

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION

February 2012



EMPIRE STATE CAPITAL VOLKSSPORTERS ARE CELEBRATING THEIR 25th ANNIVERSARY IN 2012 – Barbara Kolapakka

Back in 1986 a group of walkers in Albany, NY got together and decided to form a volkswalk club. The Empire State Capital Volkssporters received its charter on January 19, 1987. It's not likely that the charter members envisioned a club that now has 317 members. That first year the club ran three traditional events in Albany, Schenectady and the Saratoga Battlefield. In 2012 the club will run 28 traditional events, including 18 in our popular Wednesday walk series, and 15 year round/seasonal events. That first year all the walks were in the Capital District of New York. But the club soon expanded geographically by establishing the first seasonal walk in Rhode Island in Bristol in 1992 and the first seasonal walk on Cape Cod in Sandwich, MA in 1994. (Both walks are now run by Walkn'Mass.) Today we have seasonal walks as far west as Cooperstown, NY and as far east as Bennington, VT and Williamstown, MA.

To celebrate the 25th anniversary the club has planned a year of events. All of our weekend traditional event walks will be "retro" walks that we have done before, voted on last year by the membership as their favorite walks. Our special anniversary walk will be June 23 in Bolton Landing, NY, on beautiful Lake George. This walk will be in the afternoon so that participants can just drive down the lake a few miles to board the MV Lac du Saint Sacrement for our anniversary celebration, a sunset dinner cruise on Lake George. Details on our celebrations will be available on our website, www.ava.org/clubs/ESCV and on our Facebook page.

We are also featuring a special anniversary challenge book which may be completed by anyone doing our walks. The challenge requires completion of two year round and four seasonal walks, four weekend traditional events and six Wednesday walks. Anyone completing the challenge receives a high quality umbrella. Books are free and available at all our walks. A special 25th anniversary "A" award, a sun catcher featuring our 25th anniversary logo, will be available at all our traditional events.

Our club is proud to have received the AVA President's Award in 2009 for our walk program but we are prouder still of our members who work hard to make our club a success. This past year we experienced a tragic accident but we also learned how much we truly care for each other in our walking family. We invite any volkswalkers who are in our neighborhood this year to join us and help us celebrate our anniversary. We look forward to walking with you for fun, fitness and, especially, friendship.

This article appears in the March/April issue of "The American Wanderer," AVA's Newsletter.

LEA'S LITTLE LINES – Lea Darling

Love, peace, laughter, and serenity are what I wish for each of you during our 25th Anniversary Year of “*Walking Together*” with Empire State Capital Volkssporters. Thanks to Barb Kolapakka for her excellent article at the beginning of this newsletter. She sent this to *The American Wanderer* (TAW) for the February/March edition. Be sure to keep your January, Special 25th Anniversary Newsletter handy throughout the year for quick referencing. The anniversary committee has been very busy this past year making plans for a truly memorable 25th year full of celebrations. Thanks to Vera Weiss and her dynamic committee for an outstanding job.

We received wonderful thank you cards from the Schoharie Hurricane Recovery, the Joplin School District Tornado relief organization, and the Huyck Preserve for our donations. Martha McConnell sent a thank you for the dinner gift card we gave her in appreciation for her grief counseling sessions with us.

The ESCV Board, which is comprised of the president, vice president, secretary and treasurer, met in mid January to vote on the 21 motions before the National Executive Council (NEC). Doug Reynolds, the Northeast Regional Director who is our liaison with AVA, asked for our votes ahead of time so he could tally all the Northeast clubs votes in time for his meetings in Texas. If you'd like to know how the clubs voted, email Lea for the results after mid March. A sampling of ESCV members were selected by the president to look over the motions and make their recommendations to the board, so the board, could take the random members comments under advisement before the ESCV board voted. I thank these dedicated members for your time and commitment to this club in this matter.

