



EMPIRE STATE CAPITAL VOLKSPORTERS

Website Address

www.ava.org/clubs/escv

June 2011

A Bit from Barb.....

Hard to believe, but the first half of our traditional walks schedule for this year is now over. In May we had a nice spring day for our walk in Rensselaerville. Beautiful waterfalls, wildflowers and even a cooperative beaver who made an appearance as my group walked by. Kudos to Lea Darling and Vera Weiss for this great route. Many of us want to go back in the fall when the leaves have turned.

Last week we had our spring picnic and walk in Glens Falls. Unfortunately, the weather gods weren't as cooperative this time and we had intermittent rain and cool weather. Nevertheless, 44 people showed up for the walk and for the great spread of food. Many thanks to Ginger Ireton for putting together both the walk route and the picnic arrangements. We got to walk in some lovely parts of Glens Falls most of us had never seen before.

At the picnic one member remarked to me that the turnout we had, given the weather conditions, shows what a strong club we have. It was a sage observation. In my two years as president, I have felt particularly blessed to have so many people to call on when something needed to be done and to have so many respond positively when asked for assistance. In too many clubs too few people are asked to do too much. We of course have a large membership base to call on but I know of other large organizations where the burden still falls on one small group.

I want to extend my deepest appreciation to all of you who have contributed your efforts and support during my term of office. I know you will continue to do the same for Lea Darling who takes over as president on July 1. Lea, I know, will bring her usual energy and enthusiasm to the job.

And I will continue to see you on the trail!

Barb

June 2011

CLUB OFFICERS ELECTED FOR 2011-2012

At the club meeting on June 14, the following officers were elected to serve terms from July 1, 2011-June 30, 2012:

President: Lea Darling
Vice President: Teresa Kennedy
Treasurer: Beth Snyder
Secretary: Sue Grey

Congratulations!

MEMBERSHIP – Tad Darling

Our current membership has risen to 293 but still down from 328 at the close of last year. A small membership committee has been formed primarily to focus on making some membership improvements for our 25th Anniversary next year. However, some improvements can be implemented sooner.

For one, for our new members and for some of us who have been around for some time, it is very confusing with all the different types of walks, books, stamps, etc. Also, the new member packet doesn't even have a welcome letter in it. To correct this problem, we have drafted a welcome letter which includes walk descriptions, use of books and stamps, and other useful information. Another focus of the committee will be improving membership in the Troy area and points east of Albany. Our demographics are heavily weighted in the Schenectady – Glenville area currently.

Please welcome the following new members:

Linda Nowak from Scotia
Thomas Tanner from Niskayuna
Linda Wruck from Troy

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 September 13th.

NEWSLETTER DEADLINE

Deadline for the next newsletter in August 5th.

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.

June 2011

The milestones listed below were published in the Apr/May and June/July 2011 AVA newsletter.

Events Milestones

30 Events James Brown	50 Events Barbara Popolizio	100 Events Richard Sheldon	150 Events Kathleen Brown	175 Events Laura Sheldon Joan Vorbach
550 Events Pat Reed	600 Events Marie Klucina	1350 Events Eileen Skinner	2100 Events Ruth Cade	

Distance Milestones

1000 k Richard Sheldon	1500 k Kathleen Brown Laura Sheldon Joan Vorbach	3500 k Cathy Edwards	12000 k Linda Morzillo	15000 k Eileen Skinner
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Congratulations on your accomplishments! If anyone was missed that was published in the Apr/May or June/July 2011 *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.

SAVE THE DATE - ESCV 25TH ANNIVERSARY CELEBRATION

Save the date: Saturday, June 23rd, 2012, for the ESCV 25th Anniversary Celebration!

ESCV 25TH ANNIVERSARY LOGO CONTEST

ESCV is conducting a 25th anniversary LOGO design competition. The reward for the design selected will be a free embroidered shirt. This is a great opportunity to honor our quarter century of fun, friendship, and fitness. LOGO entries should be no larger than 3 inches square / round and must be submitted to Lea Darling by September 1, 2011. LOGO design must include the club name or initials, dates 1987 – 2012, and 25th; the rest is up to the Designer. Final decision on the selected LOGO will be made by the planning committee. Thanks in advance for your participation and best wishes to all designers.

ESCV 25th ANNIVERSARY SHIRTS

We will be displaying and having try ons of the 25th Anniversary shirts and will be available at many Wednesday walks and some YREs through September for preordering (with payment). There will be many chances to try on and order shirts at the Wednesday walks.. You may also preorder by sending the order form with check to Lea Darling. Order forms will be available at the walks with shirts.

We are beginning try ons now, so as to get everyone who might only walk a few times a year a chance to purchase one. We also would like to have everyone wear their 25th Anniversary shirts at most of our walks to do some advertising as we traverse the capital communities throughout the year 2012.

See additional information and order form below.

