



## EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

[www.ava.org/clubs/escv](http://www.ava.org/clubs/escv)

**June 1, 2009**

### 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.

**June 6 Johnstown;** start Johnstown City Hall, 41 E. Main St.

**June 7 Saratoga Spa Park;** start Hilton Garden Inn, 125 S. Broadway (Route 9), Saratoga Springs

**June 13 Caroga Lake;** start Caroga Lake Town Offices, 1840 State Hwy 1, Caroga Lake

**June 14 Scotia;** start The Glen Sanders Mansion, 1 Glen Ave, Scotia

### TRADITIONAL EVENTS

Start any time between 9AM and 12 noon; finish by 3:00 PM; see \* exception below

**June 20 Saturday Hadley;** start Sam Smead Memorial Park. 9-12; finish by 2; Pot Luck

**Spring Picnic –** \*picnickers must finish by noon.

### WEDNESDAY WALKS

**Wednesday** walks have a 9AM start and a 6PM start. Registration begins 30 minutes before walk start.

**June 3 Round Lake;** start Dominick Pasquale Field.

\***June 10 Voorheesville - Thacher Park;** start Halles Cave Parking

\***June 17 Broadalbin;** start Fulton Cty Visitor's Ctr., Rts 29 & 30

**June 24 Niskayuna - River Walk;** start Blatnik Park (Ice Cream Social)

\*These were listed incorrectly in the April Newsletter

### BERNIE'S WORDS

Since the last Bernie's Words, we have had two Traditional walks and both were very enjoyable with perfect weather besides. Thanks to Vera Weiss, Lea Darling, Laura Sheldon and Linda Clark for preparing the Sue Godshalk Memorial Walk in Northville. What a great day with the local town garage sales and the walk along the streets of Northville!

Thanks to Sue Grey and her assistant, Vera Weiss, for the walk in Stockbridge, MA. It was Sue's first time as a POC for a walk. Great job! After the first hill, everyone seemed to enjoy it. Stockbridge is a terrific village for a stroll and a walk through the woodland paths was a perfect finish. We were also honored to have our North East Regional Director, Phil Hait, attending the walk.

Two years have gone by and now it is time for me to move on. This club seems to be unique, where the members enjoy each other and love to be together. Being President of such a club has been a lot of fun; it has been an honor and a pleasure to serve.

My job was made easy by the officers of the club: Barbara Kolapakka, VP, was instrumental in the administration of the club and often did a lot of the grunt work enabling us to make good decisions. If you elect her, she will be your next President. Joe Padula, Treasurer, had the toughest job of us all,

**June 1, 2009**

handling money and reports from all the different club activities. Secretary, Kathy LeRoux, keeping the records, taking the minutes, another tough job. Thanks to all.

No thank you is complete without a thank you to Eileen Skinner who takes care of a lot necessary functions for the club. You cannot believe how much she does for the club behind the scenes; plus she was an invaluable source as a mentor of AVA procedures. Thank you.

Thanks to Father Jack for organizing the Year Round and Seasonal walks. It is a thankless job preparing for the walk, then supplying the POCs with materials and making sure all the reports are on time. Thank you to all the POCs for the year around and seasonal walks, another key function that goes unnoticed.

A special thanks to Phyllis Budka, who stepped up and did the monthly newsletter. She was also very good at keeping me on the straight and narrow, looking over Bernie's Words, and making sure I mentioned the important subjects. Both of us learned on the job, and Phyllis has done a terrific job.

Thanks to the girls I always needed to handle all the extra jobs: Vera Weiss, Marie Klucina, Lea Darling, Mary Sorell, Carol Sorensen, Phyllis Boyd, Winnie Balz and Eileen Sowa.

A remembrance of my two friends that we lost during my two year stint: David Skinner and Sue Godshalk; Dave helped prepare me to be President and Sue was always a person ready for any task I assigned,

A special thanks to my colleague and friend for over 40 years, Emily Koch. The hardest part of this job was the writing of Bernie's Words. As an engineer whose writing skills were much to be desired, Emily took the ramblings that I put on paper and made them into readable prose. I told her that she had to do this because she is the one person who got me into this. Thanks Em!

Last I'm sorry if I'm forgetting someone, but there is one person who does a lot of work, is my sounding board, helps me to keep focused and supports me to all ends. Thank you Marylou.

Keep smiling and see you on the trail.

### **HADLEY WALK ON-LINE FLIER – June 20<sup>th</sup> – “Traditional One Day Event” and Picnic**

Go to the ESCV website (See address on first page); “Traditional One Day Events” and click June 20<sup>th</sup> Hadley link.

### **WELCOME TO NEW ESCV MEMBERS – Pat Rush - Membership**

WELCOME to new ESCV Jeanne Holm, Karen Corliss, Judith A. Peck and Gayle Fountain. Welcome to all. Hope to see you on the trail soon!

**June 1, 2009**

**TIME TO VOTE – Mary Sorell**

The June elections are fast approaching. The slate is as follows:

President - Barbara Kolapakka  
Vice president - Teresa Kennedy  
Secretary - Kathy LeRoux  
Treasurer - Beth Snyder

Cast your vote at the June meeting.

**ESCV COOKBOOK ERROR – Marie Klucina**

Thanks to Mary Sorell it has been noted that there is an error in Marie Klucina's recipe for Fresh Berry Muffins. If you purchased a copy of ESCV 2nd cookbook "Celebrating Food and Friendship" please note these corrections to the recipe. FRESH BERRY MUFFINS can be found on page 147. Should read ½ cup of sugar, ¼ cup of oil. Any further questions, call Marie Klucina.

