

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION

October 2012



LEA'S LOTS OF LINES

Have you been feeling the crispness of the weather in the morning lately? I have, and it brings to mind that this is the busy time of the autumn season with the harvest coming in fast and furious, leaves changing and waiting to be raked, bulbs being planted for next Spring's bloom, and summer flowers holding on till the first hard frost.

Our walking schedule is going into a relaxed pattern with the Wednesday sanctioned walks (fee, stamp books, listed on our website and bookmark, no leader, pick up map in walk boxes to lead yourself) some also offered on weekends. These sanctioned walks happen to be our 5 "Year Round" (YRE, January – December) and 10 "Seasonal" (a shortened availability due to ice, snow, rising rivers, etc) that you can partake. So get a friend and reintroduce them to the fresh, clean air and getting some great exercise this autumn and winter. Remember your walking fees help to maintain our national club – AVA. Make sure you check out our sister walking clubs for their walk schedules during these quieter months for some new adventures. Often, if you give the POC a heads up they will even offer to walk with you and give you an insider's tour with commentary of their special town.

We had a large, happy, hearty group descend on Lake Placid on Saturday, September 15 to a hastily rerouted and rewritten course. And to finish up September, over 100 rain-geared and excited walkers attended our Moreau Oktoberfest walk and picnic. One observation made by a seasoned member was, "What a fantastic turnout – over 109 – on a drizzly, cool, gray morning. This shows what a strong involved club we are." I concur wholeheartedly.

I have changed our club meetings to the 3rd Tuesday of the month. Even though I had first dibs on the 1st Tuesday at the fire house, another community support group needed the facility weekly. We will only be using the firehouse 4 times/year versus the other group using it 50 to 52/year. I thought it was the neighborly thing to do when approached for switching, and knew we would all be accommodating.

Mark your calendars for the next four Traditional walking and eating opportunities: October 13 – Cooperstown, October 17 – Schuylerville (there will be a reenactment of the 235th Surrender Ceremony of 1777), November 4 – Pasta Party/Ballston Lake Walk, and December 1 – Schenectady Holiday walk/cookie sampling/ luncheon. Don't forget to offer your services to the many wonderful events coming up in the next three months. The organizers will really appreciate your offer of help.

Lea

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
October 2012

MEMBERSHIP by Tad Darling (email: harrydarling@verizon.net)

Please welcome our new members – 12 of them! Gosh, we are still getting a lot of new members even as the summer closes. This is such great news for our club and everyone seems to be having a great time doing our walks, some of which have banner crowds! Our club is now 343 strong which might just be a record number. We hope you are out on the walks making new friends. Mingle, mingle, mingle, and introduce yourself. Name tags help – call Laura Sheldon for one.

Please welcome the following new members this month:

Roberta Ambrosino, Saratoga Springs; Ellen Brown, Ballston Lake; Pat Daugherty, Rensselaer; Ellen Hillander, Latham; Linda Kleinke, Glenmont; Mary Ann McCormack, Watervliet; Kelsey Murphy, Clifton Park; Angela Nelligan, Schenectady; Dorothy Pazinko, Troy; Liz Rotundo, Albany; Betty Jane Timmerman, Saratoga Springs; and Nancy Wallace, Scotia.

Other Membership News: Our membership year runs January 1st through December 31st and you have between December 1st through February 28th to renew if you want to be included in the Membership Directory which is issued in March. You are on your honor to renew your membership to participate in 2013 walks. A membership form will be included with the November newsletter, but you can also obtain one from our website: www.WalkESCV.org

CLUB MEETINGS

Join us on Tuesday, November 4 Our Lady of Grace Parish, Ballston Lake, for our club meeting immediately following the walk before dinner commences.

Revised Club Meeting Dates...held at the Latham Fire Department on Old Loudon Road, 6:30-8 pm the **3rd Tuesday of the month**.....**March 19, April 16, May 21 and June 18, 2013**

NAME TAGS

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laura1@gmail.com . They are available with either a magnet or pin back for \$8.

GET WELL!

