



# EMPIRE STATE CAPITAL VOLKSSPORTERS

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

November, 2007

"FALL PRESENTS GOLDEN LIGHT AND PAINTED HILLS ALIVE  
WITH COLOR"

## NOVEMBER GROUP WALKS - 9:30 AM

Registration ½ hour before all walks

### SANCTIONED\*

- Nov 7<sup>th</sup> Schenectady Holiday Inn, 100 Nott Terrace
- Nov 14<sup>th</sup> Albany 10/12K Environs-Albany Cultural Visitors Center, 25 Quackenbush Sq.
- Nov 28<sup>th</sup> Saratoga Springs City Hilton Gardens Inn, 125 S. Broadway.
- Dec 1<sup>st</sup> Schenectady- **Stockade Inn Holiday Party**
- Dec 5<sup>th</sup> Troy - Downtown

### INFORMAL

- Nov 7<sup>th</sup> Schenectady (same as formal walk)
- Nov 14<sup>th</sup> Grafton-check new route
- Nov 21<sup>st</sup> (day before Thanksgiving) Guilderland-start Rt. 20 Hannaford
- Nov 28<sup>th</sup> Delmar-meet at Delmar Town Hall

### TRADITIONAL EVENTS

- Nov 4<sup>th</sup> **Clifton Park 9<sup>th</sup> Annual Walk/Pasta Party**  
St. Edward's Church, 569 Clifton Park Center Rd.  
Start 1:30-2:00PM feast 4:30PM

### Connecticut Volkssporters Club\*\*

None listed

### Seacoast Striders

- Nov 3<sup>rd</sup> Seabrook, NH - Janet Sherrod,  
[claudia.cauchon@verizon.net](mailto:claudia.cauchon@verizon.net)

### Walk "N Mass Volkssport Club\*\*\*

- Nov 3<sup>rd</sup> Fall River
- Nov 10<sup>th</sup> Newport, RI
- Nov 17<sup>th</sup> Plymouth
- Nov 24<sup>th</sup> Bristol, RI

### Vermont's Twin State Volkssport Association\*\*\*\*

None listed

\*denotes walk qualifies for AVA Special Program

\*\*more info [www.ava.org/clubs/CVVC/walkhome.html](http://www.ava.org/clubs/CVVC/walkhome.html)

\*\*\*more info [www.ava.org/clubs/walknmass](http://www.ava.org/clubs/walknmass)

\*\*\*\*more info <http://www.geocities.com/cpwalkvt2000>

## BERNIE'S WORDS ...

I just returned from the **Travelwalk** trip to the Midwest states: Six states in eight days plus the day in Independence, MO, the home town of Harry S. Truman, which was my personal highlight of the trip. The trip was a lot of fun and thanks to Marion for the memories.

Now on to business: I am proud to announce that Phyllis Budka has volunteered to be the editor of the newsletter. From the ESCV Club and the past Presidents, I would like to thank Lea Darling and Sue Godshalk for the years of service as the Editors of our Newsletter; it is one of the most important functions of the Club. Also thank you to Larry Godshalk and Tad Darling for their support and assistance when it came time to publish the newsletter. THANK YOU!

Phyllis will take over the duties in January for the February newsletter. Let everyone welcome her to the task and give her the support and cooperation that you gave Sue and Lea.

At last month's meeting, we had a proposal and discussion on an award system for doing year round or seasonal walks. For the November meeting, Dave Skinner and Teresa Kennedy will have a final proposal, which we hope to implement for the year 2008. There is also an interest in a new ESCV shirt, which will be discussed at the November meeting... so come to the meeting and get involved with deciding our future programs.

Enough for now, I hope to see you at the Pasta

party and most of all, come to our next meeting on November 19, 2007.

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### **FROM THE EDITORS**

Articles for the December/January newsletter are due by Friday, November 23, 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.