As we begin 2012 and our 25th year, I'd like to propose another challenge to ESCV members. As we grow in numbers, let us help our national club - American Volkssport Association (AVA) - by helping her grow stronger by becoming members of AVA. Just because you pay your \$10 ESCV membership dues each year, does not make you an AVA member. For just \$25 an individual and \$30 a family yearly membership, you will be helping AVA continue to put out all the distance and event books, trail markers, arrows and tape for our trails, books, award certificates and pins earned for different distance and number of events, be sent *The American Wanderer* newspaper every two months, help us with maintaining our tax exempt status, make and send out the rubber stamp for each of our walks, offering us inexpensive walk insurance, etc. The list goes on and on. Things seem seamless because there are a small number of dedicated people at AVA headquarters holding down the fort. Call them anytime for questions about walking. A friendlier group can't be found.

For an AVA Membership form, go to our ESCV website click on the home page AVA Associate Membership to download the form. You can also go directly to the AVA website and fill it in and pay on line. It's just that easy. Fill it out today and know you are helping to keep AVA strong for the year 2012 and help ESCV be the first club in the US to have 100 % national membership. Thanks.

In closing, I hope everyone saw the featured article on ESCV this past Friday, February 10, 2012 in the “Daily Gazette's” primetime insert. We had the front page picture and two more inside with a mostly flattering article on pages 4 and 5.

WE WANT TO SHOUT OUT OUR CONGRATULATIONS

To PAT REED for her recent recognition in the nursing world by the Capital Chapter of the Nurse Practitioner Association. In December, she was surprised when named the 2011 Nurse Practitioner of the Year. Pat was chosen for her work in health reform, her service to the community and her work as a mentor for other nurse practitioners. Please give Pat a big smile and pat on the back as you walk with her in the coming months, for her dedication and caring in the health services field. HIP, HIP, HOORAY, Pat! WELL DONE.

MEMBERSHIP RENEWAL DEADLINE APPROACHES - Tad Darling, Membership Chair

Membership renewals must be received at the post office by February 29th if you want to be included in the annual Membership Directory to be issued in March. Members not renewing by that date will be removed from the walk booklet mailings and email "hotmail" databases. So don't delay, get your renewals in. If in doubt if you have already done yours, email me at harrydarling@verizon.net and I will let you know. You can always renew later, but don't want you to miss out on anything.

MEMBERSHIP RENEWAL FORM

<http://ava.org/clubs/escv/2012membershipform.pdf>

NEW MEMBERS – Tad Darling

Since our last newsletter, we have many new members. When you see them on a walk, give them a hand getting started. Our stamped books, etc. can be somewhat confusing for newcomers. It is always nice if our new members have a sponsor to guide them through.

Please welcome our 22 new members listed below:

Judy Arnheim - Clifton Park	Claire Nolan – Albany
Karen Barnish – Schenectady	Joan Pedersen-Lane - Clifton Park
Anne and Harry Cargile - Ballston Lake	William Roemer – Albany
Theresa Ellsworth - Greenfield Center	Cathy Schryver – Voorheesville
Patricia Grasso – Schenectady	Bill Shuff – Niskayuna
Mary Lou Hodge – Niskayuna	Bill Smart – Voorheesville
Carol Loeber – Glenville	Dave and Mary Smith - East Greenbush
Deborah Lotito – Cohoes	Bryan and Lauren Swift – Altamont
Paul Meier – Schenectady	Charlotte White - East Greenbush.
Barbara Nigro – Gloversville	

CLUB MEETING

The next meeting will be Tuesday, March 6th, at the *Latham Fire Department* at 226 Old Loudon Road in Latham, 6:30 to 8:30pm. See the ESCV website for directions.

MARCH PROGRAM - ACADEMY FOR LIFELONG LEARNING– Alan Longshore

Jo Ellen Unger, Executive Director, Academy for Lifelong Learning, will present a program on participatory learning experiences for mature learners at our March 6th meeting. Check out the Empire State College Website to review some of the exciting learning opportunities with the Academy. This should be a very interesting presentation.

COME FOR SOUP – Ellen McNett

There will be the traditional Soup and Chili Lunch at Ellen McNett's house following the March 3rd Schenectady Group Walk.

