



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

February 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.

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

March 15 - Sunday 1:30 Troy; start Franklin Inn & Suites

April 4 – Saturday - 9:30 Williamstown, MA; start The Williams Inn, Junction of Rtes 2 & 7

April 19 – Sunday – 1:30 Bennington, VT - start Jay's Cards & Gifts, 113 South St (Rte 7)

April 25 – Saturday – 9:30 Colonie Crossings – start Fleet Feet of Colonie, 155 Wolf Rd.

April 26 – Saturday 9:30 Amsterdam – start Americas Best Value Inn, 10 Market St.

TRADITIONAL EVENTS

April 18 Saturday South Glens Falls - March for Parks - register from 9-12, finish by 3

member whether the real goal was to increase membership or increase the number of members who work. It was a good question and the answer is “both”.

Any organization that wishes to survive needs new members to join on a regular basis. There is a natural attrition due to members moving away, poor health or just losing interest. As of February 10, we have 255 paid-up members but only 13 of those were new members. Is that enough to offset attrition? I don't know. But even if it is, there is another value to bringing in more new members and that is the hope that they will bring new energy and ideas to the group, something every organization needs to remain vital.

While our formal walking events are limited in the winter months, we will soon be into our regular schedule. The brochure for our first traditional event, in South Glens Falls on April 18, is included in this newsletter. And we have group walks upcoming in March in Albany and Troy. Think of someone you know who might want to walk for “fun, fitness and friendship” and invite them to come along.

As for the matter of getting more members to work, we know that some have good reasons for being unable to participate but there are more than a few who could but don't. Why don't they? I suspect some of the reluctance may be due to feeling that they don't know how to run a walk or take care of sign-in duties. But don't hesitate because of this; there is always someone who will be happy

BARB'S WORDS

No, there hasn't been a coup: Bernie is walking the South with Tater Tours and, since I'm stuck up here in the frozen north, he's asked me to fill in for his column this month.

As you know, one of Bernie's prime goals is to increase membership. After mentioning this at the last meeting, I was asked by one

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to train you. All of us who do work on walks had to start on their first one, too. A good place to start is helping out the POC on a Wednesday walk. And if you'd like to be the

POC of a traditional event, read the "POCs Wanted" article in this issue.

WELCOME TO NEW ESCV MEMBER – Pat Rush - Membership

WELCOME to new ESCV member Linda Sheridan of Clifton Park. Hope to see you on the trail soon!

ESCV DIRECTORY - CHECK YOUR ENTRY INFO – Pat Rush

Members--please check information given about you in the '08 membership directory, and send corrections, additions, etc. for the '09 membership directory to: Pat Rush, membership chair, PatRush1@verizon.net or 374-6995. Thank you very much.

SIT DOWN AND VOTE NOW - PASTA PARTY – Lea Darling

Your vote is important, so use it to demonstrate your preference for the Annual November Walk/Dinner. The previous newsletter asked for your feedback on what type of food you'd like at our November Dinner/Walk. Now, YOU, get to determine the menu. So don't complain in November, if you didn't put in your say.

Your choices are:

- ❖ A Route 50 PizzaOff (voting on pizza from pizzerias along Route 50)
- ❖ Pasta – Lasagna or Ziti
- ❖ Chicken Piccata (or another type of Chicken)
- ❖ Barbecue

Now go to your computers or mail me a postcard and let me know your pick. leadarling@verizon.net or Lea Darling, 21 Van Vorst Drive, Burnt Hills, NY 12027

I'll be anxiously awaiting your votes for this year's theme!

2008 Incentive Program Awards – Eileen Skinner

We have awarded several Event or Distance Books + Free Walks to those who participated in our first Walk Incentive Program in 2008.

This program has been renewed for 2009. If you need a participation book to stamp your walks, please contact Eileen Skinner at EFSkinner@aol.com to request a book. Remember each time you do one of our Year Round or Seasonal walks to stamp the appropriate line in your book. Redemption information is on the back of the booklet.

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Participation and Awards:

23 People Participated	4 members All 32 YRE/SreWalk s	5 members All 16 Walks Once 3 Free Walks +Button	6 members 20+ walks Earned 2 Free Books	8 members 10+ walks Earned 1 Free Book	47 Free walk coupons given For 2009
37 TOTAL Books Earned	8 Free Walks +Certificate & Button				

These people earned Awards for 2008:

:

Eileen Skinner	John Cairns	Joe Padula	Jean Padula
Alan Longshore	Lynn Longshore	Barbara Kolapakka	Carol Kobuskie
Vera Weiss	Lea Darling	Linda Morzillo	Pat Reed
Marie Klucina	Mary Sorrell	Laura Sheldon	Ann Misener
Marylou Geren	Carol Sorensen	Jack Hickey	Mary Agars
Doug Reynolds	Dan Schryver	Phyllis Boyd	

We hope to see your name on this list next year at this time. Happy Trails!

