



# EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: [www.geocities.com/walkescv](http://www.geocities.com/walkescv)

**March, 2007**

**“MARCH MEANS MARVELOUS MEANDERINGS”**

## **WEDNESDAY WALKS** - None scheduled

Registration begins 30 minutes before

### **GROUP SANCTIONED WALKS**

**March 4<sup>th</sup>**, Albany\* at 1 PM, Start Point at Albany UCP (Urban Cultural Park), Quackenbush Sq., POC Teresa Kennedy 370-0585

**24<sup>th</sup>**, Troy\*-Downtown at 9:30 AM, Starting Point at Franklin Inn, One 4<sup>th</sup> Street POC Mary Agars [gagars@nycap.rr.com](mailto:gagars@nycap.rr.com)

**31<sup>st</sup>**, Williamstown\*, Ma. at 9:30 AM, Start Pt. is The Williams Inn at Junction of Rts. 2 & 7. POC Shirley Pingelski 664-8231

### **TRADITIONAL EVENT**

March 18<sup>th</sup>, Goshen, NY West Point Club is sponsoring. For more info go to website: [www.ava.org/clubs/WestPoint](http://www.ava.org/clubs/WestPoint) and go to “Walking Events”

Mark your calendars for next month:

**April 14<sup>th</sup>**, @Fort Edward\*, beginning 9 AM-12 Noon & ending by 3 PM Start Point is Rogers Island Visitors Center, POC Carol Sorenson 452-6475

**15<sup>th</sup>**, @Bennington, Ma\*, 1:30 PM

**28<sup>th</sup>**, @Scotia\*, 9:30 AM

\*denotes walk qualifies for AVA Special Program

**THANKS FOR BEING READY** are in order for Vice-President Bernie Geren who had agreed to run our February club meeting on February 15<sup>th</sup> in the President’s absence. However, with a light agenda and no pressing matters, the meeting was canceled since it wasn’t worth the risks of a trip to Latham in the drifting snow!

**GROUP WALK THANKS** go to POC Ellen McNett as Schenectady continued the schedule of kickoff group walks of all our seasonal and year round events. A good showing of volkssporters braved just cold weather on February 10<sup>th</sup> and those who trekked over to Ellen’s home after for some “fun & fellowship” topped off the morning’s “fitness” in great AVA style. There’s no denying that Ellen is the “hostess with the mostest”!

**WELL WISHES & SADLY CONDOLENCES** are being sent to a number of members this month. After coming home from the hospital unfortunately Marge Shanley has had to return to deal with a dehydration problem. Barb Green was hospitalized after a heart incident, but is now home doing physical therapy. Eileen Sowa broke her ankle and will be wearing a “boot” instead of a normal cast for about a month. Beryl Wolf received a diagnosis of leukemia and has started twice a day chemo treatments. Joe Piffat’s back situation has improved with PT and with taking medications for a while longer he should not need an operation. Tragically Mary Sorell’s daughter has lost her husband, an Albany fireman who died from a heart attack in the line of duty. Please keep all these fellow ESCVers in your thoughts and prayers.

## **PRESIDENTIAL RAMBLINGS ...**

So now that we’ve gotten the significant snow fall I speculated about last month as overdue, we can finally say we’ve had winter! It was just unfortunate that it came as a Valentine’s Day blizzard thereby putting a damper on walking that day and possibly the romantic side for those going out to celebrate the occasion.

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## FROM THE EDITORS

Articles for the April newsletter are due by Saturday, March 24, 2007. 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.**

**Lea Darling, [lea.darling@att.net](mailto:lea.darling@att.net)  
21 Van Vorst Dr., Burnt Hills, NY 12027  
399-7229**

**Sue Godshalk, [lgodshal@nycap.rr.com](mailto: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](mailto:Kleroux1@nycap.rr.com). You can also see her at the monthly ESCV club meetings.

