



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: www.geocities.com/walkescv

April 2007

Happy Spring!

PRESIDENTIAL RAMBLINGS... Well now that we've had another saint's day snow storm (Patrick had to try and match Valentine!), I'm really to say "Uncle" or at least accuse the groundhog of lying. So with the arrival of Spring (at least on the calendar), bring on the nice weather and let's hit the trail!

GROUP WALK THANKS go to the POC's of all our kick-off year round and seasonal events held in March. Teresa Kennedy started our schedule on the 4th as she dealt with a less than an ideal day for the group walk of the Albany collegiate trail. The schedule continued on the 24th as Mary Agars welcomed walkers to Troy. We ended our schedule of March group walks on the 31st in Williamstown with Shirley Pingelski helping us walk out Winter's cobwebs and renew friendships just as she had promised!

SPECIAL THANKS are in order for Bernie Geren again this month as he arranged for our club meeting program which fortunately came before the previously cited visit of St. Patrick! Charlie Woodruff, owner of Fleet Feet Sports in Albany was aided by Brian & John from New Balance to give an informative presentation on various footwear along with its proper fitting. Besides providing the new 84 page NB catalogue and colorful high density water bottles for everyone, a shoe drawing was held for two lucky attendees. Beth Snyder and brand new member Paula Grudecki were the winners and it has been reported that they've already gone to Albany to check out shoes!

WELL WISHES this month come with updates, return thanks and additions. Marge Shanley has returned home to continue her recovery and is planning to attend our 20th Anniversary party. Barb Green showed us how well she is doing by joining

the club meeting crowd and thanking us all. Eileen Sowa has traded her "boot" for an air cast which she'll be wearing for a few more weeks. Beryl Wolf has asked me to let everyone know how much she has appreciated all the cards, notes and prayers sent her way. Joe Piffat has ended his anti-inflammatory drugs and is hopefully healed for a volksswalk. Pat Reed was unfortunately hit by a car that went over her ankle and is recuperating at home. Lorraine Hickey has left the hospital and is at home with Jack. Our thoughts and prayers continue to go out to these individuals and any others that may have been inadvertently missed.

OTHER NEWSLETTER ITEMS that I'd like to note are an expanded listing of club officers and other ESCV positions along with other contacts. I prepared this in response to various concerns brought to me and hope that it enhances what Lea & Sue appropriately added to the newsletter a year ago. In addition, the two candidates for AVA's Northeast Region Director position to be filled for a two year term starting in July have provided biographies and answers to the region's nominating committee questions. That information will be included as space allows, but is also in the current April/May issue of AVA's *The American Wanderer*. Our April club meeting will allow for a discussion of information about the candidates and the opportunity to participate in a preference poll for those in attendance.

LASTLY decisions aren't always easy to make and so it was for me as we face the election of club officers in June to take over July 1st. The process starts with a nominating committee being named at our April club meeting, followed by announcement of a slate and taking any other nominations from those attending May's meeting, and then June's election. I am taking this opportunity to tell the membership that I have decided to leave office at the end of our current year and look forward to supporting those elected for next year.

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MARCH FOR PARKS

FORT EDWARD

New York

Saturday April 14, 2007

Just a reminder:

This is the first traditional event for 2007. Come and renew friendships and enjoy a walk in a small town atmosphere. There will be a 10 Km and 5 Km walk available. Start any time between 9:00 am and 12:00 Noon; finish by 3:00pm. If it has been raining you might want to wear hiking shoes. Part of the walk is on a footpath along the Champlain Canal.

If you are hungry after the walk, there are many restaurants in town for lunch. The walk will take place rain or shine. I hope to see you there. Any questions CarolHD27@aol.com or 452-6475. Carol Sorensen

Many Thanks to all of you who sent cards, mass cards, and donated to the fund to the recent loss of my son-in-law. I always knew that Volkssporters were friends but didn't realize how much we are "family". I am so thankful that I joined this club and met so many great people. Thank you again from me and my family. Your cards were a comfort!

Mary Sorell

Barb Green writes....

