



# 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

SEPTEMBER 2016

## 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*	
Sep 7 (Wed) – Scotia	
Sep 14 (Wed) – Clifton Park	
Sep 19 (Sat) – Saratoga Springs	
Sep 25 (Sun) – Albany (Historical)	
Oct 1 (Sat) – Johnstown	
Oct 5 (Wed) – Caroga Lake	
Oct 9 (Sun) – Bennington, VT	
Oct 12 (Wed) – Saratoga Nat. Park	
Oct 19 (Wed) – Williamstown, MA	
Oct 22 (Sat) – Cooperstown	
Oct 26 (Sun) – Lake George	
Oct 30 (Sun) – Saratoga Spa Park	
Nov 5 (Sat) – Troy	
Nov 13 (Sun) – Albany/Colonie Crossings	
Nov 16 (Wed) – Schenectady	

## One-Day Traditional Events

- Sep 10 (Sat)** – Little Falls (In conjunction with their Garlic Festival) Starts at 10am-12. Finish by 3pm.
- Oct 15 (Sat)** – Greenwich (Oktoberfest) Starts at 9-11am. Finish by 2pm.
- Nov 6 (Sun)** – Albany (Pizza Party) Registration 1pm; group walk at 1:30
- Dec 3 (Sat)** – Schenectady (Holiday Party) Starts at 9-11:30am. Finish by 2:30

## 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.

\* \* \* \* \*

Contact Us At:

Empire State Capital Volkssporters  
PO Box 5464  
Clifton Park, NY 12065-5464

www.walkescv.org/



## Rambling Thoughts . . . by Teresa Kennedy

Our fabulous Wednesday walk program is about to come to an end and all POC's, leaders, sweepers, and stampers are to be commended for a job well done. I would like to single out **Bernie Geren** for making up all the walk packets which include the stamp, instructions, and accounting forms and seeing that they got delivered to the POC's. With 18 walks on the schedule, it is a noteworthy example of an important job that goes unnoticed by the general membership. Thank you Bernie and thank you one and all who made the program for 2016 another great success.

Let's now look ahead to autumn or better yet to the following pages in the newsletter where you will find information about our traditional events in Little Falls and Greenwich with Oktoberfest information. Our bus to Salem on September 27 has a few more seats so we have included the registration form again in this issue. The Piffats are looking forward to our arrival.

*Happy walking!*

## Important Notices:

- **Last Wednesday Walk** – Come to Schoharie Crossing for the last Wednesday walk of the summer. Due to the reduced daylight hours at the end of August, **the only walk of the day starts at 9:30am**. The Erie Canal exhibit in the Visitor Center will be a good way for the 5K walkers to spend time waiting for the 10Kers to return. The staff at the Visitor's Center will have picnic tables for us to use after the walk. It has become a tradition to have bring your own lunch after the last Wednesday walk each year.
- **Bus Trip** – Registration form for bus trip on September 27 to Salem, MA is available on the last page of this issue.
- **Hotmail** – Send all hotmails to Eileen **by Sunday night** for announcements related to the week. There will only be one hotmail per week to the membership
- **"Checkpoint"** – Available via e-mail to all club members who request it. To receive an electronic copy of the *Checkpoint* send us an email to the attention of Samanta requesting that you be put on our distribution list for the *Checkpoint*. Please note on the subject line: Request for Checkpoint. Send your request to [www.intern@ava.org](mailto:www.intern@ava.org)



## Traditional Walks Resume In September

By Barbara Kolapakka

Summer is coming to a close and so is our ever popular Wednesday walk program. But don't despair: we have four traditional walks coming up this fall.