Everyone is welcome! Soup and Chili plus beverages will be provided. Contributions of accompaniments (e.g. bread, rolls, salad, desserts) are welcome. Come and enjoy some warm camaraderie on a chilly Saturday afternoon. Any questions call Ellen 372 1270.

OLANA – APRIL 28TH – Pat Rush

The club has voted, and the walk at Olana State Historic Site was voted by you, our members, as your favorite March for Parks. We will walk at Olana on Saturday, April 28. You can register between 9 and 11 a.m. at the Education Center, enjoy the beautiful trails (both 10 K and 5 K) and tour the splendid mansion. This walk is eligible for the club's 25th Anniversary Challenge as well. See you there.

<http://ava.org/clubs/escv/12olana.pdf>

25TH ANNIVERSARY SUN CATCHERS, SHIRTS & WALK BOOKS

The \$5 Anniversary Sun catchers were premiered at our Saratoga New Year's Day walk. Be sure to get one. They will be available at all of the 2012 walks.

Anniversary shirts can be ordered by filling out the form on our website and sending with a check made out to ESCV to Lea Darling by February 17th. You will be able to wear it throughout 2012 and definitely on our dinner cruise on lovely Lake George in June.

As evidenced at our first walk of the year, many of you are already starting to fill out your 25th Anniversary Incentive Walk booklets in hopes of attaining one of those great logo stamped umbrellas as your prize. Good luck and happy walking.

REQUEST for A POC for a SUMMER EVENT in GREENWICH – Teresa Kennedy

As everyone now knows, our greatly anticipated winter snowshoe event in Greenwich had to be canceled this year due to a lack of snow. Who would ever have guessed that we would be looking out in February at a landscape with lawns almost ready to be raked? Perhaps next winter the snow gods will be kinder and there will be renewed opportunities to play outdoors with our snowshoes and cross country skis.

The Christ the King Spiritual Retreat Center in Greenwich was to play host to us as our snowshoe event starting point. This required a non refundable deposit of \$100.00 since we reserved space for our registration table and post walk refreshments. We have through the end of 2012 in which to use this money. Because we do not have any traditional events currently scheduled for July or August, it has been suggested that we use the retreat center as a site for a summer weekend traditional walk event. The deposit money could then be used to reserve the outdoor pavilion for an informal picnic.

Since the starting point is secured and the route already designed, this would be a great opportunity for a club member to learn how a traditional event is managed without having to do those two functions for the first time. Barbara Kolapakka, the original POC for the winter event, has offered to mentor the person who would like to learn the process which would include marking the route on the day of the event, the registration procedures and the after event paper work. The new POC volunteer could select a summer weekend date convenient for them. The date will, however, depend of the center's availability and possible conflicts with nearby clubs events.

Traditional events are hallmarks of volkssporting. Without them there would not be national and international clubs. This request for a POC is a great opportunity to give back to the club that provides so much pleasure. You will not be alone. All experienced POCs are willing to help. But, as always, the jobs must be passed on and spread around. Please consider stepping up to help out.

A special thank you goes out to Barbara for planning the winter event and for her diligent and continuous monitoring of the winter forecast before making the decision to cancel the snowshoe. We remember what fun it was last year and can hope we will have the chance to snowshoe for fun, fitness and friendship next year.

IVV Calendar of Events 2012

The International Federation of Popular Sports IVV publishes a book of Volkssport events each year worldwide. The events are arranged by date and by member country. Softbound book contains over 1000 pages.

http://ava.org/clubs/escv/2012_IVVCalendarofEventBookOrderForm.pdf

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.2011, Dec./Jan. and Feb./Mar., 2012
AVA Newsletter

10 Events Carol Ann Loeber Stephen Ras	30 Events Sieglinde Dugan	50 Events James Brown	100 Events Janice Golden Claire Hard Barbara Popolizio Michael Popolizio Annalisa Van Avery	150 Events Dave Golden Joan Muir
200 Events Kathleen Brown	350 Events Vera Weiss	375 Events Lea Darling	400 Events Dave Averill Marion Averill	500 Events Teresa Kennedy Jackie Reynolds
525 Events Doug Reynolds	550 Events Alan Longshore Lynn Longshore	575 Events Pat Reed	600 Events Barbara Kolapakka	750 Events Dave Janiga Linda Morzillo
800 Events Jean Padula Joe Padula	850 Events Dan Schryver	1050 Events Natalie Smith	1450 Events Eileen Skinner	

