



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 2014

Walk Schedule:

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

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

One-Day Traditional Events

Start time: between. 9 – 12 noon
Finish by 3:00 pm,

Nov 2 – Albany, Pizza Party

Dec 6 – Schenectady, Holiday Party

Dec 13 – Saratoga Sp. Starts
10:11am

Year Round & Seasonal Walks

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

Oct 29 (Wed) – Schenectady

Nov 8 (Sat) – Troy

Nov 9 (Sun) – Saratoga Spa Park

Nov 15(Sat) – Saratoga Springs

Nov 16 (Sun) – Colonie Crossings

Wednesday Walks

Scheduled May through August

Please refer to Walk Booklet for directions. Hint: Use Google Calendar (on website) or Google Maps for directions from your home to starting point.

* * * * *

Contact Us At:

Empire State Capital Volkssporters
PO Box 5464

Clifton Park, NY 12065-5464

* * * * *
www.walkescv.org/



The Walkinggirl's Words

The vote is in! We will be moving forward to the next stage in developing a bid for the 2017 AVA Convention that may be held in Albany. It is not a done deal; we heard that at least one other club will be making a bid and a vote will be held. The committee of Lea Darling, Vera Weiss, Linda Morzillo, Marylou Geren, Sue Grey, Teresa Kennedy, Jackie Reynolds, Joe Piffat, Eileen Skinner and Doug Reynolds will be meeting in mid-November to plan our presentation. **YOUR IDEAS ARE NEEDED!!!** A theme, mascot, suggestions of a convention site and the walks are among the decisions that will need to be made early on. What walks do you think we should plan? Have you a cute mascot idea? Are you a secret (or not so secret), designer? Walk awards - patches/pins, need to be designed once the walks are selected. Please send any of us an email with your ideas. It's brainstorming time.

Our Oktoberfest was a success! The weather did not dampen our enthusiasm and people were well-prepared with raincoats and umbrellas. Thank you, Barbara Kolapakka and team for walks enjoyed by all and thank you, Kathy Brown and team for all the work you did for the Oktoberfest food festivities. A group of nineteen people consisting of AVA officers, Regional Directors and their significant others joined us for both the walk and the 'fest. Feedback from our North East Regional Director (NERD), Doug, indicates that a splendid time was had by all. The \$25 L.L. Bean Gift card was won by Sherry Sayers who was accompanying her husband, Rocky Mountain Regional Director Frank Sayers.

The October/November issue of *The American Wanderer*, the AVA newsletter, featured a front page article about our Oktoberfest along with a photo of the entrance to Spa State Park. The history of the event was presented along with an update highlighting that while the AVA officers and Regional Directors were in Albany for their meeting, they would participate in our walk and join us for lunch.

By the time you read this, our annual pizza/pasta party may be history. Comments will appear in the December/January newsletter. The next big event is our Holiday Party and there is a form in this newsletter to sign up for the luncheon. Bernie Geren and Lucy Desjardins and teams have been making the necessary preparations. Pat Rush has once again graciously offered her home as the walk checkpoint (aka cookie house).

Time to Walk, at 10:11 on 12/13/14 will be held in Saratoga Springs. Weather and walking conditions are unpredictable; therefore I have designed the walk route to be almost all on Broadway and Lake Avenue. Besides participating in this event for the record, we will enjoy looking at many

(continued on next page)

The Walkinggirl's Words – (continued)

holiday decorations. If you wish to purchase a shirt or other merchandise commemorate the event, please go to www.cafepress.com/AVAgear, not AVA HQ. At the opening page of the site, first select "Browse Designs" then, by continually clicking on the image, it will take you to see other colors, sizes, price, & quantity wanted. A phone number is provided for direct ordering. This is an individual endeavor.

The fall schedule of YRE/Seasonal Group Walks is going to be winding down very soon. Remember, you need only to complete 10 different ESCV walks and a walk sponsored by any other club to fulfill the minimum requirements to receive an incentive. It was not necessary to complete these 11 walks in one book by June 30th and you have until the end of 2014. Look at the back of the Participation Incentive Program booklet for details.

Have you received your flu shot yet?? We want you to remain healthy so that you can participate in future activities and contribute your ideas to our 2017 convention committee.

See you on the walks!

