



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: www.geocities.com/walkescv

November, 2006

**"CHOPPING, STACKING AND BRINGING IN WOOD FOR THE
FIREPLACE IN HOPES OF WARM CRACKLING FIRES
SHARED WITH FRIENDS"**

WEDNESDAY WALKS

Registration begins 30 minutes before

Start 9:30AM ONLY

GROUP SANCTIONED WALKS

Nov. 1st, Saratoga Spa Park
8th, Schenectady
15th, Albany 12 K
22nd, Troy, Environs
29th, Saratoga Springs-City

Dec. 6th, Albany 10 K-Visitors Center

INFORMAL WALKS

(Always check your **Hot Mail** for updates)

Nov. 8th, **Vroman's Nose**
-meet at parking lot on Spring Street
15th, **Schoharie**
22nd, **Colonie Town Park**
29th, Check your **Hot Mail**

TRADITIONAL EVENT

Nov. 4th, **Oneonta**
(Registration 9:00-2:00)
POC Colleen Hailey 607-754-1979; Start Point "Y" on
Ford Ave.

Nov. 5th, **Clifton Park, 2 PM**
(Registration 1:30 PM)
St. Edwards Church
POC: Eileen Skinner (518) 371-4352
8th Annual "P***A" Party following walk

Dec. 2nd, **Schenectady**
(Registration 9:00-12:00)
Annual Christmas Walk/Party
Stockade Inn, Union Street

*denotes walk qualifies for AVA Special Program

PRESIDENTIAL RAMBLINGS ...

While the majority of our 2006 walking events have been completed, there are still plenty of opportunities to enjoy a scheduled traditional event or group walk, and all but one of our seasonal/year round events are open through November to visit on your own schedule. Each traditional event left has the chance for a party and there are 7 group walks of seasonal/year rounds going into December.

TRADITIONAL WALK EVENT THANKS go to POC's Bernie Geren & Eileen Sowa for their great efforts on a beautiful day for our Hadley Oktoberfest. To Bernie for a very scenic trail (revised to take in the recently reopened bow bridge), and Eileen (with crew) that oversaw cooking/serving of all the delicious food offerings.

THANKS FOR GROUP WALKS go to the POC's of our seasonal events as we continue our fall schedule of walks on Wednesdays. Eileen Skinner for Caroga Lake (9/27), Linda Morzillo for Saratoga Battlefield (10/4), Janet Jones for Catskill (10/11), Winnie Balz for Cooperstown (10/18) & Toni Walsh for Scotia (10/25).

PERSONAL THANKS & BELATED CONGRATULATIONS are in order for related accomplishments. First, thanks to everyone who has wished me & Eileen well on our walking of the 50 states. However, not to minimize our

efforts over all the years we've done volkswalks, there's an ESCV'er that has recently come to my attention for going one better and wasn't properly recognized! Chris Morroni has quietly done the same, but they were all the state capitals along with national's capital for 51. Starting in April 1999 with Harrisburg, PA and ending appropriately with Washington, DC in April 2005, she is certainly due for all of our congratulations!

FROM THE EDITORS

Articles for the December & January joint newsletter are due on Saturday, November 18th, 2006. Please send us any news items that you feel would be interesting to our membership. Your reflections on a past or upcoming volkswalk and/or trips are always welcome.

WHEN SENDING ARTICLES FOR NEWSLETTERS

Please type messages and articles that you would like to appear in the ESCV Newsletter in either Microsoft Word or WordPerfect and attach to the email you are sending the editors (in other words, don't include the text in an email, pdf file, etc.). Also, send any pictures as "jpeg" files not exceeding about 200K in file size. This will minimize the work of reformatting and in some cases retyping various inputs to the newsletter. Your assistance here will help a lot. Thanks.

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399-7229

Sue Godshalk, lgodshal@nycap.rr.com
9 Hillock Ct., Glenville, NY 12302
399-6041

SUNSHINE COMMITTEE

Please let our Sunshine Secretary Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating. She can be reached at her home phone

438-1947 or by E-mail Kleroux1@nycap.rr.com. You can also see her at the monthly ESCV club meetings.

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HIP, HIP, HURRAY

Please take the time to congratulate Kathy Brown on earning a 2006 Summer Wednesday Walk Button for completing at least 10 walks throughout the summer.

Also, with great fanfare we extend a well deserved round of applause and pat on the back to Chris Morroni for completing the 51 State Capitals of the U.S. Starting in April of 1999 and finishing in April of 2006, Chris has accomplished quite a feat!

MEETINGS, MEETINGS, MEETINGS.....

***** MONTHLY MEETING: Next meeting Thursday, November 16st , 2006, 6:30PM, at the Latham Fire Department, 226 Old Loudon Road, Latham.

Come one...Come all...to Each and Every One... an invitation to attend our informative monthly meetings. Enjoy strengthening and cultivating new friendships off the trails!

