



REFLECTIONS ON ESCV'S 25TH ANNIVERSARY PARTY - Vera Weiss

What a memorable day for all who attended our 25th Anniversary ESCV Bolton Landing walk followed by a sunset cruise and dinner on Lake George!

As Teresa and I pulled into the Bolton Landing Boat Launch Parking lot, we noticed a dark ominous sky ahead of us. We also noticed people leaving the beach quite early for a Saturday but with the warm June sun beating down on us and a crowd of ESCV waiting patiently in the pavilion for the noon starting time for our walk, we thought nothing would rain on our good time we had planned! Boy, were we wrong about the rain but so right about the good time that was to be had for ESCV that day!

We noticed right away that LaVerne was busy setting up her table and wonderful display for her well planned and orchestrated Bolton Landing walk. We all definitely know why this walk was rated #1 for retro walks. Thank you, LaVerne!

At 12 noon, ESCV started heading out of the shelter, into the nice warm sunny day to get their start cards and directions and to head off to begin either their 5K or 10K walk. No sooner had the registration process begun, than the downpour began! Our dedicated walkers helped LaVerne move everything into the pavilion and then the wait began...

Teresa and I, in the meantime, had driven over to the Museum in the beautiful sunshine. As we pulled into the parking lot the rain began. We set up our Checkpoint 2 items in a tented pavilion on the grounds and sat down to await the first Volkssporter to appear.

Forty-five minutes later, our first walker appeared around the corner with umbrella in hand and a smile on her face! We greeted her with some beautiful opera music that Teresa had supplied. A few more walkers trickled in over the next half hour.

As the rains subsided a bit, we were suddenly inundated with our fearless walkers who braved the storm to do a 5K, 10K or parts of the walk. Many stopped at the Museum for a short tour. In all, there were 137 walkers who did some part of the walk. They were in Bolton Landing for the **4 F's**—fun, friendship, fitness and food. A new "**F**" word is also suitable for our group of walkers= **Flexible!**

The sun came out in all its glory for our sunset cruise on Lake George. Barbara Kolapakka did a wonderful job planning and making this Anniversary cruise possible. Her committee members, Larry Godshalk, Jim & Kathy Brown, and Lucy Desjardins were at the Cruise

table exactly at 4:30 handing out our cruise passes while Barbara walked up and down the line making sure everyone was happy and seeing to last minute details.

As ESCV arrived at the large dining area aboard the Lac du Saint Sacrement and secured their table, they noticed those delicious blue & gold M & M's in their very own memorable 25th anniversary bottle. Dan Schryver was the organizer of these and did a great job planning, organizing, ordering and filling these jars! He gave me a few extra jars which I gave to Marv and told him to hide them from me! If anyone did not receive one of these jars, let me know and Marv will take it out of the freezer to give to me to give to you!!! (YES—I found where he hid them!!)

Also at each setting were a magnet and lanyard which Eileen Skinner and Father Jack ordered and organized for our 25th Anniversary memorabilia. Many of us are wearing our nametags using the lanyard to secure them.

There were many wonderful 25th Anniversary t-shirts that were being worn by our walkers. We need to especially thank Lea Darling and Alan Longshore for ordering our shirts and making sure that we had them for our 2012 walks.

We spent 2 glorious hours on the Lac Du Saint Sacrement cruise boat enjoying the company of our ESCV, a delicious buffet dinner and gorgeous views of Lake George and the stunning homes/estates/cabins that have been built on the “Queen of American Lakes”.

My dear husband, Marv, received some great pictures from many of you. He put many of them into a Power Point slide show that he was able to set up before everyone came on board the cruise. This show lasted 24 minutes if you were able to see it in its entirety! Great pictures of so many of our Volkssporters!

A HUGE thank you to all the members of the Anniversary Committee. You were a joy to work with and very dedicated to help making this 25th Anniversary party a truly remarkable, memorable and fun-filled day! I would be honored to serve on another committee with each and every one of you.

