



# Empire State Capital Volkssporters



Walking Club in the Capital Region of New York State

Member of the American Volkssport Association and the International Federation of Popular Sports

WWW.WALKESCV.ORG

NOVEMBER 2013

## Walk Schedule:

All dates and times as of publication are subject to change. Walkers are encouraged to **check the ESCV website**.

**Registration begins 30 minutes prior to start.**

### Wednesday Walks

Scheduled May through August

### One-Day Traditional Events

Nov 3(Sun)– Ballston Lake, Pasta Party

Dec 7 (Sat) – Schenectady, Holiday Party

### Year Round & Seasonal Walks

Start time: Tues, Wed & Sat 10 am;  
Sun 1:30 pm

Oct 30 (Wed) – Saratoga Springs

Nov 6 (Wed) – Schenectady

Nov 10 (Sun) – Albany (Capital Walk)

Nov 16 (Sat) – Troy

Nov 20 (Wed) – Colonie Crossings

Dec 7 (Sat) – Schenectady, Holiday Party

**Please refer to Walk Booklet for directions.** Hint: Use Google Maps for directions from your home to starting point.

## The Walkinggirl's Words

That busy time of year is almost upon us! (Are we ever not busy?) The 15<sup>th</sup> annual Pasta Party on November 3<sup>rd</sup> is almost history and our 19<sup>th</sup> annual Holiday Walk and Party will take place on Saturday, December 7<sup>th</sup>. POC Bernie Geren and Luncheon Chairperson Lucy Desjardins, along with their teams, are hard at work planning this yearly event which will again be held at the Stockade Inn in Schenectady. Look for a reservation form in this newsletter and on the ESCV website. It is due by **December 4th**. Dan Schryver researched the archives and you will find his story about the history of this event in this newsletter.

We had fine weather for many of our recent walks. After the articles for the last newsletter were written, we had Traditional Events on September 28<sup>th</sup> and October 12<sup>th</sup>, both events are highlighted elsewhere in this newsletter. Several Group Walks were held for our YRE/Seasonals (Cooperstown, Bennington, Saratoga Spa Park, Williamstown, Lake George and Saratoga Springs). Our POCs (Winnie Balz, Amy Gitchell, LaVerne Stiles and Shirley Pingelski), are highly appreciated for monitoring the walks to make sure we all have a wonderful time on the trail. As POC for two YRE/Seasonal events, the greatest reward is the Fun, Fitness and Friendship experienced by all.

Did you know that AVA received recognition as the walking organization of choice for locating walking clubs? In the AVA Checkpoint Digital Newsletter dated October, 2013, it was noted that AVA was mentioned in an article published by a major magazine! You can read the article in the *Good Housekeeping Magazine* dated September, 2013 on page 74. Look for the Health News section with the title “BBFs Best Fitness Friends.” The statement in the article that “Workouts breeze by when you’re catching up with pals,” is so very true; the time spent walking and talking just flies by. In this 6<sup>th</sup> largest magazine in terms of circulation (4,354,740), an ad of this size would cost about \$66,880; this recognition is good and free publicity for AVA.

There is an interesting article in the October/November 2013, *The American Wanderer*, titled “Do Other AVA Walkers Motivate You?” by Dr. Michael Nirenberg. He is looking for answers related to the mysterious human mind in terms of why we do what we do and the fact it is so hard to change. Dr. Nirenberg believes the answer is closely related to walking (you just knew there was a walking connection here). Changing our behavior in a positive way is often accomplished with group support. The three main reasons cited are: we get personal reminders from real people, positive peer pressure from friendly peers can distract you from excuses to not participate

(continued on next page)

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### Contact Us At:

Empire State Capital Volkssporters  
PO Box 5464

Clifton Park, NY 12065-5464

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[www.walkescv.org/](http://www.walkescv.org/)



## **The Walkinggirl's Words** – (continued)

and a different point of view helps deflate negative thoughts. Dr. Nirenberg found that participating in AVA walks channeled the most positive energy when comparing walking groups. Less competition = more fun, is how AVA promotes walks; we are competing against no one except ourselves and that results in friendliness among the group. In addition, “seasoned walkers know the drill and are able to cover a lot of ground without issue.” Negative issues that can come up and don’t contribute to positive reinforcement are not often expressed.

