



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: www.geocities.com/walkescv

June 2006

“In every walk with nature one receives far more than he seeks.”

- John Muir

JUNE WALKS

GROUP WALKS

Registration begins 30 minutes before

Saturday, June 3rd –9:30AM, Scotia*

Start Point –Glen Sanders Mansion

POC – Tony Walsh 372-8764

Saturday, June 10th – 9:30AM, Johnstown*

Start: Johnstown City Hall

POC-Nellie Georgelos 762-7276

Sat. June 24th -9:30 AM Caroga Lake*

Start: Caroga Lake Town Offices

POC – Eileen Skinner 371-4352

WEDNESDAY WALKS

Start 9:00AM&6:00PM

June 7th- Voorheesville* -Thacher Park

June 14th- Voorheesville *-St. Matthew's Church

June 21st –Niskayuna*-Blatnik Park

Ice Cream Social

June 28th –Delmar-Five Rivers Enviromental

Center

Start 6:45AM 9:AM&6PM

July 5th-Schenectady*-Vale Cemetery

TRADITIONAL EVENT

July 4th Schodack Island*

Start: Schodack Island State Park, Castleton

Between 9AM-12noon, Finish by 3PM

POC-Paula or Chase Pugliese 477-7241

*walk qualifies for special program

April 22nd, 29th, 30th and May 13th. While unfortunately the previously mentioned rain (or even the threat of it!) did affect the turnout for these walks, volkssmarching's three f's of fun, fitness and fellowship still prevailed.

WEDNESDAY GUIDED WALK THANKS go to POC's Carol Sorensen, Mary Agars and Teresa Kennedy for their oversight of walks at the Crossings of Colonie, Castleton and Round Lake on May 3rd, 10th and 17th. Once again the elements weren't kind to these events, but volkssporters proved they are a hardy bunch! In fact this is an appropriate spot to note how our most recent "walking wounded" haven't let anything stop them. Kudos to Winnie Balz, Phyllis Boyd and Emmy Koch for getting back out on the trail!

TRADITIONAL WALK/SOCIAL EVENT THANKS go to tri-POC's Vera Weiss, Lea Darling and Sue Godshalk for this year's club picnic and walk in Lake George. Even though our annual picnic moved to an earlier time in our walk year, it didn't escape the recent weather blahs. However, those climatic challenges didn't stop Vera, Lea and Sue's enthusiastic team spirit as they again did a great job and our walking & socializing spirit shone through with their help on May 20th!

CORRECTION NEEDED as our current club historian/20th anniversary coordinator Jack Hickey has found in researching historical items passed on to him from Wayne Ubrich (through others) that Wayne was in fact our first historian. While I got to know Wayne during his lengthy "correspondence coordinator" period, my own review of early newsletters found one designating his title as "Factotum Emeritus" (I'll let our Latin scholars interpret that one!). Seriously though, we're thankful for Wayne's efforts to preserve those historical items and along with Dan Schryver are helping Jack become familiar with the early years of ESCV history.

THANKS OF A DIFFERENT TYPE go to Chris Mellen who is no longer our northeast regional director. Those of us who got to know and work with Chris are sorry to see him go. We will miss the attention he gave to regional responsibilities and only wish other duties hadn't brought this to an end. Chris will be sorely missed...

PRESIDENTIAL RAMBLINGS... as I write this the month of May has been more rainy than merry weather wise and we certainly hope for a drier (and warmer) June! None the less our walking spirit, dampened as it has been during many of our walk events since the last newsletter, has not been extinguished!!

THANKS FOR GROUP WALKS go to POC's Janet Jones, La Verne Stiles, Barbara Kolapakka and Winnie Balz for the kick-off walks they oversaw in Catskill, Saratoga Spa Park, Bennington and Cooperstown on

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CATSKILL SEASONAL WALK

Janet Jones, the point of contact (POC) for our seasonal walk event in Catskill, has asked if there is someone else who would take over tending the event's walk box. If someone is interested in being the POC for the Catskill walk, and assuming the duties that include taking care of the box, please contact Dave Skinner at his phone number or email address cited in the club officers listing. He will be happy to explain what the duties entail and offer suggestions on how they can be handled while minimizing the need to go the starting point where the box is kept.

