



EMPIRE STATE CAPITAL VOLKSPORTERS

New Website Address
www.ava.org/clubs/escv

April 2008

WEDNESDAY WALKS - Start 9:00AM & 6:00PM

April 30 – Malta - start Parade Ground Parking Lot.

May 7 – Schenectady – River Walk; start Sch'dy Community College

May 14 – Voorheesville; start St. Matthew's Church

May 21 – Round Lake – start The Green

May 28 – Schodack Island State Park - Castleton

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.

Mar. 30 Sunday, Colonie Crossings; start Fleet Feet of Colonie, 155 Wolf Road.

Apr. 5 Saturday, Williamstown, MA; start The Williams Inn, Junction of Rtes 2 & 7.

Apr. 6 Sunday, Lake George; start Fort William Henry Resort Hotel & Conf. Center, 48 Canada St.

Apr. 19 Saturday, Spa Park; start Hilton Garden Inn, 125 South Broadway (Rte. 9).

Apr. 26 Saturday, Bennington, VT; start Jay's Cards & Gifts, 113 South St. (Rte. 7).

Apr. 27 Sunday, Amsterdam; Americas Best Value Inn, 10 Market Street.

May 3 Troy; start Franklin Inn & Suites, One Fourth St.

May 10 Cooperstown; start The Clark Sportscenter, Susquehanna Ave.

May 17 Scotia; start The Glen Sanders Mansion.

May 18 Sunday Saratoga Battlefield; start Battlefield Visitor Center, Rte. 32 Stillwater

TRADITIONAL EVENTS

April 12 Grafton State Park – March for Parks; Start / Registration 9-12; start Deerfield Picnic Pavilion; See enclosure.

May 31 – Colonie Town Park; Spring Picnic

BERNIE'S WORDS

The month of March started off for us with the Albany 12 K walk, which is one of several Year-Rounds in Albany. Twenty hearty walkers participated; we owe our thanks to Teresa Kennedy for coordinating and leading the walk.

Spring is here, so we have just over a month before our sanctioned Wednesday walks begin. This always brings the need for volunteers to help with signing in, stamping books, collecting money or even leading the walks. With three walks a day, it takes a lot of volunteers to run the walks. When you receive your Wednesday walk book, pick out a walk, call the POC and offer your services as a volunteer. Let the POC know you are willing and ready to help.

Speaking of volunteers, our club needs to increase the number of volunteers by adding active members. Unfortunately, as in most clubs, it comes down to a small percentage of members who work hard to make the club successful. In the past twenty years we have had these people in place and now one by one they are asking for relief, so it is time to refill the pipeline. If each one of us brought one friend to a walk, and they are exposed to our club, the job would be very easy to find new volunteers and members.

On March 30, we are kicking off the Colonie Crossing seasonal walk, with a new starting point, FLEET FEET STORE, just off Wolf Rd. Charlie Woodson, the owner, is pleased to have his store as the start point for the walk. For the kick off walk, Charlie has planned on having some snacks and drinks for the walkers. Let us have a good

turn out and show him that we appreciate his efforts.

Remember our next meeting will be on Tuesday, April 8th. On that following Saturday (April 12th), is the March for Parks, Grafton State Park walk. Hope to see you at both events.

WELCOME TO NEW ESCV MEMBERS – Marie Klucina - Membership

The following is a list new people who have joined the club for 2008:

Diane Allgro, Debra Carusome, Marilyn Cohen, Karen Dupuis, Mary Esch, Carol Fischer, Nancy Glover, Liz Greig, Brian Hunt, Janice Kehn, Dave & Suzanne Moore, Bruce & Sara Richardson, Gail Wessit, Wanda Zygmuntowicz,

We look forward to seeing you all on the trail come SPRING!

BHOS SPRING CONCERT DEDICATED TO DAVE SKINNER – Phyllis Boyd

Most of us knew Dave Skinner through our walking with him. Others also knew him through singing with him in the Burnt Hills Oratorio Society. A few of us had the privilege of both associations.

In recognition of the deep loss of their long time friend, tenor and treasurer, BHOS is dedicating their Saturday, May 10, Spring Concert to Dave.

The concert will be held on Saturday, May 10, 2008 at 7:30 PM in the Saratoga Springs High School auditorium. The featured piece will be the Hayden "Mass in Time of War," with the Saratoga springs High School Choraliers joining as a mentored high school choir.

Price per ticket:

	Advanced sale	At the door
Adults	\$16	\$18
Seniors	\$14	\$16

ESCVers who will be selling tickets are Fran Palozzi, Fred Kirk and Phyllis Boyd.

