



EMPIRE STATE CAPITAL VOLKSSPORTERS

PO BOX 5464

Clifton Park, NY 12065

Website: www.walkescv.org

April 2013

Special Edition: 18th AVA Biennial Convention

RANSOM!

Let hereby be known that the scurvy Executive Council & slimy Regional Directors who sail under the AVA flag are now in the hands of Pirate Captain Davy Jones. While in captivity, they must raise the loot necessary to stay onboard my vessel. Each week I'll empty the chest of pieces of eight donated by their minion clubs and count what has been gathered.

The poltroon who has raised the smallest booty will walk the plank to the watery grave of my locker. There the victim remains, face posted to the AVA Convention Website, until the next pitiful laggard takes his or her place. Make checks out to American Volkssport Association and mail to the Suncoast Sandpipers, PO Box 2514, Largo FL 33779.

Last plank walk will be Apr 26.

CAPT. DAVY JONES



SAVE DOUG!

Northeast Regional Director and Sandpiper Mate Doug Reynolds is doomed to spend time in (or is it on?) Davy Jones' Locker unless ransom is paid. Monies raised will go to the American Volkssport Association in their ongoing efforts to provide volkssports to the USA!

The officers of the SS Sandpiper will vote on club donations but you can help too by sending a check made out to the AVA with a note which captive (listed on pg 2) you'd like to save. Send checks to club address on pg 4.



LEA'S LOTS OF LINES

Raising funds to help our sport thrive nationally has been a biennial tradition for the state convention hosts, and a fun scenario that all the AVA regional directors face. As you can see from our newsletter's front page Davy Jones Ransom Note, our very own Doug Reynolds is being held captive and may have to walk the plank, if his loyal northeast clubs and/or compatriots don't put up lots of moolah, wampum, and precious baubles quickly for his release. April 26 is the last day the pirates will accept our loot before the plank comes down and the lowest money accumulating regional director must suffer the consequences. The club is putting up \$50.00 to keep Doug high and dry. We have 10 other clubs in our Northeast Region and the Florida Suncoast Sandpipers, who partner with Volks South, racing to gather funds in Doug's name. If individuals would like to help and make a tax deductible contribution, send checks made out to AVA. On the subject line, put Doug Reynolds, N.E.R.D. so he gets the credit. Mail to: Keepers of the Treasure Chest, Suncoast Sandpipers, PO Box 2514, Largo, FL 33779. THE RACE IS ON! Time is of the essence!

Interested in how our Northeast Regional Director is doing for his ransom? Go to www.ava.org homepage. On the dark blue line, click on 2013 Convention, on pull down click 18th Biennial, click on Previous at the bottom of the page to see if Doug is pictured. If he is, then he is getting ready to walk the plank into the dark and cold water below. Have fun checking out the convention site!

This spring month of April, we have lined up some really great walks. Beginning with Scotia on April 6, the group faced a cool windy walking route while following their leader, Vera Weiss and her assistants. Thanks. I hear there were no takers for ice cream at Jumping Jacks afterwards? The next Saturday at the Crossings, Carol Sorensen, her helpers and the over 60 attendees, enjoyed a cloudy and cool seasonal event. Thanks. On Saturday, April 20, we held our debut walk for our new Seasonal Clifton Park walk with a choice of a 6K or 11K. Developed and lead by Jack Cairns and Eileen Skinner, the route was enjoyed by all. Thank you both. The next group Year Round Event (YRE) walk on Wednesday, April 24, will be Saratoga Spa Park. Thanks La Verne. I hope most of you are stamping your white incentive booklets for all 15 Seasonal/YRE walks between January and the end of June to earn a free AVA Event or Distance book of your choice. Read the back of your book to learn how to earn free walk coupons and a walking button. I'm on my way!