πππAMERICAN REVOLUTION WALKSπππ

We have broken the magic 400 number in total sales! As of May 22 we have sold 413 books. Of that number 116 have been returned for patches and 6 more walkers have completed a second book and received a "30 Walks" pin.

If you are looking for a stamp you couldn't possibly have had before, do the Thacher Park walk on Wednesday June 7. Although this is not a new walk, this is the first year it has been designated as a Revolution walk.

And mark your calendars for a chance to do two qualified walks in one weekend. Our neighbors in the Twin States Volkssport Club are sponsoring two walks at Mt. Independence, VT and Crown Point, NY on the weekend of July 22 & 23. Both walks will be available on both days.

NEW EVENTS

Fall River, MA YR1119

Suffolk, VA YR0668

20th ANNIVERSARY HAPPENINGS

PLEASE save **May 4, 2007**, as this is the date of our 20th ESCV anniversary party. Your planning committee has decided to have our special party at Phelan's Banquet House located on Route 9 in Clifton Park, NY. Jack and Vera visited Phelan's and were impressed with their facility. We will have the whole place to ourselves--banquet room, bar area, cloak room, bathrooms and a nice reception area where we can meet and chat with our Volksporster friends! We will have a cash bar between 6-7PM and dinner and entertainment will be between 7-10PM.

Jack Hickey is our coordinator and needs all of our help and support. He and his committee are hoping to have commemorative pins and t-shirts to purchase at our event. There will be a special table with memorabilia and pictures. We hope to have a Memory Book and would like to ask **YOU** to write down any thoughts, messages, happenings, etc. of something that you remember on one or more of our walks. We know that something funny or interesting has happened to each and everyone one of us on at least one of our walks, and it would be great fun to place these in a **Memory Book** for all of us to enjoy now and in the future!

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Also please start thinking of what you can do or say during our entertainment part. I know Jack is hoping to have a Power Point presentation that will include historical events of the last 20 years. Perhaps you and some of your friends could write a song or poem about our group and present it at our celebration. There are so many possibilities and our group is certainly very creative so we can't wait for you to tell us what you are going to do the evening of May 4th!

Jack Hickey

Vera Weiss

Wednesday Walks 2006

The Wednesday walk season has taken off and we have held 4 walks so far. The Wednesday Walk Committee decided that there is a need to offer a 5KM (3.1 miles) trail on Wednesdays, especially for the morning walk.

Those who choose to do the 5KM walk, will stay in a group and appoint someone to lead them using the 5K map provided. This format has been tried on 2 of the 4 walks and has worked well so far. We will offer more of these 5K routes throughout the summer where practical.

Participation Results:

Week 1 - The Crossings - **85 Walkers**

Week 2 - Castleton – **69 Walkers**

Week 3- Round Lake - **86 Walkers**

There will once again be an award button for completing 10 of the 18 Summer Wednesday Walks. A Big THANK YOU to Ed Koch for once again designing this year's button.

Thank you to all who have volunteered to help out at these walks. We still need many more volunteers to each of our walks. Sweeps, help with sign-ins are the 2 biggest needs.

Eileen Skinner - Coordinator

The Crossings First Wednesday Walk

Carol Sorensen

What happened to the sunny and warm weather I predicted for the first Wednesday walk this season? Sorry it was a cool and rainy day, but there was warmth and sun in the 85 smiles that came to the Crossings May 3rd. Everyone was renewing their Wednesday walking friendships and having a great time despite the weather. Volkssporters always do that.

I would like to thank my leaders for the day. Eileen Skinner and Father Cairns who led the morning walk and Dave Skinner who led the evening walk. Thanks also to my helpers at the sign in table Rita Gavin, Kathy LeRoux, Patricia Whalen and Patricia Hoffman.

Thanks for supporting the Wednesday walk program. See everyone on the next walk.

Castleton Walk

Mary Agars

The morning Castleton walk brought out 56 walkers. Thanks to Jackie Reynolds for help with stamping books and to George for acting as sweep.

At 6 PM 13 walkers were led by Paula Pugliese. Thanks Paula.

May 13, 2006 – Cooperstown Walk

We awoke to a gray day – was it worth driving over 50 miles to walk in the rain at Cooperstown? Eddie predicted the fronts would remain to the East and to the North of us, so it was all systems go.

