



# EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

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

## November – December 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.

**January 1 – Thursday - 10:00 Albany 10K Historical; start Empire Plaza Concourse South Mall near MacDonald's**

**January 31 –Saturday 9:30 Saratoga Springs – start Hilton Garden Inn**

**February 7 – Saturday - 9:30 Schenectady; start Holiday Inn; Soup Party; details in Feb. newsletter**

**March 1 – Sunday - 1:30 Albany10/12K Collegiate - start Albany Urban Cultural Park Visitors Center**

**March 15 - Sunday 9:30 Troy; start Franklin Inn & Suites**

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

**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

**Dec. 6 – Saturday - Schenectady – Holiday Party; start Stockade Inn**

the officers of the club turned to Sue and her Burnt Hills girls. She always accepted the task and always with a smile. Sue will be truly missed by her walking partners; our deepest condolences to her family.

Father Jack, Eileen and Barbara have put together a great schedule of walks for 2009, with some new walks in store for us. It is an overwhelming task each year to bring everything together. Thank you to everyone involved. Most of all don't forget that our year always starts out with the kick off walk on January 1<sup>st</sup> in Albany. It's a great way to start the New Year by walking with friends.

Our year is coming to a close with our Holiday party and walk. This year we had to change the walk slightly; we will have a new cookie checkpoint, thanks to Pat Rush who has opened her home to us. As of this writing, we have 103 reservations for the holiday luncheon, so if you have put it off, now is the time to get your reservation in.

Thanks to Phyllis Budka for giving a talk at our last meeting on her quest to teach English in Poland last summer. One could tell that Phyllis really enjoyed her adventure and is looking forward to the opportunity again.

Hope to see you at the Holiday party; if you are a new member, come on up and introduce yourselves. I'd love to meet you and I'm always looking for new volunteers. See you on the trails and remember the next meeting is on January 13, 2009.

### BERNIE'S WORDS

The year started with the death of Dave Skinner and now it is ending with the passing of Sue Godshalk. Both of these individuals were influential and active members of the club. I have personally missed Dave and I know that I will miss Sue. Whenever the club had a job to fill,

## **WELCOME TO NEW ESCV MEMBERS – Marie Klucina - Membership**

Patty Costa, Nancy Reilly, Mary Anne Hess, Cheron Gilchrist, Linda Klupka.

Welcome to our club! Hope to see you on the trail soon.

## **SUE GODSHALK, MY DEAR FRIEND! – Vera Weiss November 5, 2008**

Sue had MANY passions in her life but her most important one was her family. She loved, respected and knew that her best friend was always her husband, Larry, her true soul mate in life. Her four children were a joy and such a GIFT to her, and she talked with so much pride and love for each of you. The stories we heard along the walks always reflected her understanding and respect for each of your needs. Oh how she loved each of you, Patrice, Andrew, Ryan and Daniel. I know that you will continue her legacy of love & understanding, her creative art and music skills and that each of you will continue to blossom into adults that she would have and will always be proud of. AND we often talked about her mother, Jean, who was not only a loving and devoted mother but also Sue's best friend.

I met Sue 5 and ½ years ago on a Volkswalk. A volkswalk is a walk that can be a 5K (3.1 miles ) or a 10K (6.2 miles). Walking was another passion of hers and boy did she love to walk! Sue loved to lead walks so the directions were usually placed in her hands as her friends and sometimes their spouses followed behind her. Lea and I were fortunate that she was leading because we were usually too busy looking at the sites and the beautiful homes along the route instead of looking at the directions! Sue saved us from getting lost many times!

Sue loved her collection of walk books and pins. She actually got many of us interested in this club, and we joined because of her. A family vacation was usually planned around a walk or two, and Larry was always so willing to go with Sue. She and Lea devoted 4 years to the writing of our monthly newsletter with Larry and Tad being honorary helpers on the computer skills end of the newsletter writing.

Our President, Bernie, fondly talked about Sue, Lea, Linda, Laura and I as his Burnt Hills Girls. He knew that we all thoroughly enjoyed the friendship and the exercise that this walking club provided. Bernie always volunteered one of us to be the Person of Contact or POC of a potluck picnic and now even the Oktoberfest.