On September 10 travel up the Thruway (one hour from Schenectady) to Little Falls. This historic canal town on the Mohawk will welcome us to walk and also attend their annual **Garlic and Herb Festival** whose motto is "eat, stink and be merry!". Both the 5 and 10 km routes will take you out on the old towpath along the Erie Canal where you'll cross Lock 17, the highest lock on the canal and once the highest lift lock in the world, to a rail trail that will return you to town and the festival. 10K walkers will also see the business district and lovely old Victorian homes reflecting the town's status as the cheese capital of the United States in the 19<sup>th</sup> century and a busy manufacturing town through the first half of the 20<sup>th</sup> century.

The remainder of the fall season will revolve around the fourth "F" for volkswalkers: Food.

On October 15 we'll return to Christ the King Spiritual Life Center in Greenwich for our annual **Oktoberfest**. This beautiful setting in the rolling hills of Washington County will provide you with plenty of autumn views. The route is on trails and roads throughout the Center's property and you may get a chance to view the cashmere goats and their canine guardians at St. Mary's convent. Then sit down for bratwurst, knockwurst, and hot dogs along with accompanying dishes at the comfortable pavilion.

November means more than turkey; it also means pizza, at least on the first Sunday, November 6, when we gather at St. Andrew's Episcopal Church in Albany for our annual **Pizza Party**. We'll work up an appetite with a walk in the residential areas of Albany and then return for the party where we'll also recognize those members who have achieved awards for completing walks in 50 States/51 Capitals.

On December 3 we'll close out the traditional season with our annual **Holiday Party Walk** in Schenectady with its ever popular cookie stop. Afterwards we'll gather for our holiday luncheon at the Stockade Inn.

All of the food events require pre-registration for the meal. Forms will be available online at our club website.

And check out the brochures for our traditional walks on our website as well. Arden Lawand is our new brochure designer and has used her graphics skills to produce outstanding brochures.



**Oktoberfest Walk & Party**  
**Saturday, October 15, 2016**

Christ the King Spiritual Life Center  
575 Burton Road, Greenwich, New York 12834



Hot dogs, knockwurst, and bratwursts will again be served. The cost is **\$6.00 per person**.

Please bring your favorite dish to share with everyone. Electric outlets are NOT available.

The reservation form can be found in the back of newsletter or by clicking on the link below. The form must be returned by **September 28, 2016**.

NOTE: There is **NO pre-registration for this walk**. Your walk fee is payable upon arrival at the registration table.

*Sue Grey and Ginger Ireton, chairpersons*

Oktoberfest Walk Brochure: <http://www.walkescv.org/16Greenwich.pdf>

**Party Reservation:** <http://walkescv.org/16registrationoctober.pdf>

## Positive Personal Narratives

Betty Green, our NERD is collecting brief narratives from AVA participants who would like to share how being a volkssporter has benefitted them. These reasons might include being with other people, exercise, recovery from illness or injury, a sense of purpose or a way to get out of the house. Send your response to [bettyg52@gmail.com](mailto:bettyg52@gmail.com) and include AVA: Positive Personal Narratives in the subject line.

Let's publish our own club members responses in the next issue of our newsletter. When you submit your response to Betty Green, cc a copy to Ellen Brown, newsletter chairperson. Her newsletter email is [gorow1010-escv@yahoo.com](mailto:gorow1010-escv@yahoo.com)

## Looking Ahead to the 2017 AVA Convention in Montana



### **20th AVA Biennial Convention in Billings**

*By Sherry Sayers, President, Woodland Wanderers, Woodland Park, Colorado*

Planning is underway for the AVA's 20th Biennial Convention in Billings, Montana, June 7-9, 2017. We have planned two pre-convention walks, three convention walks in Billings, and two post-convention walks, plus a swim and bike event that will be available anytime.

The convention hotel is the Billings Hotel and Convention Center located at 1223 Muldowney Lane, exit 446 off I-90. The hotel is locally owned and presents a great feel of being in Montana, with overstuffed leather armchairs, wonderful art and down-home friendliness.

