



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

August 2011

Hi Everyone. Thanks for your votes of confidence in me for the next year as your President of ESCV. I have been offered by many of you, your help and support throughout the coming year. I have your name and I will be calling you – if I don't, then remind me. As a way of introduction, I have been a member since 2004. Some of my previous volunteer jobs with ESCV were co-newsletter editor for 5 years, co-developer of Northville, Cobleskill, Rensselaerville, Ballston Lake and Moreau walks, spring picnic coordinator for 2 seasons, Fall Pasta Party coordinator for 2 going on 3 seasons and keeper of all the paper goods for ESCV.

I'd like to thank Barb Kolapakka for her foresight in leading our club these last two years. Her grasp of National AVA business to our local clubs kept us growing and expanding in positive avenues. I am lucky to have her to call on when I need a sounding board or just to get her opinion. Again, from all the membership, Thank You Barb, and happy time off from the computer and more time to enjoy your flower gardens.

First order of business is to let you know we will be changing our monthly meeting place back to the **Latham Fire Department** at 226 Old Loudon Road in Latham. Eileen will put the directions on the ESCV website for you. Our membership seems to have shifted to the Tri City area, making this a much more central meeting spot once again. We will go back to a meeting time of **6:30 to 8:30pm** and the **first Tuesday** of the month. Our recently elected N.E.R.D. native son, Doug Reynolds, will lead an informative program of interest to all our membership titled "As Your Newest Regional Director a talk on What I've Learned about AVA at the 2011 Convention".

I'm hoping everyone will make an effort to attend the September 6 meeting when we will be honoring our 2 AVA Meritorious Service recipients and our 2 AVA Certificate of Service recipients. If you want to know who these great ESCV volunteers are, then come to the meeting to thank them and enjoy some goodies. We also received certificates of appreciation from AVA for Jay's Cards in Bennington and the Williams Inn in Williamstown for storing our walk boxes for many years. Their POCs will deliver them shortly.

In an effort to help our sister AVA club, the Dogwood Trailblazers of Joplin, Missouri, after the ravaged effects of the tornado, our club voted in June to send a \$100 donation to a community agency. After contacting the president of the Dogwood Trailblazers, it was suggested we send the disaster relief money to the Joplin R-VIII School District. The check was sent in July.

A 25th Anniversary Planning Committee has been meeting and working throughout the summer to bring you a 25th year of favorite past walks voted on by our membership in the Springtime. These will start in our anniversary year, January, 2012. There are many styles of golf shirts from which to choose and preorder that are available for your perusal and try ons at many of our

Wednesday, picnics and Traditional walks that will be embroidered with the winning 25th LOGO entry. Keep those submissions coming before September 1 st, when the winning logo will be picked and the designer awarded a free embroidered golf shirt. Many other special things are in the works and will be revealed as 2012 unwinds. **SAVE THE DATE of SATURDAY, JUNE 23rd afternoon and evening** for a wonderful celebration of this momentous occasion. More details to come in 2012 as things are firmed up.

Thanks, to all the June 22nd Blatnick Park walkers, who came back on June 29th at the Colonie Town Park to partake of the annual strawberries & ice cream social. The Niskayuna am walk was cancelled due to a severe thunder and lightning advisory (we learned our lesson from Schoharie Crossing). Thanks go out to Lucy Desjardins and her crew for prepping all those berries, buying ice cream, dishes, spoons, etc. My sources say there were 91 total walkers that day. Thanks for supporting our special events, everyone. Now would also be a good time to thank all the POCs of our Wednesday walks, the guides, and you who are walking along at the 6:45am, 9am and 6pm starts.

Have you started to notice some of our members sporting their new buttons for achieving 10 Wednesday Walks between May and the end of August? I love the picture Eileen and Jack are featuring on the pin. Look around to see this very familiar building located in our capital area. I hope that at least 75 people will earn the privilege of proudly wearing this badge of walking kilometers for 2011. Everyone has another 5 opportunities to walk in August to earn a pin. Good Luck!

