



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: www.geocities.com/walkescv

February, 2007

"JANUARY'S ICE WILL BRING FEBRUARY FLURRIES"

WEDNESDAY WALKS - None scheduled

Registration begins 30 minutes before

GROUP SANCTIONED WALKS

Feb. 10th, Schenectady* at 9:30 AM, Start point
Holiday Inn, Nott Terrace.
POC Ellen McNett 372-1270 (Soup Lunch
following at Ellen's home - see "Just A Quick
Reminder")

TRADITIONAL EVENT - None for February

Mark your calendars for next month:

March 4th @1PM, Albany* 5/10/12K,
March 24th @9:30AM, Downtown Troy*, 5/10 K
March 31st @9:30AM, Williamstown, Ma*. 5/10 K

*denotes walk qualifies for AVA Special Program

TRADITIONAL WALK EVENT THANKS go to POC's Bernie Geren & Eileen Sowa for another great year ending holiday walk and party in Schenectady at the Stockade Inn on December 2nd. In addition, Ellen McNett once again graciously hosted a cookie (and more) checkpoint at her house. There was a record turnout for the festivities so our main concern for planning this year's event will be if we should change the location.

THANKS FOR GROUP WALKS go to POC's Teresa Kennedy and Mary Agars as we first concluded the fall schedule of walks on Wednesdays by doing our Albany & Troy year round events. On 12/5, Doug Reynolds enhanced the capital/ historic trail with one of his famous narratives and on 12/12, walkers did the downtown Troy route complete with holiday décor. Then on New Year's Day, Albany brought the start of the 2007 schedule of kickoff group walks of all our seasonal and year round events. While threatening weather (or perhaps the day's other pending event) kept the turn-out low, thanks to POC Teresa Kennedy for inspiring a hearty group to come up with an "exclusive inauguration route"! The kickoff schedule continued in Saratoga Springs on 1/27 and thanks go to POC La Verne Stiles for adjusting the trail to start from the Hilton Garden Inn.

SPECIAL THANKS are in order for Natalie Smith who arranged for our guest speaker at the January club meeting. Debbie Kelleher, a registered dietician and employed by Washington County's Office of the Aging, gave a very interesting presentation on MyPyramid's steps to a healthier life. These nutritional guidelines

PRESIDENTIAL RAMBLINGS ...

Well since our last newsletter ending 2006 and starting 2007, events have been held that certainly rang out the old year and brought in the new one. We finally are getting weather more typical of winter with cold temperatures and sub zero wind chills, can a major snow fall be far off? Thus we need to be careful when hitting the trail by being properly prepared for what the elements can offer!

complete with handouts and plastic food portions to illustrate were a great way to prompt a lively discussion!

As a way of thanking her, Debbie and her husband Ray have been given a year's ESCV membership so be sure to welcome them as they attend one of our walking events.

WELL WISHES go out to Marge Shanley and Joan Kimmel as they recover from recent operations. Marge was POC of our Albany YRE for years and Joan has recently stepped down as the West Point club's president (to take on being their secretary!). We hope they both have quick recoveries and we see them back on the trail soon!

FROM THE EDITORS

Articles for the March newsletter are due on Saturday, February 17, 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.

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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. You can also see her at the monthly ESCV club meetings.

MARK YOUR CALENDARS !

The Schenectady Historical walk plus Wine and Cheese Party date has been changed to **Saturday, October 6, 2007**. Thanks to an idea proposed by Ellen McNett, we have scheduled a walk starting at the Schenectady Historical Society on Washington Ave., followed by a wine and cheese party. The tentative schedule calls for registration for the walk between 12:00 and 2:30 PM, walk at any time between 12:30 and 4:30PM, with a wine and cheese party Open House between 2:30 and 5:30 PM. For the history buffs, we plan to have a guided walk with historical checkpoints, comments and stories; perhaps they'll be a talk on genealogy, too. We're also planning a menu of wine, non-alcoholic punch, cheese, crackers and appetizers...just another way to celebrate ESCV's birthday year. Hope you can come!

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CARPOOLING AVAILABLE

When your car is in the shop, you would enjoy some company, you believe in conserving gas, you're not quite sure where to go, ... are just some of the wonderful reasons to carpool. Give Sandy or Sue a ring or email to arrange a time and place to meet. Look at our ESCV Officers box for their numbers and email addresses.