These committee members are

Kathy Brown	Teresa Kennedy
Father Jack Cairns	Barbara Kolapakka
Lea Darling	Alan Longshore
Lucy Desjardins	Dan Schryver
Bernie Geren	Eileen Skinner
Larry Godshalk	Vera Weiss, chair

To everyone reading this newsletter, **PLEASE** make sure you thank each and everyone of these members as you see them on our ESCV walks. What a difference they made to make sure that ESCV would have such a great 25th Anniversary Party.

LEA'S LOTS OF LINES

Wow, what a 25th Anniversary Celebration! Even the weather gave us some fireworks with her thunder and lightning show just as the walk was to get underway. We all got some culture listening to arias at the Sembrich Opera Museum on the Bolton Landing walk. Participants joined us from New Hampshire, Massachusetts, and Pennsylvania. On board the Lac du Saint Sacrament, all were entertained with a live band and dancing. I think everyone had enough to eat. Some needed to get up and dance off some calories. We certainly employed the tripod of AVA's motto: fun, fitness and friendship. After we exited the ship, we took a picture which can be found on the AVA website under *Look What's Happening* for New York State. Thanks for the photo LaVerne. Eileen has also set up a site on our ESCV website and she's looking for more photos to post if you have any.

I would be remiss not to thank the multitude of members who stepped up to work on this endeavor for over a year ahead of time. Our fearless CHAIRWOMAN, Vera Weiss; WALK, LaVerne and Malcolm Stiles; BOAT/RESERVATIONS, Barb Kolapakka, Larry Godshalk, Kathy & Jim Brown, and Lucy Desjardins; MEMORABILIA, Dan Schryver, Eileen Skinner, Jack Cairns and Alan Longshore, SLIDE SHOW, Marv Weiss and FOR MORAL SUPPORT AND PICKING UP THE LOOSE ENDS, Bernie Geren, Pat Rush, Teresa Kennedy and anyone else who I might not have mentioned. Y'all sure put on one fantastic, fabulous and fun day for almost 180 celebrating members.

Ed and Emmy with all their helpers put on another one of their delicious Strawberry Ice Cream Festivals. How many years does this one make? We all deserved our reward coming back on a blistering hot day! Thanks to everyone involved for this much anticipated beginning of our summer eating venues.

At the Pebbles Island walk on July 18, the new annual Wednesday walk button was unveiled and handed out to the first recipients for having walked at least 10 Wednesday walks. Congratulations! Thanks Eileen and Jack for the picture, production and record keeping that goes into administering this reward program. There are still more opportunities for you to earn your Wednesday button...so, get going!

As our summer Wednesday walks are winding down, we turn our thoughts to the upcoming Traditional walks in Lake Placid, September 15 and our annual Oktoberfest at Moreau S.P. on September 29th. Look for more information in the newsletter and on our website. Put an extra dollar in your pocket for the donation can to say thanks to our Starting Point hosts.

In the current edition of the AVA *The American Wanderer*, you will notice two articles under the Northeast heading concerning our 25th Anniversary celebrations and Remembering our ladies – One year later. Please share your editions with friends so they too may read all about us and our sister clubs throughout the USA.

Please keep Rose Hume, Carol Lansing, Fran Pallozzi and all their families in your thoughts and prayers as their anniversary, August 10th, approaches. Ladies, you are not forgotten!

THANK YOU - Lucy and Frank Healy

To all who were responsible for our lovely 25th anniversary celebration Frank and I would like to thank you many times over. To those who planned the walk, who arranged for our cruise, for our souvenirs, the historical display, the TV display and anyone else I may have forgotten. Thank you! Thank you!

ESCV 25th ANNIVERSARY LANYARDS (RETURNS)

If you do not want or intend to use the ESCV lanyard you received at the 25th Anniversary Dinner/Cruise, ESCV would be glad to take it back.

PLEASE bring any unwanted Lanyards to any of our walks. There will be a box for collecting them there.

