



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: www.geocities.com/walkescv

April 2006

Happy Spring!

APRIL WALKS

GROUP WALKS

Registration begins 30 minutes before

Saturday, April 1st -9:30AM, **Williamstown***

Start Point -Williams Inn

POC - Shirley Pingelski 664-8231

Saturday, April 22nd - 9:30AM, **Catskill***

Start: Dutchman's Landing

POC-Janet Priest Jones 674-5353

Sat. April 29th -9:30 AM **Saratoga SpaPark***

Start: Hilton Garden Inn

POC Natalie Smith 584-0971

Sunday April 30th 1:30 PM **Bennington***, VT

Start: Jay's Card & Gifts

POC-Barbara Kolapakka 583-9038

Mark your calendars for next month:

May 4th **Scotia***

TRADITIONAL EVENT

April 8th Schuylerville*

Start: Philip Schuyler House, Route 4

Between 9AM-12noon, Finish by 3PM

POC Winnie Balz 372-3663

SRE EVENTS Open April 1st

Bennington*

Catskill*

Johnstown*

Saratoga Spa Park*

Saratoga Battlefield*. Stillwater

Scotia*

Williamstown*

Open April 22nd

Cooperstown*

*walk qualifies for special program

PRESIDENTIAL RAMBLINGS...MY THOUGHTS this month are influenced by what's commonly known as "March Madness". While we all have our interests and I'll admit to liking college basketball quite a lot (how about UAlbany!) it doesn't match the passion I have for volkswalking. Why else would I go away for a week to finish the Original 13 States Special Event walk program and average over 2 walks a day if I wasn't a little passionate! While anyone else might have trouble calling that a vacation, I know as fellow walkers you can understand it. So with Spring just around the corner I challenge all of you to share the passion as our walk schedule heats up!

WALK THANKS go out to Marie Klucina who substituted for POC Teresa Kennedy at the kick-off group walk of the Albany collegiate 12K on March 4. On a brisk day thirty walkers including a visiting West Point volkssporter Tom Nisonger and a "long time, no see" Bob McElroy followed yours truly with no reports of anyone getting lost (I stressed taking route maps!). As promised to the group, an alternate collegiate trail will be available later this year that will be shorter (we'll shoot for a 1 to 2 K reduction).

ESCV SERVICE THANKS are offered belatedly as Emily Koch announced at our February club meeting that she is turning over membership duties to Marie Klucina and I was remiss in getting my heartfelt thanks to her and on behalf of the whole membership for all her years of service sooner. I have since had time to review old newsletters and found that in the one for August 1990 when both she and Ed were welcomed as "membership directors" and thanked for "doing the job of letting us know who our friends are". Certainly Emmy and her "assistant" Ed have done that in an exemplary fashion for the longest time anyone in my knowledge of club history has ever done for any position. While Em has been recognized at our AVA national convention with a Certificate of Service award, she's worthy of local recognition for service that has gone far beyond the call of duty.

APRIL 2006

Wednesday Walks Begin May 3rd

Wednesday 2006 Summer Walks begin on May 3rd. In this newsletter is a list of the walks and their POCs. Please consider volunteering to help out at these (your) walks. Contact the POC directly to see what you can do to help these walks be a fun experience for all. The Wednesday Walk booklet will be printed and sent out soon.

There are 2 new special programs beginning July 1st. If any club member knows of a Cemetery or an Author/Literary Landmark (ie: Robert Frost in Bennington – both programs) that a walk will qualify for, please contact Eileen Skinner at EFSkinner@aol.com so that the walk can be advertised for these specific programs. Thank You.

First Wednesday Guided Walk for 2006 - May 3

The first Wednesday guided walk will take place at the Crossings (a park in Colonie) on May 3, 2006. When you enter the park from Albany Shaker road go to the rear of the park. We have the south pavilion reserved with picnic tables. Bring your lunch and plan on staying after the 9am walk. The 6 pm walkers might want to come early and bring a light dinner with them. There are rest rooms available by the south pavilion. It's going to be a warm and sunny day so come out and enjoy the first Wednesday guided walk of the season. Hope everyone can attend. Any questions I can be reached at CarolHD27@aol.com or 452-6475. Carol

2006 NATIONAL PHYSICAL FITNESS & SPORTS MONTH PATCH

AVA has sent us an order form for this year's National Physical Fitness & Sports Month (NPFMSM) patch which is intended as a walk award for events during May. Cost for the 3.5", 100% embroidered patch of a patriotic Uncle Sam is \$1.25 by ordering in advance. ESCV members who want to reserve a NPFMSM patch need to send payment to the club address, PO Box 5464, Clifton Park, NY 12065-5464 by April 15 to assure delivery by our May 20 traditional (club picnic) event at Lake George. Treasurer Joe Padula and his "assistant" Dave Skinner will also accept payment in person before the order date.

