



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

June 2008

WEDNESDAY WALKS - Start 9:00AM & 6:00PM – *See “2008 Wed. Guided Walks” booklet for Directions

***May 28** – Schodack Island State Park – Route 9J Castleton

***June 4** – Loudonville – Siena College / Alb. Rural Cemetery

***June 11** – Voorheesville – Thatcher Park – Halles Cave Parking

***June 18** – Niskayuna – Blatnik Park – Ice Cream Social

***June 25** – Delmar – Five Rivers Env. Center

***July 2** – Saratoga – West – St. Peter's Church

***July 9** – Troy – RPI Environs – Scared Heart Church

***July 16** – Albany / Rensselaer – Corning Preserve

***July 23** – Ballston Spa – Rt. 67 – County Parking Lot

***July 30** – Burnt Hills – Our Lady of Grace Church

***August 6** – Albany – LaSalle Parking Lot

***August 13** – Mechanicville – McDonald's Plaza Parking Lot

***August 20** – Saratoga – Museums Price Chopper Lot. Rt. 50

***August 27 9:00 AM ONLY – Schoharie Crossing – State Park**

GROUP SANCTIONED WALKS

Saturday walks start at 9:30; registration is from 9 – 9:30.

Sunday walks start at 1:30; registration is from 1 – 1:30.

June 7 Saturday Caroga Lake; start Caroga Lake Town Offices, 1840 State Hwy 1

June 14 Saturday Johnstown; start Johnstown City Hall, 41 E. Main St.

Fall Wednesday walks start at 9:30;

registration is from 9 – 9:30.

Sept. 3 – Wednesday – Johnstown; start Johnstown City Hall, 41 E. Main St.

Sept. 10 – Wednesday - Williamstown, MA; start The Williams Inn, Junction of Rtes 2 & 7.

Sept. 14 – Albany Capital Historic 10k - Sunday 1:30 ; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square, corner of Clinton & Broadway.

Sept. 17 – Wednesday - Bennington, VT; start Jay's Cards & Gifts, 113 South St. (Rte. 7)

Sept. 24 – Wednesday - Caroga Lake; Caroga Lake Town Offices, 1840 State Hwy 1.

TRADITIONAL EVENTS

May 31 Saturday Colonie Town Park; Spring Picnic

June 21 - Saturday – Cobleskill

Sept 27 – Hubbardton, VT

Sept 27-28 - Castleton, VT (sponsored by Twin States

BERNIE'S WORDS

Our thanks go to Charlie Woodruff of FLEET FEET SPORTS, who was the guest speaker at our last meeting. Charlie spoke to us about stretching the muscles of our body to relax and prepare for a 10K walk. As we get older, it becomes more important to stretch, not only when you are exercising but as a daily routine. I'm not the one to preach, because I'm not very good at practicing what I know to be best for me; the only time I work at stretching is to relieve the soreness and pain of injuries due to omitting a stretching routine for the correct muscles before golf or walking.

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The best time to stretch is when the muscles are warmed up...this usually occurs at about 10 to 15 minutes into the walk. It becomes impractical on our group walks (Wednesday), but stretching could work and be part of your routine when doing a Traditional event, Year-Round or Seasonal walks.

Our Wednesday walks are in full swing, and with our kick off walks we are overwhelmed with opportunities for walking. Don't feel pressured with all the walking opportunities; get the walk in when you and your friends can get together. Wednesday walks must be done on that day, but our seasonal and year-rounds can be done at your leisure.

With rising gas prices, car pooling is highly recommended and by scanning over the ESCV directory, you can find members who

live in your locality. Sue Grey and Sandy Gordon have repeatedly volunteered to coordinate car pooling activities. If car pools could be formed, where the same people meet each week, the whole job becomes easier. So pick up the phone and get the process started.

Joe Padula (our Treasurer) has reported that we have 20 new members. Welcome to our new members; it is great to have new faces, not that I'm bored with the old ones.

Our next meeting will be on June 10th, and Barbara Kolapakka will be presiding while I am enjoying the Crazy Horse trip with Tator Tours. Hope to see you all at the Niskayuna Wednesday walk for our annual strawberry and ice cream festival on June 18th.

