

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION

November 2012



LEA'S LONG LINES

Only 12 days till Thanksgiving! I'd like to wish all my fellow ESCV members a warm, wonderful day filled with friends and family appreciating all the blessings in our lives. Keep in our thoughts and prayers those near and far who may be suffering from the effects of Hurricane Sandy and Irene and Lee. We hope that they, too, are enjoying a warm thanksgiving meal in a safe environment.

November walking opportunities are many. Grab a friend and come out to Saratoga, Saratoga Battlefield, Albany, the Capital, and the last time for Albany Neighborhoods. It is being retired at the end of this year after many years in our schedule. A brisk walk on a cool fall day puts a glow in your cheeks and a lift in your step. Get out there and enjoy this beautiful time of year.

October thanks to our POCs: Schenectady – Ellen McNett; Lake George – Linda Morzillo; Cooperstown – Winnie Balz; Schuylerville – Doug Reynolds; Williamstown – Shirley Pingelski; Troy – Kathy Brown; and Scotia – Vera Weiss. Give them a pat on the back for making sure their walk boxes are stocked with everything we need for a walk, and for redoing the walk directions every few years to keep them new and fresh for us. We thank all the helpers at these various walks. Thanks also to Teresa Kennedy, for her perseverance at one of the checkpoints, bundled up in a down jacket with her legs in a sleeping bag for warmth, as she sat on the gazebo in the lakeside park in Cooperstown to stamp our start cards. Doug Reynolds gave an informative dialogue on the American troops in their fight for independence from the British during the Schuylerville walk.

A bouquet of thanks goes to our Ballston Lake POC, Laura Sheldon, and all her helpers for our Pasta Party walk in the tiny hamlet of Ballston Lake. A cool day and a great turn out for this 14th annual November saunter.

A HUGE HIGH FIVE to our new Pasta Party Co Chairs Mary Ellen and Randy Putnam and their Team of Helpers who put on a hearty dinner for the 111 attendees. The food was delicious, and everyone enjoyed another memorable meal. It takes about 20 folks to make this event look effortless. JOB WELL DONE, EVERYONE!

Lastly, it would be remiss of me not to congratulate the five ESCVers who reached personal walking goals this year. They are Carol Kirk, Pat Reed and Beth Snyder. Jackie and Doug Reynolds completed the Canadian Provincial Capital Walks sponsored by the Canadian Volkssport Federation. Our hats are off to all of you for your accomplishments this year. And, the challenge is now sent out to the rest of you to set a personal goal for walking in 2013 and then to go after it.

Lea

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According to a leading nutritionist – it would take a walk the length of a football field (100 yds.) to work off the calories of one (1) M & M. So....if you do a 10K volksmarch, you would be able to eat 109.1 M & Ms. (Thanks to Southern Maine Volkssport Association for this tidbit)

MEMBERSHIP - Tad Darling harrydarling@verizon.net

Please welcome our new members – 4 of them! Gosh, we are still getting a lot of new members even as winter approaches. We have so many new and existing members actively participating that we are at the point of dividing the walkers into smaller groups! Our club is now 347 strong, which might just be a record number. We hope you are out on the walks making new friends. Mingle, mingle, mingle, and introduce yourself. Name tags help – call Laura Sheldon for one.

Please welcome the following new members this month:

Linda Brown from Mechanicville, Gail Livingston from Gloversville, Donna Packard-Mahoney from Albany, and Marga Woltman from Johnstown.

Time to renew your membership: Our membership year runs January 1st through December 31st and you have between December 1st through February 28th to renew if you want to be included in the Membership Directory which is issued in March. You are on your honor to renew your membership to participate in 2013 walks. A membership form is attached at the end this newsletter, but you can also obtain one from our website: www.WalkESCV.org along with a lot of other information.

CLUB MEETINGS

Revised Club Meeting Dates...held at the Latham Fire Department on Old Loudon Road, 6:30-8 pm the **3rd Tuesday of the month**.....**March 19, April 16, May 21 and June 18, 2013**

NAME TAGS

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laura1@gmail.com. They are available with either a magnet or pin back for \$8.

UMBRELLA 25TH ANNIVERSARY CHALLENGE – Eileen Skinner, 25th Anniversary Committee

We are nearing the end of our Umbrella Challenge. **ALL BOOKS MUST be Received by Monday, Dec. 3rd.**

There is one more Traditional Event (Our Holiday Walk/Luncheon) on Dec. 1st.

