside each other but need to be isolated from all other genetic types of corn.

* Because corn is wind pollinated, isolation as used above can either mean 250 feet apart, separated by an effective wind break, or 12-14 days difference in maturity.

I don't think many of us plant corn, but we may want to remember his comments about flavor and texture when buying it and question the grower as to the type he planted.

FOR BEAUTY AND GOOD EATING, PLANT AN HERB GARDEN.

Herbs are a special category. Dictionaries say they are plants used as medicine, seasoning or food, but the word means more than that. It harks back to long ago when these same herbs not only furnished essentials of medicine but the finer things - perfumes, aromas and flavors - to bring gentle pleasures to people's lives. They have been a spiritual and physical sustainer of the human race. Herb lore is ageless and limitless, and a person today can take the same gratification from knowing and growing these plants that anyone ever did. If neatly kept, an herb garden is an attractive feature and fits into the modern landscapes. Not known for bright flower color, herbs offer foliage grays and greens in a variety of textures. There is no fooling about an herb garden - it is definitely not a "low maintenance" addition to the grounds. You'll have seed starting, transplanting, weeding, cultivating and trimming to do, before the various harvests. The many uses of the plants provide a summer of diversion and interesting activity.

Since home gardeners will probably need only one or two plants of most kinds many different varieties can be grown in almost any size space from five-foot square on up. Following are some herbs you might plant or choose your favorites:

Herb	Annual or Perennial	Planting instructions	Uses
Basil	Annual	Sow outdoors in Spring	Use in salads & tomato dishes
Chervil	Annual	Sow outdoors early	Use fresh in soup or salads
Chive	Perennial	Sow seeds outdoors or divide clumps	Clip tops for soup and eggs
Dill	Annual	Sow outdoors in Spring	Use fresh leaves in salads, seeds in pickles or potatoes
Herb	Annual or Perennial	Planting instructions	Uses

FOR BEAUTY AND GOOD EATING, PLANT AN HERB GARDEN. Continued

Lavender	Perennial	Set divisions in Spring	Use for dry flowers, potpourri, sachets
Parsley	Annual	Sow early in Spring	Use fresh in soups meats, salads
Sage	Perennial	Sow seeds in Spring	Flavor poultry stuffing
Thyme	Perennial	Start seeds in pots; or set divisions in spring	Flavor soups, meats
Tarragon	Tender Perennial	Set rooted divisions in Spring	Flavor seafood
Lemon balm	Perennial	Sow seeds in Spring	Has few uses but looks pretty
Rose Geranium	Annual	Set rooted cuttings in Spring	Leaves flavor jellies; Dry potpourri
Peppermint	Perennial	Set divisions in Spring	Flavor syrups, lamb sauce, cold drinks

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.

Dues (\$25) and advertisement payments were due by January 1st 2017

[Prime at the Beltrone Living Center](#) 6 Winners Circle Albany

The votes are in and we unanimously agreed that the **[Prime at the Beltrone Living Center](#)**, atmosphere, food quality (by Prime catering), and the efficient and friendly staff have made our meetings very enjoyable. We look forward to many more meetings at the **Beltrone Living Center**.

From Wolf Road turn East onto Metro Park Road (across from the Speed Way Gas Station that is on the West side of Wolf Rd.) Take a LEFT onto Winners Circle. At the stop sign take a RIGHT continuing on Winners Circle and Follow the signs for The Lakeview Restaurant & The Beltrone Living Center. Enter the building at the #1 South entrance