## ESCV CLUB OFFICERS

President Dave Skinner (518) 371-4352

[DHS4774@aol.com](mailto:DHS4774@aol.com)

Vice-President Bernie Geren (518) 399-8400

[TSCBernie@hotmail.com](mailto:TSCBernie@hotmail.com)

Rec. Secretary Kathy LeRoux (518) 438-1947

[Kleroux1@nycap.rr.com](mailto:Kleroux1@nycap.rr.com)

Cor. Secretary Pat Lanphear (518) 456-4969

[pmlanphe@nycap.rr.com](mailto:pmlanphe@nycap.rr.com)

Treasurer Joe Padula (518) 371-9591

[ASPCAlbany@aol.com](mailto:ASPCAlbany@aol.com)

Newsletter Editors Lea Darling (518) 399-7229

[lea.darling@att.net](mailto:lea.darling@att.net)

Sue Godshalk (518) 399-6041

[lgodshal@nycap.rr.com](mailto:lgodshal@nycap.rr.com)

Recording Secretary Kathy LeRoux (518) 438-1947

[Kathy30000@aol.com](mailto:Kathy30000@aol.com)

Membership Marie Klucina (518) 393-1800

[Mklucina@nycap.rr.com](mailto:Mklucina@nycap.rr.com)

Webmaster Eileen Skinner (518) 371-4352

[EFSkinner@aol.com](mailto:EFSkinner@aol.com)

Sunshine Kathy LeRoux (518) 438-1947

[Kleroux1@nycap.rr.com](mailto:Kleroux1@nycap.rr.com)

Publicity Chase Pugliese (518) 477-7241

[chasepugliese@hotmail.com](mailto:chasepugliese@hotmail.com)

Historian Jack Hickey (518) 399-8331

20<sup>th</sup> Anniversary Chairman

[jHickey1@nycap.rr.com](mailto:jHickey1@nycap.rr.com)

Car Pooling Coordinators

Sandy Gordon (518) 346-0982

[Eow2004@juno.com](mailto:Eow2004@juno.com)

Sue Grey (518) 399-0159

[susanbg@earthlink.net](mailto:susanbg@earthlink.net)

## 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 hope to get enough stories to take us right through our 20<sup>th</sup> Year. With your help, we know we have lots to tell our readership. So, sit down and start reminiscing!

## **MEETINGS, MEETINGS, MEETINGS.....**

\*\*\*\*\* MONTHLY MEETING: Next meeting Thursday, March 15<sup>th</sup>, 2007, 6:30PM, at the Latham Fire Department, 226 Old Loudon Road, Latham. After the February SNOW STORM cancellation, make sure to attend this important meeting. We are on the threshold of May and the beginning of our Wednesday walks, Anniversary Dinner, etc.

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!

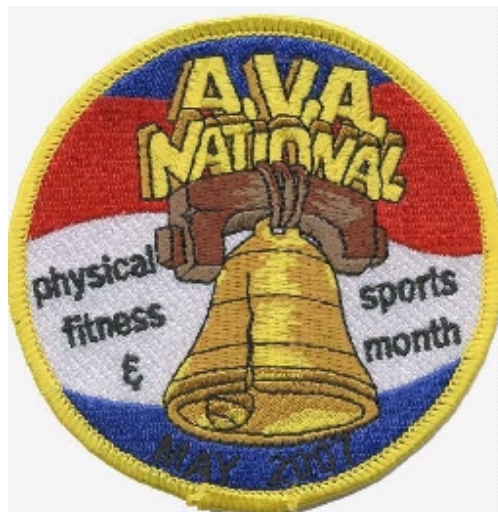
### **ADD THIS TO YOUR MARCH CALENDAR**

You won't want to miss our March 15<sup>th</sup> ESCV meeting. We will have a Fleet Feet Representative present to properly measure your feet for a perfect fit the next time you purchase sneakers. Also, we will have a return visit with a New Balance Shoe Representative. Come out for an informative and friendly evening.

**BUSY, BUSY BEES HARD AT WORK...**Yes, we have some very hard workers out there putting lots of time and effort into making our 20<sup>th</sup> Anniversary Year a huge success. As we approach May, the beginning of our Wednesday walks, Anniversary Dinner, etc., we still have many opportunities for you to help out the committee. Just pick up the phone and give Jack Hickey or Vera Weiss a ring. When you're involved, you have a good time, meet new friends and help to lessen the load. With over 400 paid members in ESCV, all are encouraged to do their parts to keep our club strong and inviting.

