



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

April 1, 2009

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.

April 4 Saturday Williamstown, MA; start The Williams Inn, Junction of Rtes 2 & 7

April 19 Sunday Bennington, VT; start Jay's Cards & Gifts, 113 South St (Rte 7)

April 25 Saturday Colonie Crossings; start Fleet Feet of Colonie, 155 Wolf Rd.

April 26 Sunday Amsterdam; start Americas Best Value Inn, 10 Market St.

TRADITIONAL EVENTS

Start any time between 9AM and 12 noon; finish by 3:00 PM; see * exception below

April 18 Saturday South Glens Falls - March for Parks; start Gazebo in the South Glens Falls Historical Park, First Street

May 2 Saturday Northville – Memorial Walk for Sue Godshalk; start Northville Town Hall

May 16 Saturday Stockbridge, MA; start Stockbridge Town Hall

May 30 North Bennington, VT; start Park-McCullough House, 1 Park St.

June 20 Saturday Hadley; start Sam Smead Memorial Park. 9-12; finish by 2;

Pot Luck Spring Picnic – *picnickers must finish by noon.

WEDNESDAY WALKS BEGIN MAY 6TH !

Wednesday walks have a 9AM start and a 6PM start. Registration begins 30 minutes before walk start.

May 6 Albany – Anniversary Walk; start

Corning Preserve

May 13 Ballston Spa – Woods Hollow; start Milton Comm Center

May 20 Westside Saratoga; start Price Chopper Lot Rt. 50

May 27 Latham – Colonie Town Park; start Pavilion #2

June 3 Round Lake; start The Green at Round Lake

June 10 Broadalbin; start Fulton Cty Visitor's Ctr., Rts 29 & 30

June 17 Voorheesville - Thacher Park; start Halles Cave Parking

June 24 Niskayuna - River Walk; start Blatnik Park (Ice Cream Social)

BERNIE'S WORDS

I have returned from the warm climate to our lovely northeast. The trip was lots of walking and I noticed that it was a pleasure to walk on grass instead of the frozen earth that we endure all winter long. But our warm turf is coming soon, so get ready for lots on fun walking with our friends.

Thanks to Barbara Kolapakka for filling in for me while I was away.

Our walking season is rapidly approaching with our first Traditional walk on April 18th at Glens Falls. The Traditional walks are suitable for bringing a friend; you can walk freely at their pace, rather than the 20 minute-mile pace of the group walks. Bring a friend to introduce them to our club and Volkssporting.

After 10 years of service to the club, Phyllis Boyd has resigned from her position as chairperson of the newsletter Committee.

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Under her coordination, the committee assembled the newsletter and prepared it for mailing. Phyllis has been diligent in her duties meeting the timely needs of the club. Thank you, Phyllis, for your devoted services to our club and also to the members of your committee. Sue Grey has volunteered for the job, and will take over for this current issue.

While we are on the subject of the newsletter, I will push forward to have the newsletter sent electronically; we have set a trial run with the June 1st issue. We will send a hotmail via E-mail to our members notifying them of a link. When you click on the link, you will have access to the current issue.

Please help us implement this by making sure you are on the hotmail list with an email address that is current; if you do not want the newsletter by E-mail please contact Sue Grey or myself. Don't forget the MARCH FOR PARKS on April 18th.

WELCOME TO NEW ESCV MEMBERS – Pat Rush - Membership

WELCOME to new ESCV members Christine Meinhold, Schenectady and Cathy McGuire, Latham.

Hope to see you on the trail soon!

NEWSLETTER MAILING TEAM CHANGES HANDS – Phyllis Boyd

My thanks to Jeanne Eaton, Emmi Koch and Mary Ann Miller who helped assemble and prepare the recent newsletter for mailing. Sue Grey is taking over newsletter mailing preparation command.

LIBRARY PROGRAM OF INTEREST TO ESCVers – Shirley Pingelski

Clifton Park Halfmoon Public Library hosts Friday Morning Free for Alls from 10:30-Noon. All are welcome to these drop-in programs. No registration is required.

