



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

November - December 2011

Lea's Little Lines....

Well what do you know? Finally had a frost last night on October 28th, which actually did in all the annuals in this part of the Capital Region. We were so lucky to have the blaze of color for this long. We have also had some cloudy and some wet walks this past month to make us look forward to a little cooler weather to get us in the Fall mood.

I would like to take a moment to say THANKS to **Pat Rush** on a fantastic job of Publicity Chair for almost two years. She picked up the torch and made sure we were well advertised each week of sanctioned walks in the *Gazette*. She got us in the door, and now we hope to maintain this momentum with our new Publicity Chair, Pat Reed. So, please, when you see **Pat Rush** on the trails give her your thanks for her **volunteer service** to our club. As for Pat Reed, give her a High Five for saying yes when asked to take on this valuable volunteer role for us.

If you missed our November meeting then you don't know about some of our special 25th Anniversary events/items. In this newsletter, some of the ideas that your 25th Anniversary Committee have developed for your enjoyment will be discussed. The Anniversary polo shirts you ordered throughout the summer will be distributed at this year's Holiday Party.

We were all educated on the basics of cold weather clothes for functionality and ease of movement by Charles Woodruff of Fleet Feet. Many of us were surprised with the strides made in the types of fabric used for wicking and warming us. Thanks, Alan Longshore, for arranging this informative program for us. Send your program ideas to Alan.

Look for an article on the suggestions of the Memorial Committee for our fallen members: Fran Pallozzi, Rosemarie Hume and Carol Lansing.

You still have 4 opportunities in November to join a Wednesday, Saturday, or Sunday to finish up with our scheduled YRE/Seasonal Walks. Of, course, most of our YRE/Seasonals can be walked till November 30th and a few up to December 19, at your own convenience, to finish out the year.

Bernie Geren has the Holiday Party Reservation in this newsletter and on ESCV's website for Saturday, December 3rd at the Stockade Inn in Schenectady. It will be preceded by a walk in Schenectady through parts of the GE Plot, Stockade, downtown, Proctors, etc. We have again been invited to visit Pat Rush's home for a little Holiday drink and refreshment. Remember to bring your cookies with you to the walk sign in at the Stockade.

Thanks for supporting our 13th Annual Pasta Dinner/Walk held on Sunday, November 6th in Ballston Lake. 100 volkswalkers were in hearty moods for a beautiful day walk and camaraderie afterwards at the dinner. Sincere thanks to all the volunteers who said yes to my request of help. Without people like you this dinner would not have happened. We honored our five 50 state completers and AVA awardees with a delicious cake.

Lastly, be looking in January for a Special ESCV 25th Anniversary Newsletter Edition. It will highlight all the special events thus far planned by the 25th Committee. You may want to hang onto it for reference throughout the year.

**Happy Holidays and see you on the trails,
Lea**

November - December 2011

MEMBERSHIP – Tad Darling

It looks like we are going to close out the year at 305 members! Just a reminder, membership renewal for 2012 starts December 1st and is effective January 1st, 2012. A Membership Form is attached to this newsletter for your convenience, and will also be available on the website. You are encouraged to send in your renewal membership as soon as possible in December, especially if you are going down south for the winter! Renewals not received by the end of February will not be included in next year's directory. A new feature this year will be the ability to include both your home and cell phone numbers if you choose.

Please welcome our two newest members:

Joan Molineux from Clifton Park

Sandra Hilt from Wynantskill

HOLIDAY PARTY

The Holiday Party will follow the Schenectady walk December 3 at the Stockade Inn. See the ESCV website for details. A reservation form is included in this newsletter.

Pat Rush has agreed to host the cookie house again this year. Your cookie contributions are welcome and will be greatly appreciated. Drop them off at the start point; they will be transported to the cookie house.

Thanks to Pat for opening her home to us again this year.

NEWSLETTER DEADLINE

Deadline for the February newsletter is January 21st.

CLUB MEETING

The next meeting will be Tuesday, February 7th, at the **Latham Fire Department** at 226 Old Loudon Road in Latham, **6:30 to 8:30pm**. See the ESCV website for directions.

Pat Rush will present a program on "Walking and Eating in Sunny, Southern Tuscany." This will be a great opportunity to briefly escape the frigid winter and enjoy one of the most beautiful and romantic regions in the world.. Please do not miss this informative and interesting program.

