



# EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

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

**September 2011**

## A Reflection from Fr. Jack Cairns In memory of Rosemarie, Carol & Fran



*The great and sad mistake of many people — among them, even pious persons — is to imagine that those whom death has taken, leave us. They do not leave us. They remain! Where are they? In darkness? Oh, no! It is WE who are in darkness. We do not see them, but they see us. Their eyes, radiant with glory, are fixed upon our eyes full of tears. Oh, infinite consolation! Though invisible to us, our dead are not absent.*

*I have often reflected upon the surest comfort for those who mourn. It is this: a firm faith in the real and continual presence of our loved ones; it is the clear and penetrating conviction that death has not destroyed them, nor carried them away. They are not even absent, but living near to us, transfigured: having lost, in their glorious change, no delicacy of their souls, no tenderness of their hearts, nor especial preference in their affection. On the contrary, they have, in depth and in fervor of devotion, grown larger a hundredfold. Death is, for the good, a translation into light, into power, into love. Those who on earth were only ordinary people become perfect . . . those who were good become sublime.*

*—author unknown—*

**September 2011**

## **THE WALK THAT WASN'T TAKEN - AUGUST 10, 2011**

Jean Padula

Heaven kissed our walk that day.

We had gathered, as usual, rushing in from our separate lives, leaving cares behind, greeting friends, converging at the start point. The scene was overflowing with the joy we always feel when we're together.

And then it happened. In an instant our world was invaded by the unthinkable. Anguish replaced joy. We held each other and we cried, not only for the dear ones who were taken, but for each other, realizing the pain and shock each was experiencing.

It was hard to see in the midst of that calamity that Heaven was reaching down and gently lifting our dear ones to its bosom. The walk was never taken. And yet, it's the walk that will always affect us the most profoundly. The grounds which mark our start point will be a sacred place.

This very sad event has made us even more special to each other, even more aware of what a gift life is. Each minute, each relationship, each touch and smile from another is to be cherished. I feel sure Fran, Rosemarie and Carol would be pleased to have us remember them in our love for each other and for every person who comes into our lives.

## **MEMORIAL COMMITTEE FORMED**

A committee has been formed to discuss a Memorial for the 3 ladies we lost this summer in the Voorheesville accident. Sue Grey, Marie Klucina, Kathy Brown and Ann Cavosie have volunteered to be on this committee. If anyone else would like to join, or if anyone has any suggestions for a memorial, please contact one of us. Deadline for suggestions is September 22<sup>nd</sup>.

Kathy Brown - [BrownJBsis@yahoo.com](mailto:BrownJBsis@yahoo.com)

Ann Cavosie - [acavosie@nycap.rr.com](mailto:acavosie@nycap.rr.com)

Sue Grey - [susanbg2@yahoo.com](mailto:susanbg2@yahoo.com)

Marie Klucina - [marieklucina@verizon.net](mailto:marieklucina@verizon.net)

## September 2011

### **MEMORIAL PINS – Bev Feltt**

On that fateful day in August, our club lost three wonderful members and friends. Rosemarie Hume, Carol Lansing, and Frances Pallozzi will forever be in our hearts.

Memorial ribbons were made and passed out at our last meeting. They will be available, while they last, at the next couple walks. The ribbon has a blue, green, and orange stripe, each woman represented by a different color. In the center is a cross pin. It would be nice if we all wear them on our walks throughout the year until the anniversary of their passing to remember our fallen members.



### **MUSICAL MEMORIAL PLANNED - Phyllis Boyd**

In addition to being a Volkssporter, Fran Pallozzi was a long time member of Burnt Hills Oratorio Society (BHOS).

BHOS has plans to use donations made in Fran's name to commission a piece of music in her honor.

Donations in Fran's honor may be sent to BHOS  
PO Box 76  
Burnt Hills NY 12027

### **MEMORIAL BOOKLET – Phyllis Budka**

As someone who was far away when the tragic accident occurred, I find myself wanting to send out mental hugs to their families and each and every person who witnessed the accidents that took Phil Fountain, Rosemarie Hume, Carol Lansing, and Frances Pallozzi.

If people would be willing, I would be happy to collect thoughts, pictures, etc - anonymously or otherwise and put them into a memorial booklet for their families.

Please make submissions by September 22<sup>nd</sup>.