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### **2007 STARTING POINT BOOKS FOR SALE**

*Time is running out and we only have 4 Starting Books left. Act quickly and you could pick one up for only \$7.00. This is a 50% savings. Call, email, or find Winnie at the walks. She keeps them in her car and will gladly sell you as many as you'd like.*

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### **WANT TO SAVE MONEY AND GAS ?**

*If you're interested in saving both some money and gas in these high price times, then CAR POOLING is your answer! Our club is very fortunate in having a committee dedicated to arranging rides to and from our sanctioned walks. Give Sandy Gordon or Sue Gray a call or email them. You can find them listed under Other ESCV Positions in the back of the newsletter. This is a great way to save money, gas, and especially a fun time to meet other members and form some lifetime friendships. A win/win situation any way you want to look at it.*

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### **Schdy walk/Wine and cheese party –**

Many thanks to everyone who made the walk and party a success. Beth Snyder and Vera Weiss put forth a superb effort – efficiency in registration, walk design and book stamping. Ellen McNett's experience made her a star at the party. Sandy Marshall was magically everywhere making sure appetizers and wine flowed. Elie McNett, Ellen's son, gave us some class while he poured the wine. In the meantime, silver-tongued John Marshall had everyone spellbound at the GE Plot tour, that is, up until the time it rained.

Of course we had lots of volunteers (Harriet Kalejs, Lisa Holt and Maureen Martelle and more) in the kitchen. Besides that, there were delicious appetizers created by our guests. How could we ask for more? PS – The wine bracelets were not made in China – but by another talented group (Beth, Vera, Sandy, Marie Klucina and me). Thanks to all! Emmy Koch

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

\*\*\*\*\* MONTHLY MEETING:       Next meeting Monday, November 12<sup>th</sup>, 2007, 6:30PM, at the Crescent Fire House, which is located off Vischer Ferry Road (East from Exit 8 of the Northway).

A Mystery Model from amongst our own, will be showing off an item we're sure many of our members would love to have. So don't miss this one time only event, come and see what we're showcasing. Give us your opinion. We need your input! Be at November's meeting for an exciting time!

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!

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## ***INTRODUCING THE NEW NEWSLETTER EDITOR !!!!!***

*DRUM ROLL PLEASE.....Phyllis Budka a seasoned walker with our club and very recently retired, has stepped up to the plate to take over the volunteer task of editing our monthly newsletter. Soooo, starting in January, send all your articles to Phyllis at [abudka@nycap.rr.com](mailto:abudka@nycap.rr.com). Remember to keep those interesting reflections from the field coming. We're looking forward to the changes that Phyllis is sure to do to help keep us up to date with all the comings and doings of all ESCVers. WELCOME, PHYLLIS!*

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**Giving Thanks** to a most remarkable group of dedicated women for all their hours devoted to mailing out our newsletter. Monthly, without exception (maybe a little grumbling when the newsletter has extra pages and inserts), they copy, fold, tape, stamp, and deliver to the Post Office our paper in about a 48 hour or less turnaround once they receive it from the editors.

**Phyllis Boyd**

**Eileen Sowa   Toni Walsh   Marie Klucina   Sue Gray   Midge Launsbach   Nancy Wallace**

Please give them a personal thanks when you see or talk to any of these special ESCVers. If anyone is interested in giving them a hand, just let Phyllis know and she'll put you to work.

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## **ESCV Pasta Party, Sunday November 4th**

Our annual Walk/Pasta Party is quickly approaching. Everyone can do the walk, even if you are not staying for the pasta party afterwards. If you have not pre-registered for the Pasta Party and would like to attend, give Eileen Skinner a call at 371-4352 ASAP. We hope to use the Woods/bike trail route if the weather remains dry. If you are pre-registered, you will still have to sign the Release sheet and pick up a start card. Registration begins at 1:30 and the walk will begin promptly at 2:00PM.

We hope to see everyone at this annual event. Come meet our Northeast Regional Director, Phil Hait, who will be attending this event.

## ESCV NAME TAGS

**WELCOME ABOARD** to Laura Sheldon for her gracious offer to take over the ordering and distribution of our yellow Name Tags from Winnie Balz. Give Laura a call at 384-0143 or email [sewshel@aol.com](mailto:sewshel@aol.com) to order a tag. PLEASE pick up your name tag if it is on the list below. Laura will have the tags at the pasta and Christmas parties.

