

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



LEA'S LITTLE LINES – Lea Darling

My thanks go out to the anonymous person who tipped off the Schenectady Daily Gazette reporter, Kelly de la Rocha, that ESCV would be doing the YRE Albany Capital Walk on January 22nd. We had the front page picture on their February 10th "Primetime" insert and a two page article. We have benefited greatly with many calls and subsequent memberships. Be on the lookout for new faces, introduce yourself, ask if you can answer their questions and introduce them to more club members. We all say "WELCOME TO WALKING IN FUN, FITNESS AND FRIENDSHIPS" with Empire State Capital Volkssporters. See you on the trails!

We've certainly been cajoled into thinking this mild winter weather is great and that the possibility for having heavier snowfalls in the near future is slim. It has helped to increase our participation at the Year Round Event (YRE) walks.

March rolled in with 2 YREs in Schenectady and Troy and one Seasonal group walk in Scotia. Thanks again Ellen, for being the POC (Person of Contact) and hosting us for the umpteenth time at the delicious Soup Luncheon which followed the walk. You can't say enough about all the great food and conversation held in your welcoming home on Saturday, March 3rd after the Schenectady walk. Thanks to Kathy Brown, one of our newest POCs, for volunteering to take charge of the Troy walk. We all enjoyed the camaraderie and exercise for our hearts at Sunday's March 11th Troy walk. Come to Scotia on Sunday, March 25th for the premier of the newly revised 5 K and 10 K walks. Thanks for keeping us on our toes and feet to see a different side of Scotia, Vera, our POC .

I was very disappointed with the low turnout (14) for the March meeting and especially, for the presenters from the Academy for LifeLong Learning at Saratoga Springs who presented a wonderful Powerpoint presentation, and for Alan Longshore who made all the arrangements. I moved our meeting place to be more central, and I make a concerted effort to keep the program and meeting to 1 ½ hours. Your attendance at all future meetings is encouraged, and just think, it's another opportunity to see all your walking buddies!

Along with the March newsletter, will be a PDF link for a new proposal for Frequent Walkers for our club members to vote on in April. Any questions, call any board member. Also, linked with the newsletter will be the minutes. Up for review, discussion and possible revision will be our ESCV Constitution and By-Laws last revised in 1992. If you have something you feel merits updating/revising, please email me by Friday, March 23rd so I can send out a list to the membership ahead of time to study before our April 3rd meeting. leadarling@verizon.net Please read all the literature and come to let your vote be counted.

Tis the best of humanity that comes out to walk. - Emerson

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MEMBERSHIP - Tad Darling, Membership Chair

Wow!! We have had a banner number of new members and several returning members in the last couple of months. To date, we have 299 members signed up for 2012, of which about 41 are new members and 40 or so did not renew. In the last newsletter, I listed many of the new members and the additional ones are listed below. ESCV welcomes each and every one of you and thanks you for joining one of the largest walking clubs in the United States. We will be excited to meet you on your next walk. If you find anything about the walks confusing, please don't hesitate to ask for assistance. We will be more than happy to help you.

The new Membership Directory is at the printer and should be arriving in your mailbox by the end of March. We tried very hard to make sure everyone got their renewals in on time so as to be listed.

Please welcome our new members from the last month or so listed below:

Amanda Bouchard, Ballston Spa	Patricia Matthews, Ballston Spa
Mary Cahill, Scotia	Phyllis Ochs, Schenectady
Linda Cochrane, Scotia	Mary Ann Palus, Ballston Spa
Jean Hayes, Wynantskill	Donna Quenneville, Schenectady
Deborah Herrin, Charlton	Lesley and Bill Shimer, Schenectady
Rose Kriss, Albany	Mark Zwinak, Ballston Spa
Bill and Kelli Egan, Scotia	

We also have several past walkers who are returning. Please welcome:

Fred and Kathy Bleser, Scotia	Harriet Kalejs, Clifton Park
Chris Guggisberg, Waterford	Mary Sommers, Ballston Lake.