Distance Milestones

500k James Brown Claire Hard	1000k Barbara Popolizio Annalisa Van Avery	1500k Dave Golden Janice Golden Joan Muir Michael Popolizio	2000k Kathleen Brown	3500k Lea Darling
4000k Dave Averill Marion Averill Vera Weiss	5000k Doug Reynolds Jackie Reynolds	5500k Alan Longshore Lynn Longshore	6500k Barbara Kolapakka	8000k Dave Janiga Jean Padula Joe Padula
13000k John Cairns	16000k Eileen Skinner	18000k Barbara Piffat Joe Piffat		

Congratulations on your accomplishments! If anyone was missed that was published in the *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.

“Just One Minute!” ONE MINUTE VOLKSSPORT NEWS FROM THE IVV

Keeping up with the International Federation of Popular Sports (IVV), the organization that the AVA follows, will become much easier. The first edition of *Just One Minute* can be found on our ESCV website with just a click on [AVA News](#) then click on (NEW) *Just A Minute*. The newsletter will be published at irregular intervals with information concerning the general event policy rules and the International Achievement Awards Program. Its purpose is to let Volkssporters know what is being done internationally with the hope of getting more people engaged and more re-energized about the IVV and volkssporting.

http://ava.org/clubs/escv/Just_One_Minute_12_05_2011%283%29.pdf

WORLDWIDE VOLKSSPORT EVENTS

Going over the Pond on vacation this year? You just might like to have a list of what walking events are available. IVV publishes a book of Volkssport events each year worldwide. Events are arranged by date and by member country in a softbound book for \$12 per copy plus shipping. If interested in purchasing one, go to the ESCV website and click on the AVA NEWS link.

PLEASE JOIN US IN VIRGINIA

Ralph & Ann Misener, members of ESCV and new residents of Virginia, are hoping to see some of their ESCV family at the Atlantic Region Conference of AVA in March. Many Civil War historic sites will be covered on the 3 days schedule of walks. For more information go to our ESCV website and look for AVA NEWS link.

HOW MUCH DOES A VOLKSWALK COST?

Perhaps you have wondered what happens to the fees collected at each walk? Wonder no longer. The fee schedule set by AVA is as follows:

Sanction fee per YREs and seasonals:	\$20.00
Fee for each credit and not-credit walker:	1.25
Quarterly filing fee:	5.00
Sanction fee per each Wednesday walk:	30.00
Fee for each credit and not credit walker:	1.25
Sanction fee per Traditional 1day events	20.00
Fee for each credit and non-credit walker	1.25
Insurance when requested	15.00
Additional fees:	
Yearly web hosting fee	60.00
Annual dues to AVA	50.00

Additional expenses are incurred for brochure printings, postage and donations related to the starting point. It is the rare event that incurs a loss. Most of our walks are very well attended, which accounts for the healthy balance in our treasury. If, however, we calculated a price for the (wo)man hours it takes to design and put on a walk, the cost would be very different indeed.

25th Annual Canadian Convention to be held in Ottawa

This year the annual Canadian Volkssport Convention will take place the weekend of May 18-21, 2012, in Ottawa, Ontario. This weekend coincides with Ottawa's tulip festival which is the largest tulip festival in the world. The festival commemorates Canada's history in providing a home to the

Dutch Royal family during World War II. It is a major cultural event. Did you know that the tulip is the symbol of international friendship?

You may get more information about the Canadian volkssport convention by going to the following websites:

Go to www.ava.org

Click on related events on the left side of the page

Click on [Canadian Volkssport Federation](#)

Click on the [Convention link](#) on the CVF home page. Or Click on any of the above links.

The convention will be held at Algonquin College where reasonably priced accommodation is also available. The number to reserve rooms in on the convention web page.

