



Volume V Issue 9

Town of Bethlehem e-Newsletter

October 2011

445 Delaware Avenue, Delmar, NY 12054
518.439.4955

www.townofbethlehem.org

Town Board

Sam Messina, Supervisor
Joann Dawson, Board Member
Mark Hennessey, Board Member
Mark Jordan, Board Member
Kyle Kotary, Board Member

October Meeting Schedule

All meetings are held at the Town Hall unless otherwise indicated

Planning Board

Tuesday, October 4, 6:00 p.m.

Zoning Board of Appeals

Wednesday, October 5, 7:00 p.m.

Town Board

Wednesday, October 12, 6:00 p.m.

Development Planning Committee

Thursday, October 20, 10:00 a.m.

Planning Board

Tuesday, October 18, 6:00 p.m.

Zoning Board of Appeals

Wednesday, October 19, 7:00 p.m.

20/20 Implementation Committee

Thursday, October 27, 7:30 a.m.

PaTHs Committee

Tuesday, October 25, 7:00 p.m.

Industrial Development Agency

Wednesday, October 26, 8:00 a.m.

Town Board

Wednesday, October 26, 6:00 p.m.

For agendas and to verify locations and times, see:

www.townofbethlehem.org/pages/agenda/agenda.asp

Upcoming Dates to Remember

September 26 - October 6 - Water main flushing, Area 1 - Slingerlands, North Bethlehem, Town of New Scotland

October 3 - 19 - Water main flushing, Area 2 - Delmar, Elsmere

Monday, October 10 - Town Offices closed

Tuesday, October 11 - Car Seat Check, free, reservation required, 439-9973

Tuesday, October 11 - Food Stamp Assistance and Medicaid Representative at Town Hall, appointment 439-4955 x1176

Wednesday, October 12 - Public meeting regarding Wemple Corners

Thursday, October 13 - Free Senior Legal Services Program at Town Hall, appointment 439-4955 x1176

Friday, October 14 - SCREAMS Haunted Corn "Maize"

Saturday, October 15 - **Community Clean-up Day**

Sunday, October 16 - Twenty-first annual Halloween Hay Day at Elm Avenue Park

Sunday October 16 - Gallery talk at the Bethlehem Public Library by Town Historian entitled "Stories Beyond the Book"

October 17 - 31 - Water main flushing, Area 3 - Glenmont, Selkirk

Thursday, October 20 - Trash and Treasure Day, Town Hall, indoor yard sale to benefit the Bethlehem Food Pantry, 11-2

Friday, October 21 - Pharmaceutical Collection Program, 10 am - 1 pm at the Elm Avenue Town Park near the pool complex

Friday, October 21 - Community Health Fair for all ages including flu and pneumonia shot clinic, 10-1

Saturday, October 29 - National Take Back Initiative - Pharmaceutical Collection Event at Crossgates Mall, 10-2

Saturday, November 5 - Albany County Rabies Clinic at the Village of Green Island Public Works Garage, Cohoes Avenue, Green Island

Tuesday, November 8 - Election Day

Leaf pick-up will begin soon, see [web site for tentative schedule](#)

From the Supervisor

I will be completing my term as your Town's Supervisor on December 31, 2011. I will miss serving you and working with Bethlehem's exceptionally capable Town staff.

I feel energized and positive about Bethlehem's future and I sense this optimism all around Bethlehem. This optimism has everything to do with how we feel about our community, our willingness to work together in constructive and non-partisan ways, and a realization that as we continue to put our community first we can turn any challenge into opportunity.



Let me share with you three of many examples that should provide all of us confidence that Bethlehem is on track "to be the best it can be."

The Bethlehem 20/20 Advisory Implementation Committee has been a strong voice of independent volunteer community leaders who have devoted their time and extensive talents to help us lead Bethlehem to new levels of professionalism and governance.

During my time as Supervisor, the 20/20 Committee has had a clear and positive impact on major policy issues facing Bethlehem. They advocated for the unification of Bethlehem's water system saving \$1.6 million annually and strongly supported the Town and the Bethlehem Industrial Development Agency initiative to employ creative financing mechanisms to advance the Vista Technology Campus in Slingerlands.

Through all of these efforts, the 20/20 Committee has provided the Town Board with independent policy advice resulting in sound decisions regarding economic wellbeing, employment opportunities and the overall quality of our Town.

The 20/20 Committee has demonstrated the courage to question the status quo. It is never easy, and sometimes unpopular, to explore alternative approaches to management and governance at the Town level, even when there are potential cost reductions and efficiencies. Systems of governance and politics do not change easily, but we must remember that we function better as a community when we are willing to engage in a dialogue that helps us openly consider other options and challenges "the way we've always done it." The 20/20 Committee has helped our Town by providing a uniquely valuable public forum to study and discuss important and controversial issues.