APRIL 2006

Wednesday Walks 2006

<i>Date</i>	<i>Walk Site</i>	<i>Starting Point</i>	<i>POC</i>
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	9:00 AM & 6:00 PM	<hr/>	<hr/>
May 3	Colonie - Loudonville	The Crossings	Carol Sorensen
May 10	Castleton	Sacred Heart Church	Mary Agars
May 17	Round Lake	The Green	Teresa Kennedy
May 24	Schenectady	SCCC parking Lot	Marie Klucina
May 31	Loudonville	Siena College	Eileen Skinner
June 7	Voorheesville -Thacher Park	Halles Cave	Winnie Balz
June 14	Voorheesville	St. Matthew's Church	Dan Schryver
June 21	Niskayuna	Blatnik Park	Bernie Geren
June 28	Delmar	Five Rivers Environmental Center	Rita Gavin
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	ADD 6:45 AM WALK	<hr/>	<hr/>
July 5	Schenectady/Vale Cemetery	Friendly's - rear lot	Sue Godshalk
July 12	Clifton Park	St. Edward the Confessor	John Cairns
July 19	Saratoga – Rail trail	St. Peter's Church	Eileen Skinner John Cairns
July 26	Ballston Spa	County Parking Lot	Bernie Geren
August 2	Waterford	Hannaford Lot	Dave Skinner
August 9	Saratoga – Museums	St. Peter's Church	Jean Padula
August 16	Mechanicville	McDonald's lot	Dave Skinner
August 23	Albany	LaSalle Parking Lot	Doug Reynolds
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	9:00 AM WALK ONLY	<hr/>	<hr/>
August 30*	Greenwich	McDonald's/K-Mart Lot	Vera Weiss MaryLou Geren

A-Z LETTER for the town start point

College Campus

American Revolution Walk

US Presidents

National Heritage (Erie/Champlain Canal Walkway)

Railroad Heritage

River Heritage

Walking Europe in the USA

Cemeteries (begins July 1st)

Authors & Literary Landmarks (begins July 1st)

MEMBER MILESTONES

The following ESCV members have been acknowledged in the February/March 2006 issue of *The American Wanderer* for completing or exceeding the indicated event or distance awards:

IVV EVENT AWARD

10	Events	-Joan Van Alphen -Joe Van Alphen -John Watson
30	Events	-Patricia Rousseau -Rick Sheldon
50	Events	-Laura Sheldon -Anna Marie Shutts
75	Events	-Evelyn Dufur -Vera Weiss
100	Events	-Suzanne Godshalk
125	Events	-David Averill -Marion Averill -Bernie Tryon -Monica Tryon
200	Events	-Frank Edwards
225	Events	-Cathy Edwards
250	Events	-Jean Padula -Joe Padula
300	Events	-Barbara Kolapakka
325	Events	-Marie Klucina
800	Events	-David Skinner
1100	Events	-Charlotte Phillips -Barbara Piffat -Joseph Piffat

IVV DISTANCE AWARD

500	KM	-Laura Sheldon -Anna Marie Shutts
1000	KM	-Vera Weiss
1500	KM	-Nellie Georgelos
2000	KM	-Frank Edwards
2500	KM	-Jean Padula -Joe Padula
4000	KM	-Patricia Reed
7000	KM	-John Cairns
10000	KM	-Natalie Smith
13000	KM	-Charlotte Phillips
14000	KM	-Barbara Piffat

Congratulations on your accomplishments! If anyone was missed that was published in the February/March *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.

A Request To Volkswalkers To Help Enhance The Saratoga Battlefield

Every year, the Friends of the Saratoga Battlefield have there own March for Parks and Silent Auction. In the past the funds raised have been used for such things as the new introductory film and the lighted board explaining the battle. The Friends will be sponsoring the March and Silent Auction on April 22. I urge you to think about walking or at least bidding on the items as a way to support one of our great venues of volkswalking.