Look for the new ESCV WANT AD section in this newsletter. “Many hands make light work,” is the reason why our club is so successful. We also need people to cross train for essential jobs. If you have yet to step up and contribute, here are some great opportunities.

See you on the walks!

*Linda*



## **- ESCV NEWS**

### **Our Recent Traditional Events**

*by Linda Morzillo*

**Merck Forest and Farmland Center** – On September 28<sup>th</sup>, 57 walkers enjoyed the day at the Merck Forest and Farmland Center located just east of Rupert, Vermont. The weather was perfect, the scenery inspiring, the trails challenging and the companionship superb. People walked through part of the sugar bush, saw cabins that are rented, read signs on the Silviculture Trail about forest change and management, walked up and down many hills and observed farm animals, including 2-week old piglets. A few people climbed to the summit of Mt. Antone and were rewarded with a view of the farm area and the panorama beyond. Open daily and free to the public, visitors are always welcome. As POC, I was glad that my walking friends had the opportunity to add MFCC to their list of places to go.

**Walk and Oktoberfest at Tawasentha Park** – On January 2, 2013, Karen Watson was at the park office so that she, as a Guilderland resident, could reserve the pavilion at this lovely town park for our Traditional Events; plural for the type of walk as well as the description of ESCV’s yearly Oktoberfest. Carol Sorensen mapped out routes for 5/10K walks taking us over hill and dale and across a bridge over the Normans Kill. Thank you, Karen, Carol and all others who laid out the route, checked the directions and marked the trail, which made the walk a great success! Carol reported that there were 97 walkers on this day of perfect weather! At noon we were treated to our annual Oktoberfest organized by Kathy Brown. Jim Brown and Larry Godshalk once again demonstrated their grilling skills and we all enjoyed the many culinary delights brought and shared. There were plenty of appetizers for all walkers to enjoy, side dishes, salads, and desserts. Kathy remarked that this was a most excellent venue for the Oktoberfest! To Kathy and indispensable helpers, we cannot thank you enough for all the time and hard work resulting in a truly memorable Oktoberfest.



### **Looking for a Bus Trip Organizer**

On September 13, 2014 we are having a Traditional Event in Plattsburgh and many walkers would appreciate bus availability. Are you one of them? ESCV appreciates all that our volunteers do for our club!

ESCV is looking for a bus trip organizer to get us to area clubs Traditional Walks. We’d like to support our local North East sister clubs and go to their events. These would be one day trips that you would be organizing. Give this some serious thought and say “YES”. You will have plenty of support to make this a success. Give Linda Morzillo a call or send her an email if interested.

## **Holiday Party**

The Holiday Party will follow the Schenectady walk December 7 at the Stockade Inn. See the ESCV website for details. **A reservation form is included in this newsletter.**

Holiday Party brochure - <http://walkescv.org/13hoidaypartyform.pdf>

Pat Rush has agreed to host the cookie house again this year. Your cookie contributions are welcome. Please drop them off at the start point; they will be transported to the cookie house. Registration for luncheon - <http://walkescv.org/13hoidaypartyform.pdf> Thanks to Pat for opening her home to us again this year.



## **Origin and Brief History of the ESCV Holiday Party – 1<sup>st</sup> Saturday in Dec. (19<sup>th</sup> Year)**

*By Dan Schryver, Club Historian*

Following a walk of the Schenectady 10K YRE, all were invited to attend a Holiday Party put together by a group headed by Ron Hersh and catered by his son Ed at the First Unitarian Church on Wendell Avenue in the city. The menu consisted of Coq au Vin, roasted potatoes, vegetable, salad, beverages, rolls and dessert. The date was December 16, 1995 and Santa Claus was there to hand out gifts. Thus began a club tradition which continues to this day with the 19<sup>th</sup> edition to take place this year.

Ed Hersh continued to cater the event for several years and the First Unitarian Church was the site of the party through 2001. In 2002 and 2003 the party was moved to Hale House on the Union campus.

On December 4, 2004, the Stockade Inn was chosen as the new site of the annual party and we will celebrate our 10<sup>th</sup> year there on December 7<sup>th</sup>.

## **Milestones From “The American Wanderer”**

*By 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 Aug./Sept. & Oct./Nov.2013 AVA newsletter.