MEMORIAL COMMITTEE – Sue Grey

The Memorial committee has come up with some ideas to remember Fran, Rose, and Carol. All 3 ladies were active members in their local Churches so we felt a memorial at each church appropriate from our club along with something at St Matthew's Church, where so many of our members witnessed the tragic event. We hope to have more information by our next newsletter.

THANK YOU – Marion Burns

I am grateful to the ESCV membership for the recognition given me upon completing my 50 States. The beautiful cake at the pasta party, your cards, e-mails and personal comments are deeply appreciated. To those who contributed in any way toward my commemorative quilt, a big Thank you! It will always be one of my most cherished possessions.

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ESCV Holiday Party

Hope you have saved Saturday, December 3, 2011, for our 24th year Holiday Party at Stockade Inn in Schenectady, NY. There will be a cash bar after the walk. A hot and cold buffet will be served at approximately around noon. The buffet will include an exotic menu ... a salad course, pasta, 2 main entrees, 2 vegetables, dessert and coffee, or tea. All this for \$20 per member and \$28 for non-members!

December 3, 2011

The Stockade Inn

1 North Church Street
Schenectady, NY
346-3400

Cash Bar

Hot and Cold Buffet Luncheon



Cost of \$20 per member or \$28 per non-member must be received by **November 30th**.

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

December 3rd Holiday Walk

There is **NO pre-registration for this walk.**

HOLIDAY PARTY ON DECEMBER 3th, 2011
Send Total \$ via check made out to ESCV by November 30, 2009 to:
Bernie Geren
211 Sweetman Road
Ballston Spa, NY 12020

Dinner reservation for members @ \$20

\$

Dinner reservation for non-members @ \$28

-	
-	
-	
Total	

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SNOWSHOE WANDERING - February 4, 2012 – Barbara Kolapakka

What's a snowshoewandering?! Well, it's another name for a snowshoe event according to the AVA Policy Manual. And you won't have to worry about wandering off into the wilderness because we are returning to Christ the King Spiritual Life Center in Greenwich on Feb. 4 for our second annual snowshoe event.

We will once again use the Great Hall as the start point. Sign-ins will be from 1-2 and you must finish by 4. The trail will be a 5k route but snowshoe events have no minimum distance so come even if you feel you can only do one 1 or 2k. You should bring your own snowshoes. The Center does have a few pairs available for use free of charge but they can't promise availability.

After you finish, join your fellow snowshoewanderers in the Great Hall for complimentary hot beverages and cookies. If you'd like lunch before the event, the Center has a very nice buffet lunch, served from 12-1, in its Welcome Center. They will offer us a group rate of \$9 per person. If you are interested, please e-mail Barbara Kolapakka at bkola67@gmail.com with your name and the number of people. You will pay the Center that day but they need to know by Jan. 15 how many are coming.

2012 YEAR ROUND AND SEASONAL WALK BOOK – Denny Cottrell

Early December mailing planned

Details of the 2012 Year Round and Seasonal Walk schedule have been finalized and the walk book is in pre production editing.

The books will be mailed to all 300+ members during the first week of December. This year we will not distribute books at the Holiday Party. Members who plan on being in Florida at that time should contact Denny Cottrell by email (dcottr@nycap.rr.com) or phone (372-7912) to make sure we get it to you at the right address.

25TH ANNIVERSARY LOGO CONTEST RESULTS - Alan Longshore

The 25th Anniversary Planning Committee has selected the logo design created by Lea Darling. The committee received seven outstanding entries to review, which made the final decision very difficult. The winning design will be used on our 25th Anniversary shirts and other special celebration articles and materials. Thanks and appreciation to all the talented ESCV members who submitted LOGO designs. This included Lea Darling, Cathy Edwards, Beverly Feltt, Barbara Kolapakka, Cathy Marrano, Dan Schryver, and Karen Watson. The reward for the design chosen is a free embroidered polo shirt. This has been an exciting start to honor our quarter century of fun, friendship, and fitness.

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SNEAK PEEKS FOR OUR 25TH ANNIVERSARY YEAR

ESCV began as an organization in 1987, so 2012 is ESCV's 25th anniversary. A number of special events are planned to celebrate, along with a special 25th ANNIVERSARY CHALLENGE beginning January 1. Look for more information in the new YR/S book.