Serious member health issues have recently come to light. We like to let the members know when someone they may only see on the walks is ill. You may then call, send a card or even visit to let this member know they are missed. Call or email ahead of time to make sure they are up for a visit or that they will be home. Please keep Lynn Longshore, Marge Shanley and Bill Hughes in your thoughts and prayers as they fight their way back to good health.

A message from Marge Shanley... Thanks to everyone who have sent me such lovely cards and good wishes. Just a few words are comforting and meaningful at this time. Thank you everyone and keep the cards and visits coming.

News about Bill Hughes... Bill is doing better with dialysis. He looks like his old self. We are just waiting for the Doctors to say they are seeing progress with the antibiotics. Bill thanks

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION October 2012

everyone for all the cards, prayers and much felt love. They have truly helped him get through each day. We are blessed to have all of you.

Dianne.

HAVE YOU COMPLETED THE 50 STATES? – Lea Darling

As we get closer to our 14th Annual Pasta Party, November 4, I'm looking for names of anyone in our club who has completed walking all 50 US States or all 51 US Capitals. We'd like to acknowledge you for this monumental accomplishment. Email Lea Darling or Randy Putnam.

VOLUNTEERS ARE OUR GREATEST CLUB ASSET – Lea Darling

Thanks, Teresa Kennedy and helpers, for a beautiful day in the picturesque hamlet of Old Chatham on August 29. Teresa was the walk developer of last year's Chatham walk. I also want to thank everyone for venturing so far, wasn't it well worth it!

Many thanks go out to Barb Kolapakka and Vera Weiss, our POCs for Lake Placid on Saturday, September 15, for all the countless hours they spent rewriting, marking and remarking the trail due to a recent microburst in the woods that blocked the original course. Give them a pat on their backs next time you see them for a job well done!

Our Oktoberfest Moreau walk committee, who braved the Friday morning rains and chill, to mark and rewrite some of the directions were: Linda Morzillo, Larry Godshalk, Kathy Brown, Marion and Dave Averill, Vera Weiss and Ginger Ireton; and helping out at the sign in table Amy Gitchell, Sue Burke and Jim Morzillo kept us moving along. Serving over 100 hungry and wet walkers, our Oktoberfest Luncheon staff was headed up by Kathy(hats off to you for double duty) and Jim Brown, Larry Godshalk (thanks, also, for doing double duty) and all those little elves running around keeping things running smoothly by restocking supplies, removing empty food containers, covering tables, taking a bag of garbage home, etc. High Fives All Around!

So, with this in mind, give the Pasta lunch coordinators - Mary Ellen and Randy Putnam, the pasta walk co- chairs - Laura and Rick Sheldon; and the Holiday walk chair - Bernie Geren, and lunch chair - Lucy Desjardins, a quick email or call to say you would love to help where ever they need you. You'll feel like part of the team and learn a few more members' names and faces.

LAKE PLACID WALK SEPTEMBER 15 – Barbara Kolapakka

There's an old saying "the best laid plans of mice and men go off awry". It should include the best laid plans of POCs as well.

Vera Weiss and I had concluded that running the Lake Placid walk this time would be a piece of cake. After all we had done it before in 2007 and, since this walk was one of the "retro" walks voted as a members' favorite, we were going to use the same route we did then. Just to be on the safe side we went up in June to make sure that the trail had not suffered from winter blowdown. All seemed fine.

So we drove up the Friday before the walk, intending to take about an hour to mark the route where it used the Peninsula Trails, and then have a leisurely afternoon boat ride on Lake

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION October 2012

Placid and maybe do some window shopping. It was in this frame of mind that we started out on the trails on a beautiful late summer day. At first we had no problems and then we ran into a few trees that had been knocked down in a storm but it was possible to go around them. But THEN! A huge stack of downed trees was covering the trail. Other hikers we met told us that there had been a microburst in the late summer that had knocked down a considerable number of mature trees along Lake Placid.