### **2007 NATIONAL PHYSICAL FITNESS & SPORTS MONTH PATCH**

AVA has sent us an order form for this year's National Physical Fitness & Sports Month (NPFMSM) patch which is intended as a walk award for events during May. Cost for the 3.5", 100% embroidered multi-colored patch of a patriotic Liberty Bell (pictured below) is \$1.25 by ordering in advance. ESCV members who want to reserve a NPFMSM patch should send payment to the club address: PO Box 5464, Clifton Park, NY 12065-5464 by April 1 to assure delivery for our various walk events in May. Treasurer Joe Padula and his "assistant" Dave Skinner will also accept payment in person before then at the March club meeting or group walks they attend in March.



**MARGE SHANLEY WRITES**.....How many ways can I say “Thank you”? Gracias, merci, danka? I want EVERYONE at the Club to know how much I appreciate all the kindnesses extended to me by so many during my recent surgery.

I spent the first night after my operation in I.C.U. watching the clock on the wall tick off each and every hour. I never slept and what sustained me during that long night was thinking about all the people who had wished me well and promised their prayers. That helped me through a tough night and the days thereafter. The cards, letters, and phone calls were a blessing as were the lovely flowers.

You are a wonderful group who pull together to support someone who is going through a rough patch.

Thanks again! Marge.

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**Milestones from Feb/Mar Wanderer**

|                                                            |                                                      |                                      |                                                      |                                                       |
|------------------------------------------------------------|------------------------------------------------------|--------------------------------------|------------------------------------------------------|-------------------------------------------------------|
| <b>10 Events</b><br>Dorie McArthur<br>Annalise<br>VanAvery | <b>30 Events</b><br>Lois Hardie                      | <b>50 Events</b><br>Frances Pallozzi | <b>100 Events</b><br>Vera Weiss                      |                                                       |
| <b>150 Events</b><br>Suzanne<br>Godshalk                   | <b>175 Events</b><br>David Averill<br>Marion Averill | <b>250 Events</b><br>Cathy Edwards   | <b>350 Events</b><br>Barbara Kolapakka               |                                                       |
| <b>375 Events</b><br>Teresa Kennedy<br>Pat Reed            | <b>750 Events</b><br>Joan Kimmel                     | <b>900 Events</b><br>Natalie Smith   | <b>950 Events</b><br>David Skinner<br>Eileen Skinner | <b>1700 Events</b><br>Donald Meltzer<br>Polly Meltzer |

|                                     |                                |                                   |
|-------------------------------------|--------------------------------|-----------------------------------|
| <b>500 KM</b><br>Elizabeth Burke    | <b>1500 KM</b><br>Vera Weiss   | <b>2500 KM</b><br>Cathy Edwards   |
| <b>4000 KM</b><br>Barbara Kolapakka | <b>9000 KM</b><br>Dan Schryver | <b>11000 KM</b><br>Eileen Skinner |

**Congratulations** on your accomplishments! If anyone was missed that was published in the December/January *Wanderer*, please call Teresa Kennedy at her home phone or email her at [Forty6er3K@aol.com](mailto:Forty6er3K@aol.com) so you can be recognized in the next newsletter.

***AVA Start Point Book 2007*** for \$15.00 is the bible for walks throughout the United States. I know because I take it with me on all my vacations just in case I find I have 2 hours to fill. I look up the state, the city and BINGO find a walk and get in some wonderful sightseeing and exercise to boot! Winnie Balz ordered a box in December and only has 9 books left. Make your checks out to ESCV and please give her a call at (518) 372-3663 or email her at [WinnieB@yahoo.com](mailto:WinnieB@yahoo.com). to order one today.

## **WEDNESDAY WALKS IN A DAY GONE BY**

**By Charlotte Phillips**

There was a time when Ruth Cade and I used to drive to the Albany area, do two walks and return to Vermont the same day.

I remember very vividly one of those trips about seven years ago--Ron was still alive and Beryl Wolf was working in the area. Any way, one Wednesday we decided to do the Albany seasonal walk and do the evening walk with Ron. This was in the days when there was only one Wednesday walk a day--at 5 or 6 PM.

We left late, as usual, and ended getting to Albany pretty late and then had a great deal of trouble finding the start. We found the start and began the walk, only to be wet with a deluge from a terrible thunderstorm. We did not have time to stop, so we walked and got soaking wet. We still were running late to get our credit before the Visitors Center closed--they would not let us stamp our books before we started. I finally decided the only way we would get our books stamped was for me to take the books and run. I did get there, but I was a minute or two late. After a bit of begging, the staff stamped our books.

