



# EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

[www.ava.org/clubs/escv](http://www.ava.org/clubs/escv)

**October 2010**

A Bit from Barb.....

Our fall season kicked off with a nice walk in Hoosick Falls. Many thanks to Jane and John Pattison and all the folks who helped them make this a success!

One thing I've noticed though, at this event and others we've held, is that there is a noticeable absence of newer members at our Saturday traditional events. If you are a newer member and haven't been coming to them, then you're missing out on some great walks and a chance to walk in some interesting places. Our Wednesday walks, while wonderful for exercise and socializing, are taken from a limited repertoire of walks and are usually repeated every other year. Our year round and seasonal walks are in the same places although the routes may be tweaked from time to time. But the traditional events, except for the pasta party and holiday party walks, are unique, one day only affairs. If they are ever repeated, it is likely to be several years later and most are not done again.

These walks are often farther away than our other walks but they are in locations that we feel have unique qualities, either scenic or historic or both, but are not probably places we would ever have a seasonal walk or a Wednesday walk. A considerable amount of work goes into designing these walks with the POC and helpers often making three or four trips to the location to fine tune a route and secure a start point location. Having been a POC for all of our types of walks, I can tell you it is far more work to do a traditional event than any of our other events. Yet the pleasure you get out of coming up with a walk that people enjoy makes up for it. So if you haven't been doing our traditional events, come on out and try one. Fall is a wonderful time to walk.

And speaking of that, don't forget our Octoberfest walk in Menands Oct.2. The National Executive Board of AVA will be there and we'd like to have a great turnout to meet them.

And put another walk on your calendar for Oct. 16: a beautiful walk on trails in the autumn woods at the George Landis Arboretum in Esperance.

See you on the trail!

**Barb**

## **October 2010**

### **CLUB MEETING**

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway). The next meeting will be October 12<sup>th</sup>.

### **A NOTE OF THANKS**

We'd like to thank all our Volkssporting friends for your support and kindnesses at a time of sadness for Joe and our whole family. We feel very blessed to have had such a great mom, and we count ourselves blessed to have all of you for friends.

Joe and Jean Padula

### **SUMMER WALK AWARDS – Eileen Skinner**

Congratulations to these folks who earned their 10 Walk Award Buttons 2010, for walking at least 10 of our Summer Guided Walks.

Marion Averill	Catherine Marrone
Dave Averill	Bob McElroy
Winnie Balz	Linda Morzillo
Elma Bottilo	Gail Ostrander
Kathleen Brown	Jean Padula
John Cairns	Joe Padula
Deborah D'Arcangelis	Fran Pallozzi
Susan Duchnycz	Jane Pattison
Bernie Geren	John Pattison
MaryLou Geren	Jackie Reynolds
Sue Grey	Doug Reynolds
Diane Hughes	Dan Schryver
Bill Hughes	Jim Shanley
Marie Klucina	Marge Shanley
Carol Kobuski	Eileen Skinner
Ed Koch	Beth Snyder
Emily Koch	Mary Sorrell
Barbara Kolapakka	Annalisa VanAvery
Alan Longshore	Karen Watson
Lynn Longshore	

## October 2010

MARK YOUR CALENDARS – IT'S PASTA PARTY TIME!!

Yep, it's time for our 12<sup>th</sup> annual Fall Walk and Pasta Party at Our Lady of Grace Church in Ballston Lake. Come, enjoy the singular celebration this year of Linda Morzillo's 50 States completion.

Our pasta dishes this year will be Penne alla Vodka, Penne with Sundried Tomatoes & Chicken with Cream Sauce, Eggplant Parmigiana and other delights. 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 DESPERATELY NEEDED** to help setup, cleanup, arrange & serve food, pick up food from restaurant, buy beverages, sign in table, etc. I will also need to borrow, day of event only, large picnic coolers filled with ice for our beverages. Email Lea Darling at [leadarling@verizon.net](mailto:leadarling@verizon.net) or phone 518 399-7229 to let me know what you would like to volunteer to do. *Many hands make light work!* Boy, last year was a testament to those few words!