A side trail had been cut through some of the downed trees to allow hikers to get back to the access road that bisects the area but it was clear, after some bushwhacking, that we could not use our original route. Fortunately there were other trails in the system that we could re-route the walk on and these trails were in a section of the woods that the winds had not touched so we marked an alternate trail. We returned to the access road and walked back to the car, confident that we had successfully completed re-doing the route. But Mother Nature wasn't through with taunting us yet: there blocking the road was a huge tree. We managed to get over and under the tree (thankful that no one was there with a camera to record exactly how we did it) but now we had to do another re-route. So back we went, pulled up markers and found one last trail that was clear and led to an unblocked section of the access road.

Needless to say, we never did get that boat ride and a good chunk of our evening was spent re-writing and copying the walk directions.

The next day started out drizzling and gloomy but the weather soon cleared enough to allow the walkers to have an enjoyable time. We had 99 walkers and the actual count was 100 if you include one "stroller", Sue Gray's four month old grandson Benjamin who did his first volkswalk with his parents and grandmother. "Thanks!" to Marion Burns for making the journey to the mountains easier for a number of the participants by arranging for a bus.

PS The walk turned out to be a 12k.

MOREAU LAKE WALK AND OKTOBERFEST – Linda Morzillo

A dark drizzly day with rain did not stop 113 well-prepared walkers from completing one of the walks club members voted to repeat during the ESCV's 25th anniversary year. The fall colors had started to make their appearance, which added to the natural beauty of this lovely park, no matter what the weather. One of our carefully placed trail markers was moved after the pre-walk and caused some 10K walkers to make a wrong turn (and get a little lost)? These walkers ended up walking a hillier course. Nevertheless, everyone returned to the start point and no search parties were needed.

Many thanks to Sue Burke, Amy Gitchell and Jim Morzillo, who signed people in, passed out start cards, collected money and stamped the many books in such an efficient manner, while I kept the line moving and dealt with the New Walker Packets.

Thanks to Larry Godshalk, Kathy Brown, Marion and Dave Averill and Ginger Ireton for doing the pre-walk. (The errant trail marker was originally put in the proper place by Dave and there were five witnesses.)

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION October 2012

Sandy Gordon did the 10K post-walk with me and Jim Wheaton, first-time walker and family guest of Kathy and Jim Brown, did the 5K to collect the ESCV signs. Thank you for doing that! The sun did come out for a few minutes.

Larry Godshalk, Kathy and Jim Brown worked with a team of helpers to set up the Oktoberfest and were ready with appetizers and hot drinks when walkers began to arrive back to the picnic pavilion. Thank you, everyone, for your planning, shopping and other hard work that made this possible. The tasty dishes people brought to share were excellent! If anyone was cold, the number of people sitting at every dry table under the pavilion roof made everyone very and warm and cozy!

We will remember this as another fun, fitness and friendship event!

OKTOBERFEST THANKS – Kathy and Jim Brown

Jim and Kathy Brown would like to thank each and everyone who in any way helped make this Sept 29th event such a huge success, despite the inclement weather. Thank you to all who got their order forms and money in, before the cut-off date. You have no idea how that helped us out. Nobody likes to have their checks outstanding for 3 months, so when I get them in early, I can mail a few times to our Treasurer, and out of my hands as well.

First on my list is to my Husband Jim, who calculates how much meat, rolls, and all the beverages to order and purchase. People asked about the brand of meat. It was Black Bear (German, purchased at Shop Rite). Thanks to all the inventory Lea gave me a few months ago, (a trunk full) we only had to buy 4 small items of paper products. While doing the pre walk on Friday, Larry Godshalk saw to it that we needed to bring 2 Weber cookers, a folding table and a cart table. Thank you Larry for taking care of ALL the cooking needs (MANY) and having such a keen eye, and lugging all those items.

Larry and Jim are to be commended on a superb job at the grills. Eileen and John Sowa, thanks again for a great job on the tablecloths. It sure looked like a summer picnic, perfect color, made to order. Ginger Ireton and Harriet Kalejs played such a vital part in their organizational skills, that they put me at ease (even if I didn't look it). They went way beyond the call of "helping out".