The Committee is now focusing on the foundation of the entire 20/20 initiative -energized public involvement! To quote from the June 24, 2009 Final Report cover letter from Co-Chairs Terri Egan and George Leveille:

"There has never been a time when the value and importance of citizen involvement in Town government is more critical. A better informed and engaged citizenry can lead to an even better and more sustainable future..."

Enhanced communications with our citizens is at the core of creating the desired future for our Town. After all, government works for the citizens! The 20/20 Committee has already made great strides to enable increased public understanding and awareness of Bethlehem's government functions and operations. Bethlehem has a wealth of talent in its residents and business persons, and I am pleased to see the 2020 Committee taking up this charge.

The 2012 Budget is of paramount importance. Financially, Bethlehem is on solid ground and not "at the edge of a cliff." Compared to nearly all other communities I have considered our Town is in good shape, relatively and absolutely. Bethlehem's AA Bond rating attests to that. We have consistently taken actions that strengthen our financial condition and provide necessary balance. We have kept our tax levy increase to zero or low, unified our water system (saving \$1.6 million annually), reduced personnel and non-personnel expenses, and maintained responsible fund balance levels. For 2012, we are positioned to substantially reduce the use of fund balances. And while being fiscally prudent, we have maintained and, in some cases, improved the quality of services. Going into 2012, we are poised to take other important actions. Specifically: 1) We have better information available to financially and operationally commit to a capital plan to address our aging water, sewer and facility infrastructure. 2) To further right-size our budget, greater citizen involvement, rigorous analysis and the courage of elected officials will be necessary to distinguish between essential and non-essential services and identify options to reduce costs. And 3) Implement actions to deal effectively with: a) the 2% tax cap, b) the unpredictable and daunting increases in employee retirement costs, and c) find ways to recognize our outstanding Town staff through cost-of-living adjustments and performance advancements.

Lastly, economic development. We need to continue to grow appropriate economic development revenue streams to ensure our economic wellbeing, now and in the future. On Monday, October 3rd, we will start to see major earthwork beginning on the Vista Technology Campus in Slingerlands. The Town Board approved the Master Plan for the Vista campus in July, 2007. The Master Plan allows 80% Primary Uses (Tech, Office, Medical) and 20% Secondary Uses (commercial, retail). Planning Board approvals are in place for Phases 1A and 1B and the Financing Agreement with the Bethlehem IDA is imminent.

Phase 1A includes the road, Vista Blvd., the backbone of all infrastructure, and a 40,000 square foot office building. Phase 1B encompassed 97,000 square feet of primary uses and 90,500 square feet of secondary uses.

The excitement of Vista's start is expected to generate further interest in technology and office space. Establishment of the attractive secondary businesses will provide support for the major uses and to the surrounding community.

Many Town offices worked closely with the developers and owners to bring a first class campus to our Town. Now we will watch it grow, and reap the fiscal and employment benefits for our Town.

From an economic development perspective it is critical to advance multiple projects. We are moving forward on approaches to implement the Slingerlands Hamlet Master Plan, including the Picotte Building on Mahar Road, the north side of New Scotland Ave. to the intersection of the Captain Timothy Mosher Highway. We will also move to create an economic development plan in the Selkirk Rail Yard area. This initiative will involve new business development, transportation systems and mutually beneficial cooperation among taxing jurisdictions, developers and property owners.

A lot has been going on and Bethlehem is now prepared to do more that will keep our community great.

I hope you enjoy our New York October as much as I will, and I look forward to seeing you in the community.

Sincerely,



Supervisor Sam Messina

2012 Town Budget Workshops

Workshop #1 Wed. 08-31-2011 – Town Hall Auditorium - Present 2012 draft budget and department overviews

Workshop #2 Thurs. 09-15-2011 – Town Hall Auditorium - Discuss 2012 draft budget

Town Board Meeting Wed. 09-28-2011 – Town Hall Auditorium - Supervisor presents 2012 draft budget

Workshop #3 Thurs. 10-13-2011 – Town Hall Auditorium - 2012 budget discussions

Workshop #4 Mon. 10-17-2011 – Town Hall Auditorium - 2012 budget discussions

Town Board Meeting Wed. 10-26-2011 – Town Hall Auditorium - Public Hearing on 2012 budget

Workshop #5 Wed. 11-02-2011 – Town Hall Auditorium - Final revisions to 2012 budget

Town Board Meeting Wed. 11-09-2011 – Town Hall Auditorium - 2012 budget adoption



Did You Know?