A...Big...Big Thank you for all the prayers, good wishes, and beautiful cards which I received both when I was in the hospital and afterwards when I was at home.

In the five weeks since the sudden onset of left weakness I have improved so much. I now do an exercise program at home instead of the twice-weekly PT, and I have been cleared to drive. I hope by the time the May walks begin I will be tagging along at the back of the pack.

I am so very grateful to be so much stronger and also for such thoughtful and wonderful friends. Thank you all very much.

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Club Officers:

| | | |
|-------------------------|--------------|--|
| President | Dave Skinner | DHS4774@aol.com |
| Vice President | Bernie Geren | tscbernie@hotmail.com |
| Recording Secretary | Kathy LeRoux | kleroux1@nycap.rr.com |
| Corresponding Secretary | Pat Lanphear | pmlanphe@nycap.rr.com |
| Treasurer | Joe Padula | ASPCAlbany@aol.com |

Other ESCV Positions:

| | | |
|--|----------------|--|
| Membership | Marie Klucina | mklucina@nycap.rr.com |
| Newsletter Editors | Lea Darling | lea.darling@att.net |
| | Sue Godshalk | lgodshal@nycap.rr.com |
| Purchaser | Winnie Balz | winneeb@yahoo.com |
| Sunshine | Kathy LeRoux | kleroux1@nycap.rr.com |
| Walk Development & Traditional Events | Bernie Geren | tscbernie@hotmail.com |
| YRE/SE Walk Coordinator | John Cairns | JLCairns@aol.com |
| Wednesday Walk Coordinator & Web Master | Eileen Skinner | EFSkinner@aol.com |
| Historian & Anniversary Co-Chair | Jack Hickey | jhickey@nycap.rr.com |
| Anniversary Co-Chairperson | Vera Weiss | vweiss@nycap.rr.com |
| Publicity | Chase Pugliese | chasepugliese@hotmail.com |
| Carpooling Coordinators | Sandy Gordon | eow2004@juno.com |
| | Sue Grey | susanbg@earthlink.net |

Other Contacts

| | |
|----------------------------------|--|
| Website | http://www.geocities.com/WalkESCV |
| ESCV E-Mail | WalkESCV@aol.com |
| American Volkssport Assoc. | www.ava.org |
| American Revolution Walks | www.home.earthlink.net/~amrevwalks |
| Informal Wednesday Morning WALKS | EmnEdKoch@aol.com |
| Travelwalk (Marion Burns) | Volkssporter@aol.com |

APRIL 2007

MONTHLY MEETING

Thursday April, 19, 2007

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 21st, 2007. 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.

Lea Darling lea.darling@att.net 399-7229

Sue Godshalk lgodshal@nycap.rr.com 399-6041

**MEMBERSHIP AND EMAIL
UPDATES**

If your email has changed, let
Marie know at:

mklucina@nycap.rr.com



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.

**Wednesday Sanctioned Walks
Begin on May 2nd**

It's time to tune up the walking legs and get ready for 17 weeks of GUIDED WALKS. Some old trails updated, some new, some favorites.

Walks in May and June are offered at 9AM and 6PM with registration beginning ½ hour before the walk.

Please contact the individual POC to offer your help at your walks.

Our first walk will be at the Colonie Crossings. We will be starting from St. Francis de Sales Catholic Church which is located on Maria Drive. The directions are in your Wednesday Walk booklet (which you should have received by now) and on our Web Site.

We will be offering 5Ks along with the traditional 10K routes.

Complete 10 walks of the 17 walks scheduled and receive our annual award button. See you on the

The 2 Candidates for Northeast Regional Director answer questions from the Nominating Committee

Biography and Answers Phil Hait, candidate for Northeast Regional Director, American Volkssport Association:

How many people volunteered at their first event?

