



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address
www.ava.org/clubs/escv

September 2008

GROUP SANCTIONED WALKS

Saturday walks start at 9:30; registration is from 9 – 9:30.

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

Fall Wednesday walks start at 9:30; registration is from 9 – 9:30.

Oct. 1 – Wednesday – Lake George; start Fort William Henry Resort Hotel & Conf. Center, 48 Canada St., Lake George

Oct. 8 – Wednesday – Cooperstown; start The Clark Sportscenter, Susquehanna Ave., Cooperstown

Oct. 15 – Wednesday - Saratoga Battlefield; start Saratoga Battlefield, Route 32, Stillwater

***Oct. 19** – Sunday 1:30 – Saratoga City Walk; start Hilton Garden Inn, 125 South Broadway (Rte 9).

Oct. 22 – Wednesday – Amsterdam; start Americas Best Value Inn, 10 Market St., Amsterdam

Oct. 29 – Wednesday – Saratoga Spa Park; start Hilton Garden Inn, 125 South Broadway (Rte 9)

Nov. 5 – Wednesday – Colonie / Crossings; start Fleet Feet of Colonie, 155 Wolf Rd

Nov. 12 – Wednesday – Schenectady – start Holiday Inn, 100 Nott Terrace

Nov. 19 – Wednesday – Scotia – start The Glen Sanders Mansion, 1 Glen Ave.

Dec. 3 – Wednesday – Albany – start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)

***Dec. 7** - Sunday 1:30 Troy Victorian Stroll; start Franklin Inn & Suites, One Fourth St.

TRADITIONAL EVENTS

Sept 27 – Saturday - Hubbardton, VT

Oct. 11 – Saturday - Moreau State Park Octoberfest;

Nov. 2 – Sunday - Clifton Park – Walk / Pasta Party;

Dec. 6 – Saturday - Schenectady – Holiday Party;

BERNIE'S WORDS

It seems that every month, I start out with how the time has passed me by. But it has, and it is now the middle of September with 2008 walks ending; we are busy planning the 2009 walk schedule. I will try to make this short so we don't waste time with my rambling on.

Our club has avoided one crisis for this year: the West Crescent Fire Department has extended their hospitality and will allow us to use their facilities for our meetings.

The Wednesday walk committee is proceeding very nicely, with only one position remaining unfilled: Someone to format the Wednesday Walk Booklet - A person with computer savvy, able to manipulate files, copy, cut and paste will be beneficial in doing the task. Eileen Skinner has most of the files in the database, therefore only new walks would have to be done from scratch. Once the booklet is published, the job is over for that year.

There will be no meeting or newsletter in October, because most of us are on the Travelwalk National Parks trip. Anything that needs to be published will have a special mailing, like the holiday Walk brochure.

September 2008

Our next meeting is November 11th. Phyllis Budka will share pictures and experiences from her summer trip to Poland teaching at a UNESCO English Language Immersion Camp in Krakow. And I hope to see you all

at the Hubbardton, VT event on Saturday, September 27th and the OctoberFest at Moreau State Park on Saturday, October 11^t

ADDITIONS TO THE NORTHEAST REGIONAL CALENDAR – Phil Hait

18-Oct Saturday Seacoast Newmarket, NH Claudia Cauchon
Striders claudia.cauchon@comcast.net

25-Oct Saturday Southern Peaks Island, ME Denise Macaronas smvamaine@yahoo.com [smv](#)
Maine

For the balance of the 2008 Northeast Regional Calendar, see the August [ESCV Newsletter](#) on line at www.ava.org/clubs/escv .

WELCOME TO NEW ESCV MEMBERS – Marie Klucina - Membership

Patricia Burns Deborah Breeyear
We look forward to seeing both of you on the trail!

NOVEMBER 1st PASTA PARTY/WALK – Eileen Skinner

This will be the last Pasta Party that we will have here at St. Edwards Roman Catholic Church in Clifton Park. The church's activities are growing and there are 2 new Youth Ministry Groups that meet in the Social hall on Sundays from 3:30/5:30 – 6:30/8:30PM. They have been kind enough for this November to cancel the afternoon session for us.

The walk/party flyer is in this newsletter with the registration for the pasta party and walk. Please return them as soon as possible so that we will get an idea of how many are coming.
Thank you. Eileen Skinner

HELP WANTED - POC/BANQUET MANAGER - Barbara Kolapakka

The annual November pizza/pasta party had been a tradition in our club for the last ten years. Not only is it a chance for the club to get together for a walk and informal dinner, it also serves as the annual occasion for honoring members who have achieved AVA milestones such as completing their 50 states. Eileen Skinner has been both POC and banquet manager for this event for all those years and has now asked to pass on these responsibilities to someone else so she can take a well-deserved rest. Ending another tradition, this will be our last year at St. Edward's Church; a change in church scheduling for 2009 means that this location will no longer be available for our party.