Linda



- ESCV NEWS



16th Annual Walk & Pizza Party Sunday, November 2nd

at St. Andrews Episcopal Church Hall
10 Main Avenue, Albany, NY



Walk Brochure: <http://walkescv.org/14pizzaalbany.pdf>

Pizza Reservation Form: pizza reservation closed

If you are interesting in volunteering to help, please e-mail davidjaniga@urbanhiker.aol.com

Membership

By Larry Godshalk email: lgodshalk@nycap.rr.com

Hope you are enjoying some brisk walks as we approach the holidays. Membership has increased to 313 members. Now is a great time to invite friends and family to enjoy the benefits of all-season walking. Volkssporting is invigorating and good for the soul.

Please welcome the following new members who have joined over the last several months: Becky Goss from Rensselaer, Cheryl Bielkiewicz from Cohoes, Bob Gartley from Scotia, Ron Frinks from Delmar, Susan Santa Lucia from Latham, Donna Upton from Saratoga Springs, and Marge Nicoletta from Glenville, NY.

2015 Membership Renewal - Please note that membership renewal is beginning in November this year.

Please RENEW YOUR MEMBERSHIP for 2015 starting November 1st through January 31st. 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 January 31st otherwise, you will not be included in the Directory or any hotmail notifications. You can also print out a copy of the membership form from our website.

The Votes Are In

By Vera Weiss and Lea Darling

We would like to thank the 84 club members who sent in their possible convention bid votes! The AYES have it with 72, and the NAYS with 12.

Now begins the formation of a Pre-Convention committee whose goal will be to create a PowerPoint presentation to be shown at the 2015 Oregon AVA Biennial Convention. Since the Northeast has so much to offer, and we have never hosted an AVA National Convention, we want to develop a presentation to convince the Convention Delegates to choose the Northeast to host the 2017 AVA Convention. We will be asking for the participation of all our Northeast clubs to help assist us. The Northeast Clubs' PowerPoint presentation will be shown along with other state bids to the convention delegates for their vote. We are hoping that our Northeast bid will win!

In order to get the process started, our first committee meeting will be on Wednesday, November 12th at 9:30am at Lea Darling's house. Present committee members are Lea Darling, Marylou Geren, Bernie Geren, Sue Grey, Teresa Kennedy, Linda Morzillo, Jackie Reynolds, Doug Reynolds, Eileen Skinner, Joe Piffat, and Vera Weiss. These members will be discussing a PowerPoint program and the outline of needed subcommittees. We will need your support, suggestions, ideas and interested members to sign up for these subcommittees once they are formed. Please call any of the committee members with your questions.

Try This Trail . . .

For Fun, Fitness, Friendship, Food, Flying, and Facilities

by Jim Morzillo

Linda asked me to write about my favorite or memorable walks; to be included on this, my list (there is no one favorite), the walk must involve fun, fitness, friendship, food, flying, and facilities. That's a lot more "Fs" than the Volkssporting motto but we all get an unlimited number of "Fs" so why not use them?

City walks are my favorite and most that we have done are in cities we have flown to, in cabin class, or I/we have flown to in "our" airplane. The "our" refers to the others I own the airplanes with. Hey, sharing is how most of us can afford to own an airplane. Yep, nothing like partners when the bills come rolling in!

Here is a partial list, mostly in no particular order of favorite-ness (add a hyphen and make up a word that the spell check accepts), but I will leave the best for last. No skipping down the page or you will be turned into a pillar of salt! Keep in mind that most of these are a flight, or a long drive, away.

Vancouver, B.C. – nothing like a walk in a city on the water (Strait of Georgia) and near the mountains. The walk went through Stanley Park, which is a good way to see the park. The first time we were in Stanley Park we drove around and through the park and could not find a parking place. At the time we renamed it Stanley Parkless. A great Chinese restaurant made walking around Vancouver even better. We actually went to the restaurant twice. The only utensils they gave us, the first night, were chop sticks and a spoon. Hey, once you learn how to use chop sticks you just have to go back and show off your new skill, which we did the second night. Those of you who are afraid to learn to use chop sticks, not to worry. It is like riding a bike; once you learn you never forget. Good thing or would be a lot of Asian folks who would be really, really skinny. I could say a lot more about chop sticks but I will save it for an essay in the newsletter of the American Volks-Eating club. Don't bother Googling it; there isn't one, but there darn well should be.