We have opened it up for reservations using the **Special Code AVA617**. Nights are available from Tuesday through Friday, June 6-9, 2017. The room rate is \$89 + room taxes (no sales tax in Montana, but you know government!). There are only 200 rooms for our group available on Wednesday and Thursday, and 100 on Tuesday and Friday. The hotel is pet friendly (\$25), but has no elevator. They have waterslides in the pool (will that count as distance for the swim event?), a lounge and a cafe.

Go to [www.billingshotel.net](http://www.billingshotel.net) for more information on the amenities available during our stay and to make your reservation. You can also call them, 406-248-7151 or 1-800-537-7286. Note, breakfast is not included, but they have a wonderful cafe available.

There are numerous other lodging alternatives in Billings, as well as an abundance of restaurants, coffee shops, Rimrock Mall, Cabela's, museums, ZooMontana, and 36 miles of hiking trails, which include the Yellowstone River, Swords Rimrock Trail high above the city on the bluffs and many other points of interest. There are three campgrounds available. Check out Billings at [www.VisitBillings.com](http://www.VisitBillings.com)

Billings' elevation is 3,567 feet. The average temperature is 32 degrees in January and 86 degrees in July. Average snowfall is 56 inches. Locals joke that "you can ski, golf and fish all in the same day." Surrounding Billings are three refineries that produce 180,000 barrels of oil a day that is distributed to nine western states. Agriculture is the #1 industry in Montana, with wheat, corn, barley, and sugar beets the main crops raised.

Even though Billings is the largest city in Montana, it is a small town (104,000), but has all the amenities to host our convention. Billings is served by Allegiant, Alaska Air, Delta, United, and Cape Air Airlines. Go to [www.flybillings.com](http://www.flybillings.com) to make your arrangements. If you are driving, we are recommending you start your journey at Crazy Horse the first weekend in June, then head over to Buffalo, Wyoming for the first pre-convention walk on Monday, June 5.

Stay tuned for more information in *The American Wanderer* and on our web site, <http://2017AVAConvention.org> for updates as they become available or send an email to [info@2017AVAConvention.org](mailto:info@2017AVAConvention.org).

Hope to see you there!

Convention Website: <http://www.2017avaconvention.org/index.html>

The July Newsletter - <http://2017avaconvention.org/docs/Newsletter-July2016.pdf>

The following article was written in response to a piece on walk fees which appeared in the August/September issue of *The American Wanderer*. We are hoping Linda's submission will be published in the next issue of TAW.

### **It's Time for a Serious National Discussion Regarding Free Walkers!**

By Linda Morzillo

I read Jerry Wilson's article in TAW about his observations of the discussion at the RD meeting in regard to raising walk fees. I am writing this as an individual, my opinions do not necessarily reflect those of my club or those of the NE Region on this issue, although my club and I are of the same opinion.

There is a topic that Jerry did not address in his article which has an absolutely HUGE bearing on AVA's finances. I shake my head every time I think about this topic – which is free walkers. I truly believe that if every club pays \$1.25 for every single participant, AVA would be in a much better financial position.

Our past NE director, Doug Reynolds, calculated the vast amount of financial support lost by allowing clubs to forgo paying \$1.25 for every single walker. For the AVA Budget Year 2014-15, the count of free walkers was: YR/SE = 12,133; TE = 22,349; TOTAL = 34,482 @ \$1.25 = \$43,102.50. By requiring that every club submit \$1.25 for every single registered participant, there would be absolutely no need to even consider raising the walking fees for those who are already carrying the heavy burden of purchasing record books plus paying the \$3 participation fee. The people making the decision to continue participation by free walkers are doing a disservice to AVA, its affiliated clubs and the paying participants of our wonderful events.

The Empire State Capital Volkswalkers (ESCV, Albany, NY), a very successful club of which I am the immediate past president, charges \$2.00 for each noncredit walker because our club pays AVA the \$1.25 assessed for every single walker. With the exception of noncredit participants under the age of thirteen, we have no free walkers. The funds are essential for the continued existence of AVA; the money is used for AVA expenses. Every walker is afforded the SAME available protections and opportunities because they have signed in to participate in an ESCV event sanctioned by AVA.