Thank you to all who offered their most welcomed help before, during and after. Also to those who acted as movers, in carrying coolers filled with ice and beverages. This would be John and Jean Van Vranken. John and Jane Pattison who took over for Gary and Dale Nelson who had the beverages, but couldn't make it at the last minute. Thank you for making that happen. To people who brought coffee pots, water carriers, electric tea kettles (not enough power to use) sorry, we did have the tea. Some people carried garbage home!!

Our thanks and sincere appreciation to all our helpers. You know who you are, and we are grateful to each of you. It was many helping hands that made this such a fun day, with plenty to eat and drink. You all make our Club a hub for fun, fitness, and friendship.

**EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
October 2012**

HAVE YOU RECEIVED E-MAIL NOTICES FROM HEALTHY STRONG FIT FOR EXERCISES CLASSES?

If so, these have NOT been Okayed by me or any other club officer. Once again, our membership booklet clearly states that

THE LISTING IN THE DIRECTORY MAY NEITHER BE USED FOR COMMERCIAL PURPOSES, NOR DISTRIBUTED TO OUTSIDE PARTIES.

I would ask all of our members to please adhere to this club policy.

Lea

GROUP WALK ETTIQUETTE

As you all know, we rely on the cooperation of various businesses and other public spaces to host the walk boxes for our year round and seasonal walks. These folks store the boxes for us, retrieve them for walkers who come in to do the walk apart from group walks, let us use their restrooms, etc. For this hospitality we are truly grateful since without it most of our walks would not be possible.

However, we must be aware that we are, for the most part, not customers of the businesses at the time we're there, especially for group walks. This means that we should defer to the host's need to service their customers by not congregating in their space and blocking access to reception areas and doorways. And we should definitely NOT partake of the refreshments that they may have set out for their customers.

Once you have signed in for the walk, if at all possible leave the premises and wait outdoors for others. If the weather is truly inclement and you need to stay inside until the walk starts, try to stay away from reception desks, counters, etc.

Remember you are a guest of the host and act accordingly.

BIRTHDAY WISHES

Are a nice way to tell your family and friends how much you appreciate them. In this vein, I'd like to put together a birthday list of our members (just the month) so that in our monthly newsletter, we can send out birthday greetings to each of you. Please send your birthday month to Phyllis Budka at abudka@nycap.rr.com.

HAPPY BIRTHDAY TO

November	
Fr. Jack Cairns	Frank Lotito
Carol Kennedy	Barb Popolizio
Lynn Longshore	Eleanor Shutter

**EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
October 2012**

THE 14TH ANNUAL NOVEMBER PASTA PARTY AND WALK – BALLSTON LAKE

Yes, it's time for our 14th annual Fall Walk and Pasta Party at Our Lady of Grace Church in Ballston Lake on November 4, 2012. ***Come One and ALL***, enjoy a multiple celebration for some of our members who have completed their Walking Goals this year.

Delicious pasta dishes this year will again be from Augie's in Ballston Spa. Appetizers, salad, rolls & butter, dessert, and beverages will round out your meal.

Remember to bring any leftover Halloween candy that you don't want, for our walkers to get an extra boost of energy before, during or after the walk.

Thank you to the members who, with their reservations, have already offered us their assistance. We appreciate it and we'll be in touch.

We are looking for **volunteers** to help setup, cleanup, serve food, pick up food from restaurant, bring large coolers filled with ice (the club will reimburse you with a receipt for the ice). Please email us at putnam.randy@gmail.com to let us know what you would like to volunteer to do. *Many hands make light work!*

Look below for the Pasta Party flyer reservation form, directions, time, and other information. Hope to see EVERYONE here to help celebrate another ESCV amazing year in VOLKSSPORTING!

Please fill out the reservation form by Wednesday, October 31, send a check made out to ESCV and mail to Mary Ellen & Randy Putnam, 26 Edgewood Drive, Burnt Hills, NY 12027.

See form below.