MEMORIES & REMEMBRANCES OF

ESCV HISTORY ...needs YOUR input to be written down and sent to the newspaper editors in order to be published for our membership to enjoy. All the members are sitting at their windows, looking out at a snowy landscape (hopefully by NOW) to see the mail person dropping off their latest issue of the ESCV Newsletter with the next installment in a walk down ESCVer history. So help us to keep these monthly stories coming, by jotting down your account of something that happened while out on the trails.

EILEEN WOULD LIKE TO OFFER HER

GRATITUDE once again, to the Holiday Party Committee for a fabulous job. Eileen, right hand woman-Toni, Marylou & Bernie, Ellen, Emily and all the other little cookie elves who helped to make this a fun, filling and festive gathering. AND, all ESCV Holiday Party attendees say thank you to Eileen and her dedicated committee.
LOVE YOU!

Last chance to pay your 2006-07 membership dues.

If you haven't paid, please fill out the form attached and send to Marie Klucina. If you can't remember if you've paid, you can give Marie or Joe Padula a ring or email them.

JUST A QUICK REMINDER ... following our February 10th, Schenectady Walk, Ellen McNett will be hosting at her home, a Vegetable Soup & Chili Luncheon. Everyone is invited. If you feel inclined to bring something that's O.K., but not necessary. Come and enjoy some warm comraderie on a chilly Saturday afternoon. Questions?? Give Ellen a call at 372-1270. See ya there!!

MEETINGS, MEETINGS, MEETINGS.....

***** MONTHLY MEETING: Next meeting Thursday, February 15th, 2007, 6:30PM, at the Latham Fire Department, 226 Old Loudon Road, Latham.

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!

ADD THIS TO YOUR MARCH CALENDAR

You won't want to miss our March 15th ESCV meeting. We will have a Fleet Feet Representative present to properly measure your feet for a perfect fit the next time you purchase sneakers. Also, we will have a return visit with a New Balance Shoe Representative. Come out for an informative and friendly evening.

MUCH REQUESTED RECIPE

This recipe was enjoyed by many at our Oktoberfest Picnic from the kitchen of Jean Van Vranken.

AUTUMN TOSSED SALAD

½ cup lemon juice	1 T poppy seeds
½ cup sugar	1 bundle romaine, torn
2 tsp finely chopped onion	1c (4oz) shredded swiss cheese
1 tsp Dijon mustard	1c unsalted cashews
½ tsp salt	1 med. apple, chopped
2/3 cup vegetable oil	1 med. pear, chopped
1/4 c dried cranberries	

In a blender, combine the lemon juice, sugar, onion, mustard, & salt. While processing, gradually add oil in a steady stream. Stir in poppy seeds. Transfer to a small pitcher or bowl, cover & refrigerate 1 hr or until chilled. In a large bowl, combine the romaine, cheese, cashews, apple, pear & cranberries. Drizzle with dressing & toss to coat. Serves 10.

* Jean doubled the recipe for the salad part, but not for the dressing. One recipe was plenty. She drizzled the dressing on just before serving. Bon Appetite!!

URGENT PLEA PUT OUT TO OUR VETERAN VOLKSWALKERS

Attention veteran volkswalkers. The following awards are still needed for the 20th anniversary display table. If you have any of the following, and would like to loan them to the display committee for the party it would be appreciated.

1. 1993 Cooperstown 1st Annual Seasonal Walk-a 2 ½" oval pewter medallion depicting a statue of James Fenimore Cooper.
2. April 24th, 1993 Cooperstown One Day Event 2 ½" round medallion depicting the Kingfisher Tower.

3. 1998 Rhinebeck 3rd Annual YRE - a unique colorful medal depicting African Violets. It could be worn as a pin or hung on a chain.
4. Sept. 9th 2000 Schenectady history walk - one day event - a patch showing a walking shoe and labeled "SPORTS FOR Y2K GSUSA/AVA - IVV ATHLETE: WORKER".

If you can help out please contact me at dschryver@aol.com. Thanks Dan Schryver

Corrections for the Year Round/Seasonal Booklet

Please make these corrections and updates to your Purple (or Gold in some cases) 2007 Booklets.

