



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

August 2010

A Bit from Barb.....

Hard to believe the summer is coming to a close but we only have two more weeks left in our Wednesday walk program for 2010. But don't despair; we have plenty of walks coming up this fall. The group walks of the YRE/seasonals begin on Sept. 8 with a walk in Caroga Lake. And our fall traditional walks kick off with a walk September 18 in Hoosick Falls followed by the Octoberfest Oct. 2 in Menands and the George Landis Arboretum Oct. 16.

This year our Octoberfest will have some special guests: the National Executive Council of AVA will be attending. They will hold their fall meeting in Colonie and they're delaying their Saturday session to enable them to attend our walk and lunch. All our members are encouraged to attend to meet them and the AVA's new executive director, Nicole Rogers. (More about Nicole in the article below.)

I think at times we in ESCV forget that we are part of national and international organizations. While most of us know that we send our books to AVA to receive awards, I don't think we always appreciate the other work the national organization does on behalf of volkswalking in the United States. Unlike most organizations, AVA does not require local club members to also join the national. As a result, many people only join the local club. But the national organization deserves our support as well and is currently having budget difficulties which could at least be partly helped by an increase in membership. I encourage you to join AVA and support its efforts. Information on how to join can be found on the AVA website.

And AVA in turn is a member of IVV, the international body governing volkswalking. The IVV recently enacted a policy permitting walkers to receive event credit every time they walk a year round walk. Each country in IVV must separately approve this change for its own walks. The matter will likely be included on the agenda of the October meeting of the AVA Executive Council. The Council would like a sense of how the clubs feel about this change. We will discuss it at our September meeting and pass on our consensus to Phil Hait. If you aren't able to attend that meeting, please e-mail me your thoughts at bkola67@gmail.com.

And, speaking of the National Executive Council, our Regional Director, Phil Hait, will be leaving that position in June 2011 having served the two terms he is permitted. So far no one has come forward to run for the position. The Northeast Region is the smallest in AVA in number of clubs and this reduces the pool of candidates. If no candidate comes forward, Phil is going to suggest that our region be combined with another.

Phil is also searching for people to serve on the Nominating Committee for 2011. The Committee has to call each club in the region and ask if they have any candidates for the national offices and for regional director. No meetings are required. If you are interested in serving on this committee, please e-mail Phil directly at haitp@verizon.net.

See you on the trail!
Barb

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WELCOME NEW MEMBERS! – Tad Darling

Please welcome new member Cynthia Kilgallon of Watervliet to our great walking club!

See you on the trail!

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 June/July and Aug/Sept. 2010 AVA newsletter.

Events Milestones

100 Events Nancy Marcone Barbara Popolizio Michael Popolizio	75 Events Mary Ann Miller	150 Events Joan Vorbach	175 Events Dianne Hughes William Hughes	300 Events Nellie Georgelos
525 Events Pat Reed	700 Events David Janiga Jean Padula Joe Padula	950 Events Phil Hait	1050 Events John Cairns	

Distance Milestones

1000 k Joan Vorbach	1500 k Barbara Bilins	2000 k Dianne Hughes William Hughes	3500 k Kathryn Piffat	6000 k Pat Reed
7000 k Jean Padula Joe Padula	7500 k Dave Janiga	10,000k Phil Hait		

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.

CHANGE IN CLUB MEETING DATE FOR SEPTEMBER

OUR CLUB MEETING FOR SEPTEMBER HAS BEEN CHANGED FROM SEPTEMBER 14 TO SEPTEMBER 21. THE FIREHOUSE IS BEING USED AS A POLLING PLACE FOR THE PRIMARY ELECTION AND IS NOT AVAILABLE ON THE 14TH. PLEASE MARK YOUR CALENDARS TO REFLECT THIS CHANGE.

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway)

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Oktoberfest Party

Hope you have saved Saturday, October 2, 2010, for our annual Oktoberfest picnic at Ganser-Smith Park in Menands, NY. Eileen & John Sowa have again said that they will purchase and cook the bratwurst and hot dogs. Bravo and a BIG thank you to them! Rolls, soft drinks, condiments, cider, plastic ware (knives, forks and spoons), cups, paper plates and napkins will also be provided for the low cost of \$5 a person! Winnie will be bringing her delicious sauerkraut. Please bring your favorite dish to share with everyone.