Arriving in Cooperstown, the gray clouds parted and a bit of blue sky peaked through. It was a beautiful spring day, perfect for walking. About 10 of us set out to walk among the gracious homes, well-kept gardens and shaded sidewalks. The bright pots of pansies, tulips, grape hyacinths and colorful flowers greeted us at every turn.

As we walked near the Baseball Hall of Fame, a group of ladies accosted us. One claimed she was not promoting tourism, but just wanted us to know that she was Mary Pratt. You remember the movie, "A League of Their Own" --- she was a Rockford Peach, playing baseball in the 40's. In fact Mary Pratt was among the women recognized in the women's wing of the Baseball Hall of Fame. While teaching school in 1943 (for \$27 a week), it wasn't difficult to start a new career playing baseball at \$60 a week plus a food allowance to boot. She was born in Quincy, MA ... you know, the home of all the Presidents. At age 87, she still leads a fitness program with a workout class for everyone.

To prove it all, she displayed a booklet ... copies of news clippings, pictures and memorabilia from the past. According to her companions, it was surprising that we got away without doing calisthenics on the street. It was fun, a pleasant diversion to talk with the agile 87-year old, but we had a walk to do.

Further on in the walk, Carol Kobuskie interviewed another renowned woman athlete ... Sarah Jane Sands ('Salty'), who was a catcher in the women's league. She made a cameo appearance in the movie, "A League of Their Own".

What a day ... famous women, sparkling weather and pleasant temperatures. We added the latecomers to our group ... the Padulas and Miseners easily caught up and joined us. As usual, we finished up with a delicious lunch at the Hawkeye Room. Thank you Winnie for all you do!

But my day was not over. I decided to "Google" Mary Pratt on the computer. I found Mary Pratt, the artist ... that's not right. "Mary Pratt", "baseball" produced lots of positive hits. I discovered that her home town even named a ballpark after her. One of the hits was an interview confirming all we knew of Mary Pratt. But revelation came with a piece I found on Epinions.com. It was entitled, "Mary Pratt, an unknown living legend". "1/10/06 Mary 'Prattie' Pratt was buried today. Ms Pratt hailed from Quincy, MA, where in 1943 she was drafted into AAGPL as a southpaw pitcher."

Was it an apparition, or an impostor? Who knows? All I know is the spirit of Mary Pratt lives on in Cooperstown and inspires us even now.

Emmy Koch

PS – Don't believe Epinions.com. Research at the Cooperstown Baseball Hall of Fame confirmed today that Mary Pratt is indeed live and well!

Lake George Club Picnic

Picnic was great, lots of interesting food and deserts as usual. The day was cloudy and cool but the walk committee did a great job designing the walk. We even had a marching band join us, or we joined them for a block or two. I think everyone had a wonderful time. Looking forward to doing Lake George again soon. Marie Klucina

MEMBER MILESTONES

The following ESCV members have been acknowledged in the April/May 2006 issue of *The American Wanderer* for completing or exceeding the indicated event or distance awards:

IVV EVENT AWARD

10	Events	-Lian Larsen
30	Events	-Linda Dupree
		-Frances Pallozzi
100	Events	-Jack Hickey
		-Carol Sorensen
225	Events	-Bernie Geren
250	Events	-Mary Sorrell
275	Events	-Susan Larsen

IVV DISTANCE AWARD

500	KM	-Carol Sorensen
1000	KM	-Jack Hickey
2000	KM	-Ann Misener
2500	KM	-Bernie Geren
		-Mary Sorrell

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

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It's that time of year again! The nominating committee of Mary Sorell, Beth Calhoun, Kendra Pratt, Carol Kobuskie, and Kathy Gizzi have put together a slate of officers for the next year. They are as follows; Dave Skinner-President, Bernie Geren-Vice President, Kathy Le Roux-Recording Secretary, Joe Padula-Treasurer, and Pat Lanphear-Corresponding Secretary. Please notify the committee of any additional nominations for office. Voting is at the June meeting.

Informal Wednesday Walks

Barbara Green

The informal Wednesday walks throughout the winter have been great. Many hardy walkers have enjoyed good company, the usual chit chats along the way and interesting locations to visit.

Big thank you to Emmy and Winnie who plan the walks and e-mail the group each week. Big thanks also go to all the members who have helped in any way.