ELECTIONS, ELECTRIONS, ELECTIONS – Mary Sorell

It is that time again to elect our officers for next year. The slate for the coming year is: Bernie Geren - president, Barbara Kolapakka - vice president, Kathy LeRoux - secretary, and Joe Padula - treasurer. The nominating committee is Mary Sorell, Kathy Gizzi, Rita Gavin, and Carol Sorenson. If you would like to run for an office or know of someone who would, please contact one of these people. The elections will be held at the June 10th monthly club meeting at 6:30.

AMERICAN REVOLUTION WALKS - New One Day Event Added – Barbara Kolapakka

June 7 Newport, RI Walkn'Mass

Correction to last month's newsletter:

The new walk added, Sandwich, MA YR1035, is also part of the Revolution Walks Program.

WELCOME TO NEW ESCV MEMBERS – Marie Klucina - Membership

Add the following new member information to your Directory:

Mary Folsom 46 Empire Circle, Rensselaer, NY 12144, 518-465-5425
mfolsom@aol.com

Audrey Frier 3029 Lake George Way N, Putnam Station, NY 12861, 518-547-8486
frieradry@aol.com

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David Huggins 52 Patroon Place, Ballston Lake, NY 12019, 518-877-0957
DRHUGGINS@aol.com

Kathy McCabe 582 Highwood Circle, Albany, NY 12203 518-869-3095
Katross2@gmail.com

John & Mary MacDonald 285 Scotchbush Road, Burnt Hill, NY 12027, 518-885-3204
mmacdon6@nycap.rr.com

Nancy O'Brien 26 Charles St, Waterford, NY 12188, 518-237-9552
elkdpbob@aol.com

Bill & Gwyn Ramage 19 Bethwood Dr., Loudonville, NY 12211, 518-785-5068
gwynethcr@yahoo.com

Ruth Yetto 6 Pheasant Run, Ballston Lake, NY 12019, 518-877-7803
ruthayetto@aol.com

We look forward to seeing all of you on the trail!

DIRECTORY CHANGES – Marie Klucina

Correction on page 2 – Phyllis Boyd's phone number is 372-6226.
Dan Schryver's area code is 518.

THANKS – Phyllis Boyd

My thanks to all the ESCVers who attended the Burnt Hills Oratorio Society concert performed in honor of David Skinner and support of Eileen. Over the summer months, Rand Reeves, BHOS conductor, and Al Fedak, local composer, will create a piece of music in Dave's honor. This piece of music will become the BHOS signature piece to be performed at each concert.

The premier performance of this signature piece will be at the BHOS fall concert on Sunday, November 23, 2008, at 3PM in St George's Episcopal Church Rt 146 Clifton Park NY. Save the date.

ESCV MONTHLY MEETING DAY

ESCV meetings are on the second Tuesday of each month; the next meeting is Tuesday, June 10th, 2008 at 6:30 pm, at the Crescent Fire Company.

ESCV WEBSITE ADDRESS

Website: www.ava.org/clubs/escv

ESVC NAME TAGS – Laura Sheldon

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If you are interested in ordering a yellow club name tag, please contact Laura Sheldon at 384-0143 or sewshel@aol.com. The cost is \$4.00 and must be prepaid with a check written to ESCV, sent to Laura Sheldon, 228 Spring Rd., Scotia, NY 12302.

WHERE DID YOU WALK THIS SUMMER? – Phyllis Budka

Members are invited to share their summer walk experiences in local or distant places. Send a short writeup to abudka@nycap.rr.com.

FROM THE ESCV HISTORIAN'S DESK - Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER

VOL. 2

JUNE 1988

NO. 5

MESSAGE FROM THE PRESIDENT

Our Kinderhook walk was wonderful. The day was absolutely perfect, the attendance for our walk was the best ever (258 walkers) and the apple blossoms cooperated beautifully. Of course, the arts and craft fair was also a tremendous success. I have heard reports that 10,000 people attended the one day only event.

Several club members have expressed an interest in having a get together this summer. I will see if a pavillion at Thatcher Park would be available for a club picnic during a weekend in August.