1. Under Bennington – Amy Gitchell’s phone number is incorrect. Change it to **399-6160** (# listed is Bernie Geren’s)
 2. Center Section:
Change the May Albany Walk to the **May 5th** which is a Saturday.
Change the date for the Wine/Cheese walk to **October 6th**.
 3. The Gold covered booklets had some printing problems and your pages are not in Order. Some pages were printed wrongly on the back, so the booklet pages don’t match. All the information is there. Sorry for this problem. It was just discovered long after the books were mailed out.
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Wednesday Walks for 2007

The Wednesday Walk Schedule of 17 Walks has been Sanctioned for 2007. Look for your summer Wednesday booklet sometime in March. Please feel free to contact any of the individual POC’s if you can help out in any way at these walks. The Schedule with POCs is already up on our web site. (www.geocities.com/walkescv) Click on Wednesday walks 2007.

The POCs thank you for volunteering your time.

20th Anniversary Party

Hope you have saved May 4, 2007, for our 20th year anniversary celebration at Phelan’s Banquet House in Clifton Park. There will be a cash bar between 6-7 with fresh vegetables & dip on hand. A hot and cold buffet will be served from 7-8/8:15. The buffet will include roast beef, sliced ham, baked ziti, Italian meatballs, roast turkey, tossed green salad, cole slaw, roasted potatoes, vegetables d’jour, condiments, rolls, cheesecake with strawberries and coffee. All this for \$20 a person.! Such a deal!

There are several ESCV members helping to make this anniversary party very special for all who attend. We are still looking for one or two people to be in charge of a “Memory Book” which could be created right at the party. This book could be a

scrapbook with some blank pages for our members to write their memories in. “Remember When...” articles that have been written up in our monthly newsletter could also be placed in this book. Who will step forward to help create it? If we don’t hear from anyone soon, then we will have to scrap this idea.

We are sure that Doug Reynolds could use some help preparing for his debut as Master of Ceremonies for our party. He is in Florida right now enjoying that nice warm weather but we feel he would love to hear that you will help him out. His e-mail address is dougreynolds@juno.com.

Marylou & Bernie Geren will have a sign-up sheet for our party and will start asking you to send in your check for \$20 made out to ESCV in our February newsletter. Also look in your files to find out when you joined our club because Paula Pugliese is going to be making our nametags, and we are asking all members to write the date they joined under their name!

Jack and I both know that we have a wonderful, supportive group of people in our walking club. We do **need your help in order to make our anniversary party a success. Please consider volunteering. We have received only two suggestions for our party so we assume that everyone is fine with our plans.**

Please remember that this party is for YOU and to celebrate our ESCV’S walks, people and memories.

Thank you in advance for your support and help!

Vera Weiss & Jack Hickey

OPEN INVITATION TO ALL ESCV’ERS

We would like to have a “*REMEMBER WHEN...*” byline monthly article of your stories experienced while participating on past summer Wednesday walks, Traditional walks, informal walks, past Christmas parties, pizza/pasta parties, cookie, soup get togethers, driving to or from the walks, getting lost while following the map, etc. These could be amusing, learned a lesson, helped someone, etc. We hope to get enough stories to take us right through our 20th Year. With your help, we know we have lots to tell our readership. So, sit down and start reminiscing!

Milestones from Oct/Nov Wanderer and Dec/Jan Wanderer

10 Events Jeanette Durand Catherine Marrano Emily O'Hanlon	100 Events Beth Calhoun Joan Vorbach	225 Events Alan Longshore Lynn Longshore	350 Events Pat Reed	900 Events David Skinner Eileen Skinner
30 Events Kathleen Brown Susan Forster	125 Events Jack Hickey	250 Events Barbara Green Doug Reynolds Jackie Reynolds	475 Events Linda Morzillo	
50 Events Elizabeth Burke Linda Clark Linda Dupree Christine Guggisberg Barbara Piliere Patricia Rousseau	175 Events Nellie Georgelos	300 Events Mary Sorrell	650 Events Emily Koch	
75 Events Lea Darling	200 Events Gail Van Volkenburg Paul Van Volkenburg	325 Events Phylis Boyd Barbara Kolapakka Jean Padula Joe Padula	700 Events John Cairns	

500KM Linda Clark Linda Dupree Christine Guggisberg Frances Pallozzi Barbara Piliere Patricia Rousseau	1000 KM Beth Calhoun Lea Darling Karen Watson	2000 KM Alan Longshore Lynn Longshore Gail Van Volkenburg Paul Van Volkenburg	2500 KM Barbara Green Doug Reynolds Jackie Reynolds	3000 KM Jean Padula Joe Padula Mary Sorrell
4500 KM Pat Reed	6500 KM Ed Koch	7000 KM Emily Koch	8000 KM John Cairns	

REMEMBER WHEN....

