



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/DECEMBER 2015

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**.

Year Round / Seasonal Group

Walks

Start time:

Wed & Sat 10 am*; Sun 1:30 pm*

Nov 7 (Sat) – Troy

Nov 11 (Wed) – Williamstown, MA

Nov 18 (Wed) – Schenectady

Jan 1 (Fri) – Saratoga Springs

One-Day Traditional Events

Nov 8 (Sun) – Albany, Pizza Party
Registration & start time: 1-1:30 pm*

Note: Our annual pizza party will take place immediately after the walk around 4:15 pm. Reservation required.

Dec 5 (Sat) – Schenectady, Holiday Party

Registration & start time: between 9-11:30 am, finish by 2:30 pm.

Note: Must finish by Noon to attend the Holiday Party. Reservations required for the Luncheon at the Stockade Inn after the walk.

Wednesday Walks

Scheduled May through August

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

Rambling Thoughts . . . by Teresa Kennedy

How lucky we were to have had three days of perfect autumn weather for the Northeast Regional Weekend held October 10 thru 12. Ninety-eight walkers in Lenox on the first day got the weekend off to a good start. Our POC, Sue Grey, did a great job laying out the route that even provided a surprise spectacular view of the surrounding area dressed in autumn color glory. Little did Sue and her trusty assistant, Vera Weiss, know they would be challenged by the Lenox Public Works Department who decided a week before the event to repave the streets and remove all the pedestrian crossing marks. The integrity of the route was maintained despite the obstacles and was fabulously marked by Linda Morzillo who proved herself worthy to be our very first official Trail Master. Congratulations Linda!

As the year winds down we can look forward to our Club's next big social occasions. The Annual Recognition Party in November, also known as the Pizza Party, will be held in Albany on Sunday, November 8th and the Holiday Party will again be at the Stockade Inn in Schenectady on December 5th. Reservation forms can be found later in the newsletter. I encourage all new members to attend as these would be perfect times to get to know one another.

Our Wednesday walk committee met recently to devise next year's schedule. While we will be offering many favorite walks again, there will be a few new routes in the mix which will be exciting. Look for the schedule at a later date. Mindful of our large groups and the varying needs of our members, the Wednesday walk POC's will be meeting in the spring to come to consensus about policies and procedures regarding the implementation of the walks so that they are safe and fun for all.

Finally, a thank you to Bernie Geren for the beautiful route through Hadley on October 3rd and especial thanks to Kathy Brown, our Oktoberfest coordinator, par excellence. Kathy is stepping down from this job after many years of a job well done, but has offered to advise the next person who assumes this role. Thanks, Kathy!

See you at the parties and happy walking everyone!

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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/



Reserve your space NOW for the Holiday Party on December 5th. Seating is LIMITED to 125. Don't be shut out.

Make your ESCV dues count for a HUGE discount.

The cost of the party is \$30, BUT ONLY \$22 FOR MEMBERS.



2016 MEMBERSHIP RENEWAL

Please note that membership renewal for 2016 is beginning THIS MONTH.

Please **RENEW YOUR MEMBERSHIP** for 2016 starting November 1st but before January 31st of 2016.

You should have received a pdf copy of the new Membership Form in a late October HOTMAIL. If you didn't, please print a copy of the membership form located at the end of this Newsletter; 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 nor will you receive any hotmail notifications. You can also print out a copy of the new membership form from our website.

<http://walkescv.org/2016ESCVMEMBERSHIPFORM.pdf>

It's Time to Return Your Incentive Program Book

By Mary Agars

Please return completed Incentive Program books to Mary Agars by December 1, 2015 if you wish to be recognized at the Holiday Party. I plan to be at the Pizza Party to collect books. Program ends December 31st. There is still time to complete 10+1 walks or more.

The Incentive Program is a way to encourage support for the Year Round and Seasonal walks. By completing ten seasonal or year round walks plus one from another club, recognition of your accomplishment will be acknowledged. These walks can be done on your own or at the Group walks scheduled by the Club.