June 2011

**EMPIRE STATE CAPITAL VOLKSSPORTS
25TH Anniversary Shirt Sale**



June 2011

MENS: K500 Silk touch Sports Shirt \$19.99 each (2x & tall sizes add \$2.00)
Colors available: Gold, Stone, Maui Blue XS-3XL

Womens: L467 Dri Mesh Sport Shirt with Tipped Colors and Piping \$25.50
Colors available: White/Black, Pink/White, Royal/White XS-4XL

Women may choose either the men's shirt or the women's – both come in women sizing.
Shirts will have the new ESCV 25th Anniversary Logo (See Logo Contest above)
embroidered by
Personal Touch Embroidery
Burnt Hills, NY 12027-9528
e-mail: sales@personaltouchembroidery.net

Questions: Contact Lea Darling at 399-7229 or e-mail: leadarling@verizon.net

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**To order the
ESCV 25th Anniversary Shirt***

[On-line Readers: Click here for Printable page](#)

Make check payable to: Personal Touch Embroidery

Send check and order form to

**Lea Darling
21 Van Vorst Dr.
Burnt Hills, NY 12027**

Order Deadline is October 1, 2011

Item	Quantity	Size	Color	Unit Price	Total
				Subtotal	
				Balance Due	

NAME	
ADDRESS	
PHONE #	

***Shirts will be distributed at the December Holiday Party.**

June 2011

HAVE A SAFE WALK

The weather's warm, the sun is shining (usually) and you want to get out there and walk and chat with your friends. That's all great, but don't get so involved in your socializing that you forget that you are sharing space with others like bicyclists and cars. Remember to always walk safely on any roadway shared with cars by keeping to the shoulder of the road if at all possible and walking facing traffic. If there are sidewalks, use them! And don't walk side by side in groups too large to be confined to the sidewalk or the side of the road; drivers don't expect you to be in the road.

Remember that you share bike paths with bicyclists; most cyclists will call "on your left" when passing and you should immediately get to the right to let them through.

On both roads and bike paths, don't scatter on both sides of the road or path when you hear something coming; move over to the correct side of the road or path.

Guided walk leaders should make sure that they have the group cross roads at a safe spot, preferably at a designated crossing if one is available. And be patient at traffic lights and wait for the "walk" signal. Leaders should hold up if the whole group can't get across at one time. A little time lost is better than a life lost.

IT WAS A DARK AND STORMY NIGHTSusan Duchnycz

Really.

Seven brave souls, ignoring 95 degree heat, showed up at the Wednesday 6 pm guided walk at the Schoharie Crossing Yankee Hill Lock #28 on Queen Road. Led by Sue Grey, Lea Darling, Pat Mahoney, David Janiga, Carol Kirk, Susan Duchnycz and her son Jared Domingos, met at the appointed site. Apparently the morning walk had gone off without incident.

Things started off nicely with a deer, turtle and groundhog sighting. After about 40 minutes, the sky turned dark, and a discussion ensued about whether to turn back or not. We had heard some sort of siren go off, but didn't realize that it was signaling an impending severe thunderstorm warning. When winds started gusting to maybe 40 miles per hour, then thunder and lightning began, we turned back. Woe! A hail storm with high winds stepped up our pace. Due to the lightening, there are no pictures of the hail since the mother was convinced the Android was going to fry. Someone was seen clinging to a tree during the worst of the storm. The walk back was highlighted further by a snake (not a nice one) and many many downed branches and trees. See picture.

One new member was heard to be muttering, "I wonder if they refund your money." Lea Darling was called by Donald Trump and FIRED, even though she hadn't even had her first day on the job!!!!

Good news, we all made it back safe and sound, though totally soaked and muddy.

The village had downed power lines, several downed trees across roads and debris everywhere along the side road back to the main road. Of course, this all necessitated a stop at Stewart's to regain strength and composure.

Sorry you all missed it. Who said that "THE EVENING WALKERS DON'T HAVE FUN"?

June 2011



After the storm!!

Photo by Jared Domingos

June 2011

VOLKS SOUTH COMPLETES 8TH SEASON – Doug Reynolds

ESCV's winter satellite, located on the Florida Suncoast in the greater Tampa Bay area, completed a very successful eighth consecutive season. Back in 2004, not having access to a Wednesday walking program, six of our northern club's members who are snowbirds (Marion/David Averills, Gail/Paul Van Valkenburg, and Jackie/Doug Reynolds) decided to meet every Wednesday morning to do one of the local club's YRE. As other short and long term snowbirds, as well as some fulltime Floridians heard about the gatherings, they asked to also be included, and they suggested that a season long schedule be developed and placed on the web. The group grew from the original six to a weekly average for this season of 25 walkers, plus 24 staying for group lunches. The total for the 14 walk schedule was 360 walkers with 340 going to lunch for continued fellowship.

Eileen Skinner will keep the 2011 schedule posted on our ESCV web page until late fall when it will be replaced with the 2012 schedule (www.ava.org/clubs/escv, and click on the map of FL). This will provide you with an idea of the range of communities that we visited for either a 5 or 10 K walk.

