EMPIRE STATE CAPITAL VOLKSSPORTERS



Website Address www.ava.org/clubs/escv

October 1, 2009

GROUP SANCTIONED WALKS

<u>Wednesday and Saturday</u> walks start at 9:30; registration is from 9 – 9:30.

<u>Sunday</u> walks start at 1:30; registration is from 1 – 1:30.

Oct. 3 Sat. Johnstown; start Johnstown City Hall, 41 E. Main St.,

Oct. 10 Sat. Bennington, VT; start Jay's Cards & Gifts, 113 South St. (Rte 7)

Oct. 14 Wed. Saratoga Battlefield; start Route 32, Stillwater

Wed. Oct. 21 - Cooperstown; 9:30AM start Clark Sportscenter, Susquehanna Ave. Changed from 11/15

Oct. 24 Sat. Williamstown, MA; start Williams Inn, Junction Rtes 2 & 7

Oct. 28 Wed. Schenectady; start Holiday Inn, 100 Nott Terrace

Oct. 31 Sat. Albany; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway) Nov. 4 Wed. Saratoga; start Bread Basket, 65 Spring St

Nov. 15 Sun. Cooperstown; change to 10/21

Nov. 22 Sun. Albany 10/12 Environs; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)

Dec. 6 Sun. Troy – Victorian Stroll; start Franklin Inn & Suites, One Fourth Street

TRADITIONAL EVENTS
Start any time between 9AM and 12 noon;
finish by 3:00 PM

Oct. 17 Sat. Greenwich, NY, *Octoberfest *See Registration Form below

Nov. 1 Sun. Ballston Lake Pasta Party;

Dec. 5 Sat. Schenectady; Annual Holiday Luncheon/Walk

A Bit from Barb.....

Working in the garden today I noticed the signs of fall are rapidly advancing. Summer is over. And with the end of summer came the end of our Wednesday walk series. And what a success they were this year! We had a total of 1372 walkers for the 17 offerings, 214 more than last year despite being offered for one week less. We averaged 81 walkers per walk versus 64 last year, and four of our events, Woods Hollow, Burnt Hills, Ballston Spa and East Side of Saratoga, had over 100 participants. Kudos to Wednesday Walks Chair Bernie Geren and all of the folks who worked to bring these walks to you.

The end of the Wednesday walks doesn't mean the end of walking for the year, though. We have group walks of all our YRE/seasonals scheduled throughout the fall. Check the schedule and come out and enjoy some of the best walking weather for the year. And, if you can't make one of the group walks, get some friends together and go out and do the walks at your convenience. I fear too many of our members will walk a YRE/ seasonal only with the big group but there's plenty to be said for just going out with a couple of people or even by yourself and doing them. While I love the socializing of a group walk, I find I often am more aware of what's on the route on a solitary walk or with a couple of other people since I'm not so preoccupied with conversation. You can also set the pace at your pleasure and stop where and when you wish to look at things.

And, if you know of new members who may not know the procedure for doing one of these do-it-yourself walks, why not invite them to join you and show them the ropes?

We are also entering the walk and eat portion of our traditional walk schedule. The Octoberfest is October 17th and the foliage should be at peak in the rolling hills of Christ the King Retreat Center in Greenwich. Then it's on to the annual pasta party at its new location at Our Lady of Grace Church in Ballston Lake on Nov. 1st (details and registration form in this newsletter). And make sure to mark your calendars for our final event of the year, the annual holiday walk and luncheon in Schenectady on Dec. 5th. Keep on walking!

WELCOME NEW MEMBERS – Pat Rush, Membership

Donna DiBuono, Albany Sieglinde Dugan, Gloversville Wayne Knapp, Schenectady Nancy Marcone, Schenectady Maribeth Perone, Scotia

Sandra Rubin, Clifton Park Barbara and Paul Sharenko, Gansevoort

Evelyn Welk, Burnt Hills Ann Wilhelm, Ballston Spa Mary Williams, Schenectady Rosemary Williams, Clifton Park

John and Karen Yagielske, Mechanicville

See you on the trail!

