

EMPIRE STATE CAPITAL VOLKSSPORTERS 25th ANNIVERSARY EDITION
June 2012



See Page 2 for 25th Anniversary Dinner Cruise Information

Lea's Little Lines

I congratulate and thank each and every one of you for your dedication to the sport of walking and helping to sustain the wonderful club we call Empire State Capital Volkssporters. Without your volunteering, we wouldn't exist. There are no paid jobs in this club, just lots of pats on the back, emails, cards and calls to say "nice job or well done", a smile, an offer of help when you need it, great dishes at our club picnics and Oktoberfest. But, most importantly, comfort in times of sorrow as was demonstrated by this club last August. I'm proud to be a part of this organization and hope you feel the same way as we usher in our 25th Year of existence with one superlative walk/dinner party. Our festivities will commence with a Traditional walk on Saturday, June 23 in Bolton Landing followed by a dinner cruise on Lake George.

As I begin to look forward to our summer walks, I'm reminded to prepare myself accordingly. This means to dress in wicking, light colored clothes and a hat, sunglasses, sunscreen, bug & tick spray, carry a water bottle and an energy bar. Drink often because when you sense that you're thirsty, you are already dehydrated – so, drink, drink, drink. And, if you are feeling ill or overly tired, tell someone and they will quietly let the sweep (person at the end of the walkers) know. NO ONE is to be left behind!

Thanks to Sue Grey for stepping in for the last two years as our Recording Secretary. She was very patient with me and all my stumbling around to get motions, seconds, and discussion in the correct order for discussions and voting in our first year together.

I'd like to thank Alan Longshore for the excellent programs he solicited for our club over the past years. We were taken away to some very exotic spots through slide shows from various members, learned how to dress according to the weather while out walking, what some of the different ailments one could suffer from due to incorrect walking patterns and how to prevent these from happening, the educational opportunities available to us through the Academy for Life Long Learning, etc. We are still in need of a Program Chair starting in October with a half hour program before the meeting. You would be responsible for scheduling only 3 programs per year. Give me a call if you're interested.

We've lucked out with getting our walks finished between the storms on Wednesdays. Attendance has been phenomenal with many new friendships taking place. In the future when we have up to 50 walkers in one group, we may be splitting off into 2 10K groups to make them less congested. Thanks to those members who are offering to be walk leaders,

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sweeps, stampers, greeters, etc. It really helps to lighten the load for our POCs and not burn them out. Ask for the red 3 ring binder, and find a space to sign up. Even if you haven't signed up to do a job, just offer that morning. Thank you Wednesday POCs!

Our May 12th Traditional Stockbridge Walk was another spectacular warm sunny day, which was supported by our sister clubs from Massachusetts, New Hampshire and New York State area clubs – Thank You one and all! Sue Grey was again our POC. Thanks, Sue! Our three Seasonal Walks in Albany/Colonie, Cooperstown and Saratoga Battlefield saw many members revisiting these spots on gorgeous warm days. Thanks Carol Sorenson, Barb Luther, Winnie Balz and Linda Morzillo for your time and leading us! The donation can was out and people were remembering to put in an extra dollar to thank the hosting sites.

There will not be a July or August meeting nor will there be a July newsletter. Beginning in July and continuing through August only, we will be adding a 6:45 am walk along with the 9 am and 6 pm on Wednesdays. Keep filling up those spots in your Incentive Books – mine is getting close to being finished!

Make sure you pick up one of the A Award sun catchers for \$5.00.

Go to our new website for the Bolton Landing Walk Brochure

Bolton Landing 25th Anniversary Celebration Saturday, June 23rd
<http://walkescv.org/12boltonlanding.pdf>

SEE YOU AT THE 25th CELEBRATIONS ON SATURDAY, JUNE 23

IF YOU'RE GOING ON THE DINNER CRUISE PLEASE READ

DIRECTIONS TO THE LAKE GEORGE STEAMBOAT COMPANY DOCK

From the north (Bolton Landing): Take the Northway to exit 22. At the end of the ramp turn left, go over the overpass and take the right hand exit to the stop sign. Turn right onto Canada St., go through four traffic lights and turn left onto Beach Rd. You may also take a slightly slower, but more picturesque, route south on Route 9N which will become Canada St. in Lake George Village.

From the south: Take the Northway to exit 21. Turn right at the stop sign. At the traffic light at the bottom of the hill turn left onto Canada St. Go to the second traffic light and turn right onto Beach Rd.

After entering Beach Road: Go past the strip of stores to the cruise line parking lot entrance immediately to the right of the large building with the tower on the right. Tell the attendant you are with the walking club (they may not recognize ESCV) and you will get a discounted rate of \$5 to park. The boat dock will be directly across the street from the parking lot.

