



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

January 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.

January 31 –Saturday 9:30 Saratoga Springs – start Hilton Garden Inn

February 7 – Saturday - 9:30 Schenectady; start Holiday Inn; Soup Party**

March 1 – Sunday - 1:30 Albany10/12K Collegiate - start Albany Urban Cultural Park Visitors Center

March 15 - Sunday 9:30 Troy; start Franklin Inn & Suites

**** Ellen McNett has again opened her home to us for a soup luncheon; please bring a dish to share (remember, we like everything, especially chocolate!). Ellen's address is 822 Union St., Schenectady.**

BERNIE'S WORDS

The New Year came in with a windy chilly day, so our annual walk was held on Jan 4th instead. Our thanks go to Teresa Kennedy who in spite of not feeling well, came out to check in 40 walkers. Then we had the pleasure of following Doug Reynolds through the streets of Albany. Thanks Doug for the historical commentary.

Nellie Georgelos has been hard at work sanctioning all our Wednesday walks. It is a time consuming task getting the information together. We appreciate her

volunteering, and even more we appreciate Eileen Skinner for all the work she has done and currently does. The many volunteers divide the necessary work and lighten the load for everyone.

Barbara Kolapakka and her POCs are busy preparing the brochures and getting ready for a year of Traditional walks. April will soon be here and the March for Parks walk at South Glens Falls will kick off the season on April 18th.

Thanks to Marie Klucina for her 3 years of work as Membership Chair. Welcome to new Chair, Pat Rush.

Volunteers are important, and I am often remiss in forgetting to thank everyone involved. Two groups that come to mind are Eileen Sowa for the Holiday party and Eileen Skinner and Father Jack for the Pasta Party and for every one who helps them to make a successful event for us.

In closing, let us keep up our quest to bring in new members. The club founders were all working when they started the club and the membership grew by bringing in new members from their workplace. Now that they are retired, our resources for new members have diminished. We need the members who still work and can bring us new members. There are a lot people who will appreciate a walking club, so invite a friend to our next walk.

See you on the trail, our next one being the City of Saratoga on Jan 31st.

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ESCV MEMBERSHIP CHAIR – MARIE KLUCINA, OUTGOING CHAIR; WELCOME TO PAT RUSH, INCOMING CHAIR

Marie: I am resigning as Membership Chairperson Pat Rush will be taking over. She can be reached at 518-374-6995 or c.c.rushassociates@verizon.net

I would like to thank everyone who helped me while I was Membership Chairperson, especially Phyllis Budka.

WELCOME TO NEW ESCV MEMBERS – Marie Klucina - Membership

Carol Lansing (Apologies for omitting Carol from the last newsletter!)

The following joined in November and December of 2008: Elma Battillo, Bill Stewart, Kathryn Allen, Ellen Kozlouski, Kathleen Canary, Denny Cattrell, and Lucy Desjardins.

Welcome to our club! Hope to see you on the trail soon.

MEMBERSHIP RENEWAL 2009 AND DIRECTORY – Marie Klucina and Pat Rush

If you have not renewed your membership for 2009, please do so soon as possible as Pat will be working on the Directory in the near future. Please use the form that is in this Newsletter.

Beginning with this issue, the mail labels will include an expiration code. For those whose dues for 2009 have not been received, the code will read "x9." For those whose dues have been received, the code will read "x10."

While we make every effort to be accurate, if any mistakes occur, please let me (Pat Rush) or Treasurer, Joe Padula, know. Thanks very much.

PASTA PARTY REVISITED – Lea Darling

The word is out that I'm running the *Annual Pasta/Pizza/Pot Luck Party* this year. Several of you have commented that we mix it up a bit, so I thought, let's have a **VOTE** to determine what the MAJORITY will decide.