Victoria, B.C. – wow, a walk that included a ride on a ferry boat that looked like a toy tug boat. It was about that size also. Those ferries were all around Vancouver Island and Linda really wanted to ride on one; she got her wish on the walk. Yep, the ferries looked like Scuffy the Tugboat (You can Google that, if you don't have children or grandchildren). Victoria is another water-side city. It sits north of the Salish Sea and just west of the Strait of Juan de Fuca, which forms the border of the North American and Pacific Plates of Earth's (I don't say "the earth". Heck, we don't say "the Mars," do we?), crust/top layer, and is a continuation of the San Andreas fault. Oops, are those topics for essays in the newsletters of the American Volks-Science or Volks-Proper-English clubs? Don't Google those either; I am on a Volks-Anything roll. Don't remember the

food in Victoria but the restaurant we ate in by the water was beautiful. Between Volkswalks we saw the great gardens and fireworks at Butchart Garden, maybe the best I have ever seen.

San Diego, CA. – that walk went past the zoo and we just had to take the tour. There is nothing like a 10K walk, plus a side trip through one of the biggest zoos in the country, to tire out the fittest of feet. The zoo was fun and I was with a friend who is also my wife. Personally, I don't care to have food in a zoo, as there are no facilities, for the animals. Smells kind of, hmm, you know?

Boston, MA. – we did all three walks, one that goes through Little Italy. That is a big yum, yum. There is not a sight in Boston we did not see – the three walks covered every street, I think. What a place for the headquarters of the American Volks-History club!

Cincinnati, OH – a city not on an ocean but on a river. Hey, you get to cross the river on the Purple People Bridge. You also get to walk on the top of the flood wall (maybe it is a levee?) which is not for the faint of heart – those who suffer from mild vertigo, as I do. Yep, a pilot with vertigo, which is not unusual; it is more common, statistically, in the pilot population than in the general population. Not to worry, the pilot of that 737 is taking medication to deal with his/her fear. Now I am just pulling your leg, metaphorically; I wouldn't literally pull it. Heck, I am not a physical therapist. Oh, crossing the Ohio River you get to visit Kentucky and eat at a nice restaurant, sitting on the deck overlooking the river. Yep, even from the Kentucky side it is still called the Ohio River. (Note from the friend/wife, this walk was featured in the April, 2014 newsletter.)

Hanover, NH & Norwich, VT – two cities on a river and a pretty bridge to cross the river on. It is the Connecticut River, which unlike the Ohio River, does not have its namesake state on either side of it at that point. Yep, a potential essay in the newsletter of the American Volks-River-Naming Club. What a super day it was, the day we did the walk. It included everything you could ask for on a Volkssporting day: fun, friendship, fitness, flying, food, and facilities. Stay with me on this: we drove to Saratoga County airport (5B2), flew to Lebanon, New Hampshire airport (KLEB) (This is one of my favorite airports to take student pilots to. They have root beer barrels in the candy dish and a Mercedes crew car for a drive to Friendly's, for something to eat), drove to Vermont, walked to New Hampshire, walked back to Vermont, drove back to New Hampshire, flew back to New York. Don't remember the food but, knowing us, we may have landed at the Hand Melon Farm runway (now closed), and walked to the Ice Cream Mann in Greenwich for a giant sundae. Oh, and there are great facilities on the campus of Dartmouth College, for those of you who are into Ivy League facilities. Yep, this was probably my all-time favorite Volkswalking day.

I could go on but the Volks-Wordiness-Police might get after me.



ESCV Holiday Party Walk

Saturday, December 6th

The Stockade Inn
1 North Church Street, Schenectady, NY



The Holiday Party will follow the Schenectady walk at the Stockade Inn. See the ESCV website for details.

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.

Big thanks to Pat for opening her home to us again this year.

Walk Brochure: http://walkescv.org/14Holiday_Party.pdf
[Reservation form \(click here\)](#) also found on last page of newsletter.

MONTHLY MEETING

Tuesday, November 18, 2014

6:30 PM

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!

ESCV Meetings 2015

ESCV meetings are generally held the third Tuesday of scheduled months, at the Latham Fire House, 226 Old Loudon Road in Latham at 6:30 PM.

2014: Nov 18

2015: Feb 17, Mar 17, Apr 21, May 19, Jun 25 (Note: June 25th is the 4th Thursday)

Is Walking as Good as Running?!

Seen at Saratoga Health and Wellness Center

May 2013 study by researchers at the Life Science Division at Berkeley National Laboratory looked at data from 33,000 runners and nearly 16,000 walkers to compare the relative benefits of each activity.