Our first of nine Traditional walks for the 2013 season, takes place on Saturday, April 27 in Warrensburg. Reworked by Teresa Kennedy and all her assistants from an original route developed by Ed and Emmy Koch, will be a trail to be enjoyed by all with some new offerings. Bring your lunch or buy it in one of the cafés in town to show your appreciation and support of their special village. We will have use of the town park for a picnic.

www.WalkESCV.org is our website and on the Home page on the left hand side is our newly installed **yellow button** with **Volunteer SignUps**. I have noticed that most blocks are empty as our walking season goes into full swing. Now, is the time to visit this page and show some volunteer spirit by signing up for 3 or 4 different walks. Get your friends, partners, husbands and wives to sign up with you. It's impossible for the POC (person of

contact) to do everything. He/she is already checking the route before you walk it, paper work, answering questions, leading, getting/returning the stamp, etc. To make their walk less stressful, you can help with stamping books, collecting money, being the sweep, leading or sweeping for the 5K, helping new people get signed up, answering their questions, walking with them and introducing them to others, etc. I'd like to see most of those empty blocks for May get filled by the beginning of our weekly Wednesday walks held 2 and 3 times in one day. That's a lot of man and woman jobs throughout the summer. We have tried to make it user friendly. **THESE ARE PERFECT JOBS FOR OUR NEW MEMBERS.** If you have questions, give Tad Darling or Marv Weiss a call for help. You'll be amazed how quickly you learn the names of many more of our members. Stop waiting for everyone else to volunteer, YOU can start the ball rolling!

With the completion of the 2013 April newsletter, it is with great admiration, praise, and thankfulness that I say **THANK YOU to PHYLLIS BUDKA** for her over six years as editor of our ESCV newsletter. She has put up with countless redoing and reformatting of articles, lists, and pictures. She did her best to get every picture sent to her in the letter. She was very conscious of putting out a nice looking and easy to read paper each edition. Please tell her thanks for a terrific job when you see her. **WELL DONE FRIEND.**

Please welcome Ellen Brown, a member of less than three years, who has graciously agreed to take up the reins of editor. We appreciate you stepping up to the plate for ESCV, Ellen.

See ya on the walks. Lea

MEMBERSHIP - Tad Darling harrydarling@verizon.net

Welcome to the 2013 walking season. By now, you should have received your 2013 Membership Directory. Our membership is currently at 320 down from last year's close of 350, but that is mainly due to a number of folks not renewing on time despite numerous reminders. The downside of not getting your renewal in on time (end of February) is that you don't get any further mailings or emails.

Please welcome the following new members (or have been gone for some time): Barbara Floryshak from Malta, Barbara Costanzo and Don Orr from Schenectady, Ruth Senchyna from Albany.

CAUTION – LAKE GEORGE SEASONAL WALK HAS CONSTRUCTION AREAS - Linda Morzillo, POC

The Beach Rd area where part of our seasonal walk takes place is under construction. Walkers generally should be able to see where they need to go and be able to figure out how to make the ever-changing detours. Flexibility is the key for this situation, be alert to the necessary detours and refer to the walk map as needed when walking near the lake. This is the third or fourth year of extensive pre or post season construction, if they are not installing new water lines, they are putting in sewer pipes, if it is not sewer pipes, it is gas lines.... This time the construction is due to drainage upgrades in the area of Hurricane Irene flooding. The work will cease during May for the tourist season and then continue after Labor Day. Use your judgment and your map and enjoy the walk!

VOLUNTEER SIGNUP SHEET - Tad Darling

I am sure you all know how important volunteering is to the success of ESCV and your walks. To facilitate volunteers who would like to help out at walks, we have posted a volunteer sign-up sheet on our club's website www.walkescv.org. Although we introduced this interactive sign-up sheet two months ago, only about ten people have used it. There are many open slots needing volunteers. Please go to our website, click on Volunteer tab on the left which will take you to the instruction sheet. Read it first and then click on the link to go to the spreadsheet. Enter your name for a job you would like to help out with during a walk. If you have to later change your availability, go back to the sheet and delete your name. All inputs are saved automatically. Walk POCs will be reviewing this sheet to see who is planning on helping out. POCs should give the volunteers a call ahead of time to let folks know what time to show up. Please help out.

CLUB MEETINGS

May 21 and June 18, 2013 held at the Latham Fire Department on Old Loudon Road, 6:30-8 pm. Once again we have scheduled the program on the Double H Camp in Lake Lucerne that hosts children facing life threatening and chronic illnesses. Due to illness, it has been rescheduled for this meeting. Come out and show our interest on this wonderful camp and its dedicated staff and volunteers.

