



EMPIRE STATE CAPITAL VOLKSSPORTERS

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

March 2008

WEDNESDAY WALKS

April 30 – Start 9:00AM & 6:00PM; start point Malta – Parade Ground Parking Lot.

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. 2 Sunday, Albany Environs; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway).

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.

TRADITIONAL EVENTS

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

BERNIE'S WORDS

On February 9th, twenty-eight walkers met for the Schenectady Year-Round kickoff walk. The day was beautiful - the streets and sidewalks were passable and the company was enjoyable. After the walk we met at Ellen McNett's home for soup, chili and pot luck lunch. Thank you again, Ellen, for opening your home to your fellow walkers.

An old farmer once told me that winter is over on February 15th - maybe you will have a bad day, but the next day everything is better. I have been watching this for over 40 years and it seems to be true. So get your garden plows ready because spring is on its way.

By the time you read these words, it will be almost 30 days to the March for Parks walk in Grafton, NY. George and Mary Agars have been working on a suitable trail for us - I heard that it is a nice walk. Remember, however, it will be early April and some of the snow will remain in the forest, even though it is after February 15th.

Now for some club business: Crescent Fire Company has asked us to move our meeting night to any night other than Monday. So we have decided on the second Tuesday of each month; therefore, our next meeting will be on Tuesday, March 11, 2008 at 6:30 pm. Hope to see you there.

February 2008

AMERICAN REVOLUTION WALKS – Barbara Kolapakka

The Revolution is coming to an end: the American Revolution Walks program ends Dec. 31, 2008. Books will not be sold after March 31 but you have until Dec. 31 to complete your book. You must turn the completed book in for a patch or pin by March 31, 2009.

Trying to fill a book? ESCV has two traditional events that qualify: Cobleskill on June 21 and Hubbardton Battlefield on Sept. 27. If you haven't done it before, the Wednesday walk at Thatcher Park on June 11 also qualifies. And our new seasonal in Lake George is also a Revolution event.

NEW EVENTS FROM OTHER CLUBS

4/5 Yorktown, VA	6/10 Williamsburg, VA
5/10 Williamsburg, VA	12/12-14 Williamsburg, VA

YR0299 Danvers, MA. The POCs for this walk are fellow ESCV members, Joe and Kathy Piffat.

NEW ESCV MONTHLY MEETING DAY

ESCV meetings have been moved to the second Tuesday of each month; the next meeting is Tuesday, March 11, 2008 at 6:30 pm, at the Crescent Fire Company.

NEW 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.

The following name tags are ready for pickup:

Nancy Glover, Sandy & Hal Haber, Jan Jones, and Mary McMahon

Please contact Laura to arrange for pick-up.

STARTING POINT BOOKS 2007, 2008 – Winnie Balz

There are three 2008 "Starting Point" Books left; cost is \$15.00. There are four 2007 books left that will go free to anyone who wants one, first come, first served. Please call or e-mail Winnie, 372-3663 or winnieeb@yahoo.com.

ON THE ROAD AGAIN - Marion Burns

Your very enthusiastic response to the Sunday, May 18 trip to Shelburne, Vermont has resulted in the addition of a second bus. The Vermont club promises an interesting walk through the village of Shelburne, starting and finishing at the beautiful Shelburne Museum. May 18 is the Museum's annual Lilac and Gardening Festival, featuring 400 lilac plants representing over 90 varieties! Speakers and demonstrations will be scheduled throughout the day.

Travelwalk has arranged for discount admission for all bus passengers. \$44 per person includes bus transportation, driver tip, Volkswalk fee and admission to the 39 exhibition

February 2008

buildings of the Shelburne Museum and all Lilac Festival activities.

There will be a pick-up at Crossgates Mall and at the Hannaford near Exit 15. A detailed trip confirmation and updates will be e-mailed to those who send payment.

If you've already signed up, great! If you haven't, join us for this long-awaited rite of Spring!

Make checks out to Travelwalk and mail to PO Box 397, Slingerlands, NY 12159. Include your name, phone number e-mail address (a must!) and pick-up location.

The remaining seats will be filled on a first-come, first-served basis.

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

The Seacoast Striders, AVA – 0247 have found it necessary to cancel the Seasonal walk event in North Conway, NH, previously approved to start on March 31, 2008.

There are 7 other Seasonal or Year Round events to choose from in New Hampshire if you are planning a visit to the Granite State. Concord, Durham, Exeter, Fremont, Hanover, Portsmouth & Nashua have inviting routes to explore.

Please visit the Seacoast Striders website for details on all of the above except Hanover.

That walk is sponsored by The Twin State Volkssport Association (Vermont) which has all of the details. All of the above except Nashua are also listed in "Starting Point."

Thanks for your continued support.

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	ASPCAlbany@aol.com
MONTHLY MEETING	NOTE CHANGE: Tuesday, March 11th	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	Articles for the March newsletter are due on March 14 th .	abudka@nycap.rr.com 377-8734 2135 Morrow Avenue, Niskayuna, NY 12309
reflections on a past or upcoming volkswalk and/or trips are always welcome. Phyllis Budka		

February 2008

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 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.
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.