To be sure, both running and walking had positive effects when the researchers checked on the participants. 6 years after the start of the study they found that running significantly reduced the risk of high blood pressure (by 4.2%), high cholesterol (by 4.5%), for every MET h/d, which is a standard measure of metabolic energy expenditure. Great news right? Well, it gets even better.

Participants who walked (30 min. 5x/week) saw even better results. Walking decreased risk by 7.2% for high blood pressure, 7% for high cholesterol, 12.3% for diabetes, 9.3% for cardiovascular heart disease. The more someone walked or ran. The greater the benefit!!



An Enhanced Life - Volkssporting Did It!

By Alan Longshore

In the early 1990's I met Ron Hersh at a Country Music Show at the Altamont Fairgrounds. It was a cool rainy day but the energizing music of Brooks and Dunn was the setting for Ron to share his enthusiasm for ESCV. It was then I wanted to experience that same Fun, Fitness, Friendship.

A few years later the walks with the club reinforced our desire to pursue our interest in fitness. Along came Travelwalk led by Marion Burns and Tater Tours led by Mary Ptacek which fit perfectly into exploring AVA walks in all fifty states. Although not originally pursued for social reasons walking opened new doors for life long friendships. ESCV has become like an extended family with the things Shirley wrote about last month.

Last fall, a holiday in Bar Harbor, Maine provided a chance to visit Acadia National Park and do AVA walks in that region. The park was closed due to a fiscal crisis with no vehicles allowed to enter the park but AVA to the rescue. With the start point at the Bar Harbor YMCA we were able to enjoy the great views and walks within the park without vehicles.

After fourteen years of ESCV and AVA involvement I am looking forward many more trails to follow.

E-Mail Updates

If your e-mail has changed, let Larry Godshalk know. Lgodshal@nycap.rr.com

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.2014 AVA newsletter.

10 Events Linda Brown Denise Connelly Donna Farber	30 Events Roger Clark	50 Events Dorothy Pazinko	75 Events Joan VanAlphen	125 Events Barbara Nigro
150 Events Linda Clark	175 Events James Brown	225 Events Janice Golden	275 Events Barbara Popolizio	300 Events Mike Popolizio
325 Events Kathy Brown	425 Events Frank Edwards Nellie Georgelos Kathryn Piffat	475 Events Mary Agars Cathy Edwards	525 Events Dave Averill Marion Averill	700 Events Marie Klucina Pat Reed
750 Events Barb Kolapakka	900 Events Dave Janiga Linda Morzillo	1100 Events Natalie Smith	1450 Events John Cairns	1700 Events Eileen Skinner

Distance Milestones

1000k Barbara Nigro	1500k James Brown Linda Clark	2500k Janice Golden	3000k Kathy Brown Mike Popolizio	3500k George Agars
4500k Mary Agars Cathy Edwards Nellie Georgelos	7000k Marie Klucina	12000k Dan Schryver	14000k Linda Morzillo	

Congratulations on your accomplishments! If anyone was missed that was published in the Aug./Sept. or Oct./Nov. 2014 *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.

Congratulations to Phyllis Budka!

Last spring the editors of Union College's Alumni Magazine asked for essays about reinventing oneself in retirement. Phyllis responded by writing an article which was published in the Fall, 2014 issue of the magazine! You may read her essay by going to the website for Union College:

<http://www.union.edu/> At the top of the page on the far right, click on Alumni.

Look on the lower left side of the alumni page, find photo of the magazine with the Nott Memorial on the cover. Click on the link (the magazine picture), then use the arrows to turn the pages and you will find her on page 19. Congratulations, Phyllis!!

A Thank You From Joe & Jean

We'd like to thank all of you ESCV friends for the loving support you've shown us throughout Joe's challenging summer. Your prayers, cards, e-mails, phone calls, and visits always gave us a lift. Joe's been home since August 25th. He's still using a walker but grows stronger each day. You won't be seeing him on the trails quite yet, but we look forward to catching up with you at the club's other activities. Much love and thanks, Joe and Jean Padula

Danke schön!

