

**EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
December 2012**



LEA'S LOTS OF LINES

Happy Chanukah, Merry Christmas, Happy Holidays, Etc.,

What a banner year this has been for our Club! Membership is at an all time high!!

A year filled with 25th Anniversary events: Retro Walks, dinner cruise, M & M delights and club embossed lanyard favors, 25th tee shirt, 25th Sun catcher , and an umbrella incentive to complete a 25th anniversary walk challenge.

The placement of the memorial benches with plaques in memory of Carol, Fran and Rosemarie at St. Matthew's has been completed. One memorial brick at Immaculate Heart of Mary's Church in Watervliet has been laid for Carol Lansing. The bricks for Fran and Rosemarie will be placed when outdoor renovations are completed at St. Mary's Church, Waterford, in 2013.

We provided many events to encourage fitness, friendship and fun after walking this year such as our March for Parks in Olana, Anniversary walk in Bolton Landing, July 4th Picnic in Colonie Town Park, Oktoberfest in Moreau State Park, Pasta Party in Ballston Lake, going out for lunch after our Summer Wednesday walks, and our just finished Holiday Party in Schenectady.

We are ending our Albany Neighborhoods YRE this month. Very few people walked it on their own, but did turn out when it was a group walk. It will be cycled into our Wednesday walk schedule over the years. So, don't despair that you'll never get to walk this trail again. Change is hard, but it opens the door to other possibilities.

Look for the article on a new walk and three snowshoeing opportunities in 2013. Some new and some old Traditional walks will add some new and old horizons for us to embark upon. Watch for the unveiling of an online walk volunteer sheet on www.walksescv.org to streamline the effort and time members will need to sign up to help out at all ESCV's walks throughout the year.

Thanks to all of our dedicated 2012 VOLUNTEERS who make this club run efficiently.

HAPPY NEW YEAR'S, EVERYONE and I'll see you all on the walks in 2013.

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MEMBERSHIP - Tad Darling harrydarling@verizon.net

It looks like we will close out the year with 350 members! That is an awesome number and very encouraging since most of the members participate in our walks. With that many members, we hope you are out on the walks making lots of new friends. Mingle, mingle, mingle, and introduce yourself. Name tags help – call Laura Sheldon for one.

Time to renew your membership: Our membership year runs January 1st through December 31st and you have between now through February 28th to renew if you want to be included in the Membership Directory which is issued in March. You are on your honor to renew your membership to participate in 2013 walks. A membership form is attached to this newsletter, but you can also obtain one from our website: www.WalkESCV.org along with a lot of other information.

CLUB MEETINGS

Revised Club Meeting Dates...held at the Latham Fire Department on Old Loudon Road, 6:30-8 pm the **3rd Tuesday of the month**.....**March 19, April 16, May 21 and June 18, 2013**

NAME TAGS

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laura1@gmail.com . They are available with either a magnet or pin back for \$8.

BIRTHDAY WISHES

HAPPY BIRTHDAY TO

Jan	Judy	Arnheim		Jan	Janet	Koval		Feb	Bill	Hughes
Jan	Amanda	Bouchard		Jan	Debbie	Lotito		Feb	Teresa	Kennedy
Jan	Kathy	Brown		Jan	Cathy	McGuire		Feb	Jeanne	Powis
Jan	Dawn	Desroches		Jan	Edrie	Pregent		Feb	Doug	Reynolds

NO JANUARY OR FEBRUARY NEWSLETTERS

The deadline for the March newsletter is Friday, March 22nd.

HOLIDAY PARTY THANK YOUS

A Bouquet of Poinsettias to our Holiday Party Coordinator, Lucy Desjardins; Cookie Volunteer House, Pat Rush; Cookie transporter, Carol Sorensen, and Beth Snyder who setup, served and cleaned up after the cookie walk stop. It was a yummy break from the brisk morning walk. And, kudos to Lucy's helper, Denny Cottrell, who set up the holiday lunch tables with the seasonal poinsettia decorations. High Fives All Around! We're already looking forward to next year's annual event!