Sue, Lea and I really got to know each other as we planned our first picnic walk in Northville. We spent hours working on the directions, maps and all the other organizational skills that are involved into making a 10K walk successful. We worked together on several other walks that took place in Lake George, Cobleskill and Moreau. Lea and I will always hold dear the memories of our planning and execution of each of those walks.

When we had our 20th anniversary party two years ago, Sue was right there to help. She was responsible for making an anniversary walker t-shirt. With Ryan's logo on the front and the message "Everywhere is walking distance if you have the time" written on the back, she brought the t-shirts to the party. She was a bit late because they were not ready on time so

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she, Linda and Roger frantically folded the t-shirts and pinned the name of their future owner on the front while Larry drove them all to Phelans' Banquet House so the t-shirts could be distributed. They all got there just in time for dinner and all t-shirts were handed out to our very grateful walkers.

I will always remember Sue's smile and the twinkle in her eyes. She also had a way of pushing her hair back with her hand that became very endearing to her friends. Sue will be missed by all of us in our walking club. She reached out and touched our hearts with love and compassion. What a true and caring friend Sue will always be. I know that my life is richer because of my friendship with Sue.

I'll see you in Paradise, my friend. Plan some great 10K walks for all of us because everywhere is walking time and we will have the time to walk with you once again. Until we meet again, Sue, you will be walking with us in spirit—keeping us from getting lost and leading the way. We love you, Sue!

### **MEMORIES OF BERYL WOLF, FORMER NE DIRECTOR OF AVA AND TREASURER OF ESCV – Winnie Balz, Ed and Emmy Koch**

We were saddened today to hear about the death of Beryl Wolf. She was such an integral member of ESCV for many years in the 1990s. When ESCV was going through a difficult time in the early 90s, Beryl was a core member of the group that kept us going. We will always remember her enthusiasm and hold her up as the epitome of a good volkswalker. Keeping up with Beryl was a challenge.

In either 1989 or 1990, I was scheduled to lead a walk through West Point for the Schenectady Chapter of the Adirondack Mountain Club. Beryl was an ADK member and signed up for the walk. The night before, the weather prediction changed to a very snowy forecast. I called all the sign ups and cancelled the trip. Of course, the next day turned out to be sunny. Beryl called me that morning and said she and Jalna Rudolph still wanted to go on the walk. She hadn't heard of volksmarching before and was interested in going to West Point. I gave her driving directions, and said since I cancelled the trip for everyone else, I couldn't go, but they certainly could. After getting into West Point, I told her to go to the Thayer Hotel and pick up the walking route map from the Volks March box. Well, that day, her life changed. I got a phone call from her the next day and she just went on how great the walk was and she and Jalna did the other volkswalk at West Point. She bought the medals and her course was set for many years to come. Winnie Balz

As Winnie said, the walking bug hit Beryl in the late 1980s or early 1990s, and she was hooked on volkssporting. That was just about the same time we joined ESCV. Our club was lucky to have two especially avid volkssporters: Beryl Wolf and Ron Hersh.

Beryl walked the Saratoga Year Round walk every day after work. She had to rack up those kilometers! She loved all the awards and collected every one. Of course, she was a recruiter too. Many of her friends were introduced to our club. She planned trips and insisted that she have her way, scheduling three 10K walks per day. Washington DC and Canada were never too far away for a three day weekend with about 9 different walks per weekend.

Her involvement in ESCV led to her tenure as treasurer ... a very important office as all

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treasurers realize. Our club prospered and Beryl took an interest in the AVA ... from there she was elected to be the North East Regional Director (NERD). Volkssporting dominated part of her life and we all depended on her leadership.

It is hard to believe that such a vibrant member is gone; when we think back, lots of good memories appear, when Beryl was with us. Our deepest condolences to her family and friends. Ed and Emmy Koch

### **"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. 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 23<sup>rd</sup>, 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 REMINDER – Eileen Sowa**

Mark your calendars for Saturday, December 6th for our annual Holiday Party/Walk in Schenectady. Reservation deadline is November 30<sup>th</sup>.

Baked goods can be delivered to the Stockade Inn Start Point OR to the new "Cookie Stop" at Pat Rush's home on Oxford Place, in Schenectady.