WARRENSBURG: THE FIRST TRADITIONAL EVENT IN 2013.

Shake off the winter dust and get out your spring jackets for the first traditional event of the walking year. Warrensburg is the place and the date is Saturday, April 27. The snow will be gone (hopefully) and the black flies not yet out so walking in the north country should be a good way to start getting in shape for the Wednesday walk series.

The town of Warrensburg is celebrating its bicentennial this year and is proudly noting the fact with a display of banners on the Main St. light posts. It is a town with an interesting past which is fully documented in displays in the local history museum. On the side wall of this building is a beautifully restored mural depicting the town's story.

Known as the Gateway to the Adirondacks, Warrensburg is located at the southeast corner of the Adirondack Park. The historic Schroon River runs through the town and once provided the necessary water power for the mills and factories which lined its shores. In the nineteenth century Warrensburg grew with the need for workers in the logging, tanning, pulp and paper and wool clothing industries. The factories are long gone. Today people are drawn to the area for all sorts of outdoor recreation activities.

One of the checkpoints along the route will be Oscar's Meats. Oscar's was founded over 65 years ago by the Quintel family which still operates it today. The smoked meats are famous throughout the area. Over the 2009 Labor Day weekend the business was destroyed by fire. Happily many loyal customers and fans supported the rebuilding of the store and it was able to open again just six months later in a new, "green" building of 9,000 sq. ft. Sandwiches are made to order and can be eaten back at the starting point which will be in a covered picnic pavilion.

Warrensburg is also known far and wide as the site of the world's largest garage sale which takes place every autumn attracting thousands to the town. We will, however, be able to walk our Ks along uncrowded streets and enjoy the sights and smells of a new season.

CELEBRATING 50 YEARS

Fr. John Cairns, one of our long time members, known to many of our ESCV walkers as Father "Jack", will be celebrating the 50th Anniversary of his ordination to priesthood in the Catholic Church on May 25, 2013. Fr. Jack joined ESCV in 1992. He began to help the Club by volunteering to assist Ron Hersh (the guiding force behind ESCV) with sign-ins, stamping books and collecting walk fees. The relationship became so strong between Fr. Jack (Catholic) and Ron Hersh (Jewish), that Ron asked Fr. Jack to preside at his funeral. Since becoming a member of ESCV, Fr. Jack coordinated the YRE and Seasonal walks for our Club for 6 years, worked on the 25th Anniversary Committee and has volunteered in numerous other ways throughout the years. Presently, with Eileen Skinner, he has volunteered to serve as POC for our new Seasonal Walk in Clifton Park. Many of our Club members know Fr. Jack.

He is going to celebrate his Golden Jubilee at the Church of St. Edward the Confessor, 569 Clifton Park Center Road, Clifton Park NY, on Sunday May 26, 2013 at the 11:00 AM Mass. There will be a reception following the Anniversary Mass in the Social Hall of St. Edward's Church. ESCV members are most welcome to attend.

NEW DIRECTIONS – COME ALONG! – Phyllis Budka

After serving as newsletter editor for a lot of pages, I'm turning over the bits and bytes to Ellen Brown. It has been a pleasure to work with the many, many talented and capable newsletter contributors, a real community of friends!

I will turn my keyboarding skills to a project to discover and document Schenectady County's Eastern European roots. As a native Schenectadian and second generation Polish-American, I have long been aware of the "invisibility" of my ethnic heritage in the Schenectady County Historical Society archives. I guess it's my responsibility to do something about that!

To address this void, Bernice Izzo and I are working on this project and invite you to join us. We would like to help you collect and digitize your family's Schenectady County Eastern European immigrant history. Bernice has experience researching her own family both through Ancestry.com as well as in primary sources as far away as Minnesota. I can help with reading documents in Polish and Russian and I can identify some resources. You'd be surprised at the progress you can make!