MORE HOLIDAY PARTY THANK YOUS – Lucy Desjardins

Mother Nature provided atmosphere with a dusting of snow and 140 plus hardy ESCVers provided the cheer for the annual Holiday walk and luncheon in Schenectady on December 1st. A little exercise with good friends and some good food.... a nice way to start the season.

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Special thanks go out to Bernie Geren and his walk registration crew of Marylou Geren, Eileen Skinner, Pat Whalen, Lil Julian, Jack Cairns, and Jean and Joe Padula. Bernie was also responsible for registration for the luncheon; I suspect Marylou had a hand in that also.

Thanks also to Carol Sorensen for "cookie transport" and to Beth Snyder for her help at the Cookie House.

And last, but certainly not least, a big thanks to Pat Rush for providing her home as the "Cookie House". Your hospitality is greatly appreciated

Editor's Note: And thanks to Denny Cottrell, too!

UMBRELLA CHALLENGE

The Umbrellas have been ordered. We hope to have them to begin distribution at our New Year's Day walk on Jan. 1st in Schenectady, at the Holiday Inn. A HOTMAIL will be sent with the details.

THANK YOU ALL and CONGRATULATIONS to the 94 people who completed this challenge.

2013 INCENTIVE PROGRAM - Let's walk our walks 2 times this year

A New Incentive Program begins on Jan 1st. Books were distributed at the Holiday Party and will be available at our Group Walks.

It is similar to the same program we have done in the past... The 2nd book will be available after June 30th.

Rewards: For doing 10 Different Walks - One (1) Achievement Book each ½ year. For doing 15 Different Walks – One Achievement Book & Button Award. For doing all 15 different walks 3 coupons for YRE/SE FREE WALKS in 2014.

If you do ALL 30 WALKS – 2 Achievement Books; 15 walk award button and Certificate and 8 Coupons for YRE/SE FREE WALKS in 2014.

NEED PHOTOS FOR ESCV WEBSITE

Our website is looking for photos of our 2012 Olana, Stockbridge, Lake Placid, Oktoberfest at Moreau S.P., Cooperstown, Ballston Lake Pasta Party and Schenectady Holiday Party. If you are willing to submit photos, you are giving ESCV permission to post them on our website. We would like to have a complete display of our 25th Anniversary year of events. Thanks!

NEWSLETTER

One GIANT quiet volunteer ...who goes along doing her job with no fanfare is our proficient newspaper editor, Phyllis Budka. She has served in this capacity for over 5 years. Thank you Phyl for your excellent computer and organizational skills! When you see her on the trails, give her a pat of thanks for a great job.

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I would be remiss if I didn't also mention our thanks to Sue Grey for making sure our newsletter goes out through the US Post Office for our members without emails. Lastly, in this vein, is our thanks to our club's website guru, Eileen Skinner, for posting our newsletters on line.

ESCV NEW YORK THEMED AVA CONVENTION GIFT RAFFLE

Our ESCV New York themed AVA Convention gift raffle donation is ready for transportation to sunny Florida and the convention by Jackie and Doug Reynolds – thank you. The winner will be awarded with many delectable treats from Made in NY products i.e. NY Maple Syrup – Hoosick Falls, Saratoga Peanut Butter, an Albany Chocolate Gecko, Cinnamon Maple Almonds from the Hudson Valley, and lastly NY Honey. Some non consumable treats are a Yaddo Garden potpourri sachet, a Schenectady County Heritage Blanket and several brochures of what NY State has to offer visitors. HATS OFF TO Vera Weiss for her volunteer efforts of putting together such a comprehensive collection of NY products!

HOTMAIL UPDATE

Beginning January 1, we will not be sending out Hotmail notices for any of the Traditional, YRE/Seasonal or the Summer weekly Wednesday walks. Members can readily find this information in the walk booklets and bookmarks, or by visiting our website www.walkescv.org.

ESCV VOLUNTEERS NEEDED

Maybe that special someone is reading this... We need a volunteer **Program Coordinator** to set up TWO half hour programs before the start of our spring meetings. Call Lea Darling to get more information.