Looking at our handy little ESCV Bookmark of 2011 walks, I see that September 10th is our Waterford walk and the annual Tugboat Festival. Bring your cameras for lots of Kodak moments. Also, on September 24th, we will walk for the first time at Glimmerglass State Park on picturesque Otsego Lake and celebrate Oktoberfest with hot dogs, 2 kinds of wurst and a Bring-a-Dish-to-Share picnic. We will have a covered picnic area with electricity, so bring extension cords if you might need them. Also, for all you kayakers, canoeists or sailors, this is a beautiful spot from which to launch for an afternoon paddle or sail. Last year we had over 90 people at Oktoberfest, so let's see if we can equal that or increase to over 100 wurst or dog lovers. Who says food, walks and conversation aren't a good combination? Let's all try to get out there and support these Traditional Walks.

See ya on the trails.....Lea

MEMBERSHIP – Tad Darling

Our current membership has finally hit 300 with the addition of quite a few new members this year, but is still down from 328 at the close of last year. Some of the new members see our ads in the newspaper, but I think word of mouth is our best advertising. Try to bring a friend on a walk once in a while. And if you are hosting a new member, please stick with them on the first few walks until they catch on to all our lingo, stamping books, who is who, etc. It can be quite confusing for someone new.

Please welcome the following new members this month:

Denison Barber – Menands

Dale and Gary Nelson – Troy

Kevin Lengyel – Troy

June Shaw - Saratoga Springs

Jean Powis – Troy

CLUB MEETING

The next meeting will be September 6th at the **Latham Fire Department** at 226 Old Loudon Road in Latham, **6:30 to 8:30pm**. See the ESCV website for directions.

CLUB MEETING PROGRAM – Alan Longshore

Doug Reynolds, Northeast Regional AVA Director, will review his experiences at the recent Ava Convention. He will share his initial impressions as a Regional Director and how important it is for ESCV to support AVA activities. Don't miss this interesting program!

NEWSLETTER DEADLINE

Deadline for the next newsletter is September 10th.

COHOES FALLS / WATERFORD TUGBOAT ROUNDUP ON SEPTEMBER 10

About eighteen months ago, Liz Walsh volunteered to be the POC for a walk on September 10 that would coincide with the annual Waterford Tugboat Roundup. As a long time resident of Cohoes, Liz was eager to bring walkers to her neighborhood for a special day related to area history. The tugboat roundup is a very popular event which provides a great opportunity to visit Waterford's historic waterfront and help celebrate the maritime industrial history of the New York State Canal System. There will be tugboat tours, boat rides, vendors, exhibits, family activities, and live music. The walk on this day will start at the Cohoes Community Center and we can thank Liz for finding us parking away from the Waterford festival activities!!!! The 11k route will go by historic buildings in Cohoes as well as the Cohoes Falls. There are two 5k routes available. One will include the Cohoes Falls and one will include the Waterford Tugboat Roundup. The choice is yours at the signup time. Plan to spend the day walking, eating, learning and just plain having fun.

Link for the Cohoes / Waterford walk:

www.ava.org/clubs/escv/11cohoeswaterford.pdf

OCTOBERFEST AT GLIMMERGLASS STATE PARK ON SEPTEMBER 24

Our annual Octoberfest will be held a bit earlier this year on September 24. The site is Glimmerglass State Park near Cooperstown, NY. We are hoping for some early color on the beautiful drive out Route 20. Glimmerglass State Park consists of 600 acres in a picturesque part of Central New York. The route will include a scenic forest trail with a view of Otsego Lake. There is also a nature trail and a covered bridge noted for being the oldest existing covered bridge in the state. We will also pass Hyde Hall Mansion built from 1736 to 1744 by a member of the Clark family which many consider to be an outstanding example of Classical Revival architecture. Tours of this historic house will be available starting at 10 am. The Octoberfest begins at noon. As always, we ask everyone to bring a dish to share.

The grill master of the day will cook the wursts and hotdogs in our very own reserved picnic pavilion. The club will provide soft drinks and paper products. Look for the sign up sheet in another part of the newsletter.

Link for the Glimmerglass walk:

www.ava.org/clubs/escv/11glimmerglass.pdf

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 Aug./Sept. 2011 AVA Newsletter.

Events Milestones

10 Events David Gosda Patricia Gosda	50 Events Carol Lansing	75 Events Barbara Popolizio Michael Popolizio John Watson	125 Events Dave Golden Janice Golden	175 Events Bernard Desroches
200 Events Suzann Burke	275 Events Karen Watson	350 Events Rita Gavin	425 Events Bernie Geren	475 Events Marylou Geren
525 Events Phyllis Boyd	1150 Events John Cairns	1400 Events Charlotte Phillips		

Distance Milestones

500k Carol Lansing	1000k Michael Popolizio	2000k Suzann Burke Bernard Desroches	3000k Rita Gavin	4500k Bernie Geren
5000k Phyllis Boyd Marylou Geren	6500k Pat Reed	11000k Dan Schryver	12000k Natalie Smith	15000k Charlotte Phillips

Congratulations on your accomplishments! If anyone was missed that was published in the 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.