There is a web site where one can find out where to pick apples in New York State.

Visit <http://www.nyapplecountry.com>.

Recycling News

NEW - PHARMACEUTICAL COLLECTION PROGRAM!

**Friday, October 21, 2011, 10 a.m. – 1 p.m.
Elm Avenue Town Park, Parking Lot by the Pool Complex**

[printable flyer](#)

The Town of Bethlehem Sanitation/Recycling and Senior Services Departments are pleased to announce the Town's first ever Pharmaceutical Collection event! This event is co-sponsored by Bethlehem Senior Projects, Inc. and Four Corners Pharmacy in Delmar.

The program is anonymous, and accepted items include prescription and over the counter medications in pill, powder and liquid form. Please leave medications in their original containers and place in a bag or box. You may black out personal information with a permanent marker; though all medications will be kept secure in the custody of a Town of Bethlehem police officer, and disposed of by incineration at a waste-to-energy facility under the officer's supervision.

Intravenous solutions, injectables, and needles will not be accepted (for more information on safe sharps disposal, please visit the Town website: www.townofbethlehem.org/pages/Recycling/RecyclingFAQs.asp#Sharps).

Why participate? Medications, if not properly disposed of, can fall into the wrong hands and endanger human health and our communities. If flushed down the drain or otherwise improperly discarded, they can also pollute drinking water and the environment, and further compromise human health. As one example, a nationwide study conducted by the United States Geological Survey (USGS) found low levels of drugs such as antibiotics, hormones, contraceptives and steroids in 80% of the rivers and streams tested. Some health and beauty products also contain substances which are harmful to water supplies and the environment.

What if you can't make the collection event? There is a National Take Back Initiative - Pharmaceutical Collection Event, Saturday, October 29, 2011 from 10 am - 2 pm at Crossgates Mall, Albany (in the parking lot across from Border's/Ruby Tuesday's). The program is anonymous, and accepted items include prescription and over the counter solid dosage medications, i.e. tablets and capsules. Intravenous solutions, injectables, and needles will not be accepted. Illicit substances such as marijuana or methamphetamine are not a part of this initiative.

Or, to dispose of pharmaceuticals safely at home: 1) Mix with something undesirable to ingest such as cat litter, dirt, or coffee grounds, 2) Tape containers closed, 3) Toss in your household garbage. NEVER flush medications down the toilet or other drains.

For more information about medication disposal, [visit www.dontflushyourdrugs.net](http://www.dontflushyourdrugs.net) or call the Town Recycling Coordinator at 439-4955 ext. 1510.

National Take Back Initiative - Pharmaceutical Collection Event 10/29

Saturday, October 29, 2011

If you miss the Town's collection on October 21, you can take expired prescription medications to this National Collection Event from 10 am - 2 pm at Crossgates Mall, Albany (in the parking lot across from Border's/Ruby Tuesday's)

The program is anonymous, and accepted items include prescription and over the counter solid dosage medications, i.e. tablets and capsules. Intravenous solutions, injectables, and needles will not be accepted. Illicit substances such as marijuana or methamphetamine are not a part of this initiative.

News from the Department of Public Works



Water Main Flushing

NOTICE
TOWN OF BETHLEHEM
WATER MAIN FLUSHING PROGRAM 2011

AREA # 1 – 9/26 to 10/6
Slingerlands, North Bethlehem, Town of New Scotland

AREA # 2 – 10/3 to 10/19
Delmar, Elsmere

AREA # 3 – 10/17 to 10/31
Glenmont, Selkirk

Some discoloration may be seen during this flushing program, which could result in staining of laundry.

Run water until it clears before doing laundry.

[Printable notice](#)

Public Scoping Session for the Wemple Corners Draft Environmental Impact Statement

A Public Scoping Session for the Wemple Corners Draft Environmental Impact Statement (DEIS) has been scheduled by the Town Board for Wednesday, October 12, 2011 at 6:00 p.m. at Bethlehem Town Hall. The purpose of this meeting is to solicit public comment on the proposed content of the DEIS as outlined in the Draft DEIS Scope.

Wemple Corners Rezoning, approximately 95 acres at the northeast, southeast and southwest corners of the intersection of US Route 9W and Wemple Road ([click here for a project map](#))

For more information, including related documentation, please visit
<http://www.townofbethlehem.org/pages/edpPlanning/edpPlanningWempleCorners.asp>

Written comments will be received through October 17, 2011 to
Jeffrey Lipnicky, AICP, Town Planner
Town of Bethlehem
Department of Economic Development and Planning
445 Delaware Avenue
Delmar, NY 12054



Need Help After Tropical Storms Irene or Lee?