Bernice's e-mail: mniece1220@nycap.rr.com

Phyllis's e-mail: mailto:abudka@nycap.rr.com

Over the past year, I've been digitizing my parents' "Maska" Dramatic Circle scrapbook. "Maska," Polish for "mask," was a club of young first generation Polish Americans which existed from 1933 – 1942 in Schenectady. The group put on more than 55 plays in Polish during that period and had more than 150 members and nearly 500 patrons. The collection

of newspaper clippings in Polish and English, play programs, pictures and newsletters is turning into a book. Thanks to Google Translate and my trusty dictionary, I've done a lot of translating. The website fultonhistory.com, a searchable repository of old newspapers published in New York State, between 1795 and 2007, has been a great resource. This is slowly but surely turning into a book.

I'm looking for anyone whose relatives were Maska members and who might have additional information.

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 MAY BIRTHDAY TO

Deborah	D'Arcangelis	Jim	Morzillo
Tad	Darling	Miranda	Rand
Sue	Grey	Joe	VanAlphen
Kevin	Lengyel	Loueen	Whelan

ESCV NEWS

Happy Travels to our ESCV members attending the 18th Biennial AVA Convention in Orlando, Florida in May. We hope you come back with stories to share with us through the June newsletter. We'd love to know what it's like to be part of a National Convention of like minded walking folks. Perhaps in 2015, we could get a group together to attend the 19th Biennial AVA Convention to represent ESCV!

Just a Quick Reminder as the Warmer Months of Walking Begins

1. Wear your name tag
2. Bring water and a quick pick me up snack
3. Use sunscreen
4. Dress for the weather
5. Carry a phone
6. Try to have a walking buddy
7. Be aware if someone is struggling or disoriented and help
8. Don't leave anyone behind
9. Be Friendly and introduce yourself to people you don't know
10. HAVE FUN

Mailing in your AVA Event & Distance Books when they are complete helps AVA maintain current status on its many members. They then will validate each book, send you a certificate of your accomplishment, print it in the next TAW (national newsletter of AVA members), a pin and a patch to display on a shirt, hat, in a three ring binder or any way you see fit to show your walking milestones. So, mail in those books that are collecting dust or getting misplaced.

Remember being an ESCV member does not make you an automatic member of AVA. In your New Walker Packet and on our website, you will find the AVA membership form to fill out. Show your support of our national club by filling out and mailing the form today.

Business Cards are HOT off the press and waiting for you to take a few to have and hand out when someone asks what this walking club is all about. Eileen Skinner has designed and printed up a bunch. Some were handed out to members at a recent walk and will be available at the meeting on Tuesday, April 16. Call or email Lea if you'd like some. Pass them on and share the secret about our great club!!

Centurions and very active walkers are now offered a special rate for walking our YRE/Seasonal walks more than 3 times from January - June, and then after 3 times from July - December. Once you have walked any one YRE/Seasonal walk three times and paid \$3/walk, you now will only have to pay the club \$1.50 for each successive walk. You win and AVA wins.

Missing all the fun from our 25th year of festivities? Eileen Skinner still has a few of the DVDs she put together for \$4.00. Email her and relive some of those memories. Laugh, smile and have a relaxing evening looking back at last year.

Sending Heartfelt Sympathy to two of our present and past members families on their loved one's untimely death. We are wishing Alan Longshore and Betty Deitz moments of peace and tender reflections of Lynn and Al.

ESCV Nominations are currently open through the June meeting at which time we will hold our annual election.

Are you following Pat Rush's blog through the Schenectady Gazette? If not, you don't know about the Blythe Intaglios, unicyclist, roadside trash, chipseal, what state she's in, etc. Check it out and at the same time fill out the donation form (found on page 7 of the March newsletter) to support the Environmental Clearinghouse of Schenectady. This is the organization Pat is riding for and accepting donations. To follow her blog go to the Daily Gazette blog, dailygazette.com/weblogs/biking-across-america.