WALK, CONVERSATION, EAT & MORE TALK - Lea Darling

Yes, it's time for our 10th annual Fall Walk and Pasta Party at a new venue this year. Our Lady of Grace Church in Ballston Lake is pleased to welcome the ESCV group to their premises. Come, enjoy a multiple celebration of <u>ESCV's AVA Presidential Award</u>, and 2 Meritorious Service Awards and one Distinguished Achievement Award for 3 of our esteemed members.

Our pasta dishes this year will be Penne alla Vodka, Penne with Sundried Tomatoes & Chicken with Cream Sauce, Eggplant Parmigiana and Sausage & Peppers. Salad, rolls & butter, dessert, munchies 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 either on the walk or as they return.

Volunteers Needed for the Pasta Party

I am looking for **volunteers** to help setup, cleanup, serve food, pick up food from restaurant, buy beverages and ice, sign in table, etc. I will also need to borrow, day of event only, large picnic coolers for our beverages. Email Lea Darling at leadarling@verizon.net and let me know what you would like to volunteer to do. Many hands make light work!

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

HELP WANTED PROGRAM COORDINATOR

We'd like to have programs with an outside speaker at some of our club meetings. However, we need to have someone coordinate them. It's been a while since we've had a program coordinator and, as a result, we've had special presentations only sporadically. We don't need a program for every meeting, perhaps every other one or so. If you'd be interested in doing this, please contact Barbara Kolapakka at bkola67@gmail.com or 583-9038 if you'd like to chat about what's involved.

WEDNESDAY WALKS – Bernie Geren

The 2009 Wednesday Walks have concluded after having a tremendous year. We had a total of 1372 walkers! This would not happen if it were not for all the volunteers, both the people behind the scenes and the people at the start points. Thanks to all.

Woods Hollow, Burnt Hills, Ballston Spa, and the East Side Saratoga walks broke the century mark for number of walkers.

Next year there will be three new walks; the Woods Hollow walk will be later in the season to view different wild flowers in bloom. The 2010 proposed schedule is below.

2010 Wednesday Walk Schedule					
Wk	Date	Walk	Start/Finish Points Of Con		
	9 AM and 6 PM Walks				
1	5/5	Saratoga West Side	Price Chopper Plaza on Rte. 50	Barbara Kolapakka	
2	5/12	Albany Anv. Walk	Corning Preserve	Marie Klucina	
3	5/19	Cohoes Hist. Walk	Visitor Center (next to Cohoes Music Hall)	Carol Kirk/Berny Desroches	
4	5/26	Woods Hollow	Milton Community Center	Vera Weiss/Marylou Geren	
5	6/2	Broadalbin	Fulton County Information Center	Ann Smith	
6	6/9	Pinebush	Pinebush Discovery Center, Rte 155	Sue Grey/Winnie Balz	
7	6/16	Thatch Park	Halles Cave Parking	Winnie Balz	
8	6/23	Niskayuna	Blatnik Park	Liz Walsh	
9	6/30	Colonie Town Park	Colonie Town Park Pavilion #2	Berny Desroches/ Bill Hughes	
	I		6:45 AM, 9 AM, and 6 PM Walks		
10	Schenectady/Va			Bernie Geren	
11	7/14	Five Rivers	Five Rivers Environmental Education Center	Rita Gavin	
12	7/21	Ballston Spa	County Parking Lot Rte. 67	Bernie Geren	
13	7/28	Alb. Wash. Park	LaSalle Parking Lot	Doug&Jackie Reynolds	
14	8/4	Saratoga Museums	Price Chopper Plaza on Rte. 50	Vera Weiss	
15	8/11	Voorheesville	St. Matthews Roman Catholic Church Dan Schryver		
16	8/18	Schoharie Crossing	Yankee Hill Lock #28 on Queen Road	Teresa Kennedy	
9:00 AM Only					
17	17 8/25 Amsterdam Best Western Inn Barbara Bilins			Barbara Bilins	

NEW ESCV MONTHLY MEETING TIME

Beginning with the club meeting on October 13th, monthly meetings will start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway).

WILL YOU COMPLETE YOUR 50 STATES/CAPITALS THIS YEAR?

At our annual pasta party, we honor all our members who have received significant volkswalking awards for the past year. If you, or any club member you know, will have completed the 50 states and/or capitals between Nov. 1, 2008 and Oct. 31, 2009, let Lea Darling at leadarling@verizon.net know by Oct. 21.