2008 WALK RESULTS - Number of walkers by event YEAR ROUND

Albany 10k	161	Saratoga	94
Albany 12k	72	Schenectady	101
Amsterdam	53	Troy	87
TOTAL: 568			

SEASONALS

Bennington	166	Lake George	117
Caroga Lake	55	Saratoga State Park	89
Colonie Crossings	134	Saratoga Battlefield	83
Cooperstown	95	Scotia	98
Johnstown	78	Williamstown	173
TOTAL:1,088			

TRADITIONAL EVENTS

Grafton State Park	53	Moreau State Park	96
Colonie Town Park	40	Clifton Park	71
Cobleskill	62	Schenectady	122
Hubbardton	40		
TOTAL:484			

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WEDNESDAY WALKS

Malta	70	Saratoga Skidmore	78
Schenectady River	81	Troy	48
Walk			
Voorheesville	69	Corning Preserve	68
Round Lake	72	Ballston Spa	43
Schodack Island	58	Burnt Hills	84
Siena	48	Albany-LaSalle	44
Thacher Park	50	Mechanicville	73
Niskayuna	86	Saratoga Museums	71
Five Rivers	70	Schoharie Crossing	45

TOTAL: 1,158

TOTAL ALL EVENTS: 3,298

POCS WANTED – Barbara Kolapakka

Yes, yes, I know! We haven't even held our first traditional event in 2009 and she's already looking for POCs for 2010! But there's a good reason: we try to get our schedule for the coming year in place by June of the current year and we have a lot of holes to fill in the traditional events schedule.

We do have one event on the schedule: our Octoberfest will be in Menands thanks to the efforts of Marion and Dave Averill. But we need:

March for Parks event (should be in April if possible)
Spring picnic (May or June)
Two or three other events (May, June or Sept.)

Would you like to run a walk but don't have any idea where? Here are some suggestions:

March for Parks: Any park or a historic site run by a park service will qualify. Traditionally March for Parks events are held in April which may be problematic since some otherwise good sites may still have muddy or even snowy trails then but we have always managed to find someplace to hold this event. Here are some parks that I pulled off the State Parks and Recreation website; they may or may not be suitable sites, haven't checked them out personally.

Clermont State Historic site (We did a walk here many years ago and a map of that walk is available.)

Olana State Historic site

Glimmerglass State Park

Minekill State Park

Lake Taghkanic State Park

Thompson's Lake State Park

Spring picnic: A park that might be too wet to hold the March for Parks event could still make a great picnic site; most have pavilions. But any place that has a pavilion and seating for a large

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group would be fine as a start point.

Other events: Parks can be used for any event but here's where you have more chances to be creative. You just need a good start point with sufficient parking nearby and restrooms and then plan a route through a town or neighborhood or natural area. Or you can re-visit some of the walks we did in the past. Maps of these are available and you just need to re-check the route and start point availability. Some suggestions for re-doing a "golden oldie": Lenox, MA, Bolton Landing, Cambridge.

You don't have to have the route absolutely nailed down by June but you should be reasonably certain that the walk is doable and that you have a usable start point identified.

No experience required, training provided. Interested? E-mail Barbara Kolapakka at sisu07@earthlink.net or call at 583-9038.

AROUND THE NORTHEAST REGION - Phil Hait, Northeast Regional Director

The time is fast approaching for any potential candidates for Region Director (RD) to declare. If you are interested in this job, contact Phil Hait as soon as possible. RD responsibilities are as follows:

Coordinates and carries forward the AVA program of activities in his/her region.

Maintains a close, active liaison with member clubs and state organizations within his/her region and between the NEC and AVA Headquarters.

Reviews application for membership from new clubs in his/her region and recommends action to the NEC on chartering.

Representing the AVA, approves scheduling and sanctioning of volkssport events for member clubs within his/her region and provides notice of sanction approval to the member club and the AVA Headquarters. Where possible, allows state presidents to approve event sanctioning within his/her state and any affiliated state, subject to final approval by the Region Director. This is strictly at the discretion of the Region Director.