Information for those affected by Tropical Storms Irene and Lee available on the Town's web site. Please visit Community News. There are also links there on ways to help victims.

http://www.townofbethlehem.org/pages/news/showNewsDetails.asp?news_id=810



Indoor Yard Sale to benefit the Bethlehem Food Pantry

Thursday, October 20
Town Hall Auditorium
11:00 a.m. - 2:00 p.m.

The Fall indoor Trash and Treasure Day will feature a variety of household items and collectibles.

Donations of items to be sold are greatly appreciated. Items may be dropped off at the Town Hall of the day of the sale after 10:15 a.m. or to arrange a pickup, call Marilyn at 439-6525.

All profits from the sale will benefit the Bethlehem Food Pantry. Help us to help others!

Parks and Recreation Department News

Colonial Acres Fall Special!

Seniors (age 62+) and Students

Monday-Friday

(Non-holiday)

\$11



SCREAMS Club – Haunted Corn "Maize"

Students Craving Really Exciting Activities at the Middle School (SCREAMS)
Friday, October 14

Students Craving Really Exciting Activities at the Middle School (SCREAMS) will be going to the Liberty Ridge Farm to visit their Haunted Corn Maze on Friday, October 14th. Registration is for all middle school students who reside in the Town of Bethlehem or the Bethlehem School District.

For more information or to register, download the flyer at

<http://www.townofbethlehem.org/pages/parksMain/parksScreams.asp>





Colonial Acres Golf Course Specials!

Come out and enjoy this beautiful 9-hole course. For the remainder of the season seniors (age 62+) and students pay only \$11 Monday-Friday, non-holiday! Also, all golf shirts are now only \$19 (regular \$25)! For more information call Colonial Acres at 439-2089 or visit the [Colonial Acres web page](#) on the Town's web site.

Dog Park Tag Price Reduced

Beginning October 1 the fee for a Dog Park tag is \$15 and is valid through December 31, 2011. Tags are available at the [Town Clerk's office](#).

For more information on the dog park, please visit <http://www.townofbethlehem.org/pages/parkElm/parkElmDog.asp>



Gift Cards Are Here!

Give the gift of fun! Gift Cards can be used for golf passes, recreation activities, pool passes and all your recreation needs.

SPECIAL EVENT

Use your User ID and password and log on to our online registration system to view the new Event Calendar.

21st Annual Halloween Hay Day

Sunday, October 16 - 1:00-3:30 p.m. - Elm Avenue Park

Rain or shine!



The 21st Annual Halloween Hay Day will be held at Elm Avenue Park. Come out in costume for hayrides, trick or treat bag decorating, face painting, games and much more!

This event is **FREE** for the whole family!!

Community Health Fair

October 21, 2011
10:00 a.m.—1:00 p.m.



St. Peter's Hospital Screenings

- ◆ Hearing
- ◆ Glucose
- ◆ Cholesterol
- ◆ Pulmonary

Flu Shot Clinic Pneumonia Shot Clinic

Albany Medical Hospital Stroke Program,
Hospitalization & Discharge Info.
Eddy DayBreak and Lifeline
American Red Cross
Umbrella Program
Community Hospice
Community Caregivers
Bethlehem YMCA
The NYS Association of Cemeteries
Eddy Alzheimer's Care Team
NYS Division of Veterans Affairs
Town of Bethlehem Assessors
Bethlehem Emergency
Office Management

And much more!

Open enrollment dates for Medicare
Advantage Plans & Medicare Part D
are October 15-December 7
(Changes effective 1/1/12)

Speak to a representative from:
MVP, CDPHP, Fidelis
NYS EPIC and
Health Insurance Counselors
from Albany County

Bethlehem Town Hall

445 Delaware Avenue, Delmar

For information call, 439-4955, ext. 1176

All ages are welcome!

The health Fair is sponsored by Bethlehem Senior Projects, Inc. And the Town of Bethlehem Senior Services Department



Did You Know?



What does the Red Cross do with donated blood?

The blood will be delivered to a Red Cross blood component laboratory where it is processed into several components (e.g., red blood cells, plasma, platelets and/or cryoprecipitate). A **single** blood donation may help up to **three** different people.

Donated red blood cells do not last forever. They have a shelf-life of up to 42 days. A healthy donor may donate every 56 days.