SOME FOOD FOR THOUGHT FROM FR. JACK CAIRNS

I have noticed that many of our Volkswalkers do not carry water with them on our walks. We've had some very hot days. Not a good idea to walk without water, sunscreen and a good hat. Walkers need to keep hydrated in hot weather.

I am advised that about 90% of heart attacks occur early in the morning and it can be minimized if one takes a glass or two of water [yes WATER and NOT grog or beer or other beverage] before retiring in the evening.

I knew water is important but I never knew about the special times to drink it.
Did you??

Drinking water at the correct time maximizes its effectiveness on the Human body:

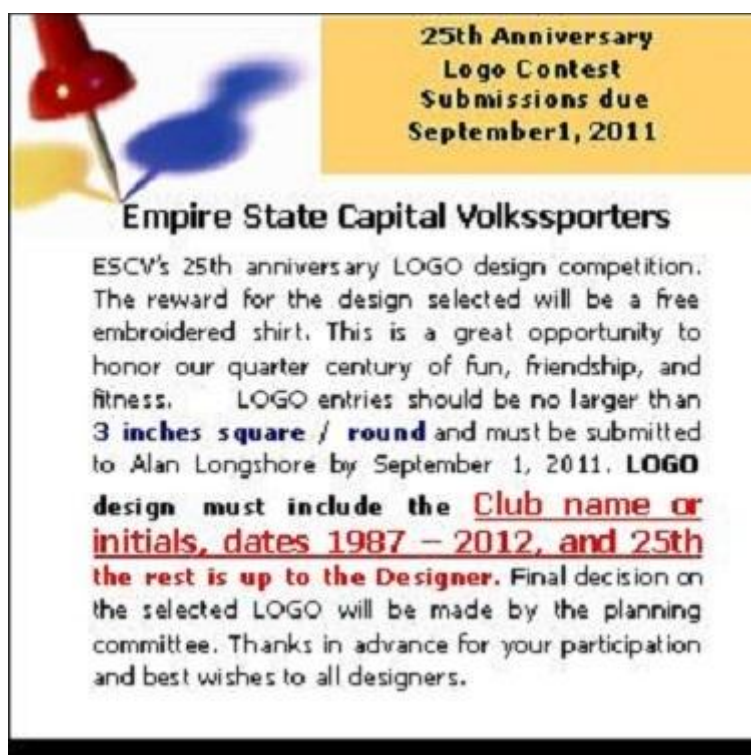
- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack

SAVE THE DATE - ESCV 25TH ANNIVERSARY CELEBRATION

Save the date: Saturday, June 23rd, 2012, for the ESCV 25th Anniversary Celebration!

LOGO CONTEST ENTRIES DUE SEPTEMBER 1ST

ESCV is conducting a 25th anniversary LOGO design competition. The reward for the design selected will be a free embroidered shirt. This is a great opportunity to honor our quarter century of fun, friendship, and fitness. LOGO entries should be no larger than 3 inches square / round and must be submitted to Alan Longshore by September 1, 2011. LOGO design must include the club name or initials, dates 1987 – 2012, and 25th; the rest is up to the Designer. Final decision on the selected LOGO will be made by the planning committee. Thanks in advance for your participation and best wishes to all designers.



ESCV 25th ANNIVERSARY SHIRTS

We will be displaying and having try ons of the 25th Anniversary shirts and will be available at many Wednesday walks and some YREs through September for preordering (with payment). There will be many chances to try on and order shirts at the Wednesday walks.. You may also preorder by sending the order form with check to Eileen Skinner. Order forms will be available at the walks with shirts.

We are beginning try ons now, so as to get everyone who might only walk a few times a year a chance to purchase one. We also would like to have everyone wear their 25th Anniversary shirts at most of our walks to do some advertising as we traverse the capital communities throughout the year 2012.

See additional information and order form below.