Tater Tours Visits The Northeast

By Fr. Jack Cairns

On Wednesday, October 7th, Mary Ptacek and fifty Tater Tots arrived in Albany to begin their Fall Foliage Tour of the Northeast. Eileen and I traveled to the Radisson Hotel on Wolf Road to meet and welcome the early arrivals. At 2:00 PM we led about nineteen early arrivals on a walk in Colonie Crossing. In advance we worked out a route that would allow the group to walk to the Crossing from the Hotel and still complete either the 5 km or 10 km route. Since most of the travelers were tired, they all opted to do the shorter 5 km walk. The weather for October was beautiful.

On Thursday, October 8th, two walks were scheduled. In the morning the group was met by Doug & Jackie Reynolds, Dave Janiga, and Wayne Knapp & Kathy Mack for the Capital walk in Albany. Following the Capital walk, the group traveled to Clifton Park to participate in our Club's Seasonal walk. Eileen and I met the group in Clifton Park. As a "thank you" to Tater Tours for their support of ESCV, we presented each walker with a Northeast Regional souvenir pin and a locally grown New York State McIntosh apple from one of our local orchards. Eileen and I led about thirty-five on the 5 km walk. The heartier walkers opted to do the full 10 km walk. Once again it was a beautiful Fall day with temperatures in the 70's.

On Friday the group traveled east to do the Williamstown and Bennington walks. Once again Eileen, Linda Dunn, and I drove over to meet the group and lead them on the two walks. Unfortunately, this time, the weather did not cooperate – it rained all day. However, being a hearty group, they were undaunted and trekked on through the wet weather.

In doing four of our Club walks, ESCV received a check for \$612.00 from Tater Tours (51 walkers x \$3.00 per walker). Each of the four YRE/Seasonal walks was credited \$153.00 – a great boost to this years numbers. Comments from the group were very positive. They enjoyed the walks so much that Mary Ptacek is planning to return again in 2017.

E-Mail Updates

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



17th Annual Walk & Pizza Party

Sunday, November 8th

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



Walk Brochure: <http://walkescv.org/15pizzaalbany.pdf>
Pizza Reservation Form: <http://walkescv.org/15registrationpizza.pdf>

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

Deadline to place party reservation is Monday, November 2nd

Lenox Walk... A Spectacular Day!

By Sue Grey

We were blessed with spectacular fall colors for our Lenox walk in the Berkshires in October. Ninety-eight walkers enjoyed the lovely weather and the quaint town of Lenox, Massachusetts. The 10 km walkers hiked up to Kennedy Park for a walk in the woods to a beautiful overlook at the top. I want to thank my many helpers... Vera Weiss for measuring the walk and helping decide on the route. Linda Morzillo for the great marking of the trail, and George Agars for manning the checkpoint. Also, Jackie and Doug Reynolds and Teresa Kennedy who did the pre-walk and helped with the directions. The walk would not be a success without their help.

Hotmail Information

Emily Koch has experienced a technical difficulty with her IP address which is looking more and more fatal. Because there is no "live" Google support person to help solve the problem, Eileen Skinner has temporarily volunteered to send out the hotmail announcements until we can get Emmy back on board. All hotmails will be sent out on Mondays, so you need to get your information to Eileen by Sunday evening. Her email address is efskinner@aol.com. Remember that Eileen does not compose the hotmail text so it is up to the writer to send her a completed message. If anyone has any IP address fixing skills, please contact Emmy and Eileen.



ESCV Holiday Party Walk

Saturday, December 5th

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/15Holiday_Party.pdf
Party Reservation: <http://walkescv.org/15registrationholiday.pdf>

Reservation form on page 8 of newsletter.

Event And Distance Milestones

Attention new members: A benefit of joining our national organization, AVA, is seeing your name and walking accomplishments in the bimonthly edition of the AVA's newspaper "*The American Wanderer*" once you have submitted your completed event and distance books to the national headquarters in Texas.

The milestones below are from the August/September and October/November issues of *The American Wanderer*.