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

October 2010



**Ballston Lake, NY**  
**12<sup>th</sup> Annual Walk/Pasta Party**  
**Sunday**  
**November 7, 2010**

**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. You may also include your walk fee and send a check made to Lea Darling for the total for dinner and walk. **Deadline is Saturday, Oct. 30<sup>th</sup>**

**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 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.

## October 2010

**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} to:**

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

**POC:** Laura Sheldon, 518 384-0143 or [sheldon.laura1@gmail.com](mailto:sheldon.laura1@gmail.com)

**DIRECTION 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

TOTAL SUBMITTED: \_\_\_\_\_

**October 2010**

**Schoharie Crossing**



**David Janiga, Linda Cochrane, Sue Burke and Barbara Luther**



**October 2010**

**Hoosick Falls**



**Bill Hughes and Bernie Deroches  
at the start table.**

**Hoosick Falls**



**Eleanor Tunny and Sue Burke overlooking  
Taconic Range from Maple Grove Cemetery**

**October 2010**



**Walkers enjoying the event in Hoosick Falls**



# October 2010

## CLUB CONTACTS

<b>CLUB OFFICERS</b>		
President	Barbara Kolapakka	<a href="mailto:Bkola67@gmail.com">Bkola67@gmail.com</a>
Vice President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Secretary	Sue Grey	<a href="mailto:susanbg2@yahoo.com">susanbg2@yahoo.com</a>
Treasurer	Beth Snyder	<a href="mailto:Easnyder@nycap.rr.com">Easnyder@nycap.rr.com</a>
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<b>MEMBERSHIP AND EMAIL UPDATES</b>	Tad Darling	<a href="mailto:harrydarling@verizon.net">harrydarling@verizon.net</a>
<b>SUNSHINE SECRETARY</b>	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> .
<b>WEBMASTER</b>	Eileen Skinner	<a href="mailto:EFSkinner@aol.com">EFSkinner@aol.com</a>
<b>NAME TAG ORDERS</b>	Laura Sheldon	Cost is \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at <a href="mailto:sheldon.laura1@gmail.com">sheldon.laura1@gmail.com</a>
<b>WEDNESDAY WALK COORDINATOR</b>	Bernie Geren	<a href="mailto:tscbernie@hotmail.com">tscbernie@hotmail.com</a>
<b>WALK DEVELOPMENT COMM. CHAIR</b>	Teresa Kennedy	<a href="mailto:Forty6er3k@aol.com">Forty6er3k@aol.com</a>
<b>YEAR ROUND SEASONAL WALKS</b>	Barbara Kolapakka	<a href="mailto:Bkola67@gmail.com">Bkola67@gmail.com</a>
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<b>PURCHASING</b>	Winnie Balz	<a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>

## ESCV CALENDAR OF EVENTS

### GROUP SANCTIONED WALKS

**Wednesday and Saturday GROUP walks start at 9:30; registration is from 9 – 9:30.**

**Sunday GROUP walks start at 1:30; registration is from 1 – 1:30.**

Oct. 2 Saturday – [Menands](#) – Octoberfest – start 9-noon Gansevoort-Smith Park, Lyons Ave. & Menand Rd. **Traditional Walk**

Oct. 6 Wednesday – Johnstown – Johnstown City Hall, 41 E. Main St.

Oct. 13 Wednesday – Cooperstown – start The Clark Sportscenter, Susquehanna Ave.

Oct. 16 Saturday – [Esperance](#) – start 9-noon - Landis Arboretum **Traditional Walk**

Oct. 20 Wednesday – Williamstown – The Williams Inn, Junction Rtes 2 & 7

Oct. 27 Wednesday – Saratoga Battlefield – start Saratoga Battlefield, Route 32, Stillwater

## October 2010

**Oct. 31 Sunday – Albany – start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)**

**Nov. 3 Wednesday – Saratoga Spa Park – start Hilton Garden Inn, 125 South Broadway (Rte 9)**

**Nov. 7 Sunday – [Ballston Lake - 2PM](#) Our Lady of Grace Catholic Church **Traditional Walk****

**Nov. 10 Wednesday – Albany/Colonie – start Fleet Feet of Colonie, 155 Wolf Rd.**

**Nov. 14 Sunday – Albany 10K neighborhood – start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)**

**Nov. 17 Wednesday – Saratoga – start Virgil's House, 86 Henry St.**

**Nov. 24 Wednesday – Schenectady – start Holiday Inn, 100 Nott Terrace**

**Dec. 4 Saturday – Schenectady - start 9-noon - Stockade Inn **Traditional Walk****

**Dec. 5 Sunday – Troy Victorian Stroll – start Franklin Inn & Suites, One Fourth St.**

### NORTHEAST REGION WALK INFORMATION

#### **Saturday, October 2, Fall Foliage Walk in Yarmouth (5K)**

This is the first of two group walks hosted with Yarmouth Community Services and the Yarmouth Bike and Pedestrian Committee to celebrate the 30th anniversary of YCS and introduce new families to volkswalking. This is a great opportunity for volkswalkers to join the walk and share their passion for this great sport. The 5 km route will be a modification of the current walk to maximize the fall foliage. Light refreshments will be served following the walk.