EMPIRE STATE CAPITAL VOLKSSPORTS 25TH Anniversary Shirt Sale

25TH Anniversary Shirts – (Anniversary Logo to be added)

3 Different Styles available – 2 for men (wicking and regular)

3 for women (including the both for men and 1 other shirt piping, tapered, wicking)

[Click here to print out an order form:](#) Please follow directions on this form and

Mail to Eileen Skinner by October 1st.

These shirts will be given out at our annual Holiday Walk/Luncheon on Dec. 3rd.

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Men's shirts - **Port Authority Silk Touch K500** in (sizes M, L, XL - for try ons) COLORS (see below) in gold, blue, and light sand. All sizes are available for order. (XS-3XL) **Men/Women's Shirts \$19.00** (2X or Tall sizes add \$2.00) Also Available in Women sizes. This shirt is **NOT a wicking style**



Gold



Mediterranean Blue



Stone

~~~~~  
Women only shirts are **Wicking - Sport Tek by Port Authority L467** with Tipped Colors and Piping. in sizes (M, L, XL - for tryons) All sizes are available for order. XS-4XL COLORS: (See Below) White/black, Pink/White, and Royal blue/white **Price: \$25.50** (2X add \$1.50; 3X & up add \$3.00)



White/Black



Pink/White



Royal/White

Additional shirt for men/women WICKING Dry Zone™ Ottoman Sport Shirt K525

Men's & Women's Port Authority Dry Zone Ottoman Sport Shirts

Price: \$23.98 and 2XL add \$1.50: 3XL-6XL add \$3.00)



WHITE



Royal Blue



Stone



Green Oasis

Women may choose either the men's shirt or the women's – both come in women sizing.
Shirts will have the new ESCV 25th Anniversary Logo (See Logo Contest above)
embroidered by Personal Touch Embroidery
Questions: Contact Eileen Skinner 371-4352 or e-mail: EF Skinner@aol.com

To order the
ESCV 25th Anniversary Shirt*
[Printable Order Form \(click here\)](#)

Make check payable to: Personal Touch Embroidery

Send check and order form to

Eileen Skinner, 4 Mountain Laurel Drive, Clifton Park, NY 12065
 Questions: contact Eileen @ 371-4352 or EF Skinner@aol.com

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**EMPIRE STATE CAPITAL VOLKSSPORTERS**  
**25th Anniversary Shirt Sale**

**CONTACT: Eileen Skinner 371-4352**

**Checks Made out to: Personal Touch Embroidery**

Personal Touch  
 Embroidery

Personal Embroidery  
 179 Kingsley Road  
 Burnt Hills N.Y. 12027-9528

Lynette Janssen  
 Phone: 518-810-5645

Email:

| Item # | Quantity | Size | Color | Unit Price           | Total |
|--------|----------|------|-------|----------------------|-------|
|        |          |      |       |                      |       |
|        |          |      |       |                      |       |
|        |          |      |       |                      |       |
|        |          |      |       |                      |       |
|        |          |      |       | Subtotal             |       |
|        |          |      |       | *Shipping (Optional) |       |
|        |          |      |       | Balance Due          |       |

- **Women's: L467** \$25.50 Dri-Mesh sport Shirt with Tipped Colors and Piping Colors: White/Black, Pink/White, Royal/White XS-4XL Size 2X- add \$1.50 & 3X & up –add \$3.00.
- **Women's K525** Port Authority Dry Zone Ottoman Sport Shirts AND
- **Men's K525** Port Authority Dry Zone Ottoman Sport Shirts are \$23.98. 2XL add \$1.50 and 3X & up add \$3.00(both men & women sizes) Colors: Green Oasis, Royal, Stone & White
- **MENS: K500** Silk Touch Sports Shirt \$19.00 each XS-3XL(2XL & tall sizes Add \$2.00) Colors: Gold, Stone & Blue. Shirt is also available in a women's sizing THIS SHIRT IS NOT a wicking shirt.

NAME(S) \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_

Phone

#



August 2011

## Oktoberfest Party

Hope you have saved Saturday, September 24, 2011, for our annual Oktoberfest picnic at Glimmerglass State Park, Cooperstown, NY. Kathy Brown will purchase the bratwurst, knockwurst and hot dogs; Eileen & John Sowa will again do the cooking. 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 **September 10th**.

[Click Here for printable form](#)

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 September 24, 2011<br>Send money via check made out to ESCV by Sept 10, 2011 to:<br><br>Bernie Geren<br>211 Sweetman Rd<br>Ballston Spa, NY 12020 | Choose One Per Person |           |         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------|---------|
|                                                                                                                                                                       | Knockwurst            | Bratwurst | Hot Dog |
| Oktoberfest Food Reservation for:                                                                                                                                     |                       |           |         |
| Name(s)                                                                                                                                                               |                       |           |         |