Link to ESCV Membership Form:

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

CLUB MEETING

The next meeting will be Tuesday, April 3rd, at the **Latham Fire Department** at 226 Old Loudon Road in Latham, **6:30 to 8:30pm**. See the ESCV website for directions.

WILLIAMSTOWN FIRST GROUP WALK FOR 2012 – Shirley Pingelski and Lucy Healy

The Williamstown, MA, walk will be held at 9:30 am on Saturday, April 14. We would like to encourage all walkers to come and be the first to walk on the newly designed 6K and 10K walks. We'll be doing some of the trails at the Clark Art Institute and part of the East Lawn Cemetery, in addition to much of beautiful Williamstown and Williams College that we have done in the past.

America's Baseball Walks	Strolling Somewhere Over the Rainbow	This walk is eligible for the following eleven Special Events, so be sure to bring all your books.
America's Family Bakeries	Struttin' Down Main St.	
Celebrating Golden Cinemas	WPA Works Project Administration	
Forts of the United States	Walking the USA – A-Z Event	
Honoring Law Enforcement	Walking the United States/Capitals	
Hooray for Hollywood		

Hopefully you will stay and enjoy lunch (on your own) with the club members in the Tavern at The Williams Inn. Remember, we get a 10% discount on our meals.

Think COOKIES!!!!

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OLANA – APRIL 28TH – Pat Rush

You asked for it!! The top pick for our March for Parks Walk is Olana, voted on by our club members. The walk will be on April 28 (see brochure link below). The beautiful trails at Olana will provide wonderful views of the Hudson River, the Catskills, and of course, the marvelous mansion built by the artist Frederic Church. Tickets for a tour of the mansion can be purchased at the visitor's center (no reservations necessary). Come one, come all, to celebrate this wonderful place. Registration opens at 9 a.m. at the Education Center. Ample parking, picnic tables, and views, wonderful views!! This walk can earn credit for the Anniversary Challenge as well.

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

GROUP WALKS AND GROUP RESPONSIBILITY

We schedule 30 group walks of our YRE/seasonals each year. That means 30 chances to get together with others to do these routes. We look forward to seeing our friends at these low key gatherings but they're also a great chance to meet new people. We have been seeing a significant number of new walkers at them so far this year. However, the large number of attendees has actually led to some problems:

While these aren't guided walks and don't have a designated leader (POCs are NOT required to be there), it has been the practice that someone takes responsibility for putting out the registration sheets and collecting the walk fees and then returning the walk box to its designated location. That person also should forward the fees to the POC since money should never be left in the box. Unfortunately, when some people have volunteered to do this service, they have found that, while they are returning the box, the rest of the walkers have taken off and left them behind, sometimes so far behind that they end up walking alone.

New walkers are understandably befuddled by some of our procedures and may need some guidance from an "old hand" on how to sign in, etc. and how a group walk works. Again, this information comes from someone volunteering to guide them. If no one does this, it may well discourage them from ever walking with us again. And it is very important that new walkers not be left behind.

We need cooperation from all of our walkers to make these group walks go smoothly. POCs do a lot of work behind the scenes to keep these walks going. The group walks are scheduled up to a year in advance and conflicts may arise which prevent them from being at their walks, so we need to have others step up and oversee the registration process at the group walks and help out new walkers. It's not a heavy lift to collect the money and send a check to the POC or to return the box to wherever it is stored. A big "thank you" to the people who do this. And, please, as a courtesy, make sure they're not left behind while the rest of you go off on the walk. The whole group doesn't have to wait but there should always be some folks who will linger a little longer to make sure everyone has someone to walk with. And make a special effort to include anyone new to volkswalking in your group. Remember that "friendship" is just as important as fitness and fun in our motto.

"FREQUENT WALKER PORPOSAL" - An Incentive Program for ESCV Members – Eileen Skinner

Many years ago, ESCV instituted a Frequent Walker Program. The purpose was to offer, at a discounted price, the opportunity for walkers to do the same walk multiple times during the year. This was to encourage walkers to get out and walk more and save money. At the February ESCV monthly meeting, this program was voted to be deleted due to apparent lack of use and a misunderstanding of its purpose. AVA, our national organization, has changed the rules, now allowing members to walk the same Year Round or Seasonal walk as many times each year as they wish and receive both Event and Distance credit stamps.