Then it was off to the evening walk. We were so late we did not take time to eat or find a bathroom. The walk was at Vischer's Ferry, which was at the end of the road, with no facilities. We arrived to find Beryl and Ron eating their home made sandwiches. They were sitting in their chairs totally relaxed and welcomed us, however, we were on the search for a bathroom and something to eat. They informed us there were not even any bathrooms at this location--they pointed to the woods. So off we went to fight off the mosquitoes in our soaking wet clothes to relieve ourselves.

In a short time, Ron set up a little table he carried to use for registering walkers, and the crowd grew to about twenty as we registered to walk. The mosquitoes were very thick, and we had no spray, but Ron shared his. Then it was time to walk. Not organized like it is today--Ron found that many of the places he had mapped out for the walk were flooded. Any way, we walked around mud puddles, through the mosquitoes for two hours.

About nine P M we climbed into our cars to drive home--we had a hungry, tired, and not completely dry for our two hour drive. But our days experiences were not over. There was a terrible thunder storm, which followed us most of the way home.

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## **AMERICAN REVOLUTION WALKS**

In January we began the final two years of the American Revolution Walks program. Since a number of you are still working on your first (or maybe your second) book, I've been asked where you can pick up some stamps this year.

To begin with, if you haven't done all of the qualified year rounds in this area, do these: Albany (10k only), Bennington, Cooperstown, Johnstown, Saratoga Battlefield, and Schenectady. A little farther away but still near the Capital District are Rhinebeck, Highland and West Point.

We have three Wednesday walks that qualify: Thacher Park, Cohoes and Waterford. And mark your calendars for our three traditional events with Revolution Walk credit: Fort Edward on April 14, Plattsburgh on August 11 and Schuylerville on October 17.

If you are heading to New England or Pennsylvania there are a number of YRE's in those areas. Check the Revolution Walks website for more information on these and walks in states further away. While the Starting Point often tells you what special event programs a walk qualifies for, there are qualified walks that aren't listed as such in that publication.

And remember, you have until December 31, 2008 to finish your book, so don't give up yet!

## YOUR E-MAIL ADDRESS for ESCV HOT MAIL

### Updates/Additions/Deletions

We have been trying to update and correct problems with email addresses for our HOT MAIL (about one sent a week) when necessary to communicate with the membership. Some people were contacted to confirm their E-Mail and many of these have not responded to this so they will be dropped from the mailing list.

If you are a new member, long time member or forgot to pay your dues member and would still like to be on our email mail list this is what you must do.

1. Send an email to [WalkESCV@aol.com](mailto:WalkESCV@aol.com) with ADD in the subject
2. In the Body, type your first/last name and your Email address (Capitalization COUNTS...many emails that we have have Capital Letters that the server won't recognize) SO BE VERY CAREFUL HOW YOU TYPE THE ADDRESS, that you would like your mail sent to. (If both husband and wife have different email address, please put both in the body with name.)

IE: AOL can be either CAPS or small and it will go.

earthlink, yahoo, nycap.rr.com, etc. only small letters only work (NO CAPITALS AT ALL).

3. MOST IMPORTANT - put [walkescv@aol.com](mailto:walkescv@aol.com) **into your address book** so that the mail won't be blocked as spam or junk mail. Many emails are returned because the your server does not recognize this mail.

4. IF you **change email addresses**, please notify Marie Klucina to update the records and keep you current and informed of our upcoming activities.

5. Lastly, if you are receiving the HOT MAILS and no longer wish to, put REMOVE in the subject and in the Body your Full Name and Email address that you wish to be removed.

Thank You.

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**UPCOMING WALK** to consider, for walking out the cobwebs from the Winter and renewing friendships.

By Shirley Pingelski

**On March 31<sup>st</sup>**, is our popular Williamstown, Ma. outing with a pay-your-own lunch afterward at the Williams Inn Tavern. At the time of sign in, you can make a reservation for lunch. We receive a 10 % discount on lunch and if any walkers stay at the hotel - there is also a 10 % discount. The food and conversation is A Plus. Sign Up begins at 9:00 AM, walk starts at 9:30 AM. Williamstown is a beautiful college town with many old buildings to admire. The Clark Museum is well worth a visit after your walk/lunch. You might also enjoy the Williams College Museum while in town. Hope to see everyone!