I would like to thank each and everyone who in any way helped make our Oktoberfest such a huge success on Oct 18th. Thank you to all who got their order forms and money in before the cut off date. You have no idea how that helps us out. First I'd like to thank my Hubby Jim who calculates how much meat and rolls need to be ordered. Larry Godshalk and Jim are to be commended on a superb job at the grills. In the past 2 years Larry hasn't had to bring his 2 Weber cookers, and that is a PLUS!!! You are such a pleasure to work with Larry. Thanks to Pat Rousseau, Joan Van Slyke, Barb Bilins, Anne Cavosie for getting there at 8:00 to start with covering all the picnic tables. That job takes quite a bit of time, and patience, ask Barb Nigro and Alan Longshore who also tackled this job. Loueen Whalen another early bird, put her organizational skills into overtime. Jean and John Van Vranken also came early with their wagon in tow, complete with 2 5gal collapsible water jugs, 2 coffee pots, food. Ginger Ireton, Barb Nigro, Cathy McGuire, Pat Reed, were always working the crowd, just seeing what needed their attention. Thank you to all the folks who offered their help way back, and to all who I asked to do certain tasks like dragging ice, water and ice chests. A special thanks to all the folks who so generously took a bag of garbage home with them, Watsons, Gerens, Pat Rousseau, and Anne Cavosie..

I am grateful and truly appreciate all the help from each and every one of my fellow walkers. PLEASE if I forgot anyone, I am truly sorry. I may have missed a name or two on garbage detail!! All these helping hands made this such a success and fun day, with plenty to eat and drink (coffee was a blessing as was the fire pit). I almost forgot to tell you the lucky number was 114, yes 114 people, the most in the four years Jim and I have been doing it. – Kathy & Jim Brown

Birthday Wishes

Happy November Birthday to . .

John Cairns
Denise Frechette
Becky Goss
Carol Kennedy

Carol Kobuskie
Frank Lotito
Kathleen Mack
Ellen McNett

Ralph Misener
Barbara Popolizio
Eleanor Shutter
Alice Urbanski

Maureen White



Sunshine and Cards of Care

Longtime members **John Sowa, Joe Padula, Bill Hughes, Marge Shanley, Lisa Holt, and Berny Desroches** are slowly gaining strength in their daily fight to get better.

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. You can also see her at the monthly ESCV club meetings.

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.

From the Editor

Articles for the December newsletter are **due on Friday, November 21, 2014**. 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 - 384-0015

ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	lindaf.morzillo@nycap.rr.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Cathy McGuire	Cmcg51@hotmail.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
Membership & Email Updates	Larry Godshalk	Lgodshal@nycap.rr.com
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 \$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	Barbara Popolizio	mpopoli1@nycap.rr.com
Walk Development Comm. Chair	Teresa Kennedy	Forty6er3k@aol.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Historian	Dan Schryver	Dschryver@aol.com
Publicity	Pat Reed	reedpatri9@gmail.com
Purchasing	Winnie Balz	winnieeb@yahoo.com

ESCV Want Ads

Be a New Member Buddy!: Make new friends! Looking for experienced ESCV's to be buddies to new members to help them learn about Volkssporting. This involves answering questions by email, by telephone, on walks and/or a meal get-together. Matches between new members and buddies will be done by the coordinator, Kathy Brown, and will be made on a geographic basis (that is, living near each other), whenever possible. Help a new member feel welcome to our club! Please contact Kathy as soon as possible and take a new member under your wing.

Web Page Backup: Looking for a reliable person with good computer and organizational skills to shadow the club webmaster.

POC (Point of Contact): Shadow a present POC to learn how to do this essential job. POCs plan and oversee YRE/Seasonals, Traditional and Wednesday Guided Walks. Routes are already in place, person would learn how to prepare a walk box and complete quarterly reports.

To all the many, many wonderful volunteers of ESCV....

Effective November 31, 2015 there will be a challenge available that needs to be passed on to someone else. YEP, it is the position of POC for Williamstown. I think it's been about 15 years, give or take a little, that that position has been held by me with the awesome assistance of Lucy Healey. The Williams Inn is now under the management of Williams College and the Red Lion Inn Hospitality group. Many of the staff are still working there and have always gone way out of their way to assist us in anything we have ever needed. Williamstown is a beautiful, peaceful college town with wonderful places to see and eat.

So, even though it has been a wonder job being Williamstown's POC it's time for some new blood, ideas, and youth!!! In the past we have had as many as 100 +/- walkers every year from all over the USA and even Europe, including some Tater Tours bus trips.

Now you can see that I'm giving you plenty of time, but there IS a learning curve. You may feel free to change the walk route and incorporate your own ideas as long as they are approved by ESCV. The days for our two group walks is usually flexible and would be pretty much when YOU want it. So, please, volunteer to fill this upcoming position and make me happy!!!!