Another interesting job, and already set up for the 2013 season, is our **Year Round and Seasonal Walks Coordinator**. Our retiring chair who will mentor you as long as you feel the need is Barb Kolapakka. Call her for the particulars of the job.

ESCV Delegate and an Alternate to the AVA Convention - Will you be attending the 18th AVA Biennial Convention in Orlando, Florida from April 29 – May 3, 2013? Be our delegate or alternate and ESCV will pay your convention fees. Might a Suncoast Strider/ESCV member be able to be our representative? Let Lea know if you would like to represent ESCV and for more information.

THANK YOU FROM LISA

A big THANKS from me for all of the cards and prayers that I received from members. I know they helped me to deal with treatments, which are over for this cycle and I am doing well.

Lisa Holt

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WILLIAMSTOWN WALKS 2012 – Shirley Pingelski

Well! A great year for Williamstown. We had 121 walkers this year (must be the cookies???) and out of that number we had walkers from:

Connecticut	New Jersey
Indiana	New York
Maryland	Pennsylvania
Massachusetts	Virginia
Minnesota	Ontario, Canada and Japan!
New Hampshire	

So I'd say we had a very successful year. Let's see if we can surpass the 121 to at least 130??

Thanks for all your support, Shirley and Lucy

LET IT SNOW, LET IT SNOW, LET IT SNOW (PLEASE!) – Barbara Kolapakka

In the spirit of hope springs eternal, we have scheduled another try at having a snowshoe event at Christ the King Spiritual Life Center in Greenwich on Feb. 16. You can do the 5k route, or any portion thereof, (no minimum distance for a snowshoe event) between 1 and 4pm, then come back to the warmth of the Great Hall for complimentary hot beverages and cookies! Those of you who did this event in 2011 remember the great time you had so come back for this one and anyone who didn't do it then come see what you missed! The Center has some snowshoes to lend at no charge but doesn't guarantee availability so plan to bring your own or rent from local sporting goods stores. We had to cancel this event last year because of the lack of snow but we've got our fingers crossed and our jammies inside out to insure a good snowfall this winter.

And to give you more opportunities to combine snowshoeing with AVA credit, we are inaugurating two seasonal snowshoes at the Saratoga Spa State Park and the Saratoga Battlefield. Snow depth permitting, these trails will be open January 1. Both trails are 5k but you don't have to do all of the route. The starting points are the same as for the walks for these locations. After registering for the Spa Park snowshoe at the Hilton Garden Inn, you'll drive to the beginning of the trail in the park. The Battlefield route starts at the Visitors Center. There will be group snowshoes of both trails, the Battlefield on Jan. 12 and the Spa park on Jan. 19.

PS If you're a cross country skier you can get credit as well for doing the Spa Park route; the Battlefield route is not suitable for skiing.

ASBURY PARK ADVENTURE - Phyllis Boyd

This is a tale of 6 ESCVers and their adventure to NJ on Oct.11, 2012. The NJ six were Cathy and Jim Brown, Sue Burke, Ginger Ireton, Maureen Martell, and Phyllis Boyd.

We met at the Amtrak station in Rensselaer at 6:30AM to catch the 7AM train to Penn Station. We each had obtained our Senior tickets on-line, so we were ready to go. Seats on the riverside afforded us with marvelous views of the Hudson River and countryside.

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Fortunately, there were no train delays, as we had but 20 minutes to get our NJ train tickets and find the correct NJ Transit track. After we arrived, it was up the stairs into Penn Station and sensory overload! So many people, so much activity. We soon found the NJ Transit kiosks on our left and quickly mastered the process of getting tickets. The kiosks take cash or credit cards. We got one way senior tickets @\$6.75 to Long Branch NJ (wrong) which was actually the transfer station to Asbury Park, but had figured prominently in the printout of the NJ Transit train schedule to Asbury Park.

Ginger's prowess with the kiosk resulted in her being asked to help the person after her...(ESCVers can be quick learners). Not finding the track number for our train listed on the large overhead board, I decided to walk along the tracks to note the departure times which were posted. No luck, so I went back to where I had left the other 5. BUT where were they? Panic!! Over the loudspeaker came the announcement of the track for our train.