### **WANTED - MEMBERSHIP CHAIRPERSON – Marie Klucina**

The club is looking for someone to step forward and take over as MEMBERSHIP CHAIRPERSON. You must have a knowledge of Microsoft Word and Excel. The duties consist of entering information about dues, keeping records of current addresses, e-mail addresses etc. All of this is already in a Microsoft Excel spreadsheet, which can be passed on to you. You need to print labels whenever there is a mailing to be sent, like monthly for the Newsletter, once a year for the directory, Year round walk booklet, Wednesday walk booklet, etc. Anyone interested, please contact Marie Klucina at 393-1800 or Bernie Geren at 372-2496.

## **TERESA KENNEDY WALKS HER 50<sup>TH</sup> STATE 50 State – Phyllis Budka**

It was a beautiful October Saturday, as 2 busloads of Teresa Kennedy's walking friends traveled to Wethersfield, CT, to join her as she walked her 50<sup>th</sup> state. This "journey" started more than nine years ago, as Teresa, Chris Morroni, Rose Marie McLean and Liz Walsh walked in Delaware, Maryland, Pennsylvania and Virginia in a single trip. Teresa was hooked – and only 46 states to go!

Jen Paley and Sue Grey joined Teresa and her initial walking buddies in the "50 State" Quest. Teresa, a Schenectady School System social worker, began to plan trips with friends around school holidays, pouring over maps, travel books, "The Starting Point," AVA guide and airline timetables.

"When you have this as a goal, you end up in places you never expected to be," said Teresa. Was there a "worst trip," asked the inquiring reporter? The quick response: "No! Any trip that didn't go the way you expected was fun." Teresa and her walking buddies explored a deserted mining town in the mountains of Montana, an old fort in Idaho and the San Antonio missions in Texas. She joined tens of thousands of other walkers to count the Crazy Horse South Dakota walk among her most exciting walks. Other memorable walks include Cannon Beach Oregon, Independence Missouri and New York City's Central Park. "It's impossible to name favorite walks," Teresa added. "The U.S. is so big and so varied and all of it worth visiting."

The celebration of the day's accomplishment continued as more than 60 walkers joined Teresa for dinner at The Gateway Diner in Albany. The room was decorated in red, white and blue, and each diner found a vintage state drinking glass and a state book mark at his / her place. Teresa also treated the group to a slide show that included pictures of many ESCVers accompanying her as she walked in many, many states. "It was a wonderful experience and adventure to walk in all fifty states and it was especially great to do it with good friends," said Teresa.

## **50 STATES/51 CAPITALS - Jackie & Doug Reynolds**

At first, we had not intended to do all the capital walks. Fortunately, while in California without our walk books, our spur of the moment decision on Oct. 2, 2000 to do just the Sacramento walk, we recorded it on an Insert Card. Little did we know that we would send away later for the 50 States, and 51 Capitals booklets to record these special walks. So, if you do not have your books with you, always record a walk on the Inserts found in most Start Boxes. In a short eight years, minus three days, all the states and capitals plus D.C. were done, finishing in Hartford on Sept. 29, 2008.

The most common question asked of us about this program is, "Which one did you like the best? It would be most difficult for us to compare communities that are so diverse, and often capitols that do not look at all like a traditional capitol. How could one rank a Boston with a Jefferson City, or an Augusta with the art center community of Santa Fe, the highest altitude capital. Most state capitols look similar to the Nation's Capitol, but the surrounding communities in which each is located helps make one look unique. We suppose that someone could create a rating scale of specific attributes, but there would be so many exceptions to the preconceived rules of scoring, it would probably prove worthless. You just have to take each

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one on its own merits and the weather conditions of the day you are there. Only a couple of times did we need to put up the umbrellas, once to keep the sun off so we could complete the loop.

However, certain Capital Walks do stand out in our memories. To cite just a few, the Phoenix and Jackson walks do not go within sight of their capitols, so a car ride was necessary to get our picture on the capital grounds. Juneau, in June, has to be one of the most beautiful sights. The capitol looks like a six storey city high school but, in fact, it was the federal territorial headquarters before Alaska became a state. The citizens purchased it for “a song” and refurbished the insides to make a very pleasant site for their legislative and executive branches. Situated high on a hill overlooking the harbor with tour ships, and snow capped mountains all around gives locals and visitors the feeling that they are really in Alaska, much more so than a visit to Anchorage. The Washington, DC walk has two routes, an 11 and a 17 Km option. We selected the longer version that took us 7 hours and 45 minutes, but what an experience. While we would not recommend most Volkssporters doing it all in one day, we would recommend all to do the long version sometime, even if you do not plan to do all the other capitals. It is a trail through American history that includes those great monuments to our founders, our defenders, and the buildings, such as Declaration of Independence Signers Island, Lincoln, Jefferson, FDR, WWII, The Wall (Vietnam), Supreme Court, Ford Theater, Union Station, and White House,