Hurry, Hurry They're Almost Gone to complete your collection of patches and A Awards, we are down to 1, October National Volkssport Month 2011 patch; 2, May National Physical Fitness Sport Month 2012 patches and 2, October 2012 patches - \$2.50 each. Only 5 A Awards from the 25th celebration, Suncatcher \$5 remain. We have 3 Starting Point Books - \$20.00 each. These are great to leave in the car and have on hand while traveling when you need a break. Check where you are, find a walk, and get out of the car for an adventure in a new locale. Call or email [Winnie Balz](mailto:Winnie.Balz@escv.org) to purchase and make arrangements for delivery.

ESCV Weekly Wednesday Walks begin on May 1 and continue for the next 18 consecutive Wednesdays. Remember you can earn a 2013 Wednesday Walking Button with just 10 walks, but what the heck, try to get all 18. Don't forget to get out those club shirts, knapsacks, umbrellas, buttons, hats and pins to wear showing your ESCV spirit each week. If you need some item, go to our website and look for the Club Merchandise button to find all

kinds of neat things. For the Wednesday walk schedule, check out your yellow bookmark or Wednesday Walks booklet.

A Round of Applause for our newly renominated and reelected North East Regional Director, and one of our own ESCV members, Doug Reynolds! Doug has done a phenomenal and tireless job for the past two years for our region. He has spent more time and exerted more energy on doing the best for our region and AVA as a whole. Give him a pat on the back, next time you meet on the trail, for all his hard work. Extend your support and help, if he should ask, for the next two years of his term. YOU THE MAN, DOUG!

YRE/Seasonal Scheduled Self Guided Group Walk is one of those misnomers which is very confusing. All of our Seasonal/YRE walks are scheduled two times a year as you can see on our yellow bookmarks. On the scheduled days we have many folks turn out expecting to be guided. There are maps available for everyone as **this is a self guided walk**. Each person should pick up a map to follow.

Folks get upset that the pace is too fast, they are falling behind, no one is waiting for them to catch up, or question why they aren't stopping for the bathroom. **This is a self guided walk**. These walks are available to you to walk alone and with friends whenever you want throughout the year. These walks have walk boxes located at the designated park, business, etc. with sign in sheet, stamp, start card and directions for your use.

Neither the POC nor the sign in person is required to be there. It is through their scheduling that sometimes they are present and helping. Usually it will be random members who see a need and voluntarily jump in and start collecting money and then get the money to the POC, man the sign in book, guide, etc. If the POC is not present, the **cash is NEVER left in the walk in box**. Whoever collects or sees cash when they sign in should take it and call the POC to arrange getting money to them.

Prewalking a Traditional or a Wednesday Walk has been discussed for quite some time on the best way to handle for safety. AVA sees it only for those volunteers who are working the day of the Traditional walks and won't be able to do the walk or it could be to check out a new route for clarity and correctness. We have so many other walks that most AVA clubs don't have, due to our multiple 18 summer Wednesday walks.

We realize that situations come up, vacations, etc. in our lives that prevent us from doing the walks. Our dedicated walkers want to have another chance to accomplish them ahead of time. We want to be open to this and ultimately it is a win/win for them and us because we both get either a stamp or money for the insurance coverage while on the walk.

The POC needs to know when a prewalk occurs, that the sign in sheet has been signed ahead of time and the correct walk is being done for insurance purposes. If someone is off the beaten path and something happens where we haven't followed the correct procedures, the member could not be covered under the insurance policy. You know how insurance companies look for any excuse not to pay. With our accident a couple of years ago, we had done everything right to a T thank goodness.

Starting immediately, members who need a prewalk MUST call the POC of that walk FIRST to see if they are having one. If not, it will be up to the POC to agree to give the member a walk map, have them sign the sign in sheet AHEAD OF TIME, pay \$3.00 and the POC will be the only one to stamp the member's books.

I hope this helps to make things simple and to the point. Safety must be our first concern always.

The 2013-2014 Nominations for all ESCV Officers: President, Vice President, Secretary and Treasurer are now being accepted for voting at the Tuesday, June 18th meeting. Although we have a willing candidate for each position, we want the membership to know that additional nominations are always accepted up to the point of voting. Please seriously consider if one of these positions is something that you would like to put your hat in the ring. Give Lea Darling a call or email her of your intentions.