OPEN INVITATION TO ALL ESCV'ERS

We would like to have a “*REMEMBER WHEN....*” byline monthly article of your stories experienced while participating on past summer Wednesday walks, Traditional walks, informal walks, past Christmas parties, pizza/pasta parties, cookie, soup get togethers, driving to or from the walks, getting lost while following the map, etc. These could be amusing, learned a lesson, helped someone, etc. We will be starting this month and we hope to get enough stories to take us right through our 20th Year. With your help, we know we have lots to tell our readership. So, sit down and start reminiscing!

REMEMBER WHEN....

ED KOCH with memory corrections by Emmy Koch

We went on a mystery bus trip in the Spring of 1996. Ron Hersh's son, Ed, arranged for the bus and accommodations. Winnie Balz and Emmy Koch planned the itinerary and walks. My memory is like walking along in a fog, where the fog lifts occasionally to give me a view... here's what I remember:

We left on the last Friday in March... we only knew that we would be doing 6 walks in 5 different states during the next 3 days. As the bus got closer to New Jersey, we started to see some snow. Since it was Spring, we were used to a bit of snow... a flurry would be no problem. However, when we arrived at Belmar, New Jersey, the snow was blowing horizontally as we walked along the boardwalk. Sucking it up, I started on my way and walked, perhaps, half a mile through 3 or 4 inches of slush; my feet were wet and cold. I was not dressed for this! I turned around and headed for a McDonald's that was a beacon of shelter in the wintry landscape. Surprise, surprise... I found other walkers taking refuge from the storm.

Those were the days of Beryl Wolf... two walks per day were normal; three walks if Beryl had her way. In the afternoon, the bus took us to Cape May for the 2nd walk. Still drying out from the morning walk, I opted for a trolley tour of Cape May... good choice, Ed. That evening, Ed Hersh arranged a banquet at the local night spot... Well, we didn't have to fight for accommodations... there were no other tourists that night!

How we got to Rehoboth Beach, Delaware is deleted from my mind. Yes, we did take the ferry on a beautiful morning and there was NO SNOW in Delaware. I remember getting off the bus and being greeted by the local volkswalkers. They served doughnuts and coffee... that made quite an impression! This walk took us away from the beach and into town. I do remember a huge nest in a utility pole... the occupants were Monk Parrots. At the end of the walk, I remember sitting on a bench and looking out at the ocean. The view was beautiful!

The bus soon whisked us off for lunch (the Delaware Club extended their hospitality to lunch at a local hot spot-Dutch treat, of course). Lunch lasted at least 2 or 3 hours... and we had another walk to do! I remember getting testy, but you can't turn off hospitality. The second walk is gone from my memory... I think we landed in Easton, Maryland around 3 o'clock... with 2 hours to stream through before dark. Winnie and Emmy thought we could buy dinner there, but restaurants were non existent.

Although we were tired and hungry, we headed to King of Prussia and Valley Forge, Pennsylvania. I thought the bus driver was especially crabby.

Our final day was spent in Valley Forge... I remember a huge building, a Visitors Center for the start... lots of displays... there was a famous actor on site that day... who was it? It was Palm Sunday... the most beautiful sunny day with temps in the 70's... some walkers showed up in shorts. I recall walking through a beautiful park with Colonial homes and a white Church. No one thought about arranging lunch, so, we sent the bus driver and Ed out for sandwiches. What a contrast to Day ONE!!!

Five walks so far! 2 in New Jersey, 1 in Delaware, 1 in Maryland, 1 in Pennsylvania... and one more to go-West Point, New York. Naturally, it was late afternoon when we arrived in West Point. Since we were pressed for time, my job was to get the books stamped. The lady in the gift shop turned out to be a control freak... the shop would be closed by the time we finished the walk and she wouldn't give me the stamp before closing time! Luckily, Cathy Edwards came to my rescue... I don't remember what she said, but it worked! You can still find some lucky mystery trippers with stories of their own... they might even have a T-shirt to prove they were there!

ASSISTANCE NEEDED TO MAKE "20TH ANNIVERSARY YEAR", THE BEST DARN ONE

Vera and Jack write: Jack and I attended our annual Walk Committee meeting on October 17th. We had a chance to explain what has been done so far for our special party and, what needs to be done. The following is a list of items we discussed:

1. **RESERVATIONS** - Marylou and Bernie Geren have offered to be in charge of reservations. Eileen Sowa will also be helping out on this committee. They will be making name tags. If you can remember the year you joined ESCV, that year will also be put on your name tag. We are not sure about center pieces? **We need some people to brainstorm and decide on an idea and be in charge of making (or having them) made.**

2. **MASTER OF CEREMONIES** - Doug Reynolds has volunteered to be our M of C!! What a wonderful "Master" we are sure he will be! As program chair he and his committee will also be responsible for **ENTERTAINMENT** and for having a **PROGRAM PAMPHLET** for each attendee. Doug will need lots of help and feedback. **We need individuals with a desire to toss around any ideas/suggestions about entertainment and the program pamphlet, and bringing these items to fruition.** Eileen Skinner has a great song for us to sing, and Doug has some ideas of other songs we could **ALL** sing as well!!! Midge Launsbach will be creating a song for the Scotia/Ballston Spa members to sing at our party, and we are sure that other members are just as creative and could come up with their own group song. So let's all start composing and no strings attached to let go!