Most states had several capital sites before the present one, not unlike our New York history where we had New York City, Poughkeepsie, Kingston, and Albany. We enjoyed asking residents, “Why is the state capital here?” Rarely could they explain, unless it was someone in the information center. So many locations make no sense, until you understand that state’s history. Many were colonial centers while out west they often were at the trailhead or terminus of those great routes of westward movement. Almost all were the result of bitter battles between communities’ business and legislative leaders. A number of final sites were determined because of a compromise such as Columbia at the state’s geographical center, or Tallahassee at the geographical center between the English forts of Jacksonville and Pensacola.

While walking in the capital cities was a delight, many of our memories are the result of traveling to or between those cities. We did 17 of them as single trips, but the remainders were trips that covered two or more. The longest route included Denver, Cheyenne, (with a stop to do the Crazy House Special Event), Pierre, Bismarck, and St. Paul. It was on this route that we got a new appreciation of the wide open spaces of the north central plains covered with grasslands as far as the eye can see, with the occasional small rural community whose populations are getting smaller as folks move away. Routes between capitals gave us vistas of the cornfields and wheat fields of the central plains, soybeans of the old northwest territory (Ohio, Indiana, and Illinois), and the great timbers of the northwest that we tend to forget about, but is so important to our essentials of life.

Many of the walks, the two of us were alone. However, in Honolulu, the PoC and her husband joined us on their own capital walk. Our brother Don did 23 of the capitals with us, and 16 of our friends from ESCV, and Don, joined us in Hartford for our final event in these programs. They provided a Start Point mid morning breakfast beautifully arranged on the hood of a car, and they attended the traditional walkers’ lunch afterwards. John Van Vranken provided us with a series of pictures on a CD of that day’s festivities. With those, and pictures we have of all our walks in the other state capitals and between, we will be able to refresh our memories of

good sights and our country's bountifulness, something for which we can all be thankful.

## **NEW WALKS IN THE BIG APPLE - Pat Reed**

The weather was clear, sunny in the mid 60s and perfect for walking across the Brooklyn Bridge (BB). A few hundred walkers met on Sunday, October 12, at the World Financial Center in lower Manhattan. From the second floor there is a full view of Ground Zero. Overlooking NY Harbor, the soaring glass- enclosed World Financial Center Winter Garden - is home to the Arts and Events Program, an innovative year-round series of FREE performances, exhibitions and festivals created to showcase emerging and established artists.

I sought out a group to walk with and lo and behold met a fellow ESCVer, Barb Schlusberg, who also lives in Saratoga Springs. We were joined by Phil and Bea Hait; (Phil is Northeast Regional Director for AVA); Sandy Rubin, Barb's friend, and Gary, a Volkssporter from Maryland. We enjoyed the magnificent views along the Hudson River, including the Statue of Liberty, Ellis Island and City Hall. The route across the BB affords spectacular views. It is routinely used by walkers and cyclists to travel between Manhattan and Brooklyn. We walked through historic and charming streets of Brooklyn Heights, past the homes of authors Arthur Miller, Thomas Wolfe, Norman Mailer, and Truman Capote. The walk along the Brooklyn Heights Promenade (Esplanade) provided outstanding views of the Manhattan skyline, BB, Statue of Liberty, and the NY Waterfalls exhibits along the river. This is a MUST DO walk! I think efforts are underway to make this a year-round walk. HURRAY!!

Monday, a cloudy day, we walked in Astoria, Queens, starting at the quirky Socrates Sculpture Park, a former illegal dump site, now a vibrant neighborhood park. After passing through the residential streets past many Greek restaurants, we crossed the bridge to Roosevelt Island. Again we were met with spectacular views of Mid-town Manhattan and the 59<sup>th</sup> St Bridge. I enjoyed seeing my old neighborhood of 68<sup>th</sup> St and York Ave from the opposite side of the East River. I lived and worked here in the late 60s and early 70s. I walked with fellow ESCVers from the West Point Club, Joan Kimmel and the Patricks.