Diane Clancy, President

NORTHEAST REGION CALENDAR – Phil Hait, Northeast Region Director, American Volkssport Association

| Date | Day | AVA Club | Walk Location | Point of Contact | E-Mail | Telephone |
|-----------|-----------|-------------------|--------------------|----------------------------|--|--------------|
| | June | | | | | |
| 7-Jun | Saturday | Walk 'n Mass | Newport, RI | Ray Berberick | ray_berberick@ml.com | 401-863-8728 |
| 10-Jun | Tuesday | Walk 'n Mass | Marlborough, MA | Ginger Ryan | gingerryan05@comcast.net | 508-485-5577 |
| | July | | | | | |
| 8-Jul | Tuesday | Walk 'n Mass | Stoneham, MA | Jim & Marilyn Regan | mrregan@comcast.net | 781-438-4421 |
| 13-Jul | Sunday | West Point | Central Valley, NY | Mike Green | volkssportclubofwestpoint@hotmail.com | 845-928-7070 |
| 19-Jul | Saturday | Twin State | Waterbury, VT | Cynthia Gray | crwgray@comcast.net | 802-244-6265 |
| 20-Jul | Sunday | Twin State | Waitsfield, VT | Cynthia Gray | crwgray@comcast.net | 802-244-6265 |
| 26-Jul | Saturday | Seacoast Striders | Portsmouth, NH | Claudia Cauchon | claudia.cauchon@unh.edu | 603-659-8598 |
| | August | | | | | |
| 10-Aug | Sunday | West Point | Cold Spring, NY | Andrew Schmidt | volkssportclubofwestpoint@hotmail.com | 845-462-7539 |
| 12-Aug | Tuesday | Walk 'n Mass | Milford, MA | Bea Hait | beateh1@aol.com | 508-429-3564 |
| 16-Aug | Saturday | Walk 'n Mass | Bridgewater, MA | Margo Craven | mago249@aol.com | 508-222-1152 |
| | September | | | | | |
| 7-Sep | Sunday | West Point | Nyack, NY | | | |
| 13-Sep | Saturday | West Point | Poughkeepsie, NY | Andrew Schmidt | volkssportclubofwestpoint@hotmail.com | 845-462-7539 |
| 21-Sep | Sunday | Walk 'n Mass | Winchester, MA | Dan Brady | danbrady@rcn.com | 781-933-3015 |
| 27-28-Sep | Sat / Sun | Twin State | Castleton, VT | Charlotte Phillips | cpwalkvt@shoreham.net | 802-343-3033 |
| | October | | | | | |
| 18-Oct | Saturday | Finger Lakes | Moravia, NY | Sue Connelly | sjconnelly@aol.com | 607-835-6595 |
| 19-Oct | Sunday | Walk 'n Mass | North Easton, MA | Alvin Smart / Margo Craven | mago249@aol.com | 508-222-1152 |

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| CLUB CONTACTS, NEXT MEETING DATE AND NEWSLETTER DEADLINE | | |
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| CLUB OFFICERS | | |
| President | Bernie Geren | tscbernie@hotmail.com |
| Vice President | Barbara Kolapakka | sisu07@earthlink.net |
| Recording Secretary | Kathy LeRoux | kleroux1@nycap.rr.com |
| Corresponding Secretary | Teresa Kennedy | Forty6er3K@aol.com |
| Treasurer | Joe Padula | ASPCAlbany@aol.com |
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| MONTHLY MEETING | Tuesday, June 10th. | 2nd Tuesday of each month, 6:30 PM at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway) |
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| NEWSLETTER DEADLINE reflections on a past or upcoming volkswalk and/or trips are always welcome. Phyllis Budka | Articles for the next newsletter are due on June 14th | abudka@nycap.rr.com 377-8734 2135 Morrow Avenue, Niskayuna, NY 12309 |
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| MEMBERSHIP AND EMAIL UPDATES | If your email has changed, contact Marie Klucina. | mklucina@nycap.rr.com abudka@nycap.rr.com |
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| SUNSHINE SECRETARY | Please let 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. | Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com . You can also see her at the monthly ESCV club meetings. |
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| ESCV WEBSITE ADDRESS | | www.ava.org/clubs/escv |
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| NAME TAG ORDERS | Yellow name tag orders: The cost is \$4.00 and must be prepaid with a check written to ESCV, and sent to Laura Sheldon. | Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com . Send check to: Laura Sheldon, 228 Spring Rd., Scotia, NY 12302. |