



# EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

[www.ava.org/clubs/escv](http://www.ava.org/clubs/escv)

**September 1, 2009**

## **GROUP SANCTIONED WALKS**

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

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

Sept. 2 Wed. Scotia; start Glen Sanders Mansion

Sept. 12 Sat. Caroga Lake; start Caroga Lake Town Offices, 1840 State Hwy 1, Caroga Lake, NY

Sept. 16 Wed. – Albany / Colonie Crossings; start Fleet Feet of Colonie, 155 Wolf Rd.

Sept. 23 Wed. Amsterdam; start Americas Best Value Inn, 10 Market St.

Sept. 26 Sat. Lake George; start Fort William Henry Resort Hotel & Conf. Ctr, 48 Canada St., Lake George

Sept. 30 Wed. Saratoga Spa Park; start Hilton Garden Inn, 125 S. Broadway (Rte 9)

Oct. 3 Sat. Johnstown; start Johnstown City Hall, 41 E. Main St.,

Oct. 10 Sat. Bennington, VT; start Jay's Cards & Gifts, 113 South St. (Rte 7)

Oct. 14 Wed. Saratoga Battlefield; start Route 32, Stillwater

Oct. 24 Sat. Williamstown, MA; start Williams Inn, Junction Rtes 2 & 7

Oct. 28 Wed. Schenectady; start Holiday Inn, 100 Nott Terrace

Oct. 31 Sat. Albany; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)

Nov. 4 Wed. Saratoga; start Bread Basket, 65 Spring St

Nov. 15 Sun. Cooperstown; start Clark Sportscenter, Susquehanna Ave.

Nov. 22 Sun. Albany 10/12 Environs; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway)

Dec. 6 Sun. Troy – Victorian Stroll; start Franklin Inn & Suites, One Fourth Street

## **SPECIAL EVENT: HENRY HUDSON WALK**

Sept. 20 Sun. Albany; start Albany Urban Cultural Park Visitors Center, 25 Quackenbush Square (corner of Clinton & Broadway) Time: registration is 12:15–12:40 pm for those wanting to view the free slide show, “Albany-The Cultural Crossroads” before the walk..

Those not wanting that option may register from 12:15–1:00 pm. There will be a guided walk at 1:00 pm following the slide show. Those wishing to walk earlier as a self-guided walk may start anytime after registration. It is strongly recommended that persons team up in small groups for their 10/6K thru the city.

## **TRADITIONAL EVENTS**

Start any time between 9AM and 12 noon; finish by 3:00 PM

Oct. 17 Sat. Greenwich, NY, \*Octoberfest

\*See Registration Form below

Nov. 1 Sun. Ballston Lake Pasta Party;

Dec. 5 Sat. Schenectady; Annual Holiday Luncheon/Walk

## September 1, 2009

### **A Bit from Barb.....**

Although it seems like summer just got going, it is in fact rapidly drawing to a close and with it the end of our spring and summer Wednesday walks program. This year these walks have been especially popular. Through last week we had a total of 1,239 walkers, already surpassing last year's season total of 1,158, with two walks still to go. Four of our walks had over 100 participants for the day.

The success of our Wednesday walk program was the primary factor in AVA President Curt Myron awarding ESCV the President's Award at this year's AVA convention. The award recognizes the hard work of many people over the last 18 years that the walks have been conducted. To all of you who have worked to make this program such a success: congratulations!

The award also got me to thinking about the role of this program in our club's success. Did you know we are the second largest club in the nation and one of the most active? At a time when some other clubs are facing declining numbers we keep growing. I believe that a lot of that growth comes from the Wednesday walks. It's on these walks that I see the most new faces and, because it's always a group format, they get to meet us and, hopefully, decide that they'd like to join us. And for those who are already members, it offers an opportunity to get together with friends to chat, walk and, yes, eat, once a week. Fun, fitness and friendship and the fourth "F": food.

Although the Wednesday walks program ends next week, there are still lots of opportunities to get together with the resumption of our group walks of the YREs and seasonals beginning Sept. 2.

In his last column as president, Bernie Geren thanked a lot of people for all they did for ESCV. Modesty prevented him from mentioning his own contributions, so I'll remedy that omission: In addition to having served as President and Vice President, Bernie is the coordinator of the Wednesday walks program, prepares all our traditional walk brochures, has been the POC of numerous Wednesday and traditional events and has made his office space available as a much needed meeting site for various committees. For all of these things, and some I've no doubt forgotten to mention, we all owe Bernie a very big THANK YOU!

### **NEXT ESCV MONTHLY MEETING**

The next monthly meeting is Tuesday, September 8th, 6:30, at the at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway).