All year round and seasonal walks (except Caroga Lake) are still open.

There will be a box for Finished Books at the Stockade Inn.

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We have received 76 FINISHED BOOKS as of Nov. 4th. Books will be tallied and umbrellas will be ordered during the 2nd week in December. We are hoping to have them for distribution on our annual New Year's Day Walk in Schenectady.

Thank You to all who took part in this Challenge during our 25th Anniversary Year.

25TH ANNIVERSARY DVD AVAILABLE FOR PURCHASE – Eileen Skinner,

This DVD contains pictures from our day long Anniversary Celebration on June 23, 2012 in Bolton Landing and Lake George (dinner/cruise). The pictures came from many members. A BIG THANK YOU to those who submitted their pictures for this DVD.

The DVD runs about 27 minutes with music and title slides inserted. This DVD can be played on your computer or your DVD player attached to your Television.

Those who were at the Pasta Party/Walk got a preview as we had it running during the party.

Cost of this (to defray material costs) is only **\$4.00 each**. They will be ready for pickup/payment at the Holiday Party on Dec. 1st.

If you would like one of these DVDs please contact Eileen Skinner EF Skinner@aol.com to let her know to burn one for you.

Payment will be required when picking up the DVD.

BIRTHDAY WISHES

Are a nice way to tell your family and friends how much you appreciate them. In this vein, I'd like to put together a birthday list of our members (just the month) so that in our monthly newsletter, we can send out birthday greetings to each of you. Please send your birthday month to Phyllis Budka at abudka@nycap.rr.com.

HAPPY BIRTHDAY TO

December	Marylou	Geren
December	Marie	Klucina

OUR ESCV FAMILY HONORS SOME OF OUR FELLOW WALKERS

Congratulations go to this year's new AVA Walking 50 State recipients. (See photos below.)

1. **Carol Kirk** started on her quest in Brunswick, Maine, 1989, and finished this year, 2012, in the Phoenix area, Arizona. Those attending the Ballston Lake walk were privileged to see her beautiful quilt she just finished in the nick of time to commemorate her travels throughout the 50 states.

2. **Pat Reed** began her challenge with a walk in Albany, New York, in 1998 and completed her 50th state in September 2012 with Glacier National Park, Montana. Ask to see her very glamorous "50th State Badge which her sister presented to her after they completed the walk.

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3. **Beth Snyder** set out in 2005 with Round Lake, NY, and finished in Providence, RI, in October 2012. She was accompanied by 5 other ESCVers on her final walk.

These members were all awarded a "Gold Medal" and presented with a USA Pin with small jewels to place on each of the 50 states.

Canadian Walking Achievement Kudos for completing the Canadian Provincial Capital walks special program sponsored by the Canadian Volkssport Federation go to **Jackie and Doug Reynolds**. They began their journey in September 2009 with Victoria, British Columbia, and attained their final capital in May, 2012 in Ottawa, the capital of Canada while attending the 2012 Canadian Volkssport Convention. Along with 10 ESCV club members, they walked in their final capital, Ottawa, and partook of a celebratory lunch on a beautiful warm day.

AVAILABLE ESCV JOBS

Just waiting for someone to offer to lend a hand.

1. **Program Chair** will provide 2 programs – March and April 2013. The program begins at 6:30pm for a half hour with our monthly club meeting beginning at 7pm. You would pick a topic (ask family and friends for suggestions), find the presenter and introduce him/her to the assembled members. Give Lea a call for more info or better, to volunteer.
2. **Year Round and Seasonal Walks Chair** – This position is currently being held by Barb Kolapakka who is retiring in June. She will be mentoring her replacement for as long as you feel you need her assistance. For more information please call Barb. Just think.... you will have the POWER of setting up the YRE/Seasonal yearly walk schedule.
3. **ESCV Delegate to the AVA Convention** - Will you be attending the 18th AVA Biennial Convention in Orlando, Florida from April 29 – May 3, 2013? Be our delegate and ESCV will pay your convention fees. Let Lea know if you would like to represent ESCV.

VOLUNTEERS EXTRAORDINAIRE

Barb & Walt Schlesier, new members, have volunteered to be POCs for a Traditional walk in 2013.