So of course I thought they would be there. Down the stairs I went to the track and onto the train. BUT where were they? Noting my befuddlement, a kindly conductor (KC) inquired if there was a problem. When I told him I couldn't find my friends, he asked for my name and paged for Ginger to step off the train. No Ginger. What to do? Happily, in the next few minutes, down the stairs they came.

I expressed my relief to the KC ..." There they are."

In the mean time, the other NJ5 were asking, "Where is Phyllis?" When they then made their way to the track, we were reunited, to our great relief.

We settled into our seats, continuing our adventure. Then KC came to check our tickets and explained our (my) mistake. We should have got tickets to Asbury Park as Long Branch was just the transfer point. He focused on Jim, as he was the only man in the group. Showing him my printout of the train schedule that showed Long Branch prominently at the top of a column, he commented, "Oh, you do computers" and quickly pointed out that I had even highlighted "transfer." He assured us that we could tell the next conductor about the ticket situation and there would be no extra charge.

Someone from our group assured him that we hadn't escaped from "the home" but, by this time, he figured he needed to keep an eye on us, especially as we were now in gales of laughter. I thought that he would be back to check on us. Sure enough, he came back, escorted us off the train, across the platform and turned us over to the next conductor. He told her to make sure that we got off at Asbury Park. We were prepared to explain the whole ticket situation to her. She cut us off saying, "I know. We call him Captain Kirk." (CK)

Upon our arrival in Asbury Park, we decided to get our return tickets first. Thinking I now had the system down pat, I asked for a senior one way to Penn Station---Wrong. There are many Penn Stations. Then the others correctly asked for Senior, one way to New York.

One and a half blocks from the train station was the Twisted Tree Café, which hosts the walk box. After checking in and stamping our books, we were ready to walk

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THE POWER OF ONE WORD--ITS PRESENCE OR ABSENCE.

Direction #2. Take first right (followed by a street name). Did not indicate that the street was not marked. So what to do? The women focused on the street name. Jim wondered about "the first right." As the women had already taken off to find the street named on which to take a right, we all followed. Soon we came to the boardwalk without finding THE STREET. We picked up the directions from the boardwalk. We now had a great appreciation of the ESCV walk directions which include descriptions of sights to be seen and indicate if street signs are missing.

The beach was a long beautiful stretch of yellow sand, deserted save for a person with a metal detector searching for lost change from the past summer season. The ocean was a vivid blue. The sun was shining. The temperature was warm. The trip was proving worth while.

After a bit of improvising thru some neighborhoods, it was time for lunch and to acknowledge Maureen's birthday.

Then we tried to figure out our initial mistake. Jim was correct. When we took the first right on the street with no sign, the correct bridge was there.

As time was running out, I elected to go to the train station with Maureen, whose foot was hurting. I knew that at the end of the day I could not do the sprint back to the station that the others who did the first part of the walk that we had missed would have to do. They found the tent city , auditorium and other sights and then did a very fast sprint to the station.

Our decision to buy return tickets on arriving proved good, as the ticket booth was closed. On the train again, we encountered the lady conductor to whom our care had been entrusted. We gave her our regards for Captain Kirk.

Back again in Penn station, we had to locate the Amtrak track north to Rensselaer. This required several encounters with "official" uniformed train employees, only to be given the correct directions 15 minutes before the train left. Fortunately, we had enough energy for this last sprint. It was a long day filled with fun, friendship, fitness and some food.

Many times after the destruction of "Sandy" I've thought of how timely our trip to Asbury Park was. The boardwalk surely was destroyed, as were many of the other sights. I hope that Captain Kirk and the lady conductor are back at their NJ Transit jobs, that the Twisted Tree Cafe is back in business. May the next summer season find the NJ shore repaired and open to vacationers.

OUR NEIGHBORS TO THE NORTH NEWS

Time to visit Banff, Alberta...