For more frequently asked questions about donating blood, please visit <http://www.redcrossblood.org/donating-blood/donation-fags>

Volunteers need for the last Community Clean-Up Day of the year

The last Community Cleanup day of 2011 is Saturday, October 15. The event will be held from 9:00 a.m. to 12:00 noon. In the event of rain, cleanup will be cancelled. For more information or to sign-up, please <http://www.townofbethlehem.org/pages/CleanupDays/cleanupdays.asp>

Volunteers will meet at Town Hall at 9:00 a.m. prior to departing for the selected cleanup location so that volunteers can meet, receive instructions and cleanup supplies can be distributed, including safety vests, rubber gloves, trash bags and pick-up sticks. Please remember to sign-in upon arrival. Certificates of participation will be made available for individuals wishing to receive them.

Participants should bring water to drink and wear slacks and long sleeve shirts for protection from cuts, scrapes and insect bites. Individuals under the age of 18 should be accompanied by an adult.

This is a wonderful opportunity to participate in a Community Service Project and demonstrate your concern for your Town and the environment. Your assistance is needed even if you can only participate for part of the event. To speak with a Town representative regarding Community Cleanup – contact Deborah Kitchen at 439-4955 x 1159 or Jeanette Whitbeck at 439-4955 x 1164.

Flood Damage at Henry Hudson Park

Hurricane Irene caused tremendous flooding at Henry Hudson Park. The southern section of docks has been removed due to damage. The north section will be removed in October but the ramp will remain open. The wood chip surface at the playground has been replaced. The pavilion roof was damaged by a tree but is structurally sound and continues to host group outings, it will be repaired soon. The new fishing platform withstood all conditions but will be removed in October for winter storage. Please continue to enjoy the beauty of the Hudson River but be wary of muddy conditions and mosquitoes!



Boat Launch sign

Gazebo



Playground

Fishing Platform





Cleanup





Upcoming Local Blood Drives

Elsmere Fire Department, Friday, October 7
1:00 p.m. - 6:00 p.m.
15 West Poplar Drive, Delmar

Voorheesville High School, Tuesday, October 18
8:00 a.m. - 2:00 p.m.
432 New Salem Road - Route 85A, Voorheesville

Guilderland High School, Friday, October 21
7:30 a.m. - 1:30 p.m.
8 School Road, Guilderland Center

Appointments appreciated, 1-800-GIVE-LIFE (1-800-448-3543). Walk-ins will be taken as time allows. Positive ID, such as a driver's license, is required.
If you choose and are eligible, you may donate double red cells at these drives.

See the Red Cross web site for more information or to schedule an appointment
<http://www.redcrossblood.org/make-donation>

If you cannot donate at a local drive, consider using one of the local Red Cross Donor Centers
33 Everett Road, Albany or Route 7 and Watt Street, Schenectady

A message from the American Red Cross:

Recent weather disrupts blood supply

Blood collections have been significantly disrupted by recent severe weather. We critically need more donations, and are urging people who can give to do so now.

Youth Employment Service

Need part-time help?

The [Youth Employment Service \(Y.E.S.\)](#) has a large database of reliable teens eager for part-time work. Town of Bethlehem residents needing help with housework, yard work, baby-sitting, animal care or handyman work should contact Y.E.S. Businesses can also contact the service for help finding part-time staff.

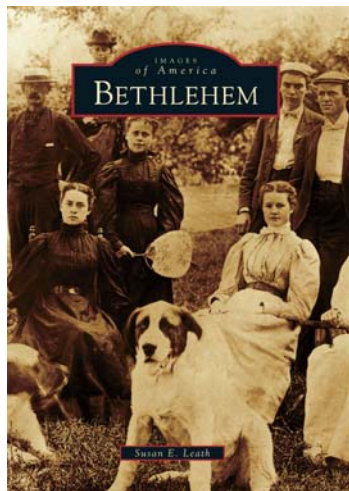
Want some extra cash?

Town of Bethlehem residents, ages 14-21, can register with Y.E.S. in several ways:

- Download the [student registration form from the Town website](#) (Online Services - Forms) and e-mail it to the Y.E.S. Director
- Mail the form to *Y.E.S. Director, 261 Elm Avenue, Delmar, NY 12054*
- Drop the form off at the Parks and Recreation office

For more information, contact the Y.E.S. Director, Rachel Promutico, at 439-4955 ext. 1608 or YES@townofbethlehem.org

News from the Town Historian



A *Bethlehem Album* is an exhibit on display at the Bethlehem Public Library for the month of October. It features images from the Town of Bethlehem photo archive and from the Bethlehem Historical Association. Susan Leath, Bethlehem's Town Historian, has chosen photographs and postcards with an eye towards Bethlehem's hamlets. Bethlehem Center, Cedar Hill, Delmar, Elsmere, Glenmont, Normansville, Selkirk, Slingerlands and South Bethlehem are all represented. Many of the images can be found in Leath's upcoming book *Bethlehem*. Others are seen for the first time.

