



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

February 1, 2010

ESC 2010 Year Round Events

Jan.1-Dec.31	GROUP WALKS SATURDAY & SUNDAY	FALL GROUP WALKS WEDNESDAY/SATURDAY & SUNDAYS
Albany, NY (Historical)	January 1, 2010 10:00AM	October 31, 2010 9:30AM
Albany, NY (City & Neighborhoods)	March 7, 2010 1:30PM	November 14, 2010 1:30 PM
Schenectady, NY	February 6, 2010 9:30AM	November 24, 2010 9:30AM
Saratoga Springs, NY New Start Point	January 30, 2010 9:30AM	November 17, 2010 9:30PM
Troy, NY Downtown	March 20, 2010 9:30AM	December 5, 2010 1:30PM (Victorian Stroll in Troy)

ESC 2010 Seasonal Events

Seasonals Walks Open April 1 - November 30 unless otherwise stated	GROUP WALKS SATURDAY & SUNDAY	FALL GROUP WALKS WEDNESDAYS & SUNDAYS
Albany/Colonie Crossings	April 24, 2010 (correction) 9:30PM	November 10, 2010 9:30AM
Bennington, Vt	April 25, 2010 (correction) 1:30PM	September 22, 2010 9:30AM
Caroga Lake, NY June 1 - Sept. 30	June 12, 2010 9:30AM	September 8, 2010 9:30AM
Cooperstown, NY April 24 - Nov. 30	May 1, 2010 DATE CHANGE 9:30AM	October 13, 2010 9:30AM
Johnstown, NY	June 5, 2010 9:30AM	October 6, 2010 9:30AM
Lake George, NY April 15-Nov. 30 New POC - Linda Morzillo	May 2, 2010 DATE CHANGE 1:30PM	September 29, 2010 9:30AM
Saratoga Spa Park, NY	May 22, 2010 9:30AM	November 3, 2010 9:30AM
Scotia, NY	June 27, 2010 1:30PM	September 15, 2010 9:30AM
Saratoga Battlefield Stillwater, NY	May 29, 2010 9:30AM	November 3, 2010 9:30AM
Williamstown, Mass.	April 10, 2010 9:30AM	October 20, 2010 9:30AM

February 1, 2010

THE WALK DEVELOPMENT COMMITTEE ANNOUNCES THE 2010 SCHEDULE

Mark your 2010 calendars (as soon as you buy one) for the following special event walks:

<u>DATE</u>	<u>PLACE</u>	<u>POC</u>
April 17	Olana (March for Parks)	P at Rush
May 8 – Date Changed from 5/15	Grafton Lakes State Park (spring picnic)	Mary Agars
June 26	David Skinner Memorial Walk in Gloversville	Eileen Skinner
September 18	Hoosick Falls	Jane and John Pattison
Oct. 2	Menands (Octoberfest)	Marion and Dave Averill
Oct. 16	Landis Arboretum	Teresa Kennedy
Nov. 7	Ballston Lake (pasta party)	Lea Darling
Dec. 4	Schenectady (holiday party)	Eileen Sowa, Bernie Geren (walk leader)

DATE CHANGES AND CORRECTIONS

As a result of the request by the West Point Club to change our picnic to avoid a conflict with their two day event in May on the 15th & 16th, (which includes the new pedestrian bridge over the Hudson River), the following schedule changes have been made:

Annual Club Picnic New date: May 8 (Grafton Park) (was May 15)

Group walk of Cooperstown new date: May 1 @ 9:30AM (was May 8)

Group walk of Lake George new date: May 2 @ 1:30PM (was May 1)

TYPOS for group walks

Group walk of Albany/Colonie Crossings is Sat. April 24th @ 9:30AM

Group walk of Bennington, VT is Sunday April 25th @ 1:30PM

Please update your booklets and bookmark schedules

A BIT FROM BARB.....

Hard to believe it's 2010 already, but before we get into the new year, I'd like to extend some much deserved appreciation to the folks who gave us great events to end 2009. Lea Darling did an outstanding job in her rookie year of running the pasta party. Thanks to her and all the folks who helped out. And as always, Eileen Sowa and Bernie Geren and their helpers gave us a good start on the holiday season with our walk and lunch on December 4. Pat Rush again graciously opened her house to us for the traditional cookie stop. Many thanks to all of you.