We need ASAP a POC for this event and also someone to arrange for the food. This does not have to be the same person. The POC will be in charge of the walk. The banquet manager will be responsible for finding a caterer for the meal and making arrangements for setups, etc.

We welcome suggestions from all members as to a possible meal site and start point. The location will have

September 2008

to be near an area suitable for a 10k walk. Perhaps you know of a fire company, church, fraternal organization etc. which offers its facilities for gatherings like this and may even arrange for the food. Contact Barbara Kolapakka at sisu07@earthlink.net or 583-9038 to volunteer or suggest a site.

OCTOBERFEST PARTY AND WALK REMINDER – Vera Weiss

Your Oktoberfest party is coming up in about a month's time. Hope you have saved the date, October 11th. Just in case you forgot, there is another form in this newsletter for you to fill out and to send to Lea Darling. We have about 30 people who have signed up already. It's going to be a beautiful fall day — perfect for walking, talking and eating! Looking forward to seeing you at Moreau on October 11.

Vera, Sue, Marylou and Lea

WEDNESDAY WALKS 2008 – Eileen Skinner

The final review of participation in our Wednesday walks will appear in the next newsletter, along with the rest of the 10 Walk Award Button winners.

INCENTIVE PROGRAM – Eileen Skinner

With fall in the air, it's the perfect time to get together with some friends and do our Year Round and Seasonal Walks and earn another free book and possibly some free walks for 2009. Consult our Wednesday Group Walks for meeting up with others to walk or take a drive on your time and enjoy the walks at your pace, have lunch, and enjoy the beautiful fall colors while helping out your club's walks with your PARTICIPATION.

NEW WALKS COMMITTEE - Barbara Kolapakka

"I'm bored with doing the same old walks on Wednesday." Heard that on walks? Well, it is true that we repeat the same walks but there's a good reason for it: We have a list of 35 Wednesday walks from which to schedule 17 or 18 weeks each year so, of necessity, we have to repeat them. Several of the Wednesday walks from past years are no longer available. We have converted some to seasonal walks but most have had to be abandoned because they no longer are suitable. We are victims of our own success: many of these walks were dropped because the start point could no longer accommodate our large numbers.

In 2009, you will be seeing some walks new to the Wednesday schedule. We have added two former special event walks: Colonie town park and the Albany anniversary walk, and two brand new routes: Saratoga East Side and Broadalbin. A third new event, Woods Hollow Park in Ballston, is also tentatively on the schedule, pending a successful resolution of the ever-pressing need to find restrooms.

That said, we have NO new Wednesday walks in the pipeline for future years. New walks development is not just for the special events. We need ideas for the Wednesday walks, too. The only real difference between walks for special events and for Wednesday is that the latter should be confined pretty much to the Capital District, to avoid a long drive.

So how about it? Are there any places in your town that make a good walk? Maybe a new bike trail or park? There are a number of places in the area that we do not do walks in. Can we do a walk in the

September 2008

Delmar/Elsmere area? Colonie outside of the two parks we currently use? Residential areas of Albany? Give us your ideas.

AMERICAN REVOLUTION WALKS - Barbara Kolapakka

The American Revolution Walks program is entering its last quarter. The program will officially end on December 31, 2008, although books may be redeemed through March 31, 2009.

We ceased selling books March 31, 2008. We sold a total of 455 books for gross income of \$3,640. Total expenses to date are \$1,328.67 and we have sent AVA \$883.90 as their share of the profits. So far, 238 books have been redeemed for an award.

If you still haven't filled your book, there are some opportunities coming up. Both our walk at Hubbardton, VT on Sept. 27 and the TSVA walk at Castleton, VT on Sept. 27 and 28 are Revolution Walks. The Christmas party walk in Schenectady will also qualify as a Revolution Walk. And don't forget the YREs and seasonals that qualify: Albany (10k), Bennington, Cooperstown, Johnstown, Lake George, Saratoga Battlefield, Schenectady and Scotia.

WILLIAMSTOWN WALK - Shirley Pingelski, POC

Lucy Healey (First Mate) and I send a huge thank you to all the Williamstown Walkers on Wednesday, September 10, 2008! We had 43 walkers doing both the 5K and 10K on this absolutely perfect pre-fall day. And to the pleasure of The Williams Inn, 41 stayed to enjoy a wonderful lunch followed by chocolate brownie/candy-topped cookies for dessert. (Per request, the recipe is included below.) Williamstown is my personal favorite walk (but then I am POC) and has so many beautiful homes, museums and the lovely college. It's a walk not to be missed. Many Volkssporters come from all over the country to walk there, so I believe I'm not the only one who loves it here.