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There are port-a-johns behind the large building. Indoor facilities are available at the Visitors Center located at the intersection of Beach Rd. and Canada St. If you wish to change clothes, the VC is the best place to do that although, remember, walking attire is the dress for the day. Wear your 25th anniversary shirts!

TICKET DISTRIBUTION

Your tickets will be available at the dock of the Lake George Steamboat Company between 4:30 and 5:30 that day. They will NOT be available before 4:30.

-Do not go to the ticket window; we will have a table set up near the docking area of the Lac Du St. Sacrement. There will be two lines divided alphabetically (A-L and M-Z) by last name. If you have two or more reservations with the same last name or in the same half of the alphabet one person can pick up all the tickets. This will help keep the length of the line down. (We have 180 people coming!).

-Once you have your ticket, keep it in a safe place. If you lose it before boarding you will have to go to the ticket office and purchase another.

BOARDING PROCEDURES

-We can start boarding at 5:30. Our tables are on the second deck. An elevator is available for anyone who has difficulty climbing stairs. Ask a crew member to take you to the elevator.

-Our tables are reserved and are a combination of four, six and eight places. All tables will have a window view. There are restrooms on our deck and also a bar if you wish to purchase an alcoholic beverage. Wait staff will also bring drinks to your table.

-The cruise leaves at 6:30 so you MUST be on board by then. There are no refunds if you miss the boat.

-The dinner will be served buffet style. Wait staff will call tables by number.

-The cruise will last 2 hours and 15 minutes. There will be live entertainment on the first deck.

We have a large group attending with a number of new members included. Please wear your name tags to help you meet new friends and remember old ones! If you don't have a name tag, we'll have name stickers for you at the registration area.

Welcome aboard and have a great time!

ICE-CREAM AND STRAWBERRY FEST

Don't forget the traditional ESCV ICE-CREAM AND STRAWBERRY FEST on Wednesday, June 20th, at Jeff Blatnick Park in Niskayuna.

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For the morning walk at 9 AM, make sure to bring your picnic lunch; after the walk, join everyone for ice-cream and strawberries provided by ESCV.

Just make sure you are counted when you register, so we can buy enough ice-cream!

In the evening at 6 PM, you may want to come early, bring a light picnic supper to devour before walking. Then, immediately after the walk, we will be serving strawberries and ice-cream for all the hungry walkers.

See you then ... Ed and Emmy Koch

ELECTION - Here are Your ESCV Officers for 2012-13



Left to right: Treas., Beth Snyder; Pres., Lea Darling; V.P., Teresa Kennedy; Sec., Cathy McGuire

Congratulations!!

MEMBERSHIP - Tad Darling

Congratulations to all our new members! Our club is now 326 strong and many of our members are also active walkers. I hope everyone is getting a chance to meet our 60+ NEW members this year. Mingle, mingle, mingle, when you are out on the walk and introduce yourself. Name tags help – call Laura Sheldon for one. We have had a number of spouses join who I suspect we will see at the 25th anniversary party – hope to see them on the walks also! We also have a couple of returning members that have been engaged elsewhere for a couple of years. We welcome them back as well.

Please welcome the following new and returning members this month:

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Diane and Tom Barber from Valatie, Edith Christina (returning member) from Scotia, Herb and Beth Dieck from Scotia, Jeff and Linda Ferrucci from Amsterdam, Martha Haynes (returning member) from Clifton Park, Cindy Mack (returning member) from Clifton Park, Daniel Matthews from Ballston Spa, Marsha Ras from Waterford, and Monique Roeth (returning member) from Slingerlands.

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

July		August	
Jim	Brown	Janice	Mansfield
Carly	Feltt	Linda	Morzillo
Bev	Feltt	Carol	Reid
Bernie	Geren	Natalie	Smith
Pat	Steadman	Vera	Weiss

FUN, FITNESS AND FRIENDSHIP ON THE FOURTH

The Wednesday, July 4th walk will be held in the Colonie Mohawk River Park (previously called Colonie Town Park). Registration, at Pavilion 2, will take place between 8:30 and 8:55. Walk will begin at 9:00. A 5K and a 10K will be offered. Exact change is always appreciated. The covered pavilion has been reserved until 3PM. Plan to bring your own lunch and beverage. Relax and socialize with your fellow walkers as you enjoy the park and the scenic Mohawk River.

For directions, refer to your Wednesday Walk booklet.

Remember: there will only be the 9 AM walk on the Fourth of July.

