



EMPIRE STATE CAPITAL VOLKSPORTERS

Website: www.ava.org/clubs/escv

December, 2007 & January, 2008

"HOLIDAYS HUSTLE AND BUSTLE HASTEN WINTER'S WONDERLAND"

DECEMBER/JANUARY GROUP WALKS - 9:30 AM
Registration ½ hour before all walks

SANCTIONED*

- Dec 1st **Schenectady*** Stockade Inn/Holiday Party
Lunch at 12 Noon
Registration 9 AM - Noon
Start Point-Stockade Inn, 1 North Street at Union Street
- Dec 5th **Troy*** - Downtown, Franklin Inn & Suites, 1 Fourth Street
- Jan 1st **Albany*** Registration 9:30-10:00 AM outside McDonald's in the Empire State Plaza Concourse. Parking-outside in Cathedral lot or in front of Museum; underneath parking requires ID.
- Jan 19th **Saratoga Springs City*** Register 9-9:30
Walk at 9:30 AM, Hilton Garden Inn

INFORMAL

- Dec 12th **Niskayuna**, start at Koch's, 2061 Lexington Pkwy,
Soup/Pot Luck following at Koch's

Watch your hotmail for future walks

Check out our neighboring state websites for events in

Connecticut Volkssporters Club
www.ava.org/clubs/CVVC/walkhome

Vermont's Twin State Volkssport Association
www.geocities.com/cpwalkvt2000

Walk "N Mass Volkssport Club
www.ava.org/clubs/walknmass

*denotes walk qualifies for AVA Special Program

through the streets and trails of the newer section of town. We were fortunate to have the NERD, Phil Hait and his wife, Bea with us; I hope that you all had a chance to meet them. We extend many thanks to Eileen & Dave Skinner and Father Cairns for their efforts in making the event such a successful day. Everything went smoothly with the help of the volunteers. Thanks to all!

Thanksgiving has now passed and we are headed feet first into the holiday season. Our annual Holiday Walk/Party is coming up this Saturday, December 1st, and we expect more than 140 people. Eileen Sowa is all set and Ellen McNett is prepared to let us invade her home for our famous cookie checkpoint. Numerous people have volunteered to help sign in walkers at the holiday party walk and of course I never refuse anyone. Thank you all ... we'll see you early on Saturday morning. To contribute cookies for the cookie checkpoint, please drop them off at the starting point when you check in (the earlier the better).

At our meeting on the 19th, Dave Skinner presented the program for rewarding walkers, who participate in our year-round and seasonal walks. Dave has written an article for this newsletter ... he has indicated that program books will be available at the Holiday Party and of course for the first walk of the year on New Year's Day in Albany.

During the meeting there was a discussion of the serious, on-going rift between the International parent organization, IVV, and our National organization, AVA. Serious enough, in fact, that there is talk of AVA's secession from the IVV. I planned to include in this newsletter some of the

BERNIE'S WORDS ...

We started the month with our annual Pasta Party/Walk at the St. Edwards Church in Clifton Park. It was a beautiful day as we strolled

letters involved in the dispute, but decided that it would take too much space. Therefore, I am assembling a package of the letters; maybe Eileen Skinner could forward them through the Hotmail. For anyone interested, who doesn't have E-mail, call me; I will be glad to send the package to you.

Hope to see you at the Holiday Walk/Party, and/or at the New Year's Day Walk. Most important of all, please come to our next meeting on January 21, 2008 when Vera and Marv Weiss will give a presentation of their African adventure.

FROM THE EDITORS

Articles for the February newsletter are due by Friday, January 25, 2008. 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.

.....**Susie Godshalk and Lea Darling** would like to thank the ESCV Readership for all their encouragement, suggestions and articles submitted to the monthly newsletters for the past 4 years. It is with GREAT SATISFACTION and CONTINUED SUPPORT that we will be relinquishing our duties as of this December/January newsletter.

We will be handing over the keyboard to the very talented and experienced Phyllis Budka. Please send all you walk reflections, articles, etc. to Phyllis at abudka@nycap.rr.com. We are sure that Phyllis will be introducing her own personal style and creativity to the newsletter that will keep it exciting and innovative for the future.

Our personal thanks go out to our husbands who taught and formatted our newsletters with us these past four years. Larry and Tad you know we couldn't have done it without YOU! We owe you big time. How about dinner on us at the restaurant of your choice?

WHEN SENDING ARTICLES FOR NEWSLETTERS

Please type messages and articles that you would

like to appear in the ESCV Newsletter in either Microsoft Word or WordPerfect and attach to the email you are sending the editors (in other words, don't include the text in an email, pdf file, etc.). Also, send any pictures as "jpeg" files not exceeding about 200K in file size. This will minimize the work of reformatting and in some cases retyping various inputs to the newsletter. Your assistance here will help a lot. Thanks.