Cost of \$5 per person must be received by September 17th.

Please complete the reservation form and send it to Bernie Geren along with your check made out to **ESCV**.

There is **NO pre-registration for this walk. You will need to pay your \$3 or \$2 walk fee upon arrival to the registration table.**

Oktoberfest Walk on October 2, 2010 Send money via check made out to ESCV by Sept 17, 2010 to: Bernie Geren 211 Sweetman Rd Ballston Spa, NY 12020	Choose One Per Person		
	\$5 per person	Hot Dogs	Bratwurst
Oktoberfest Food Reservation for:			
Total			

Amount in this column (\$5 per person) _____

Put an "X" in appropriate column _____

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WALK IN THE LANDIS ARBORETUM ON OCTOBER 16- A MID AUTUMN TRADITIONAL EVENT

Overlooking the Schoharie Valley near Esperance, the George Landis Arboretum should be a perfect spot for leaf peeping in mid October. The Arboretum consists of 548 acres, forty of which are planted with trees and shrubs from around the world. The remaining acres include natural areas, woodlands and open fields. There are noteworthy native collections and many old oak trees to admire. The walk will be routed along the arboretum's 8+ miles of walking and hiking trails. Plant and garden lovers will appreciate the information boxes and labeled plants along the way. An old growth forest is a draw for many visitors. According to the arboretum's website, "The Landis Arboretum remains the only Garden of Trees and Shrubs in New York's Capital Region."

Sturdy walking shoes or hiking boots are recommended for the 10k route. Some of the trails might be muddy and there are small hills to negotiate. Walking sticks are also recommended for walkers who need a "third leg" on hills. The 5k route will be a gentle amble through the gardens. Plan to bring a lunch as there are many picnic tables and the setting is perfect for lingering in the outdoors.

MARK YOUR CALENDARS – IT'S PASTA PARTY TIME!!

Sunday, November 7th from the 2 pm walk start, ESCV's Annual Fall Walk and 4:30 pm Pasta Party in Ballston Lake at Our Lady of Grace Church. The reservation brochure and my Wish List for helpers before, during and after the dinner will be in next month's newsletter. See ya there! Lea Darling

HOORAY! WALKED IN FIFTY STATES! - Linda Morzillo

Why would anyone walk 10K or a bit more at a time for the fun of it? Much less, why would anyone travel around the country to do a walk in all fifty states? Only committed Volkswalkers can understand the reasons behind such madness.

My family and I traveled around the USA and Canada in a VW Camper Bus during the summers and many spring vacations from 1979-1989. We drove to 49 states, all the Canadian Provinces and 1 Canadian Territory. I should have been a Volkssporter then, but my now-adult children say, "Thank heavens you were not!" Learning about Volkssporting came in the early 1990s. Now I had to revisit many states and can truthfully say that I had been to each of the United States at least twice.

I purchased my Fifty States Walker Program Book in 1999 and I entered walks I had done in 1998. I had been adding new states over the next many years either on trips with my husband, Jim, or during Travelwalk trips. In 2010 I visited the last four states (New Mexico, Alaska, Montana and Idaho), in which I needed to walk a Volksmarch. I joined the contingent of our club that has completed that feat.

Jim and I went to New Mexico in January 2010 as the first part of a two-week trip, which took us to Copper Canyon, Mexico and then to the Galveston, Texas area to visit relatives. The walks in Albuquerque and Santa Fe (not to be missed) were easily completed in great walking weather.

I had been saving my Frequent Flyer miles for about three years and was able to use them for the most costly flights of my adventure to Alaska, Montana and Idaho beginning on June 21st. After

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completing the walking part of the trip, I visited my daughter Anita and son-in-law Eric in Corvallis, Oregon, and then onto Louisville, Kentucky, to visit son Andrew, daughter-in-law Jill and grandson Brendan. There were fourteen separate flights during this 16-day odyssey and I arrived home on July 6th, the order was Albany-Minneapolis-Seattle-Juneau-Seattle-Bozeman-Salt Lake City-Boise-Seattle-Eugene-San Francisco-Chicago-Louisville-Baltimore-Albany. I was very fortunate to make all connections for the itinerary that was followed with no flight cancellations or significant delays. Horizon was the best airline in that complementary wine and beer from the western states are served. Jim flew to Louisville and arrived during the same half hour as I did.