Thank You,

The 25th Anniversary Committee

AUGUST 10th MEMORIAL

The One Year Memorial for Fran, Rosemarie and Carol will be a Memorial Mass at St. Matthew's in Voorheesville at 8:30 am on Friday, August 10. The families will be presented with the crosses which have hung on the memorial wall in the church for the past year. All are welcome. If you go, please wear your memory ribbons and name tags to show your support for the families. ESCV will be placing a pot of flowers in front of the church as a fitting remembrance.

AUGUST 15th MEMORIAL

ESCV will be hosting a short nondenominational Memorial service (5 minutes) to mark the year anniversary of the passing of Fran, Carol and Rosemarie. On Wednesday, August 15 just before our 9 am Saratoga Tech Park walk in Malta, we will be forming a circle for an Opening Prayer, the reading of Psalm 23, Closing Prayer, singing 3 verses of Amazing Grace lead by Phyllis Boyd and ending with all just humming the song as they head out for the walk. Please wear your memory ribbons with your name tags.

To expedite things so the walk starts on time, sign in will be from 8:15 to 8:45 am. Please be on time and ready with money, address labels and books open for stamping to help the POC get things put away before our memorial service begins. This will assure that the walk begins promptly at 9 am.

STRAWBERRY FEST THANK YOU - Ed and Emmy Koch

Thank you, thank you for all the help with the strawberry/ice-cream fest at the Niskayuna Walk in June. Phyllis Boyd, Eileen Sowa, Toni Walsh plus Eddie and I were the expert hullers. I sent Eddie on the mission to pick up the strawberries and ice-cream, too. John Burns and I helped him choose 15 half-gallons of ice-cream for over 110 hungry walkers. After consuming 20 quarts of strawberries too, Bob McElroy volunteered to dispose of the garbage. There were others who just pitched in, too ... we appreciated all the work and loved the thank you notes, as well.

LYNN LONGSHORE

Send Cards and Prayers to Lynn Longshore to give her encouragement and love as she fights her battle with cancer. Send your cards to her home and maybe give her a call every now and then to check up on her and Alan. It helps to let them know she's not in it alone, but we're pulling for her also.

CLUB MEETINGS

Join us on Tuesday, September 4 at the Latham Firehouse on Old Loudon Road in Latham for our club meeting at 6:30 pm. We've had 3 months to enjoy summer walks and our anniversary festivities. We are now rolling into Fall and all its walking and eating opportunities. Come to learn more!

Don't Miss Out attending our meetings this coming year. Mark your calendars with September 4 at Latham Fire Department; November 4 at Our Lady of Grace Parish, Ballston Lake; March 5, 2013 at Latham FD; April 2 at Latham; and May 7 at Latham.

ESCV WEBSITE CHANGE COMPLETE

The change of our ESCV Website has been completed. "Favorite" us on your computers with the easy www.walkescv.org. As of September 1, we will no longer piggyback on the ESCV main website. They will still list our website link on their state finder, but no direct line to open our site. There are some nice features with this new site which we may be incorporating in the future. So, put us in your address book with our new website.

NAME TAGS

The new name tags have arrived and we will make every effort to have them available for pick-up at the 9:00 Wed. walks. If this does not work for you, please contact Laura Sheldon at 384-0143 or sheldon.laura1@gmail.com to make alternate arrangements.

LAKE PLACID WALK – Vera Weiss and Barbara Kolapakka

Don't forget to save Saturday, September 15th for the Lake Placid walk. Marion Burns has once again offered to bus people to and from Lake Placid. September should be a beautiful time to visit this wonderful community and to enjoy all that it has to offer. The 5K and 10K walks are the same walks that were offered in July 2007.