The Canadian Volkssport Federation National Convention will be 30-31 May and 1 June 2014 in Banff, Alberta, Canada. Information may be found at <http://cvfconvention2014.ca/>. Information also is posted to the AVA website under the Locate Walking Events link, Multi Event Calendar web page for future reference. Stay tuned for more information in late 2012 and early in 2013.

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**AND TIME TO VENTURE TO VANCOUVER ISLAND, VICTORIA, BRITISH
COLUMBIA...**

Victoria Volkssport Phoenix Festival
Victoria, British Columbia, Canada

The next Phoenix Festival will be held on April 19-21, 2013

The Volkssport Clubs of South Vancouver Island will host the third Victoria Volkssport Phoenix Festival in April, 2013.

Over 350 people from all over North America, plus 6 from Norway, attended the last festival. Everyone enjoyed the relaxed atmosphere, the home baking and the friendly volunteers. And the weather cooperated beautifully. We received many ideas to make the next Phoenix even better. Keep watching our [website](http://www.vvpf.ca) for all the details. (www.vvpf.ca)

Registration is now available. Go to the [Registration](#) page for online or mail-in registration. www.vvpf.ca/registration.html

We can promise you a warm welcome, some fine tuning based on your feedback, and the same great social events and beautiful walks.

We can also tell you that two hotels in Victoria will offer special deals to Phoenix attendees. Go to the [Victoria](#) page for full details. <http://www.vvpf.ca/victoria.html>

In the meantime, while you are waiting, take a look at some more people having a great time in 2011. Click [here](#) to see the photos. <http://www.vvpf.ca/photos%20of%202011.html>

We hope to see you next April!

NEWS FROM AVA

CONVENTION NEWS - Dennis Michele, Convention Committee Chair

Registration booklets with forms have been mailed to **all AVA members**. The Registration Booklet and Event Booklet may be downloaded and printed out from the convention website. Event books for all pre-registrants will also be placed in your registration bags for pickup at the convention hotel.

Information on registration and events and the convention in general is available on the convention website

<http://www.ava.org/clubs/2013Convention/2013Convention/Welcome.html>.

Convention Website

The 18th AVA Biennial Convention official website is taking shape and being updated as required. For the latest on convention happenings, go to www.ava.org homepage and click on the convention link.

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THE PITCH FOR PATCHES (excerpted from TAW)

There is a subject bugging me. Does it ring any bells with anyone else? I heard it again this walking weekend. Two veteran Volksmarchers trashing patches. The phrase is usually, "I have a drawer full of patches. I don't need more." Here is a view point from a non-20-year walker in the AVA. Veterans, if you have a drawer full of patch awards, you must have enjoyed acquiring them. (And for heaven's sake, what are they doing stuffed in a drawer like old socks?) If you enjoyed acquiring them, don't deny the same pleasure to younger Volksmarchers.

I love patches. I walk far and wide to acquire them. They are sewn on colorful sweatshirts and every time I wear one of the sweatshirts, some non-AVA person asks me about them. I am a walking marketing tool for the AVA and you should be too. At events your club should have a banner of patches and your workers should wear their vests and adornments and accomplishments-for the newer people to see. Sometimes older members forget there are younger people coming after them and the decisions the Clubs make should look to the younger members. I know you won't sell out all your patches. I also know many clubs have a surplus in their bank accounts. You won't sell them all because in many cases you have stopped promoting them. You have stopped making them the exciting items they were to you many years ago.

I have heard the same dismissive comments from veterans about the Special Programs. This is so counterproductive to encouraging people to walk. I am currently pursuing the Main Street strut patch. I deliberately line up walks so I can win this nifty looking patch. My son and I have walked places we would not have chosen to walk just to reach our goal of 20 struts. Others must like challenges and awards also.

Let's stop trashing the patch. We want people to walk, remember? Pat Wujek, Maryland

ATTENTION ALL PHOTOGRAPHERS...

It's time to be recognized for your efforts. **It would be terrific if ESCV had a winner in this event!**

American Volkssport Association
Biennial Publicity Contest
Rules & Submission Category Guidelines

Competition in the contest is open to AVA members, clubs and state organizations.