NEIGHBORING CLUBS

News from **Twin State, Walk 'n Mass and Penn Dutch State Volksmarch clubs...**please check their websites for varied Autumn and Holiday walks that are offering fun, friendly, and fitness opportunities for all at their events. Check Northeast Calendar of events @ http://www.ava.org/clubs/reg_northeast (click on events)

AVA CONVENTION VOLUNTEERS NEEDED

There are many volunteer positions open for the 18th AVA Biennial Convention. Some positions can be performed from any area in the United States, and are not restricted to the Florida area.

Please contact Maxine Johnson, 18th AVA Biennial Convention Volunteer Coordinator at volunteer@ava.org if you are able to assist in any way possible.

The Convention, "Footloose in Florida," takes place Monday, April 29 through Friday, May 3, 2012, in Orland, Florida.

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
October 2012

AVA BIENNIAL PUBLICITY CONTEST - Chuck Blische

The complete guidelines and Official Entry Form can be found at

marketing@ava.org

Questions: Contact Chuck Blische, Marketing and Publicity Director. The entry submission deadline is 1 February 2013.

ESCV has many photographers snapping photos of our walks every week. Go back and see if you have one or two photos that are contest worthy. Send them in and see what happens. GOOD LUCK!

WALKING HEALTH TIP

"Australian researchers discovered that walking seniors with speeds surpassing 3 miles per hour lived 8 to 10 years longer than their slower counterparts. To maximize longevity, keep your body strong and healthy enough to "keep up the pace".

So, let's all take these words to heart and get out there and MOVE IT ALONG.

**BE CONSIDERATE – Robert C. Wright – 2012 Penn Dutch Pacers
Volksmarch Club**

It is easy to get so caught up in the moment that we don't consider enough how our actions at events affect fellow volkssporters. We don't mean to. But it's just as easy to take little proactive steps that contribute to those volkssporters' overall event experiences. Consider these simple actions. (Event volunteers will appreciate your thoughtfulness too!)

At a One-Day Event (or group walk)

In our busy lives we're often on a tight schedule. We need to get in, get going, and get on the way to our next activity. (And the volunteers want to oblige.)

- At the start have your labels and money ready when you get to the table. If you start early, have small bills (too many \$20 bills quickly deplete smaller denominations for change).
- If there are people behind you in line, move away from the table when you're finished with business.

(Wait until the line is gone to chat with volunteers.)

- At the finish, have IVV books open to the page with the next blank lines. (It takes time for the volunteer to find where you want your books stamped.) When you have special event books make the volunteer's job easy by pointing to where the stamp would go.

Take only the brochures you need. If you find extras at home, take them to another event and put them back into circulation.

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION October 2012

- Grabbing a bite to eat, leave the condiment area and your scat clean when you are done. Clean up any mess.

At a Year-Round/Seasonal Event

There may not be a line, but there still are steps you can take to be considerate of other participants.

- Keep the box as neat and tidy as you found it (if not better). Put it back where the event host stores it.

- Leave general instructions in the binder. They are for everyone, and there is nothing on it that you can't find elsewhere, such as in the brochure and/or on the event web page at <http://www.ava.org>.

- If items are running low, put a note on your start card, or call or send an email to the sponsor alerting them. (Event points of contact may not realize it.)

- If you use the last copy of instructions, put them back afterwards. (You don't need to make copies though some participants do as a service to others.) Then refer to the bullet above.

- Take one copy of directions. That extra copy for you is an added expense for the club.

Everywhere

One last tip. Thank the volunteers serving you and the establishments hosting year-round/seasonal events. (It is their service that makes the events possible.) We all have a role to play in making IVV events pleasant for everyone. Volunteers and participants alike can make each experience great.

**EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
October 2012**

CLUB CONTACTS

CLUB OFFICERS		
PRESIDENT	Lea Darling	Leadarling@verizon.net
VICE PRESIDENT	Teresa Kennedy	Forty6er3K@aol.com
SECRETARY	Cathy McGuire	Cmcg51@hotmail.com
TREASURER	Beth Snyder	Easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com
MEMBERSHIP AND EMAIL UPDATES	Tad Darling	harrydarling@verizon.net
SUNSHINE SECRETARY	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$2 for mailing ; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
WEDNESDAY WALK COORDINATOR	Margaret Popolizio	mpopoli1@nycap.rr.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	Barbara Kolapakk	Bkola67@gmail.com
HISTORIAN	Dan Schryver	Dschryver@aol.com
PROGRAMS		
PUBLICITY	Pat Reed	reedpatri9@gmail.com
PURCHASING	Winnie Balz	winnieeb@yahoo.com

ESCV WALK SCHEDULE

Saturday, October 13	Cooperstown
Wednesday, October 17	Schuylerville
Sunday, November 4	Ballston Lake Pasta Party
Saturday, December 1	Schenectady Holiday Party

OUR NEW ESCV WEBSITE

Visit our website for more information at

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

NORTHEAST REGIONAL DIRECTOR – Doug Reynolds

NERD web address (http://www.ava.org/clubs/reg_northeast)

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
October 2012



Ballston Lake, NY
14th Annual
Walk/Pasta Party
Sunday
November 4, 2012
10 Km (6.2 miles)
5 Km (3.1 miles)

sponsored by

EMPIRE STATE CAPITAL VOLKSSPORTERS

START/FINISH: Our Lady of Grace Catholic Church, 73 Midline Road, Ballston Lake, New York

REGISTRATION: 1:30 - 2:00 PM

Our annual Pasta Party will take place immediately after the group walk around 4:30 PM.

PRE-REGISTRATION is necessary for the Pasta Party. Cost Per person is **\$15.00** which includes munchies, assorted meat and veggie pasta dishes, salad, beverage, & dessert. Send a check made to: ESCV for \$15. **Deadline is Wednesday, Oct. 31th.**

GROUP WALK Starts promptly at 2:00 PM. Finish around 4:15 PM. Pasta Party to follow.

IVV Credit.....\$3.00

Non IVV Credit.....\$2.00

DONATION JAR: Proceeds to go to Our Lady of Grace Church.

COURSE: The course is rated 2. Follows paved streets and woods. Not suitable for wheelchairs and strollers.

PROCEDURE: Everyone must register & sign the waiver at the registration desk.

STIPULATIONS: With registration each participant accepts the guidelines for AVA Volkssport Events. Events are held regardless of weather. No refunds. Dogs are welcome on the walk ONLY, but must be on a leash and you must clean up after your dogs in Burnt Hills and Ballston Lake.

SMOKING: is prohibited in the Church.

RESTROOMS/WATER: Are available at the Start/Finish and Stewarts. In warm weather please carry water to prevent dehydration.

**EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
October 2012**

SPECIAL THANKS: to Parish Life Director Dorothy Sokol and Our Lady of Grace Church for the use of the Hall for the walk START/FINISH & the Pasta Party.

SEND Pasta Party Reservation (BELOW) and Checks made out to ESCV

**Mary Ellen & Randy Putnam
26 Edgewood Drive
Burnt Hills, NY, 12027**

POC: Laura & Rick Sheldon, 518 384-0143 or sheldon.laura1@gmail.com

WALK BEGINS AT Our Lady of Grace Church, 73 Midline Rd., Ballston Lake, NY

From the South and East (Albany) Take I-87 Northway to Exit 9, Route 146 west a few miles to Route 146A north. Follow this road several miles to the village of Ballston Lake, past the Stewarts, over the railroad track, through the orange blinking light. Our Lady of Grace is about a half mile up on the left. Park in back of the church. If you come to Route 50, you went too far. **From the North** (Saratoga) Take Route 50 south through Ballston Spa for several miles and turn left onto Route 146A south. Our Lady of Grace will be about half mile down on the right side. Park in back of church. **From the West and Southwest** (Schenectady) Take Route 50 north from Scotia through Glenville to the traffic light in Burnt Hills and take a right onto Lake Hill Road. Follow Lake Hill Road through the next traffic light and down to the blinking red light. Take a left on Route 146A north about a half mile to Our Lady of Grace on the left. Park in back of the church.

X -----

PRE-REGISTRATION FORM

Name and Phone Number	Pasta Party \$15.00 per person

TOTAL SUBMITTED: _____