



EMPIRE STATE CAPITAL VOLKSPORTERS

Website Address

www.ava.org/clubs/escv

October 2011

Lea's Little Lines....

Indian Summer is visiting us as I sit and write this column today. The sun's warmth and autumn's colors make for wonderful walking times.

First, I'd like to congratulate our most recent **50 STATE COMPLETERS**: Marion Burns, Alan & Lynn Longshore, and Jean & Joe Padula. **Hip, Hip, Hooray** on walking every state across America!

Second, we want to thank POC, Liz Walsh, for the wonderful Cohoes/Waterford walk in September. After many trips to see if things had been cleared, only to have flooded a second time, Liz made quick revisions to the walk and reprinted copies in time for our volkswalk.

Oktoberfest at Glimmerglass State Park was attended by over 60 Volkssporters in a new spot on a cloudy but rainless day. Those of us with waterproof shoes and hiking poles were glad we had them as recent rains left the trail somewhat flooded. As always, we thank the POC, Sue Grey, and all her many developmental elves, our cooks – John Sowa and Larry Godshalk, and our shoppers – Eileen Sowa and Kathy & Jim Brown. The dish selections were delectable.

Get in those reservations for our 13th Annual Pasta Party on Sunday, November 6th. The walk is in Ballston Lake with the dinner following.

Third, thanks to Bev Feltt for the idea and the making of the special Memorial Ribbon Pins you may be seeing on members hats, name tags, bags, backpacks, etc. that are in memory of Fran, Rosemarie and Carol. Remember to wear them at all our gatherings.

Fourth, we will be sponsoring a **FOLLOW UP GRIEF COUNSELING SESSION** on Monday, October 24th at the Latham Fire Department from 1:30 pm – 3 pm for all members who might be in need. Martha McCormick will again be our facilitator.

Fifth, the executive committee was asked at our September meeting to come up with whom to make a \$500 donation after the August floods. After emails, phone calls, and face to face meetings, the committee decided the Schoharie Relief Fund was our choice. We have done many Volkswalks here over the years and decided we wanted to be giving back to a devastated community that has been welcoming to us.

Sixth, it was brought to my attention that there is an immediate need in Schoharie for single sized blankets, pillows, and cases for the families in FEMA trailers that are now arriving. These can be dropped off or sent to the Schoharie Reformed Church. You can also report any day of the week to the Reformed Church to work for cleanup, distributing food, etc. – bring gloves, buckets, cleaning supplies, shovels, rakes, etc. 53 homes are being bulldozed as I write this letter. There is an enormous amount of work to be done before snows and winter comes.

Seventh, when you register for a May thru August Wednesday walk, you know you will be guided and starting at 9am. When you walk an SRE and YRE, you walk at any time you desire. But, when you walk a Traditional Walk, it is not led and the registration is between, say, 9-noon, it does **not** mean that you can sign in at 8:30am and start the walk. You will still need to **wait** till 9 am to begin the Traditional Walk as others may still be preparing the trails. Sometimes walkers will arrive up to an hour ahead of time and want to start the volkswalk. The POC barely has enough time to get there early to mark the trail, put up the sandwich boards, set out registration materials, etc. in preparation for the walk. This puts unnecessary stress on our volunteers; so, please keep this in mind when arriving early for these walks.

Lastly, we had over 40 members at September's meeting with the program given by Doug Reynolds on what he had learned about AVA. Thanks, Doug. I hope we can continue this trend.

October 2011

MEMBERSHIP – Tad Darling

Just a reminder, membership renewal for 2012 starts December 1st and is effective January 1st, 2012. A Membership Form will be attached to the December newsletter for your convenience, but will also be available on the website. You are encouraged to send in your renewal membership as soon as possible in December, especially if you are going down south for the winter! Renewals not received by the end of February will not be included in next year's directory. A new feature this year will be the ability to include both your home and cell phone numbers if you choose.

NEWSLETTER DEADLINE

Deadline for the next newsletter is November 11th.

CLUB MEETING

The next meeting will be Tuesday, November 1st, at the **Latham Fire Department** at 226 Old Loudon Road in Latham, **6:30 to 8:30pm**. See the ESCV website for directions.

MEMORIAL RIBBONS – Bev Feltt

There are still some ribbons/pins available, which were made in memory of Fran Palozzi, Carol Lansing, and Rosemarie Hume. If you haven't already received one, I will bring them to the Pasta Party. If there are any left after that, I'll bring them to the Holiday Party. For our non-Christian members, there are some pins available that have a dove rather than a cross. Please let me know if you would like me to put one aside for you.

My e-mail address is AuntBev9@aol.com.

NOVEMBER CLUB MEETING PROGRAM – COLD WEATHER

WALKING - Alan Longshore

Charles Woodruff, owner of Fleet Feet of Albany, will present a program on Cold Weather Walking. He will discuss and demonstrate the proper walking attire and shoes for late fall and winter months. It should be a very interesting and informative presentation. Hope to see you at this November 1st meeting.