Photographs

Photographs: Color and/or black and white taken during the period from 1 July 2010 thru 31 December 2012.

Subject Matter: *People, Places or Things* that you may have photographed while at an AVA event, club social gathering or while walking on or near a sanctioned trail. Please limit your entry to 3 images.

Photos: Must be 8" x 10" and mounted on 8" x 10" foam board. Frames and matting are not permitted. Also include an electronic file on a PC-formatted CD ROM. The TIFF file format is recommended. Image resolution must be a minimum of 5.2 megapixels (2560 x 2048).

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- Description of photograph:** Must include photographer's name and e-mail address, where and when the image was taken and subject matter.
- Photo Release Form:** Please complete and clip the Photo Release Form. One per each photo. This information, to include the Official Entry Form, must be placed in a sealed envelope and attached to the photo.

PHOTO RELEASE FORM

Yes, I give the AVAHQ permission to use my images, photos and the right to reproduce photographs for educational, informational and promotional purposes, on the AVA web site, printed materials and on other products.

Signature: _____

Date: _____ Email: _____

Clip this form and place in envelope with the Official Entry Form

- Use of images:** All entrants must complete, sign and submit the official entry form (below). Selected images will be displayed in the official convention hotel.
- Deadline for Entry:** 1 February 2013. Entries will become the property of the American Volkssport Association and will not be returned.
- Judging:** Judges appointed by AVAHQ will select the winners. Images will be selected based on:

- 1) Technical quality (sharpness, lighting, composition, exposure)
- 2) originality/creativity
- 3) Interest
- 4) AVA related themes

DISCONTINUATION OF FREE SHIPPING

IVV Award Book free shipping coupons will no longer be honored beginning January 1, 2013. These coupons were given to Volkssporters as part of the award book validation process. Sending of the coupons was discontinued in 2011 because of increased postal rates. These coupons required that AVA HQ pay the return book postage fees.

If you have extra forms you have not used and you have books to be processed, be sure to place your book orders before the end of this year. Instructions are provided on the free shipping coupon. For further information contact AVA HQ.

MAKE EACH AND EVERY ONE OF YOUR STEPS COUNT WITH Mystride - Chuck Blische (Excerpted from TAW)


Our new national partner, Mystride, offers a fun and challenging program whereby AVA individuals can register to count all steps taken for a given time period. You submit your steps to your personal account on their website, and if you meet the goal, you qualify for a drawing to win an iPod or an expense paid vacation to Orlando, Florida, to include airfare for two, five nights at a luxury hotel, and \$1,000 in spending money.

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To participate is simple. Go to www.mystride.net and click on the AVA registration button in the upper right corner on the homepage, provide some information, pay \$5.50 registration fee using a credit card, and you're on your way. To find additional background information, go to www.ava.org, click on "Newsroom" link, then go to *Mystride Extra Credit* story listing. Thirty-one volkssporters accepted the Mystride challenge in September.

Mystride's goal is to get people up and active and walking, with an emphasis on school youth programs. In addition to dedicating a separate participation category and achievement awards only for AVA participants, Mystride agreed to pay a \$2 royalty to AVAHQ for every one of you who registers. They have also committed to a financial donation to the 18th AVA Biennial Convention.

To fully participate in this challenge, you really need a pedometer. AVA sells the YAMAX pedometer for \$20.00 (club/membership discounts honored). E-mail Kevin@ava.org or 210.659.2112 to place an order since our store link is under maintenance at this time.



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Welcome to Idita-Walk 2013!

The great walking adventure!

Some ESCVers did this challenge last year as well as many of our neighboring West Point Club members and found that it did 'GET US UP OFF THE COUCH' and moving during the winter months..walk in your own neighborhood, a park, a sanctioned walk, treadmill for - 20 minutes, 60 minutes, 120 minutes (volksmarch), doesn't matter. All Walking counts and see how fast those minutes add up.



The Idita-Walk is an event to promote physical fitness in the spirit of the Iditarod Sled Dog Race. The Iditarod Sled Dog Race is **1049 miles** long beginning at **Anchorage, Alaska** and finishing in **Nome, Alaska**.