Attached to this newsletter is a new [proposal to reinstate the Frequent Walker Program \(click here\)](#) with modifications from the previous program. This proposal is provided to you so you can read it in advance and be prepared to **Vote on it at the April ESCV monthly meeting.**

Basically, the first three times you do the same walk, you will continue to pay the \$3.00 fee as in the past. After the third time you do the **same walk**, all subsequent walks (same walk) will have a fee of \$1.50 (which was previously \$1.00). You may walk this same walk as many times as you wish during the rest of the calendar year and get credit for it while saving some money. The new fee of \$1.50 covers the AVA and ESCV administrative expenses."

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CONSTITUTION AND BY-LAWS REVIEW – Lea Darling

Let's take a look at ESCV's Constitution and By-Laws last revised in 1992. Please read and review the linked Constitution and By-Laws on the ESCV website under Membership Application for discussion at our Tuesday, April 3rd club meeting. Send me your comments by March 22nd, so I can make a list to distribute to the membership for review and thought ahead of the April meeting. There may be nothing to change, but thought the membership would like to see what our Constitution and By-Laws state. See you in April for a lively meeting as always.

leadarling@verizon.net

ANNIVERSARY NEWS - Vera Weiss – 25th Anniversary Committee Chairperson

We are now almost 2 ½ months into our 25th anniversary year of ESCV. Many of us have our Anniversary shirts and some of you have also purchased the A Award (\$5) from Dan Schryver and his memorabilia committee.

I know that I want to complete the Anniversary Challenge booklet that Eileen Skinner worked so hard on and earn that great "Lil Windy Foldup 43" Umbrella. ESCV has already held five Year Round Events this year. The Saratoga walk took place on January 2nd, the Albany Capital walk on January 22nd, the Albany Neighborhoods walk on February 19th, on March 3rd the Schenectady Year round walk took place and finally on March 11th the Troy walk was scheduled. One only needs two year round events for our challenge book, so I am sure you have now completed one eighth of our Challenge! A new Scotia **Seasonal** walk will take place on March 25th, so here's a chance to get your first stamp for a Seasonal Event! I'll be leading the walk so I hope many of you can join me for this walk.

The February 4th snowshoe Traditional walk had to be cancelled because of a lack of snow. A BIG thank you to Barbara Kolapakka for all her effort and hard work to try to make this event a success. We do have a **Traditional** walk at Olana on April 28th with Pat Rush working long hours to get this ready for us. Let's really try to attend this walk and share with our walking club friendship, fitness, fun and food!!

Our anniversary dinner aboard the Lac du Saint Sacrament on Lake George is three months away! The reservation form will be included online April 1 and will also be found in our April newsletter. Don't forget to mark your calendar for June 23rd and join us for this anniversary party. AND don't forget our Bolton Landing walk before our cruise. This walk promises to have fabulous views of Lake George from the Sagamore Hotel! So who is "in" to hear an opera aria as we make our way along the lake shore and through the woods? This June 23rd date promises to be a day to remember!

During our dinner, we will have a silent, continuous PowerPoint display of your photos from various ESCV events. My husband, Marv, has offered to organize the pictures into a PowerPoint slide show. Several people have already sent Marv some really great pictures. Please remember that we are looking for ESCV event pictures only. All photos must please be in .jpg file before sending them to us. Send all photos to marvweiss@nycap.rr.com. *Thank you!*

Hope to see each one of you on "The Walking Trails" soon.

ESCV ANECDOTES AND MEMORIES – Phyllis Budka

Do you have a fond and / or funny memory from a walk that you'd like to share during this 25th anniversary year for newsletter publication? Long or short, come one come all. Please send to me at

abudka@nycap.rr.com

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.