AVA NATIONAL NEWS...National Physical Fitness and Sports Month Patch

May is National Physical Fitness and Sport Month. Once again Dorman L. Batson, an AVA Lifetime Member from our Northwest Region has designed a unique patch for AVA. A graphic of the patch may be accessed on the ESCV website Homepage. If interested in purchasing one for \$2.50, please email [Eileen Skinner](#) ASAP as she'd like to get them ordered for delivery in May. No need to send money now, just pay when they come in.

National Physical Fitness and
Sports Month (NPFMS) Patch



AVA Walking Blog Unveiled

AVA is proud to announce a new Walking Blog, authored by Dr. Michael Nirenberg. The blog can be accessed through the [ava.org](#) **Blogs** link. A member of the AVA-sanctioned club, the Windy City Walkers, he provides a unique slant on volkssporting as an avid walker and a medical official. According to the nationally renowned podiatrist, "I've spent a great deal of my career trying to find ways to get people on their feet, walking and reaping the benefits of the oldest and simplest exercise there is. I've recommended walking as a cure to anyone who needs to change their lifestyle, breathe easier, feel better, lose weight and improve their appearance (these are only some of the remarkable benefits of walking). It's

free and it requires no equipment.” Send him your questions regarding feet and any suggestions for future articles.

Special Thanks

AVA wishes to acknowledge and thank the efforts of our sponsor Yamax and our partners: MyStride, Everybody WALK, American Trails, FloWalking and VirginiaTech for their continued support. Check out the AVA website for some of the unique products you can purchase to show your individual support of these businesses.

Virginia Tech University Partnership

This is written to confirm that AVA (Chuck Blische, Director of Marketing and Publicity) and Virginia Tech University’s Director of Research and Outreach Department of Communication (Professor John Tedesco, PhD), have partnered to develop a brief survey that was launched April 9.

This survey is only one portion of the overall study being produced and designed to create ideas to expand AVA's membership and explore possible online strategies to increase public knowledge and awareness of AVA. Also to provide updated information for use in future AVA corporate marketing efforts.

AVA National Headquarters sent a survey link to all members of AVA for whom we have an email on file. It will take about 10 minutes to complete. We ask that you complete the survey as quickly as possible since we are nearing the end of the semester. Your responses are anonymous. We do value your feedback.

The university will pay all costs related to the survey. Our response to the surveys will most assuredly influence our chances to work with the University on future efforts. Thanks so much. Chuck Blische

Problems with Postal Service

In April we have had more than the usual customers reporting that they did not receive their packages from AVA or received packages that were destroyed and the contents missing. AVA has in turn received miss-directed mail and packages from customers that were destroyed by the postal service and the contents were lost. The AVA packages all mail to arrive in the most secure and cost effective way as described by the postal service. Once the package is in the hands of the USPS, it is the obligation of the postal service to ensure your mail arrives correctly and in-tact. AVA cannot replace items at no cost due to the damage created by the USPS, however; we can and are taking steps to maximize the durability of packages to try and minimize the carelessness of the USPS.

Many customers do not send us their books to process for years. These are precious and AVA cannot replace the stamps you have collected; our system records how many events and how much distance NOT the particular stamp number or notations in your record books, so make copies of your books in the event they are lost in the mail.

AVA cannot replace what you purchased for free. The only items we replace, if you do not receive are the IVV award patches & pins. Allow sufficient time before you assume you will not get the order, Staff cannot replace until enough time has passed from the date of shipping.

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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ESCV WALK SCHEDULE

Saturday, April 27 Warrensburg

Wednesday, May 1 9AM, 6PM -Saratoga Springs

Sunday, May 5 1:30PM- Lake George

Wednesday, May 8 9AM , 6PM Corning Preserve Parking Lot

Saturday, May 11 10AM-Cooperstown

Wednesday, May 15 **9AM**-Oakwood Cemetery - **Please Take Note...**This walk will be offered **at 9:00 AM ONLY**.

Saturday, May 18 10:00AM-Johnstown

Wednesday, May 22 9AM, 6PM Broadalbin

Saturday, May 25 Grafton State Park-GRAFTON, NY

Wednesday, May 29 9AM, 6PM Round Lake