Mary Anderson	Nancy Glover	Mary McMahan
Edie Christina	Sandy & Hal Haber	Alice Urbanski
Nancy Deratzian	Jan Jones	John Van Vranken
Dan Ertel (owes \$3)	Carol Kennedy	

***MANY THANK YOUS to Winnie for all the years you performed this most important job(Name Tag ordering) of helping all of us get to know one another with just a glance at the tags to say Hi, Bob instead of just, Hi.***

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## **MILESTONES FROM THE OCT/NOV 07 WANDERER**

### **Events:**

<b>10 Events</b> Mary Ann Miller	<b>50 Events</b> Kathleen Brown	<b>250 Events</b> Gail Van Valkenburg Paul Van Valkenburg	<b>800 Events</b> John Cairns
<b>30 Events</b> John Watson	<b>150 Events</b> Jack Hickey	<b>425 Events</b> Marie Klucina	<b>1000 Events</b> David Skinner Eileen Skinner

### **Distance:**

<b>500 KM</b> Kathleen Brown	<b>2500 KM</b> Gail Van Valkenburg Paul Van Valkenburg	<b>9000 KM</b> John Cairns
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Try using "Goodsearch" instead of "Google" for your Web Searches

Did you know that if you use [www.goodsearch.com](http://www.goodsearch.com) for all your web searches, the AVA gets a penny donation for each search!?! According to the website, so far, it's brought in over \$100. to the AVA! Keep it up and watch their numbers grow!

### Club Officers:

President	Bernie Geren	tscbernie@hotmail.com
Vice President	Barbara Kolapakka	sisu07@earthlink.net
Recording Secretary	Kathy LeRoux	kleroux1@nycap.rr.com
Corresponding Secretary	Teresa Kennedy	Forty6er3K@aol.com
Treasurer	Joe Padula	ASPCAlbany@aol.com

### Other ESCV Positions

Membership	Marie Klucina	mklucina@nycap.rr.com
Newsletter Editors	Lea Darling	lea.darling@att.net
	Sue Godshalk	lgodshal@nycap.rr.com
Purchaser	Winnie Balz	winneeb@yahoo.com
Sunshine	Kathy LeRoux	kleroux1@nycap.rr.com
Walk Development & Traditional Events Coordinator	Barbara Kolapakka	sisu07@earthlink.net
YRE & E Walks Coordinator	John Cairns	JLCairns@aol.com
Wednesday Walks Coordinator & Web Master	Eileen Skinner	EFSkinner@aol.com
Historian	Dan Schyver	DSchyver@aol.com
Publicity	Chase Pugliese	chasepugliese@hotmail.com
Carpooling Coordinators	Sandy Gordon	ewells001@nycap.rr.com
	Sue Grey	susanbg@earthlink.net

### Other Contacts

Website	<a href="http://www.geocities.com/WalkESCV">http://www.geocities.com/WalkESCV</a>
ESCV E-Mail	<a href="mailto:WalkESCV@aol.com">WalkESCV@aol.com</a>
American Volkssport Association	<a href="http://www.ava.org">www.ava.org</a>
American Revolution Walks	<a href="http://www.home.earthlink.net/~amrevwalks">www.home.earthlink.net/~amrevwalks</a>
Informal Wednesday Morning WALKS	<a href="mailto:EmnEdKoch@aol.com">EmnEdKoch@aol.com</a>
Travelwalk (Marion Burns)	<a href="mailto:Volkssporter@aol.com">Volkssporter@aol.com</a>

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## NEWS FROM THE FIELD

### **On Going to Washington D.C. with Wheelchair**

Please allow me to share with you my experience of the Travelwalk Washington D.C. Bus trip. Because I had recently injured my leg I was reluctant to go. With Marion researching and answering my concerns about wheelchair accessability, my brave and patient husband said lets try it!!! My first hurdle was overcome by our very accommodating bus driver Bob. He was always ready with the wheelchair and his assistance.