Reviews monthly delinquent reports and provides follow-up to ensure all reports have been submitted and all obligations due the AVA have been paid.

Promotes the development of new clubs within his/her region by visiting, corresponding with and making presentations to interested groups to promote the growth of the AVA.

Advises member clubs within the region of AVA or IVV rules.

Develops and introduces agenda items, participates in discussions of all agenda items at the NEC and Executive Committee meetings.

As a voting member of the NEC, has a responsibility to ensure that votes on all matters before the

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body represent the best interest of the Association. Even though he/she is elected by a specific region, he/she must consider the overall interests of the Association.

May chair an AVA committee appointed by the President and approved by the NEC.

Performs membership-recruiting program within the region.

Promotes a publicity campaign within the region to promote volkssporting and the AVA.

Identifies, contacts and encourages qualified individuals to seek office at the national level.

Identifies and recognizes outstanding individuals within the region through the AVA Recognition Awards Program and with Certificates of Appreciation.

Develops and maintains information on each member club within the region and is aware of the different types of member clubs, their structure, sponsorship and membership.

Perform such other duties as may be prescribed by the President or NEC.

Is assigned a table at the National Convention Banquet for inviting guests to this event.

NORTHEAST REGIONAL CALENDAR REVISED – FEBRUARY 2009

NOTE: Last year's schedule was inadvertently published in the last newsletter. The correct schedule for 2009 is printed below:

updated	1/29/2009		NORTHEAST REGION	Calendar 2009	Phil Hait - Region Director
Date	Day	AVA Club	Walk Location	Point of Contact	E-Mail
	March				
15-Mar	Sunday	West Point	Goshen, NY	Joan Kimmel	jvkimmel@optonline.net
	April				
4-Apr	Saturday	Walk 'n Mass	Hopkinton, MA	Beate Hait	beateh1@aol.com
25-Apr	Saturday	West Point	Fort Montgomery, NY	Joan Kimmel	jvkimmel@optonline.net
26-Apr	Sunday	Finger Lakes	Dryden, NY	Sue Connelly	siconnelly@aol.com
	May				
2-May	Saturday	Walk 'n Mass	Tiverton, RI	Karen Plichta	karenplichta@megabroadband.net
12-May	Tuesday	Walk 'n Mass	Haverhill, MA	Charles Boddy	Reatta3@aol.com
17-May	Sunday	West Point	Central Valley	Mike Green	volkssportclubofwestpoint@hotmail.com
30-May	Saturday	Walk 'n Mass	Westminster, MA	Myrtle Walker	mlwalk@gis.net
	June				
9-Jun	Tuesday	Walk 'n Mass	Sudbury, MA	Betty Foley	betfoley@ix.netcom.com
	July				
8-Jul	Wednesday	Empire State	Burnt Hills, NY	Laura Sheldon	walkESCV@aol.com
14-Jul	Tuesday	Walk 'n Mass	Framingham, MA	Betty Foley	betfoley@ix.netcom.com
	August				
11-Aug	Tuesday	Walk 'n Mass	Natick, MA	Betty Foley	betfoley@ix.netcom.com

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	September				
26-Sep	Saturday	Walk 'n Mass	Onset, MA	Pat Damiani	PMDWalks@aol.com

ESCV MONTHLY MEETING DAY

ESCV meetings are on the second Tuesday of each month; the next meeting is Tuesday, March 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	ASPCAlbany@aol.com
MONTHLY MEETING	March 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 March 14	abudka@nycap.rr.com 377-8734 2135 Morrow Avenue, Niskayuna, NY 12309
MEMBERSHIP AND EMAIL UPDATES	If your email has changed, contact Pat Rush.	PatRush1@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
WEBMASTER	Eileen Skinner -	EFSkinner@aol.com

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

VOL. 2 DECEMBER 1988 NO. 12

* * * * * F – O – O – T N O T E S * * * * *

Which was invented first, the typewriter or the fountain pen?
Retirwepyt eht

Seems the left leg of the chicken is more tender than the right leg. The chicken reportedly sleeps on its right leg, thus developing tougher muscles there. Next time you order said bird in the restaurant, be certain to specify to the waiter which leg you prefer.

Someone reported that a ship full of yo-yos sank in Hong Kong harbor, but it came up 37 times.

In Oklahoma it is against the law to give liquor to fish.

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ESCV Website New Feature!!