By Natalie Smith

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2005 YRE's & SRE's, Traditional Event, and Wednesday Walk Participation and Finances

[NOTE: Donations, Sales and Social Event Income/Cost are not included in the finances below]

Albany 10K YRE	177		\$ 548.00		\$ 237.50		\$ 310.50
Albany 12K YRE	47		\$ 148.00		\$ 78.75		\$ 69.25
Bennington SRE	173		\$ 542.00		\$ 228.75		\$ 313.25
Caroga Lake SRE	52		\$ 167.00		\$ 70.00		\$ 97.00
Catskill SRE	43		\$ 152.00		\$ 68.75		\$ 83.25
Cooperstown SRE	84		\$ 241.00		\$ 118.75		\$ 122.25
Johnstown SRE	99		\$ 312.00		\$ 138.75		\$ 173.25
Saratoga Springs YRE	109		\$ 332.00		\$ 156.25		\$ 175.75
Saratoga Spa Park SRE	105		\$ 273.00		\$ 143.75		\$ 129.25
Saratoga Battlefield SRE	103		\$ 346.00		\$ 143.75		\$ 202.25
Schenectady YRE	110		\$ 354.00		\$ 157.50		\$ 196.50
Scotia SRE	66		\$ 184.00		\$ 92.50		\$ 91.50
Williamstown SRE	99		\$ 245.00		\$ 137.50		\$ 107.50
YRE & SRE Walkers	1267	Income	\$ 3,844.00	Cost	\$1,772.50	Profit	\$2,071.50
Schuylerville	106		\$ 280.00		\$ 156.25		\$ 123.75
Queensberry	67		\$ 212.00		\$ 128.75		\$ 83.25
Fort Edward	69		\$ 203.00		\$ 116.25		\$ 86.75
Schoharie	66		\$ 181.00		\$ 112.50		\$ 68.50
Cohoes-City	96		\$ 252.00		\$ 211.98		\$ 40.02
Oriskany/Rome	75		\$ 216.00		\$ 123.75		\$ 92.25
Utica	54		\$ 161.00		\$ 107.50		\$ 53.50
Northville(club picnic)	65		\$ 185.00		\$ 111.25		\$ 73.75
Cohoes-Van Schaik Island	54		\$ 158.00		\$ 97.50		\$ 60.50
Clifton Park(pizza party)	69		\$ 191.00		\$ 112.50		\$ 78.50
Kinderhook	94		\$ 250.00		\$ 157.50		\$ 92.50
Schenectady(holiday party)	142		\$ 390.00		\$ 205.00		\$ 185.00
Traditional Walkers	957	Income	\$ 2,679.00	Cost	\$1,640.73	Profit	\$1,038.27
Colonie - The Crossings	122		\$ 317.00		\$ 170.00		\$ 147.00
Watervliet	98		\$ 267.00		\$ 140.00		\$ 127.00
Troy - RPI Environs	90		\$ 253.00		\$ 150.00		\$ 103.00
Round Lake	76		\$ 201.00		\$ 118.75		\$ 82.25
Siena Col.-Alb.Rural Cem.	122		\$ 309.00		\$ 166.25		\$ 142.75
Thatcher Park	84		\$ 233.00		\$ 131.25		\$ 101.75
Saratoga-Skidmore College	88		\$ 234.00		\$ 143.75		\$ 90.25
Saratoga Lake	98		\$ 254.00		\$ 145.00		\$ 109.00
Niskayuna - Blatnik Park	93		\$ 252.00		\$ 183.75		\$ 68.25
Schenectady - Vale Cem.	76		\$ 213.00		\$ 123.75		\$ 89.25
Clifton Park	88		\$ 246.00		\$ 136.25		\$ 109.75
Ballston Spa	73		\$ 210.00		\$ 121.25		\$ 88.75
Albany - Sage Jr. College	63		\$ 175.00		\$ 106.25		\$ 68.75
Waterford	100		\$ 284.00		\$ 155.00		\$ 129.00
Saratoga - Warming Hut	75		\$ 215.00		\$ 123.75		\$ 91.25
Slingerlands	70		\$ 197.00		\$ 106.25		\$ 90.75
Albany - Corning Preserve	93		\$ 249.00		\$ 141.25		\$ 107.75
Troy - Oakwood Cemetery	33		\$ 93.00		\$ 68.75		\$ 24.25
Wednesday Walkers	1542	Income	\$ 4,202.00	Cost	\$2,431.25	Profit	\$1,770.75
Total Walkers&Finances	3766	Income	\$10,725.00	Cost	\$5,844.48	Profit	\$4,880.52

Treasurer Joe Padula produced a separate analysis for each of the above type of events that are part of the ESCV walk program.

