

HNA REPORTER

HELDERBERG NEIGHBORHOOD ASSOCIATION

ACADEMY STATION, P.O. BOX 8841, ALBANY, NY 12208

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NEXT HNA MEETING:
Wednesday, November 17, 2004
7:00—9:00 pm
Sage Colleges, Campus Center
Topic: Nominations for 2005 Board

DEAR NEIGHBORS:

As another year comes to a close, I thought it appropriate to review the state of the Association. We have had a very productive year. The neighborhood-wide garage sale, the plant swap and the Neighborhood Picnic were all great successes. Our standing committees are putting the final touches on a Neighborhood Business Guide and we have been privileged to have an array of speakers on topics of concern to our neighborhood. We also enjoy a warm and cooperative relationship with our elected officials.

I would like to make special note of the incredible generosity extended to our Association by neighborhood businesses for our Fall Picnic. St. Peter's Hospital made a five hundred dollar contribution which funded the rental of the grill we used and a portion of the food purchased for the event. The neighborhood businesses who donated food - pizzas, salads, trays of ziti - were especially accommodating of the last minute cancellation and date change due to rain. I urge all of you to frequent our neighborhood merchants and take an extra second or two to thank them for their continued support of our Association. I would also be remiss if I didn't thank all the volunteers who assisted with the preparations for the picnic. Whether you helped solicit business donations, delivered newsletters or the rain date notice, assisted with set-up and breakdown at the event, sold raffle tickets or cooked/served the food, you all made this event a success.

As we head into our last meeting of the year, I am proud of the successes we have enjoyed as a community and confident that our Association remains strong and ready to face the challenges of the year to come.

Craig Waltz, Chair

The Helderberg Neighborhood Association meets on the third Wednesday of January, March, May, July, September and November. Meetings are held from 7:00 to 9:00 pm at the Junior College of Albany, Campus Center. The 2005 meeting dates are 1/19, 3/16, 5/18, 7/20, 9/21 and 11/16.

HNA Reporter is published every other month. Deadlines for articles or ads are 1/2; 3/1; 5/1; 7/1; 9/1; and 11/1. Ads and articles may be mailed to HNA, Academy Station, P.O. Box 8841, Albany, NY 12208. HNA Editors reserve the right to accept, reject or edit articles for content and space considerations.

HNA PICNIC DRAWS LARGEST CROWD YET



Paul Collins, Jim Sano and Craig Waltz cook up a storm at the annual HNA Fall Picnic on September 15, 2004.

In spite of the last minute cancellation and re-scheduling of the annual HNA picnic, a large crowd of neighbors arrived at the field next to the Fire House on New Scotland Avenue on September 15 to enjoy food, good company and gifts from local merchants.

HNA would like to thank the following businesses for their generous donations of food, raffle items, money and time:

CITY OF ALBANY FIREHOUSE, ENGINE 11: Firefighters shared with us the use of their firehouse, and let the kids climb on the fire truck!

THE CUTTERY: basket of hair salon gifts.

JOSEPH WHITE, OF THE CUTTERY: gift certificate for free haircut.

THE CUTTING PLACE: one gift certificate for a haircut.

DIXON SHOE REPAIR: \$15 gift certificate for shoe repair.

DOMINO'S PIZZA: Two large cheese pizzas at the beginning of the picnic, and then delivered two more pizzas when our food supply was getting low during the picnic! In addition, they donated a gift certificate for one large pizza for the raffle.

GALLO'S: two, 24-slice pizzas.

ISN'T IT SWEET: Two boxes of party mix for the raffle.

MCCAFFREY'S IRISH PUB: Two bottles of wine for the raffle.

NEW SCOTLAND FLORIST: \$25 gift Certificate.

THE PACE PLACE: gift certificate for three month membership.

PASQUALE'S PIZZA: five gourmet pizzas brought additional pizzas when we started to run out of food; also donated a \$25 gift certificate.

DAVID PHAFF, OF REALTY USA: cash for picnic expenses.

RAGONESE IMPORTS: baked ziti platter.

RITMO'S: Two gift certificates for haircuts.

SAINATO'S MARKET: four bottles of soda.

SAINT PETER'S HEALTH CARE SERVICE: \$500 towards the cost of the picnic, including rental fee for the grill.