AVA MILESTONE ACCOMPLISHMENTS for 2011 – Lea Darling

ESCV traditionally gives recognition to our members who have completed their 50 States and/or 50 Capitals program books, or any noteworthy volkssporting accomplishments for 2011 at our annual November Pasta party. Please drop Lea Darling an email at leadarling@verizon.net. Don't be bashful; we *all* want to celebrate with you!

THANK YOU –Mary Agars

Dear Friends,

Many thanks for all the cards, good wishes and loving support given during my recovery from surgery. George and I appreciate your loving support and prayers.

You are the greatest.

Love,

Mary

October 2011

THANK YOU – Ruth Cade

I'd like to express my appreciation to the members of ESCV for their cards following my recent accident. I live a long way (San Antonio) from New York, but I have always valued my membership in ESCV and walking with you all at a few walks in the Summer and Fall.

I also want to express my sorrow at the loss of those friends in the horrendous accident last month. And, also, sympathy for the walkers who viewed this accident.

I have been slowed down by my accident, but hope to soon be on the trail again. I was encouraged by the Get Well card from Kathy Le Roux, the Sunshine Chairman, and other members of the club.

WILLIAMSTOWN WALK HOSTS AND COOKIES– Shirley Pingelski

Doug Reynolds, on behalf of AVA / ESCV, presented a Certificate of Appreciation to Williamstown Inn hosts Kurt and Marilyn Falkner. See picture below.

Recipe for Shirley's Williamstown Walk Cookies

COMFORTING COOKIES

2 cups vegetable oil	2 tsps baking soda
4 eggs	1/2 tsp. salt
2 tsps. vanilla	4 cups of corn flakes, coarsely crushed
2 cups brown sugar - packed	1 1/2 cups quick oats
2 cups granulated sugar	12 ounce package chocolate chips
4 cups all purpose flour	1 cup chopped pecans (optional)

Preheat oven to 350. In a very large bowl combine oil, eggs and vanilla.

Add sugars, mix well.

In a separate bowl combine flour, baking soda and salt. Add to sugar mixture, beating until blended.

Stir in corn flakes, oats, chocolate and nuts.

Drop by tablespoonsful 3 inches apart onto lightly greased cookie sheets.

Bake until lightly browned, about 9-10 minutes.

Cool slightly on cookie sheets and remove to wire rack to cool completely.

Yields 9 dozen

October 2011

WEDNESDAY WALK PARTICIPATION TOTALS – Eileen Skinner

WALK #	DATE	WALK	TOTAL WALKERS	6:45	9:00	6:00
1	4-May	Clifton Park	22		17	5
2	11-May	Saratoga West Side	77		63	14
3	18-May	Woods Hollow/BS	49		39	10
4	25-May	Round Lake	82		63	19
5	1-Jun	Broadalbin	47		42	5
6	8-Jun	Schoharie Crossing	51		45	6
7	15-Jun	Thacher Park	61		51	10
8	22-Jun	Niskayuna/ Blatnik Pk.	56		49	7
9	29-Jun	Colonie Town Park	91		77	14
10	6-Jul	Schenectady/Vale	72	16	50	6
11	13-Jul	Middle Falls	54	5	43	6
12	20-Jul	Ballston Spa	67	21	40	6
13	27-Jul	Albany Wash'ton Park	83	12	59	12
14	3-Aug	Saratoga East Side	93	17	66	10
15	10-Aug	Voorheesville	55	7	48	-
16	17-Aug	Malta/Luther Forest	119	8	101	10
17	24-Aug	Troy	82	6	63	13
18	31-Aug	Troy/Oakwood Cem.	71		71	
		Total 2011 Wednesday Walkers	1232	92	987	153

October 2011

ESCV 13TH ANNUAL PASTA PARTY, SUNDAY, NOVEMBER 6TH

Our annual Walk/Pasta Party is quickly approaching. Everyone can do the walk, even if you are not staying for the pasta party afterwards. You must make reservations for the Pasta Party by filling out the reservation form and making your check out to Lea Darling. Reservations are due on Sunday, October 30th so counts can be given to the caterer. If you can attend at the last minute and haven't made a reservation, ask to see if we have cancellations or extra food and stay and enjoy the dinner with us for \$15. There will be no walk pre-registration this year. Registration begins at 1:30pm and the walk will begin promptly at 2:00pm. We will have appetizers, water and cider available after the walk. Dinner will begin around 4:30pm.

We hope to see everyone at this much anticipated annual event.

START/FINISH: Our Lady of Grace Catholic Church, 73 Midline Road, Ballston Lake, New York
REGISTRATION: 1:30 - 2:00 PM.

Our annual Pasta Party will take place immediately after the group walk around 4:30 PM.
PRE-REGISTRATION is necessary for the Pasta Party. Cost Per person is **\$15.00** which includes munchies, assorted meat and veggie pasta dishes, salad, beverage, & dessert. Send a check made to: Lea Darling for \$15. **Deadline is Sunday, Oct. 30th.**

COURSE: The course is rated 2. Follows paved streets and woods. Not suitable for wheelchairs and strollers.