## September 2011

### Lea's Little Lines....

I hope you have been enjoying the beauty of the summer as well as the glimpses of fall! Our ESCV Family has been saddened by the tragic loss of 4 members: Phil Fountain, Carol Lansing, Fran Pallozzi and Rosemarie Hume. The events have shown me what a nurturing and compassionate group we are in good times and sad. Our prayers continue to go out to all the families and to us, Volkssporters, to help in coming to terms that, life has its losses and its rewards. A Memorial Committee has been set up to look at options for our consideration with regards to our four fallen members. Suggestions should be directed to Kathy Brown, Sue Grey, Marie Klucina and Ann Cavosie.

August has also brought us Hurricane Irene with her heavy rainfall and stiff winds that have flooded many, many areas where we walk. Before venturing out to do a Seasonal or YRE, please call the Starting Point and/or the POC to ask for trail conditions. I'm very glad to be saying goodbye to the month of August.

I need to make a correction and add thanks to Emmy and her strawberry helpers for our wonderful strawberry ice cream social way back in June. The berries, even though they had to be frozen due to T-storms, were delectable when enjoyed by all the following week!

At my first hosting as president of our ESCV club back at our former meeting venue, Latham Firehouse, we celebrated the accomplishments of our four AVA awardees. Marion Burns & Bernie Geren each received a Meritorious Service Award. Certificate of Service Awards were given to Kathy LeRoux & Joe Padula. A special Certificate was presented to Doug Reynolds on his election as the North East Regional Director. Kudos to each of you for your volunteer service, which has helped to make our club stronger, and, always expanding its horizons for the betterment of our members.

Our chairs of walks, Bernie Geren, Teresa Kennedy and Barb Kolapakka are looking at Walk Safety Improvements. If you have some ideas to help increase safety, please let the committee know.

Our DONATION JAR has been experiencing a sharp decline in donations. When we have a walk of over 70 walkers, and only collect around \$20 to give area historical parks, churches, businesses, museums, etc. for the use of their parking lots and bathrooms, it's quite literally embarrassing for the POC when they send a thank you card and enclose the donation check. I know I have been negligent in this area, as I rush out the door and am grabbing my books and \$3 for the day's walk. Please try to remember to give your individual thanks to the Starting Points by giving a \$1. It really does pay back in full, when the next time comes around to ask if we can use their facilities and parking lots. Thank you to those who are giving regularly. I know I will consciously be doing a better job.

We have concluded our summer Wednesday walks. The last few walks drew an incredible number of participants. Thanks to all our summer Wednesday walkers and those who earned their 10 walk buttons. Great Job! I hope we can continue this trend with our two remaining September walks.

## September 2011

A traditional one on Saturday, September 10<sup>th</sup> Cohoes Falls – Waterford, NY developed by our POC Liz Walsh. Liz has made several trips since Hurricane Irene visited to make sure it is safe and doable. Let her know how appreciative you are for her steadfast efforts.

POC Sue Grey with Teresa Kennedy and Vera Weiss have also put in copious amounts of time for our September 24<sup>th</sup> Oktoberfest at Glimmerglass State Park on Otsego Lake. Be sure to bring a dish to share with your appetite. I'm hoping to bring my kayak to do some paddling after the meal and I invite you to join me.

Finally, Vera and Marylou, our hats are off to you two for retooling the walk in Malta in record time due to the crosswalk being deleted from the Parade Grounds exit road. A lovely grasping of hands in a circle of over 110 ESCVers and family members to give thanks for the friendship of Fran, June and Carol was lead by Fr. Jack Cairns before the start of the Malta walk on Wednesday, August 17th.

### MEMBERSHIP – Tad Darling

Our current membership is now up to 303 with the addition of quite a few new members this year. Our goal for next year is 350, so make sure you invite your friends to join in on a walk. Sometimes it just takes an invite to get someone hooked. Some of the new members see our ads in the newspaper, but I think word of mouth is our best advertising. Try to bring a friend on a walk once in a while. And as always, if you are hosting a new member, please stick with them on the first few walks until they catch on to all of our lingo, stamping books, who is who, etc. It can be quite confusing for someone new.

Please welcome the following new members this month:

Barbara Floryshak from Malta, Janice Mansfield from Niskayuna, and Rita Roberti from Albany

### NEWSLETTER DEADLINE

Deadline for the next newsletter is October 10th.

### CLUB MEETING

**The October meeting is cancelled.** The next meeting will be Tuesday, November 1<sup>st</sup>, at the **Latham Fire Department** at 226 Old Loudon Road in Latham, **6:30 to 8:30pm**. See the ESCV website for directions.

