



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

July 2010

A Bit from Barb.....

It's hard to believe it's July already. For those of us who were on the three week "Oregon or Bust" Travelwalk trip, it seemed like June was part of mid-spring rather than early summer, since we had cool, and sometimes cold, weather for most of our trip. But snow on the trail and grizzly sightings notwithstanding, we had a great time and saw a lot of the country. Many of us filled in several states on our fifty state walks tee shirts and I fulfilled a childhood ambition to see all fifty states. (Actually it was just 48 states back then but I'm glad they added Alaska and Hawaii, two places you don't want to miss!)

We ended the first half of our traditional walks schedule for this year with the Dave Skinner Memorial Walk in Gloversville on June 26. A good turnout of our members, as well as walkers from other clubs who had known Dave, was a fitting tribute to "Mr. Volkswalking". Thanks to Eileen Skinner and all those who helped her put on this walk.

We also have finished the group walks of the YREs and seasonals for the first half of the year. They'll resume again in September although, of course, you can always do these walks on your own this summer. But the heart of our schedule is always the Wednesday walk series and they kick into another gear in July with the addition of the 6:45am offering of the day's walk. So if you want to beat the heat or are just an early bird, show up at 6:30 for the sign-in.

And speaking of heat, remember to take precautions when the temperature and humidity climb. Bring along plenty of water to stay hydrated and slow down your pace if necessary-you won't be left behind!

In previous newsletters, I had asked for volunteers to take on the duties currently carried out by Eileen and John Sowa at the Octoberfest and holiday party. I'm happy to report that all the positions are now filled. Ginger Ireton will be in charge of the food arrangements for the Octoberfest and Larry Godshalk is the new grillmeister. Lucy Desjardins will take on responsibility for the holiday party. They'll all be learning the ropes this year from Eileen and John and will be on their own in 2011. A big "THANK YOU" to all of them for volunteering.

See you on the trail!

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ESCV OFFICERS – 2010 – 2011

Newly elected Officers:

Barbara Kolapakka - President
Teresa Kennedy - Vice President
Sue Grey - Secretary
Beth Snyder - Treasurer

WELCOME NEW MEMBERS! – Tad Darling

New Members: Please welcome the following new members to our great walking club:

Mary Wilk of Niskayuna
James and Susan Kuba of Clifton Park
Carolyn Lansberry of Broadalbin

See you on the trail!

LINDA MORZILLO COMPLETES HER FIFTIETH STATE WALK

Linda Morzillo completed her quest to do a volkswalk in every state on June 27 with a walk in Boise, Idaho. She did state number 48, Alaska, June 22 in Juneau, then flew to Montana to do the Helena walk for no. 49. Linda finished in Boise walking in company with ESCVers Carol Sorensen, Nellie Georgelos and Rita Gavin, who were walking the Idaho capital with Tater Tours. Congratulations to Linda for this achievement!

ESCV MONTHLY MEETING

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway). Next meeting is Tuesday, September 14. There is no meeting in July or August.

NORTHEAST REGIONAL DIRECTOR NOMINEES SOUGHT

The regional director acts as the representative of all clubs in the northeast region on the AVA national executive board. Phil Hait will be serving the last year of his second term through June 2011. He is limited to two terms so a new director is being sought. If anyone is interested in being considered or would like more information about what the position entails, please e-mail Phil at haitp@verizon.net.

AVA SERVICE AWARDS NOMINATIONS

Every two years, in conjunction with its national convention, the AVA recognizes members who have given service to the organization. Clubs are asked to nominate members who meet the criteria for each award. Members of our club would be eligible for two award levels:

Meritorious service award- For individuals who have given at least five years of outstanding service to AVA.

Certificate of Service award- Recognizes individuals who have given at least three years of significant service to AVA.

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If you wish to nominate someone for consideration for either of these awards, please forward their name along with a brief statement describing the qualifying service and which award the nomination is for, to Barbara Kolapakka at bkola67@gmail.com by Sept. 15.