So, put on your thinking caps and go outside the box. Do you want Pasta, a mixture of pies from the different *area Pizza* parlors (we could vote on the best Ballston Lake, Burnt Hills or Glenville Pizza!), a Pot Luck with a theme (such as German, Polish, Irish, Thai, Chinese, Spanish, English, etc.), or maybe we just want some hors d'oeuvre, etc. No idea is stupid or lame.

Let's make this a lot of fun with participation from our huge membership of over 200 trekkers. If you don't contribute, and let a few voices determine the dinner, you can't complain.

Send me your suggestions by February 15th to my email leadarling@verizon.net . In next

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month's newsletter, I'll put a ballot together and give everyone a chance to vote.

Happy Brain Storming!

THE REVOLUTION IS OVER – Barbara Kolapakka

The Revolution is over, the American Revolution Walks special event program, that is. The program officially ended December 31, 2008 although participants may redeem their books for an award through March 31, 2009. To date 267 books have been sent in for a 59% redemption rate.

From the program's inception April 1, 2004, until last March 31 when we stopped book sales, we sold 455 books for a total income of \$3,640. Over the program's life, we spent a total of \$1,328.67 for the following expenses:

Printing	\$ 21.70
Postage	265.83
Awards	874.44
Supplies	166.70

The net income of the program, \$2,311.33, was split 50/50 with AVA in accordance with special event program requirements. Thus our club netted \$1,155.67 from the program's operation.

My thanks to all of the club members who purchased books and helped the program get started.

NEW WALKS COMMITTEE – Barbara Kolapakka

The 2009 weekend events schedule has now been set. Mark your calendars for the following events:

April 18 South Glens Falls This year's events kick off, as usual, with a March for Parks. This is a brand new walk along the Glens Falls Feeder Canal.

May 2 Northville Sue Godshalk Memorial Walk We will walk the same route Sue helped develop the very first time she served as a POC.

May 16 Stockbridge, MA We return to one of our "golden oldie" routes in this great New England town.

May 30 North Bennington, VT Country roads and wooded trails and even a covered bridge on the route in this section of Bennington that is off the beaten path.

June 20 Hadley Spring Picnic A switch in seasons for one of our favorite Octoberfest sites. Our traditional potluck spring picnic follows the walk.

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Sept.20 Albany Celebrate the Quadcentennial of Henry Hudson's discovery of the river that bears his name on this Sunday afternoon guided walk.

Oct. 17 Greenwich Octoberfest Enjoy the fall foliage while walking the fields and woods of the beautiful rolling hills of Christ the King Retreat Center. Our annual Octoberfest follows at one of the Center's pavilions.

Nov.1 Burnt Hills New site for our annual pizza? pasta? potluck? Party. Whatever the menu, we'll work off the calories first with a walk.

Dec. 5 Schenectady Tradition and the holidays go together. We'll be back at the Stockade Inn for our holiday party preceded by a city walk (and, of course, a cookie stop!).

MAPS WANTED – Barbara Kolapakka

One of the functions of the New Walks Committee is to maintain a file of the maps and directions of all the walks ESCV has ever offered. While the files are fairly thick, I know there are a number of walks we've held for which we have no maps/directions on file. If anyone out there is a map saver and would be willing to either give the club the maps or let us copy them, let me know. Before sending them on, check with me to see if we already have the walk on file.

POCs of both Wednesday walks and Saturday events, please send the chair of the New Walks Committee (that's me through June) a copy of your walk map and directions once the walk is completed. We are missing a number of the Wednesday walks because only the POC usually has the map and directions.

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 Dec. 08/ Jan. 09 issue.