ALL ABOARD FOR THE 25TH ANNIVERSARY DINNER! – Barb Kolapakka

On June 23 we'll have the major celebration of ESCV's 25th anniversary. Start the day with the wonderful walk at Bolton Landing in the afternoon, then drive down to Lake George Village for our anniversary dinner. Our restaurant will be waiting for you at the dock: we have reserved a dining room aboard the Lac du St. Sacrement tour boat for a sunset cruise and buffet dinner. Watch for further details in January. In the meantime, mark the date on your calendar!

HEY EVERYBODY! - Dan Schryver

There will be a year long SUNNY- A award available for our 25th anniversary year in 2012. Details to follow in a Special Anniversary Newsletter coming soon!!

NEED A GUIDE TO VOLKSSPORTING TERMS?

Many of our new members may find all the new Volkssporting terms/books/etc. confusing. The club has recently purchased and is offering *The Not So Quick Guide to Volkssporting* for sale for \$1.00. All 2011 new members may request a free copy from Membership Chair, Tad Darling. If you let him know by Saturday, December 3rd, you can pick up your copy at the holiday walk at the Stockade Inn. Please bring correct change.

VOLKSSPORTERS GET AROUND – Linda Morzillo

During the third week in October, as I was working my two desk hours one day at the Saratoga Springs Public Library, a woman came up to me with an application for a library card. The procedure is to verify identity and address, most often this is done by looking at a person's driver license.

This lady was from Lititz, PA. I told her that I was there once a few years ago with my Travelwalk Club, I remembered Moravians and pretzels. We were there on a Sunday and everything was closed. Right away, she knew that I was a Volkswalker! She and a friend were on a Volkswalking trip in our area. Two of her goals were to finish her Special Program Books for Covered Bridges and Carnegie Libraries.

The previous day they walked in Johnstown and stayed there overnight. After checking their email, they were headed to Schenectady, both places have Carnegie Libraries. That night they were staying with friends in Cambridge, NY. The plan was to walk in Vermont, there are four Covered Bridge walks in that state. You never know whom you will meet!

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CLUB CONTACTS

CLUB OFFICERS		
President	Lea Darling	Leadarling@verizon.net
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Sue Grey	susanbg2@yahoo.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 \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at _sheldon.laura1@gmail.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	Barbara Kolapakka	Bkola67@gmail.com
HISTORIAN	Dan Schryver	Dschryver@aol.com
PROGRAMS	Alan Longshore	lynnj@nycap.rr.com
PUBLICITY	Pat Reed	reedpatri9@gmail.com
PURCHASING	Winnie Balz	winnieeb@yahoo.com

November - December 2011 ESCV MEMBERSHIP FORM

Revised: October 30, 2011

PLEASE READ:

- **This form is for new or renewing memberships.**
- Memberships run from January 1 to December 31 each year.
- Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$5.
- New memberships after September 1st are one half the annual fee through December 1st.
- Renewal starts December 1st. Renewals received after February 28th will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the "Hotmail" (email) list.
- Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- **If you have a winter mailing address**, please identify on the back of this form and the approximate dates this mailing address is effective.
- To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Harry Darling, Membership Chairman - Questions? 518-399-7229; harrydarling@verizon.net

PLEASE PRINT CLEARLY

Date Submitted _____ Family or Single Membership? (Circle one)

Name _____ New Member _____ or Renewal _____

Address _____ City _____ State _____
Zip _____

Phone(h) _____ (c) _____ Email _____

Name _____ New Member _____ or Renewal _____

Address _____ City _____ State _____
Zip _____

Phone(h) _____ (c) _____ Email _____

- Enter winter mailing address and dates effective on back of form ➡
- Circle areas you would like to help out: Registration at walks, Developing new walks, Programs, Spring Picnic, Octoberfest, Pasta Party, Holiday Party, Where Needed (there are many other jobs).
- If a new member, how did you hear about us? _____
- Make check payable to ESCV - \$18 for Family or \$10 for Single Membership (half price for new members after Sept. 1st, and include \$5 for each new member for your "New Walker Program Packet")
- Mail this form and check to: ESCV Membership

PO Box 5464
Clifton Park, NY, 12065-5464

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Reflective Safety Items Order Form - Bev Feltt

Safety is our #1 goal! These items are reflective in daylight and at night, enabling better visibility while walking or running. They are lightweight, adjustable to fit various sizes, and have a very strong Velcro closure. The waist band is 36" before stretching. The wrist band does not have Velcro, but it is a sturdy wraparound band that will fit all sizes. These products make great, inexpensive (and perhaps life-saving) gifts!