Vera Weiss has offered to put together a Silent Auction gift to be bid on at the 18th Annual AVA Biennial Convention in Orlando, Florida.

Marv Weiss and Tad Darling will be collaborating to develop a Walk Volunteer Jobs sheet for our website. More information will be coming on this exciting addition to our website.

HOLIDAY PARTY - Lucy Desjardins

The Holiday Party will follow the Schenectady walk December 1 at the Stockade Inn. A reservation form is included in this newsletter. (Don't forget to get your reservations for the Holiday Party in to Bernie Geren by November 27.)

COOKIES

Pat Rush has agreed to host the cookie house again this year. Your cookie contributions are welcome and will be greatly appreciated. Drop them off at the start point by 9AM; they will be

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transported to the cookie house.

Thanks to Pat for opening her home to us again this year.

DECEMBER 5TH NEXT DEADLINE FOR DECEMBER NEWSLETTER – NO JANUARY OR FEBRUARY NEWSLETTERS

News articles are due to Phyllis Budka by Wednesday, December 5, for any January or February news on club walks, walking experiences while traveling, snowshoeing excursions, and anything else you might like to share.

After December's newsletter, the March newsletter will be the first one in 2013.

SUNCATCHERS FOR SALE ...GOING ONCE, GOING TWICETHEY'RE GOING TO BE GONE

We only have 6 suncatchers left depicting our 25th Anniversary Logo. Don't be disappointed when they're all gone and you didn't get one when you had a chance. Give Lea Darling a call, and look for them at the remaining 2012 walks.

LOST AND FOUND FROM BALLSTON LAKE WALK/DINNER

A pair of black knit stretch gloves and black Ear Grips were found on the floor in the church after everyone had left. If you want them back, please call Lea Darling to arrange when and how.

STARTING POINT BOOKS 2013

Extra copies are available after the preorders were filled. If you would like to order a copy for \$20.00, please email Winnie Balz. No money due till they arrive.

BALLSTON LAKE WALK NOVEMBER 4TH – Laura Sheldon

Despite the chilly temperatures and knowing that a great meal and fellowship followed, 3 groups totaling 108 walkers turned out to walk on Sunday. The temperature kept us moving at a quick pace, that is until Vera's 10 K group got held up behind the railroad tracks! Many thanks to Eileen Skinner and Father Jack Cairns for their expert handling of the sign-ins, Linda Clark for marking the trails, Vera Weiss and Lea Darling for leading 2 of the groups, and Kathy Mack and Wayne Knapp for sweeping a long line of 10 K-ers!

PASTA PARTY THANK YOU – Randy and Mary Ellen Putnam

Randy and Mary Ellen Putnam want to thank all the "official" volunteers who helped out at the November 4 Pasta Party at Our Lady of Grace Church in Ballston Lake. They also send out a big "thank you" to ALL the members who helped in so many ways to make the event a success: lugging the heavy and hot trays of food from Augies into the kitchen, putting all the tables and chairs back in their proper place, and doing the final clean up at the church. This was the first time they ran this event and they look forward to working on next year's party. Thanks also to Lea and Tad Darling for providing all their records and expertise from the past events. It made their efforts so much more "seamless".

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A MESSAGE FROM LYNN & ALAN LONGSHORE

Thank you everyone for the cards, gifts, prayers, food, rides to doctor appointments, and the many calls and visits. The support of this club is very much appreciated and is of great comfort. God bless you all.

NEWS FROM AVA

Canadian Volkssport Association - David Hall

The Canadian Volkssport Federation National Convention will be 30-31 May and 1 June 2014 in Banff, Alberta, Canada. Information may be found at <http://cvfconvention2014.ca/>. Information also is posted to the AVA website under the Locate Walking Events link, Multi Event Calendar web page for future reference. Stay tuned for more information in late 2012 and early in 2013.

Walk Map Directions - Holly Pelking

Per the motion carried at the July 2012 NEC meeting **all new walk directions** effective 1 January 2013, are to include the copyright symbol and the year © 2013 on walk map directions.

18th AVA Biennial Convention Update

Convention Committee officials are planning an 8 November mail out of registration booklets and forms for the 18th AVA Biennial Convention. Please send your completed forms by e-mail to AVAHQ@ava.org, or fax 210.659.1212, or mail them to the regular headquarters address. Online payment is not available.