3. **HISTORY** - Em and Winnie have offered to put together a history segment. We know that Ed will be helping out as well. What a wonderful contribution all three of them can bring to our celebration year! If there are other members who have been in the club for a long time, Jack and I are sure that these three people could use your help, memories and input as well. **Looking for people who have memories (or NOT) like elephants and like having lots of fun recording these snapshots of history.**

4. **LOGO** - Ed Koch has created a Logo for our 20th. Eileen Skinner has volunteered to make magnets for our party favors *and* buttons for our anniversary walk tentatively planned for May 5th, 2007.

5. **DISPLAY TABLE** - Dan Schryver has said “YES” to being in charge of our display table. We know that Dan will do a great job of displaying our history and making it “COME ALIVE”. Pat Rousseau has been busy taking pictures these past two years. She has at least two photo albums filled with captions and pictures of some of our seasonal, traditional and special event walks. Pat also has an album of pictures taken on some of Marion’s **TRAVELWALK** trips. All these albums will probably be placed on our display tables for members to peruse and enjoy. **MAYBE EVEN SOME OF YOU READING THIS RIGHT NOW HAVE TAKEN SOME PICTURES YOU MIGHT LIKE TO SHARE WITH EVERYONE BY SENDING A COPY TO PAT WITH CAPTIONS, NAMES AND MONTH/YEAR.**

6. **WRITING COMMITTEE** - Winnie and Lea have signed up to serve on our Writing Committee. They will be in charge of sending out special handwritten invitations to key people such as our Regional Director, Janet Hersch, Diane Clancy and Janet Haile. **If anyone else thinks of other special people we may need to send a personal invitation to, please let Winnie or Lea know.**

7. **T-SHIRT COMMITTEE** - Our t-shirt committee has Sue Godshalk and Ed Koch signed up so far. **We need at least two more motivated and creative people to join them in designing, contracting, inventorying and distributing an AWESOME shirt to be treasured by one and all.**

8. **VIDEO COMMITTEE** - We thought that videoing key members in our club and getting their stories about our history would be wonderful for all of us to see now and in the future. Also, during the evening of the party, we would like a person to photograph and video the evening. **SOMEONE WHO ENJOYS PHOTOGRAPHY AND SOMEONE WHO CAN HOLD A CAMCORDER STEADY WHILE RECORDING WOULD FIND THESE TASKS FUN AND INFORMATIVE.**

9. **MEMORY BOOK** - This book will be created the night of our “20th Anniversary Party”. It could be a scrapbook with blank pages for our members to write their memories or whatever into it. I think I will type something up before the party and just tape it into the book that evening. You might also like to do this ahead of time. **Two people could really have fun making up scrapbook pages for members to record on, and also designing the front of our Memory Book. If you love this type of hobby, then here is your spot.**

Jack and I know that we have wonderful, supportive, busy people in our walking club. **We need your help in making our anniversary party a success. Please consider volunteering for one of the above committees. If you have any ideas or suggestions or concerns please let Jack or me know. This 20th Anniversary Party is for YOU and to celebrate ESCV’s walks and memories. Think of all the wonderful exercise, fun and friendships that have developed out of this amazing club.** Already around 15 of our members have said “YES”. Now we’re looking to the other 185 or so members out there to step up for one small commitment.

Many hands make light work.

Thank you in advance for your support and help! Vera Weiss & Jack Hickey

Holiday Party

Mark your calendar for the Holiday Party to be held on December 2, 2006 at the Stockade Inn in Schenectady, NY. The Stockade Inn has a capacity of 140 people, so get your reservation in early. The attached brochure has the tear off form and reservation will be taken on the first mailed basis.

Emily Koch will coordinate the cookies for the check point at Ellen McNett's home who has generously offered the use of her home again. Thank you Ellen!

Bring your cookies to the start point on the morning of the walk, and Emily will do her thing.