SEND Pasta Party Reservation (BELOW) and Check made out to
Lea Darling
21 Van Vorst Drive
Burnt Hills, NY, 12027

X =====
PRE-REGISTRATION FORM

Name and Phone Number	Pasta Party \$15.00

TOTAL SUBMITTED: _____

October 2011

PASTA PARTY VOLUNTEERS NEEDED

First, thanks to the members who with their reservations have already offered me their assistance - thank you, I'll be in touch. I need a food driver assistant, a Price Chopper shopper, table decorators, food room helpers to keep the food flowing, kitchen setup, kitchen cleanup, etc. Thanks to Kathy and Jim Brown for doing the beverages and Phyllis Budka for the flowers.

Call Lea Darling at 518 399-7229 or email leadarling@verizon.net with a choice or leave it up to me to email you with a job.

SAVE THE DATE - ESCV 25TH ANNIVERSARY CELEBRATION

Save the date: Saturday, June 23rd, 2012, for the ESCV 25th Anniversary Celebration!

CLUB CONTACTS

CLUB OFFICERS		
President	Lea Darling	Leadarling@verizon.net
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Sue Grey	susanbg2@yahoo.com
Treasurer	Beth Snyder	easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com
MEMBERSHIP AND EMAIL UPDATES	Tad Darling	harrydarling@verizon.net
SUNSHINE SECRETARY	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
WEBMASTER	Eileen Skinner	EF Skinner@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 sheldon.laura1@gmail.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	Barbara Kolapakka	Bkola67@gmail.com
HISTORIAN	Dan Schryver	Dschryver@aol.com
PROGRAMS	Alan Longshore	lynnj@nycap.rr.com
PUBLICITY	Pat Rush	PatRush1@verizon.net
PURCHASING	Winnie Balz	winnieeb@yahoo.com

October 2011 ESCV CALENDAR OF EVENTS

Oct. 19 Schenectady
 Oct. 23 Bennington
 Oct. 29 Johnstown
 Nov. 02 Albany Colonie Crossings
 Nov. 13 Albany Neighborhoods
 Nov. 19 Troy
 Nov. 27 Saratoga City
 Nov. 30 Scotia
 TRADITIONAL ONE DAY EVENTS 2011
 October 15 - Chatham
 November 6 - Ballston Lake - Pasta Party
 December 3 - Schenectady - Holiday Party

NORTHEAST REGIONAL CALENDAR

NORTHEAST REGION Calendar 2011						
Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
	October					
22-Oct	Saturday	Southern Maine	Portland, ME	Denise Macaronas	SMVA2005@yahoo.com	207-774-3415
	November					
5-Nov	Saturday	Walk 'n Mass	Bedford, MA	Sue & Dave Robertson	susdave@comcast.net	978-774-6449
	December					
3-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	magoo249@comcast.net	508-222-1152

FROM THE HISTORIAN'S DESK – Dan Schryver

EMPIRE STATE CAPITAL VOLKSSPORTERS NEWSBRIEF
 OCTOBER 1991

Congratulations are certainly in order to SUE LARSON, ELLEN MCNETT, and the Executive Board for putting together a fantastic event in the Electric City on September 14. 141 walkers (including folks from Maryland, Connecticut, Canada, and Australia) enjoyed the fabulous route which took them through Central Park, the GE Realty Plot and by Union College. The natural beauty of the various gardens, the diverse types of architecture, and the great weather all combined for a highly enjoyable day. It was great to see Al Haile (the "father" of ESCV) at the walk. He brought along the club certificate of charter, which was thought to be lost. The crack crew (see below) of 18 ESCV workers under the general supervision of President Wayne Eells, jr., Vice President Pat Mead, and coordinator Sue Larson, helped make the event a success. A "JOLLY GOOD SHOW" to all involved.

HONOR ROLL OF SCHENECTADY WORKERS

JUDI and WAYNE EELLS, SR	BOB and ED MCELROY	RON HERSH
SANDY FINKLE	PAULA SPERRY	JOLNA RUDOLPH
BERYL WOLF	JENNY MCNETT	VIRGINIA KICHTON
FRAN PILATO/JIM COCHRAN	EMILY And ED KOCH	PHIL MUDGE
	WAYNE UBRICH and LAIKA	

October 2011

Williamstown Walk
September 14th



Photo courtesy of
Dave Averill

**Doug Reynolds, on behalf of AVA and ESCV, presents a Certificate of Appreciation to Kurt and Marilyn Faulkner of The Williamstown Inn, an outstanding host site for our walks.
POC Shirley Pingelski says,
“They are such a truly wonderful couple with a staff that goes above and beyond any time we are there.
There is always a 10% discount on our meals and any rooms Volkssporters rent.”**

October 2011

Cohoes Falls / Waterford September 10th



**Photos courtesy of Ed Koch
and Linda Morzillo**

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and Linda Morzillo**

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Cohoes Falls / Waterford September 10th



**Photos courtesy of Ed Koch
and Linda Morzillo**

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Oktoberfest, Glimmerglass State Park, Cooperstown October 12th



Photos courtesy of Linda Morzillo