October 1, 2009 PICTURE PAGES & WALK BROCHURE LINKS

To submit pictures, send jpg file(s) along with a caption(s) to Phyllis Budka.

October 17th Greenwich Walk Brochure

http://ava.org/clubs/escv/09greenwich.pdf

Octoberfest Brochure - A duplicate of the registration form printed below.

http://ava.org/clubs/escv/octoberfest_regform.pdf

Annual Pasta Party

http://ava.org/clubs/escv/09pastaparty.pdf

Separate Reservation form for printing:

http://ava.org/clubs/escv/regformpasta09.pdf

STARTING POINT BOOK AVAILABLE SOON – Winnie Balz

The AVA Guide to 1800+ Unique Trails in America. Softbound Spiral Book 812 pages, the 2010 Starting Point Book, will be ordered soon. Please let me know if you want one. They will probably be available at the Holiday Party in December. My telephone # 372-3663 or my e-mail address is winnieeb@yahoo.com.

A NOTE FROM CHARLOTTE PHILLIPS

Hi friends, My summer in Vermont is growing to an end faster than I would like it to. But, I would like to say "thank-you" to all those who have made me feel like I never have left. Thank you also for making me a lifetime member.

I was honored and pleased to pick up the award for the club at the national meeting in Dallas Texas area. The AVA president, Curt Myron, said nice things about our clubs web page. Our club needs to say "Thank-you" to Eileen for all she does to keep the web page in good order and accurate.

Charlotte Phillips

WALK NEAR VERGENNES - Linda Morzillo

I always thought that the Basin Harbor Club and Button Bay State Park would be so ideal for a Volkswalk. Jim and I have flown there over a dozen times and landed on the grassy strip right across from the Maritime Museum. On Sunday, October 18, there will be a walk sponsored by the Twin State Volkswalk Association.

The Basin Harbor Club and Resort is a beautiful private resort with cottages, two restaurants, golf, tennis, sailing, kayaking, swimming and other activities during the summer. If guests do not feel like taking part in active pursuits, they can sit and relax on Adirondack chairs painted in bright primary colors.

One of the restaurants is the Main Dining Room where one must dress for dinner. The other restaurant, The Red Mill is informal and has good food that is reasonably priced and nicely

presented.

If we have a frostless fall through October 18th, the gardens should still be in bloom. During the summer they are absolutely beautiful.

You can look on the website: http://www.basinharbor.com/

Basin Harbor has a long and rich history and is the home of the Lake Champlain Maritime Museum.

Button Bay State Park was the site of the 1962 Girl Scout Roundup at which I was a teen-aged camper from the Mid-Island Council on Long Island. There is a small museum in the park in which pictures from that event are displayed.

From Saratoga Springs, the route is 101.65 miles and is estimated to take 2 hours and 4 minutes.

PRICETON AREA WALKERS ARE TAKING 5 BITES OUR OF THE BIG APPLE! - Judi Travis, Princeton Area Walkers

Princeton Area Walkers, New Jersey are scheduling walks in Brooklyn, Queens and Staten Island, NYC for October 10-13. In combination with the 4 year round events in Manhattan and a seasonal walk at the NY Botanical Gardens in the Bronx, this will create an opportunity to walk in all 5 boroughs. This has been an exciting challenge for us and we are hoping to have a lot of walkers join us in this venture. All the walks are safe and easy to reach by car or public transportation! Last year's walkers loved it so we were asked for a repeat. At this point, we are not sure if we will do a "three-peat" so make this your chance to enjoy NYC in the fall.

On Sunday, Oct 11 and Monday October 12, we will walk from the World Trade Center site in Manhattan, through the financial district, over the famous Brooklyn Bridge into Brooklyn Heights. The walk takes us through the historic and charming streets of Brooklyn Heights, past homes of many famous authors so qualifies for the literary and river programs. We will walk on the Esplanade, giving us fantastic views of lower Manhattan. Be sure to bring your cameras! And there are lots of great mid-Eastern restaurants to fill your hunger!