From 10:30 to 12:00 on Friday morning, April 10, authors Russell Dunn and Barbara Delaney will give a presentation on some of the hikes from their book entitled, "Trails with Tales," featuring History Hikes through the Capital Region, Saratoga, Berkshires, Catskills and the Hudson Valley. I'm certain all ESCVers would enjoy this program. I'm sure they will have a supply of their books that they would be more than happy to sign and sell to anyone interested.

Some of our walks go through many of the hikes they are highlighting including, Stark's Knob and Schuylerville Champlain Canal Towpath, Saratoga National Historic Park, Geyser Park, Vischer Ferry Nature and Historic Preserve, Peebles Island State Park, Oakwood Cemetery, Ann Lee Pond, Indian Ladder, Vroman's Nose, and Montgomery Place.

Coffee, tea and goodies are served.

DEAR WALKING FRIENDS – Father Jack Cairns

On behalf of the family, I'd like to express my sincere thanks for the cards and remembrances I received on the occasion of the tragic death of my sister, Peg Lozano, on March 2, 2009. In all our lives, there comes a time to walk in shadows and in sunlight, to hear silence and song, to wait in sadness and carry on hope. This was such a time – and your kind words have enabled us to

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raw strength and renewed hope in the days that lie ahead.

With deepest thanks, Fr. Jack.

FAREWELL TO OLD FRIENDS - Marie Klucina

"May the Hinges of our Friendship never grow rusty." An Old Irish Toast

I would like to say "Good-By" to my friends Ralph and Ann Miesener who are moving the end of this month to Fredericksburg, VA. Ralph and Ann both retired this past year so are moving south to be closer to family. I will miss my talks and walks with Ann. During the years of walking and talking, I have learned that Ann and I grew up in the Washington, DC, area about the same time. I was in Maryland, she in Virginia. But we learned that I went to grade school with one of her cousins and a lot about the DC area we both experienced about the same time both going to High School in DC. I have enjoyed many walks with Ann. We did a few house and garden tours together and we also enjoyed several bus trips with the group. I have enjoyed listening to Ralph talk about his beloved Notre Dame football. I wish them luck in their move and know they will enjoy many hours with their children and grandchildren. Ralph and Ann, keep on walking, and stay in touch. You will be missed.

RECIPE – CRANBERRY – ORANGE PULL - APART - Laura Sheldon

This recipe is printed at the request of those who were fortunate enough to sample Laura's delicious dessert at Winnie's house after the walk a few weeks ago. Phyllis Budka

24 frozen dinner rolls (Rhodes or Bridgford) thawed but still cold

3.4 oz pkg. non-instant vanilla pudding

¼ cup sugar

¼ cup dried cranberries

1 orange rind, grated

½ cup butter, melted

Frosting - Mix together:

1 cup confectioner's sugar

1 T butter, melted

2 T fresh orange juice

Mix the dry pudding mix with ¼ cup sugar. Cut rolls in half and roll in the pudding/sugar mix to coat. Arrange, alternating with cranberries and orange rind, in large bundt pan sprayed with cooking oil spray. Sprinkle remaining pudding mix over rolls. Pour melted butter over top. Cover with plastic wrap and let rise until double in size. Remove wrap and bake at 350° for 30-35 minutes, covering with foil last 15 minutes. Immediately invert onto a serving plate. Cool slightly and drizzle with frosting.

TRIP TO SIX SOUTHEASTERN STATES – Edrie Pregent

Edrie Pregent, Rita Gavin, Pat Whalen and Beth Snyder just came back from a 12-day trip through the South, which started on February 21st, when we arrived in New Orleans, Louisiana,

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just in time for a very large Mardi Gras parade. Although I do not like crowds, I held up very well, considering. We sure got lots of beads.

The next day, we prepared to do a Volkssporter Walk in Mobile, AL, which is the city that claims to have originated Mardi Gras. When we arrived at the Visitor Center to stamp our books, we found it locked up due to the parade. So, we watched another parade and collected more beads. We spent two nights in Gulf Shores, AL, right on the ocean. The weather turned very cold and very windy. We were able to do a walk there, which started in a campground and went through a state park. We wore two jackets, as the temperature was 28 degrees when we started. We were able to shed one jacket at the end of the walk.

