



# EMPIRE STATE CAPITAL VOLKSPORTERS

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

**December 2010**

## **A Bit from Barb.....**

Autumn is a season of changes; too quickly do those warm, pleasant days of September and October turn to the cold winds and frosty mornings of November followed soon by the first snows of December. It's a time when we say "good bye" for a while to our snowbird members who fly (or drive) off to warmer climes for the duration of the winter.

This year it comes with a permanent change for our North East Regional Director, Phil Hait. Phil is becoming a full time resident of Florida and, as a result, under AVA By-Laws must resign his position. His resignation is effective December 1 although he will continue to perform administrative duties such as sanction request approvals until a new RD is in place. An election is currently being conducted among the North East Region clubs to select a replacement to serve the remainder of Phil's term through June 30, 2011. A second election will be held in the spring to elect a North East Regional Director for a full two year term.

Many of you got to know Phil over the three and a half years he served as NERD. He attended a number of our events and walked several miles with us. Although Regional Directors are not required to visit their clubs, Phil always felt that he needed to get out and meet his members and listen to their concerns. I have had many occasions to consult with him during his tenure and I've always found him to be immediately responsive and willing to be helpful. I will miss his counsel.

Phil, ESCV wishes you all the best in your new location. Come back and visit and walk with us again.

We had 86 walkers at our pasta party. We got one nice day in between two days of bad weather so the walk was a pleasant one. Thanks to Lea Darling for honchoing the event and to Laura Sheldon for being the walk POC and to all those who helped make it another successful event.

Our 2010 walk season is winding down; just the holiday party walk and one group walk in Troy left on our December schedule. But we'll be walking again in January with our traditional Albany capital walk kickoff on January 2. And we'll be trying something new in February: a snowshoe event at Christ the King Retreat Center in Greenwich.

See you on the trail!

Barb

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### MEMBERSHIP RENEWAL TIME!!!!

Reminder - Between now and February 28th is the time to get your membership renewal for ESCV sent in. A membership form is attached to this newsletter and also available on our website. Don't wait - any renewal received after February 28th will not be included in the 2011 Membership Directory!!!! Any questions - please contact Tad Darling, email <mailto:harrydarling@verizon.net> or phone 399-7229.

### ACTIONS TAKEN AT NOV. 9 CLUB MEETING

At the November 9th club meeting the members voted as follows on the two action items:

- Election for interim North East Regional Director: The assembled members voted to cast the club's vote for Patty Proulx.
- Elimination of the January club meeting: The motion to eliminate the January club meeting was passed.

### CLUB MEETING

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway). The next meeting will be February 8<sup>th</sup>; there is no meeting in January.

### INSERT CARDS FILLING UP?

It's been noted at our sign-in table that some of you have insert cards that are getting quite full. That's ok if you're using them for your distance book and you do less than 10k walks. The books have room only for 50 walks, so you will need an insert card or cards to record up to another 50 if you only do 5ks.

However, insert cards should only be used for event credits if you happen to not have your event book with you. You don't save any money by filling up an insert card, since they can only be sent in when accompanying an event book and you'll only get credit for the number of events the book calls for. Any walks on the card over that amount must be transferred to a new book.

### CELEBRATING FALL AND LINDA – Lea Darling

Is there a better way to enjoy the balmy days of Fall, than taking a brisk walk with kindred companions, followed by hearty food and finishing up with celebrating the accomplishment of a mutual friend? I don't think so. Well Done, Linda Morzillo on completing walking in the 50 United States! We truly were blessed with all of the above on Sunday, November 7<sup>th</sup> for our 12<sup>th</sup> Annual Pasta & Walk Party.

I'm still on a learning curve, and this year found me estimating too exactly. Little was left from munchies through dessert, which would have been a good thing except that although the last few tables had food, they did not have the variety that the first 10 tables did. We all like to take a little of everything and assume there will be plenty for all so next year I plan on having additional food. I apologize to you folks. I do hope you had a fun time and enjoyed other aspects of the afternoon.

I thank all my incredible volunteers and those of you who just jumped in throughout the party. YOU, are what makes it fun and not work. Cleanup was a BREEZE with each table being responsible for cleaning and putting away their own table and chairs. To the person who suggested that - THANK YOU!!

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### **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 Oct./Nov. 2010 AVA newsletter.

#### **Event Milestones**

<b>10 Events</b> James Brown	<b>30 Events</b> Michael Popolizio	<b>125 Events</b> Kathleen Brown Maureen Martelle	<b>200 Events</b> Beth Snyder	<b>250 Events</b> Karen Watson
<b>275 Events</b> Carol Sorensen	<b>300 Events</b> Vera Weiss	<b>350 Events</b> David Averill Marion Averill Barbara Green	<b>425 Events</b> Jackie Reynolds	<b>450 Events</b> Doug Reynolds
<b>550 Events</b> Barbara Kolapakka	<b>575 Events</b> Marie Klucina	<b>700 Events</b> Linda Morzillo	<b>1300 Events</b> Eileen Skinner	

#### **Distance Milestones**

<b>1000 k</b> Maureen Martelle	<b>1500 k</b> Beth Snyder	<b>2500 k</b> Carol Sorensen	<b>3500 k</b> David Averill Marion Averill Vera Weiss	<b>4500 k</b> Doug Reynolds Jackie Reynolds
<b>6000 k</b> Barbara Kolapakka				

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

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*Thanks to Kendra Pratt for sending along this message from her husband, Dr. David Pratt, Schenectady County Director of Public Health Services:*

**WALKING MAINTAINS BRAIN VOLUME, PREVENTS COGNITIVE IMPAIRMENT**

Emma Hitt, PhD

October 13, 2010 — Walking at least 6 miles per week appears to maintain brain volume and preserve memory in old age, according to new research.