|                                                                                                                                                                       |                       |           |         |
|                                                                                                                                                                       |                       |           |         |
|                                                                                                                                                                       |                       |           |         |
|                                                                                                                                                                       |                       |           |         |
|                                                                                                                                                                       |                       |           |         |
| Total                                                                                                                                                                 |                       |           |         |

Send \$5 per your listed persons

Put an "X" in appropriate column



August 2011

**ESCV Picnic - June 11 – Crandall Park, Glens Falls**



Photo courtesy of Linda Morzillo

**August 2011**

## **JAN FROM NORWAY WALKS WITH US – Linda Morzillo**

On Wednesday, May 11, Norwegian Jan Jorgensen joined us for the morning West Side Saratoga Springs walk. Jan began his athletic career by trying several different pursuits. He finally found his niche in cross-country running and skiing, biking, swimming, bowling and walking, some of which were long-distance. Among other affiliations, including Norway National IVV Clubs, he founded the Norwegian Triathlon Federation and served as president as well as on the law/judge and doping committees. After two auto accidents in 1986 and 1998, Jan limits his physical goals to walking and has taken up more sedate activities such as stamp, book and comic strip collecting. He has walked a distance greater than around the world – **TWICE** - has walked in all 50 states – **TWICE** – including 200 cities! We are glad you were able to join us, Jan!

## **WALKING GREEN IN SCHENECTADY MAP PUBLISHED**

Several ESCV members who are also members of The Environmental Clearinghouse of Schenectady (ECOS) helped draw up the Walking Green Map. The map shows 15 different walks in downtown Schenectady with distances and times. The map can be found at

[http://www.ecosny.org/ECOS\\_Events/May%202011/MVP\\_ECOS\\_Walking\\_Brochure\\_3-11\\_R2.pdf](http://www.ecosny.org/ECOS_Events/May%202011/MVP_ECOS_Walking_Brochure_3-11_R2.pdf)

## **NEW AVA SPECIAL EVENT: CLASSIC AMERICAN DINERS - Doug Reynolds, NE-RD - with lots of help from Carolyn Adams**

Twin States Volkssporters Association (TSVA) is starting its first venture into the world of AVA Special Events Programming for 2012. They are doing "Diners", a feature close to all Volkssporters' hearts. This should add support to our clubs, our region, and Volkssporting in general. They ask your help to do so. Some of the BEST diners are in New England and NYS. People travel up to our Northeast Region every year for our diners. It would be great if we get lots of Volkswalkers who want to eat in (or just walk by) twenty Worcester Lunch Cars, or Silk City diners. Some of our historic diners are still here, and still original. For the diner purists, this will mean something.

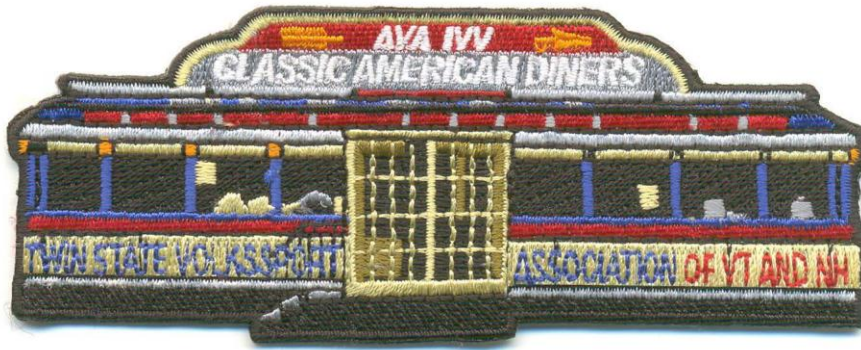
It is not just for the Northeast, however, and not just for the purists, as there are diners in Hawaii, Alaska, all the lower 48, plus Canada and a few in Europe. However, the Diner is pretty unique to the US. TSVA has broadened the definition so every club can find a diner in their area. If you look for them, you may find them already on your routes. A good source to locate diners is at [www.roadsideonline.com](http://www.roadsideonline.com) and click on "Diner Finder", then select your state and community for classic diners. This is primarily concerned with manufactured diners, with some great examples.

I ask your assistance in reviewing your walks and noting those that pass diners, or making small adjustments in your route to accommodate this program of our sister club. The deadline for sanctioning your YREs/SEs to be sure it is entered into the new Starting Point 2012 is Aug. 31. Noting this Special Event Program as part of your Event Description may well attract participants to your walk. (See the Patch below.)

Our walking colleague, Carolyn Adams of TSVA, has written a nice article in this Aug/Sept issue of The American Wanderer (TAW), page 4. It is the best place to find out about the program. With your help, TSVC will have a successful program. They have a Facebook page up and running, which might be a good place to talk about the diners in your area, or post a picture. "Like" or "friend" them at "Classic American Diners AVA".