### **ESCV MEMBERS RECEIVE AVA AWARDS**

In conjunction with its biennial convention, AVA issues awards to members and clubs for their achievements. This year awards were presented both to individual members of ESCV and the club as a whole.

Our club was one of two in the nation to receive the President's Award. This award is made at the President's discretion based on criteria he selects. We were cited "for sustained achievement in serving their neighborhood with weekly traditional Volkssport walks. The Empire State Capital Volkssporters held 27 traditional events, mostly weekly guided walks-and they have done so for eighteen years."

In addition, the following members received individual awards:

## **September 1, 2009**

The Meritorious Service Award was presented to Eileen Skinner and posthumously to Dave Skinner.

Eileen received her award "in recognition of her many years of service to the Empire State Capital Volkssporters in several roles, most notably for her decade of service as coordinator of the club's Wednesday walks program and as webmaster for the websites of ESCV and the Twin States Volkssport Association."

Dave's citation noted that "he served as club President and Vice President, delegate to a national convention and on many club committees. He developed and led numerous walks over his 17 years in the club. Always willing to help with any activity, he was truly "Mr. Volkswalking" to those who knew him."

Beryl Wolf was a posthumous recipient of the Distinguished Achievement Award. It was given "in recognition of her many years of service to the Empire State Capital Volkssporters, Patrick Pacers, and Southern Maine Volkssport Club. As a former Northeast Region Director, Beryl was involved as club representative to AVA conventions and as a year round event point of contact for many events in multiple states."

Barbara Kolapakka received the Certificate of Service Award for the American Revolution Walks special event program.

### **PICTURE PAGES & WALK BROCHURE LINKS**

#### **Picture Pages**

[www.ava.org/clubs/escv/Newsletter\\_Sept\\_09\\_Pictures.pdf](http://www.ava.org/clubs/escv/Newsletter_Sept_09_Pictures.pdf)

To submit pictures, send jpg file(s) along with a caption(s) to Phyllis Budka.

#### **Sept. 20<sup>th</sup> Henry Hudson Walk Brochure**

<http://ava.org/clubs/escv/09albanyhudson.pdf>

#### **October 17<sup>th</sup> Greenwich Walk Brochure**

<http://ava.org/clubs/escv/09greenwich.pdf>

#### **Octoberfest Brochure – A duplicate of the registration form printed below.**

[http://ava.org/clubs/escv/octoberfest\\_regform.pdf](http://ava.org/clubs/escv/octoberfest_regform.pdf)

### **WEDNESDAY WALK AWARDS**

Our Wednesday Summer Walk program for 2009 is winding down. There were 18 total walks. Any walker who walked at least 10 of the 18 walks earned a 2 1/4" round award button from ESCV. To date (with 2 walks still to earn the award) we have had 46 walkers who qualify for the award.. A final count will be in the next newsletter along with the names of those who earned them.

### **MARK YOUR CALENDARS FOR SUNDAY NOVEMBER 1st**

for our Annual Fall Walk and Pasta Party in Burnt Hills at Our Lady of Grace Parish. The brochure with the signups for the dinner will be in next month's newsletter.

See ya there! Lea Darling

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**WE WALK for FUN, FITNESS and FRIENDSHIP - CAR WINDOW DECAL - Linda Morzillo**

Every ESCV member who paid his or her membership dues for 2009 is eligible to receive a static decal advertising Volkswalking. These decals are designed to stick to your car window. When you purchase a different vehicle, the static feature allows you to move the sticker to your new car window.

I have a sticker advertising, "I COUNT BIRDS for PROJECT FEEDERWATCH" and thought, "Why not have one for Volkswalking?" We are always looking for ways to advertise our club and one way is for each of us to post a sticker on our vehicle.

The idea was presented at an ESCV meeting along with a drawing by Jim Morzillo. The results of my research regarding the cost of printing different quantities and colors were also presented. After several months' debate, the order was made using a very visible white background with blue lettering. Thanks to Barb Kolapakka for finalizing the project and placing the order.

If you have not received your decal, please ask for one when you register at the next walk.

**September 1, 2009**

**OCTOBERFEST REGISTRATION FORM – PRINT THIS PAGE AND SEND TO  
BERNIE GEREN AT ADDRESS BELOW**

Hope you have saved Saturday, October 17, 2009, for our annual Oktoberfest picnic at Christ the King Spiritual Center in Greenwich, NY. Eileen & John Sowa have again said that they will purchase and cook the bratwurst and hot dogs. Bravo and a BIG thank you to them! Rolls, soft drinks, 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! Winnie will be bringing her delicious sauerkraut. Please bring your favorite dish to share with everyone.