Advanced orders may also be sent to:

BHOS-tickets
PO Box 76
Burnt Hills, NY 12027

Be sure to include your check made to BHOS and indicate the kind and number of tickets desired as well as your name and address.

THANKS – Marie Klucina

I would like to Thank Eileen Skinner for putting the Wednesday walk booklet together. Also I would like thank Kathy LeRoux, Shirley Pingelski, Phyllis Boyd and Lea Darling for helping me

with the labels, taping and counting, etc. so that I could get them in the mail.

ESCV MONTHLY MEETING DAY

ESCV meetings have been moved to the second Tuesday of each month; the next meeting is Tuesday, April 8, 2008 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.

MAY 28th SCHODAK ISLAND STATE PARK - CASTLETON – Colleen Daigneault

We have reserved a tent (30x30) for use the day of the walk. It sits on the south side of the play lawn and has electric and 9 picnic tables and a large grill. Everyone is invited to take advantage of the tent and bring their lunch or early dinner.

There is a \$6 Vehicle Use Fee in place daily from May through Labor Day. So carpooling is recommended. Schodack Island is a "Carry in/Carry out facility." Be aware that there are no trash receptacles in the park, so please bring your own trash bags.

Golden Park

If you are a New York State resident 62 or older, on **any weekday** (except holidays), you can obtain:

- Free vehicle access to state parks and arboretums
- Fee reduction to state historic sites
- Fee reduction for state-operated swimming, golf, tennis and boat rental

simply by presenting your current valid New York State Driver's License or New York State Non-Driver's Identification Card.

FROM THE ESCV HISTORIAN'S DESK - Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER
VOL. 2 APRIL 1988 NO. 4

As of June, 1988, our yearly membership will increase from \$7.50 to \$10.00 for new members. It will remain at \$7.50 for renewals. Increased costs in producing the club patch, newsletters and postage have made the adjustment necessary.

GREETINGS TO THE NORTHEAST REGION CLUBS – Phil Hait, Northeast
Region Director, American Volkssport Association

New AVA Contest - Where's AVA?

For the next year, AVA will sponsor a new contest. Each issue of "The American Wanderer" (TAW) will have a picture of someone from the back wearing the AVA Jacket somewhere in the world. Readers guess where the picture was taken. For each issue a free AVA Jacket will be awarded to someone, selected from among the pool of all correct entries submitted for that issue of TAW.

Here are the rules: To submit a Photo: Photos must show a person in the foreground, wearing an AVA jacket with the logo on the back facing the camera. In the background the photo should show a recognizable landmark. Send photo submissions by postal mail to AVA (AVA, Attn: Jackie, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148) or email (avahq@ava.org). Include the name of the photographer, name of jacket wearer, city (and state if in the US) and country where the photo was taken and a brief description of the landmark. Don't make it too easy – no city names in the photo, nothing too obvious (like in front of the Statue of Liberty), but don't make it too hard either (no pictures in your back yard). Photos must be clear and printable as well. Submitted photos will not be returned and will be kept by AVA for future promotions.

To enter the Contest: Send a postcard (no emails, no letters) to AVA, (Attn: Jackie, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148). Include on the postcard: your name and address, the month of the TAW issue the photo was in, and your guess of the city and country where the photo was taken. Postcards must be postmarked by the end of the first month of the TAW issue, for example for the October/November issue, entries are due by October 31.

National Executive Council members, AVA Headquarters employees and The American Wanderer staff are not eligible for the contest. Winners of the jackets and the names of both photographer and subject (the jacket wearer) will be listed in the next TAW.

NORTHEAST REGION CALENDAR April – September 2008

Phil Hait - Region Director

Due to possible last minute changes, if you are planning to attend a walk supported by another club, call/e-mail the Point of Contact (POC) in advance to confirm. Note that ESCV Walks are NOT included in this listing!