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Distance Milestones

500 K Maureen Martelle	2000 K Rita Gavin	2500 K Nellie Georgelos	3500 K Doug Reynolds Jackie Reynolds
4000 K Mary Sorell	5000 K Marie Klucina Barbara Kolapakka	7000 K David Janiga	13000 K Eileen Skinner
16000 K Barbara Piffat			

Event Milestones

10 Events Maureen Chiappe Carol Lansing	50 Events June Magliocca Thomas Magliocca	75 Events Linda Drewecki	125 Events Bernie Desroches	225 Events Rita Gavin
350 Events Doug Reynolds Jackie Reynolds	400 Events Mary Sorell	450 Events Barbara Kolapakka	500 Events Marie Kulcina	575 Events Linda Morzillo
1150 Events Eileen Skinner				

Congratulations on your accomplishments! If anyone was missed that was published in the Dec/Jan *Wanderer*, please call Teresa Kennedy at her home phone or e-mail her at Forty6er3K@aol.com so you can be recognized in the next newsletter.

GOOD NEWS ABOUT THE NORTHEAST REGION - Phil Hait, Northeast Regional Director

New Years greetings to all. The New York City walks were ranked #4 nationally in the annual poll conducted by Wendy Bumgardner for year round volksmarch trails. If you want to see the entire list, please visit Top 10 YRE of 2008 at:

<http://walking.about.com/od/trails/a/topten2008.htm>

New York City, New York

The four year-round walks in New York City all have their fans, and it would be a shame to skip any one of them. If you only have time for one, pick the one that matches your mood for the day. The Central Park Walk can't be beat for a peaceful retreat. The Midtown Manhattan Walk brings you the bright lights of the big city, including Times Square, Broadway, Rockefeller Center and the United Nations. The Lower Manhattan Walk features Ground Zero, the financial district, and the wonderful Hudson River Esplanade and South Street Seaport. Although it didn't get any votes this year, the Greenwich Village Walk shouldn't be missed for walking and noshing. It includes not only the Village, but Chinatown and Little Italy as well. Registration and maps for any of these walks can be found at the New Balance shoe store located at 51 West 42nd St.

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NORTHEAST REGIONAL CALENDAR – FEBRUARY 2009

Date	Day	AVA Club	Walk Location	Point of Contact	E-Mail	Telephone
	February					
9-Feb	Saturday	Southern Maine	Falmouth, ME	Denise Macaronas	smva2005@yahoo.com	207-774-3415
	March					
15-Mar	Saturday	Southern Maine	Peaks Island, ME	Denise Macaronas	smvamaine@yahoo.com	207-774-3415
16-Mar	Sunday	West Point	Goshen, NY	Joan Kimmel	volkssportclubofwestpoint@hotmail.com	845-462-6845
29-Mar	Saturday	Walk 'n Mass	Holliston, MA	Beate Hait	beateh1@aol.com	508-429-3564
	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	RE-SCHEDULED	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	crwgray@comcast.net	802-244-6265

IN HONOR OF DAVE SKINNER – Phyllis Boyd

ESCV and BHOS (Burnt Hills Oratorio Society) were important parts of the life of David Skinner. On Dave's passing, many of us made contributions to BHOS which were put in a "David Skinner Fund." Some of the monies were used to commission the composition of a song written in Dave's memory. Those of us who attended the November 23rd BHOS concert heard the premier performance of the song. This piece will be performed again at the BHOS concert Saturday, April 25, 2009, at the Schuylerville High School along with Carl Orff's "Carmina Burana."

The lyrics are printed below.

A Parting Blessing:
Walk Softly Upon the Earth

Softly, walk softly.
Walk softly upon the earth.
May its beauty forever surround you,
Its wonders forever astound you,
May its wisdom delight you,
Its music invite you to dance and to play and to sing.
May you love and be loved by all that you meet.
May you know and practice compassion.
Rejoice in the earth and in all of creation.
Rejoice in life.
Walk softly upon the earth,
Walk softly.

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FINISHING A LABOR OF LOVE – HELP NEEDED - Vera Weiss

We all miss our Sue very much. Sue Godshalk's quilting group has been working hard the past month to try to finish several quilts that Sue had not only started for each of her children but also one for her mother, Jean. These quilts are a Labor of Love!! Two are finished and there are three others that are still being worked on. The total layout of expenses will be about \$500.