Stretch Waist & Arm Bands



Wrist Band



Hat Strap Reflector

Note: In order to take advantage of these discounted prices, we need at least 12 orders for any of the individual pieces (i.e. 12 stretch bands or 12 arm bands, etc.).

ORDER FORM - Reflective Safety Items

ITEM	AMOUNT	UNIT COST	TOTAL COST
Stretch Waist Band		\$7.50	
Arm Band		3.00	
Wrist Band		2.50	
Hat Strap Reflector		1.00	
Shipping & Handling (1 item)	\$3.00		
Shipping & Handling (2+ items)	\$4.95		
Will pick up at Bev's or Meeting	Free		
TOTAL AMOUNT ENCLOSED			

NAME: _____

ADDRESS: _____

PHONE: (h) _____ (c) _____

Mail check payable to Bev Feltt • 324 Boght Rd. • Watervliet, NY 12189-1105

Deadline: December 7, 2011 Questions? Call Bev at (518) 237-4006.

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Empire State Capital Volkssporters

TREASURER'S REPORT

November 1, 2011

Sept. 1, 2011 Beginning Balance:	\$ 9419.10
Income: Book Covers	6.00
Donations	168.99
IVV Credit walkers	1,974.00
IVV Books	180.00
Membership	35.00
New Walker Packet	15.00
Non IVV Walkers	210.00
A Award & IVV Credit @ \$6.00	48.00
Albany Tile	4.00
Pasta Dinners	60.00
ESCV Header for Award @ \$4.00	4.00
Name Tags	24.00
Tee Shirt	15.00
Total Income by Categories	2,743.99
Expenses: Mileage	96.60
After Action	696.25
Cohoes/Waterford 1-Dy	112.55
Donations Given	681.00
Miscellaneous	50.00
Name Tags	23.42
Octoberfest party food cost	269.74
Pasta Party cost	70.94
Postage	8.64
Sanction Fees	330.00
Snowshoe 2012 deposit	100.00
Total Expenses	2,439.14
Oct. 31, 2011 Ending Balance:	\$ 9723.95

Submitted by,
Beth Snyder
Treasurer

ESCV CALENDAR OF EVENTS

Nov. 19 Troy

Nov. 27 Saratoga City

Nov. 30 Scotia

TRADITIONAL ONE DAY EVENTS 2011

December 3 - Schenectady - Holiday Party

January 1 - Saratoga for the 2012 kickoff. Sign-in will be at 1pm at Virgil's Coffee House on Henry St. with a 1:30 walk start. – See Group Walks table below

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NORTHEAST REGIONAL CALENDAR

			NORTHEAST REGION	Calendar 2011		
Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
	December					
3-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	maqoo249@comcast.net	508-222-1152

2012 Wednesday Walk Schedule

Walk Week	Date	Walk	Start/Finish	POC
9 AM and 6 PM Walks				
1	2-May	Saratoga Lake	Rt. 29 – NY State Boat Launch	Barbara Kolapakka
2	9-May	Albany -20th Aniv. Walk	Corning park	Marie Klucina
3	16-May	Milton/Woods Hollow	Milton Community Center	Vera Weiss/ Marylou Geren
4	23-May	Broadalbin	Fulton County Information Center	Ann Smith
5	30-May	Saratoga/ West Side	Price Chopper Plaza on Rt. 50	Barbara Kolapakka
6	6-Jun	Slingerlands	Price Chopper - New Scotland Ave.	Dan Schryver
7	13-Jun	Voorsheesville/Thacher Pk	Hailes Cave Picnic Area	Winnie Balz
8	20-Jun	Niskayuna	Blatnik Park	Lucy Desjardins
9	27-Jun	Malta/Ballston Spa Path***	Shenantaha Creek Park - Eastline Rd	Sue Grey
9:00 AM Only				
10	4-Jul	Colonie Town Park	Colonie Town Park - Pavilion #2	Berny Desroches/ Bill Hughes
6:45 AM, 9 AM, and 6 PM Walks				
11	11-Jul	Schenectady/Vale Cemetery	College Park Hall Parking Lot	Bernie Geren
12	18-Jul	Waterford/Peebles Island	HannafordParkingLot-North Troy	Mary Sorrel
13	25-Jul	Ballston Spa	County Parking Lot Rte. 67	Bernie Geren
14	1-Aug	Cohoes/Waterford	Cohoes Community Center	Liz Walsh
15	8-Aug	Saratoga/ Museum Walk	Price Chopper Plaza on Rte. 50	Linda Morzillo
16	15-Aug	Malta/ Saratoga Tech Park	HVCC Tec-Smart Parking Lot	Vera Weiss/ Marylou Geren
17	22-Aug	Glenville	Indian Meadows Pk, 155 Droms Rd	Larry Godshalk/ Rick Sheldon
9:00 AM Only				
18	29-Aug	Old Chatham	Jackson's Old Chatham House	Teresa Kennedy
*** Bike Path available				