For sake of newsletter space, a summary of participants and finances was prepared by Dave Skinner.

However, thanks for the effort to compile the original statistics goes to Joe!

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TRAVELWALK FLORIDA TRIP – MARCH 7TH TO MARCH 14TH 2006

Thanks go out to Marion Burns, Doug and Jackie Reynolds, Gail and Paul Van Valkenburg, Dave and Marion Averill and Clare Conant (a member of the local Volkssporting club) for designing a week of enjoyable, incredible walks. Their directions and event planning were impeccable ... what a great job. Thanks to all for a great week!

To describe our entire week of pleasure would take a book. There were walks in both small and large cities, parks and a variety of environments. Safety Harbor was our introductory walk on Tuesday, followed by walks in St. Petersburg, Ft. Desoto Park, Venice, Sarasota, Hammock State Park, Tarpon Springs and Tampa. What an introduction to ESCV South! Now we know how the other half lives.

Here's an excerpt from my diary, dated, Sunday, March 12th, Sebring Highlands Hammock State Park Walk.

I was jerked awake with twitching, as if prodded with a hundred volts of electricity. In my thrashing around, I heard a voice saying, "It's the phone ... pick it up!" Slowly in the darkness with my heart pounding, I realized where I was and why it was so early. At home I'm always awakened with music, but since I couldn't figure out how to set this alarm, I had to rely on the terrible ring of the phone ... the dreaded wake-up call. We were going to Hammock State Park at Sebring for a 9:30 AM walk. Driving time was more than two hours.

Driving across Florida early Sunday morning was a pleasure. We saw only a few cars, a house here and there, plus some beef cattle and orange trees, until we came to Sebring. Then, Bang! It was like entering Shangri-La; as far as you could see ... shopping malls, gas stations, many businesses ... it was like Wolf Rd. near Colonie Center. This is the 21st century American civilization: All these commercial enterprises, selling and buying enough to make Americans proud. Enough of my feeling for the commercial world.

At last there was a sign for Highland Hammock State Park, a few miles off Route 27. At the parking lot in the park, I noticed a huge live oak tree. Tree huggers move over ... this tree deserves a hug. I knew then that I liked this place. The Meandering Manatees Volkssporters club sponsored the walk. Doug, Jackie, Paul, Gail, Dave, Marion and Claire greeted us as we arrived.

A word about the park, as I understand it: Dr. F. H. Newell with the Department of the Interior in 1928 wanted the 1,280 acres to be a national park. At the time, the 'Powers to be' felt it was too small. Some far-sighted local citizen raised money to buy the land for a park in 1931. About that time the Civilian Conservation Corps (CCC) was around to give men work during the depression of 1929 and the early 1930's. The CCC built a restaurant, museum building and developed the roads and trails.

Between twenty and thirty walkers started out on the Wild Orange Grove Trail. Walking through the mixed forest of Sabal palms, live oak trees, slash pine and cypress trees, I could not imagine orange trees. In my book, orange trees are planted in rows, creating a grove. There they were in the forest, growing tall to compete for the light. Yes, there were oranges on the trees with a beautiful scent of orange blossoms filling the air, but the oranges were high up and beyond reach. Everyone told me the trees were protected. (So much for a free orange!)

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There were many stops along the trail, so I could keep up, even with my slow pace. We saw evidence of wild boar ... digging spots, where they searched for edible roots. Then there was the giant live oak tree, 36 feet around the trunk of the tree. We were surrounded with sounds of birds calling, reminiscent of some primitive creatures from a horror movie. The noisy birds were just woodpeckers and a cardinal. How exciting to discover some pink ibis in the cypress swamp! A red shouldered hawk flew overhead and called to us. Flying through the forest we were startled by a Pileated woodpecker, but I preferred to think of it as an elusive ivory-billed woodpecker.

In the cypress swamp, a narrow boardwalk led us over the black water filled with duck weed and creatures such as baby alligators, turtles and lots of snakes ... big ones and small ones all over. We felt safe on the boardwalk, but one misstep might have changed our minds. I preferred the beautiful wild flowers. Near the end of the trail, some vultures tracked my movements, but I told them, "Not today!"