If anyone would like to make a contribution to help defray some of the cost of this quilting group, this group would be very appreciative. You could make out a check to Laura Sheldon and send it to her address at

228 Spring Rd. Scotia, NY 12302.

A card will be presented to Larry and to his four children with the names of the people who completed these quilts along with a list of all people who contributed money for their successful completion.

If you have any questions, please call Vera Weiss at 399-1798.
Thank you!!!

ESCV FRIEND, ROBERT C. TAYLOR - Paula and Chase Pugliese

It was with profound sadness that we learned of the death of Robert C. Taylor, Schodack Island State Park manager.

When we first approached Rob in 2002 to consider a volkswalk, Schodack Island State Park was in the process of being opened to the public. Rob was extremely enthusiastic and helpful in planning and coordinating the March for Parks 2003 walk. We personally witnessed Rob's dedication and diligence in preparing the site for the March 2003 walk. The trails were groomed, colored trail markings posted on trees and water was turned on for the facilities. Newly created maps were produced for our usage. Rob and one part-time staff person personally completed every detail for our walk. Rob was so proud of Schodack Island State Park and he personally wanted everyone to share its Native American history and environmental beauty.

Over one hundred walkers participated in our first walk at the park. We remember that Rob just glowed with pride at the event. A certificate of ESCV thanks to Rob and his staff was framed and hung in the park manager's office at Schodack Island.

We understand that Rob wrote grants to obtain added funds for park improvements using our ESCV walk as a basis for his requests. We believe that the 2003 walk marked the highest daily attendance at Schodack Island State Park. ESCV returned in March 2004 and July 2006 as Saturday events and in May 2008 as a Wednesday walk. Each of those walks confirmed Rob's commitment and dedication, as significant improvements to the park were evident to all.

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Mr. Taylor, 47, died November 27, 2008.

ESCV MONTHLY MEETING DAY

ESCV meetings are on the second Tuesday of each month; the next meeting is Tuesday, February 10th, 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.

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	February 10	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 February 10	abudka@nycap.rr.com 377-8734 2135 Morrow Avenue, Niskayuna, NY 12309
MEMBERSHIP AND EMAIL UPDATES	If your email has changed, contact Pat Rush.	c.c.rushassociates@verizon.net
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	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.

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

VOL. 2 NOVEMBER 1988 NO. 11

Welcome to new member Carol Kirk

* * * * * **F – O – O – T NOTES** * * * * *

Americans eat 50 MILLION HOT DOGS EVERY DAY....or 80 per person each year.

Just about every national group has its own way of saying "HELLO".

The GREEKS say, "REJOICE".

The GERMANS say, "HOW GOES IT".

The DUTCH tradition is, "MAY YOU HAVE A HEARTY DINNER".

The POLES say, "ARE YOU HAPPY".

While the CHINESE ask, "IS YOUR STOMACH IN ORDER".

I like the way the MOORS historically greeted folks. They rode their horses full speed down on you, pulled up suddenly and fired a pistol over your head. Now that will get your attention!

YAKS give PINK MILK.

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DUES ARE DUE

Below is the application for renewing your dues. Dues are \$10. 00 for singles and \$18.00 for family. Dues run from January 1, 2009 to December 31, 2009. If you are a current member, your membership dues for 2009 will be due January 1 2009. You have until February 28, 2009 to renew. If you have not renewed by then, you will be dropped from the mail list. You will no longer receive the newsletter, directory, walk booklets etc., and you will also be dropped from e-mail list. No more HOTMAIL. Please be prompt in paying your dues so you will not miss out on a mailing. Thank you.
Pat Rush, Membership Chairperson.

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Please use the following coupon to renew your membership.

Dues are due by the 28th 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: \_\_\_\_\_

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\_\_\_\_\_

—

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**

**January 2009**