Doug and Jackie Reynolds will be completing their quest to walk in all the Canadian province capitals at this event. Some ESCVers are already planning to attend to help the Reynolds celebrate their latest accomplishment. It looks to be a perfect time to visit what some describe as one of the most beautiful capital cities in the world.

**Empire State Capital Volkssporters
TREASURER'S REPORT
January 1, 2012**

Nov. 1, 2011 Beginning Balance:	\$ 9723.95
Income: Dinners	2,897.00
Donations	248.00
IVV Credit walkers	1,578.00
IVV Books	135.00
Membership	1,052.00
New Walker Packet	15.00
Non IVV Walkers	226.00
Lunch at \$5.00	385.00
Pasta Dinners	<u>133.40</u>
Total Income by Categories	6,669.40

Expenses: Mileage	80.64
After Action	252.50
Donations Given	175.00
Postage	142.72
Sanction Fees	290.00
Starting Books	272.00
25th Anv. Party-Lake George	165.87
3rd Qtr YRE Fees	475.00
Bookmarks	90.00
ESCV Walk Books	679.10
Gifts	114.70
Holiday Party Expense	3,953.22
Insurance	15.00
Memorial Brick	200.00
Merchandise	58.00
Pavilion Rental	125.00
Walk Box Material	<u>116.00</u>

Total Expenses **7,205.65**

Dec. 31, 2011 Ending Balance: **\$ 9,187.70**

Submitted by Beth Snyder, Treasurer

**Empire State Capital Volkssporters
TREASURER'S REPORT
February 1, 2012**

Jan. 1, 2012 Beginning Balance:	\$ 9187.70
Income: Donations	5.00
IVV Credit walkers	471.00
Membership	943.00
Non IVV Walkers	28.00
A Award & IVV Credit @ \$6.00	6.00
Albany Tile	5.00
IVV Log Books	5.00
State Bars	<u>27.00</u>
Total Income by Categories	1490.00
Expenses:4th Qt. YRE Fees	468.75
After Action	155.00
AVA Walk Books	664.89
Starting Point Books	34.00
Book Covers	22.41
Contest Winner	25.00
Grief Pins	65.60
Holiday Party Expense	66.50
Insert Cards	2.49
Membership Expense	52.47
Office Supplies	84.59
Sanction Fees	240.00
State Bar merchandise	22.41
25th Anniv. merchandise	305.12
Web Hosting	60.00
Total Expenses	2269.23
Jan. 31, 2012 Ending Balance:	\$ 8408.47
Submitted by Beth Snyder, Treasurer	

CLUB CONTACTS

CLUB OFFICERS		
President	Lea Darling	Leadarling@verizon.net
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WEBMASTER	Eileen Skinner	EF Skinner@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 E-mail at sheldon.laura1@gmail.com
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ESCV WALK SCHEDULE THROUGH JUNE 30TH

Saturday, April 14	9:30AM-Williamstown, MA
Sunday, April 22	1:30PM- Lake George
Saturday, April 28	Olana, Hudson, NY
Wednesday, May 2	Saratoga Lake
Saturday, May 5	Albany/Colonie Crossings
Wednesday, May 9	9AM, 6PM - Albany
Saturday, May 12	Stockbridge, MA
Wednesday, May 16	9AM, 6PM - Milton
Saturday, May 19	Cooperstown
Wednesday, May 23	9AM, 6PM - Broadalbin
Sunday, May 27	1:30PM-Saratoga National Battlefield (Stillwater, NY)
Wednesday, May 30	9AM, 6PM - Saratoga Springs
Sunday, June 3	1:30PM-Johnstown
Wednesday, June 6	9AM, 6PM - Slingerlands
Sunday, June 10	9:30AM-Bennington, VT
Wednesday, June 13	9AM, 6PM - Thacher Park, Voorheesville
Saturday, June 16	9:30AM-Caroga Lake
Wednesday, June 20	9AM, 6PM - Blatnik Park, Schenectady
Saturday, June 23	Bolton Landing; 25th Anniversary-Dinner Cruise Lake George
Wednesday, June 27	9AM, 6PM - Malta - Shenantaha Creek Park
Saturday, June 30	9:30AM-Saratoga Spa Park