TO RETIRE OR NOT RETIRE – That Is The Question - Linda Morzillo

“Linda, have you decided when you will retire?” That’s a question I am asked by relatives, friends and coworkers. I jokingly answer, “I retire every night.” Many of my friends and relatives have retired over the last few years or are anticipating their last day of regular employment. While the rest of us are at work, many of the gray-haired set are not! Even in my Volkswalk Walking Club, the summer Wednesday walks have seen most walkers change from the after-work-walk at 6 PM to the 9 AM walk followed by going out to lunch and making a day of it.

While some people have retired at age 55 as they became eligible to receive job-related pensions, the baby-boom bulge in the population will began to reach age 62 in January 2008. In March, the first sizable number of Social Security checks will be deposited into the accounts of those eligible boomers who apply for benefits. “Shall I retire or shall I continue to work longer?” Many will be asking that question. As my spouse, relatives, friends and coworkers have discussed retirement, I found five major factors that bear in this very personal decision, all of which will affect my own decision to take that life-changing step.

Money is the first factor. "I wonder if I can afford to retire" is the statement I hear from many people. This is truly an individual situation; people need to analyze their finances, often with professional help, to make the best choice. Those fortunate enough to have a pension or who have invested over the years are biding their time until they can visit their Social Security Administration Office and file their paperwork. Some people weigh the monetary pros and cons of collecting at age 62. Some people decide at age 55 to collect their pensions, work part-time or even launch a new career, as my husband did. One of my coworkers, while collecting her job pension as well as Social Security, continues working to earn extra funds earmarked for her travels. Many of us who chose to leave careers to raise a family find that while the time away from the world of work was both fulfilling and necessary, those years added nothing to pensions or to Social Security.

After working at a job for twenty, thirty or forty years, many people want a change and choose to retire. They are tired of doing the same old thing, putting up with workplace politics, have outgrown their jobs with no outlook for advancement or are made to feel outdated and unappreciated. Job burnout is the second most common reason that people choose to retire. After returning to work following a few years away from the workforce, I found it difficult to obtain full-time work in my previous career. I began working full time in June 2001 upon receiving a promotion from my part-time job. Funny thing, it was

February 2008

the very same month my husband, Jim, retired from teaching. My job is still new for me. The areas of responsibility at work are varied, social and often changing. Learning new skills keeps my mind and my adult-acquired computer skills sharp. On most days, I don't have job burnout.

For many friends and neighbors, the daily commute had been taking its toll. From my neighborhood in Wilton, just north of Saratoga Springs, it used to take 30 to 45 minutes to commute, on the Northway (I-87), to Albany. Area growth has resulted in more traffic; we realize that commuting around here generally doesn't hold a candle to the grueling commutes in other areas of our country. Even for people who like their work, the daily commute is a third reason people retire. That's not a valid reason for me since I am at my desk within fifteen minutes of getting into my car for the 4.2-mile commute that includes 5 traffic lights and two stop signs on two-lane roads.

The fourth reason, health, can be the most important reason people retire. People want to be able to do things and go places before the health issues associated with aging prevent it. Many of us boomers work hard to stay fit, have regular check-ups, try to eat right and do everything within reason to remain as healthy as we can. We hear all too often that people retire one week and are taken ill or have died suddenly the next week. There is no crystal ball to foresee our futures.

A last reason to retire is that work conflicts with other activities. Caring for ill family members or babysitting grandchildren is sometimes necessary. Most of the retirees I know say, "I can't figure out when I had time to work." Retirees enjoy waking up each day to do things they choose. Those who feel more secure with a regular schedule use their activities as their "work." Fortunately, my place of employment offers generous time-off benefits. Before I began working full-time I was able to pursue volunteer work, travel, hobbies and other interests; most of these continue to this day. I tend to procrastinate when I have too much time on my hands. When time is at a premium, I get much accomplished. Stay the course!

FROM THE ESCV HISTORIAN'S DESK - Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER

VOL. 2

MARCH 1988

NO. 3

VICE-PRESIDENT'S MESSAGE

Thank you all 15 members who were present for our March meeting. Your ideas, input, and constructive criticism were welcome and needed!!

Thank you also to those members who volunteered to act as Chairpersons and serve on Committees.

And now for some real news. We may have solved the problem of our vacant President's office. Diane Dunz has come forward and said she would be willing to become Vice-President if I would take on the President's office. This will mean nominations and elections at our April meeting, so won't you come and cast your vote?

Diane Clancy

February 2008

DUES REMINDER

Please look at your mailing label. If you have an "08" next to your name, your dues are past due and this will be your last Newsletter.

Please use the following coupon to renew your membership.

Dues are due by the 29th of February or you will be dropped from the mailing list.

Date: _____

RENEWAL: Membership (Single \$10.00, Family \$18.00)

Make checks payable to ESCV. **(Checks are preferred!)**

Name(s): _____

Address: _____

Phone: _____ Are you a member of AVA? Yes No

E-Mail _____ Address: _____

Is it OK to add your e-mail address to the ESCV Directory? Yes No

Do you want to receive HOTMAIL via e-mail? Yes No

Send form along with check a check made out to ESCV to:

ESCV Membership,

PO Box 5464, Clifton Park, NY 12065-5464