The principals in running these events certainly deserve all the thanks they get but I know there are also a lot of other people who contribute as well and are too numerous or anonymous to name. At the pasta party I was pleased to note how a good number of people seemed to spontaneously begin the cleanup after the event. In short order everything was cleaned up and packed away. I think this effort is indicative of the kind of people we have in our club, willing to give help and assistance to allow us to continue to offer quality events.

And maybe this is one of the reasons we gained 35 new members in 2009. Welcome to all of you!

February 1, 2010

While we have no traditional events scheduled until April, we do have some group walks. We had 37 walkers at our New Year's Day walk in Albany. For once the weather cooperated and we had clear streets with no ice and a moderate temperature. There will be group walks of Saratoga (Jan. 30) and Schenectady (Feb.6) coming up and if you can't make it to the group walk you can always do the walks in those cities plus Albany and Troy any day. And if you're headed for warmer climes, there are walks in all of the sunnier states. If you're going to the Gulf Coast of Florida, go to our website and click on "ESCV winter walks Florida". Chances are good you'll see some familiar faces on these walks.

WELCOME NEW MEMBERS – Pat Rush, Membership

Recent new members are

Mary Anderson, Burnt Hills; Susan Castle, Niskayuna; Maureen Chiappe, E. Greenbush; Marion Hitchcock (former member), Albany; Karen Jacobs, Slingerlands; Patricia Mead, Roanoke, VA; Susan Papa, Gloversville; Evelyn Welk, Burnt Hills.

See you on the trail!

ESCV MONTHLY MEETING TIME

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway). Next meeting is Tuesday, February 9th.

"SOARING" – ESCV MEETING PROGRAM

Soaring is the act of gliding while maintaining altitude, especially the sport of flying a heavier-than-air craft by using ascending currents of air. Jim Morzillo will share his soaring experiences at our monthly ESCV meeting, Tuesday, February 9th.

Jim started flying aircraft in 1989 and now holds a commercial pilot certificate for airplanes. He also instructs in both airplanes and gliders. Even if you are not anticipating taking up this activity, Jim's skill, knowledge, and years of flying experience will provide us a unique opportunity to share the excitement of this recreational sport.

JOB OPENING - Membership Chair

Last month I asked if anyone would like to be publicity chair. I have a highly qualified volunteer but, unfortunately, it means we now need a new membership chair. Pat Rush, who has experience in writing for publication and a knowledge of how publications work, will become our new PR person. Pat will continue to serve as membership chair until a replacement is found.

The membership chair needs to have good computer skills and a knowledge of Excel (and have Excel installed). The chair processes all membership applications and renewals and sends information to new members. He or she is also responsible for producing the annual membership directory but can call on other members to assist with proofreading and mailing. The membership chair is also charged with producing labels for all club mailings.

If you're interested in this position, e-mail Barbara Kolapakka at bkola67@gmail.com or call 583-9038.

February 1, 2010

POC CHANGE FOR LAKE GEORGE – Fr. Jack Cairns

Linda Morzillo replaces Ann McCarthy as the POC for the Lake George Seasonal walk. Thanks to Ann for a wonderful job!

If you're using the YRE/Seasonal book for the Lake George walk and have any concerns, you can contact Linda by referring to the Saratoga Battlefield walk for email and phone contacts.

PICTURE PAGES AND MEMBERSHIP FORM LINKS

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

Pasta Party and Holiday Party

www.ava.org/clubs/escv/pastaholidayparties2009.pdf

Membership Form

<http://ava.org/clubs/escv/membershipform2010.html>

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 Dec. 09/Jan. 10 AVA newsletter.

Events Milestones

10 Events Gale Fountain John Ross	30 Events Carol Lansing Dorie McArthur	50 Events Deborah D’Arcangelis John Watson	100 Events Kathleen Brown Linda Clark Maureen Martelle	150 Events Bernie Desroches
175 Events Ann Smith	275 Events Jim Shanley Marge Shanley	325 Events Barb Green	350 Events Sue Grey	400 Events Doug Reynolds Jackie Reynolds
450 Events Phyllis Boyd Mary Sorrell	500 Events Barb Kolapakka	550 Events Marie Klucina	650 Events Linda Morzillo Jean Padula Joe Padula	750 Events Dan Schryver
1000 Events John Cairns	1250 Events Eileen Skinner	1300 Events Charlotte Phillips	2000 Events Ruth Cade	

Distance Milestones

1000 k Kathleen Brown Linda Clark	1500 k Bernie Desroches	2000 k Ann Smith	3000 k Jim Shanley	3500 k Susan Grey
4000 k	4500 k	5500 k	65000 k	11000 k

February 1, 2010

Doug Reynolds Jackie Reynolds	Phyllis Boyd Mary Sorrell	Marie Klucina Barb Kolapakka	Jean Padula Joe Padula	John Cairns
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Congratulations on your accomplishments! If anyone was missed that was published in the Dec./Jan. *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.