The 10K walkers will be walking on the Peninsula Nature Trails for less than 2 miles. These trails do have a lot of roots so one needs to walk slowly and carefully here. Hiking shoes and a good walking stick might be in order. These trails comprise some of the oldest recognized rock formations on earth. The metamorphic rocks which are visible today were carved to their present configuration by glacial activity, which occurred over a span of a million years. The last glaciers disappeared 12,000 years ago leaving the rugged Adirondack Mountains and many beautiful lakes such as Lake Placid.

These trails are situated on a parcel of 133 acres of land purchased by NYS in 1960. The area was logged over during the 1940s, except for a 200 foot wide strip of undisturbed forest along the lake shore. If you walk quietly, look and listen, you may see or hear birds or wild animals living on the Brewster Peninsula. Resident mammals include snowshoe hares,

squirrels, chipmunks, mink, muskrat, moles and shrews. Whatever—just enjoy your trip on these trails, be careful and do try to sit on one of the several benches along the Lake Placid shore to enjoy the views!

You will also be walking by the Lake Placid Marina so you might want to take a one- hour narrated 16 mile sightseeing boat ride on beautiful Lake Placid. Go to www.lakeplacidmarina.com for more information!

There are lots of wonderful shops and restaurants in Lake Placid so please come and enjoy this wonderful scenic spot in our own back yard.

Barbara and I will be heading up there on Friday, September 14th. We plan to stay at the Comfort Inn, go on a Lake Placid boat ride and then set up signs for our 10K walkers on the Peninsula Trails.

We look forward to seeing each and everyone of you on September 15th. PLEASE remember to give a donation to the Adirondack Community Church for once again allowing us to use their church as our start/end point. We so appreciate their generosity!

LINKS

<http://www.walkescv.org/12lakeplacid.pdf> link for Lake Placid walk

<http://www.walkescv.org/12moreau.pdf> link for Moreau walk (See information below)

<http://www.walkescv.org/12octoberfestregistration.pdf> link for Octoberfest Registration (See information below)

CHANGES COMING TO YRE/SEASONALS IN 2013 – Barbara Kolapakka

Next year will see some changes coming to our year round and seasonal events. We will add a new seasonal, Clifton Park, to the list. Eileen Skinner and Father Jack Cairns have developed a route and secured a start point at the Hilton Garden Inn. Father Jack will be the point of contact. The walk will run from April 1-November 30.

Eileen has asked to step down as POC for the Caroga Lake walk. If we wish to continue this walk we will need to have someone step up to take over the POC responsibilities before the end of August. If you are interested in this assignment, please contact Barbara Kolapakka at bkola67@gmail.com or 583-9038.

Our thanks to Eileen who helped develop this walk, originally as a traditional, and has been the POC for thirteen years.

We will be eliminating the Albany Neighborhoods walk after this year. It has not had the participation we had hoped for between group walks. This route may be used for a Wednesday walk sometime in the future.

In addition to Father Jack, we have another new POC joining us this year. Dave Janiga will be taking over the Albany Capital walk from Teresa Kennedy. Teresa in turn will be the POC

for Schenectady replacing Ellen McNett who has asked to step down. Ellen will still host her wonderful soup party after the Schenectady winter group walk. Our thanks to Ellen for being the POC for Schenectady for many years.

We are also converting two of our seasonals to year round events by transforming them into snowshoe events for the winter months. Snowshoers will be able to get event and distance credit at both the Saratoga Battlefield and the Saratoga State Park. Neither of these sites is suitable for a walk when there is snow or ice but both are popular snowshoe venues.

AVA has no minimum required distance for snowshoe events so you don't have to worry about doing 10k or even 5k on snowshoes. Linda Morzillo has developed a snowshoe route for the Battlefield and we will use an existing route around the golf course designed by park staff at the Spa park. The sign-in point for the Spa park snowshoe will remain at the Hilton Garden Inn and snowshoers will drive to the park to start. (Note: the snowshoe events will NOT be available until January 1 even if there is snow this December.)

The start point for the Saratoga City walk will return to Virgil's Coffee House, hopefully this fall. Virgil's is in the process of moving to a new location on Henry Street and has told us they will welcome us back when they are situated in the new space. In the meantime we will continue to use the Hilton Garden Inn as the temporary sign-in point.