 *Merci*

Shirley Pingelski

e-mail: SMPing5@nycap.rr.com



- American Volkssporters Association

To Walk Committee Chairs - Please put the following on ALL walk directions as directed by AVA:

For exclusive use by AVA/IVV registered participants.
© 2014 Empire State Capital Volkssporters
For Immediate Emergency Assistance = 911
Point of Contact = J. Doe 518-xxx-xxxx
AVA Regional Director = D. Reynolds 518-229-1141



- **Northeast Region**

Doug Reynolds – Northeast Regional Director



- International Federation of Popular Sports

www.ivv-web.org/



Countdown to . . .

10.11.12.13.14

<http://walkescv.org/14walk101112.pdf>

10:11am 12/13/14

Requested Williamstown Cookie Recipes

from Shirley Pingelski

Most importantly – thank you, fellow walkers, for so many nice comments on my September Newsletter article. They warmed my heart. And also, a thank you so much to all the faithful Williamstown Walkers for taking part in that October 1 walk.

BLACK AND WHITE CEREAL TREATS

- ¼ cup butter, cubed
- 8 cups miniature marshmallows
- 6 cups Rice Krispies
- 2-1/2 cups chopped double-stuffed Oreo cookies (about 16), divided
- 1-1/3 cups white baking chips, melted

In a Dutch oven, melt butter over medium heat. Add marshmallows; cook @ stir until melted. Remove from heat. Stir in cereal @ 2 cups of the chopped Oreos. Press into a greased 13x9 baking pan. Spread melted baking chips over top; sprinkle with remaining Oreos, pressing gently to adhere. Cool to room temperature. Cut into bars.

Yield: 2 dozen

SELF-FILLED CUPCAKES

- 1 package chocolate cake mix

- 1 = 8 oz. pkg. cream cheese, softened
- 1/3 cup sugar
- 1 egg
- Dash salt
- 1 cup chocolate chips.

Mix cake according to package directions. Fill paper baking cups in muffin pans 2/3 full. Cream the cheese with the sugar; beat in egg and salt. Stir in chocolate chips. Drop one rounded teaspoon cheese mixture into each cupcake. Bake as package directs. Makes about 30.

GLAZED PUMPKIN COOKIES

For the Cookies

- | | |
|---------------------------------|---------------------|
| 1 cup butter, room temperature | 2-1/2 cups flour |
| ½ cup sugar | 1 tsp baking soda |
| ½ cup firmly packed brown sugar | 1 tsp baking powder |
| 1 cup canned pumpkin | 2 tsp cinnamon |
| 1 egg | 1/4 tsp salt |
| 1 tsp vanilla extract | |

For the Glaze

- 3 tbsp butter
- ½ cup firmly packed brown sugar
- ¼ cup milk
- 1-1/2 to 2 cups confectioners' sugar

1. Preheat oven to 350°F. Cream butter & sugars together in large bowl until light and fluffy.
2. Blend in pumpkin, egg & vanilla extract.
3. In separate bowl, stir together flour, baking soda, baking powder, cinnamon, & salt
4. Combine flour mixture with butter-sugar mixture. Drop by tablespoonsful 3 inches apart on ungreased baking sheets. Bake for 10 to 12 minutes. Removed from oven when cookies are golden brown around edges.
5. While cookies cool, make the glaze (*do not do ahead of time!*). Heat butter & brown sugar over medium heat in saucepan until bubbly. Cook, stirring constantly for 1 minute or until slightly thickened.
6. Beat in the milk. Blend in confectioners' sugar until the glaze is smooth and spreadable.
7. Use a butter knife to spread glaze on cooled cookies. *TIP: The glaze will harden fairly quickly. Work quickly.*

Volkssporters on the Go...



Lake George – 10/5/14



Photo by Linda Morzillo

Oktoberfest Walk - 10/18/14 – Photos by Linda Morzillo



ESCV Holiday Party

Hope you have saved Saturday, December 6, 2014, 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 approximately noon. The buffet will include 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 6, 2014



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 2nd**.

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

December 6th Holiday Walk

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

✂----- DETACH AND RETURN -----✂

Holiday Party Reservation Form

Send Total \$ via check made out to **ESCV** by Tuesday, December 2, 2014 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
	\$
Deadline: Tuesday, December 2nd	Total
	\$

ESCV MEMBERSHIP FORM

Revised: October 2014

➡ 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 1st are one half the annual fee through December 1st.
- ✓ Renewal starts November 1st. Renewals received after January 31st 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

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. 1st to Dec. 31st 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