



EMPIRE STATE CAPITAL VOLKSPORTERS

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

May 2008

WEDNESDAY WALKS - Start 9:00AM & 6:00PM - *See "2008 Wed. Guided Walks" booklet for Directions

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 - Route 9J Castleton

***June 4** - Loudonville - Siena College / Alb. Rural Cemetery

***June 11** - Voorheesville - Thatcher Park - Halles Cave Parking

***June 18** - Niskayuna - Blatnik Park - Ice Cream Social

***June 25** - Delmar - Five Rivers Env. Center

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.

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

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

May 17 Saturday Scotia; start The Glen Sanders Mansion.

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

June 7 Saturday Caroga Lake; start Caroga Lake Town Offices, 1840 State Hwy

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June 14 Saturday Johnstown; start Johnstown City Hall, 41 E. Main St.

TRADITIONAL EVENTS

May 31 Saturday Colonie Town Park; Spring Picnic

June 21 Saturday - Cobleskill

BERNIE'S WORDS

April arrived on a sad note with the passing of Jack Hickey's wife, Lorraine; also Nellie Georgelos' mother recently passed away. We express our deepest condolences to both Jack's and Nellie's respective families - we look forward to seeing them both back on the trails.

The Williamstown kick-off walk on April 3rd was deferred to another day, since the memorial service for Lorraine Hickey took precedence. (In fact, the informal Wednesday walkers have scheduled a walk at Williamstown on Wed., Apr. 23rd, starting at 9:30AM. Everyone is welcome). The next day, on April 4th, the club was at Lake George for a nice walk with beautiful weather to greet all the walkers. (Snow in the park and ice on the Lake.) Our thanks to the POC Ann McCarthy for coordinating and leading the walk.

Last Saturday, April 12th, the heavens gave way to sunshine and the day turned out to be beautiful and bright. Our club members embarked on a trek through Grafton State Park for our traditional annual March for Parks Walk. The day turned out to be perfect and the walk was very enjoyable. George and Mary Agars can be proud for planning this walk; our thanks and appreciation go to them. Let us not forget

May 2008

Winnie Balz who organized and coordinated the walk, so thanks to Winnie and the volunteers who made this all possible.

The rest of April has plenty of kick-off walks and on April 30th our Sanctioned Wednesday walks start with the first one at Malta Parade Grounds. Spring is here and walking has begun. Hope to see you on the trails.

Don't forget the next club meeting on Tuesday, May 13, 2008.

AMERICAN REVOLUTION WALKS – Barbara Kolapakka

The American Revolution Walks program ended its fourth year on March 31. That date also marked the end of book sales for the program; all books must be completed by December 31 and turned in for an award by March 31, 2009.

The program sold 455 books for a total gross income of \$3,640. Expenses to date are \$1,307.67. We will incur future expenses for additional patches and postage. We have sent AVA \$883.90 through December 31, 2007.

To date, 214 books have been returned for either a patch or a pin.

NEW WALK ADDED - – Barbara Kolapakka

Sandwich, MA YR1035

PARKING FOR ALBANY YRE – Barbara Kolapakka

Albany is setting up pay kiosks for the parking lot near the Pump House. Parking is no longer free except on Sundays. You park, note your parking spot number, then go to a kiosk and punch in your number and either put in coins or your credit card. Please note that the "Starting Point" says the parking is free.

WELCOME TO NEW ESCV MEMBERS – Marie Klucina - Membership

New members are Wendy Krebs - Ballston Spa, William Matteson - Ballston Lake, Gail Ostrandel - Schenectady, Rosa Soria – Schenectady. We look forward to seeing all of you on the trail!

EARN FREE EVENT/CREDIT BOOKS AND FREE WALKS FOR 2009 – Eileen Skinner

Have you been stamping your ESCV Incentive Yellow Book??

At the 2007 Holiday Luncheon/Walk, all attending received a Yellow ESCV Incentive booklet. This booklet is free.

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 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 walk award button & Certificate and 8 Coupons for YRE/SE FREE WALKS in 2009.

It is not too late to take the challenge and earn rewards. For a booklet or Questions Contact Eileen Skinner (EFSkinner@aol.com). Those who finish all 16 walks by July 1st may request a 2nd book (different color) to do the walks for the 2nd ½ year.

WEDNESDAY WALKS BEGIN APRIL 30TH – Eileen Skinner

Dust off your walking shoes and get into the swing of our Wednesday walk program. For the next 18 weeks we have newly sanctioned walks for you. In May/June you may walk at 9AM or 6PM. In July/August we add a 3rd time at 6:45AM. The last walk on August 27th will only be held at 9AM due to early darkness.