Phil and his family (wife Beate and three daughters aged 4-9 at the time) walked and then staffed a checkpoint in Elizabethtown, PA and thus started his association with the sport. Since beginning volksmarching with the York White Rose Wanderers in 1990 in Pennsylvania, Phil has explored the continent (and parts of Europe) through walking. He has nearly completed walking all 50 states and looks forward to accomplishing this challenge in the near future. After a work-related move to Massachusetts in 1992, Phil became involved with the Walk 'n Mass

Volkssport Club. He is a regular presence at walks on the trails, amiably conversing with friendly walkers, and volunteering. Phil served consecutive terms as co-president of Walk 'n Mass from 1993-1996. He has experience in coordinating events, single walks and weekend extravaganzas, and has even designed some awards.

Phil truly enjoys both the physical and social aspects of volksmarching.

Attending AVA conventions has been a wonderful way for him to combine these interests, meet new friends from around the country, and catch up with previous acquaintances. He served as the club delegate to the AVA Convention in Colorado Springs in 2003 and was also in attendance for the national conventions in Portland, Winston-Salem, and Cherry Hill. He has traveled to and participated in the Northwest Region conference in Alaska and the Atlantic Region conferences in Williamsburg, VA and Gettysburg, PA. In 1999, Phil and family traveled to the 1VV Olympiad in Seefeld, Austria to enjoy volksmarching in the Alps.



Recently. Phil has been taking walking vacations to satisfy his well-known yearning for hills and nature trails. An especially memorable trip was to the Columbia River Gorge events in Oregon. On separate trips, he also did the Portland, OR volkswalk marathon and the Vancouver, WA Discovery walk marathon. Phil is always willing to share his experiences through newsletter articles, pictures, and lively conversation.

Respectfully submitted by Monica Hait, daughter of the candidate.

Question 1: What is the biggest problem/challenge/opportunity facing the AVA today and how will you respond to it?

I believe that the decrease in the number of clubs and walk participants is the most important issue facing our sport. A complex circumstance without an easily apparent solution!

Individual clubs will continue to need guidance and assistance to find new ways to attract and keep the first time walker. Hopefully my experience and leadership will help spur a dialogue with the existing clubs in the region to collectively come up with ideas we can implement into an action plan.

Question 2: How do you plan to get the word out about Volkssporting to the American public?

Being available, willing and able to talk to all possible interested parties, groups, clubs or organizations about the many benefits that the AVA program has to offer is the best way to start. One-on-one conversation with potential walkers following a presentation is the most effective way to "seal the deal" to bring someone new into the volkssport family.

Question 3: The decline in AVA clubs, participants and members has been steady for over 10 years. What will YOU do to reverse the trend?

In order to increase walk attendance we need to remember our strengths and to be certain that our events represent everything we stand for. We should strive for interesting trails, clear directions on how to locate an event and fun, enthusiastic and informative people staffing the events. Remember many people are at the walk to socialize, have fun and sometimes to eat. Everyone at the club level needs to join in to make the party happen. All clubs need to reevaluate their events to include new places and not just the same old, same old.

*Phil Hait, Candidate for Northeast Region Director 80
Wingate Road, Holliston, MA 01746
haitp@verizon.net 508-429-3564*

The 2 Candidates for Northeast Regional Director answer questions from the Nominating Committee

Biography and Answers Alfred Olsen, candidate for re-election Northeast Regional Director, American Volkssport Association

Hello, I am your Regional Director for the AVA. I have been doing this since July 1st. I was asked to step in and fill the remainder of my predecessor's term. I got _____ off to a rough start having suffered through a flood a few days before I was to start. Now I think I am back to normal, or as normal as I ever will be. I've been learning, on the job and it has been fun.



Alfred Olsen

I have been in volksmarching for about 20 years. I first heard about it through my wife and her husband when they lived in Germany. I started in the Empire State Capital Volkssporters Club back in the late 80s. I know I wasn't a charter member but began soon after they did. In the late nineties my involvement waned due to work schedules. It seemed the only sunny days were walking days, and I was mowing lawns as a second job to support my main hobby, model railroading. I then moved to Rochester where there isn't a club. The Niagara club covers that city. Marriage and a new career steered me away that time.

My sister's husband is T.I. Weintraub, the Rocky Mountain Regional Director. In case you didn't know, there are two clubs in the northeast with more members each than his whole region. We have some clout around here!