DO U SNOSHU 2?

With our long, cold and snowy winters, it's often difficult to walk on the roads and trails so many of us take to snowshoes or cross country skis for exercise. Did you know you can get IVV credit for a snowshoe or cross country event? We are exploring offering a snowshoe/cross country ski sanctioned event in 2011 and would like to know how many of you might be interested. No, you don't have to do 10K; XC routes have to be 5k long and snowshoe events can be any length. And if on the date of the event there's not enough snow, you may walk the trail for credit.

If you're interested in participating in such an event, e-mail Barbara Kolapakka at bkola67@gmail.com. Please indicate your preference for snowshoeing, cross country skiing or both.

THANK YOU

We would like to thank everyone for your kind expressions of sympathy on the death of our father, Aubrey Richards, on December 24 and Bev's father-in-law/Carly Feltt's father, Carlos Feltt, Sr., on January 7. It is because of friends like you that we are able to get through this difficult time. Your cards, phone calls, e-mails, Facebook messages, and your visits, thoughts and prayers are deeply appreciated. Thank you for being there for us.

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> Bev & Carly Feltt, Jean Van Vranken, and Marion Averill

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> P.S. - Marion also adds a thank you for the cards, calls & e-mails (she doesn't do Facebook!) during her broken foot experience. She's sad that she can't walk in FL, but, hopefully, soon.

THE ESCV GRAPEVINE - Marion "B" (Burns)

Even though we are clearly labeled "A" and "B," mix-ups still occur. When we are on the same walk and someone calls "Marion!" we both answer. Sometimes when Dave calls, the "B" Marion answers and sometimes when John calls, the "A" Marion answers. But all of these slight bits of confusion were outdone recently when word spread that "Marion broke her foot!" Everyone assumed it was Marion "B" -- by far the more accident prone of the two; but this time it was Marion "A" who deserved the sympathy and all the offers of help.

I want to thank all those who offered to do my driving, grocery shopping, housework, cooking, trips to the basement, errands, etc. I am truly blest to have so many thoughtful friends. If you'd like to transfer your kind attention to Marion "A" (Averill), she's in Florida, but would love to hear from you!

Phil Hait, Regional Director

A big thank you to all of the Northeast Region Clubs and their many volunteers who worked a lot of hours in one of many volunteer capacities to help make the Volkssport events memorable & successful. This year I participated in 59 walks (31 regular events & 28 YREs) in 14 states. 43 of

February 1, 2010

these events were in the Northeast Region which gave me plenty of opportunities to meet with club officers & many long time volkssporters who were willing to share ideas & thoughts on how to make our sport even better. I thank you all for the creative suggestions which I continue to share with the rest of AVA leadership.

As Region Director I attended National Executive Council Meetings in Tucson, AZ, Orlando, FL & the AVA Biennial Convention in Richardson, TX. These meetings are an important component in staying up on all of the current events nationally & worldwide which have an impact on our sport.

This time next year the National Nominating Committee will be seeking qualified candidates for the 10 region director positions & the four national officers. Officer duties can be found at the link below. Prior to then, I will need at least one person willing to fill the nominating committee role for the Northeast Region. Please contact me if you have any interest. The AVA bylaws limit all officers to no more than two consecutive terms in office. This is my second term. Therefore, I will not be allowed to run for re-election. Now is the time to start thinking about potential candidates to run for election. I have attached the job description.

What the description misses though is the most important component. - The position can be a lot of fun!