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### ESCV FLORIDA WALKERS

The Volks South (ESCV) Walkers send their greetings and want you to know that we are back at it again this 2007 season. If you expect to be in Florida this season, consider joining us for one or more walks. Our schedule can be found on the ESCV web page ([www.geocities.com/walkescv](http://www.geocities.com/walkescv)) and by clicking on the map of Florida. A special thanks to Eileen Skinner for the nice colorful and animated presentation.

As of February, we have completed nine events with thirteen to go. Some of the visitors who have joined our group for a walk or more were: Ann Smith and Nellie Georgelos; 12 walkers from the Walk-and-Eat group (Mass and NH); Chris Guggisberg's visitors, sisters Pat Rousseau and Joan Van Slyke; Karen and John Watson; Sandy Marshall; and Mary and George Agars' visitors Joan Muir, and Diane and Bill Hughes.

Our talks on the trail are often recalling last year's wonderful Week of Walks in March with Marion's group, as we do some of those same places again. Of course, many of the memories are of the places we ate such as the birthday party for Marion at Paradise Restaurant in Safety Harbor; Harvey's 4th St. Grill with the free beverage; Billy's Seafood Restaurant near Ft. De Soto; Sharky's on the beach in Venice; the Greek restaurants of Tarpon Springs; and the pulled pork sandwiches in Hammock State Park. Happy to report that we have found some new spots to share, as well as some new walks to go with the eateries. Maybe next season.

## ORDER FORM FOR ESCV SHIRTS

| SHIRT<br>STYLE                                      | SIZE<br>S,M,L,<br>XL,<br>XXL* | PRICE   | COLOR<br>1st<br>CHOICE<br>(Circle one)                                     | COLOR<br>2nd<br>CHOICE<br>(Circle one)                                     | QUANTITY | TOTAL<br>COST |
|-----------------------------------------------------|-------------------------------|---------|----------------------------------------------------------------------------|----------------------------------------------------------------------------|----------|---------------|
| Tee<br>Shirt                                        |                               | \$10.00 | GREY                                                                       | GREY                                                                       |          |               |
| Ladies<br>Polo<br>(Johnny<br>collar, no<br>buttons) |                               | \$20.00 | White, Pink,<br>Light Blue,<br>or Maize,                                   | White, Pink,<br>Light Blue,<br>or Maize,                                   |          |               |
| Men's<br>Polo<br>Shirt                              |                               | \$20.00 | White, Ash,<br>Sport Grey,<br>Royal Blue,<br>Forest Green,<br>or Navy Blue | White, Ash,<br>Sport Grey,<br>Royal Blue,<br>Forest Green,<br>or Navy Blue |          |               |
| (Add \$4.00/shirt order if shipping is desired)     |                               |         |                                                                            |                                                                            |          |               |
| -----                                               | -----                         | -----   | -----                                                                      | Total Enclosed                                                             | \$ _____ |               |

\*Add \$1.50 for XXL tee-shirts and \$2.50 for XXL polo shirt.

Shirts must be pre-ordered and may be picked up during the anniversary activities of the May 4<sup>th</sup> weekend or shipped to you at the additional cost listed above.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Checks Made Out To: ESCV

Mail to: Suzanne Godshalk  
9 Hillock Court  
Glenville, NY 12302

**DEADLINE FOR ORDERS: MARCH 23, 2007**

Phone: 399-6041  
Email : lgodshal@nycap.rr.com

**Tee Shirts** are 50/50 blend of Cotton and Polyester. The following emblem will be about 4-inches round, in color, and located over left breast.



Quote on back of shirt:

“Everywhere is walking distance if you have the time.

-Steven Wright”

**Ladies & Men’s Polo Shirts** are 50/50 blend of Cotton and Polyester. The following emblem will be about 3-inches round and embroidered over left breast,



*Men’s Polo shirts and Tee shirts run true to size. There will be samples of the Ladies Polo shirts in various sizes to try on at the March Club meeting (March 15, 2007).*



# DUES REMINDER

## A Note from the Membership Chairperson

*As of this newsletter we have almost 400 paid members, which is very good. If you do not have the numbers 012008 next to your name on your address label you are not a paid up member and this will be your last newsletter. Dues were due January 1, 2007. If you have not paid your dues, please do so as this will be your last newsletter. \$10.00 single, \$18.00 family. Renewal application below.*



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### 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:* \_\_\_\_\_

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*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*  
*PO Box 5464*  
*Clifton Park, NY 12065-5464*