Juneau was sunny when I arrived, cloudy then rainy as I did the walk, and positively rainforest-like when I left. The vegetation is so lush, the flowers everywhere so plentiful, and the scenery so picturesque when the clouds allow one to see the tops of the mountains. I stayed at a Best Western near the airport that provided free shuttle service to wherever guests wanted to go. The tour of the Capitol was interesting. The building was a federal building until Alaska became a state in 1959. A new federal building was built and the old one became the Capitol and is by far the plainest of the Capitols I have ever toured. The walk took one to Perseverance Trail, the area where gold was discovered by Richard Harris and Joseph Juneau, and a windy walk over the bridge to Douglas Island. There were 4 cruise ships docked in Juneau the day I was doing the Volkswalk.

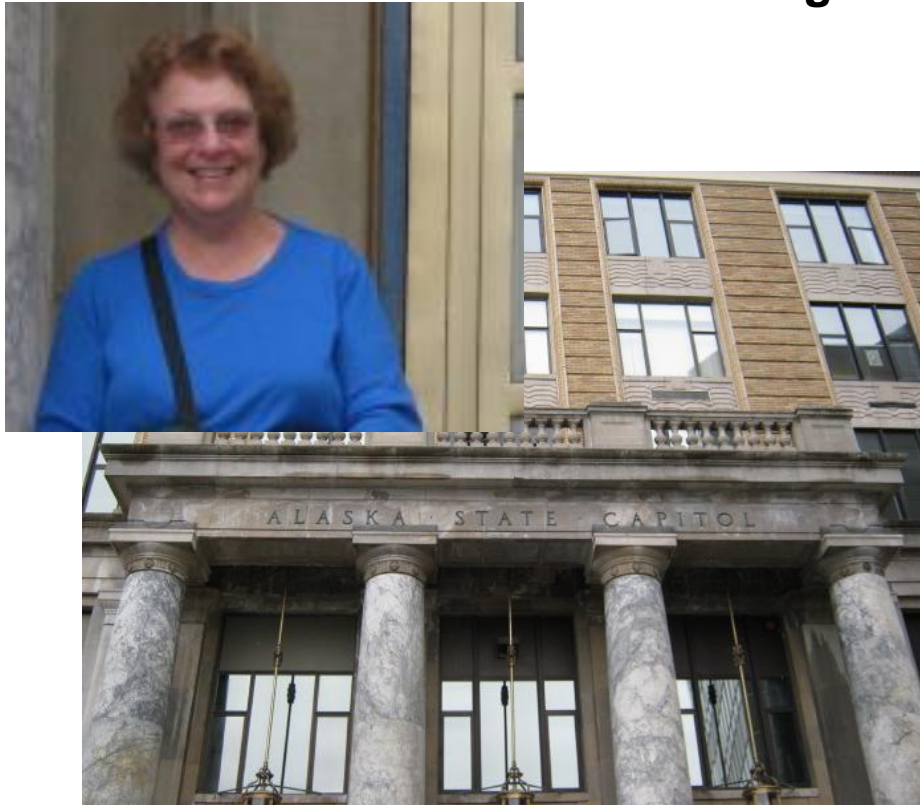
Upon arriving in Bozeman, MT, I rented a car and drove to Helena, about 80 miles away. I stayed at the Jorgenson Inn next to the Jorgenson Restaurant that is the start point for the walk. The Helena walk goes through Last Chance Gulch, a street that is partly a pedestrian mall. There was the restored mining town area called Reeder's Alley, old homes, the Helena Civic Center that looked like a mosque with a minaret, and art galleries. One art gallery had an excellent display of Glacier National Park photos highlighting the changes in the glaciers during the last 80 years. St Helena Cathedral occupied the high point overlooking the small city. I went on the guided tour of the Capitol, which has a large collection of Charlie Russell's excellent western artwork and beautiful floral carpets in the House and Senate. After the Helena walk, I drove back to Bozeman to visit a childhood friend for a couple of days, the third time I had been to her house. Bozeman does not have a Volksmarch, but there are walking trails, a new library constructed as an environmentally green building and a downtown that has trendy restaurants and boutiques.