Helpers are still needed for many walks to sign walkers in, collect money, handle new walker packets, stamp books, lead walks or be a sweep. If you can help in any way, please contact the POC (in your Booklet) to offer your help. If you are at the walk site and see that those working need HELP...please volunteer on the spot to help!!!

We hope to see everyone on April 30th in Malta.

VISITORS TO WILLIAMSTOWN, MA; THE VERMONT AND ALBANY AREAS -

Shirley Pingelski POC

John Anderson, President of the Wandering Wheels Club, has e-mailed me to say that their club will be walking in our area in May. On the afternoon of Wednesday, May 14, they will be walking Williamstown. Lucy Healey and I are going to sign their books and walk with them. I don't have an exact time yet, because I believe they are walking Bennington in the morning. They are staying at the Hampton in Albany during their stay. I will ask Emmy Koch to send a Hot Mail when I hear the approximate time they will be there.

So please come and join us in showing some of our warm ESVC hospitality to our fellow trekkers.

ESCV MONTHLY MEETING DAY

ESCV meetings have been moved to the second Tuesday of each month; the next meeting is Tuesday, May 13, 2008 at 6:30 pm, at the Crescent Fire Company.

ESCV WEBSITE ADDRESS

Website: www.ava.org/clubs/escv

A CONFESSION! – Phyllis Budka

Until I became newsletter editor recently, I had paid no attention to our ESCV website. Having to include the announcement of the new website in a recent issue, I was prompted to take a look. Wow! It's super! It's a great way to tune in potential ESCV members; send them a link or print out the membership form for them. Have you forgotten which walks you wanted to do because you've misplaced (or recycled) the last newsletter? Current and past newsletters are stored there. The screen prints below give you an idea of the breadth and depth of information stored there.



Hats off to Eileen Skinner, the website designer and our hard-working webmaster!
Friends, TAKE A LOOK!!!

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.

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.

Milestones from February/March and April/May Wanderer IVV Event Awards

10 Events Michael Derrah Adrienne Levinthal John MacDonald Mary MacDonald	30 Events Eleanor Shutter	50 Events Maureen Martelle Catherine Marrano	75 Events Barbara Bilins Linda Dupree	100 Events Bernard Desroches
150 Events Vera Weiss	200 Events Rita Gavin	225 Events Shirley Pingelski	250 Events Ann Misener	275 Events Barbara Green Alan Longshore Lynn Longshore
350 Events Mary Sorell	400 Events Phyllis Boyd Barbara Kolapakka	450 Events Marie Klucina	475 Events Jean Padula Joe Padula	550 Events Winnie Balz
650 Events Ed Koch	700 Events Emily Koch	850 Events John Cairns	1050 Events David Skinner	

IVV Distance Awards

500 K Catherine Marrano	1000 K Barbara Bilins Bernard Desroches Evelyn Dufur	1500 K Rita Gavin Karen Watson	2000 K Shirley Pingelski Vera Weiss
2500 K Alan Longshore Lynn Longshore	3500 K Mary Sorell	4000 K Phyllis Boyd	4500 K Marie Klucina Barbara Kolapakka Jean Padula Joe Padula
5000 K Pat Reed	11000 K David Skinner Natalie Smith		

BHOS SPRING CONCERT DEDICATED TO DAVE SKINNER – Phyllis Boyd

In recognition of the deep loss of their long time friend, tenor and treasurer, the Burnt Hills Oratorio Society 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.

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.

MEMBER NEWS – Marie Klucina

A member of our club is being honored as “Artist of the Month” by BeauKnits Shoppe in Cohoes.

Bonnie Crowley, who lives in Latham, will have her hand knitted and crocheted handbags displayed in the shop’s window for the month of April. Each Bag is unique and involves a wide variety of yarns and patterns. Her handbags demonstrate Bonnie’s fiber arts talent. Stop and see her display, stroll Cohoes, do a little walk.

Editor's Note: Members are invited to share good news! Send a short writeup to abudka@nyap.rr.com.

ON THE ROAD AGAIN - Marion Burns

The Travelwalk bus trip to the Shelburne Museum walk and Lilac Festival is Sunday, May 18. If you have been meaning to sign up, the time is now. Just a few seats remain and over 90 people are going. E-mail me at volkssporter@aol.com to request a flyer.

