



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address
www.ava.org/clubs/escv

November - December 2009

GROUP SANCTIONED WALKS
Wednesday and Saturday walks start at 9:30; registration is from 9 – 9:30.
Sunday walks start at 1:30; registration is from 1 – 1:30.
Nov. 4 Wed. Saratoga; start Hilton Garden Inn
Nov. 15 Sun. Cooperstown
Nov. 22 Sun. Albany 10/12 Environs; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)
Dec. 6 Sun. Troy – Victorian Stroll; start Franklin Inn & Suites, One Fourth Street
TRADITIONAL EVENTS
Nov. 1 Sun. Ballston Lake Pasta Party; registration is from 1:30-2; walk start is 2pm; you can still come and pay at the door or just walk if you can't join us for dinner.
Dec. 5 Sat. Schenectady; Annual Holiday Luncheon/Walk; Start time for the holiday party walk is from 9-12; finish by 12 to attend the luncheon, otherwise you may finish by 3. See registration form below.

A Bit from Barb.....

We had over 80 people at our Octoberfest on October 17th. A fabulous setting for a fall walk, beautiful foliage and bright sunny weather and a plentiful supply of good food all combined to give us a great time. Many, many thanks to Vera Weiss who brought the whole thing together as POC, and to Eileen and John Sowa, who always have the food ready as soon as hungry walkers appear, and to the many other people who contributed to making this a very successful event. And a special thank you to the staff at Christ the King Spiritual Life Center who went out of their way for us and made sure that every need we had for a successful event was met.

We still have two “walk and eat” events left in our traditional walk schedule: the pasta party on November 1st in Ballston Lake and the holiday party on December 5th at the Stockade Inn in Schenectady. Reservations for the pasta party close on October 24th, but you can still come, pay at the door or just join us for the walk. The holiday party brochure is included in this newsletter.

We also have walks of our YRE/seasonals continuing through December 6th. Still some great walking days left!

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WELCOME NEW MEMBERS – Pat Rush, Membership

Michael and Barbara Popolizio, Clifton Park, NY

Kristin Cuzdey, Slingerlands, NY

See you on the trail!

PUBLICITY COMMITTEE MEMBERS WANTED

Looking for some way to help the club? Here's your chance! We're looking for a chair and members for a Publicity Committee. We're trying to get the word out to more people about our club and our activities. The chair would direct the activities of the committee but would not be required to do all the work. Other committee members might, for example, contact local papers with our walk schedules, staff tables at health fairs, etc. Of course, other club members could be recruited for activities like the latter. The Committee will be charged with coming up with proposals to "get the word out" about volkswalking and about our club in particular.

If you're interested, contact Barbara Kolapakka at bkola67@gmail.com or 583-9038.

WANTED: PROGRAM IDEAS

Alan Longshore has graciously accepted the post of program coordinator for our monthly meetings. The aim is to have programs at every other monthly meeting. He's looking for ideas from all of our members on what kinds of programs they would like. The presentations should be ones that can be done in a half hour or so. Examples are talks related to walking, travel tales from our members, etc. But don't limit yourself to these. Creativity in coming up with new ideas is a plus. Send your ideas to Alan at alongsh1@nycap.rr.com or call 765-7244.

THE WALK DEVELOPMENT COMMITTEE ANNOUNCES THE 2010 SCHEDULE

Mark your 2010 calendars (as soon as you buy one) for the following special event walks:

DATE	PLACE	POC
April 17	Olana (March for Parks)	P at Rush
May 15	Grafton Lakes State Park (spring picnic)	Mary Agars
June 26	David Skinner Memorial Walk in Gloversville	Eileen Skinner
September 18	Hoosick Falls	Jane and John Pattison
Oct. 2	Menands (Octoberfest)	Marion and Dave Averill
Oct. 16	Landis Arboreteum	Teresa Kennedy
Nov. 7	Ballston Lake (pasta party)	Lea Darling
Dec. 4	Schenectady (holiday party)	Eileen Sowa, Bernie Geren (walk leader)

STARTING POINT BOOK AVAILABLE– Winnie Balz

The AVA Guide to 1800+ Unique Trails in America. Softbound Spiral Book 812 pages, the 2010

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Starting Point Book, will arrive soon. The cost is \$17.50. The DEADLINE for Ordering is November 6th. Please let me know if you want one. They will probably be available at the Holiday Party in December. My telephone # 372-3663 or my e-mail address is winnieeb@yahoo.com.

ESCV MONTHLY MEETING TIME

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway). Next meeting is Tuesday, November 10th.

PICTURE PAGES, WALK BROCHURE AND MEMBERSHIP FORM LINKS

To submit pictures, send jpg file(s) along with a caption(s) to Phyllis Budka.

Travelwalk Lincoln Trip pictures –

www.ava.org/clubs/escv/travelwalklincolntrip2009.pdf

Holiday Party Brochure - www.ava.org/clubs/escv/09holiday.pdf

Membership Form - <http://ava.org/clubs/escv/membershipform2010.html>

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 09 issue

Distance Milestones

500 K Mary Ann Miller	2000 K Jack Hickey	3000 K David Averill Marion Averill Barbara Green
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Event Milestones

10 Events Lisa Holt	50 Events Mary Ann Miller	200 Events Jack Hickey	300 Events Kathryn Piffat	325 Events David Averill Marion Averill
475 Events Pat Reed	600 Events Winnie Balz	1000 Events Natalie Smith		

Congratulations on your accomplishments! If anyone was missed that was published in the June/July *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.