Clubs could still choose to have free walkers; the \$1.25 for AVA can come from the club treasury or the donation jar or a bake sale.... I do not believe this would dissuade people from participating in AVA sanctioned events. It would be the decision of each club to decide HOW to fund \$1.25 to AVA for each participant.

The rules need to be CONSISTENT for EVERYONE, whether a club or an individual participant. That is, every walker needs to be assessed \$1.25 to pay AVA, whether or not they pay out of their own pockets. This \$1.25 for each walker helps to pay for the club's insurance and to help insure that the hard-working people at AVA headquarters can continue to support individual clubs.

I believe the system as it is now is unfair to both clubs and individuals who do their fair financial part. Yes, ESCV gives to the Big Give. Yes, every participant of an ESCV event pays \$2 (noncredit) or \$3 (credit). We do it gladly because we want to support this great club, AVA and for what they stand for.

I wrote this because I know the free walker issue is a huge component to a positive financial future for AVA. I hope that those who are resistant to change will think long and hard about this inequity keeping in mind that each club would make an independent decision about HOW to fund the \$1.25 to AVA for each participant. Jerry rightly stated that all of us are victims to increasing fees whether it is for golf, cable TV or an item at the coffee shop. These increases generally do not dissuade people from playing golf, watching TV or enjoying their drinks and treats. ALL golfers are paying green fees, ALL cable TV customers pay for their broadcasts, ALL coffee customers are paying for their drinks and treats and ALL walkers NEED to help pay the expenses of the organization that supports our endeavors.

#### **E-Mail Updates**

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

## National Park Service Centennial

By Linda Morzillo

On August 25, 2016, the National Park Service celebrated its 100<sup>th</sup> year anniversary! What better way to commemorate this important milestone than to take young people on a Volkswalk at places that are our National Treasures! We all consider a Volkswalk as an excellent way to see and learn about a place and our National Parks are no exception. We had the opportunity to do just that with our son, Andrew, daughter-in-law Jill and grandson Brendan at our country's first National Park, Yellowstone, established on March 1, 1872. Yes, in less than six years, Yellowstone will be 150 years old!



Before August 25, 1916, our National Parks were administered by the Department of the Interior, the War Department and the Forest Service of the Department of Agriculture. There was a need for a unified system and President Woodrow Wilson established the National Park Service. President Franklin Roosevelt, by Executive Order in 1933, further expanded the National Park Service's responsibilities. Succeeding presidents and Congress have established many more units for us to visit. As of today, there are 412 places administered by the National Park Service!



LINDA MORZILLO WITH HER GRANDSON  
BRENDAN AT THE TOP OF MT. WASHBURN.

## Event and Distance Milestones

By Barbara Kolapakka

Congratulations to all our members who completed event and/or distance milestones published in *The American Wanderer*. The achievements below are from the April/May through August/September issues. If your name was in the milestones listed in those issues and is not included below please e-mail Barbara Kolapakka at [bkola67@gmail.com](mailto:bkola67@gmail.com) and it will be noted in the next listing.

### Event Milestones

<b>10 Events</b> John Shaw	<b>50 Events</b> Rachael Trier Thad Trier	<b>100 Events</b> Carol Loeber	<b>175 Events</b> Chris Yost
<b>200 Events</b> Ginger Ireton	<b>450 Events</b> Karen Watson	<b>500 Events</b> Frank Edwards	<b>525 Events</b> Rita Gavin
<b>575 Events</b> Ann Misener	<b>800 Events</b> Pat Reed	<b>850 Events</b> Winnie Balz	

### Distance Milestones

<b>1000 km</b> Arlene Camp Ginger Ireton Carol Loeber	<b>3000 km</b> Janice Golden	<b>4500 km</b> Rita Gavin	<b>5000 km</b> Nellie Georgelos
<b>6000 km</b> Dave Averill Marion Averill	<b>17,000 km</b> Jack Cairns	<b>20,000 km</b> Eileen Skinner	

## Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at [sheldon.laura1@gmail.com](mailto:sheldon.laura1@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 \$1.00.