For those on the trip, please note that departure will be from Crossgates Mall (overflow lot just west of Macy's) promptly at 7:30 AM. An additional pickup at the Hannaford near Exit 15 is scheduled for 8 AM. Please e-mail me before May 10, if you want to be picked up at the Hannaford.

Each trip participant will receive an e-mail indicating whether you are on Bus #1 or Bus #2. If you do not have e-mail, a list will be posted at the entrance of each bus that morning.

The next Travelwalk newsletter, mailed mid-July, will include two trip flyers. The first, a day trip on October 4 to Wethersfield, CT, for the Volkswalk, annual scarecrow festival and craft fair. The second is a December 11-14 trip to the special event walks in Williamsburg, VA, sponsored by the Peninsula Pathfinders.

If you have never been on a Travelwalk trip (or haven't been on one in the past year) and wish to subscribe to the newsletter, please send 4 postage stamps to Travelwalk, PO Box 397, Slingerlands, NY 12159.

WHERE DO WALKS COME FROM? – Barbara Kolapakka

We have Wednesday walks, traditional walks and year round/seasonal walks, all with different routes and sanction numbers. This year ESCV will offer forty one different walks with a chance to add fifty seven stamps to your books if you do all of them, including doing the YRE/seasonals twice.

Where do all these walks come from?! Well, first let's dispel the myth that all the walk routes are designed by elves who leave the maps under toadstools for us to find. The fact is that these walks represent a lot of effort by some of our members to design and run each of them.

Every walk has a Point of Contact or POC who is in charge of running a walk. If the walk is new to the schedule, as many traditional and some Wednesday walks are, the POC will typically find a location to hold a walk, look for a start point with adequate parking and, preferably, restrooms, and map out both a 10k and 5k route. The POC may have help from others in doing these startup chores.

Most traditional walks are new though we may re-cycle walks that have been used in past years. Many of our Wednesday walks are part of our catalog of mid-week walks that have been run in the past so the POC needs only to review the route and starting point to make sure they are still usable. However, new walks do get added to the Wednesday schedule from time to time and existing walks are modified.

On the day of a traditional or Wednesday walk, the POC will be in charge of signups and, if it's a Wednesday walk, leading at least one of the walk offerings that day. Help is needed for both traditional and Wednesday events to sign walkers in, stamp books, and collect money. Traditional events usually need someone to mark the trail with streamers and arrows, either the day before or early in the morning of the walk. Wednesday walks need additional leaders

for the 5k group or for the other times in the day the walk is run and, if the group is large, people to act as sweeps to insure that no one strays from the correct route and gets lost or left behind.

Year round and seasonal walks usually started as a traditional event at some point. The POCs for these walks have to make sure each year that the starting point is still available and that the route is still usable. Many POCs also revise the route from time to time to add new points of interest. The POC also monitors the walk box at the start point to make sure that maps, start cards, etc. are available and collects the walk fees. The POC may lead the two group walks of each year round or seasonal but is not required to do so.

POCs of all walks must complete paperwork for AVA and the club treasurer.

Whew! That's a lot of work to run all these walks and we haven't even mentioned creating brochures, preparing sanction requests and producing the seasonal and Wednesday walk booklets.

So, if you are a regular walker and you've never helped out at any kind of event, maybe knowing now how much work is involved will motivate you to volunteer. You don't have to start out as a POC (though you're welcome to). Just offer to stamp books at a Wednesday walk or collect the fees at a group walk of a seasonal. Then, when you get more familiar with the process, maybe offer to take the lead at one of the morning Wednesday walk sessions since it's pretty much impossible for the POC to do both the 6:45 and the 9 o'clock groups.

ESCV is one of the most successful volkswalking clubs in the country in part because it offers so many opportunities for its members to walk. Members of other clubs are amazed when we tell them how many walking events we run. But the club needs more members to do their part in continuing this success by lending a hand. The Wednesday walks are starting April 30. Pick a walk you're interested in and ask the POC if you can help or pitch in at a group walk of a seasonal. We need you!

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
Spring Greetings.

In the AVA president's message from "The American Wanderer," the Northeast Region is credited with the largest membership growth during the past year with 95 new club members. Congratulations to all of the clubs.

I hope everyone has time to get out to walk a couple of events this month.

ADDITION to the Northeast Region Calendar (See April Newsletter)

June 7th – Saturday – Walk ‘n Mass - Newport, RI POC Ray Berberick – e-mail: ray_berberick@ml.com

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	Tuesday, May 13th.	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 June newsletter are due on May 17 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 and Phyllis Budka.	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.
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.

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