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SUE GREY COMPLETES HER 50 STATES

On a Travelwalk trip to the Land of Lincoln, the bus detoured to Nashville, Tennessee, where Sue Grey completed her 50th state walk. The big event occurred on Oct. 1, 2009, a day filled with sunshine, smiles and special memories. Old walking friends Teresa Kennedy and RoseMarie McLean were waiting with a welcome sign at the Start Point (See picture). This surprise appearance completed the circle for Sue as her first walks were done in the company of Van Corlear Elementary School colleagues Teresa, Rose, Chris Morroni, Jen Paley and Liz Walsh.

Sue first started volkswalking with the Van teachers after school on the Wednesday evening walks and was immediately hooked on the idea of walking for “fun and fitness.” This led quickly to joining the group as they traveled on their fifty state quest. Sue reports she never thought she would accomplish the goal herself, but one trip led to another until the goal became a reality in less than nine years.

What were some highlights for Sue? She said she has special memories of the Cooper Mountain walk in Colorado because she shared the experience with her son Mike. The Cliff Walk in Rhode Island was memorable for the company of a special cousin, Patti, who has joined with Sue on adventures since childhood. Of course those Van friends included Sue on their journeys to the Northwest where a cricket plague in Montana covered the windshield and the roads adding the sound of crunching bugs to the laughter coming from within the car. One time, the group walked Montpelier at midnight with one flashlight to five people. Needless to say, this was before the group retired when no one thought anything of working all day, driving three or more hours, and starting a walk upon arrival at a destination.

Sue is very grateful for Travelwalk because she always learns so much on Marion's trips. She said she has become enriched by the history on the Lincoln trip, the natural beauty of the National Parks in the Southwest, native culture in Alaska, or the just plain fun of walking with thousands across the Mackinaw Bridge. The Washington, DC, walk does stand out as another highlight because, Sue reported, it was so moving to walk past the monuments honoring those who have made our nation the great place it is. Finally, one thing that Sue mentioned she will never forget is having her name announced from the stage of The Grand Ole Opry the night she finished her last walk. Now that's what anyone would call a grand finale indeed.

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Nashville, TN



Teresa Kennedy, Sue Grey, RoseMarie McLean 5



Travelwalkers celebrate Sue's accomplishment

Photos courtesy of Linda Morzillo

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Nashville, TN



Sue Grey and the 50 State Travelwalker “Wannabes”

Photo courtesy of Linda Morzillo

Alternate caption by PRB:
I don't remember names,
but I never forget a face.

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ESCV Holiday Party

Hope you have saved Saturday, December 5, 2009, for our 22nd year Holiday Party at Stockade Inn in Schenectady, NY. There will be a cash bar after the walk. A hot and cold buffet will be served at approximately around noon. The buffet will include an exotic menu ... a salad course, pasta, 2 main entrees, 2 vegetables, dessert and coffee, or tea. All this for \$20 per member and \$28 for non-members!

December 5, 2009

The Stockade Inn
1 North Church Street
Schenectady, NY
346-3400

Cash Bar
Hot and Cold Buffet Luncheon



Cost of \$20 per member or \$28 per non-member must be received by **November 30th**.

Please complete the reservation form and send it to Bernie Geren
along with your check made out to **ESCV**.

December 5th Holiday Walk

There is **NO pre-registration for this walk.**

HOLIDAY PARTY ON DECEMBER 5th, 2009	
Send Total \$ via check made out to ESCV by November 30, 2009 to:	
Bernie Geren	
211 Sweetman Road	
Ballston Spa, NY 12020	
Dinner reservation for members @ \$20	\$
Dinner reservation for non-members @ \$28	
Total	

CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Kathy LeRoux	kleroux1@nycap.rr.com
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SUNSHINE SECRETARY	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	John Cairns	JLCairns@aol.com
HISTORIAN	Dan Schryver	Dschryver@aol.com
PURCHASING	Winnie Balz	winnieeb@yahoo.com

FROM THE ESCV HISTORIAN'S DESK – Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER

VOL. 3 NOVEMBER 1989 NO. 11

Welcome to our newest member: David Janiga.

Our monthly meeting was held at Diane Clancy's home. The AVA slide presentation was shown to all present. This is a great way to explain to people what our organization is all about. Besides being informative, it was also very entertaining.

The American Heart Association talked to us about their national walk. This walk will be held in Albany on Feb. 24th, 1990. We were asked for support and to join in.

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DUES ARE DUE

You can bring your renewal to the Holiday Party

Below is the application for renewing your dues. Dues are \$10. 00 for singles and \$18.00 for family. Dues run from January 1, 2010 to December 31, 2010. If you are a current member, your membership dues for 2010 will be due January 1 2010. You have until February 28, 2010 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.

Pat Rush Membership Chairperson.

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

PLEASE WRITE OR PRINT CLEARLY AND LEGIBLY

THANK YOU