On Tuesday, the sun returned and it was Staten Island (SI) day. After riding the FREE SI ferry from Manhattan and enjoying stellar views of the lower Manhattan skyline and Statue of Liberty, I proceeded to the Snug Harbor Cultural Center Building (CC). The CC is the product of 28 years of restoration and development to convert a 19<sup>th</sup> century home for retired seamen to a regional arts center housing myriad museum and arts programs. It is the largest ongoing adaptive reuse project in America and is considered one of NYC's unique architectural complexes and historic landscapes. The 83 acre property is home to NYC's first designated landmarks, which are considered the finest example of Greek revival architecture in America. Today I walked with Mary and people from Tater Tours through beautiful gardens, lovely residential neighborhoods and gorgeous homes. Another great walk, which I think is destined to become a year round.

Thanks and Cudos to the Princeton Area Walkers, New Jersey. The challenging work involved in putting these walks together was evident. Plans are underway to offer the 5 Boroughs event in 2009.

Judy Polzer sends greetings to all ESCVers.

I traveled smoothly (at senior rate) to all walks by subway, bus or ferry. I look forward to 2009 and the NY Botanical Garden walk in the Bronx, a new seasonal walk.

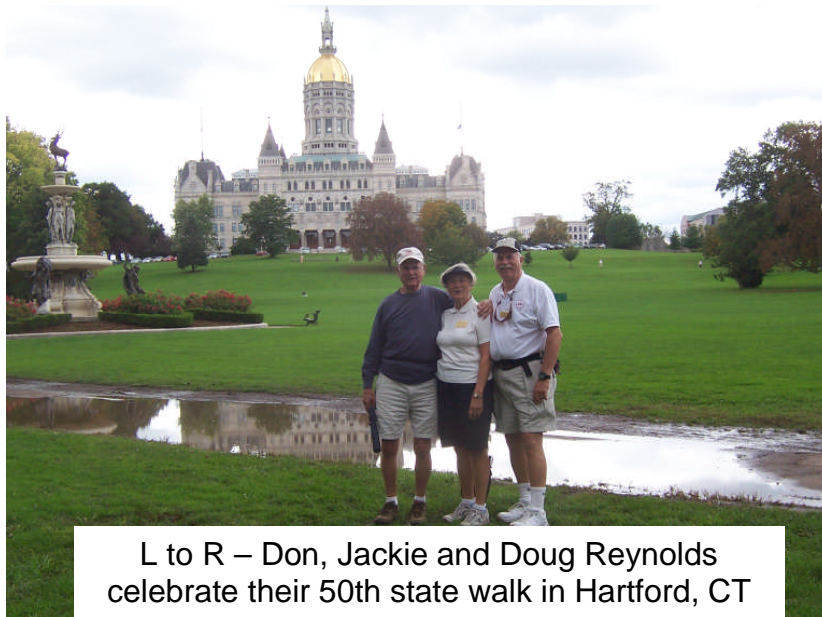
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L to R - Barb Schlusberg, Sandy Rubin, Pat Reed walk the Brooklyn Bridge



L to R - Teresa Kennedy, Louise Darragh and Marion Burns show the delicious cookies that Louise made for all who joined Teresa on her



L to R – Don, Jackie and Doug Reynolds celebrate their 50th state walk in Hartford, CT

## **MILESTONES FROM “THE AMERICAN WANDERER” - Teresa Kennedy**

Attention new members: A benefit of joining AVA, our national volkssporting organization, is seeing your name in print in the bimonthly edition of “The American Wanderer.” Once event and distance books are submitted to the Texas office for processing, our accomplishments are published in the national newsletter.

The milestones listed below were published in the Oct./Nov. 2008 issue.