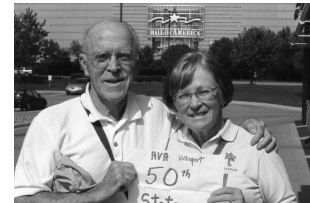
As we made our way through the, always interesting, walks each day I was constantly offered help by each and every walker we came upon. This certainly increased my enjoyment of the days events.

On day three Old Town Alexandria walk, we started at the George Washington Masonic Memorial . It is on top of the highest hill around Washington!!! The view is wonderful, but not good to go down in a wheelchair!!! I was about to opt out. Than came along the Incredible 8. I was surrounded by able bodied hands to hold me back ,making sure I was in no danger we made it to the bottom!! With some stops and starts and lots of laughs we continued along the walk. At one point I was lifted up over a stubborn curb, and the walk was completed. Now we are at the bottom...looking up!!! Call Bob he can pick me up on the way down!! No they say we can do this!!! So the team, taking turns, serpentine me up the drive to reach the top. My reward was not to just reach the top but, to be so cared for by friends. My love to you all.

My trip continued in just the same fashion. Each day I was always given the offers of assistance, which I truly appreciated. As we finished another action packed trip through Marion's capable hands , I was given all good wishes for a full recovery. My heart felt thanks to each and everyone of my bus mates. This was an exceptional trip !!!

Dianne Hughes

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Frank and Catherine Edwards  
1506 San Ysidro Way  
Venice, Fl 34285  
941-493-7030



AVA Walking the 50 States

In 1993 one of my bowling partners, Eileen Skinner, invited Frank and I to do a walk in Saratoga Springs ,NY. We loved seeing part of our community up close. The Empire State Capital Volkssporters were friendly and fun and we decided to join. A year later the club offered a mystery bus trip. We got the 50 states folder and walked 4 states on that trip. It has taken us 14 enjoyable years to slowly do all the states. One year we went to the convention in Colorado Springs and walked many states in that area. We have taken trips with Travelwalk of NY and did a two week one of Lewis and Clark with Walking Adventures of Washington. This spring we took a Hawaiian vacation and of course did the Waikiki Beach walk. We just returned to Florida by way of Wisconsin and Minnesota. The Mall of America was our 50th state walk. It turned out our last 2 states were in the middle of the country. It has been a wonderful adventure. We plan to continue volkswalking for many more years.

We are members of Empire State Capital Volkssporters in NY and of Suncoast Sandpipers in FL

Cathy Edwards

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**REFLECTIONS ON THE VICTORY WALK**

Schuylerville, a village of only 1,372 persons and once called Saratoga, is keeping the memory alive of that historic day 230 years ago. A few years ago, the residence took a vote to change the community's name back to help spur commercial development, but it was defeated in favor of keeping the honor of their most favorite son, General Philip Schuyler, who designed the regional defenses that protected Albany against the British forces. Besides the Volks March, there was a village ceremony, a bit of Americana, least we forget what happened there.

The commemoration of the ending of hostilities with the surrender of British forces at (old) Saratoga on Oct. 17, 1777 following the two battles at Bemis Heights, Stillwater, had a very respectable contingency of ESCV

walkers. There were four completing the 5 K route, and sixty-one the 10 K trail. Sixty-one of us were able to remain for the simple, but moving, ceremony conducted by volunteers at the site where the British forces actually stacked their arms in defeat.

Our day weather was so similar to that date in 1777. We arrived in a moderately light fog which was rising by the time we started walking, whereas the combatants were in an extremely heavy fog that hung on to late morning. The air temperatures, sky color, and leaf changing gave us a feeling of what it must have been like that morning back then. The longer route took us near where disheveled patriot troops had lined both sides of the road which had the prisoners of war passing between them on the start of a 210 mile hike to Albany and on to Boston, where they were then diverted another 600 miles to Charlottesville, VA where they remained until the end of the War in 1783. We passed the historical spot where Burgoyne went to pass his sword of surrender to Gates, pasted the grounds where the British forces had done their final encampment, visited the Saratoga Monument, and also the site of Ft. Hardy Park where the arms were given up.