On Monday afternoon, October 12, there will be a walk in Astoria, Queens, which starts at the quirky Socrates Sculpture Park, goes through the residential streets of Astoria, past lots of Greek restaurants and then over to Roosevelt Island for spectacular views of mid-town Manhattan and the famed 59th Street Bridge (start singing the Simon and Garfunkle song now!). Please note that the sign in/start point for this walk will be at the Winter Garden at the World Financial Center in Manhattan, the same as the start point for the Brooklyn walk. You can take the subway from there to Queens to start your walk.

Tuesday, October 13, will give you the chance to walk in Staten Island, the most remote of the 5 boroughs. We will be walking in Snug Harbor Cultural Center and Gardens and then through a lovely residential neighborhood of gorgeous homes. Snug Harbor Cultural Center is the product of 28 years of restoration and development to convert a 19th century home for retired seamen to

a regional arts center, housing several museums. It is the largest ongoing adaptive reuse project in America and is considered one of New York City's unique architectural complexes and historic landscapes. There is a free and very memorable exhibit about 9/11 and the World Trade Center which pays tribute to the NYC Firefighters. This walk qualifies as a museum walk, garden walk and America's artistic heritage walk under the AVA special events. It also qualifies as an Island event!

Our seasonal walk at the NY Botanical Gardens is a true gem. The walk can be done from May 1-October 31 so need not be done on the same weekend as the 3 preceding events. We will be there to assist at sign in on Saturday morning, October 10 about 10-11AM. The Gardens are always a special treat as you walk through the 250 acres of 50 gardens and plant collections. Please see the website for the gardens for their hours and fees: www.nybg.org. The walk also takes you into the campus of Fordham University. This walk qualifies for the American Gardens special event program. Please take a free map of the gardens upon entering. The walk box is located at the Information booth at the main entrance, after the ticket booth. Please call Judi on her cell if you need help that day: 732-580-5414.

Of course, we have 4 wonderful YRE walks in Manhattan: Mid-town, Central Park, Greenwich Village/Soho/Chinatown and Little Italy, and Lower Manhattan so take your pick or do them all. There is so much to see in NYC and these walks are all packed with interesting sites and qualify for many of the special event programs. Please check our website: www.princetonareawalkers.com for information about these walks or call our club president, Maureen Penta, at (732) 229-8169.

There will be a special patch for all those who complete all 5 borough walks. For information specific to the Brooklyn, Queens, Staten Island or Bronx walks, you can also contact Judi Travis at walkeejt@optonline.net or call at (732)536-4073. See you in the Big Apple!

October 1, 2009 Ballston Lake, NY 10th Annual Walk/Pasta Party Sunday, November 1, 2009

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.

<u>PRE-REGISTRATION</u> is necessary for the Pasta Party. Cost Per person is \$15.00 which includes munchies, assorted meat and veggie pasta dishes, salad, beverage, & dessert. You may also include your walk fee and send a check made to Lea Darling for the total for dinner and walk. <u>Deadline is Saturday</u>, <u>Oct. 24th</u>

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's Church.

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

PROCEDURE: Everyone must sign in & 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 <u>ONLY</u>, 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.

SPECIAL THANKS: to Deacon Neil Hook 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:

Lea Darling 21 Van Vorst Drive Burnt Hills, NY, 12027

POC: Lea Darling (518) 399-7229, Email leadarling@verizon.net

DIRECTIONS TO: Our Lady of Grace Church, 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, Address, and Phone Number	IVV Credit \$3.00	NON-IVV Credit \$2.00	Pasta Party \$15.00	Totals

OCTOBERFEST REGISTRATION FORM — PRINT THIS PAGE AND SEND TO BERNIE GEREN AT ADDRESS BELOW

Hope you have saved Saturday, October 17, 2009, for our annual Oktoberfest picnic at Christ the King Spiritual Center in Greenwich, NY. Eileen & John Sowa have again said that they will purchase and cook the bratwurst and hot dogs. Bravo and a BIG thank you to them! Rolls, soft drinks, condiments, cider, plastic ware (knives, forks and spoons), cups, paper plates and napkins will also be provided for the low cost of \$5 a person! Winnie will be bringing her delicious sauerkraut. Please bring your favorite dish to share with everyone.

Cost of \$5 per person must be received by October 7th.