**Cost of \$5** per person must be received by **October 7th**.

Please complete the reservation form and send it to Bernie Geren 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.**

Oktoberfest Walk on October 17, 2009 Send \$6 via check made out to ESCV by Oct 7, 2009 to:  Bernie Geren 211 Sweetman Rd Ballston Spa, NY 12020	Choose One Per Person		
	\$5 per person	Hot Dogs	Bratwurst
Oktoberfest Food Reservation for:			
Total			

Amount in this column (\$5 per person)

Put an "X" in appropriate column

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### **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 June/July 09 and Aug/Sept 09 issues.

#### **Event Milestones**

<b>10 Events</b> Kathleen Canary Marie Cookson Heather Knapp	<b>30 Events</b> Joan Van Alphen Joe Van Alphen	<b>50 Events</b> Susan Forster Annalisa Van Avery	<b>75 Events</b> Richard Sheldon	<b>100 Events</b> Nancy Wallace
<b>125 Events</b> Laura Sheldon	<b>200 Events</b> Karen Watson	<b>250 Events</b> George Agars Lea Darling Nellie Georgelos	<b>275 Events</b> Mary Agars Frank Edwards	<b>300 Events</b> Cathy Edwards Susan Grey
<b>325 Events</b> Alan Longshore Lynn Longshore	<b>450 Events</b> Teresa Kennedy	<b>600 Events</b> Linda Morzillo Jean Padula Joe Padula	<b>700 Events</b> Ed Koch	<b>750 Events</b> Emily Koch
<b>950 Events</b> John Cairns	<b>1200 Events</b> Eileen Skinner	<b>1300 Events</b> Barbara Piffat Joe Piffat		

#### **Distance Milestones**

<b>500 k</b> Susan Forster Annalisa Van Avery	<b>1000 k</b> Nancy Wallace	<b>2000 k</b> Karen Watson	<b>2500 k</b> George Agars Mary Agars Lea Darling	<b>3000 k</b> Cathy Edwards Susan Grey
<b>3500 k</b> Alan Longshore Lynn Longshore	<b>4500 k</b> Teresa Kennedy	<b>6000 k</b> Jean Padula Joe Padula	<b>10000 k</b> Linda Morzillo Dan Schryver	

**Congratulations** on your accomplishments! If anyone was missed that was published in the June/July or Aug/Sept *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.

### **NORTH BENNINGTON WALK – Phyllis Budka**

I LOVED the North Bennington walk! Sue Burke, Eleanor Tunny, Barbara Luther and I took our time and enjoyed the flowers and, in general, the day. I am intrigued by the BIG clump of rock on the woodsy loop.

We were curious about the colored yarns on the line and open door at McAdoo Rugs and ended up having a personal tour of the whole process! They were expecting a group from Castleton for a tour, so we benefited because they were "tour ready." We also got an impromptu tour of The Eddington B&B; the owner was weeding her garden and offered to show us inside. So, we took her up on the offer. NB was surely a place I'd never think to put on my list of the 100 PLACES TO VISIT, but such surprises are why I love volkssporting! Thanks to Barbara Kolapakka for her hard work to put the walk together!

See the "Pictures" link above.

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### NEWS - Phil Hait, Northeast Regional Director

The Kennebunk, Maine, point of contact has asked the walking community to be considerate of the small business owners in the plaza when choosing your parking spot. Please use spaces away from the stores front doors.