DURING RACING SEASON

It is a tradition while walking through the Saratoga Racetrack on the 9 am walk, we put a tablecloth down to reserve a table for the day's races. This year, Wednesday, August 8, all members are invited to bring their lunch, drinks, racing form and money to see if they can hit the Trifecta. We always have a good time and would love for you to join us. We may be just the Luck you need. Remember, all winnings are shared with those present. (Joke)

NAME TAG ORDERS

We are now taking name tag orders. This is a new vendor and as an introductory special for our club's first order, tags will be \$5. All subsequent orders will be \$8 per name tag. The traditional pin back and a new magnetic back (great for those synthetic fabrics in wicking shirts, and the magnet works with a thin fleece jacket) options will be available. An order

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sheet for the two options will be available at our 25th celebration before boarding the ship. Money (\$5) needs to accompany the order and checks should be made out to ESCV. An option of having them mailed when they come in will be an additional \$2 paid at the time of placing an order. Laura Sheldon can be emailed or called for questions. Expect up to one month after the 25th celebration for the orders to arrive.

IN REMEMBRANCE OF THE FIRST ANNIVERSARY

of Carol, Fran and Rosemarie's deaths, we will be having a short interdenominational service to celebrate their lives. It will be held just before the 9 am, Wednesday, August 15 walk in the Saratoga Tech Park. We will remember these remarkable women who each touched our lives for a brief time. Wear your ribbons!

STOCKBRIDGE WALK – Sue Grey

A short note on the Stockbridge walk: It was a great day for a walk and a great turnout for our Stockbridge walk. It was good to see so many of our members and a number of volkswalkers from other local clubs- Maine, N.H., Walk n' Mass- enjoy this historic village, a lovely nature path along the Housatonic River and the beautiful weather. Thanks to many for help at the walk. Teresa Kennedy and Marie Klucina for setting up, checking people in and stamping books- a busy morning with 50 sign-ins before 9AM. Mary Sorell, Rita Gavin, and Kathy Gizzi for relieving Teresa and Marie at the check-in table. Also a big thanks to Barbara Kolapakka and Vera Weiss for marking the trail. A walk is a team responsibility!!!

2013 STARTING POINT BOOK ORDER

The order for the 2013 Starting Point Books is due by July 1st, 2012. The StartingPoint book lists all the Year/Seasonal walks in every state in the USA. If you plan to do some traveling across the country and want to do walks in different states, this book is for you. If you are planning to do just our club ESCV walks, you don't need this book.

The preorder date has been moved up to July 1st to give the publishers enough time to get the finished product out by early December.

Please contact Winnie Balz (518) 372-3663 or e-mail her on winnieeb@yahoo.com

The cost is \$20.00 due on delivery.

TRAVEL TIP – Shirley Pingelski

There is a great article on packing your suitcases for traveling in the July issue of "Real Simple" magazine.

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 Apr/May and June/July 2012 AVA Wanderer

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EVENTS MILESTONES

10 Events Christine Meinhold	125 Events Kathy Gizzi Barbara Popolizio Michael Popolizio	300 Events Karen Watson	325 Events Carol Sorensen	350 Events George Agars Frank Edwards
375 Events Mary Agars Cathy Edwards	1250 Events John Cairns	1450 Events Barbara Piffat Joseph Piffat	1500 Events Eileen Skinner	

DISTANCE MILESTONES

500k Eleanor Shutter	1000k Kathy Gizzi	1500k Barbara Popolizio	3000k George Agars Carol Sorensen	4000k Ann Misener
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Congratulations on your accomplishments! If anyone was missed that was published in the Apr./May, June/July *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.

WALK 'N MASS VOLKSSPORT CLUB

Invites ESCVers to join them for one or two upcoming walks this summer. On Sunday, August 12, a 5K and 11K walk in Northborough will be followed by their annual picnic. Another walking opportunity is to walk in Chatham for a 5K or 11K on Saturday, September 22. Check out our webpage for more detailed information.

CROWN POINT WALK – May 19, 2012 Marion Averill

Cooperstown or Crown Point??? Hard choice. In a 'last minute' decision, a few of us decided to head north to support Charlotte Phillips' group in the Chimney Point walk, and join in the festivities of the "official" Crown Point bridge opening. We parked on the NY side and had no problem figuring out where to go, since the very impressive bridge was looming ahead. As soon as we crossed into VT and rounded the corner, someone from the Twin States Volkssporter Club was selling lovely patches for their club and directed us to the sign-in table where Ruth was busy checking people in.