Thanks for joining us.

(Williamstown Walk) Mini Brownie Treats – Shirley Pingelski

1 package fudge brownie mix

13 x 9 in pan

48 striped chocolate kisses

Prepare brownie mix according to package directions for fudge-like brownies. Fill paper-lined miniature muffin cups two-thirds full. Bake at 350° for 18 – 21 minutes or until a toothpick comes out clean. Immediately top each with a chocolate kiss. Cool for 10 minutes before removing from pans to wire racks to cool completely. Yield: 4 dozen

A PARTING BLESSING" – Phyllis Boyd

The Board of Burnt Hills Oratorio Society (BHOS) commissioned Al Fedak, local composer and BHOS accompanist, to compose a piece of music in memory of David Skinner, long time ESCV and BHOS member.

Over the summer, Al searched various texts and the Internet for words that would best express Dave's spirit.

September 2008

Finding none that struck a chord with him, Al wrote the lyrics as well as the music. The composition is a short, to the point, a cappella choral piece, "A Parting Blessing". The blessing is stated not as one we would give to Dave, but as one he would leave with us. The piece will be premiered at the BHOS fall concert.

I'm sure that all the ESCVers who attended the concert in Dave's memory last May, as well as those who couldn't make it, will want to attend the concert on Sunday, November 23rd, at 3PM in St. George's Episcopal church, Rt. 146, Clifton Park.

Advanced tickets are \$16 for adults, \$14 for Seniors. At the door the tickets will be \$18 for adults and \$16 for Seniors. Tickets will be available from ESCVers Fran Palozzi and Phyllis Boyd.

HOLIDAY PARTY & WALK IN SCHENECTADY – Eileen Sowa

Mark your calendars for Saturday, December 6th for our annual Holiday Party/Walk in Schenectady. The brochure with the signups for the lunch will be in next month's newsletter. See you there.

NATIONAL VOLKSSPORT MONTH PATCH - OCTOBER 2008 – Eileen Skinner

Below is a copy of the patch. It is a 3.5" 100% embroidered patch.

Anyone doing the walk in Moreau State Park on Oct. 10 is eligible to buy one of these patches for \$1.25.

We have 6 patches so if you want one saved please contact Eileen Skinner EFSkinner@aol.com to hold one for you. If we run out we can try to order some more. Don't miss out on this beautiful AVA patch .



ESCV MONTHLY MEETING DAY

ESCV meetings are on the second Tuesday of each month; the next meeting is Tuesday, November 11th, at 6:30 pm, at the Crescent Fire Company. Phyllis Budka will share pictures and experiences from her summer teaching at a UNESCO English Language Immersion Camp in Krakow, Poland. **There is no October meeting.**

ESCV WEBSITE ADDRESS

Website: www.ava.org/clubs/escv

ESVC NAME TAGS – Laura Sheldon

If you are interested in ordering a yellow club name tag, please contact Laura Sheldon at 384-0143 or sewshel@aol.com. The cost is \$4.00 and must be prepaid with a check written to ESCV, sent to Laura.

September 2008

FROM THE ESCV HISTORIAN'S DESK – Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER VOL. 2

SEPTEMBER 1988

NO. 9

THANKS

Thanks to all the members that came to the first annual ESCV Picnic on September 3rd. It was great seeing everyone. We all seemed to have a good time getting to know each other and reacquainting ourselves with Thatcher Park's nature trails. Those that were unable to attend this year's gathering were truly missed, though.

Hopefully, next year we will have an even better turnout... maybe if we couple the Second Annual ESCV Picnic with a sanctioned event...

CLUB CONTACTS, NEXT MEETING DATE AND NEWSLETTER DEADLINE

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
MONTHLY MEETING	November 11 December 9	2nd Tuesday of each month , 6:30 PM at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway)
NEWSLETTER DEADLINE reflections on a past or upcoming volkswalk and/or trips are always welcome. Phyllis Budka	Articles for the next newsletter are due on November 14th	abudka@nycap.rr.com 377-8734 2135 Morrow Avenue, Niskayuna, NY 12309
MEMBERSHIP AND EMAIL UPDATES	If your email has changed, contact Marie Klucina.	mklucina@nycap.rr.com abudka@nycap.rr.com
SUNSHINE SECRETARY	Please let 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.	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com . You can also see her at the monthly ESCV club meetings.
ESCV WEBSITE ADDRESS		www.ava.org/clubs/escv
NAME TAG ORDERS	Yellow name tag orders: The cost is \$4.00 and must be prepaid with a check written to ESCV, and sent to Laura Sheldon.	Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com . Send check to: Laura Sheldon, 228 Spring Rd., Scotia, NY 12302.