### **Milestones**

<b>2000 K</b> George Agars Mary Agars	<b>5500 K</b> Jean Padula Joe Padula	<b>10000 K</b> John Cairns	<b>16000 K</b> Joe Piffat	
<b>10 Events</b> Gail Ostrander	<b>175 Events</b> Karen Watson	<b>225 Events</b> George Agars Mary Agars Nellie Georgelos	<b>275 Events</b> Ann Misener	<b>300 Events</b> Barbara Green
<b>550 Events</b> Jean Padula Joe Padula	<b>575 Events</b> Winnie Balz	<b>700 Events</b> Dan Schryver	<b>800 Events</b> Joan Kimmel	<b>900 Events</b> John Cairns

**Congratulations** on your accomplishments! If anyone was missed that was published in the Oct/Nov *Wanderer*, please call Teresa Kennedy at her home phone or e-mail her at Forty6er3K@aol.com so you can be recognized in the next newsletter.

## **RECYCLE YOUR OLD SNEAKERS AND T-SHIRTS – Marie Klucina**

That old pair of sneakers hiding in your closet has a future. As people strive to “go green” with eco-friendly practices like recycling the sport of running is trying to keep up. Fleet Feet on Wolf Road in Albany has begun to examine ways in which it can lessen the environmental impact of the product it sells, an effort spearheaded by Nike. You can drop your old shoes off at Fleet Feet. They will be sent to the Nike Reuse a Shoe program. The shoes that are sent to Nike are ground into material used to build tracks, indoor basketball courts and playgrounds.

Also, Hudson Mohawk Road Runners club has gotten into the act, too. The HMRCC started collecting shoes and shirts for recycle. They are looking for wool, bamboo, cocona and more reasonable fabrics but will take cotton t-shirts also. The shirts will go to the St. Joseph’s Indian School in Chamberlain, SD

Take your sneakers and t-shirts to Fleet Feet.

Teresa Kennedy will have a box at the Holiday party and will take your old sneakers to Fleet Feet; Marie Klucina will have a box to collect T-shirts.

**2009 AVA CONVENTION IN RICHARDSON, TEXAS – June 20 –28 –**  
**Phil Hait, Northeast Regional Director**

The report from the convention committee indicates that they are making great progress in finalizing details for all aspects of the event. Volunteers are still being accepted. The pre-convention & post- convention walks in the outlying states are in the final stages of planning. The South Central Region Director has taken the lead on these events to insure quality & good times! The events are: Joplin, MO., Wichita, KS., Sulphur, OK, Bossier City, LA., and Hope, AR.

**Should the Northeast Region have a display booth to promote our great region & the many walks throughout?** Who from the region is planning to attend & be willing to volunteer a couple of hours of time to have fun? Please let me know. If we go this route I will need display materials from all of the clubs about their trails, walks, brochures, etc. The hall will be open for three days while the various meetings & workshops will be held.

From the Convention brochure (Edited by P. Budka):

The theme of the 2009 AVA Convention is “Focus on Growth”, a theme that encompasses personal growth as well as growth in our clubs and our events.

Seminars include:

- Team Building
- How To Put Fun In Clubs
- Designing Quality Events
- Using GPS While Developing Trails
- Creating Effective Publicity And much more.

Several social activities are planned during the convention, including a Tuesday evening welcome and Thursday night western-style barbeque and dance. Plus we will honor those who give so much to AVA at the Friday evening Farewell Banquet.

Registration packets will be mailed in January 2009, or visit the AVA Convention website for updated information and details at:

[www.ava.org/clubs/ava2009convention](http://www.ava.org/clubs/ava2009convention)

There are several walks planned for conventioners to enjoy in 2009 at the AVA Convention.

Plan early and join AVA walkers at the pre-walks including:

June 20: Joplin, Missouri at the Wildcat Glades Conservation and Audubon Center

June 21: Wichita, Kansas at the Botanica-Cowtown-Wichita Art Museum

June 22: Sulphur, OK at the Chickasaw National Recreational Area

Once at the convention hotel, you can park your car and take the train to all the following event walks in the area including:

White Rock Lake     Downtown Dallas

Uptown Trail Presidents Walk at

Downtown Fort Worth     Galatyn Station

Post-walks will finish the convention and include beautiful walks through:

June 27: Bossier City, Louisiana at the Louisiana Boardwalk Mall

June 28: Hope, Arkansas at the Fair Grounds office

For a list of YRE's in the area, visit [www.ava.org](http://www.ava.org)

## **ESCV MONTHLY MEETING DAY**

ESCV meetings are on the second Tuesday of each month; the next meeting is Tuesday, January 13th, at 6:30 pm, at the Crescent Fire Company

## **ESCV WEBSITE ADDRESS**

Website: [www.ava.org/clubs/escv](http://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](mailto:sewshel@aol.com). The cost is \$4.00 and must be prepaid with a check written to ESCV, sent to Laura Sheldon, 228 Spring Rd., Scotia, NY 12302.