### **Event Milestones**

<b>10 Events</b> Martha Flanagan Dorothy Pazinko	<b>30 Events</b> Pat Steadman	<b>50 Events</b> Joan VanAlphen Joe Van Alphen	<b>75 Events</b> Susan Forster	<b>125 Events</b> James Brown
<b>150 Events</b> Loueen Whalen	<b>175 Events</b> Barb Popolizio Mike Popolizio	<b>225 Events</b> Bernie Desroches	<b>275 Events</b> Kathy LeRoux	<b>325 Events</b> Beth Snyder
<b>350 Events</b> Karen Watson	<b>400 Events</b> Frank Edwards Lucy Healey	<b>450 Events</b> Cathy Edwards	<b>475 Events</b> Dave Averill Marion Averill	<b>600 Events</b> Phyllis Boyd
<b>650 Events</b> Pat Reed	<b>700 Events</b> Barb Kolapakka	<b>850 Events</b> Dave Janiga	<b>1350 Events</b> John Cairns	<b>1600 Events</b> Eileen Skinner

### **Distance Milestones**

<b>1000k</b> Loueen Whalen	<b>2000k</b> Kathy LeRoux Barbara Popolizio	<b>2500k</b> Bernie Desroches	<b>3000k</b> Beth Snyder	<b>9000k</b> Dave Janiga
<b>19000k</b> Joe Piffat				

Congratulations on your accomplishments! If anyone was missed that was published in the Aug./Sept. or Oct./Nov. 2013 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.

## **Membership**

Tad Darling - [harrydarling@verizon.net](mailto:harrydarling@verizon.net)

It has been a quiet summer for new members. We had quite a few in the spring when the Wednesday walks began. But our current membership of 335 isn't too shabby either! We get most of our new members by walkers who encourage their friends to come out and share the joy, friendship, and fresh air. It is also great to see three generations of walkers. We have a few members where the grandparents, parents, and children all walk. What a great start on a healthy lifestyle!

Please RENEW YOUR MEMBERSHIP for 2014 starting December 1<sup>st</sup> through February 28<sup>th</sup>. It is quite simple. At the end of the newsletter is the Membership Form. Fill it out, write a check, and mail it in. It MUST be done by February 28<sup>th</sup> otherwise, you will not be included in the Directory or any hotmail notifications. You can also print out a form from our website.

I have been the Membership Chairman for several years now and am in the process of turning over the chairmanship responsibilities to Larry Godshalk, a long time friend of mine and a member of the club for many years. Larry will do a fine job and I will be working with him over the winter leading up to the Directory issue in March. My many thanks to all of you that have helped me with the membership.

Please welcome the following new member: Eric Hamilton of Clifton Park.

## **E-Mail Updates**

If your e-mail has changed, let Larry Godshalk know. [Lgodshal@nycap.rr.com](mailto:Lgodshal@nycap.rr.com)

## **Name Tags**

Name tags can be ordered at any time by contacting Laura Sheldon at [sheldon.laural@gmail.com](mailto:sheldon.laural@gmail.com). They are available with either a magnet or pin back for \$8.

### **MONTHLY MEETING**

November 19, 2013  
6:30 PM  
Latham Firehouse  
226 Old Loudon Road, Latham

*All are welcome!*

## **ESCV Meetings 2013-2014**

ESCV meetings will be held at the Latham Fire House, 226 Old Loudon Rd in Latham at 6:30 PM. The room is reserved November 19, 2013 as well as February 18, March 18, April 15, May 20 and June 17, 2014.

## **Birthday Wishes**

### **Happy November Birthday to . .**

John Cairns  
Linda Cochrane  
Denice Frechette

Carol Kennedy  
Carol Kobuskie  
Frank Lotito

Kathleen Mack  
Donna Mahoney  
Ralph Misener

LuAnn Pink  
Barbara Popolizio  
Eleanor Shutter



## Sunshine and Cards of Care

Longtime members **Bill Hughes**, **Marge Shanley**, **Barbara Green**, **Jack Hickey** and **Lisa Holt** are slowly gaining strength in their daily fight to get better. **Jean Eaton**, **Sue Grey** and **Bernie Desroches** are new names now added to the list. Perhaps you'd like to drop a card off to them at their home addresses to let them know they are in our thoughts and prayers. **Jean Eaton** is recovering at her daughter's home. Please contact Kathy LeRoux, Carol Kennedy or Linda Morzillo for the address.