Another start point change will be effective next year for the Crossings walk in Colonie. We will move the start box to the Cicotti Center from Fleet Feet. The Cicotti Center is the large building we walk by on the current route. While Fleet Feet has been a welcoming host, its hours were not always convenient for walks starting in the morning. The Cicotti Center opens at 5am on weekdays and 7am on holidays so you can get a really early start!

AVA BIENNIAL CONVENTION – FLORIDA 2013

If you're thinking about attending the 18th AVA Biennial Convention, check out our website www.walkescv.com for reservation information and lots of other AVA happenings by clicking on AVA News then click Checkpoints, July 2012 and see the first page. If you're thinking of going and would like to find out who else in the club might be attending send an email to Lea Darling. She will be making up a list to send out to only those who respond to her concerning the convention. You will meet friends from all over the US and Canada. You will have a chance to do many walks and enjoy the warmth of Florida from Monday, April 29 – Friday, May 3, 2013 or perhaps join for only one or two days.

AVA MERCHANDISE ORDERS

AVA Merchandise Orders must go through Winnie Balz. Sometimes, if you ask her before placing an order, you will find out we already have the item. She keeps a supply of Event and Distance books, covers for the books, Starting Point books, etc. on hand for your purchase. It becomes very confusing to the treasurer when she gets a purchase order for an item and she has no clue as to who ordered it. So, please go to Winnie first!

MEMBERSHIP - Tad Darling

Please welcome our new members! Our club is now 331 strong and it is nice to see so many of the new faces during the walks. We are a very diverse group and it is great to be able to have the opportunity to meet and make new friends while out on the walks. Mingle, mingle, mingle, when you are out on the walk and introduce yourself. Name tags help – call Laura Sheldon for one.

Please welcome the following new and returning members this month:

Erica and Leonard Berger from Schenectady, Kathleen Canary (returning member) from Ballston Lake, Karen Flewelling from Saratoga Springs, and Elaine Suss from Voorheesville.

BIRTHDAY WISHES

Are a nice way to tell your family and friends how much you appreciate them. In this vein, I'd like to put together a birthday list of our members (just the month) so that in our monthly newsletter, we can send out birthday greetings to each of you. Please send your birthday month to Phyllis Budka at abudka@nycap.rr.com.

HAPPY BIRTHDAY TO

September	
Rita	Gavin
Beth	Snyder
Charlotte	White

CONGRATULATIONS TO JEAN VAN VRANKEN

Citizen on the Year congratulations to one of our own! Jean Van Vranken has been awarded this prestigious award by her local Hudson Shores Rotary Club in acknowledgement of all her hard work and dedication over the past years. Our hats are off to you, Jean.

SARATOGA WALK – AUGUST 8

Join ESCV at the Saratoga Race Track for lunch and the races after our August 8 Saratoga Museums Wednesday walk this year. It is a tradition in August to meet for lunch (bring or buy your own), enjoy and bet on the horses, and bring chairs to sit and converse. A picnic table in the paddock area will be reserved earlier in the morning for the group. Let's see who comes out the WINNER for the day.

WALKING ALL 50 STATES – ARE YOU DONE YET?

Walking in all the 50 States....has anyone completed this phenomenal feat this year? If so, please let Lea Darling know at leadarling@verizon.net.

OKTOBERFEST AT MOREAU LAKE – Linda Morzillo, POC

We may be more concerned about keeping cool as this newsletter is published, but the planning for our Oktoberfest on Saturday, September 29th is well underway. Included in this newsletter are the brochure and a lunch reservation form. Walkers will sign up to walk at the start point on that day. Kathy and Jim Brown are making sure that all is ready for the luncheon at noon. To help them purchase the right amounts of necessary items, please fill out and send the lunch reservation form to them along with five dollars. This will cover the cost of everything except your dish to share: appetizers, salads, sides and desserts are all welcome. Jim Brown and Larry Godshalk will continue to display their grilling skills.