To complete the Idita-Walk, simply walk an average of **30 minutes** a day for **35 days** between **February 1, 2013** to **March 31, 2013** for a total of **1049 minutes** (**any combination of minutes and days will work - just reach 1049 during the 59 day event!**).

- All proceeds go to **Camp Bronson maintenance, scholarships, and Nome youth-related programs.**
- All paid registrants receive a collectible **Idita-Walk 2013 lapel pin**

Why?

Many walkers participate for the pure pleasure of getting out-of-doors and enjoying nature, and for breathing fresh air and obtaining needed exercise. Some people do it for health reasons (many) as well as to lose weight - visit the '[Health Benefits > No Pain Required](#)'

[Join the furthest west walking event in the United States!](#)

<http://www.idita-walk.com/idw/Index.asp> (to register today for the Feb-March Event)

Let's get a lot of ESCVers out on this. Many Volkssporters from all over the country participated last year. Explore their website. For a \$10 registration that goes to a worthy cause (and you receive a pin).

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CLUB CONTACTS

CLUB OFFICERS		
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WEBMASTER	Eileen Skinner	EF Skinner@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
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ESCV WALK SCHEDULE

Tuesday, January 1, 2013 All day [ES-GW-10:00AM-Schenectady, NY- Year Round-CONFIRMED](#)

Saturday, January 12, 2013 All day [ES-GSnowShoe-10AM - Saratoga National Battlefield \(Stillwater, NY\) -Seasonal- CONFIRMED](#)

Saturday, January 19, 2013 All day [ES-GSnowshoe-10AM-Saratoga Spa Park, NY-CONFIRMED](#)

Saturday, February 2, 2013 All day [ES-GW -10AM- Saratoga Springs, NY-YRE - CONFIRMED](#)

Saturday, February 16, 2013 All day [ES-TE- Greenwich, NY \(Snowshoe\) - CONFIRMED](#)

Saturday, March 2, 2013 All day [ES-GW-10AM-Troy, NY -YRE- CONFIRMED](#)

Sunday, March 10, 2013 All day [ES-GW-1:30pm-Albany, NY \(Capital Walk\) -YearRound-CONFIRMED](#)

OUR 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)

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ESCV MEMBERSHIP FORM

Revised: November, 2012

PLEASE READ:

- T **This form is for new or renewing memberships.**
- T Memberships run from January 1 to December 31 each year.
- T Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$10.
- T New memberships after September 1st are one half the annual fee through December 1st.
- T Renewal starts December 1st. Renewals received after February 28th will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the "Hotmail" (email) list.
- T Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- T **If you have a winter mailing address**, please identify on the back of this form and the approximate dates this mailing address is effective.
- T To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Harry (Tad) Darling, Membership Chairman - Questions? 518-399-7229; harrydarling@verizon.net

PLEASE PRINT CLEARLY

Date Submitted: _____ Family or Single Membership? (Circle one)
Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____


Birthday (Optional): Month/Day ____/____ (Not year)

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

Birthday (Optional): Month/Day ____/____ (Not year)

- Enter winter mailing address and dates effective on back of form 
- Circle areas you would like to help out: Registration at walks, Developing new walks, Programs, Spring Picnic, Octoberfest, Pasta Party, Christmas Party, Where Needed (there are many other jobs).
- If a new member, how did you hear about us? _____
- Make check payable to ESCV - \$18 for Family or \$10 for Single Membership (half price for new members after Sept. 1st, and include \$10 for each new member for your "New Walker Program Packet"
- Mail this form and check to: ESCV Membership

PO Box 5464

Clifton Park, NY, 12065-5464

**EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
December 2012**



Holiday Walk and Party

Dec. 1st



**Photos courtesy of Linda Morzillo
& Tad Darling**

**EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
December 2012**

ESCV's 50 Staters and or Capitals 2012



Photo Tad Darling

Holiday Party Pre-Walk

**Eileen Skinner's 7yr. old grandson,
Daniel Gargano, walked the entire 10 km.**



Photo Eileen Skinner