### NOVEMBER CLUB MEETING PROGRAM – COLD WEATHER

#### WALKING - Alan Longshore

Charles Woodruff; owner of Fleet Feet of Albany, will present a program on Cold Weather Walking. He will discuss and demonstrate the proper walking attire and shoes for late fall and winter months. It should be a very interesting and informative presentation. Hope to see you at this November 1st meeting.

September 2011

## OKTOBERFEST AT GLIMMERGLASS STATE PARK ON SEPTEMBER 24- Larry Godshalk

The 2011 Oktoberfest Party and Walk at Glimmerglass State Park is coming up. Hope you have saved the date, September 24, 2011. Just in case you forgot there is another signup form attached to this newsletter and the **signup deadline has been extended to September 16, 2011**. Remember, we will have a covered picnic area with electricity so bring extension cords if you're bringing a hot dish as your Bring-a-Dish-to-Share contribution. There is also a beautiful place to launch kayaks or canoes after the picnic lunch if you are so inclined. Use the link below to view the event handout including description of the park and the walk, and driving directions to the park which is located at the northeast end of Otsego Lake. You might want to bring a couple lawn chairs for lounging if you wish and of course, bring your walking shoes and your appetites!

Link for theGlimmerglass walk:

<http://ava.org/clubs/escv/11glimmerglass.pdf>

.

September 2011

## Oktoberfest Party

Hope you have saved Saturday, September 24, 2011, for our annual Oktoberfest picnic at Glimmerglass State Park, Cooperstown, NY. Kathy Brown will purchase the bratwurst, knockwurst and hot dogs; Eileen & John Sowa will again do the cooking. 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 **September 16th.**

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 September 24, 2011 Send money via check made out to ESCV by Sept 16, 2011 to:  Bernie Geren 211 Sweetman Rd Ballston Spa, NY 12020	Choose One Per Person		
	Knockwurst	Bratwurst	Hot Dog
Oktoberfest Food Reservation for:			
Total			

Send \$5 per your listed persons

Put an "X" in appropriate column

September 2011

## ESCV PASTA PARTY, SUNDAY, NOVEMBER 6<sup>TH</sup>

Our annual Walk/Pasta Party is quickly approaching. Everyone can do the walk, even if you are not staying for the pasta party afterwards. You must make reservations for the Pasta Party by filling out the reservation form and making your check out to Lea Darling. Reservations are due on Sunday, October 30<sup>th</sup> so counts can be given to the caterer. There will be no walk pre-registration this year. Registration begins at 1:30pm and the walk will begin promptly at 2:00pm. Dinner will begin around 4:30pm.

We hope to see everyone at this much anticipated annual event.

**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. Send a check made to: Lea Darling for \$15. **Deadline is Sunday, Oct. 30<sup>th</sup>.**

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

**SEND Pasta Party Reservation (BELOW) and Check made out to**

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

X =====  
**PRE-REGISTRATION FORM**

Name and Phone Number	Pasta Party \$15.00

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



## September 2011

### AVA MILESTONE ACCOMPLISHMENTS FOR 2011

ESCV traditionally gives recognition to our members who have completed their 50 States and/or 50 Capitals program books, or any noteworthy volkssporting accomplishments for 2011 at our annual November Pasta party. Please drop Lea Darling an email at [leadarling@verizon.net](mailto:leadarling@verizon.net). Don't be bashful; we *all* want to celebrate with you!

### SAVE THE DATE - ESCV 25<sup>TH</sup> ANNIVERSARY CELEBRATION

Save the date: Saturday, June 23rd, 2012, for the ESCV 25<sup>th</sup> Anniversary Celebration!

### ESCV 25th ANNIVERSARY GOLF SHIRTS

Get those Shirt orders in. October 1 is the Deadline.

25th Anniversary Shirt Descriptions: <http://ava.org/clubs/escv/25anniversary/25shirts.pdf>

25th Anniversary Shirt ORDER FORM:

<http://ava.org/clubs/escv/25anniversary/shirtorderform.pdf>

### CLUB CONTACTS

<b>CLUB OFFICERS</b>		
President	Lea Darling	<a href="mailto:Leadarling@verizon.net">Leadarling@verizon.net</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>
<b>NEWSLETTER EDITOR</b>	Phyllis Budka	<a href="mailto:abudka@nycap.rr.com">abudka@nycap.rr.com</a>
<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>
<b>HISTORIAN</b>	Dan Schryver	<a href="mailto:Dschryver@aol.com">Dschryver@aol.com</a>
<b>PROGRAMS</b>	Alan Longshore	<a href="mailto:lynnj@nycap.rr.com">lynnj@nycap.rr.com</a>
<b>PUBLICITY</b>	Pat Rush	<a href="mailto:PatRush1@verizon.net">PatRush1@verizon.net</a>
<b>PURCHASING</b>	Winnie Balz	<a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>