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AVA MEMBERSHIP TALLY – Lea Darling

American Volkssport Association (AVA) membership helps to support our national club. I would like to compile a list of our members who are also AVA national members, to get a handle on what percentage is getting *THE AMERICAN WANDERER*. This is our national volkssporting publication. It contains nation-wide event listings, articles and pictures about volkssporting events. Please send your reply to Lea at leadarling@verizon.net.

VOLKSWALKING REACHES 10 MILLION HOMES IN *American Profile*

In January's *American Profile Magazine*, the Feature Editor Marta Aldrich did an article on three different programs across the United States that promote walking for fitness, fun & fellowship. Volkssporting is one of those three highlighted. Check out americanprofile.com/walk – and pass it on.

An excerpt from this article and many other fascinating stories can be found in the current February/March edition of *The American Wanderer* (TAW) put out bimonthly by our national club, American Volkssport Association (AVA). A yearly AVA membership for a Volkssports Associate Member is just \$25/year and a family (which can be two friends sending in together with one mailing address) is \$30/year. Go to the www.ava.org/clubs/escv to get an application! It's that easy.

NORTHEAST REGIONAL DIRECTOR – Doug Reynolds ESCV SATELLITE GROUP “Volks South”

In the 9th season in the Greater Tampa Bay area, we are having our most successful winter walking season as measured by attendance, both for walks and those staying on for group lunches. Last season, we had a total of 360 walkers; just passing the midpoint of the 16 walk series this season, we have already had a total of 304 walkers (average 38/week), and 265 lunchers (33/wk). In addition, the Volks South group hosted for the Suncoast Sandpipers, their monthly special event for February, by designing and conducting the North Anna Maria Island Walk. After the passing of a cold front, but still under threatening skies and high winds, there were 74 walkers who participated. If we included this count into those who attend the Wednesday walks, the participation jumps to 378 for our gatherings, so far.

We are most pleased on the large number of first-time walkers who have joined us from various parts of the US, and of those, the large number who have returned to continue the weekly experiences, and have bought New Walker Packets. Even though many are not from our Capital District, we encourage them to hook up with a club near their northern homes to continue the walking fellowship through the spring, summer, and fall seasons.

Some of the ESCV folks (past & present) who have attended one or more of the Volks South walks this season are:

The Agars (Mary/George); Averills (Marion/David); Watsons (Karen/John); Geren (Marylou/Bernie); Reynolds (Jackie/Doug); Macks (Kathy/Wayne); Van Vranken (Jean/John); Elie (Ellen/Bob); Van Valkenburg (Gail/Paul); Edwards (Cathy/Frank); Peruzzi (Peg/Bill); Relles (Barb/Howie; Ann Smith; Nellie Georgelos; Carol Kobuskie; John Ross; Barbara Kolapakka; Carol Sorensen; Beth Snyder; Carol Kirk.

FROM THE HISTORIAN'S DESK – Dan Schryver

EMPIRE STATE CAPITAL VOLKSSPORTERS NEWSBRIEF

MARCH 1992

The February meeting was called to order by President Pat Mead. Seventeen people were in attendance. Reports from all standing committees were given. We have \$751 in the treasury thanks to a \$500 loan from a member. Sue Larson reported for the Constitution Review committee. She read all the changes made to the constitution. Each article was read and approved separately by the members at the meeting. The constitution was ratified as of 2/17 pending final ratification in 60 days.

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TREASURER'S REPORT

March 1, 2012 Beth Snyder, Treasurer

Feb. 1, 2012 Beginning Balance: \$ 8,088.83

Income:

Membership	435.00
Name Tags	<u>28.00</u>
Total Income by Categories	463.00

Expenses:

4th Qt. YRE Fees	241.25
Insurance	10.00
Name Tags	26.42
Pavilion Rental	100.00
Postage	5.10
Sanction Fees	<u>150.00</u>
Total Expenses	532.77

Feb. 29, 2012 Ending Balance: \$ 8019.06

CLUB CONTACTS

CLUB OFFICERS		
President	Lea Darling	Leadarling@verizon.net
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Sue Grey	mailto:susanbg2@yahoo.com
Treasurer	Beth Snyder	mailto: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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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