Link to AVA bylaws - officer duties

http://www.ava.org/Publications/6_25_2009_BYLAWS_signed.pdf

February 1, 2010

NORTHEAST REGIONAL CALENDAR - Phil Hait, Regional Director

NORTHEAST REGION						
Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
	February					
13-14-Feb	Sat/Sun	Southern Maine	Falmouth, ME	Carroll Tiernan	smva2005@yahoo.com	207-781-2330
	March					
14-Mar	Sunday	West Point	Goshen, NY	Michael Green	volkssportclubofwestpoint@hotmail.com	845-731-6801
27-Mar	Saturday	Walk 'n Mass	Norwood, MA	Marcia Matson	mlm01140@comcast.net	774-293-0382
	April					
10-Apr	Saturday	Finger Lakes	Binghamton, NY	Vicki Darrow	vdarrow@twcny.rr.com	607-662-0109
	May					
15-May	Saturday	West Point	West Point, NY	Nancy Patrick	volkssportclubofwestpoint@hotmail.com	845-446-4709
16-May	Sunday	West Point	Highland, NY	Andrew Schmidt	volkssportclubofwestpoint@hotmail.com	845-462-7539
22-May	Saturday	Finger Lakes	Chenango Forks, NY	Steve Thomas	stis@juno.com	607-775-9060
	June					
19-Jun	Saturday	Finger Lakes	Manlius, NY	Colleen Hailey	chailey@binghamton.edu	607-754-1979

February 1, 2010

Empire State Capital Volkssporters

TREASURER'S REPORT

Jan. 1, 2010

Nov. 1, 2009 Beginning Balance: \$7,408.77

Income:

Membership	1211.00
Holiday Party	2660.00
Pasta Party	193.00
Walk Items	8.75
Checks never cashed	34.00
Walks	<u>1248.44</u>
Total Income	\$5,355.19

Expenses:

AVA	860.00
Bank Charge	27.00
Donations	235.93
Octoberfest	37.00
Books	430.18
Holiday Party	3845.19
Walk Material	<u>197.04</u>
Total Expenses	5,632.34

Jan. 1, 2010 Ending Balance: \$7,131.62

Submitted by,
Beth Snyder, Treasurer

February 1, 2010

CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Kathy LeRoux	kleroux1@nycap.rr.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com 377-8734
MEMBERSHIP AND EMAIL UPDATES	Pat Rush.	PatRush1@verizon.net
SUNSHINE SECRETARY	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	John Cairns	JLCairns@aol.com
HISTORIAN	Dan Schryver	Dschryver@aol.com
PURCHASING	Winnie Balz	winnieeb@yahoo.com

FROM THE ESCV HISTORIAN'S DESK – Dan Schryver

BACK IN TIME ... ESCV NEWSLETTER

VOL. 4 JANUARY 1990 NO. 1

STATUS OF OUR CLUB'S LEADERSHIP

As everyone who read our last newsletter knows, Diane Clancy has resigned as president. At our last meeting we realized that no one had come forward to fill this very important post. The small group that attended the meeting also decided that in order to keep our club in existence and hold locale events we must have help from our membership. The only way we can succeed, is to break up the work into committees. By proceeding with this method of leadership, no one person or persons will be over whelmed by work.

February 1, 2010

DUES ARE DUE

Below is the application for renewing your dues. Dues are \$10. 00 for singles and \$18.00 for family. Dues run from January 1, 2010 to December 31, 2010. If you are a current member, your membership dues for 2010 will be due January 1 2010. You have until February 28, 2010 to renew. If you have not renewed by then, you will be dropped from the mail list. You will no longer receive the newsletter, directory, walk booklets etc., and you will also be dropped from e-mail list. No more HOTMAIL. Please be prompt in paying your dues so you will not miss out on a mailing. Thank you.
Pat Rush Membership Chairperson.

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Please use the following coupon to renew your membership.

Dues are due by the 28th of February or you will be dropped from the mailing list.

Date: \_\_\_\_\_

RENEWAL: Membership (Single \$10.00, Family \$18.00)

Make checks payable to ESCV. (**Checks are preferred!**)

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Are you a member of AVA? \_\_\_\_ Yes \_\_\_\_ No

E-Mail Address: \_\_\_\_\_

Is it OK to add your e-mail address to the ESCV Directory? \_\_\_\_ Yes \_\_\_\_ No

Do you want to receive HOTMAIL via e-mail? \_\_\_\_ Yes \_\_\_\_ No

Send form along with check a check made out to ESCV to:

**ESCV Membership,  
PO Box 5464, Clifton Park, NY 12065-5464**

**PLEASE WRITE OR PRINT CLEARLY AND LEGIBLY**

**THANK YOU**