August 2011



### Diner Patch – Mickey's Dining Car in St. Paul, MN

To get the booklet for stamping 20 Diner walks, send a \$10 check made out to Twin State Volkssport to:

Carolyn Adams  
PO Box 757  
Wells River, VT 05081  
(Additional info from: [carri@vtlink.net](mailto:carri@vtlink.net))

### CLUB CONTACTS

|                                     |                   |                                                                                                                                                                          |
|-------------------------------------|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CLUB OFFICERS</b>                |                   |                                                                                                                                                                          |
| President                           | Lea Darling       | <a href="mailto:Leadarling@verizon.net">Leadarling@verizon.net</a>                                                                                                       |
| Vice President                      | Teresa Kennedy    | <a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>                                                                                                               |
| Secretary                           | Sue Grey          | <a href="mailto:susanbg2@yahoo.com">susanbg2@yahoo.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>                                                                                                             |
| <b>MEMBERSHIP AND EMAIL UPDATES</b> | Tad Darling       | <a href="mailto:harrydarling@verizon.net">harrydarling@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:_sheldon.laura1@gmail.com">_sheldon.laura1@gmail.com</a> |
| <b>WEDNESDAY WALK COORDINATOR</b>   | Bernie Geren      | <a href="mailto:tscbernie@hotmail.com">tscbernie@hotmail.com</a>                                                                                                         |
| <b>WALK DEVELOPMENT COMM. CHAIR</b> | Teresa Kennedy    | <a href="mailto:Forty6er3k@aol.com">Forty6er3k@aol.com</a>                                                                                                               |
| <b>YEAR ROUND SEASONAL WALKS</b>    | Barbara Kolapakka | <a href="mailto:Bkola67@gmail.com">Bkola67@gmail.com</a>                                                                                                                 |
| <b>HISTORIAN</b>                    | Dan Schryver      | <a href="mailto:Dschryver@aol.com">Dschryver@aol.com</a>                                                                                                                 |
| <b>PROGRAMS</b>                     | Alan Longshore    | <a href="mailto:lynnj@nycap.rr.com">lynnj@nycap.rr.com</a>                                                                                                               |
| <b>PUBLICITY</b>                    | Pat Rush          | <a href="mailto:PatRush1@verizon.net">PatRush1@verizon.net</a>                                                                                                           |
| <b>PURCHASING</b>                   | Winnie Balz       | <a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>                                                                                                               |

Empire State Capital Volkssporters

# August 2011

## TREASURER'S REPORT

August 1, 2011

|                                 |               |  |
|---------------------------------|---------------|--|
| June 1, 2011 Beginning Balance: | \$ 8075.79    |  |
| Income: Returned security       | 100.00        |  |
| Donations                       | 130.00        |  |
| Membership                      | 139.00        |  |
| Credit Walkers                  | 2691.00       |  |
| IVV Log Books                   | 305.00        |  |
| New Walker Packet               | 25.00         |  |
| Non Credit Walkers              | 280.00        |  |
| Merchandise                     | <u>34.00</u>  |  |
| Total Income by Categories      | 3704.00       |  |
| Expenses: Office Supplies       | 140.40        |  |
| After Action                    | 773.75        |  |
| Donations Given                 | 410.00        |  |
| Merchandise                     | 92.42         |  |
| Web Site                        | 60.00         |  |
| After Walk Activities           | 263.84        |  |
| Dues to AVA                     | 50.00         |  |
| 25th Anniversary Party          | <u>200.00</u> |  |
| Total Expenses                  | \$ 1990.41    |  |
| July 31, 2011 Ending Balance:   | \$ 9789.38    |  |
|                                 | Submitted by, |  |
|                                 | Beth Snyder   |  |
|                                 | Treasurer     |  |



# August 2011

## ESCV CALENDAR OF EVENTS

### TRADITIONAL ONE DAY EVENTS

Sept. 10 - Waterford - Tugboat Festival

**Sept. 24 - Glimmerglass State Park – Oktoberfest – CHANGE**

October 15 – Chatham      November 6 - Ballston Lake - Pasta Party