Remember, the conference pre-registration deadline is March 21. However, you must register by February 1 to take advantage of the Manatee Adoption Package offer.

Finally, if rooms are available, the convention hotel will honor the \$99 rate three days before (26-28 April) and three days after (4-6 May) the convention dates. First come, first served. To make reservations, go to ava.org homepage for further information. Don't wait. Book today.

Announcing the new 2013 Centurion Achievement Challenge

For AVA Associate & Lifetime Members only

Experts everywhere are touting the health benefits of regular exercise. But, regular is the operative word. At AVA we believe this means consistently participating in Volkssport walks and other events. Beginning in January 2013, we are introducing the new Centurion Achievement Challenge to encourage and recognize those who make a special, serious commitment to the "Fitness" aspect of our Fun Fitness Friendship slogan.

The rules may seem a little daunting at first, but it is really very simple: Participate in 100 events in a single calendar year. AVA will recognize your accomplishment with a distinctive patch and other color gear that demonstrates to the world that you are a Volkssport Centurion. A lifetime of fitness begins with a single stride. Come on, you can do this! Go to the www.ava.org on the left hand side of their home page, click on the green 2013 Centurion Achievement Challenge for the registration sheet.

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CLUB CONTACTS

CLUB OFFICERS		
PRESIDENT	Lea Darling	Leadarling@verizon.net
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WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$8 and must be prepaid with a check;add \$2 for mailing ; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
WEDNESDAY WALK COORDINATOR	Margaret Popolizio	mpopoli1@nycap.rr.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		
PUBLICITY	Pat Reed	reedpatri9@gmail.com
PURCHASING	Winnie Balz	winnieeb@yahoo.com

ESCV WALK SCHEDULE

Saturday, December 1 Schenectady Holiday Party

OUR NEW ESCV WEBSITE

Visit our website for more information at
<http://www.walkescv.org/>

NORTHEAST REGIONAL DIRECTOR – Doug Reynolds

NERD web address (ava.org/clubs/reg_northeast)

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**ESCV Holiday Party
December 1, 2012**

Hope you have saved Saturday, December 1, 2012, for our 25th 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, main entrees, vegetables, dessert and coffee, or tea. All this for \$22 per member and \$30 for non-members!

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

Cash Bar
Hot and Cold Buffet Luncheon



Cost of \$22 per member or \$30 per non-member must be received by **November 27th**.

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

December 1st Holiday Walk

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

HOLIDAY PARTY ON DECEMBER 1st 2012
Send Total \$ via check made out to ESCV by November 27, 2012 to:
Bernie Geren
211 Sweetman Road
Ballston Spa, NY 12020

Dinner reservation for members @ \$22	\$
-	
Dinner reservation for non-members @ \$30	
-	
-	
Total	

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ESCV MEMBERSHIP FORM

Revised: November, 2012

PLEASE READ:

- T **This form is for new or renewing memberships.**
- T Memberships run from January 1 to December 31 each year.
- T Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$10.
- T New memberships after September 1st are one half the annual fee through December 1st.
- T Renewal starts December 1st. Renewals received after February 28th will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the "Hotmail" (email) list.
- T Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- T **If you have a winter mailing address**, please identify on the back of this form and the approximate dates this mailing address is effective.
- T To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Harry (Tad) Darling, Membership Chairman - Questions? 518-399-7229; harrydarling@verizon.net

PLEASE PRINT CLEARLY

Date Submitted: _____

Family or Single Membership? (Circle one)

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____


Birthday (Optional): Month/Day ____/____ (Not year)

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

Birthday (Optional): Month/Day ____/____ (Not year)

- Enter winter mailing address and dates effective on back of form 
- Circle areas you would like to help out: Registration at walks, Developing new walks, Programs, Spring Picnic, Octoberfest, Pasta Party, Christmas Party, Where Needed (there are many other jobs).
- If a new member, how did you hear about us? _____
- Make check payable to ESCV - \$18 for Family or \$10 for Single Membership (half price for new members after Sept. 1st, and include \$10 for each new member for your "New Walker Program Packet")
- Mail this form and check to: ESCV Membership

PO Box 5464

Clifton Park, NY, 12065-5464

Pasta Party November 3, 2012



Beth Snyder & Pat Reed, 50 Staters



Photos courtesy of courtesy of
Linda Morzillo & Tad Darling