Back at the starting point, a chef in the restaurant was preparing pulled pork sandwiches, French fried sweet potatoes and wild orange shakes. All the local food customs took on a special delight. When we emerged from the long line of hungry walkers with two wild orange shakes, everyone was our friend. Everything tasted delicious ... great walk and a good time!

Ed Koch, ESCV North



Admiring the giant live oak

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More from Florida by Marie Klucina

Tuesday – March 7th – a sunny cold morning, as group of us left Albany bound for Tampa FL. We arrived in sunny breezy Tampa. Settled in to our hotel, did a 10K walk and had a wonderful dinner and visited with our fellow NY walkers who winter in the south. When I started to write this article I first has 3 pages or all we did while there, but knew there was not room in the Newsletter for that much jabber, so I tried to condense the week. We did walks in Safety Harbor, St. Petersburg, Fort DeSoto Park, number one beach in the country, Venice, Sarasota, Sebring – Highlands Hammock State Park, Tarpon Springs Sponge Docks and downtown Tampa. Some of the highlights were seeing flocks of wild parrots, manatees, dolphins, sunsets, the Salvador Dali museum, the Ringling museum, the Bok Singing tower along with a Carillon recital. We drove pass lots of high-rise condos, wonderful sights like Selby Gardens, Long Boat key, Anna Marie Island, Bradenton Beach and St. Armond Circle. We had great food and directions, thanks to Doug Reynolds and his committee. We had one day where we were all caught up in a massive traffic jam due to a sludge spill on the bridge we had to cross, the only bad thing. We survived blisters, lost keys, sore feet but were able to relax in the Hot tub and then swim in the pool. My last night was wonderful, first the hot tub then a swim under the moon light and stars thinking of how sad it would be to leave the next day. Our last meal was in Yubr City, the cigar making capitol. A very interesting city. All in all it was just a great trip.

KEEP YOUR FANNY PACK ZIPPED

A funny thing happened to me on the walk at De Soto State Park in St. Petersburg, FL. I was walking with the group of around 44 walkers during Marion's trip to Florida. I stopped to use the ladies room on the way back from the furthest point of the walk. I had a bad cold and needed some tissues, and as every road warrior and walker knows, one should never pass up an opportunity to use a rest room. I was wearing a fanny pack for my valuables that I took off and placed on the floor.

I had just flushed the toilet and bent down and picked up the pack and turned to wrap it around my waist. The next thing I saw was my rental car keys falling out of the un-zipped fanny pack pocket and into the swirling water. In a millisecond they were gone. I stood there in shocked disbelief. My mouth hung open and my chin must have bounced off my chest. My digital camera fell on the floor and I felt my pockets looking for my cell phone. Luckily, only my car keys were now swimming in the municipal sewer system.

Now What!!! All my papers and phone numbers were locked in the car. I called home to Schenectady to get the phone number of National Car Rental. Then I called National. They told me it would cost about \$65 for the key, and oh, by the way, the remote will cost \$75.00. What could I do? They mentioned calling AAA and I might save money. Since we were walking on a beach, hearing on a cell phone was near impossible. I found a convenient pine tree and stood within its braches, out of the wind, to make the call. As the other 44 walkers passed by, it must have seemed to them that I was hiding.

I had to get back to my car to meet the locksmith. Doug Reynolds, organizer of the walk, stayed and walked back to my car with me (remember we were about 3 miles from our starting point). When he arrived I showed him the car and after seeing it was a 2006 model, he said, "I can't start the car, its key has an embedded computer and that's back at the shop." He opened the doors so I could at least sit in the car and wait. He returned and had to "program" the keys, which took another 30 minutes.

I missed lunch but was ready to move on after 2 hours and \$207.00. Happily and surprisingly I learned that my auto insurance policy would reimburse me for all of the costs. From now on, the fanny pack stays zipped.

submitted by Beth Snyder

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MONTHLY MEETING

Thursday April 20th, 2006

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

All are welcome.

FROM THE EDITORS

Articles for the May newsletter are due on Saturday April 22nd, 2006. 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 trips are always welcome.

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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 Kathy30000@aol.com. You can also see her at the monthly ESCV club meetings.

MEMBERSHIP AND EMAIL UPDATES

Marie Klucina will be taking over membership duties from Emily Koch. We'd like to thank Emily for all her hard work these past years. We know the membership is in good hands with Marie.

If your email has changed, let Marie know. mklucina@nycap.rr.com