As our group walked from the location of Burgoyne's final camp towards Lock 5 of the Champlain Canal, we were treated to several large, noisy flocks of Canada geese on the wing. Oh how beautiful the "V" formations, and near formations, were. I was reminded of Richard Ketchum's book, "Saratoga – Turning Point of America's Revolutionary War", (a must reading for all of us in this area) where he gives a wonderful description of that day when the surrender occurred. He recites how quiet the Valley had become without cannons and muskets firing, as there had been for so many weeks. The only noises, on occasion, were the rolling of drums, and commands shouted to the ranks as they were marched; but no firing. Interestingly, he did not say anything about flocks of geese. (It reminds me of the famous mystery line "Why didn't the dog bark?") Of course, the geese were not there then. With the enormous amount of gun noise and smoke, 6,000 invaders who were starving and looking for any food, and 15-20,000 patriots also on the hunt, even the birds knew this was no place to be. However, for us, except for an occasional heavy truck passing, it was a quiet, beautiful, typical fall day that we could enjoy because of the sacrifices of those colonials.

At the reenactment ceremony on the shore of the Hudson River, a British officer lowered the Union Jack, and the Stars & Stripes raised by a Colonial officer, while a small contingency of artillerymen fired a colonial field cannon, one of their four shots. (This scene was on the front page of the Times Union, Thursday, Oct. 18.) The audience recited the Pledge of Allegiance that was lead by a woman who had just received her citizenship, changing from UK to US, without a battle needing to be fought. We were treated by 140, 4<sup>th</sup> graders from Schuylerville who took an active part in the festivities. Three of them read passages from Ketchum's book on the surrender, and the group sang two delightful tunes, "When I Came to America" and, of course, "Yankee Doodle" that was actually played by colonial forces as the British troops were lead away towards Albany. Three wreaths were laid, brief speeches were given by the Mayor and Town Supervisor, the sword passing reenacted, and "The 13 Toasts to Victory" (one for each of the original colonies) each being lead by a different members of the audience, including several Volkssporters. The Mayor gave recognition to our group, and he has extended an invitation to us to attend next year when they will again give tribute to this most historical event.

Doug Reynolds

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## OTHER NEWS....

### ONE OF OUR OWN RECEIVES AN AVA AWARD

At ESCV's October club meeting Doug Reynolds was presented with an American Volkssport Association recognition award for meritorious service. The award certificate was presented by Past President Dave Skinner on behalf of the Suncoast Sandpipers Volkssport Club in Florida and ESCV. The



AVA's recognition award program honors individuals, clubs, and organizations for service deeds and accomplishments that have advanced the ideals and aspirations of Volkssporting. The meritorious service award recognizes individuals who have given at least five years of outstanding service to the AVA.

The nomination process for Doug's award was initiated by Alice Lawrence, SSVC President in October 2006 and at that time President Dave was asked for input about Doug's contributions to ESCV. After readily agreeing to provide such information and keep the involvement under wraps, nothing more was learned until notification that AVA's publication of their biennial awards was posted at its web pages in July. However, the award certificate was not received by President Alice until early October and it was decided then to mail it north for its presentation at the club's mid-month meeting.

The meeting's presentation entailed reading details from the nomination form and the following summary, as put in the AVA publication: "Doug's innovative contributions to the successful operations of the Empire State Capital Volkssport Club and the Suncoast Sandpipers Volkssport Club are matchless. His inspired Volkssouth programs in Florida linked the clubs in the true spirit of fun, fitness, and friendship to the greater benefit of the American Volkssport Association."

On a lesser note, it may be fitting to end with what Doug said about the award when seen at the Victory Walk two days after its presentation. He related that when he told his wife Jackie about the award (since she wasn't at the meeting) her comment was "that's nice dear, don't forget to take out the garbage"! For all of us that know Doug's humor, we can rest assured that he won't let this recognition change him!