I have to admit, we didn't walk down to where the club's check-in position began for the parade (and I later learned that that was part of the 10K walk, oops! can it be counted as a Koch cut??). Once the parade started in Vermont, it took awhile before we spotted Charlotte and a few people from the Vermont Club who were carrying its banner (they were #31 in the parade and were far from the end). Eight of us ESCVers joined the group, and walked in the parade. Charlotte gave us brochures of the club's info to hand out to spectators along the way. As we walked across the bridge to the NY side, where most of the festivities were held, we did as we were told and had those brochures gone before the bridge's end. There were food vendors, music, a "flotilla" (parade of about 35 boats), a vintage car show, encampments, and many craft vendors.

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The day was festive. The weather was perfect, slightly warm with the sun shining and a breeze blowing. After the parade, we took the opportunity to sit on the lawn, enjoy the beautiful view, and have some lunch from the vendors. We then finished the walk through the old fort and into the campground.

After the walk, we were too full from our pulled pork, hot dog or hamburger lunch to go to dinner, so there was only one thing to do – go to Ticonderoga for strawberry shortcake! Now that's a nice dinner after a perfect day.

See pictures on Page 10.

HAVE YOU NOTICED

In your local newsletter the ESCV listing of our weekly Wednesday walks and Traditional ones? If you have, then give Pat Reed a pat on the back, a word of thanks, or just a "Great Job" to let her know we appreciate all the time and effort she puts into getting the facts straight. KUDOS, Pat!

A NEW RAIL TRAIL

Has been proposed by the Mohawk Hudson Land Conservancy (MHLC) and supported by the Friends of the Rail Trail (FORT) for a 2.6 mile section from Voorheesville Avenue to Upper Font Grove Road. This safe path will be for exercising, biking, walking, inline skating, birding, etc.

MHLC/FORT wrote to ESCV to keep us informed as they move forward to bring this project to fruition. They would welcome moral and emotional support from our walking group in their community-wide effort to bring the Rail Trail into Voorheesville. The letter went on to say that "Our community shares your grief at the loss of your friends, and is hopeful the opening of the Rail Trail in our town will help assuage that grief as we work together for a shared cause".

THE AMERICAN WANDERER's current edition has quite a few noteworthy articles you might enjoy.

1. Are you getting the most out of your walking?
2. 11th Annual US Freedom Walk Festival, October 19-21
3. AVA Globe Trotters
4. Can you guess which other US club is celebrating 25 years?
5. The listings of all 21 Special Programs currently active

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Oktoberfest Party

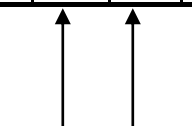
Hope you have saved Saturday, September 29, 2012, for our annual Oktoberfest picnic at Moreau State Park, NY. Kathy & Jim Brown will again purchase the bratwurst, knockwurst and hot dogs. Jim Brown & Larry Godshalk have offered to do the cooking. Bravo and a BIG thank you to them! Rolls, condiments, cider, plastic ware (knives, forks and spoons), cups, paper plates and napkins will also be provided for the low cost of \$5 a person!. Please bring your favorite dish to share with everyone.



Oktoberfest Walk on September 29, 2012 Send money via check made out to ESCV by Sept 20, 2012 to:	Choose One Per Person		
	Knockwurst	Bratwurst	Hot Dog
Kathy & Jim Brown 71 High St. Green Island, NY 12183			
Oktoberfest Food Reservation for:			
Total			

Send \$5 per your listed persons

Put an "X" in appropriate column



Cost of \$5 per person must be received by **September 20th.**

Please complete the reservation form and send to Kathy & Jim Brown along with your check made out to ESCV.

There is **NO pre-registration for this walk. You will need to pay your \$3 or \$2 walk fee upon arrival to the registration table.**

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Crown Point



Photos Courtesy of Marion Averill



Saratoga



Stockbridge

Photos Courtesy of Linda Morzillo

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From our N.E.R.D.....Doug Reynolds

I had received a request for me to produce a calendar of only the upcoming Traditional Events sponsored by the clubs in the NE Region. As a result, I've constructed a table that can be found by going to my NERD web site (www.ava.org/clubs/reg_northeast) and, along the left side, selecting "NERD Words". At the top of that next page, it is the first item to be selected. The table is in a format that will allow you to print a hard copy of the schedule.

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
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WALK BROCHURE

Oktoberfest – Moreau, Saturday, September 29 - <http://walkescv.org/12moreau.pdf>

ESCV WALK SCHEDULE

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
6:45AM, 9AM & 6PM Wednesday Walks for July and August	
July 4	Colonie Town Park – Pavilion #2 ***9AM only***
July 11	Schenectady / Vale-College Park Hall Parking Lot
July 18	Peebles Island-Hannaford Parking Lot
July 25	Ballston Spa-Rt. 67-County Parking Lot Rt.. 67
August 1	Cohoes / Waterford –Cohoes Community Center
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 9AM 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/>