COORDINATOR OF YRE'S & SE's and ALTERNATE BENNINGTON POC

I'd like to first announce a new coordinator of our year round and seasonal walk events to work with all of our point of contacts for such events. This position hadn't been well defined and wasn't formally recognized in club listings, but our past co-president Lil Julian admirably performed aspects of the position and we thank her for that service. So with the need to clarify the position, and find someone looking forward to tasks that will ensure a meaningful retirement, long time member (and recent retiree!) John Cairns has accepted the position. I'd like to also cite a beneficial discussion of what the position could entail from a current seasonal POC, Barbara Kolapakka. That dialogue also led to getting another member's involvement with the Bennington seasonal. Amy Gitchell (a more recent and not retired member!) will learn more about that walk, be listed as an alternate POC, and by assisting will be ready to take over that event in the near future.

In the interest of space considerations, the duties or aspects of the coordinator position will be separately provided to seasonal and year round events POC's. However, any member interested in learning about them and the potential of assisting as an alternate POC with a future of being a point of contact please contact our new coordinator by use of his email address JLCairns@aol.com.

"NEWS FROM THE FIELD"

Caroga Lake Wednesday Group Walk

Dave Skinner

I represented POC Eileen Skinner on September 27, a beautiful early fall day in the Adirondacks. Unfortunately only 10 walkers came for the walk, but they all made a point of telling me how much they enjoyed it. In fact everyone continued their stay by going to lunch at Vroman's and had a good meal. Caroga closed its season on September 30 and disappointingly there were just 44 walkers for the four months it was open. That was one month longer this year and it even allowed for getting event credit twice (once during June & again for July-Sept.). However, the year's turnout didn't even match the 52 that did the walk in 2005. Although the walk was re-sanctioned for 2007, it needs to have more walkers support the walk next year for it to continue.

Saratoga Battlefield Wednesday Group Walk

Dave Skinner

POC Linda Morzillo passed command to me on October 4 for another nice fall day. Stamping assistance was provided by Natalie Smith who also gave the group a briefing in her role as a Friends of the

Battlefield board member. The event was rewarded with a fine turnout of 41 walkers with everyone absorbing the aura of this historic site.

Catskill Wednesday Group Walk

Dave Skinner

Once again I had the pleasure to represent a POC, in this case Janet Jones, who with the help of her husband Jerry created the trail for us. Seemingly the threat of rain kept the turnout down for this last group walk of Catskill since the event was not sanctioned for 2007. However, the 14 walkers that came out enjoyed the trail (with no rain!) and many finished their visit in nearby Leeds for a nice lunch at Koch's Family Restaurant.

SPECIAL FALL GROUP WALK OPPORTUNITY IN ALBANY

The fall group event scheduled for Albany's 10 Km "Capital & Revolutionary War Historical Walk" on Wednesday, December 6 will provide a special opportunity offered by the walk's trailmaster Doug Reynolds. He has been enlisted to give his "famous" narrative for walkers after they view the Visitors Center movie about Albany and then follow him on the trail. After the normal 9 to 9:30 AM registration period, approximately 15 minute movie, those having about 2:45 minutes would return around 12:30 PM. They could even consider lunch at the Pump House if they want to continue this early holiday season day in our capital city with their fellow walkers. There can be another group who just do the walk without the narrative and walkers interested in a shorter trail (or time) can take part in any of the segments of either group as it fits their needs and interest.

Hadley Walk and Picnic

It was a beautiful sunny day and a good time was had by all despite a mild breeze! After a lovely countryside walk viewing Lake Luzerne, Hudson River, Sacandaga River, and best of all, the recently restored Bow Bridge, everyone settled down to an Oktoberfest picnic. There were lots of hot dishes, delicious deserts, and German dogs hot off the grill!



DUES REMINDER

Dues for 2007 will be due on January 1st, 2007. Dues may be paid in cash or by check at the Christmas Party December 2nd. If you pay your dues at the party, please have check or exact change in a sealed envelope with your Membership Renewal Form enclosed. Place your name on the outside of the envelope. Give envelope to Marie Klucina. I will not have access to cash for change, so please follow the instructions carefully. It is also very IMPORTANT that you write legibly when submitting your e-mail address. If you joined after October of 2006, your dues are not due until 2008. Dues can also be mailed to ESCV Membership, PO Box 5464, Clifton Park, NY 12065-5464.

Renewal Dues for 2007 will be \$10.00 for single, \$18.00 for family.



MEMBERSHIP RENEWAL APPLICATION: EMPIRE STATE CAPITAL VOLKSSPORTERS 2007

Membership entitles you to receive newsletters, brochures, membership perks and voting privileges at meetings.

Date: _____

RENEWAL Membership (Single: \$10, Family: \$18) _____ (Checks are preferred!)

Name(s): _____

Address: _____

Phone: _____ Are you a member of AVA? _____

Email address: _____

=====

Is it OK to add your email address to the ESCV Directory? _____

Do you want to receive hotmails via email? _____

Send application form along with a check made out to ESCV to:
ESCV Membership, PO Box 5464, Clifton Park, NY 12065-5464

Empire State Capital Volkssporters
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Clifton Park, NY 12065-5464