Volkswalking Memories by Linda Morzillo

The first time I ever heard of Volkswalking was probably in the fall of 1991, or maybe it was 1992. There was a small announcement in *The Saratogian* about some walking club that planned a walk on Columbus Day Weekend in Saratoga Springs. The focus of the walk was to visit all of the museums, each of which had a free open house on that day. Most museums served cider and doughnuts, a good enticement for Jim's decision to go with me.

The start point was the Racing Museum on Union Ave. There, Jim and I met the most enthusiastic Volkssporter of all time, Ron Hersh. I remember that we signed in as free walkers and after receiving a map and start cards, Ron sent us on our way.

It was a beautiful day for a walk and the open houses were well-attended by the general public. The walk generally followed the Wednesday museum walk we've done during August, but with a different

start point. We finished the walk, turned in our start cards, and received literature on Volkssporting. Ron explained about the distance and event books, I did not buy any at that time, after all, who'd be crazy enough to walk 10K for the fun of it? I was not sure if this is what I wanted to do even though I had given up jogging and walked about an hour a day on a regular basis.

Over the next 2 or 3 years we participated in several one-day events, I even remember doing the year-round in Albany. It was to be a group walk but everyone else - about 10 or 15 people - took off like a shot and we wanted to look at everything more closely. I realized on that Albany walk that this was a terrific way to explore a place and would be a great thing to do when traveling.

In 1994 I knew that this was something I would continue to do and I purchased my first event and distance books. That year I completed 9 events and the associated distances. My best year to date is 55 events. Jim and I once did a bike event in Vermont and I did swimming events when we did a trip to participate in the Florabama weekend.

The very best part was, and still is, meeting people who like to walk and are fun to be with. I've certainly enjoyed making so many wonderful friends who are great companions with such varied interests outside of walking. I've met people whose interests are so similar to mine; we love traveling, reading, doing needlecrafts, cooking, and are amateur genealogists. There are people who also hike, kayak, sing, volunteer at various non-profit organizations, work-out, woodwork, paint, do ceramics, snowshoe and cross-country ski to name just a few other activities. We travelled as Volkssporters to so many places that I don't think most of us would have gone on our own.

Our club is active and successful because many people share the necessary tasks that make it so. Many members volunteer to sign people in at walks, stamp books, collect money, welcome newcomers, oversee special programs and become POCs.

I learned that it's both exciting and worrisome to be POC for a walk. Parking at the start point, bathrooms, safety on the walk and the weather are the major issues. The walk-in-progress becomes your baby from the moment you agree to be the POC right through the moment you send the stamp back to Texas and send the proceeds and report to the club treasurer. I helped plan and carry out the original Lake George walk. I was the POC for the Queensbury walk, and can't wait until people try out the new West Side Saratoga walk (The Old, the New and the Hidden), in August, 2007. I revised the Wilkinson Trail and More walk at the Saratoga Battlefield in Stillwater so that it could be a 10 km seasonal event. Now, that was a challenge, ("no gabbing here" "follow the NHOBOTT/WT signs"), but it was enjoyed by over 100 walkers in 2006, none of whom are still lost. It's fun and challenging to figure out if a walk idea is feasible.

Here's to continued success to ESCV!!!

DUES REMINDER

Dues for 2007 were due on January 1st, 2007. If you haven't sent in your 2007 dues, please do so promptly.

Renewal Dues for 2007 will be \$10.00 for single and \$18.00 for family.



MEMBERSHIP RENEWAL APPLICATION: EMPIRE STATE CAPITAL VOLKSSPORTERS 2007

Membership entitles you to receive newsletters, brochures, membership perks and voting privileges at meetings.

Date: _____

RENEWAL Membership (Single: \$10, Family: \$18) _____ (Checks are preferred!)

Name(s): _____

Address: _____

Phone: _____ Are you a member of AVA? _____

Email address: _____

Is it OK to add your email address to the ESCV Directory? _____

Do you want to receive hotmails via email? _____

Send application form along with a check made out to ESCV to:
ESCV Membership, PO Box 5464, Clifton Park, NY 12065-5464

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