## Membership

by Larry Godshalk – email: [lgodshal@nycap.rr.com](mailto:lgodshal@nycap.rr.com)

We have had four new members join the club over the last couple months. These new members bring our 2016 active membership to 286 members. Please welcome the following new members when you see them on the trail: **Beth Baumert** of Ballston Lake; **Cindy Berard** of Schenectady; **Theresa Kovian** of Amsterdam; and **Christine Wolff** of Fonda.

## From the Editor

Articles for the October newsletter are **due on Friday, September 16, 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](mailto:gorow1010-escv@yahoo.com) - 384-0015

## Birthday Wishes

### Happy September Birthday to . . .

Mary Agars  
Winnie Balz  
Shirley Bold  
Suzann Burke  
Denny Cottrell  
Rita Gavin  
Paula Grudecki

Marie Healy  
Sue Hess  
Linda Kleinke  
Annette Kovic  
Joan Muir  
Debra Newhart  
Linda Nowak

Jane Pattison  
Charlotte Phillips  
Joseph Piffat  
Barbara Piliere  
Edrie Pregent  
Mary Ellen Putnam  
Patricia Rush

Beth Snyder  
Carol Sorensen  
Trudi Thun  
Annalisa Van Avery  
Mark Zwinak



## Sunshine and Cards of Care

Our condolences were sent to the family of longtime ESCV club member **Claire Hard** who passed away July 25.

A get well card was sent to Rosemarie McLean.

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](mailto:kleroux1@nycap.rr.com).

## MONTHLY MEETINGS

6:30 PM

September Meeting – Tuesday, September 20

Latham Firehouse  
226 Old Loudon Road, Latham

*All are welcome!*

## ESCV Club Contacts

Office / Committee	Name	e-mail
President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Vice President	Rachel Trier	<a href="mailto:racheltrier@yahoo.com">racheltrier@yahoo.com</a>
Secretary	Chris Yost	<a href="mailto:cyost@nycap.rr.com">cyost@nycap.rr.com</a>
Treasurer	Warren Lavery	<a href="mailto:warrenlavery@gmail.com">warrenlavery@gmail.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:EF Skinner@aol.com">EF Skinner@aol.com</a>
Name Tag Orders	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$1 for mailing; Laura can be reached at 886-1841 or by E-mail at <a href="mailto:sheldon.laura1@gmail.com">sheldon.laura1@gmail.com</a>
Wednesday Walk Coordinator	Sue Burke	<a href="mailto:svburke@nycap.rr.com">svburke@nycap.rr.com</a>
Traditional Events Coordinator	Barbara Kolapakka	<a href="mailto:bkola67@gmail.com">bkola67@gmail.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>
Trail Master	Linda Morzillo	<a href="mailto:lindaf.morzillo@nycap.rr.com">lindaf.morzillo@nycap.rr.com</a>

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The following article appeared in the August/September 2016 issue of *The American Wanderer*. Walk ratings can be confusing so the information provided by Robert and Suzanne Wright will be particularly helpful to new volkssporters.

### Tips for Volkssporters

## How Does Your Volkssport Experience Rate?

© 2016, Robert C. Wright and Suzanne Wright, RN

Are you satisfied with your volkssport experiences?

After all, the AVA has a trail rating system (1-5 for incline, A-E for terrain). Event advertising tells you if routes accommodate strollers, wagons, wheelchairs, and pets.

But there's more to having good experiences than that. How could you maximize your experiences? Use many resources.

### Start with Volkssport Websites and Brochures

You'll find much information there.

What to look for? If you have an interest in an AVA special program, you'll find that information here.