Date	Day	AVA Club	Walk Location	Point of Contact	E-Mail	Telephone
	April					
20-Apr	Sunday	Finger Lakes	Johnson City, NY	Doug Gausman	dougs4it@aol.com	607-757-0164
26-Apr	Saturday	West Point	Fort Montgomery, NY	Joan Kimmel	volkssportclubofwestpoint@hotmail.com	845-462-6845
	May					
3-May	Saturday	Finger Lakes	Moravia, NY	Sue Connelly	sjconnelly@aol.com	607-835-6595
4-May	Sunday	West Point	Mills Norrie State Park	Joan Kimmel	volkssportclubofWestPoint@hotmail.com	845-462-6845
10-May	Saturday	Seacoast Striders	Hampton, NH	Janet Sherrod	claudia.cauchon@verizon.net	603-926-5651
18-May	Sunday	Twin State	Shelburne, VT	Cynthia Gray	cnwgray@comcast.net	802-244-6265
	June					
10-Jun	Tuesday	Walk 'n Mass	Marlborough, MA	Ginger Ryan	gingeryan05@comcast.net	508-485-5577
	July					
8-Jul	Tuesday	Walk 'n Mass	Stoneham, MA	Jim & Marilyn Regan	mrregan@comcast.net	781-438-4421
19-Jul	Saturday	Twin State	Waterbury, VT	Cynthia Gray	cnwgray@comcast.net	802-244-6265
20-Jul	Sunday	Twin State	Waitsfield, VT	Cynthia Gray	cnwgray@comcast.net	802-244-6265
	August					
12-Aug	Tuesday	Walk 'n Mass	Milford, MA	Bea Hait	beateh1@aol.com	508-429-3564
	September					
7-Sep	Sunday	West Point	Nyack, NY			
21-Sep	Sunday	Walk 'n Mass	Winchester, MA	Dan Brady	danbrady@rcn.com	781-933-3015

CLUB CONTACTS, NEXT MEETING DATE AND NEWSLETTER DEADLINE		
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
MONTHLY MEETING	NOTE CHANGE: Tuesday, April 8th.	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 May newsletter are due on April 12 th .	abudka@nycap.rr.com 377-8734 2135 Morrow Avenue, Niskayuna, NY 12309
MEMBERSHIP AND EMAIL UPDATES	If your email has changed, contact Marie Klucina.	mklucina@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	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.

	well as any individual achievements they may be celebrating.	
NEW 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, 228 Spring Rd., Scotia, NY 12302.

VOLKSSPORTING AND BACKPACK WISDOM – Ginger Ireton

I love to go a wandering
 Along the mountain path
 And as I go I laugh and sing
 My knapsack on my back
 Valdaree, valdarah.....
 (The Wandering Traveler Song)

I love a backpack. Getting it ready for an upcoming trip evokes a sense of adventure. And then, there is all that space to exhibit pins and patches!

Whether on a VW or extended travel, wearing a backpack seems so natural and adds to the pleasure of the experience. There is a feeling of comfort knowing that all the necessities for the day have been carefully placed in this compact container and will be at your beck and call. Now your hands are free to do anything from quenching your thirst to map reading. It is also a nice sight to see and peaks curiosity - who are these people with all those packs and where are they going?

Backpacks have become part of our school age childrens' culture. There is much concern about how a too heavy pack worn improperly can cause physical damage in these young bodies. Add on several decades of living with wear and tear on the skeletal and muscular systems, along with degenerative diseases, and conditions are right for a lot of injury.

So here is some backpack wisdom which hopefully will be useful for all of us.

1. Keep the weight in your backpack light, not to exceed 15-20% of your body weight. To distribute the weight most evenly, place the heaviest items in the center, closest to your spine, and lighter ones in the outer and side pockets. Excessive weight can pull you backward, causing our bodies to compensate by bending forward and throwing the spine out of natural alignment. A rounded upper back posture occurs, and the shoulders roll inward. We instinctively tilt our heads upward to see where we are going, all of which contributes to strain of the neck , back and shoulder muscles.
2. Two shoulders need two straps. Slinging a pack over one shoulder makes us lopsided, causing muscle and joint pain. The next time you see a postal carrier with the mail bag hanging off one shoulder, observe how much lower that shoulder will be from the other and

how this affects walking. The same can be said for oversized, heavy purses that women tend to wear repeatedly on the same side.

3. Use wide, padded, adjustable shoulder straps to minimize pressure on the shoulders and neck and to avoid nerve impingement that could cause tingling, numbness or weakness in the arm or hands.
4. A padded back is recommended for added comfort and to cushion hard or uneven objects in the pack.
5. The backpack should be adjusted properly. Ideally, the pack should rest in the curve of the back and fall no more than 4 inches below the waistline. An attached waist belt can help distribute the weight more evenly over the body.

Enjoy the adventure and take care of yourselves!

Valdaree, valdarah.....

EDITOR'S NOTE – Phyllis Budka

ESCV members are encouraged to submit articles of common interest for potential inclusion in the newsletter. Send via e-mail to abudka@nycap.rr.com