Start Point: Rowe School, 52 School St., Yarmouth

Start Time: 9:00-11:00am

Finish Time: 12:00noon

Contact: Marilyn Russell (207) 632-7438 (207) 632-7438, [marilynrussell@roadrunner.com](mailto:marilynrussell@roadrunner.com)

#### **Saturday, October 23, Peaks Island Walk and Harvest Fun! (1K, 5K and 10K)**

SMVA is retiring this volkswalk, so this will be your last chance to participate. Enjoy a boat ride (\$4 round-trip / seniors are even less!) and walk through residential neighborhoods, pass by historic buildings and many scenic vistas. After the walk, have refreshments that celebrate the fall harvest - apples, pumpkins and more!

Start Point: Peaks Island Community Building, 129 Island Ave.

Start Time: 8:05-11:30am

Boat leaves Portland: 7:45, 9:30, and 10:45

## October 2010

Group Walk: 10:15am

Finish Time: Must be finished by 2:30pm.

Boat Leaves Peaks Island: 10:00, 11:15, 12:45pm, 2:45pm, 3:45pm, 5:00pm

Finish Time: 12:00noon

Contact: Denise Macaronas, (207) 774-3415 (207) 774-3415 or (207) 766-2970,  
[smva2005@yahoo.com](mailto:smva2005@yahoo.com)

### **Saturday, November 13th, Yarmouth Historic Group Walk, Ride and Soup Potluck**

This is the second of two group walks in Yarmouth to share our love of this great sport. The route will be a modification of the 5 km and 10km walks to highlight Yarmouth's historic neighborhoods. The Old Meeting House (checkpoint) and Yarmouth Historical Society will be open for viewing.

Start Point: Rowe School, 52 School St., Yarmouth

Start Time: 9:00-11:00am

Finish Time: 12:00noon

Potluck Soup: 1:00pm

Contact: Marilyn Russell (207) 632-7438, [marilyn russell@roadrunner.com](mailto:marilyn russell@roadrunner.com)

## HELP WANTED

The AVA biennial convention of 2011 will be held in Des Moines, Iowa. At that time a new slate of national officers will be elected & the newly elected region directors will be introduced.

AVA bylaws require that each region have a nominating committee 9 months prior to the convention which means that this **October** at least one person from the Northeast Region needs to be identified who will coordinate information to the national nominating committee.

There are two components to this position.

1. Contact all of the region clubs to determine if anyone is interested in being a national officer. Forward the names of any individual interested in running for one of the four national officer positions to the national coordinator.
2. Contact all of the region clubs to solicit candidates for region director. Forward the names of all candidates for northeast region director to national coordinator & later to poll the region clubs for their vote on the candidates.

All candidates for either category need to be identified by the beginning of 2011 to allow for the proper time to have their individual qualifications reviewed. Candidates will be asked to prepare a short biographical sketch for publication in *The American Wanderer*.

If you have interest in any of the available positions, please contact Phil Hait at [haitp@verizon.net](mailto:haitp@verizon.net)

The AVA is currently looking at ways to cut costs. One of those is to reduce overhead by a regional re-alignment to have fewer regions. Without candidates from the Northeast Region, AVA might interpret that as a reason to include the northeast into a neighboring region.

# October 2010

## TREASURER'S REPORT

### Empire State Capital Volkssporters

**September 1, 2010**

June 1, 2010 Beginning Balance:	\$6,954.83
Income:	
Membership	68.00
Second Qtly Reports	1152.00
Weds. Walks	2382.00
One Day Event	279.00
Merchandise	<u>56.00</u>
Total Income	\$ 3,937.00
Expenses:	
AVA	1,650.00
Postmaster	56.00
Donation	300.00
Walk Material	201.32
Merchandise	<u>23.44</u>
Total Expenses	\$ 2,230.76
August 31, 2010 Ending Balance:	\$ 8,661.07

Submitted by,  
Beth Snyder  
Treasurer