Please complete the reservation form and send it to Bernie Geren along with your check made out to **ESCV**.

There is NO pre-registration for this walk. You will need to pay your \$3 or \$2 walk fee upon arrival to the registration table.

Oktoberfest Walk on October 17, 2009	Pe	Choose One Per Person		
Send \$6 via check made out to ESCV by Oct 7, 2009 to: Bernie Geren 211 Sweetman Rd Ballston Spa, NY 12020	\$5 per person	Hot Dogs	Bratwurst	
Oktoberfest Food Reservation for:				
Tota	ıl			
Amount in this column (\$5 per person) Put an "X" in appropriate column				



Caroga Lake Walkers, Saturday, September 12th, 2009





The Onrust

Albany Walk, Sunday, September 20, 2009

Photos courtesy of Linda Morzillo

NORTHEAST REGIONAL CALENDAR – Phil Hait, Northeast Regional Director

Revised

Date	Day	AVA Club	Walk Location	Point of Contact	E-Mail	Telephone
	October					
4-Oct	Sunday	West Point	Beacon, NY	Joan Kimmel	volkssportclubofwestpoint@hot mail.com	845-462-6845
11-12- Oct		Princeton Walkers	Brooklyn, NY	Judi Travis	walkeejt@optonline.net	732-536-4073
12-Oct	Monday	Princeton Walkers	Queens, NY	Judi Travis	walkeejt@optonline.net	732-536-4073
13-Oct	Tuesday	Princeton Walkers	Staten Island, NY	Judi Travis	walkeejt@optonline.net	732-536-4073
18-Oct	Sunday	Twin State	Vergennes, VT	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
24-Oct	Saturday	Finger Lakes	Norwich, NY	Bill Donahue	williamdonahue@yahoo.com	607-625-3585
24-Oct	Saturday	Southern Maine	Peakes Island, ME	Denise Macaronas	smva2005@yahoo.com	207-774-3415
	November					
7-Nov	Saturday	Walk 'n Mass	Bedford, MA	Chris Lipson	c2lipson@msn.com	781-275-0464
8-Nov	Sunday	West Point	Cold Spring, NY	Andrew Schmidt	volkssportclubofwestpoint@hot mail.com	845-462-7539
14-Nov	Saturday	Finger Lakes	Vestal, NY	Doug Gausman	Dougs4it@aol.com	607-757-0164
	December					
5-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	magoo249@aol.com	508-222-1152

CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Kathy LeRoux	kleroux1@nycap.rr.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com 377-8734; next newsletter deadline Sept. 15th
MEMBERSHIP AND EMAIL UPDATES	Pat Rush.	PatRush1@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 \$4 and must be prepaid with a check; Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	John Cairns	JLCairns@aol.com
HISTORIAN	Dan Schryver	<u>Dschryver@aol.com</u>
PURCHASING	Winnie Balz	winnieeb@yahoo.com

FROM THE ESCV HISTORIAN'S DESK - Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER VOL. 3 JUNE 1989 NO. 6

Welcome to our newest members: Ellen McNett and family and Viola Petterson.

It's time for our Second Annual ESCV Picnic: It is scheduled for September 10, 1989 at the Paint Mine Pavilion of the John Boyd Thatcher State Park.

The New York State Volkssport Association will be officially formed as of July 1, 1989. This organization includes seven clubs: The Adirondack Wanderers, Twin State Volkssport Association, Highland Wanderers, North Country Wanderers, ESCV, Volkssport Club of West Point, and the Niagara Frontier Volkssport Club.

SEPTEMBER 2009

On behalf of the club, I would like to thank the following individuals for their donations to the ESCV archives this summer:

John and Jean Van Vranken for all the great club activity photos on CDs.

Wayne Ubrich for the ESCV wristwatch from the early 90s presented to the officers at that time.

Charlotte Phillips for the 6x6" slate trivet (one of only 50 produced), the award for the Arlington and Manchester VT fall spectacular walk, September 26 & 27, 1998, cohosted by the Twin States Volkssport Assoc. and ESCV.

Barbara Kolapakka for the American Revolution Walk program files and extra awards.

Eileen Skinner for the 2009 Wednesday walk program 10 event awards button.