On Sunday October 16 at 2 p.m. Leath will present a gallery talk at the library entitled *Stories Beyond the Book*.

Bethlehem will be available for purchase on November 14.

Please feel free to contact Susan Leath for more information, sleath @ townofbethlehem.org

Senior Services News

Farmers' Market Coupons

If you are eligible for any of the following: food stamps, Medicaid, SSI or live in Section 8 housing or incomes below \$1678 (1 person) or \$2267 (2 people), you are eligible for the Farmers' Market Nutrition Program. If you are interested in receiving coupons, please call 439-4955, extension 1170.

Shopping Center Trip

Monday, October 3 to WalMart in Glenmont

Medicare Basics

Wednesday, October 12

1:00 - 3:00 p.m.

Call 439-4955, extension 1176 for reservations

A.A.R.P. 55 Alive Safe Driving Course

Wednesday, October 19 from 9:00 a.m. to 4:00 p.m.

First day to register - in-person only - is October 3 at 9:00 a.m.

If space permits, phone reservations will be accepted beginning October 4, 439-4955, x1176

Caregiver's Support Group

Wednesday, October 26

Are you caring for a loved one who has been diagnosed with Alzheimer's or another dementia?

Join us on the fourth Wednesday of each month from 10:30 a.m. - noon at Bethlehem Town Hall

Transportation can be arranged by calling 439-4955, extension 1176

The group is co-sponsored by the Bethlehem Senior Services and the Alzheimer's Association

Election Day Transportation

Transportation to polling locations available the morning (only) of Tuesday, November 8

By reservation only - call 439-5770

Senior Legal Services Program

Thursday, October 13

Where: Bethlehem Town Hall
Appointments: 439-4955 #1176

The Senior Legal Services Program provides legal services for residents of Albany County who are 60 years of age or older. The program is funded by the Albany County Department for Aging and is staffed through the Legal Aid Society of Northeastern New York, Inc. If you cannot make this month's date, this program generally has dates once per month, contact one of the Outreach workers for more information.

There is no cost for this program.

Medicare Open Enrollment October 15 - December 7, 2011

If you are a resident of the Town of Bethlehem, you may call the Senior Services office and ask for an Outreach Worker at 439-4955, extension 1176. By appointment, the Outreach Workers will assist you in navigating the Medicare maze.

Every state has a Health Insurance Information Counseling and Assistance Program known as HIICAP. To help understand Medicare coverage, payments, Medicare Advantage plans and Medigap Insurance options, you can call 1-800-333-4114 or 1-800-333-4374. For more counseling, visit www.medicare.gov.

Senior Services Newsletter

To see all of the interesting activities, events, programs and services provided by Town's Senior Services department, pick up a copy of the bi-monthly Senior Services newsletter at the Senior Services Department, Room 110 at the Town Hall, on Senior Services transportation vehicles or on the Town's web site at <http://www.townofbethlehem.org/pages/Seniors/SeniorsBrochures.asp>.

Not just for Seniors!

Some programs may have age restrictions, many do not (for example, Food Pantry, HEAP, LawHelp/NY, volunteers, Caregiver programs), please call for specifics, 439-4955. In order to participate in any programs or to volunteer, an [Intake Form](#) MUST be filled out first. Intake forms are available in the Senior Services office or [on the Town's web site](#).



Town Hall Blood Drive was a Success!



Bethlehem employees and the American Red Cross sponsored a blood drive at Town Hall on Wednesday, September 7. Special thank-yous to employees Joyce Becker and Elizabeth Mosier for all of their coordination of volunteers and to Adele Nucci, Marilyn Hauss, Kathy Newkirk and Elizabeth Mosier who assisted with sign-ins and the food canteen and thank you to all those who donated. We had 6 first time donors! What kind of impact did this one drive have? Enough blood was collected to help 174 patients!

Because of Hurricanes Irene and Lee, many drives were cancelled while the need for blood increased. The Red Cross still desperately needs donors. See the Red Cross web site, <http://www.redcrossblood.org/make-donation>, for more upcoming blood drives in the area.

[Why Give Blood?](#)

Thank you to all who took the time to help us to help others.