If you are planning on spending some of next winter season in FL, plan on coming to one or more of our gatherings. After next season's schedule is posted, to get detail directions to any of the Start Points, contact Doug (dougreynolds@juno.com).



Volks South walkers in Venice, FL at the Memorial to those who trained at this Army Air Base during WW II. (Doug behind the camera.)

June 2011

Empire State Capital Volkssporters TREASURER'S REPORT

June 1, 2011

May 1, 2011 Beginning Balance:	\$8963.33	
Income:Donations	93.00	
Book Covers	6.00	
Membership	246.00	
IVV Credit @ \$3.00	555.00	
IVV Log Books	85.00	
New Walker Packet	30.00	
Non IVV Credit @ \$2.00	<u>62.00</u>	
Total Income by Categories	\$1077.00	
Expenses:Office Supplies	117.05	
1st Qtr yre fees	351.25	
Donations Given	175.00	
Merchandise	793.40	
Postal Permit	190.00	
Walk Box Material	36.25	
Walk Material	<u>301.59</u>	
Total Expenses	\$1964.54	
May 31, 2011 Ending Balance:	\$8075.79	
	Submitted by,	
	Beth Snyder	
	Treasurer	

CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Sue Grey	susanbg2@yahoo.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com
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 sheldon.laura1@gmail.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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HISTORIAN	Dan Schryver	Dschryver@aol.com
PROGRAMS	Alan Longshore	lynnj@nycap.rr.com
PUBLICITY	Pat Rush	PatRush1@verizon.net
PURCHASING	Winnie Balz	winnieeb@yahoo.com

ESCV CALENDAR OF EVENTS

TRADITIONAL ONE DAY EVENTS

Sept. 10 - Waterford - Tugboat Festival

Sept. 24 - Glimmerglass State Park – Oktoberfest – CHANGE

October 15 – Chatham November 6 - Ballston Lake - Pasta Party

December 3 - Schenectady - Holiday Party

WEDNESDAY WALKS

Date	Description	9AM & 6PM Start / Finish	POC
22-Jun	Niskayuna	Blatnik Park	Lucy Desjardins
29-Jun	Colonie Town Park	Colonie Town Park Pavilion #2	Berny Desroches / Bill Hughes
6:45 AM, 9 AM, and 6 PM Walks			
6-Jul	Schenectady/Vale	College Park Hall Parking Lot	Bernie Geren
13-Jul	Middle Falls	First Pioneer Farm Credit, Rte 29	LaVerne Stiles
20-Jul	Ballston Spa	County Parking Lot Rte. 67	Bernie Geren
27-Jul	Alb. Wash. Park	LaSalle Parking Lot	Doug & Jackie Reynolds
3-Aug	Saratoga East Side	Price Chopper Plaza on Rte. 50	Barbara Kolapakka
10-Aug	Voorheesville	St. Matthews Roman Catholic Church	Dan Schryver
17-Aug	Malta/ Luther Forest	Malta Parade Grounds	Vera Weiss / Marylou Geren
24-Aug	Troy, NY	Sacred Heart Roman Catholic Church	Mary Agars
9AM only			
31-Aug	Troy/Oakwood Cemetery	Ross Valve Parking Lot.	Jim Kuba / Winnie Balz

June 2011

NORTHEAST REGIONAL CALENDAR - Patty Proulx,

			NORTHEAST REGION	Calendar 2011		
Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
	July					
	August					
6-Aug	Saturday	Twin State	Northfield, VT	Cindy Gray	crwgray@comcast.net	802-584-4999
20-Aug	Saturday	Walk 'n Mass	Arlington, MA	Mary Frink	mkfrink@verizon.net	617-387-1577
	September					
11-Sep	Sunday	West Point	Nyack, NY	Peggy Goetz	volkssportclubofwestpoint@hotmail.com	845-268-2215
17-Sep	Saturday	West Point	Highland, NY	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com	845-462-7539
24-Sep	Saturday	Walk 'n Mass	Middletown, RI	Ann Plichta	amplic@comcast.net	508-673-6553
	October					
2-Oct	Sunday	West Point	(Ramble Walk)			
8,9 - Oct	Sat/Sun	Twin State	Addison, VT	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
8,9 - Oct	Sat/Sun	Twin State	Crown Point, NY	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
22-Oct	Saturday	Southern Maine	Portland, ME	Denise Macaronas	SMVA2005@yahoo.com	207-774-3415
	November					
5-Nov	Saturday	Walk 'n Mass	Bedford, MA	Sue & Dave Robertson	susdave@comcast.net	978-774-6449
	December					
3-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	maqoo249@comcast.net	508-222-1152

FROM THE HISTORIAN'S DESK

On a personal note.

My Dad, Cathy and I, wish to thank all the wonderful people who e-mailed, sent cards, attended the wake and personally offered their condolences to me for my Mother's death on May 24th. This is truly a great organization when Friendship, one of the 3 "F"s in our motto, is proven time and again.

Dan Schryver