The bonus part of the walking trip was the opportunity to meet six ESCV members on a Tater Tour (Rita, Carol, Nellie, Pat, Claire and Edrie), in Boise, ID. (See Figure below.) I was able to plan my itinerary so that we were there at the same time. I checked in at the Hampton Inn, an elegant hotel with excellent customer service. Before the Tater Tour bus arrived, I walked around the area and checked out the many restaurants. We celebrated with drinks and dinner (thank you, again, everyone), on June 26th and early the next day Nellie, Carol, Rita and I completed the very interesting walk in the City of Trees. We walked through the Julia Davis Park that bordered the Boise River. There was a zoo and a rose garden in full bloom. What later became the city of Boise was along Lewis and Clark's journey and later the Oregon Trail. We saw many monuments and plaques to commemorate these events. We did not go on a formal tour of the Capitol; it was newly opened after extensive renovations.

That concludes the tale of my trip that pertains to walking. There are pictures posted on both Facebook and a larger number on Snapfish (with captions), anyone who would like to see them, please email me and I will invite you to see the ones on Snapfish.

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**Linda Morzillo Completes Her
50th State!
Congratulations!**



Linda walked Juneau, Alaska, solo and met up with ESCVers Rita, Carol, Nellie, Pat, Claire and Edrie in Boise, Idaho.

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NEW AVA EXECUTIVE DIRECTOR

At the end of August, Jackie Wilson is retiring from her position as AVA's Executive Director. We all wish Jackie a happy retirement. At the same time we welcome the new Executive Director, Nicole Rogers. Nicole will take over the reins September 1 but she is already on board learning the details of the position from Jackie. President Curt Myron has sent clubs the following background information on Nicole:

Nicole Rogers has fifteen years experience as a Public Health professional, working in both the international and domestic realms. In 1993, she graduated magna cum laude from Texas Woman's University with a bachelors of Science in Nutrition and Dietetics. In 1999, she received her Masters in Public Health (MPH) from Tulane University's School of International Public Health and Tropical Medicine with an emphasis on community health, child survival, and complex emergencies. In addition, Ms. Rogers is a Returned Peace Corps Volunteer (94-96), where she served as a Health Volunteer in the Ivory Coast of West Africa. After graduating from Tulane, she began managing Maternal and Child Health and HIV/AIDS programs in Guinea, West Africa and Immunization and Polio Eradication programs in Bangladesh. She has been a proud member of the San Antonio community for the past 8 years. Before coming to the American Volkssport Association, she served for four years as the Executive Director of The Health Collaborative, a non-profit organization dedicated to improving community health through collaborative means in Bexar County. Ms. Rogers substantially propelled the growth and financial security of the organization by increasing their unrestricted holdings by 55% each year, as well as raising \$705,000 in grant funds to support public health programs. She was also very successful in bringing the mission of The Health Collaborative to a large diverse audience resulting in greater collaborative partnerships, which increased volunteerism, membership, and media exposure. Ms. Rogers has also worked for the San Antonio Metropolitan Health District as a Special Projects Coordinator in the Director's Office and as adjunct faculty to the School of Aerospace Medicine for the U.S. Air Force. Ms. Rogers is a Certified Health Education Specialist (CHES), a credentialing that she achieved in 2006. Overall, her background includes strategic management, building community infrastructure and partnerships, and developing resources for improving community health. Ms. Rogers is excited and enthusiastic about providing leadership to the American Volkssport Association, while working in collaboration with the NEC, in propelling AVA forward through diversifying and increasing membership, creating a stronger national presence by building national strategic partnerships, and ensuring a strong supportive national headquarters that will be dedicated to effectively meeting the needs of the AVA membership during this exciting time of growth for the organization.

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CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
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MEMBERSHIP AND EMAIL UPDATES	Tad Darling	harrydarling@verizon.net
SUNSHINE SECRETARY	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	Barbara Kolapakka	Bkola67@gmail.com
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PUBLICITY	Pat Rush	PatRush1@verizon.net
PURCHASING	Winnie Balz	winnieeb@yahoo.com

ESCV CALENDAR OF EVENTS

GROUP SANCTIONED WALKS

Wednesday and Saturday walks start at 9:30; registration is from 9 – 9:30.