News from BEMO
Bethlehem Emergency Management Office

Irene and Lee Aftermath

How to get help and how to help

Please see the Town's Community News article at
http://www.townofbethlehem.org/pages/news/showNewsDetails.asp?news_id=810

Tentative Leaf Pick-up Schedule Available on the Town's web site



The Town's Fall Loose Leaf Collection Program will be starting in mid-October. Highway Department crews will be working by zones in order to complete this monumental task. Please be sure to place loose leaves on the lawn at the edge of the road and not in the roadway itself. Placing brush and leaves in the road creates a hazardous condition for pedestrians, bicyclists, and vehicular traffic and is a violation of the Vehicle and Traffic law. Also make sure that storm water inlet grates are kept clear to ensure proper drainage.

Leaves and grass clippings placed in reusable containers or yard waste bags along with tree branches piled neatly at curbside will continue to be picked up on your regularly scheduled brush collection day. Yard waste bags can be purchased at Town Hall, the Highway Garage, Elm Avenue Park, the Compost Facility, and the Rupert Road Transfer Station.

Please visit the [Town's Highway Department webpage](#) to confirm your brush collection day and also your zone for loose leaf collection. An approximate date for loose leaf collection can be found on the "Tentative Leaf Pickup Schedule", which is updated frequently once the collection begins. Please note that weather conditions play a major role in our ability to adhere to the schedule.



Did You Know?



If just one out of every 10 US homes upgraded to water-efficient fixtures, more than 120 billion gallons (454 billion liters) of water and more than \$800 million would be saved annually.

Source: American Water Works Association, www.awwa.org

Straight From the Storm Drain...

Stormwater Tips: **Pet Waste**

Pet waste can be a major source of bacteria and excess nutrients in local waters since it is readily transported by rainfall into storm drains. Pet waste is full of coli form bacteria and poses a health risk to pets and people.



- When walking your pet, pick up the waste and dispose of it properly (flushing only the pet waste in a toilet is the best disposal method).
- Compost pet waste properly.
- Don't dispose of pet waste in, on or near storm drains, culverts, ditches, or water bodies—storm drains discharge directly to water bodies and are not treated!

What is Stormwater Runoff?

Stormwater runoff is rain or melted snow that, instead of seeping into the ground, runs off into the storm sewer and into our waterways. It runs across rooftops, paved areas, bare soil, and sloped yards. On its way, the runoff picks up and transports soil, animal waste, salt, pesticides, fertilizers, oil and grease, debris and other potential pollutants. This polluted runoff degrades our lakes, streams, rivers, wetlands, and other waterways.

For more information, please see the Town of Bethlehem's Stormwater Management web page:

<http://www.townofbethlehem.org/pages/Stormwater/dpwSWStormwater.asp>

It's the Law! All Dogs, Cats and Ferrets in NYS MUST Have a Current Rabies Vaccination

If you missed the Low Cost Vaccination Clinic at Elm Avenue Park, Albany County offers two more such clinics this year

The remaining Albany County clinic will be held as follows:

Saturday November 5

1:00 - 4:00 p.m. (1-2:30 cats and ferrets, 2:30-4 for dogs)

Village of Green Island Public Works Garage, Cohoes Avenue, Green Island

[Goto the Albany County Department of Health web site for more information and directions.](#)

It's Budget Season!

Visit the [Town Calendar](#) to see when and where meetings and public hearings are going to be held for local budgets such as fire districts and the town.

Know What's Below BEFORE You Dig

Planning a home improvement job? Planting a tree? Installing a fence or deck? WAIT!

Whether you are planning to do it yourself or hire a professional, smart digging means calling 811 before each job. Homeowners often make risky assumptions about whether or not they should get their utility lines marked, but every digging job requires a call. See this link for more info: <http://www.call811.com/>



Albany County News



[Albany County Department of Health](#) Immunization Clinics, 4-6 p.m. on the 1st and 3rd Wednesdays of the month, **call** for appointment or more information, 447-4602 for infants and children, 447-4589 for college immunizations. College immunizations are available for a fee. For this month, the clinic dates should be October 5 and October 19, call ahead for confirmation of date and time.

Albany County Offers Free Prescription Discount Card to All County Residents

Program Provides Discounts Up to 20% on Brand Name Drugs, Up to 70% on Generic
Please see <http://www.albanycounty.com/departments/executive/news.asp?id=2644> for more information.

Foster and Adoption Families Needed!

For more information go to the [Albany County Department for Children, Youth and Families web site](#).

Tick-borne diseases on the rise



Lyme disease and other tick-borne diseases are an important health concern in New York State. Lyme disease remains endemic in Albany County and, also being seen are a small, but significant, increase in other tick-borne diseases each year.

The good news is that Lyme disease can be prevented. A FREE tick removal kit is available for Albany County residents as well as information on repellants, Lyme disease in pets and more by visiting the County's Department of Health web page at <http://www.albanycounty.com/departments/health/lyme.asp> or by calling 447-4648.