Kirk I. Erickson, PhD, with the University of Pittsburgh, Pennsylvania, and colleagues reported the findings in the October 13 online issue of *Neurology*.

"These findings are really quite astonishing," Dr. Erickson told *Medscape Medical News*. "Other studies have previously shown that exercise is related to brain function," he said, "but the fact that we found that walking as little as 1 mile a day is related to brain volume 9 years later, and dementia 13 years later, is truly novel and really quite impressive," he said.

**Age-Related Loss of Brain Volume**

According to the researchers, the volume of gray matter shrinks in late adulthood and often precedes cognitive impairment. Participation in physical activity and exercise has been "hypothesized to protect against the deterioration of brain tissue, but this hypothesis has not been tested in longitudinal studies," Dr. Erickson and colleagues write.

In the current study, 299 dementia-free people (mean age, 78 years) from the Cardiovascular Health Cognition Study were assessed for physical activity, as measured by the number of blocks they walked in 1 week. Nine years after the physical activity assessment, magnetic resonance imaging (MRI) scans were used to measure brain size. Four years later, the participants were tested for cognitive impairment and dementia.

Participants were classified into 4 quartiles based on the number of blocks walked, and MRI measurement 9 years later ascertained that gray matter volume in the highest quartile differed from the other 3 quartiles (all  $P < .05$ ).

Participants who walked at least 72 blocks — approximately 6 to 9 miles — per week had more gray matter than people who walked less; however, walking more than 72 blocks did not appear to increase gray matter volume any further.

Areas of the brain with an increase in volume associated with a reduced risk of developing cognitive impairment were the inferior frontal gyrus (odds ratio [OR], 1.99;  $P < .01$ ), hippocampal formation (OR, 2.01;  $P < .009$ ), and supplementary motor area (OR, 2.24;  $P < .01$ ).

In the 4-year follow-up, 116 of the participants, or 40%, had developed cognitive impairment or dementia. Greater gray matter volume with physical activity was associated with a 2-fold reduced risk for cognitive impairment.

"Based on our results, we can conclude that there is a relation between the amount of walking earlier in life and brain volume in later adulthood and that greater volume of tissue related to walking is associated with a

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reduced risk of cognitive impairment," the study authors suggest.

Dr. Erickson added that much more work is needed from randomized trials that assign people to an exercise treatment for long periods. "Only under these conditions will we be able to determine the extent to which exercise augments brain function in late life," he said.

### Another Reason to Exercise

"The results of this study are exciting in that they suggest an association between physical activity, in the form of walking, brain structure, and dementia across the period of a decade," independent commentator Art Kramer, PhD, with the University of Illinois in Chicago, told Medscape Medical News.

"Such results provide yet another reason for the medical community to prescribe physical activity as means to reduce the probability of age-associated neurodegenerative disease," he said.

The study was supported by the National Institute on Aging. The study authors and commentator have disclosed no relevant financial relationships.

Neurology. 2010;75:1415-1422.

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# Pasta Party November 7th



Photos by John Sowa

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## Saratoga Spa Park November 3rd



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### CLUB CONTACTS

<b>CLUB OFFICERS</b>		
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### TREASURER'S REPORT

**November 1, 2010**

Oct. 1, 2010 Beginning Balance:                 \$8,301.07

Income:

Octoberfest Food	480.00
One Day Event	350.00
Third Qt Reports	<u>2028.44</u>
Total Income	\$2858.44

Expenses:

AVA	115.00
Donation	37.56
Weds. Walk Expense	236.94
Octoberfest	<u>449.16</u>
Total Expenses	\$838.66

October 31, 2010 Ending Balance:             \$10,320.85

Submitted by Beth Snyder, Treasurer



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### 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.

Dec. 4 Saturday – Schenectady - start Stockade Inn

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

### 2011 YRE/SEASONAL GROUP WALK SCHEDULE

January 2	Albany Capital	September 18
January 30	Saratoga city	November 27
February 20	Troy	November 19
March 5 (soup party)	Schenectady	October 19
March 13	Albany neighborhoods	November 13
March 20	Scotia	November 30
April 2	Williamstown	September 14
April 10	Colonie	November 2
April 16	Johnstown	October 29
May 1	Lake George	September 24
May 7	Cooperstown	October 12
May 14	Saratoga Battlefield	October 5
May 29	Saratoga State Park	September 28
June 4	Caroga Lake	September 7
June 19	Bennington	October 23