Thanks to Eileen Skinner

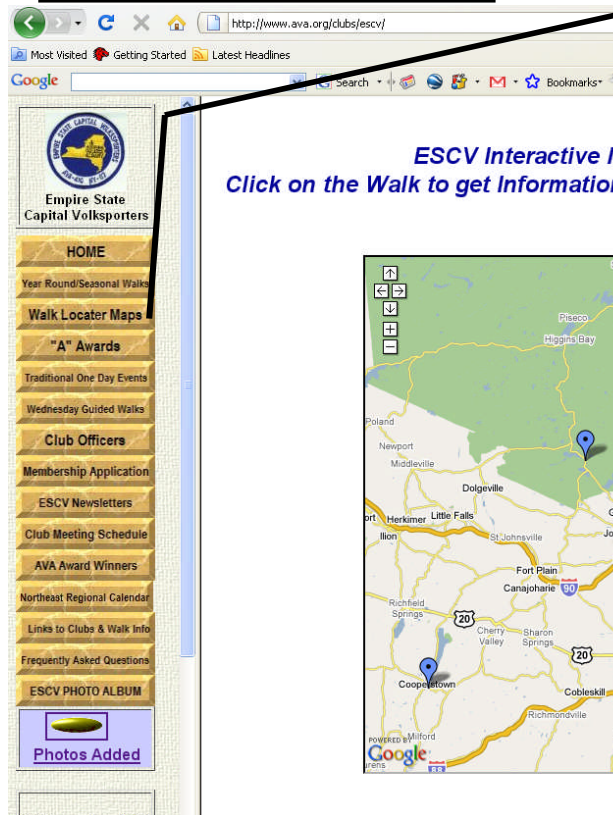
EMPIRE STATE CAPITAL VOLKSSORTERS INTERACTIVE - WALK LOCATER MAPS

CLICK ON THE WALK AND THEN ENTER YOUR ADDRESS
A MAP SHOWING HOW TO GET THERE WILL BE DISPLAYED
WHICH YOU CAN ZOOM IN OR OUT FOR A BETTER VIEW

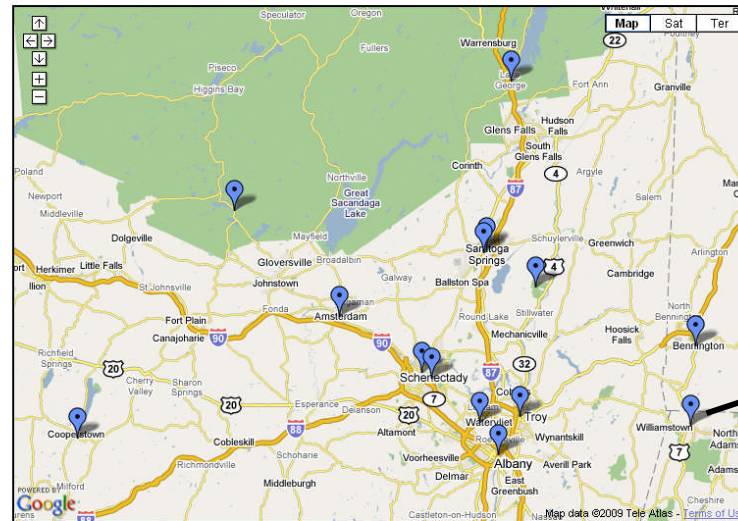
[Year Round/Seasonal Walks](#)

[One Day Weekend Events](#)

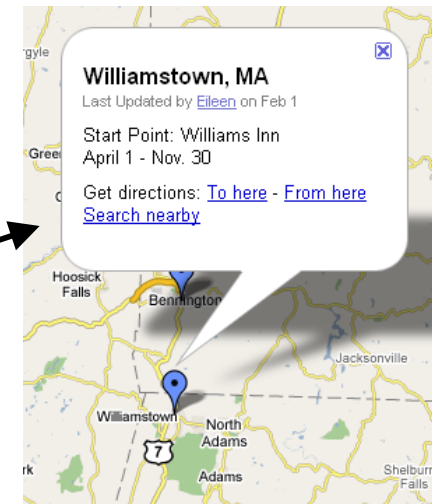
Wednesday Guided Walks
(COMING SOON)



ESCV Interactive Map of Year Round and Seasonal Walks
Click on the Walk to get Information and you can also get directions from your home to the walk site.



[View Larger Map](#)



Go to www.ava.org/clubs/escv

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Empire State Capital Volkssporter
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Clifton Park, NY 12065-5464