And for example,...

### By the Numbers and Letters

Like flat, hilly, or mountainous? Like paved, gravel, or sand? The AVA's trail ratings help ([http://ava.org/Trail\\_Ratings.php](http://ava.org/Trail_Ratings.php)).

What about scenery, history, activities for children? These pairs don't address those. So,...

### Read Route Descriptions

Some clubs provide concise descriptions of their routes. Sights and sites of interest—architecture, nature, shade, museums, etc.

### What's in a Name?

Some club names are telling.

The Four-Plus Foolhardy Folks in Washington State live up to their name—its walks are rated 4+ under the AVA's previous rating scheme.

Places hold clues too. States in the Rocky Mountains have high altitudes. In the Southwest it's often hot. The north experiences four seasons—changing scenery and snow in winter.

**Use Google Earth or Topo Maps**

Plug an event start address into Google Earth to see what the area looks like.

Topo maps show how steep, or not, the terrain is. Word of caution—one of the most gradual hill climbs I ever made was up the steep-sided Mosel Valley in Germany thanks to gradually rising vineyard paths.

**More on the Web**

Don't limit yourself to AVA and club websites. The web at large will yield more.

- The National Park Service's Register of Historic Places (<https://www.nps.gov/nr/research/>) has catalogued many of its sites so you may read about what you saw (if directions don't share that information).
- Local tourism sites highlight their bests, which may be on your route or would be great other things to do in the area. (Some club websites include these links.)

**Looking for Something Special?**

Don't overlook the AVA website's Multi-Event Calendar. Somewhat a misnomer, it lists multi-day events *and* events that are popular destinations—many have special appeal, such as walking up to the Crazy Horse Memorial in South Dakota, the Columbia River Gorge along the Oregon-Washington line, and festivals.

**Read *The American Wanderer***

The AVA's bimonthly newspaper (available only as part of your life or annual Associate membership) contains many articles on events past and future. The stories could be the inspiration for a future adventure.

**Talk with Fellow Volkssporters**

Finally, listen to what your fellow Volkssporters are saying. Trips and destinations; popular, and unpopular, spots; where to find tasty refreshments and craft beers. Use your network, and what's on Facebook. Take what they offer; share your own experiences.

Follow these leads and you'll find all kinds of experiences you seek in what AVA-sanctioned IVV events offer.

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**- Northeast Region**

Betty Green – Northeast Regional Director [www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)

\* \* \* \* \*



**- International Federation of Popular Sports**

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

\* \* \* \* \*

**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 traditional walks in 2017 and next summer's Wednesday walk schedule.



**Volkssporters  
on the Go...**





**Schenectady Walk – Wednesday, June 29**

*Photos by Linda Morzillo*



**Rensselaer Walk – Wednesday, July 6**

*Photos by Linda Morzillo*



**Ballston Spa Walk – Wednesday, July 20**

*Photos by Linda Morzillo*





**Malta Tech Park Walk – Wednesday, July 27**

*Photos by Linda Morzillo*



**Saratoga East Side Walk – Wednesday, August 3**

*Photos by Linda Morzillo*



**Support the Organizations that Help Make Our Walks More Colorful**

One of our new members, Arden Lawand, joined ESCV last summer and has recruited several friends of hers. They are all either Schenectady County Cornell Cooperative Master Gardeners or members of the Friends of the Greenhouse (Central park, Schenectady NY). As volunteers, they are holding a fall plant sale on Saturday, September 17 from 10am-2pm at the Greenhouse located next to the tennis courts on Ptl. Arthur Chaires Lane, Schenectady.