Rita and I had lunch with friends from the Adirondacks and one friend offered to take my beads home for me as she would be driving back to NY. She said Trick or Treaters love to receive them on Halloween.

Our next day, we did a walk just outside Jackson, MS, which took us through the LeFleur's Bluff State Park. We enjoyed the woods, cypress swamp, backing turtles and a number of birds. Then we went into the city and had a wonderful tour of the State Capitol and also toured the Old Capitol Building, which had been restored and had only been open for 2 weeks. There was a lot of history in that building.

The next day, we drove on the Natchez Trace (similar to the Blue Ridge Parkway), on our way to Memphis, TN. We stopped at a visitor center, where we met an 81-year-old volunteer who was starved for company, and we were it! He told us that Oprah Winfrey grew up just one mile from there. When we arrived in Memphis, we drove by Graceland but decided we did not want to go through the extensive grounds. We stayed two nights in Memphis and I think I liked this place the best. We also had pretty good weather there. We did the walk and stopped at the Peabody Hotel to see the famous ducks and also visited the Lorraine Hotel, where Dr. Martin Luther King was assassinated. It is now a Civil Rights Museum. We had dinner on Beale St. and listened to live music. We rode the trolley in the evening to see all the lights and sights. Two days after we left Memphis, they had 5 inches of snow and the highway was shut down. Our luck was with us.

We crossed the bridge over the Mississippi River and we were in Arkansas. Our next stop was Little Rock. We did the walk and saw President Clinton's Library. We then went into Little Rock High School where 9 black students broke segregation after challenging the Supreme Court to allow them to attend a white school. The State Capitol was lovely and we even had lunch there. Luck was with us again as we didn't get rain until the last 10 minutes of the walk.

It continued to rain the next day and was very cold and windy. We decided not to do the walk in Hop Springs, AK, as the temperature was 36 and the wind chill made it feel like 28. We drove up the East and West Mountains of the National Park instead, and checked into our hotel as some of us had appointments to try out the hot springs and have massages.

The following day, the sun was out and we were heading south to Texas! We went to a small town of 11,000 call Kilgore. It was famous for its oil wells. The walk took us by a site that still had 24 oil wells standing in a 10-plot block in the heart of town. In 1931, it boasted these wells brought oil worth \$5.5 million. They now call Kilgore the "City of Stars," as there are huge

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illuminated stars on the top of each oil well. It was so nice to have a bright sunny day to walk in.

Our next stop was Shreveport, LA. We walked throughout the city and then walked along the Red River, where there was an amphitheater and lovely river walk. By now, we were seeing beautiful flowering trees and azaleas in bloom. On our way to Baton Rouge, we stopped at the Cane River National Heritage Site, where we toured a plantation that had been in the same family for over 200 years.

Baton Rouge was another capital city. The State Capitol reminded us of our Montgomery Ward building in Menands, no dome. (See photo below.) The grounds around the building were beautiful with magnolias and azaleas in bloom. There was a small neighborhood near the capitol called Spanish Town. Every house seemed to have a pink flamingo in front of it. We were told this was in honor of Mardi Gras.

Finally, we arrived back in New Orleans. What a contrast from the first day we were there – no crowds, barriers or trash. We headed to Bourbon Street and had hurricanes at Pat O'Brien's, then on to dinner. The next day, we did another trolley ride to see the beautiful homes as well as Tulane and Loyola Universities. The last thing we did was have benges at D'Monde's. It is something like fried dough, covered in powdered sugar. The place is open 24 hours a day to keep up with the tourists. You might know as we were driving to the airport, the thermometer said that it was 72 degrees. Despite the weather, we all had a great time.

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Pat Reed, Kathy LeRoux, Ed and Emily Koch and Molly Reed enjoy Saratoga Spring's Chowderfest.



Pat Whelan, Edrie Pregent, Beth Snyder and Rita Gavin stand on the New York State step at the Louisiana State Capitol, Baton Rouge, LA.