I have lived my whole life in New York State, bouncing from the Capital District to Rochester and now to the Southern Tier/ Western Catskills areas. I can't think of a better place to live and walk.

History is what draws me towards events and walks. I like walking in the man made world as opposed to nature. Nothing against nature, I just get lost amongst the leaves if I am walking alone. You'll probably not see me doing a volksmarch alone, or if I am then it will be on concrete and asphalt.

I am glad that this is a non-competitive association. This summer's flood ruined my books. I learned that the red ink in them is water-soluble. The books are dry and could just as well have been left out in the rain.

By now I am sure you have heard that there is a new special interest program involving covered bridges. My home county of Delaware has three of them still in existence. I have been brainstorming on how to include them in walks. I remember seeing one off Route 7 right on the NY-VT border a few years ago.

WHAT IS THE BIGGEST PROBLEM/CHALLENGE/ OPPORTUNITY FACING THE AVA TODAY AND HOW WILL YOU RESPOND TO IT? Americans tend to work more hours a week to make ends meet. Time and its availability is a major challenge facing every organization these days. We as a society have a number of opportunities open to us and our free time. We all want a better value for time off. Most of us recognize that we don't get enough exercise. Walking clubs have sprung up at work, and employees are walking more on their own during their lunch hours. Walking is an excellent form of exercise for individuals of all ages and fitness levels.

HOW DO YOU PLAN TO GET THE WORD ABOUT VOLKSSPORTING TO THE AMERICAN PUBLIC? The president of my home club, the Finger Lakes Region Volkssport Club, suggested that we mention AVA to folks we encounter while walking on our communities' walking trails as well as taking flyers to work as well as to other employers.. Don't be afraid to tell people about AVA. Marketers will tell you that you will never get 100% positive feedback on your advertising, but we will get zero positive feedback by keeping our product, AVA, a secret. I have contacted a writer for our newspaper. Other outlets include small town newspapers, local magazines and weight loss clubs.

At the last NEC meeting that I attended, another Regional Director mentioned that he has heard that we have too many special programs. He also mentioned that the younger generation wants goal orientated activities. These programs are a challenge for them to complete. Even for someone that has never heard of the AVA, completing 1500 km or at least one walk in every State is still impressive and worth attempting.

THE DECLINE IN AVA CLUBS, PARTICIPANTS AND MEMBERS HAS BEEN STEADY FOR OVER 10 YEARS. WHAT WILL YOU DO TO REVERSE THE TREND?

Quality is better than quantity Some areas aren't as interested in volkssporting as other areas. When I joined my first club, Empire State Volkssporters, back in the late 80s they were rather small. I remember that all the members were pretty much needed to man a walk. Nurturing grew them to what they are today. Now they are a large club with lots of walks

I was told that the Northeast region has two clubs with more members each than at least one of the other regions has in total members. That should not be a sign of success in itself. We need to look at these clubs and see what makes them tick. People and location does a lot. Enthusiasm and publicity contribute a lot as well.

I already have two individuals that want to start clubs in their areas. I will be working with them, but not forgetting about the other clubs. In addition, a woman contacted me after seeing our website. She had never heard of the AVA and likes to walk. I am corresponding with her. I sent her a few copies of The American Wanderer as well as pamphlets.

The 2 Candidates for Northeast Regional Director
answer questions from the Nominating Committee

20th Anniversary Party

Reminder

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

May 5th Anniversary Walk

Special Award: A 2 ¼” round button with pin back, updating the patch award from ESCV’s first walk will be given to each participant. **Please indicate if you intend to participate in the walk** on the registration form below, to ensure a sufficient number of buttons will be available.

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

| | | |
|---|------|--------------------|
| 20th Anniversary Dinner Send Total \$ via check made out to ESCV by April 24,2007 to: Bernie Geren 211 Sweetman Road Ballston Spa, NY 12020 | | Walking on May 5th |
| Dinner reservation for | \$20 | |
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| | | |
| Total | | |