## **CLUB CONTACTS, NEXT MEETING DATE AND NEWSLETTER DEADLINE**

<b>CLUB OFFICERS</b>		
President	Bernie Geren	<a href="mailto:tscbernie@hotmail.com">tscbernie@hotmail.com</a>
Vice President	Barbara Kolapakka	<a href="mailto:sisu07@earthlink.net">sisu07@earthlink.net</a>
Recording Secretary	Kathy LeRoux	<a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a>
Corresponding Secretary	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Treasurer	Joe Padula	<a href="mailto:ASPCAlbany@aol.com">ASPCAlbany@aol.com</a>
<b>MONTHLY MEETING</b>	January 13	<b>2nd Tuesday of each month</b> , 6:30 PM at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway)
<b>NEWSLETTER DEADLINE</b> reflections on a past or upcoming volkswalk and/or trips are always welcome. Phyllis Budka	<b>Articles for the next newsletter are due on January 16th</b>	<a href="mailto:abudka@nycap.rr.com">abudka@nycap.rr.com</a> 377-8734 2135 Morrow Avenue, Niskayuna, NY 12309
<b>MEMBERSHIP AND EMAIL UPDATES</b>	If your email has changed, contact Marie Klucina.	<a href="mailto:mklucina@nycap.rr.com">mklucina@nycap.rr.com</a> <a href="mailto:abudka@nycap.rr.com">abudka@nycap.rr.com</a>
<b>SUNSHINE SECRETARY</b>	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	Kathy can be reached at 438-1947 or by E-mail <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> . You can also see her at the monthly ESCV club meetings.

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	may be celebrating.	
<b>ESCV WEBSITE ADDRESS</b>		<a href="http://www.ava.org/clubs/escv">www.ava.org/clubs/escv</a>
<b>NAME TAG ORDERS</b>	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 <a href="mailto:sewshel@aol.com">sewshel@aol.com</a> . Send check to: Laura Sheldon, 228 Spring Rd., Scotia, NY 12302.

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

### BACK IN TIME ... ESCV NEWSLETTER

VOL. 2                      OCTOBER 1988                      NO. 10

\* \* \* \* \* **F – O – O – T    NOTES** \* \* \* \* \*

BANANAS BREATHE. They inhale oxygen, exhale carbon dioxide, and generate their own heat.

About one THIRD of your BLOOD is in your LEGS at all times.

Edwin Bradenberger invented CELLOPHANE in 1908. He was trying to invent a tablecloth that wouldn't stain.

There are about 2,200 FEATHERS on a CANARY.

BEETHOVEN had a NOTED career.

## DUES ARE DUE

Below is the application for renewing your dues. Dues are \$10. 00 for singles and \$18.00 for family. Dues run from January 1, 2009 to December 31, 2009. If you are a current member, your membership dues for 2009 will be due January 1 2009. You have until February 28, 2009 to renew. If you have not renewed by then, you will be dropped from the mail list. You will no longer receive the newsletter, directory, walk booklets etc., and you will also be dropped from e-mail list. No more HOTMAIL. Please be prompt in paying your dues so you will not miss out on a mailing. Thank you.

Marie Klucina Membership Chairperson.

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Please use the following coupon to renew your membership.

Dues are due by the 28th of February or you will be dropped from the mailing list.

Date: \_\_\_\_\_

RENEWAL: Membership (Single \$10.00, Family \$18.00)

Make checks payable to ESCV. (**Checks are preferred!**)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Are you a member of AVA?  
\_\_\_\_ Yes \_\_\_\_ No

E-Mail Address:  
\_\_\_\_\_

Is it OK to add your e-mail address to the ESCV Directory? \_\_\_\_ Yes  
\_\_\_\_ No

Do you want to receive HOTMAIL via e-mail? \_\_\_\_ Yes \_\_\_\_ No

Send form along with check a check made out to ESCV to:

**ESCV Membership**  
**PO Box 5464**  
**Clifton Park, NY 12065-5464**