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NORTHEAST REGIONAL CALENDAR MARCH 2009

- Phil Hait, Northeast Regional Director

Date	Day	AVA Club	Walk Location	Point of Contact	E-Mail	Telephone
	April					
4-Apr	Saturday	Walk 'n Mass	Hopkinton, MA	Beate Hait	beateh1@aol.com	508-429-3564
25-Apr	Saturday	West Point	Fort Montgomery, NY	Joan Kimmel	jvkimmel@optonline.net	845-462-6845
26-Apr	Sunday	Finger Lakes	Dryden, NY	Sue Connelly	siconnelly@aol.com	607-835-6595
	May					
2-May	Saturday	Walk 'n Mass	Tiverton, RI	Karen Plichta	karenplichta@megabroadband.net	508-673-2374
12-May	Tuesday	Walk 'n Mass	Haverhill, MA	Charles Boddy	Reatta3@aol.com	978-420-5162
17-May	Sunday	West Point	Central Valley, NY	Mike Green	volkssportclubofwestpoint@hotmail.com	845-781-6801
30-May	Saturday	Walk 'n Mass	Westminster, MA	Myrtle Walker	mlwalk@gis.net	978-874-2387
	June					
9-Jun	Tuesday	Walk 'n Mass	Sudbury, MA	Betty Foley	betfoley@ix.netcom.com	978-443-4857
	July					
14-Jul	Tuesday	Walk 'n Mass	Framingham, MA	Betty Foley	betfoley@ix.netcom.com	978-443-4857
18-Jul	Saturday	Finger Lakes	Cazenovia, NY	Colleen Hailey	chailey@binghamton.edu	607-754-1979
	August					
11-Aug	Tuesday	Walk 'n Mass	Natick, MA	Betty Foley	betfoley@ix.netcom.com	978-443-4857
29-Aug	Saturday	Walk 'n Mass	North Easton, MA	Margo Craven	mago249@aol.com	508-222-1152
	September					
12-Sep	Saturday	Walk 'n Mass	Assonet, MA	Louise Brady	spider1_2@comcast.net	508-644-3039
26-Sep	Saturday	Walk 'n Mass	Onset, MA	Pat Damiani	PMDWalks@aol.com	508-888-7366
	October					
3-Oct	Saturday	Walk 'n Mass	Lynnfield, MA			
11-12-Oct	Sun - Monday	Princeton Walkers	Brooklyn, NY	Judi Travis	walkeejt@optonline.net	732-536-4073
12-Oct	Monday	Princeton Walkers	Queens, NY	Judi Travis	walkeejt@optonline.net	732-536-4073
13-Oct	Tuesday	Princeton Walkers	Staten Island, NY	Judi Travis	walkeejt@optonline.net	732-536-4073

ESCV MONTHLY MEETING DAY

ESCV meetings are on the second Tuesday of each month; the next meeting is Tuesday, April 14th, at 6:30 pm, at the Crescent Fire Company

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.

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

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Corresponding Secretary	Teresa Kennedy	Forty6er3K@aol.com
Treasurer	Joe Padula	ASPCAlbany@aol.com
MONTHLY MEETING	April 14	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 April 18	abudka@nycap.rr.com 377-8734
MEMBERSHIP AND EMAIL UPDATES	If your email has changed, contact Pat Rush.	PatRush1@verizon.net
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
WEBMASTER	Eileen Skinner -	EFSkinner@aol.com
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

FROM THE ESCV HISTORIAN 'S DESK – Dan Schryver
BACK IN TIME ... ESCV NEWSLETTER

VOL. 3 JANUARY 1989 NO. 1

Welcome to new member Marlene Sandler

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

Ever watch the waves roll up on the beach? Here's a way to determine how fast they're moving. Count the seconds between two successive wave crests and multiply by 3.5. For example, if 10 seconds elapse between the first and next wave, the waves are coming in at 35 mph. Now I bet you can't wait to get to the beach.

As a reminder of the past holidays and the new year, let us note that according to scientific calculations there are 44 million bubbles in the normal bottle of champagne.