**ADVENTURES IN ROCHESTER - Mary Sorell**

While most ESCVers traveled to Stockbridge, Mass., to do a walk on Saturday, four of us (Edrie Pregent, Linda Kleinke, Kathy Gizzi, and Mary Sorell) went to the Lilac Festival in Rochester and did a walk there. Saturday was very humid and threatened rain but we set out on the walk from the Radisson Hotel in downtown Rochester. The walk took us to High Falls, where we saw a waterfall, then crossed a footbridge over the Genesee River into High Falls historic district. Did I mention that we stopped in a gift shop? Back into Rochester downtown we started looking for places to eat lunch. Rochester on Saturdays is deserted and nary a restaurant was open anywhere. Finally, a pizza place in an office building was open but no restrooms. You know us walkers need restrooms. After using the elevator to go to each of four floors, we found all restrooms locked.

On to the rest of our walk, which took us to Corn Hill, where the oldest homes in Rochester are. They were beautiful, well kept Victorian homes. Upon seeing two gentlemen in a yard, Edrie inquired if there were any bathrooms available. One of the gentlemen, said yes, at my house. Edrie replied but there are four of us and he said follow me down the block. It turned out that he was the caretaker for the Hervey Ely house, now owned by the DAR. The home was built in 1837 for a prominent flour miller. He and his wife only lived there 4 years when he went broke in a downturn. Anyway, we not only got to use the bathrooms but had a tour of the house and its artifacts.

When we left Corn Hill, the walk took us to the Genesee River, where we walked along a bike walkway path. Now came a short downpour. Guess we shouldn't have spent so much time touring that house. We had raincoats, so all went well. We had our supper at Dinosaurs bar-b-q, then back to the motel for some pinochle before bed. Sunday was spent walking among the hundreds of lilacs and shopping at craft booths. I highly recommend the Rochester walk and if you go, go during the lilac festival season.

June 1, 2009



L to R: Kathy Gizzi, Linda Kleinke,  
Mary Sorell, Edrie Pregent



Mary's favorite lilac



Glass facades  
reflect buildings  
across the  
street.



Hervey Ely House, Corn Hill,  
Rochester, NY

Rochester, New York

June 1, 2009



## Cohoes Walk

Photos Courtesy of Emmy Koch



**Berny Desroches and  
?fellow walker. Dawn,  
did you look back?**



## Cohoes Falls

June 1, 2009

## FODOR'S TRAVEL NEWS - Phil Hait, Northeast Regional Director

Now that many of the volkssporting community is looking for walking vacation ideas, the fine folks at Fodor's have outlined many of the fun tourist must see and do things in New York City. The Seasonal and Year Round Volkssport Events hit all of these ideas and more!

Please put a trip to the Big Apple on your "to do" list.

## ESCV MONTHLY MEETING DAY

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

## ESCV WEBSITE ADDRESS

Website: [www.ava.org/clubs/escv](http://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](mailto:sewshel@aol.com). The cost is \$4.00 and must be prepaid with a check written to ESCV.

## CLUB CONTACTS, NEXT MEETING DATE AND NEWSLETTER DEADLINE

<b>CLUB OFFICERS</b>		
President	Bernie Geren	<a href="mailto:tscbernie@hotmail.com">tscbernie@hotmail.com</a>
Vice President	Barbara Kolapakka	<a href="mailto:sisu07@earthlink.net">sisu07@earthlink.net</a>
Recording Secretary	Kathy LeRoux	<a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a>
Corresponding Secretary	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Treasurer	Joe Padula	<a href="mailto:ASPCA1bany@aol.com">ASPCA1bany@aol.com</a>
<b>MONTHLY MEETING</b>	June 9	<b>2nd Tuesday of each month</b> , 6:30 PM at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway)
<b>NEWSLETTER DEADLINE</b> reflections on a past or upcoming volkswalk and/or trips are always welcome. Phyllis Budka	Articles for the next newsletter are due on June 12th	<a href="mailto:abudka@nycap.rr.com">abudka@nycap.rr.com</a> 377-8734
<b>MEMBERSHIP AND EMAIL UPDATES</b>	If your email has changed, contact Pat Rush.	<a href="mailto:PatRush1@verizon.net">PatRush1@verizon.net</a>
<b>SUNSHINE SECRETARY</b>	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 <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> . You can also see her at the monthly ESCV club meetings.

June 1, 2009

<b>ESCV WEBSITE ADDRESS</b>		<a href="http://www.ava.org/clubs/escv">www.ava.org/clubs/escv</a>
<b>WEBMASTER</b>	Eileen Skinner	<a href="mailto:EF Skinner@aol.com">EF Skinner@aol.com</a>
<b>NAME TAG ORDERS</b>	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 <a href="mailto:sewshel@aol.com">sewshel@aol.com</a>

**FROM THE ESCV HISTORIAN ' S DESK – Dan Schryver**  
**BACK IN TIME ... ESCV NEWSLETTER**

VOL. 3            MARCH 1989            NO. 3

Welcome to new members Tom and June Magliocca

**A STATEWIDE VOLKSSPORT ORGANIZATION?**

You may have heard that a New York State volkssport organization is being considered. Next month, officers of the New York clubs will be examining the feasibility of an umbrella association in addition to maintaining individual clubs.

**DID YOU KNOW?**

- Walking helps improve circulation and lung capacity.
- Walking lowers elevated blood pressure.
- Walking strengthens bone composition.
- Walking helps relieve psychological stress.
- Walking benefits posture by helping coordinate major muscle groups.
- Walking puts little stress on the knees and legs.
- Walking strengthens the cardiovascular system