EMPIRE STATE CAPITAL VOLKSSPORTERS TREASURER'S REPORT

– Beth Snyder

Empire State Capital Volkssporters

TREASURER'S REPORT

June 1, 2010

May 1, 2010 Beginning Balance:	\$7,811.53
Income:	
Membership	386.00
Donations	25.00
Walk Event	<u>916.00</u>
Total Income	\$ 1,327.00
Expenses:	
AVA	740.60
Walk Picnic	24.74
Clubhouse Rental	200.00
Donation	50.00
Walk Material	428.51
Membership Book	546.05
Postage	8.80
Postal Permit	<u>185.00</u>
Total Expenses	\$ 2,183.70
June 1, 2010 Ending Balance:	\$ 6,954.83

TWO VOLKSWALKS TO ENJOY FALL FOLIAGE IN MAINE - Marilyn Russell (SMVA)

On September 19 and 20, the Southern Maine Volkssport Association (SMVA) is hosting walks in Portland and Bar Harbor during Maine's peak foliage season. Both locations offer beautiful and unique settings to experience the color, the views, plus much more.

For the Portland walk, the SMVA is partnering with the Maine Narrow Gauge Railroad Co. and Museum to offer a volkswalk in conjunction with a ride on a unique two-foot gauge train that at one time in history linked rural Maine to the rest of the world. You will have a choice of a train ride plus 5km walk or 10km walk, or a 5km and 10km walk without the ride. You will not want to miss a chance to ride in an antique rail car and see the various exhibits in the museum, including a parlor baggage car and caboose. Through this partnership, we can offer the adult ticket on the train for \$9.00 and \$8.00 for 62 or older. Children 3-12 ride for \$6.00 and under age two for free. There is a small museum admission fee of \$2.00 for adults and \$1.00 for all others. The walk will cover the Old Port District with its boutiques and restaurants and the Eastern Prom Trail with its magnificent views of Casco Bay and the islands. Recently, Portland was named one of the top ten safest and culturally most fascinating cities in the US and was named the "foodiest" small city in the country, so it offers an outstanding setting for a volkswalk in the fall.

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Bar Harbor is one of four towns that make up Mount Desert Island, the largest island in Maine and the second largest in the US after Long Island, and home to Acadia National Park, where the mountains meet the sea. The walk will start in downtown Bar Harbor and proceed to Sieur du Monts Spring in Acadia and the College of the Atlantic. The Sieur de Monts Spring plays a significant role in the history of Acadia National Park. George B. Dorr, a private citizen who lived in the late 1800's and early 1900's, built the Spring House in 1909 and carved "The Sweet Waters of Acadia" on a nearby rock. Acadia National Park is a perfect setting to experience Maine's fall foliage.

Visit the SMVA web-site at www.smva.8m.com to download the brochure. Or, contact Marilyn Russell at marilynrussell@roadrunner.com, (207) 632-7438, for specifics on the Portland walk. Contact Barbara Weymouth at rwbaylady@gmail.com, (207) 288-5216, for specifics on the Bar Harbor walk.

CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
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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	tschernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	John Cairns	JLCairns@aol.com
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PURCHASING	Winnie Balz	winnieeb@yahoo.com

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NORTHEAST REGIONAL CALENDAR – Phil Hait, Regional Director

	August					
10-Aug	Tuesday	Walk 'n Mass	Saxonville, MA	Betty Foley	betfoley@ix.netcom.com	978-443-4857
14-Aug	Saturday	Southern Maine	Scarborough, ME	Carroll Tiernan	smvmaine@yahoo.com	207-781-2330
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
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
23-Oct	Saturday	Twin State	Wilder, VT	Pat Stark	pstark@hartford-vt.org	802-296-2192
	November					
6-Nov	Saturday	Walk 'n Mass	Bedford, MA	Sue & Dave Robertson	susdave@comcast.net	978-774-6449
	December					
4-Dec	Saturday	Walk ' Mass	Attleboro, MA	Margo Craven	magoo249@comcast.net	508-222-1152