December 3 - Schenectady - Holiday Party

### WEDNESDAY WALKS

| Date                                 | Description           | 9AM & 6PM Start / Finish           | POC                              |
|--------------------------------------|-----------------------|------------------------------------|----------------------------------|
| <b>6:45 AM, 9 AM, and 6 PM Walks</b> |                       |                                    |                                  |
| 17-Aug                               | Malta/ Luther Forest  | Malta Parade Grounds               | Vera Weiss<br>/ Marylou<br>Geren |
| 24-Aug                               | Troy, NY              | Sacred Heart Roman Catholic Church | Mary Agars                       |
| <b>9AM only</b>                      |                       |                                    |                                  |
| 31-Aug                               | Troy/Oakwood Cemetery | Ross Valve Parking Lot.            | Jim Kuba /<br>Winnie Balz        |

## NORTHEAST REGIONAL CALENDAR - Patty Proulx,

| Date      | Day              | AVA Club       | NORTHEAST REGION<br>Walk Location | Calendar 2011<br>Point of Contact | E - Mail                                                                                         | Telephone    |
|-----------|------------------|----------------|-----------------------------------|-----------------------------------|--------------------------------------------------------------------------------------------------|--------------|
|           | <b>August</b>    |                |                                   |                                   |                                                                                                  |              |
| 20-Aug    | Saturday         | Walk 'n Mass   | Arlington, MA                     | Mary Frink                        | <a href="mailto:mkfrink@verizon.net">mkfrink@verizon.net</a>                                     | 617-387-1577 |
|           | <b>September</b> |                |                                   |                                   |                                                                                                  |              |
| 11-Sep    | Sunday           | West Point     | Nyack, NY                         | Peggy Goetz                       | <a href="mailto:volkssportclubofwestpoint@hotmail.com">volkssportclubofwestpoint@hotmail.com</a> | 845-268-2215 |
| 17-Sep    | Saturday         | West Point     | Highland, NY                      | Andrew Schmidt                    | <a href="mailto:volkssportclubofwestpoint@hotmail.com">volkssportclubofwestpoint@hotmail.com</a> | 845-462-7539 |
| 24-Sep    | Saturday         | Walk 'n Mass   | Middletown, RI                    | Ann Plichta                       | <a href="mailto:amplic@comcast.net">amplic@comcast.net</a>                                       | 508-673-6553 |
|           | <b>October</b>   |                |                                   |                                   |                                                                                                  |              |
| 2-Oct     | Sunday           | West Point     | (Ramble Walk)                     |                                   |                                                                                                  |              |
| 8,9 - Oct | Sat/Sun          | Twin State     | Addison, VT                       | Charlotte Phillips                | <a href="mailto:cpwalkvt@shoreham.net">cpwalkvt@shoreham.net</a>                                 | 802-343-3033 |
| 8,9 - Oct | Sat/Sun          | Twin State     | Crown Point, NY                   | Charlotte Phillips                | <a href="mailto:cpwalkvt@shoreham.net">cpwalkvt@shoreham.net</a>                                 | 802-343-3033 |
| 22-Oct    | Saturday         | Southern Maine | Portland, ME                      | Denise Macaronas                  | <a href="mailto:SMVA2005@yahoo.com">SMVA2005@yahoo.com</a>                                       | 207-774-3415 |
|           | <b>November</b>  |                |                                   |                                   |                                                                                                  |              |
| 5-Nov     | Saturday         | Walk 'n Mass   | Bedford, MA                       | Sue & Dave Robertson              | <a href="mailto:susdave@comcast.net">susdave@comcast.net</a>                                     | 978-774-6449 |
|           | <b>December</b>  |                |                                   |                                   |                                                                                                  |              |
| 3-Dec     | Saturday         | Walk 'n Mass   | Attleboro, MA                     | Margo Craven                      | <a href="mailto:maqoo249@comcast.net">maqoo249@comcast.net</a>                                   | 508-222-1152 |