**Randy Putnam** thanks everyone for kind thoughts and cards as he is back up 100%.

Please let our Sunshine Secretary 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. She can be reached at her home phone 438-1947 or by e-mail [kleroux1@nycap.rr.com](mailto:kleroux1@nycap.rr.com). You can also see her at the monthly ESCV club meetings.

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- **American Volkssporters Association**

<http://www.ava.org>

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- **Northeast Region**

## N.E.R.D. News

*Doug Reynolds – Northeast Regional Director*

[http://www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)

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- **International Federation of Popular Sports**




<http://www.ivv-web.org/>

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## ESCV Want Ads

<p><b><u>Bus Organizer:</u></b>          Person needed to hire a bus for a single day to transport walkers to some events. Plattsburgh 9/13/2014 is an ESCV event and a bus would be welcome.</p> 	<p><b><u>POC (Point of Contact):</u></b>          Shadow a present POC to learn how to do this essential job. POCs plan and oversee YRS, Seasonals, Traditional and Wednesday Guided Walks. Routes are already in place, person would learn how to prepare a walk box and complete quarterly reports.</p>	<p><b><u>Treasurer Backup:</u></b>          Looking for a reliable person with good computer and organizational skills to shadow club treasurer. Would learn how to submit monies to AVA and file a few necessary forms.</p> 	<p><b><u>Web Page Backup:</u></b>          Person with computer skills to update ESCV web page in the absence of the webmaster.</p> 
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## ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	<a href="mailto:Lmorzillo@yahoo.com">Lmorzillo@yahoo.com</a>
Vice President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Secretary	Cathy McGuire	<a href="mailto:Cmcg51@hotmail.com">Cmcg51@hotmail.com</a>
Treasurer	Beth Snyder	<a href="mailto:Easnyder@nycap.rr.com">Easnyder@nycap.rr.com</a>
Newsletter Editor	Ellen Brown	<a href="mailto:gorow1010-escv@yahoo.com">gorow1010-escv@yahoo.com</a>
Membership & Email Updates	Larry Godshalk	<a href="mailto:Lgodshal@nycap.rr.com">Lgodshal@nycap.rr.com</a>
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> .
Webmaster	Eileen Skinner	<a href="mailto:EFSkinner@aol.com">EFSkinner@aol.com</a>
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 <a href="mailto:sheldon.laura1@gmail.com">sheldon.laura1@gmail.com</a>
Wednesday Walk Coordinator	Barbara Popolizio	<a href="mailto:mpopoli1@nycap.rr.com">mpopoli1@nycap.rr.com</a>
Walk Development Comm. Chair	Teresa Kennedy	<a href="mailto:Forty6er3k@aol.com">Forty6er3k@aol.com</a>
YRE/Seasonal Walks Chairperson	Liz Walsh	<a href="mailto:lizwalsh48@gmail.com">lizwalsh48@gmail.com</a>
Historian	Dan Schryver	<a href="mailto:Dschryver@aol.com">Dschryver@aol.com</a>
Publicity	Pat Reed	<a href="mailto:reedpatri9@gmail.com">reedpatri9@gmail.com</a>
Purchasing	Winnie Balz	<a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>

## From the Editor

Articles for the November newsletter are **due on Friday, November 22, 2013**. Please send us any news items that you feel would be interesting to our membership. Your reflections on a past or upcoming volkswalk and/or trip are always welcome. ☒

Ellen Brown - [gorow1010-escv@yahoo.com](mailto:gorow1010-escv@yahoo.com) - 384-0015



## **ESCV Oktoberfest Party – October 12<sup>th</sup> Tawasentha Park in Guilderland**



*Photos by Linda Morzillo*

## **Recipes from the Williamstown Walk**

Many of the walkers that went on the Williamstown walk enjoyed the delicious treats that POC Shirley Pingelski baked. Thank you, Shirley, for your hospitality and sharing your recipe.