Phyllis Budka, abudka@nycap.rr.com

SUNSHINE COMMITTEE

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.

BRAND NEW 2008 STARTING POINT

BOOKS FOR SALE are just off the presses and have arrived! Look for Winnie Balz at the Holiday Party, she will be selling them for \$15.00. One HUGE reason for buying one is because 1700 YRE and Seasonal Walks are included throughout the US. When going on trips, look for a walk along the way and see what new and picturesque sights can be discovered. Buy one ASAP, so you're not disappointed when they're gone and you don't have one.

The 2008 ESCV YRE/SE Booklets are ready for distribution. They will be available at the Holiday Party on Dec. 1st. You may pick yours up there (sorted by zip codes) or it will be mailed to you sometime after the party.

The ESCV Bookmarks will also be available and one will be given to each participant at the Holiday Walk on Dec. 1st. Any questions can be directed to Fr. Cairns or Eileen Skinner.

MEETINGS, MEETINGS, MEETINGS.....

***** MONTHLY MEETING: Next meeting Monday, January 21st, 2008, 6:30PM, at the Crescent Fire House, which is located off Vischer Ferry Road (East from Exit 8 of the Northway).

Marv and Vera Weiss will give a presentation on their African adventure

Come one...Come all...to Each and Every One... an invitation to attend our informative monthly meetings. Enjoy strengthening and cultivating new friendships off the trails!

NEW WEB SITE ADDRESS

ESCV WEB SITE is moving to the AVA server. As of December 1st our new address will be www.ava.org/clubs/escv. Please use this web address from now on as the older one at geocities.com will be phased out.

Attention all aspiring 50 States walkers!!!!



Interested in a piece of apparel to mark your progress? Volks-ware sells T-shirts and sweatshirts with a map of the USA on the back of the clothing item. Color each state with a fabric marker after each state walk and have fun watching the map fill up as you complete the 50 state program. T-shirts are \$16.00 and Hooded Sweatshirts are \$39.00.

Sample shirts will be available at the Christmas party on December 1. First orders will be taken at that time.

NEW FOR 2008- ESCV WALK INCENTIVE PROGRAM

ESCV is beginning an incentive program to earn FREE Event & Distance Books, earn FREE walk coupons and a button and certificate just for participating in 10-16 different walks our own Year Round and Seasonal Events during 2008. The books will begin on Jan. 1st and run through Dec. 2008. They will be available at the Holiday Party and all ESCV YRE/SE group walks and in the boxes of these walks.

Empire State Capital Volkssporters Club 2008 YRE/SE Participation Incentive Program

Objective: To encourage Participation in multiple Year Round & and Seasonal Events sponsored by ESCV.

Eligibility: Any participant paying the applicable IVV fee for Award/Credit or Credit only. After completing a book in the first ½ year, you may obtain another one for the second ½ of the year.

Options: Participate in 10-16 Different ESCV YRE/SE walks from Jan-Jun30 (+) or Jan-Dec; You may do another book of 10-16 Different Walks from Jul- Dec.; **WALK all 32 walks (2 award Books)** during 2008.

Procedure: After Paying the IVV fee (Credit/Award or Credit Only) place the YRE/SE stamp imprint in this book on its line and the date walked in the box on the same line.

Rewards: For doing 10 Different Walks - One (1) Achievement Book each ½ year. For doing 16 Different Walks – One Achievement Book & Button Award. For doing all 16 different walks 3 coupons for YRE/SE FREE WALKS in 2009.

If you do ALL 32 WALKS – 2 Achievement Books; 16 award button/Certificate and 8 Coupons for YRE/SE FREE WALKS in 2009.

Please Circle the IVV Book of your Choice for Reward:

EVENT: Green Purple Rose Gold

DISTANCE: Blue Orange Yellow Brown Bike

Upon Completing 10 or 16 walks: Mail to: ESCV Incentive Program; PO BOX 5464, Clifton Park, NY 12065

Thank you for your Participating in this program. Questions: Contact Dave Skinner at dhs4774@aol.com

NEW WALKS COMMITTEE

If you already have your 2008 calendars and are itching to write something on them, how about marking down the dates for the 2008 ESCV traditional walks?

Barring any unforeseen difficulties, these walk dates are pretty much certain for 2008:

April 12	Grafton Lakes State Park (March for Parks event)
May 31	Colonie Town Park (spring picnic)
June 2	Cobleskill
Sept. 27	Hubbardton, VT Battlefield
Oct. 11	Moreau State Park (Oktoberfest)
Nov. 2	Clifton Park (pasta party)
Dec. 6	Schenectady (Christmas party)

We are also hoping to run an additional event Sept. 6 at the Auriesville Shrine. We are awaiting approval from the Shrine administration for this event.

With the exception of Clifton Park and Schenectady, all of these walks will be brand new routes and locations. Each of these started as an idea of one or more of our members who then did the legwork involved in getting a start point and designing a route. It's a tribute to their hard work that our club is able to come up with such a varied slate of events each year.

Now we need to think about 2009 walks; no, it's not too early, we try to set the tentative schedule for the following year's walks by the end of June. If anyone out there has an idea for a Saturday event or a new Wednesday walk, please contact Barbara Kolapakka, either at sisu07@earthlink.net or 583-9038. If you are hesitant to run a walk by yourself, we can find an experienced POC who will help you with all the steps.

Or, if you'd like to run an event but don't really have any solid ideas as to where, how about doing one of our walks from previous years again? We have an extensive collection of maps and directions from previous walks that we can show you. You would just need to secure a start point and re-check the route to see if it's still feasible (or revise it if you feel you can come up with something better). We are already tentatively planning to do one of these "golden oldies" in 2009: Stockbridge, MA.

When you're thinking about New Year's resolutions in a few weeks, why not make one to help the club by working on a walk next year!

Club Officers:

President	Bernie Geren	tscbernie@hotmail.com
Vice President	Barbara Kolapakka	sisu07@earthlink.net
Recording Secretary	Kathy LeRoux	kleroux1@nycap.rr.com
Corresponding Secretary	Teresa Kennedy	Forty6er3K@aol.com
Treasurer	Joe Padula	ASPCAAlbany@aol.com

Other ESCV Positions

Membership	Marie Klucina	mklucina@nycap.rr.com
Newsletter Editor	Phyllis Budka	abudka@nycap.rr.com
Purchaser	Winnie Balz	WinnieB@yahoo.com
Sunshine	Kathy LeRoux	kleroux1@nycap.rr.com
Walk Development & Traditional Events Coordinator	Barbara Kolapakka	sisu07@earthlink.net
YRE & E Walks Coordinator	John Cairns	JLCairns@aol.com
Wednesday Walks Coordinator & Web Master	Eileen Skinner	EFSkinner@aol.com
Historian	Dan Schryver	DSchryver@aol.com
Publicity	Chase Pugliese	chasepugliese@hotmail.com
Carpooling Coordinators	Sandy Gordon	ewells001@nycap.rr.com
	Sue Grey	susanbg@earthlink.net
Name Tags	Laura Sheldon	sewshel@aol.com

Other Contacts

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

NEWS FROM THE FIELD

October Trip to the Central States AR KS IA NE MO OK

As many of you know who have been on a Travelwalk trip, we are usually busy sightseeing from dawn until after dusk. We do so many things that it is a wonder we get in the different walks. But, we were able to walk on eight different occasions.

We did so many things that there is not enough space here to tell you all of them, but a sampling of the second day of our trip goes something like this: Day two of our trip to the central states took us to Topeka, Kansas, where our group was given a private tour of the State Capitol building. Before entering the capitol, many of us focused upon the magnificent statute that stands on the top of the dome. We were told that the bronze statute is of the Kansas warrior, Ad Astra. The statute is 22 feet and 2 inches tall and weighs 4,420 pounds. The statute facing toward the North Star is symbolic of finding one's way. The name comes from the Kansas state motto: Ad Astra Per Aspera, which means "To the Stars Through Difficulties". The Capitol's copper dome is 304 feet high and ranks third in the United States in height. Once inside, our guide told us that at the end of the tour she would be happy to accompany any of us wishing to climb the 296 steps to the top of the dome for a spectacular view of the city of Topeka.

After the very interesting and informative tour of the Capitol, ten energetic Volkssporters decided to sprint to the top of the dome. The ten of us were feeling pretty good because we had just walked up to the fifth floor which meant we only had another 200 or so steps to go. NOT! We soon learned that the tour actually begins on the fifth floor where the 296 steps begin. Needless to say the thought of sprinting was soon forgotten.

We learned there are actually two domes – an inner and an outer dome. As the guidebook states and we confirmed, the view from the outer dome looking down on the inner glass dome is very dramatic. At this point, all of us agreed that the first 100 steps were not so bad and we were all glad we made the climb. However, the next 100 steps were a little tougher. When we thought it could not get any tougher, we were wrong. The last part of the climb was on a spiral staircase that was very tight and left you wondering if the steps would ever end. We then saw a little light and quickly climbed the last few steps out to a breath-taking view of the beautiful city of Topeka. There was a lot of high fives and congratulations to one another. Some of us took pictures



of the spectacular view, while others stayed very close to the wall. As we gazed out over the city, I think some may have thought of the Kansas state's motto, "To the Stars Through Difficulties". In any event, we were all very glad we made the climb. Some could not wait to climb down to start bragging to those Volkssporters who chose not to join us.

Nevertheless, whether you decided to walk the city of Topeka, visit the Brown v. Board of Education National Historic site or climb to the top of the dome, it was a great day!

Elaine Best

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