Event Milestones

10 Events Mary Hodge	30 Events Arlene Camp Donna Farber	50 Events Chris Yost	75 Events Carol Loeber
150 Events Kathy Gizzi Gail Ostrander	225 Events James Brown	375 Events Mike Popolizio	400 Events Kathy Brown
475 Events Frank Edwards	575 Events Dave Averill Marion Averill	600 Events Mary Sorell	700 Events Alan Longshore
750 Events Pat Reed Doug Reynolds Jackie Reynolds	800 Events Barbara Kolapakka	950 Events Linda Morzillo	1800 Events Eileen Skinner

Distance Milestones

500 km Carol Loeber	1500 km Kathy Gizzi	5500 km Dave Averill Marion Averill	6500 km Mary Sorell
7000 km Alan Longshore Jackie Reynolds	7500 km Doug Reynolds	8000 km Barbara Kolapakka	19,000 km Eileen Skinner

If you were listed in the milestones section of either of the two issues noted above and your name is missing, send an e-mail to Barbara Kolapakka at bkola67@gmail.com and a correction will be made in the next newsletter.

Membership

by Larry Godshalk – email: lgodshal@nycap.rr.com

Three new members joined the club in October which brings our active member list to 297. Please welcome the following new members when you see them on the trail: **Rachel** and **Thad Trier** of Ballston Lake and **Karen Seminary** of Albany.

Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laural@gmail.com. They are available with either a magnet or pin back for \$8.00. If you would like it mailed to you, please add \$3.00.

From the Editor

Articles for the January/February newsletter are **due on Friday, January 15, 2016**. 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

Birthday Wishes

Happy November Birthday to . .

John Cairns
Maureen Chiappe
Linda Dunn
Denice Frechette
Carol Kennedy

Carol Kobuskie
Arden Lawand
Frank Lotito
Kathleen Mack
Ellen McNett

Ralph Misener
Sharon Morris
Barbara Popolizio
Carol Perrott
Eleanor Shutter

Alice Urbasnski
Maureen White

Happy December Birthday to . .

Linda Brown
Linda Clark
Sieglinde Dugan
Carol Farrar
Karen Flewelling
Susan Forster

Gayle Fountain
Marylou Geren
David Golden
Marie Klucina
Joyce Lavery
Carolyn McLoughlin

Grace Mueller
Norene Persch
Kathryn Piffat
Eileen Sowa
Candace Toly
Rachel Trier

Katherine Walsh
Arlene Welkley
Christine Yost



Sunshine and Cards of Care

Please let our **Sunshine Secretary Kathy LeRoux** know if you hear of anyone in our club who is recovering from illness or surgery, Kathy will also send congratulations to club members for individual achievements they may be celebrating. Kathy can be reached at home by phone 438-1947 or email kleroux1@nycap.rr.com.

MONTHLY MEETING

Tuesday, November 17
6:30 PM

Latham Firehouse
226 Old Loudon Road, Latham
All are welcome!

ESCV Club Contacts

Office / Committee	Name	e-mail
President	Teresa Kennedy	Forty6er3K@aol.com
Vice President		
Secretary	Chris Yost	cyost@nycap.rr.com
Treasurer	Warren Lavery	warrenlavery@gmail.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 \$3 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

Office / Committee	Name	e-mail
Publicity	Pat Reed	reedpatri9@gmail.com
Purchasing	Winnie Balz	winnieeb@yahoo.com
Trail Master	Linda Morzillo	lindaf.morzillo@nycap.rr.com

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- American Volkssporters Association

www.ava.org

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- Northeast Region

Betty Green – Northeast Regional Director www.avaclubs.org/NE_RD/

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- International Federation of Popular Sports

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

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WARM CAULIFLOWER SPREAD

*from the kitchen of Lea Darling
(served at the 2015 Oktoberfest)*

4 cups florets, no bigger than 1 ½ inches long
 2 Tbsp olive oil, plus more for drizzling
 ½ tsp kosher salt
 4 oz softened goat cheese
 ½ tsp freshly crushed pink peppercorns, divided. (I used black because that is what I had.)
 1 Tbsp chopped chives
 1 Tbsp chopped parsley

Preheat oven to 450°F. Toss cauliflower in large bowl with 2 Tbsp olive oil and salt. Arrange in a single layer on rimmed baking sheet: bake 10 minutes. Toss with a spatula, rotate baking sheet: bake 10 minutes more until deeply golden brown and tender.