All questions regarding the walk can be directed to me, 584-7762 and LMorzillo@yahoo.com

Kathy and Jim will answer any questions and concerns you may have about the luncheon; please contact them at 441-6807 and brownjbsis@yahoo.com or lincolnsammy@yahoo.com

SHOULD YOU KEEP WALKING? – Lea Darling

An ESCV member shared this link with me recently and I thought that the membership would also appreciate the sentiments the article points out. So if you dare, go to

<http://www.nytimes.com/2012/07/17/health/research/signs-of-cognitive-decline-and-alzheimers-are-seen-in-gait> (Unfortunately this link is no longer active)

CLUB CONTACTS

CLUB OFFICERS		
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WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$2 for mailing ; 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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PROGRAMS		
PUBLICITY	Pat Reed	reedpatri9@gmail.com
PURCHASING	Winnie Balz	winnieeb@yahoo.com

ESCV WALK SCHEDULE

6:45AM, 9AM & 6PM Wednesday Walks for July and August

August 8	Saratoga Museum Walk-Price Chopper Plaza Rt. 50
August 15	Malta - Saratoga Tech Park Walk
August 22	Glenville --Indian Meadows Park 155 Droms Rd
August 29 9:30AM only	Old Chatham-Jackson's Old Chatham House

Saturday, September 15	Lake Placid
Saturday, September 29	South Glens Falls, NY (Moreau State Park) Oktoberfest Party
Saturday, October 13	Cooperstown
Wednesday, October 17	Schuylerville
Sunday, November 4	Ballston Lake Pasta Party
Saturday, December 1	Schenectady Holiday Party

OUR NEW ESCV WEBSITE

Visit our website for more information at
<http://www.walkescv.org/>

NORTHEAST REGIONAL DIRECTOR – Doug Reynolds

NERD web address (ava.org/clubs/reg_northeast)

To find all Northeast Region walks, go to the N.E.R.D. icon on the www.walkescv.com site. Under Doug's picture, click Events and scroll down to the calendar and click on arrow for the month you want. Have fun because there are lots of opportunities to walk throughout our beautiful Northeast region. Walk 'n Mass, West Point, and the Twin States clubs are hosting walks in August, September and October.

At the location of the chart, you can print out your own copy of the schedule. We are trying to get folks to use that site where they can move over to the Google Calendar for direct link to the walk's information that is at the AVA Interactive Map site that provides items such as Event Description, Driving Direction to Start Point., as well as a quick MapQuest routing from their location to the Start Point., etc.

NEW MERCHANDISE AVAILABLE

A new ESCV design is now available on various merchandise, including moisture wicking shirts, short-sleeve t-shirts, long-sleeve t-shirts, tank tops, pullover sweatshirts, pullover hooded sweatshirts, zip-up hooded sweatshirts, and tote bags. See attachments for design and items. The blue in the design is slightly different for the men's merchandise. This is not embroidered or an iron on. The art is applied digitally, which gives it a longer lasting wear. With the exception of the moisture wicking shirts, all shirts are a 50/50 blend and are available in white or ash gray, which is a light gray. The tote bag is a beige canvas.

This is a fundraiser for the club, so why not show your support and order one of these great items! All orders and checks are due to Bev Feltt by September 14. Checks should be made payable to Bev Feltt and mailed to 324 Boght Rd., Watervliet, NY 12189-1105. If you have any questions, her phone number is 237-4006.

Look for information on the ESCV website. On the main menu, click on [Club Merchandise](#) and it will take you to the order forms..

REFLECTIVE SAFETY ITEMS - [Forms also on website.](#)

There are still various reflective safety items available for sale. These items work in the daytime and at night. Let's keep safety our #1 priority! To order, contact Bev Feltt at 237-4006 or by e-mail at AuntBev9@aol.com.