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## **Group honors blind woman's efforts on job**

By RICK CLEMENSON, Staff writer

First published: Tuesday, July 3, 2007 in the TIMES UNION

ALBANY -- Work has helped Diane Clancy through some of the toughest times of her life. Now Clancy's work ethic and team skills are being recognized by the New York State Industries for the Blind, which named her Employee of the Year at Northeastern Association of the Blind at Albany.

In making the award, the statewide organization cited her countless contributions and upbeat attitude. An Albany resident, Clancy was diagnosed with the genetic disease pseudoxanthoma elasticum (PXE) in 1983. Two years later, she was legally blind. As her vision faded, she organized support groups, got a job as an administrative aide in the Department of Transportation, volunteered in the city gardens and became president of a local walking club.

After her son Sean Patrick Clancy died in an avalanche in Colorado six years ago, she returned to work at NABA.

"It's my therapy," said Clancy, whose other son Brendon Thomas Clancy lives in her native Troy.

Clancy and Michael Bowman, a production leader at NABA, will join other honorees from around the state and country at the National Industries for the Blind in the fall. Co-workers and supervisors appreciate Clancy's efforts as much as she does their companionship and the work itself.

"It is a joy to have someone like Diane with us," said Chris Burke, NABA executive director. "She steps up, does whatever needs to be done and is a role model for everyone."

Clancy, who can see shapes but has no peripheral vision, and other NABA employees make items ranging from reflective safety vests to Tyvek coveralls and snack kits used by social workers when they visit families in New York City. Most of her co-workers are visually impaired or blind. When she's not working as a sewing machine operator in the manufacturing department, Clancy fills in as receptionist or wherever she's needed.



At home she loves to knit, garden in the small plot near her house and also participates in neighborhood walks and is active in her church. She refuses to be limited by her condition and says of her job, "This place is fantastic to work at. We have very unified group."

Rick Clemenson can be reached at 454-5030 or by e-mail at rclemenson@timesunion.com.

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My sincere thanks

Thank you to all my friends on the Central States Trip for the lovely card you all signed for me. I can't tell you how good it made me feel and the laughs I got from some of the comments, especially Trudy's accusing me of getting a face lift. I wish I had thought of that it would have been a perfect time and I can use one.. . I followed your trip every day and hoped you were having great weather and seeing all the sights and enjoying your walks. So again, thank you for thinking of me. Ljl

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### North East Regional Director's Report by Phil Hait

Kennebunk, Maine, YRE walk is **closed** for the remainder of the year due to the Starting Point being closed by the town.

Other walks:

Updated	08/15	NE REGION	CALENDAR 2007	Phil Hait - Region Director		
Date	Day	AVA Club	Walk Location	Point of Contact	E-Mail	Telephone
MAY JULY NOVEMBER						
03-NO	aturday	Seacoast Striders	Seabrook, NH	Janet Sherrod	<a href="mailto:claudia.cauchon@verizon.net">claudia.cauchon@verizon.net</a>	603-926-5651
04-NO	unday	Empire State	Clifton Park NY	Eileen Skinner	<a href="mailto:EF Skinner@aol.com">EF Skinner@aol.com</a>	518-372-3663
DECEMBER						
01-DE	aturday	Walk n Mass	Attleboro MA	Margo Craven	<a href="mailto:magoo249@aol.com">magoo249@aol.com</a>	508-222-1152
01-DE	aturday	Empire State	Schenectady, NY	Eileen Sowa	<a href="mailto:Sowaj@union.edu">Sowaj@union.edu</a>	518-399-3949
Dec	aturday	Finger Lakes VC	Binghamton, NY	Doug Gausman	<a href="mailto:dougs4it@aol.com">dougs4it@aol.com</a>	607-757-0164
02-DE	unday	Seacoast Striders	Dover, NH	Claudia Cauchon	<a href="mailto:claudia.cauchon@verizon.net">claudia.cauchon@verizon.net</a>	603-659-8598

Phil

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