Remove from oven, cool slightly. Transfer to a food processor bowl. Add goat cheese and 1/4 tsp of peppercorns: pulse until smooth. Stir in chives and parsley. Transfer to serving dish, drizzle with oil and remaining peppercorns. Serve with chips for dipping (I used pita chips.) Enjoy!

ESCV Want Ads

POCs: Learn how to administer a Traditional, Year Round (YRE) or Seasonal walk. Shadow a present POC to learn the necessary tasks to be completed as the POC of one of our walks. Many of our POCs have been administering certain walks for years and would like to “retire.” Working with a present POC of a YRE or Seasonal walk for several months is a great opportunity for new members to learn about how our walk system works. New POCs are needed for Saratoga National Historical Park (the Battlefield) and Clifton Park.

Candidates for Vice President of ESCV: Co-Vice Presidents are welcome. The two main tasks of the Vice President are to fill in for the President when needed and to plan, formally sanction and work with the POCs of the seven or eight Traditional Events each year. Three of these walks (Oktoberfest, Pizza Party and Holiday Party), take place at previous locations and are therefore “established.” The vice president is normally, but not necessarily, a member of standing committees. It is desired, but not required, that the Vice President become the succeeding President. We need YOU!

Volkssporters on the Go...



Hadley Walk and Oktoberfest – 10/3/15

Photos by Linda Morzillo



Lenox and Bennington – 10/10 – 10/12/15

Photos by Linda Morzillo



ESCV Holiday Party

Hope you have saved Saturday, December 5, 2015, 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!

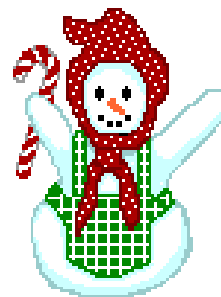
Saturday, December 5, 2015



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 1st.**

Note: The Stockade Inn has limited us to 125 attendees.

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

December 5th 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 1, 2015 to:

Bernie Geren
19 Jullia Circle
Mechanicville, NY 12118

Member's Name & Phone Number	Member \$22
	\$
Non-Member's Name & Phone Number	Non-Member \$30
	\$
Deadline: Tuesday, December 1st	Total
	\$



EMPIRE STATE CAPITAL VOLKSSPORTERS

MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year

Membership Type:

☐ **Single (\$10)**

☐ **Family (\$18)**

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.

PLEASE PRINT CLEARLY

Name: _____

☐ New Member / ☐ Renewal

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

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

What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer**? Yes / No

NEW members choose which type of ESCV Car Window Decal **you'd like**: ☐ Inside / ☐ Outside

Name: _____

☐ New Member / ☐ Renewal

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

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

What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer**? Yes / No

NEW members choose which type of ESCV Car Window Decal **you'd like**: ☐ Inside / ☐ Outside

Larry Godshalk, Membership Chairman - Questions? 518-399-6041; LGodshalk@nycap.rr.com



PLEASE READ:

New Members:

- **New** memberships after September 1st are one half the annual fee through the end of the year.
- "New Walker Program" packets are an **additional** \$10. (New Walker Program packets include EVENT and DISTANCE booklets, walk coupons, etc.)

- If a new member, how did you hear about us? _____

- **NEW members** will receive a ESCV Car Window Decal. Choose if **you'd like** one for Inside (for un-tinted windows) **or** Outside (for tinted windows).

Renewal:

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.

Snowbirds:

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 ensure you receive mailed club booklets**.

☐ Winter address on back

E-Mail:

To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address.

Volunteer:

Circle areas you would like to help out:
Registration at walks, Developing new walks,
Programs, Spring Picnic, Oktoberfest,
Pizza Party, Christmas Party,
Where Needed (there are many other jobs).

Payment:

Make check payable to **ESCV**:

Single Membership \$10

\$ _____

Family Membership \$18

\$ _____

(New members joining Sept. 1st to Dec. 31st are one half the annual fee through the end of the year.)

"New Walker Program" packet \$10 (*optional*)

\$ _____

Total Enclosed: \$

Mail this form and check to:

ESCV Membership

PO Box 5464

Clifton Park, NY 12065-5464

Date Submitted: