



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

August 2008

WEDNESDAY WALKS - Start 9:00AM & 6:00PM – *See “2008 Wed. Guided Walks”
***August 20** – Saratoga – start Price Chopper Lot. Rt. 50

***August 27 9:00 AM ONLY** – Schoharie Crossing – State Park – start Yankee Hill, Schoharie Crossing State Historic Site.

GROUP SANCTIONED WALKS

Saturday walks start at 9:30; registration is from 9 – 9:30.

Sunday walks start at 1:30; registration is from 1 – 1:30.

Fall Wednesday walks start at 9:30; registration is from 9 – 9:30.

Sept. 3 – Wednesday – Johnstown; start Johnstown City Hall, 41 E. Main St.

Sept. 10 – Wednesday - Williamstown, MA; start The Williams Inn, Junction of Rtes 2 & 7.

Sept. 14 – Albany Capital Historic 10k - Sunday 1:30 ; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square, corner of Clinton & Broadway.

Sept. 17 – Wednesday - Bennington, VT; start Jay’s Cards & Gifts, 113 South St. (Rte. 7)

Sept. 24 – Wednesday – start Caroga Lake; Caroga Lake Town Offices, 1840 State Hwy 1.

Oct. 1 – Wednesday – Lake George; start Fort William Henry Resort Hotel & Conf. Center, 48 Canada St., Lake George

Oct. 8 – Wednesday – Cooperstown; start The Clark Sportscenter, Susquehanna Ave., Cooperstown

Oct. 15 – Wednesday - Saratoga Battlefield; start Saratoga Battlefield, Route 32, Stillwater

***Oct. 19** – Sunday 1:30 – Saratoga City Walk; start Hilton Garden Inn, 125 South

Broadway (Rte 9).

Oct. 22 – Wednesday – Amsterdam; start Americas Best Value Inn, 10 Market St., Amsterdam

Oct. 29 – Wednesday – Saratoga Spa Park; start Hilton Garden Inn, 125 South Broadway (Rte 9)

Nov. 5 – Colonie / Crossings; start Fleet Feet of Colonie, 155 Wolf Rd

Nov. 12 – Schenectady – start Holiday Inn, 100 Nott Terrace

Nov. 19 – Scotia – start The Glen Sanders Mansion, 1 Glen Ave.

Dec. 3 – Albany – start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)

***Dec. 7** - Sunday 1:30 Troy Victorian Stroll; start Franklin Inn & Suites, One Fourth St.

TRADITIONAL EVENTS

Sept 27 – Hubbardton, VT

Oct. 11 – Moreau State Park Octoberfest;

Nov. 2 – Clifton Park – Walk / Pasta Party;

Dec. 6 – Schenectady – Holiday Party;

BERNIE’S WORDS

The summer has sped by; as we approach September it’s already time to plan the season for 2009. Father John and Eileen have finished the Sanctioning of our year rounds and seasonal walks with only one change: the Amsterdam walk becomes a Seasonal walk.

Before I get into the planning, I had a great experience participating in the Crazy Horse walk, which always occurs every year in the first weekend of June. The last half-mile of the climb was breath taking and so was the

view. This adventure also included a trip to Mount Rushmore and Devils Tower. There was a tremendous landscape vista as we descended the mountain that Devils Tower sits upon. I would rate this trip equal to the Sunrise walk up Cadillac Mountain; if you have the opportunity to participate in either one; it is well worth your time and effort.

One thing that occurred on this trip was that in every city we walked, we were greeted by a welcoming committee of local clubs. They usually provided gifts of trail snacks and sometimes bottles of water. Linda Morzillo has volunteered to coordinate a committee that would prepare snacks and drinks to meet bus trips to our area. Experiencing the hospitality of other clubs encouraged me to have our club meet and enjoy other walkers as they pass through our area. If you're interested in being part of the group, please call Barbara Kolapakka or me.

Now let's get on with our planning. Our biggest challenge is to replace Eileen Skinner as the Wednesday walk coordinator. The Wednesday walks are the lifeline of this club and we have been very fortunate to have had, first Ron Hersh and then Eileen Skinner to run the program. Thank you to Eileen for all her work, not only the Wednesday walks, but all the other functions she performs for the club.

It is now our turn to promote this important function for the club. Barbara and I have

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discussed this to some degree; we both feel that the work load should be split up under the coordinator. This means that volunteers are needed to perform the tasks. We will have a planning committee to discuss different tasks and approaches to handling the program next year. This group will meet in late August and have an outline to be discussed at the first meeting.

We will need volunteers to work with the Wednesday Walk Coordinator - some of the jobs are as follows:

- Wednesday Walk Coordinator
- Member for the route planning committee
- Someone to sanction the walks
- Someone to assemble and publish the pamphlets
- Supplies, Walk Boxes and Tables Coordinator
- Stamp overseer
- Someone to keep data on walk participants eligible for award buttons.

There are probably other things we need to consider, but this is a start or food for thought. If you are interested in being part of this, please tell Barbara Kolapakka as soon as possible.

The next meeting is September 9th; please join us. Find out what we are about and give your input into forming policies of the club. Hope to see you at the meeting and on the trails.

WELCOME TO NEW ESCV MEMBERS – Marie Klucina - Membership

Barbara Ham	Emily Slatter
Diane Leonard	Tevey Valencia
Jill Masterson	Jane Watts

We look forward to seeing all of you on the trail!

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MILESTONES FROM "THE AMERICAN WANDERER" - Teresa Kennedy

Attention new members: A benefit of joining AVA, our national volkssporting organization, is seeing your name in print in the bimonthly edition of "The American Wanderer." Once event and distance books are submitted to the Texas office for processing, our accomplishments are published in the national newsletter.

The milestones listed below were published in the **June/July and Aug./Sept. Wanderer** issues.

DISTANCE AWARDS					
500 km Kathy Gizzi Rosemarie Hume	1000 km Suzann Burke Laura Sheldon Beth Snyder Richard Welkley	1500 km Carol Sorensen	2000 km Chase Pugliese	2500 km David Averill Marion Averill	3000 km Bernie Geren Paula Pugliese
3500 km Marylou Geren	5000 km Jean Padula Joe Padula				
EVENTS AWARDS					
10 Events Sandi Sullivan	30 Events Mary Ann Miller Annalisa VanAvery	50 Events Rosemarie Hume	75 Events Kathy Gizzi Ann McCarthy	100 Events Laura Sheldon Beth Snyder Richard Welkley	125 Events Suzann Burke
175 Events Jack Hickey	200 Events Carol Sorensen	225 Events Chase Pugliese	250 Events David Averill Marion Averill	300 Events Bernie Geren Paula Pugliese	325 Events Mary Lou Geren
425 Events Teresa Kennedy Barbara Kolapakka Patricia Reed	525 Events Jean Padula Joe Padula	550 Events Linda Morzillo	650 Events David Janiga	950 Events Natalie Smith	1100 Events Eileen Skinner
1250 Events Barbara Piffat Joseph Piffat					

ESCV YEAR ROUND & SEASONAL INCENTIVE PROGRAM UPDATE – Eileen Skinner

We are now into the 2nd ½ of the walk year. All our Year Round Events (YRE) and seasonals may be done a 2nd time for the Incentive program. If you finished 10 or more walks in the 1st half year, you may redeem that book for a FREE AVA EVENT or DISTANCE book (value \$5).

To earn 3 free YRE walk coupons for 2009, just complete the walks that you haven't walked this year for a total of **16 different Walks** (All our YRE and seasonals for 2008).

Using the PINK BOOK you may repeat walks from the 1st half to earn another free EVENT or DISTANCE BOOK for 10 more walks. You may carry over any walks over the 10 from the 1st ½ towards the 20 total.

This is all on the back of the incentive booklet. Let's get out there, WALK and earn these free rewards!

2008 Incentive Program – Awards Given out as of August 1st
CONGRATULATIONS TO ALL

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16 walks –Free book 3- Free coupons	Eileen Skinner	John Cairns
	Joe Padula	Jean Padula
10+ Walks Free book	Linda Morzilla	Carol Kobuskie
	Ann Misener	Carol Sorensen
	Alan Longshore	Lynn Longshore

Any questions, contact Eileen Skinner.

WEDNESDAY WALKS 2008 - Eileen Skinner

As I write this, we enter into the final 4 weeks of 2008 Sanctioned Wednesday walks. Participation has suffered this year due to many factors, including the weather and the cost of gasoline.

The 9AM walks have been the most successful with large groups almost every week. The evening walks are disappointing, with as few as 2 people showing up to a high of 14 participants. This is a disappointment to the POCs and helpers who volunteer their time to plan and lead these walks up to 3 times a day. Our 6:45AM numbers are also down in attendance, with fewer people showing up for the early walk than in years past. Again, the weather has been a big factor this summer, but this trend started last year

Participation Breakdown for Wednesday Walks 2008					
DATE	TOTAL WALKERS	LOCATION	6:45A M	9:00A M	6:00PM
April 30	70	Malta	-----	57	13
May 7	81	Schen.Riverwalk	-----	68	13
May 14	69	Voorheesville	-----	58	11
May 21	72	Round Lake	-----	65	7
May 28	58	Schodack Island	-----	44	14
June 4	48	Siena/Alb. Rural	-----	41	7
June 11	50	Thacher Park	-----	40	10
June 18	86	Niskayuna	-----	77	14
June 25	70	Five Rivers-Delmar	-----	55	15
July 2	78	Saratoga – Skidmore	9	58	11
July 9	48	Troy – Environs	13	33	2
July 16	68	Corning Preserve	15	50	3
July 23	43	Ballston Spa	7	11	(Sat) 25
July 30	84	BurntHills/BallstonLake	13	62	9

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10 WEDNESDAY WALK AWARD BUTTONS EARNED THRU JULY 30th CONGRATULATIONS TO ALL!!!		
July 2	July 9	July 16
Eileen Skinner	Marion Averill	Phyllis Boyd
John Cairns	Marie Klucina	Carol Kirk
Diane Hughes	Jane Pattison	Alan Longshore
Bill Hughes	Doug Reynolds	Lynn Longshore
Gail Ostrander	Jackie Reynolds	Jean Padula
Winnie Balz	Karen Watson	Joe Padula
		Dan Schryver
		Annalisa VanAvery
July 23	July 30	
Dave Averill	Mary Agars	
MaryLou Geren	George Agars	
	Lea Darling	
	Beth Snyder	
	John Pattison	

With no regrets, it is time for me to step down as coordinator of Wednesday walks. I have been the coordinator of 16-18 walks for the past 10 years. I want to thank everyone who has volunteered over the years to help at walks, be a POC, develop or update a route, and all the walkers who come every week to walk the trails we have sanctioned.

Please continue to volunteer and help out the new coordinator as we go into the 2009 season next year.

YRE AND SEASONAL WALK REPORT FOR JANUARY THROUGH JUNE –
Fr. Jack Cairns

Shown below is a report on the number of Year Round Events and Seasonal walkers for the first half of 2008. Some of our walks drew good numbers and a few could use some additional support. Remember the walk incentive books and the awards that are available. The yellow book was for the first half of the year. There is a pink book available for the second half of the year (July through December for the Year Round walks and July through November for the Seasonal walks). The only early closer is the Caroga Lake walk on September 30. The awards available and the instructions are printed on the back cover of the incentive books. We still have a lot of good walking weather ahead, so put a group together and lend some support to our Club walks.

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(Year Round)	1st Qtr	2nd Qtr	TOTALS
Albany, NY 10K	35	51	86
Albany, NY 12K	24	3	27
Amsterdam, NY	0	21	21
Saratoga Springs, NY	25	16	41
Schenectady, NY	39	13	52
Troy, NY - Downtown	7	32	39
	130	136	266

(Seasonals)	1st Qtr	2nd Qtr	TOTALS
Albany / Colonie, NY	n/a	61	61
Bennington, VT	n/a	87	87
Caroga Lake, NY	n/a	20	20
Cooperstown, NY	n/a	24	24
Johnstown, NY	n/a	29	29
Lake George, NY	n/a	52	52
Saratoga Spa Park, NY	n/a	51	51
Stillwater, NY - Saratoga National Battlefield	n/a	26	26
Scotia, NY	n/a	28	28
Williamstown, MA	n/a	110	110
	0	488	488

PASTA PARTY & WALK IN CLIFTON PARK – Eileen Skinner

Mark your calendars for Sunday, November 2nd for our annual Pasta Party/Walk at St. Edward the Confessor. The brochure with the signups for the dinner will be in next month's newsletter. See you there.

ESCV MONTHLY MEETING DAY

ESCV meetings are on the second Tuesday of each month; the next meeting is Tuesday, September 9, at 6:30 pm, at the Crescent Fire Company.

ESCV WEBSITE ADDRESS

Website: www.ava.org/clubs/escv

ESVC NAME TAGS – Laura Sheldon

If you are interested in ordering a yellow club name tag, please contact Laura Sheldon at 384-0143 or sewshel@aol.com. The cost is \$4.00 and must be prepaid with a check written to ESCV, sent to Laura Sheldon, 228 Spring Rd., Scotia, NY 12302.

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COWBOY CRUNCH COOKIES – Lea Darling

Here is the recipe for the cookies I made and brought to the Cobleskill walk in June. Lots of people asked for a copy, so here it is.

1 cup butter	1 ½ tsps vanilla extract
¾ cup sugar	2 cups flour
¾ cup brown sugar	¼ cup wheat germ
2 eggs	1 tsp baking soda
1 tsp salt	1 cup Old Fashion rolled oats
2 cups Choc Chips	1 cup chopped walnuts
Oven 350 F	

Beat butter and sugars; add eggs and vanilla until well blended.

Mix flour, baking soda, and salt – stir into above. Add oats, wheat germ, nuts, chocolate chips until blended. **NOTE: at this point you can freeze in a plastic bag – defrost before baking.** Scoop heaping tsp of dough – place 1 ¼ inches apart to allow for spreading on ungreased cookie sheet.

Bake at 350 F for 10 minutes, or until golden around the edges.

ENJOY!

THE CRAZY HORSE TRIP – AND MORE - Linda Morzillo

"*On the road again...*" was the song we had to sing every morning on the Tater Tour bus through Minnesota, South Dakota, a small part of Wyoming, and North Dakota. Eleven members of ESCV, Mary Sorell, Carol Sorensen, Sue Grey, Marie Klucina, Jean and Joe Padula, Lynn and Alan Longshore, Marylou and Bernie Geren and I spent just over a week in early June on this tour. Ten Volkswalks were scheduled.

Along with 40 other walkers from the USA and 2 from Ontario, we all met on Wed June 4th in Bloomington, MN, at our hotel located right across the road from the Mall of America. Most people did the year-round event at the mall that day and later in the evening we all met the rest of our group along with Mary Ptacek, the Chief Tater.

During the trip there were two days on which two walks were scheduled, but we otherwise we did one walk each day. The walks were: St Paul Capital MN, Summit Ave, also in St Paul, Chaska MN, Sioux City SD, Pierre Capital SD (say Pier, not Pierre), Crazy Horse SD, Devils Tower WY, Bismarck ND Capital and Fargo ND. As it turned out, the weather was quite stormy in Fargo and we scrubbed that walk for safety reasons. That was the only day it truly rained although we were rained upon briefly thrice more: the day we arrived in Bloomington (we were in the Mall), at the end of the second walk in St Paul at 3:30 in the afternoon and a brief shower in Chaska MN.

The weather was absolutely gorgeous the day we were at Crazy Horse, sunny with pretty clouds and breezy with temperatures in the 60s. According to the official tally, there were 10,513 official walkers. Not all were Volkswalkers; there were Native Americans who have done the walk almost every year, tourists, and local people. Girl and Boy Scouts were selling drinks and snacks along the trail. Everyone who walks needs to register. One of the sons of Sculptor Korczak Ziolkowski,

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was talking to walkers headed back down to the start point as they passed a "window" under the arm clearly seen in photographs. For more information, see these three URLs:

www.crazyhorse.org (there is a live Web Cam on this site)
www.crazyhorse.org/news/2008_Volksmarch_summary.shtml
www.ava.org/clubs/bhva/CrazyHorse08.htm

Mount Rushmore was near Crazy Horse, so we stopped to see that National Monument on our way back to Rapid City, where we stayed for two nights.

The most eventful thing that happened is that after we left Fargo, we got a flat tire. We pulled into the next town called Barnesville MN, and waited inside (out of the rain), at a large convenience store while our bus driver had the tire repaired/replaced. We made the local headlines because a bus full of people was in Barnesville – a reporter came to interview us! The staff at the convenience store offered us free coffee; they as well as the other customers were welcoming and friendly. Barnesville, population about 2,300, is famous for Potato Days during which mashed potato wrestling is featured; this year it will take place on August 22-23. Several people in our group purchased t-shirts.

We *LOVED* the walk in Sioux Falls SD; it was a great small city for a Volksmarch. Besides the beautiful falls filled with water from all the rain this year, it was First Friday and there was outdoor entertainment in the downtown area. Some of us took the trolley tour on which we were serenaded by a regional Lion's Club barbershop group who were in town for a convention.

The two other walks that our ESCV group liked the most was Crazy Horse and Devils Tower.

One could spend five days to a week walking and sightseeing in the Black Hills area where Crazy Horse is located. There are several National Parks and Monuments nearby as well as Custer State Park.

Several clubs along the way were very welcoming. On many of the walks, members met us, walked with us and gave us bottles of water and snacks.

We had a great time!!!!

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LONG DISTANCE WALKING IN EUROPE – Pat Rush

Many people in ESCV have wondered why I wear a backpack on club walks. They guess I'm training for something, but what?

You're quite right, I wear the pack in preparation for the long distance walks of 12 to 15 miles a day which I have done in Spain and in France, beginning in 2005. I discovered that Europe is criss-crossed with many walking paths, frequently the remnants of the old medieval pilgrimage paths from the 10th and 11th centuries. There are many such footpaths that have no religious association, such as most of the long distance trails in Britain, and many of the *Grand Randonnee* in France and Switzerland, but even so, some of these have a basis in the great religious wanderings of the early middle ages. (I have walked the Cleveland Way in Britain across the high moors of Yorkshire, but even that footpath has its roots in medieval religious pilgrimage.)

In the middle ages, going on pilgrimage to one of the three great Christian centers—Rome, Jerusalem and Santiago de Compostela—was a goal of many people, for many different reasons. Knights coming back from a crusade would go on pilgrimage to cleanse themselves of the guilt they felt at the brutal nature of their warfare. Devout people would go on pilgrimage to give thanks to a saint or to God for answered prayers, or go to make a request. Criminals would work off sentences by going on a pilgrimage. Some people went because it was the fashionable thing to do.

The great pilgrimage routes fell into disuse around the 16th century. They have been revived only quite recently: in Spain in the 1980s, in France during the same time period, and only now for the pilgrimage routes to Rome and Jerusalem, such as the Via Francigena from Canterbury, England to Rome.

In 2005 I walked the Camino de Santiago de Compostela, the route from the Pyrenees to the city of Santiago de Compostela across northern Spain, to the shrine of St. James the Apostle. In 2006 I walked part of the route in France which connects to the Camino in Spain. This past spring I walked again in Spain, on the Via de la Plata, which is the route that Christians during the Moorish conquest took from the south (Seville) north and west to Santiago, following a Roman road built by Augustus Caesar.

My husband accompanied me for the walks in 2005 (part of the way) and 2006, and a friend walked with me this year. The walking is not difficult, although this spring we climbed mountains for two days (but on established footpaths). I carry hiking clothing, a very lightweight backpack, personal items, and my walking sticks. My pack weighs between 15 and 18 lbs., the lighter the better. I stay either at the pilgrim refugios, which are either free or very cheap, or at very inexpensive hotels called hostale or sometimes casa rural. On these kinds of trips, you take things as they come—bad weather, illness, blisters, stomach problems, snoring in the refugios, and on and on. For example, this spring we had a lot of rain, and got caught out one day in a thunderstorm, with no shelter anywhere in sight since we were walking through a national park. Good raingear and pure dumb luck saved us that particular day, or as some would say, "St. James!" We didn't get hit by lightning, although it was all around.

I suppose that in order to define this kind of trip as "fun" one has to not only love walking, but also be able to accept a degree of physical discomfort as well as a high level of tolerance for the

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unexpected. One also must have faith in the road. The rewards are many—the exhilaration of walking all day through fields of the most beautiful wild flowers I've ever seen, the wonder of stopping in a perfectly-preserved medieval village, the friendships formed with people from all over the world who are walking the same path you are on. (My walking partner this spring, Karen, is one such friend, a British woman living in Paris whom I met in 2006 while walking in France.)

When one arrives in Santiago de Compostela, one applies for and is awarded the “compostela” or certificate that signifies that you have made the pilgrimage to Santiago. Since I was awarded the compostela in 2005, I view myself now as a tourist on the pilgrimage routes more than a pilgrim. I remember a very funny story told by an Australian man in a gathering in a café in Ponferrada, Spain, who told the story about his grandchild. When he told the child that he had made the pilgrimage to Santiago three times the child replied, “Oh, granddad, you must have been really bad!”

If anyone in our club is interested in walking one of the pilgrimage routes, or some of the other long-distance footpaths in Europe, I will be more than happy to talk with you. There are excellent guides, and a lot of accumulated wisdom about what to pack, how much to pack, and what to wear on one's feet. I am already planning my next trip.

WALKING IN POLAND – Phyllis Budka

As the final draft of this BIG newsletter shapes up, I see some blank space – a chance for me to put in some words about how I spent July – walking in Poland. I was a teacher at the Kosciuszko Foundation – UNESCO English Language Immersion Camp for 16 – 19 year old students in Krakow, Poland. The US staff of 17 included a team leader, 9 teachers, and 7 teaching assistants. We lived with the 100+ students in a building that, during the school year, houses a school for the deaf. For 3 weeks, we taught 3 classes a day, led various clubs and activities, and just had a great time speaking English with the delightful students. My club was the camp newspaper; we published 45 pages during the 3 weeks.

The walking part: The well-equipped computer lab was on the 4th floor. We made many trips to Krakow's very beautiful Old Town, a 20 minute bus ride away. This part of Poland is FLAT, except for climbing to the top of Wawel Castle's bell tower to see “Zigmunt,” a big bell. My most unusual walk: An astronomer who shares my interest in meteorites (and whom I had never met in person) came from northern Poland to show me meteorites housed in the Polish Academy of Sciences and the Jagellonian University. We corresponded by e-mail before his visit and he sent me his picture; he also commented that he walks barefoot.

He met me at the camp and, sure enough, he was barefoot! We got on a bus and then a tram, visited department heads at the 2 prestigious scientific places and saw some meteorites not yet on public exhibit. As we climbed stairs at the University, I kept looking behind me to make sure he was following. When a person is barefoot, they make no walking sounds! When it was time to leave, he asked if I minded walking back to the town center, where we would part. I said, “No, I love to walk.” So we walked a good 45 minutes to the town center and train station, where we parted. On parting, he said, “You are a good walker.” I took that as a HUGE compliment!

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Crazy Horse Walkers

Front L to R: Linda Morzillo, Carol Sorensen, Marie Klucina, Marylou Geren, Lynn Longshore.

Back L to R: Joe Padula, Sue Grey, Jean Padula, Bernie Geren, Mary Sorell, Alan Longshore



Pat Rush pauses during her long distance walk somewhere in Europe.

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Oktoberfest Party

Hope you have saved Saturday, October 11, 2008, for our annual Oktoberfest picnic at Moreau State Park. Eileen & John Sowa have again said that they will purchase and cook the bratwurst and hot dogs (select one on the form below). Paper products & utensils, rolls, soft drinks, condiments and cider will also be provided for the low cost of \$5 per person! Winnie will be bringing her delicious sauerkraut. Please bring your favorite dish to share with everyone.



Cost of \$5 per person must be received by **October 1st**.

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

There is **NO pre-registration for this walk. You will need to pay your \$3 or \$2 walk fee upon arrival to the registration table.**

Oktoberfest Walk on October 11, 2008		Choose One	
Send \$5 via check made out to ESCV by October 1, 2008 to: Lea Darling 21 Van Vorst Drive Burnt Hills, NY 12027-9712		Hot Dogs	Bratwurst
Oktoberfest Food Reservation for:	\$5		
1			
2			
3			
4			
5			
Total			

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NORTHEAST REGION CALENDAR – Phil Hait, Northeast Region Director, American Volkssport Association

Date	Day	AVA Club	Walk Location	Point of Contact	E-Mail	Telephone
	August					
10-Aug	Sunday	West Point	Cold Spring, NY	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com	845-462-7539
12-Aug	Tuesday	Walk 'n Mass	Milford, MA	Bea Hait	beateh1@aol.com	508-429-3564
16-Aug	Saturday	Walk 'n Mass	Bridgewater, MA	Margo Craven	magoo249@aol.com	508-222-1152
16-Aug	Saturday	Finger Lakes	Skaneateles, NY	Vicki Darrow	vdarrow@twcnv.rr.com	607-756-2599
	September					
7-Sep	Sunday	West Point	Nyack, NY	Peggy Goetz	volkssportclubofwestpoint@hotmail.com	845-268-2215
13-Sep	Saturday	West Point	Poughkeepsie, NY	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com	845-462-7539
21-Sep	Sunday	Walk 'n Mass	Winchester, MA	Dan Brady	danbrady@rcn.com	781-933-3015
27-28 Sep	Sat/Sun	Twin State	Castleton, VT	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
28-Sep	Sunday	Finger Lakes	McDonough, NY	Doug Gausman	dougs4it@aol.com	607-757-0164
	October					
4-Oct	Saturday	Seacoast Striders	Wolfboro, NH	Chuck Hutchins	bullfinch@verizon.net	603-483-0598
5-Oct	Sunday	West Point	Beacon, NY	Joan Kimmel	volkssportclubofWestPoint@hotmail.com	845-462-6845
12-13 Oct	Sun / Mon	Princeton Walkers	NYC - Brooklyn	Judi Travis	walkeejt@optonline.net	732-536-4073
13-Oct	Monday	Princeton Walkers	NYC - Queens	Judi Travis	walkeejt@optonline.net	732-536-4073
14-Oct	Tuesday	Princeton Walkers	NYC - Staten Island	Judi Travis	walkeejt@optonline.net	732-536-4073
18-Oct	Saturday	Finger Lakes	Moravia, NY	Sue Connelly	sjconnelly@aol.com	607-835-6595
19-Oct	Sunday	Walk 'n Mass	North Easton, MA	Alvin Smart / Margo Craven	magoo249@aol.com	508-222-1152
	November					
1-Nov	Saturday	Seacoast Striders	Hampton, NH	Janet Sherrod	mcdixbe@comcast.net	603-926-5651
15-Nov	Saturday	Seacoast Striders	Portsmouth, NH	Claudia Cauchon	claudia.cauchon@unh.edu	603-659-8598
	December					
6-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	magoo249@aol.com	508-222-1152

It's not too early to plan for this October, when the temperatures tend to be perfect for walking.

The Southern Maine Volkssport Club have sanctioned a Kennebunk seasonal walk commencing on October 1 and continuing until December 15.

The Princeton, NJ, club which sponsors multiple YREs in Manhattan, have added a seasonal event in The Bronx which starts at the Botanic Garden. The real excitement starts over the Columbus Day Weekend when day events are approved for Queens, Brooklyn and Staten Island. The club is offering a patch for walkers that complete all 5 New York City Boroughs during October. See below.

The Big Apple is waiting for you!

Princeton Area Walkers, New Jersey, are scheduling walks in Brooklyn, Queens and Staten Island, NYC for October 12- 14, 2008. In combination with the 4 year round events in Manhattan and a seasonal walk at the NY Botanical Gardens in the Bronx, this will create an opportunity to walk in all 5 boroughs. This has been an exciting challenge for us and we are hoping to have a lot

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of walkers join us in this new venture. All the walks are safe and easy to reach by car or public transportation!

On Sunday October 12 and Monday October 13, we will walk from the World Trade Center site in Manhattan, through the financial district, over the famous Brooklyn Bridge into Brooklyn Heights. The walk takes us through the historic and charming streets of Brooklyn Heights, past homes of many famous authors, so it qualifies for the literary and river programs. We will walk on the Esplanade, giving us fantastic views of lower Manhattan. Be sure to bring your cameras! And there are lots of great mid-Eastern restaurants to satisfy your hunger!

On Monday afternoon, October 13, there will be a walk in Astoria, Queens which starts at the quirky Socrates Sculpture Park, goes through the residential streets of Astoria, past lots of Greek restaurants and then over to Roosevelt Island for spectacular views of mid-town Manhattan and the famed 59th Street Bridge (you Simon and Garfunkel fans will be humming already!)

Tuesday, October 14 will give you the chance to walk in Staten Island, the most remote of the 5 boroughs. We will be walking in Snug Harbor Cultural Center and Gardens and then through a lovely residential neighborhood of gorgeous homes. Snug Harbor Cultural Center is the product of 28 years of restoration and development to convert a 19th century home for retired seamen to a regional arts center, housing several museums. It is the largest ongoing adaptive reuse project in America and is considered one of New York City's unique architectural complexes and historic landscapes. There is a free and very memorable exhibit about 9/11 and the World Trade Center which pays tribute to the NYC Firefighters.

Our seasonal walk at the NY Botanical Gardens is a true gem. The walk can be done from June 1-October 31 so need not be done on the same weekend as the 3 preceding events. The Gardens are always a special treat as you walk through the 250 acres of 50 gardens and plant collections. From June through October, there is an exhibit of Henry Moore sculptures throughout the gardens, so this is a bonus for art lovers. Please see the website for the gardens for their hours and fees: www.nybg.org. The walk also takes you into the campus of Fordham University, so qualifies as a college campus walk. Please take a free map of the gardens upon entering. The walk box is located at the Information booth at the main entrance, after the ticket booth.

Of course, we have 4 wonderful YRE walks in Manhattan: Mid-town, Central Park, Greenwich Village/Soho/Chinatown and Little Italy, and Lower Manhattan, so take your pick or do them all. There is so much to see in NYC and these walks are all packed with interesting sights. Please check our website: www.princetonareawalkers.com for information about these walks or call our club president, Maureen Penta, at (732) 229-8169.

For information specific to the Columbus Day Weekend Brooklyn, Queens, Staten Island or seasonal Bronx walks, you can also contact Judi Travis at walkeejt@optonline.net or call at (732)536-4073.

CLUB CONTACTS, NEXT MEETING DATE AND NEWSLETTER DEADLINE		
CLUB OFFICERS		
President	Bernie Geren	tscbernie@hotmail.com
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Treasurer	Joe Padula	ASPCAlbany@aol.com

August 2008

MONTHLY MEETING	September 9 October 14 November 11 December 9	2nd Tuesday of each month , 6:30 PM at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway)
NEWSLETTER DEADLINE reflections on a past or upcoming volkswalk and/or trips are always welcome. Phyllis Budka	Articles for the next newsletter are due on Sept. 13	abudka@nycap.rr.com 377-8734
MEMBERSHIP AND EMAIL UPDATES	If your email has changed, contact Marie Klucina.	mklucina@nycap.rr.com abudka@nycap.rr.com
SUNSHINE SECRETARY	Please let 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.	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com . You can also see her at the monthly ESCV club meetings.
ESCV WEBSITE ADDRESS		www.ava.org/clubs/escv
NAME TAG ORDERS	Yellow name tag orders: The cost is \$4.00 and must be prepaid with a check written to ESCV, and sent to Laura Sheldon.	Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com . Send check to: Laura Sheldon.

FROM THE ESCV HISTORIAN 'S DESK – Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER VOL. 2
ADIRONDACK WANDERERS NEED OUR HELP

JULY 1988

NO. 6

The Adirondack Wanderers just received tentative approval from the AVA Northeast Regional Director to sponsor a year round walk in Plattsburgh. However, in order to get the event fully sanctioned, two members from another volkssports club must do a prewalk to determine if the course is safe for future participants. They have asked ESCV to test the route.

August 2008