### NORTHEAST REGIONAL CALENDAR – Phil Hait

	<b>September</b>					
12-Sep	Saturday	Walk 'n Mass	Assonet, MA	Louise Brady	<a href="mailto:spider1_2@comcast.net">spider1_2@comcast.net</a>	508-644-3039
13-Sep	Sunday	West Point	Nyack, NY	Peggy Goetz	<a href="mailto:volkssportclubofwestpoint@hotmail.com">volkssportclubofwestpoint@hotmail.com</a>	845-268-2215
20-Sep	Sunday	Finger Lakes	Ithaca, NY	Sue Connelly	<a href="mailto:sjconnelly@aol.com">sjconnelly@aol.com</a>	607-835-6595
26-Sep	Saturday	Walk 'n Mass	Onset, MA	Pat Damiani	<a href="mailto:PMDWalks@aol.com">PMDWalks@aol.com</a>	508-888-7366
26-Sep	Saturday	West Point	Hudson, NY	Andrew Schmidt	<a href="mailto:volkssportclubofwestpoint@hotmail.com">volkssportclubofwestpoint@hotmail.com</a>	845-462-7539
	<b>October</b>					
4-Oct	Sunday	West Point	Beacon, NY	Joan Kimmel	<a href="mailto:volkssportclubofwestpoint@hotmail.com">volkssportclubofwestpoint@hotmail.com</a>	845-462-6845
11-12-Oct	Sun - Monday	Princeton Walkers	Brooklyn, NY	Judi Travis	<a href="mailto:walkeejt@optonline.net">walkeejt@optonline.net</a>	732-536-4073
12-Oct	Monday	Princeton Walkers	Queens, NY	Judi Travis	<a href="mailto:walkeejt@optonline.net">walkeejt@optonline.net</a>	732-536-4073
13-Oct	Tuesday	Princeton Walkers	Staten Island, NY	Judi Travis	<a href="mailto:walkeejt@optonline.net">walkeejt@optonline.net</a>	732-536-4073
18-Oct	Sunday	Twin State	Vergennes, VT	Charlotte Phillips	<a href="mailto:cpwalkvt@shoreham.net">cpwalkvt@shoreham.net</a>	802-343-3033
24-Oct	Saturday	Finger Lakes	Norwich, NY	Bill Donahue	<a href="mailto:williamdonahue@yahoo.com">williamdonahue@yahoo.com</a>	607-625-3585
	<b>November</b>					
7-Nov	Saturday	Walk 'n Mass	Bedford, MA	Chris Lipson	<a href="mailto:c2lipson@msn.com">c2lipson@msn.com</a>	781-275-0464
14-Nov	Saturday	Finger Lakes	Vestal, NY	Doug Gausman	<a href="mailto:Dougs4it@aol.com">Dougs4it@aol.com</a>	607-757-0164
	<b>December</b>					
5-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	<a href="mailto:magoo249@aol.com">magoo249@aol.com</a>	508-222-1152

### New York City YREs - Start Point location

The start point for the four New York City (Manhattan) walks has temporarily been moved to The Williams (College) Club, 24 East 39th Street, Between Madison & Park Aves, NYC 10016. The box will be in the Cloak Room, straight ahead from the door on the right. This is a meeting facility & hotel for alumni & business people. Please be quiet upon entering as meetings may be in session in the Library or Lobby. Please thank the staff for letting us place our box there. We recommend you walk the short distance to the original start point which is temporarily closed. It is at 42nd Street between 5th and 6th Avenues. 1. As you exit the Williams Club doorway, turn LEFT on 39th St 2. Cross Madison & 5th Avenues 3. Turn right on 5th to 42nd Street. 4. The original start point store is on the right side of 42nd Street halfway down the block. The Village and Downtown walks require you taking the subway.

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### CLUB CONTACTS

<b>CLUB OFFICERS</b>		
President	Barbara Kolapakka	<a href="mailto:Bkola67@gmail.com">Bkola67@gmail.com</a>
Vice President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Secretary	Kathy LeRoux	<a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a>
Treasurer	Beth Snyder	<a href="mailto:Easnyder@nycap.rr.com">Easnyder@nycap.rr.com</a>
<b>NEWSLETTER EDITOR</b>	Phyllis Budka	<a href="mailto:abudka@nycap.rr.com">abudka@nycap.rr.com</a> 377-8734; next newsletter deadline Sept. 15th
<b>MEMBERSHIP AND EMAIL UPDATES</b>	Pat Rush.	<a href="mailto:PatRush1@verizon.net">PatRush1@verizon.net</a>
<b>SUNSHINE SECRETARY</b>	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> .
<b>WEBMASTER</b>	Eileen Skinner -	<a href="mailto:EFSkinner@aol.com">EFSkinner@aol.com</a>
<b>NAME TAG ORDERS</b>	Laura Sheldon	Cost is \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at <a href="mailto:sewshel@aol.com">sewshel@aol.com</a>
<b>WEDNESDAY WALK COORDINATOR</b>	Bernie Geren	
<b>WALK DEVELOPMENT COMM. CHAIR</b>	Teresa Kennedy	
<b>YEAR ROUND SEASONAL WALKS</b>	John Cairns	
<b>HISTORIAN</b>	Dan Schryver	
<b>PURCHASING</b>	Winnie Balz	

### FROM THE ESCV HISTORIAN'S DESK – Dan Schryver

**BACK IN TIME ... ESCV NEWSLETTER VOL. 3**

**APRIL 1989**

**NO. 4**

Welcome to our newest members: Winifred Balz and Beryl Wolf

### NEW YORK-VERMONT STATES VOLKSSPORT ASSOCIATION IS FORMING

At the West Point volkswalk on April 22, members of the Twin State Volkssports Association, Volkssport Club of West Point, the Adirondack Wanderers and ESCV voted to form a two-state volkssport association. The charter will be requested around July 1. This organization will create a new layer in the AVA hierarchy between the individual member Charters in the two-state organization and the Regional Division.

During the first year, the New York –Vermont States Association will be mainly responsible for the paperwork involved with the member club events, including assistance in event date selections.