*Friends of the*  
**Greenhouse**

**FALL PLANT SALE**

**Saturday September 17, 2016**  
**10 am - 2 pm**

Schenectady Central Park Greenhouse & Sustainable Living Center  
Located next to the Central Park Tennis Courts, 190 Ptl Arthur Chaires Lane

– **Gorgeous Fall MUMS** –

- Hardy Perennial Plants from Shades of Green
- Plant Divisions from the Master Gardeners • Soil Testing
- "Ask the Master Gardener" Information Table

– **Raffle Prizes** –

No credit cards – cash or check made payable to Friends of the Greenhouse

*Come and see what we are all about.*  
Join the greenhouse and gardens.  
Proceeds will be used for greenhouse upgrades and maintenance.



# Oktoberfest

**ESCV Oktoberfest Party  
Saturday, October 15, 2016**

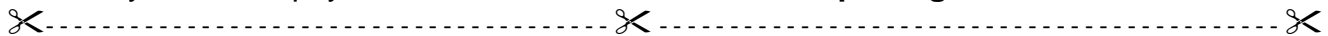
Christ the King Spiritual Life Center  
575 Burton Road, Greenwich, New York 12834

This year's Oktoberfest is being held on Saturday, October 15, 2016 at Christ the King Spiritual Life Center in Greenwich, NY. Sue Grey and Ginger Ireton are serving as chairpersons.

Hot dogs and Bratwursts will again be served along with rolls, soft drinks, and condiments. The cost remains at **\$6.00 per person**. Please bring your favorite dish to share with everyone.



Please complete the reservation form and return to Sue Grey by **September 28, 2016**. Make your check payable to **ESCV**. Note: There is **NO pre-registration for this walk**.



***Oktoberfest Party on Saturday, October 15, 2016***



Please send check made out to ESCV by September 28, 2016 to:  
Sue Grey  
134 Acorn Drive  
Glenville, NY 12302

Oktoberfest Food Reservation for: Name and Phone Number	\$6 per person	Mark your choice (X)		
		Hot Dog	Knock-wurst	Brat-wurst
1				
2				
3				
4				
5				
Grand Totals	\$			

In order to be sure that enough selections of food are available to everyone, we ask that you note on this form the food you would like to bring. As always, sauerkraut is a favorite. If we are lacking in any group, we will contact people for needed contributions.

1. Appetizers ( )      2. Salads, Pasta dishes, etc. ( )      3. Desserts ( )      4. Sauerkraut ( )

**Deadline is Thursday, September 28, 2016**



## **ESCV Bus Trip to Salem, MA**



- Date:** Tuesday, September 27, 2016
- Time:** 7:30 a.m. departure; return to Albany at 8:30 p.m.
- Transportation:** Brown Coach
- Pick Up Spot:** Crossgates Mall - Outer Parking Lot across from JC Penney's
- Cost:** \$40.00 per person (includes bus, driver tip, and walk fee)

**Details:** Join ESCV on a trip to Salem to walk the Year Round walk sponsored by the Two Town Walking Club, home club of the Piffats. Joe and Barbara will be meeting us and walking with those who want to walk as a group. As always, there is a choice of a 5 or 10 km walk.

There is much to see along the route, including Nathaniel Hawthorne's House of Seven Gables, the Witchcraft Museum, the Derby Wharf Lighthouse and Maritime National Historic Site, and the Peabody Essex Museum. At the time of our visit, the museum will be hosting an exhibition of the American Impressionist Childe Hassam. The Museum also has a massive collection of global art and artifacts, including a rebuilt Qing-era Chinese house.

**Special Programs:** Boardwalks, Food for Thought, Fraternal Organization, National Parks Centennial Challenge, National Register of Historic Places, Take a Walk in a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A-Z, You'll Never Walk Alone.

**Sign Up:** RSVP by returning the sign-up sheet below. We expect this trip to be popular, and reserved spaces will be on a first-come, first-served basis. **Make check payable to ESCV.** (No refunds unless there is a waiting list.)

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***ESCV Trip to Salem, MA – Tuesday, September 27, 2016***

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Send to: Linda Morzillo  
26 Meditation Way  
Saratoga Springs, NY 12866