Continued on page 2

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Annual Picnic, continued from page 2

SAINT TERESA OF AVILA: use of tables and chairs.

SHUTTER SPEED PHOTO: \$15 gift certificate.

FRANK SMITH SIGNS: The Helderberg Neighborhood Association sign that was donated last year, was used to advertise the picnic location.

SUBWAY: sandwich platter.

SUZY YOGA STUDIO: Two gift certificates: for one, 1/2-hour massage; for one yoga class.

Members of the Albany Police entertained the children (and adults!) at the picnic.



OLGA AND PETE TENNEY: two bottles of wine for the raffle.
AMY BIANCOLLI: Two free passes to the September 21 movie screening of "The Crossing" at Crossgates Mall.

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Due to rising costs, an ad now costs \$17.00 per issue.
Still a great deal!
If you would like an ad in a future issue of HNA Reporter, call 482-2775.

Fitness in the Spa (Formerly The Pace Place)

The Pace Place at 287 New Scotland Avenue is under new management and has a new name: Fitness in the Spa. The 30-minute fitness center for women is open from 8:00 am to 7:00 pm Monday through Friday, and on Saturday mornings from 9:00 a.m. to 12:00 noon. The new owner, Carrie Anne Milham is a licensed esthetician (skin care consultant). Her motto is "you should be able to eat what you put on your skin."

Carrie Anne has remodeled the fitness center with bold new colors and a private room for massages, facial and skin treatments and body scrubs. She will be offering Nutritional Seminars on The pH Miracle—a health, nutrition and weight loss program. The first seminar will be held on November 17 at 6:30 pm.

Come to her open house on Friday, November 19 for gift ideas for the holidays. She has invited women-owned businesses, including a representative from Pampered Chef, a handcrafted jeweler from RLS Designs, and a massage therapist. Stop by for a chair massage, a mini-facial or a complementary skin analysis. There is parking in the rear of the building. Call her at 689-2474 if you have any questions.

Jim Sano would like to thank all who helped persuade the City to install a stop sign at the intersection of Helderberg and Sycamore Street. The City Administration listened to the concerns of the people, noted the strong community support evidenced by a petition, and after more detailed study, granted us the stop sign. Special thanks to Albany's Traffic Safety Engineer, Bill Trudeau, and to Diane Thomas for gathering the signatures needed to prove support for the project.

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NEIGHBORS (AND NEIGHBORHOODS) IN THE NEWS

Grove Avenue Resident Named Albany's Author of the Year

Amy Biancolli of Grove Avenue, a former Times Union film critic, was presented with the 2004 Author of the Year Award by the Friends of the Albany Public Library. She was honored for her memoir, *House of Holy Fools: A Family Portrait in Six Cracked Parts* (Lulu Press). Ms. Biancolli's book covers a two year period in which she lost her parents and sister. This is Ms. Biancolli's second book.

House of Holy Fools is available by special request at independent bookstores and at www.lulu.com/amybiancolli. A third of the royalties from the book benefits Emmaus House, which assists homeless immigrant families in the region.

In case you missed it, Ms. Biancolli wrote an article for a special insert in the 11/5/04 issue of the Times Union, praising life on Grove Avenue, where this "close knit neighborhood is like family."

Forest Avenue Resident Receives Carlyle Adams Ecumenical Award

Pastor Paul Rees-Rohrbacher of St. John's Ecumenical Lutheran Church in Albany, and a resident of Forest Avenue, was recently awarded the Carlyle Adams Ecumenical Award. This award is named for the late Dr. Carlyle Adams, the "father" of the ecumenical movement in the Albany area, and a former Times Union religious editor. It is given yearly to a person who has worked to build bridges among religious groups, and who is active in ecumenical programs. Pastor Rees-Rohrbacher has been active in the Capital Area Council of Churches Ecumenical Witnesses of Baptism program and in many cooperative programs with the West Hill Ministerial Fellowship. He has helped organize events to celebrate neighborhood pride and empowerment, vigils against violence, community breakfasts and an annual interfaith Thanksgiving Eve Service. Pastor Rees-Rohrbacher has also been active in HNA over the past few years.

Parsons Celebrates 175th Anniversary

Parsons Child and Family Center on Academy Road will soon celebrate its 175th anniversary. In honor of this event, a quilt is being designed to represent the Center's history and the community. Included in the quilt will be a panel featuring the Helderberg Neighborhood Association. A picture of HNA's sign, created by Frank Smith Signs (Frank is also a member of HNA) will be scanned in and transferred onto a quilt square.

PAL Prepares for the Annual Holiday Lights in the Park

Members of the Police Athletic League are seeking volunteers to help install the lights in Washington Park during the second and third weekend in November, and to work evenings during the event, which begins November 26. Interested volunteers should contact Fred Aliberti at 447-8763, or e-mail: faliberti@albany-ny.org.

Ten Broeck Mansion, 9 Ten Broeck Place, Albany, will present two Arbor Hill Artists, muralist Yacob Williams and pastel landscaper Leo Loomie, in a "Study in Contrasts." The show opens November 5 and runs through November 28. The cost is \$5 which will be contributed to the Albany County Historical Association. Call 436-9826 for details.

Only \$17 for a business card size ad! Call 482-2775 to place your ad!



It is the time of year when the cold wind kicks up and the boiler is cycling on and off to keep our homes climate comfortable. Whether you live in an eighty-year old home or one built within the past decade, all houses breathe, causing us to question their energy efficiency. Unfortunately, most blame a lack of efficiency on old, wooden single-paned windows and are convinced by salesmen to replace them with modern windows that falsely promise to lower your energy bills. Surprisingly, old wood windows are a lot more energy efficient than believed, needing only minor care to keep them effective and trouble-free for many more decades.

The draftiness associated with old windows is often not due to the windows themselves, but rather the result of paint build-up, deteriorated weatherstripping, loose or missing glazing putty or the lack of effective storm windows. What is typically an easy and *inexpensive* repair is unfortunately the cause for homeowners to install new plastic or metal windows. If your windows don't neatly slide up & down or they wobble in their channels, it is likely that paint built-up at the frame or on the window sash impedes this movement. The piece of vertical window trim directly adjacent to the window sash, the "stop," has two purposes: to hold the sash in place, and to block wind penetration. These stops should be clean of paint where they meet the

window sash and adjusted to fit snugly against the window. Combining the use of modern weatherstripping with a snug but operable window creates the most energy efficient system. Air infiltration is common at three main points of an average double hung window: at the sill (bottom), the header (top) and at the meeting rails (where the two sash come together and lock). There are a large variety of weatherstripping materials for each of these locations, ranging from metal channels and silicone bulbs to vinyl flanges. The objective is to create an air-seal when the window is in its closed position. Most weatherstripping cost less than a dollar a linear foot and is a worthwhile investment to keep your old windows energy efficient. Replacing a broken pane of glass or the cracked putty holding your glass in place will also help keep the cold weather out.

Countless studies have shown that the combination of wood windows and good storm windows are as efficient as most replacement windows. The best storms are the wood framed storm windows with which most of our neighborhood's houses were originally constructed. These storms are superior because of their rigid construction and the fact that wood is an insulator, unlike metal which is a thermal conductor. When teamed up with weatherstripping that creates an air-seal, these storm windows are super efficient. Triple-track aluminum storms, which are most common today, are not ideal for providing a barrier for heat loss given their thermal conductivity. But they are helpful in preventing wind infiltration when properly installed and sealed. Over time, the weatherstripping can wear out and will need to be replaced. A storm window creates a volume of air that acts like a blanket of insulation between the cold exterior air and the warm interior air. This volume of air will keep your inside window glass warm, prevent condensation and icing and will keep your home's heat inside where it belongs.

Kimberly Konrad Alvarez

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HNA's membership year is January to December. Join or renew now, and you're a member through 2005!

MEMBERSHIP CATEGORIES:

- Household: \$ 5.00
- Business: \$10.00
- Associate: \$10.00

Each household membership has one vote. Business members will receive one free ad in the HNA Reporter, and will have voting rights. Associate Members (not living within our boundaries) will have the HNA Reporter mailed to them.

Please enroll me as a member of the Helderberg Neighborhood Association. Enclosed is a check, made out to HNA, in the amount of \$_____ for a _____ membership. (Checks may be mailed to: HNA, Academy Station, P.O. Box 8841, Albany, NY 12208 OR brought to the next HNA meeting.) Date mailed: _____

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