GREEN ALBANY COUNTY

An online resource to help residents and businesses lower energy use and save money on their utility bills

[Green Albany County](#) is a one stop information resource for energy saving tips, rebates, incentives and tax credits and green products and services. The website also highlights the County's energy efficiency projects and other green initiatives.

A monthly newsletter will also be available to residents who wish to provide their email addresses on the [GreenAlbanyCounty.org](#) website. The newsletter will provide information relating to clean energy grants and incentives, as well as ongoing projects and tips on how to become more energy efficient.

Tips for correct posture when sitting at the computer

Millions of people work with computers every day. This article explains simple, inexpensive principles that will help you create a safe and comfortable computer workstation. There is no single "correct" posture or arrangement of components that will fit everyone. However, there are basic design goals, to consider when setting up a computer workstation or performing computer related tasks.

To understand the best way to set up a computer workstation, it's helpful to understand the concept of neutral body positioning. This is a comfortable working posture in which your joints are naturally aligned. Working with the body in a neutral position reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder. The following are important considerations when attempting to maintain neutral body postures while working at the computer workstation and preventing pain from poor posture:

Hands, wrists, and forearms are straight, in-line and roughly parallel to the floor.

Head is level, or bent slightly forward, forward facing, and balanced. Generally it is in-line with the torso.

Shoulders are relaxed and upper arms hang normally at the side of the body.

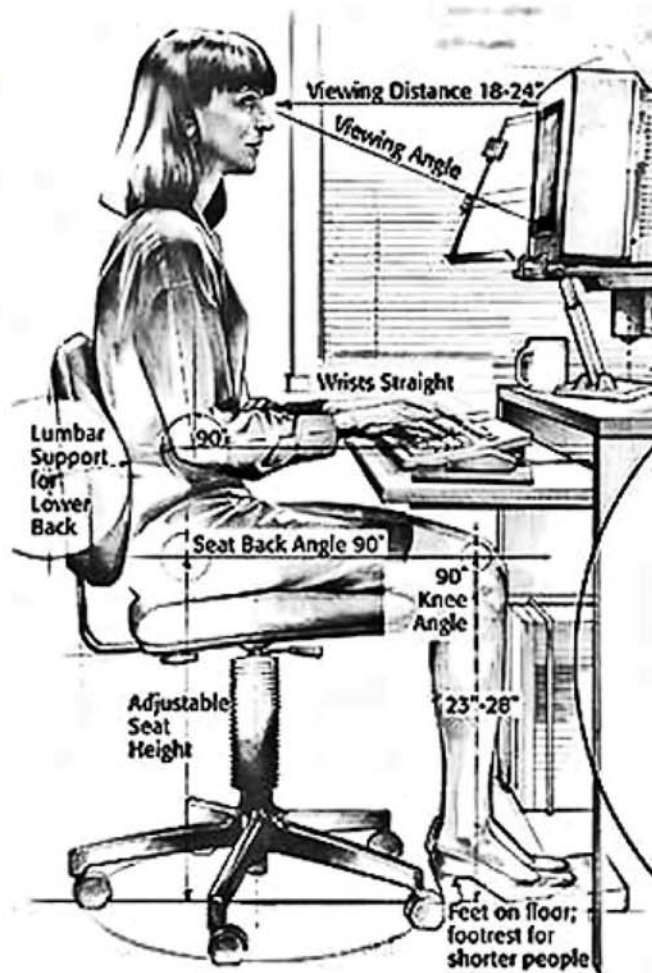
Elbows stay in close to the body and are bent between 90 and 120 degrees.

Feet are fully supported by the floor or a footrest may be used if the desk height is not adjustable.

Back is fully supported with appropriate lumbar support when sitting vertical or leaning back slightly.

Thighs and hips are supported by a well-padded seat and generally parallel to the floor.

Knees are about the same height as the hips with the feet slightly forward.



Regardless of how good your working posture is, working in the same position or sitting still for prolonged periods isn't healthy. You should change your working position frequently throughout the day by: 1) making small adjustments to your chair or backrest; 2) stretching your fingers, hands, arms, and torso; and 3) standing and walking around for a few minutes periodically.

While working at a computer, it is important to consider these factors, however, you should also consider sitting posture while at leisure.

SOURCE: The United States Department of Labor; photo from Integrated Safety Management, Berkeley Lab.





Did You Know?



- If you have a question to Town government or operations, you can visit our [Frequently Asked Questions page](#) on our web site to look for quick references.



We'd like to hear from you

Let us know what you think of this newsletter. Please use the feedback form on the Town's web site, www.townofbethlehem.org/pages/about/contact.asp

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