Sunday walks start at 1:30; registration is from 1 – 1:30.

Sept. 8 Wednesday – Caroga Lake – start Caroga Lake Town Offices, 1840 State Highway 1

Sept. 15 Wednesday – Scotia – start Glen Sanders Mansion, 1 Glen Ave.

Sept. 18 Saturday – Hoosic Falls – start Sports Complex, 22 Barton Ave.

Sept. 22 Wednesday – Bennington – start Jay's Cards & Gifts, 113 South St (Rte 7)

Sept. 29 Wednesday – Lake George – start Lake George Resort Hotel & Conf. Center, 48 Canada St

Oct. 2 Saturday – Menands – Octoberfest – start Ganser-Smith Park, Lyons Ave. & Menand Rd.

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Oct. 6 Wednesday – Johnstown – Johnstown City Hall, 41 E. Main St.

Oct. 13 Wednesday – Cooperstown – start The Clark Sportscenter, Susquehanna Ave.

Oct. 16 Saturday – Esperance – start Landis Arboretum

Oct. 20 Wednesday – Williamstown – The Williams Inn, Junction Rtes 2 & 7

Oct. 27 Wednesday – Saratoga Battlefield – start Saratoga Battlefield, Route 32, Stillwater

Oct. 31 Sunday – Albany (10 AM) – start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)

Nov. 3 Wednesday – Saratoga Spa Park – start Hilton Garden Inn, 125 South Broadway (Rte 9)

Nov. 7 Sunday – Ballston Lake - Our Lady of Grace Catholic Church

Nov. 10 Wednesday – Albany/Colonie – start Fleet Feet of Colonie, 155 Wolf Rd.

Nov. 14 Sunday – Albany neighborhood – start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)

Nov. 17 Wednesday – Saratoga – start Virgil's House, 86 Henry St.

Nov. 24 Wednesday – Schenectady – start Holiday Inn, 100 Nott Terrace

Dec. 4 Saturday – Schenectady - start Stockade Inn

Dec. 5 Sunday – Troy Victorian Stroll – start Franklin Inn & Suites, One Fourth St.

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NORTHEAST REGIONAL CALENDAR – Phil Hait, Regional Director

Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
	August					
21-Aug	Saturday	Walk 'n Mass	Bristol, RI	Margo Craven	magoo249@comcast.net	508-222-1152
	September					
4-Sep	Saturday	Walk 'n Mass	Orange, MA	Karen Kolaczyk	kkolaczyk@comcast.net	508-481-7389
12-Sep	Sunday	West Point	Nyack, NY	Peggy Goetz	volkssportclubofwestpoint@hotmail.com	845-268-2215
19-Sep	Sunday	Finger Lakes	Harford, NY	Doug Gausman	dougs4it@aol.com	607-757-0164
20-Sep	Monday	Southern Maine	Bar Harbor, ME	Barbara Weymouth	rwbaylady@gmail.com	207-288-5216
25-Sep	Saturday	Twin State	Lyndonville, VT	Kerry Brinkerhoff	ranger_kerry@yahoo.com	802-626-8939
	October					
3-Oct	Sunday	Finger Lakes	Montour Falls, NY	Colleen Hailey	chailey@binghamton.edu	607-754-1979
9-Oct	Saturday	Walk 'n Mass	South Yarmouth, MA	Karen Kolaczyk	kkolaczyk@comcast.net	508-481-7389
10-Oct	Sunday	West Point	Beacon, NY	Joan Kimmel	volkssportclubofwestpoint@hotmail.com	845-462-6845
23-Oct	Saturday	Twin State	Wilder, VT	Pat Stark	pstark@hartford-vt.org	802-296-2192
23-Oct	Saturday	Southern Maine	Peaks Island, ME	Denise Macaronas	smva2005@yahoo.com	207-774-3415
	November					
6-Nov	Saturday	Walk 'n Mass	Bedford, MA	Sue & Dave Robertson	susdave@comcast.net	978-774-6449
	December					
4-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	magoo249@comcast.net	508-222-1152