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YRE/SEASONAL GROUP WALKS KICK OFF ON JANUARY 1st

The 2012 YRE/seasonal group walks begin again in January. This year we are returning to the traditional New Year's Day start but with a twist: we will now rotate the New Year's Day walk among the four YRE cities on an alphabetical order basis. Since we did Albany in 2011, we will move to Saratoga for the 2012 kickoff. Sign-in will be at 1 at Virgil's Coffee House on Henry St. with a 1:30 walk start.

Mary Agars is stepping down as POC for the Troy walk, a job she has had since Troy was added in 2006. Many thanks to her for her work on this walk for the past six years! Kathy Brown will be taking over as POC starting January 1.

Mark your calendars for these dates for next year's **GROUP WALKS**:

Sun. Jan. 1 Saratoga	Sat. Sept. 1 Johnstown
Sun. Jan. 22 Albany Capital	Sat. Sept. 8 Caroga Lake
Sun. Feb. 19 Albany Neighborhoods	Wed. Sept. 12 Saratoga State Park
Sat. March 3 Schenectady (soup party)	Sat. Sept. 22 Bennington
Sun. March 11 Troy	Wed. Sept. 26 Crossings Colonie
Sun. March 25 Scotia	Wed. Oct. 3 Schenectady
Sat. April 14 Williamstown	Sun. Oct. 7 Lake George
Sun. April 22 Lake George	Sat. Oct. 20 Williamstown
Sat. May 5 Crossings Colonie	Sat. Oct. 27 Troy
Sat. May 19 Cooperstown	Wed. Oct. 31 Scotia
Sun. May 25 Saratoga Battlefield	Wed. Nov. 7 Saratoga
Sun. June 3 Johnstown	Sun. Nov. 11 Saratoga Battlefield
Sun. June 10 Bennington	Sun. Nov. 18 Albany Neighborhoods
Sat. June 16 Caroga Lake	Sun. Nov. 25 Albany Capital
S at. June 30 Saratoga State Park	Wed. Nov. 28 Cooperstown

FROM THE HISTORIAN'S DESK – Dan Schryver

I want to send a BIG thank you out to David and Janice Golden for the donation of a decade worth of ESCV newsletters and walk brochures. They filled a big gap in the club historical archives. All club memorabilia and early paper materials are always appreciated.

EMPIRE STATE CAPITAL VOLKSSPORTERS NEWSBRIEF

NOVEMBER 1991

ESCV offers a sincere thank you to AVA N.E. Regional Director Bill Jenkins from South Hamilton, MA., who made a special trip to Saratoga Springs to provide an emergency sanction stamp for our recent event when the one from headquarters didn't arrive on time.

UPCOMING EVENTS ESCV 1992 plans for 15 walks might have been a bit ambitious.

November - December 2011

November 6 - Ballston Lake Walk and Pasta Party



Photo courtesy of Linda Morzillo

November - December 2011

Pasta Party



**Congratulations to Bernie Geren and Kathy LeRoux,
honored by the AVA for their service to our club.**

Photos courtesy of Linda Morzillo

November - December 2011

Pasta Party



Congratulations to Marion Burns, Lynn and Alan Longshore, and Jean and Joe Padula, who walked the 50 states!



Photos courtesy of Linda Morzillo & Tad Darling