The picture shows a happy crowd who enjoyed the progressive lunch. We walked in Niskayuna. We walked to the home of Marie Klucina for starters and salads. Lots of interesting contributions were waiting for us.

We had to leave room for our main dish venue at the home of Pat and Christopher Rush. Chef Rush prepared a delicious ham for us. A big choice of vegetables filled the table. By this time we were feeling pretty full but we knew deserts were waiting for us at the Koch's. The distance between the two houses was just about right to "somewhat" walk off the first two courses and tuck into the scrumptious deserts. We lingered eating and chatting until we felt able to move and make our way home.

Thanks everyone, it was a great day.

Our last walk was in Saratoga and thanks to Barbara Kolapaka, who led the walk and gave us a tour of the homes we pass and admire without knowing their history. It was nice to stop, look and listen to Barbara's fascinating stories behind these old homes.

With the start of the Wednesday walks we can continue to see our friends and chit chat along the way. Here's to a healthy summer for everyone and many walks



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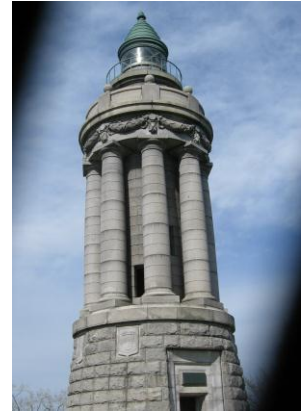
Crown Point New York and Mount Independence Vermont



Ft. St Frederic



His Majesty's Fort of Crown Point



Lighthouse

Twin States Volkssport Association of Vermont offers a wonderful opportunity to add two American Revolutionary sites and a lighthouse to your special books. The walks will be held on July 22 and 23 at Crown Point New York and Mt Independence, in Orwell Vermont with 5 and 10 KM trails at both places. The two sites are about 20 miles apart. It is possible to have a wonderful ferry ride on Lake Champlain either to or from Orwell. The walks will start each day at 9 AM and close at 1 PM with a finish time by 4 PM.

The Crown Point walk, in addition to going by a lighthouse, includes walking around and in the foundation of Fort Crown Point and a walk around the reconstructed walls of Fort St. Frederic. The trail around the area includes great views of Lake Champlain, through the woods and around an old lime kiln.

The trails are on grassy paths through the woods, over a few rocky areas and along improved roads, which are very level for Vermont. The 5 KM trail is rated 1+, and the 10 KM trail is rated 2+.

Both these trails include many shaded portions, so if the weather is really hot, it is possible to get under cover.

Mt Independence is where the US Forces were when they learned of America declaring its independence from the English. There are well-maintained paths through out the area. The walkers may choose which trail they desire to do for a 5 or 10 KM walk. The walking area here will be remembered by many as the place we walked in connection with the opening of the museum at Mt Independence. Again there is shade on many of the trails to protect the walker from the sun on a hot day.

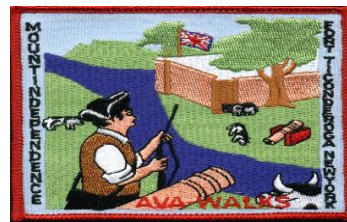
This walk offers many other attractions, like an encampment being in progress and on Saturday a meal will be available at the site. Some of you may even be captured by one of the enactment players as the Piffat family was at our last event here.

This event is sponsored in cooperation with Empire State Capital Volkssporters and Barbara Kolapakka, sisu07@earthlink.net.

More information contact Charlotte, P O Box 907, Middlebury Vermont 05753 at 802 462-2019 or cpwalkvt@shoreham.net.



Re-enactment in 1996



Free "B" Patch until gone

JUNE 2006

MONTHLY MEETING

Thursday June 15th, 2006

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

All are welcome.

FROM THE EDITORS

Articles for the June newsletter are due on Saturday June 17th, 2006. Please send us any news items that you feel would be interesting to our membership. Your reflections on a past or upcoming volkswalk and/or trips are always welcome.

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Please let our Sunshine Secretary Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating. She can be reached at her home phone 438-1947 or by E-mail Kathy30000@aol.com. You can also see her at the monthly ESCV club meetings.

MEMBERSHIP AND EMAIL UPDATES

If your email has changed, let Marie know. mklucina@nycap.rr.com

June 2006

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