## September 2011

### Empire State Capital Volkssporters

#### TREASURER'S REPORT

September 1, 2011

Aug. 1, 2011 Beginning Balance:	\$ 9789.38	
Income: Book Covers	3.00	
Donations	33.50	
IVV Credit walkers	564.00	
IVV Books	40.00	
Membership	25.00	
New Walker Packet	10.00	
Non IVV Walkers	<u>72.00</u>	
Total Income by Categories		747.50
Expenses: Mileage	15.96	
After Action	960.00	
Post Office Box	56.00	
Postage	102.75	
Safety Vest	43.07	
Web Hosting	<u>(60.00)</u>	
Total Expenses		\$ 1117.78
Aug. 31, 2011 Ending Balance:		\$ 9419.10
		Submitted by,
		Beth Snyder
		Treasurer

## ESCV CALENDAR OF EVENTS

Sept.14 Williamstown  
Sept. 18 Albany Capital  
Sept.24 Lake George  
Sept.28 Saratoga Spa Park  
Oct. 5 Saratoga Battlefield  
Oct. 12 Cooperstown  
Oct. 19 Schenectady  
Oct. 23 Bennington  
Oct. 29 Johnstown  
Nov. 02 Albany Colonie Crossings  
Nov. 13 Albany Neighborhoods  
Nov. 19 Troy  
Nov. 27 Saratoga City  
Nov. 30 Scotia

### TRADITIONAL ONE DAY EVENTS 2011

Sept. 10 - Waterford - Tugboat Festival  
Sept. 24 - Glimmerglass State Park - Oktoberfest  
October 15 - Chatham  
November 6 - Ballston Lake - Pasta Party  
December 3 - Schenectady - Holiday Party

## September 2011

### NORTHEAST REGIONAL CALENDAR – Doug Reynolds

			NORTHEAST REGION	Calendar 2011		
Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
17-Sep	Saturday	West Point	Highland, NY	Andrew Schmidt	<a href="mailto:volkssportclubofwestpoint@hotmail.com">volkssportclubofwestpoint@hotmail.com</a>	845-462-7539
24-Sep	Saturday	Walk 'n Mass	Middletown, RI	Ann Plichta	<a href="mailto:amplic@comcast.net">amplic@comcast.net</a>	508-673-6553
	<b>October</b>					
2-Oct	Sunday	West Point	(Ramble Walk)			
8,9 - Oct	Sat/Sun	Twin State	Addison, VT	Charlotte Phillips	<a href="mailto:cpwalkvt@shoreham.net">cpwalkvt@shoreham.net</a>	802-343-3033
8,9 - Oct	Sat/Sun	Twin State	Crown Point, NY	Charlotte Phillips	<a href="mailto:cpwalkvt@shoreham.net">cpwalkvt@shoreham.net</a>	802-343-3033
22-Oct	Saturday	Southern Maine	Portland, ME	Denise Macaronas	<a href="mailto:SMVA2005@yahoo.com">SMVA2005@yahoo.com</a>	207-774-3415
	<b>November</b>					
5-Nov	Saturday	Walk 'n Mass	Bedford, MA	Sue & Dave Robertson	<a href="mailto:susdave@comcast.net">susdave@comcast.net</a>	978-774-6449
	<b>December</b>					
3-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	<a href="mailto:mago0249@comcast.net">mago0249@comcast.net</a>	508-222-1152

### FROM THE HISTORIAN'S DESK – Dan Schryver

#### EMPIRE STATE CAPITAL VOLKSSPORTERS NEWSBRIEF AUGUST/SEPTEMBER 1991

31 walkers and more than 40 people overall enjoyed the FIVE RIVERS ENVIRONMENTAL EDUCATION CENTER on August 17 for ESCV's annual picnic/meeting.

#### WALKS

October 6 Saratoga Springs, in conjunction with the Saratoga County Association of Museums, 75 T shirts will be given away; remember "Culture Counts".

November 2 Altamont, in conjunction with the Girl Scouts; working with ESCV coordinators Wayne Eells, jr and Pat Mead, Amanda McKeown, a scout completing the requirements for her Gold Award.

December 8 Troy, in conjunction with the Holiday Victorian Stroll; the award will be an Uncle Sam suncatcher; coordinator Paula Sperry says that Troy is eager to host their first volksmarch.