### **Cherry Bars**

(Williamstown 10/20/13)

- 1 cup butter, softened
- 2 cups sugar
- 1 tsp. salt
- 4 eggs
- 1 tsp. vanilla extract
- ¼ tsp. almond extract
- 3 cups all-purpose flour
- 2 cans (21 oz. ea.) cherry pie filling

#### **GLAZE:-**

- 1 cup confectioner's sugar
- ½ tsp. almond extract
- ½ tsp. vanilla extract
- 2 to 3 tbsp. milk

1. Preheat oven to 350. In a large bowl, cream butter sugar and salt until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in extracts. Gradually add flour.
2. Spread 3 cups of batter into a greased 15x10-1/2 x1 in. baking pan. Spread with pie filling. Drop remaining batter by teaspoonfuls over filling. Bake 30-35 mins. or until golden brown. Cool completely in pan on a wire rack.
3. In a small bowl, mix confectioners' sugar, extracts and enough milk to reach desired consistency. Drizzle over top.

*From - Shirley Pingelski*



### **Peppermint Patty Sandwich Cookies**

(Williamstown 10/20/13)

- 2 pkgs. devil's food cake mix (reg. size)
- 4 eggs
- 2/3 cup canola oil
- Granulated sugar
- 1 pkg. 8 oz. cream cheese-softened
- ½ cup butter, softened
- 1 tsp. peppermint extract
- 4 cups confectioner's sugar

1. Preheat oven to 350. In large bowl, combine cake mixes, eggs and oil; beat until well blended. Shape into 1-in. balls; place 2 in. apart on greased baking sheets. Flatten with bottom of a glass dipped in granulated sugar.
2. Bake 7 – 9 minutes or until tops are cracked. Cool 2 mins. before removing to wire racks to cool completely.
3. In a large bowl, beat cream cheese, butter & extract until blended. Gradually beat in confectioners' sugar until smooth.
4. Spread filling on bottoms of half of the cookies; cover with remaining cookies. Refrigerate leftovers in an airtight container.

*From - Shirley Pingelski*



# ESCV Holiday Party

Hope you have saved Saturday, December 7, 2013, for our annual Holiday Party at the Stockade Inn in Schenectady, NY. There will be a cash bar after the walk. A hot and cold buffet will be served at 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!

Saturday, December 7, 2013



## 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 December 4th.**

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

## December 7<sup>th</sup> Holiday Walk

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

Note: new address for Bernie

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### Dinner Reservation for Holiday Party on December 7th 2013

Send Total \$ via check made out to **ESCV** by Wednesday, December 4, 2013 to:

Bernie Geren  
19 Julia Circle  
Mechanicville, NY 12118

Member's Name & Phone Number	Member \$22
	\$
Non-Member's Name & Phone Number	Non-Member \$30
	\$
<b>Deadline: Wednesday, December 4<sup>th</sup></b>	<b>Total</b>
	\$

## Central Park, N.Y.C. – October 6<sup>th</sup>

*Photos by Lea Darling*



## West Point Military Academy – October 12<sup>th</sup>

*Photo by Lea Darling*



# ESCV MEMBERSHIP FORM

Revised: November 2013

## PLEASE READ:

- ✓ **This form is for new or renewing memberships.**
- ✓ Memberships run from January 1 to December 31 each year.
- ✓ Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$10.
- ✓ New memberships after September 1<sup>st</sup> are one half the annual fee through December 1<sup>st</sup>.
- ✓ Renewal starts December 1<sup>st</sup>. Renewals received after February 28<sup>th</sup> 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.
- ✓ 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.
- ✓ **If you have a winter mailing address**, please identify on the back of this form and the approximate dates this mailing address is effective.
- ✓ To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Larry Godshalk, Membership Chairman - Questions? 518-399-6041; [LGodshal@nycap.rr.com](mailto:LGodshal@nycap.rr.com)

## PLEASE PRINT CLEARLY

Date Submitted: \_\_\_\_\_ Family or Single Membership? (Circle one)

Name: \_\_\_\_\_ New Member: \_\_\_\_\_ or Renewal: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_ Email: \_\_\_\_\_


What Month is Your Birthday (Optional): \_\_\_\_\_ Do you receive "The American Wanderer" Yes/No?

Name: \_\_\_\_\_ New Member: \_\_\_\_\_ or Renewal: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_ Email: \_\_\_\_\_

What Month is Your Birthday (Optional): \_\_\_\_\_ Do you receive "The American Wonderer" Yes/No?

- 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, Oktoberfest, 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 Sept. 1<sup>st</sup> to Dec. 31<sup>st</sup> 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