



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address

www.ava.org/clubs/escv

February 2011

A Bit from Barb.....

Saturday Feb. 12 we held our first ever snowshoe event at Christ the King Retreat Center in Greenwich. Forty-five people showed up to enjoy the snow (and hot beverages and cookies after). As POC, I had been worrying about this event for over a year since our snowfall was scant last year. However my prayers to the snow gods were answered (and how!) and we have more than enough snow to last for a while. I hope we don't have to turn our April walk at Clermont into a snowshoe! As always the folks at the Retreat Center extended their gracious hospitality and gave us a comfortable setting for the start point and socializing.

Doing a snowshoe walk as an AVA event is pretty rare. There are only four being done this year in the entire country and this was the only one east of Minnesota, so we had a chance to do a really different kind of event.

Despite the snow, we're also still walking on pavement. Group walks are coming up Feb. 20 in Troy and March 5 in Schenectady. Ellen McNett will once again host us for soup and chili at her house after the Schenectady walk. More information on the soup party is included in this newsletter.

Also included is a summary of our 2010 walk statistics. We had a total of 3,358 walkers from all our events. The YRE/seasonals had 457 more walkers last year than in 2009. Bus groups helped those statistics. I think the fact that groups want to come and do our walks is a testament to our having a number of interesting quality walks.

The Wednesday walk series saw a decline in numbers from 2009, most likely attributable to the hot, humid summer of 2010. The average attendance at the traditional weekend events was about the same, after adjusting for hosting one less walk last year than the year before.

Although we have a natural tendency to focus on our local club, we are part of a national organization that is now undergoing a self-examination to determine how it can best survive and grow in the future. A five year strategic plan is being developed which will be voted on by the National Executive Council in April. A first draft of that plan has been posted on the AVA website. (We have a link to it from our website.)

The draft is lengthy and not all of the recommendations in it directly affect the clubs, but it is important that you read at least those sections that would affect you as a member and your club. AVA has sent the draft to all members via the website and is soliciting comment from all of you. You should send any comments you have to Nicole Rogers, the Executive Director, with a copy to our North East Regional Director Patty Proulx.

See you on the trail! Barb

February 2011

SOUP'S ON!

There will be the traditional soup and chili lunch at Ellen McNett's following the March 5th Schenectady group walk. Everyone is welcome. Soup and chili plus beverages will be provided. Contributions of accompaniments (e.g. bread, rolls, salad, desserts) are welcome.

Come and enjoy some warm camaraderie on a chilly Saturday afternoon. Any questions call Ellen at 372-1270.

CLUB MEETING

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway). The next meeting will be March 8th.

Marv and Vera Weiss will present two short "slide shows" covering their trip to India and Bhutan. India is the second most populous country (following China), and is very diverse socially and geographically. Their experiences took them to Calcutta and the northwestern/north-central regions. For those that have traveled to third world countries, you will appreciate some of the experiences they encountered.

Bhutan is a small independent kingdom nestled in the Himalayan mountains between India and China. They will share their visit with the beautiful, exotic people and country of "the land of the dragon".

Hope you can attend this meeting.
Alan Longshire

MEMBERSHIP RENEWAL TIME

If you have not renewed yet, STOP reading this newsletter and go mail your Membership Form right away!!!! This is the last reminder....

It is that time of year again to renew your ESCV membership for the 2011 year!!!! The membership year starts January 1. A completed MEMBERSHIP FORM and DUES OF \$10 (\$18 FOR FAMILY) must be received by 2/28/11, otherwise you will not be included in the annual membership directory nor get any future mailings/walkbooks. There will NOT be a grace period after that date for the directory! For a membership form, see the January Newsletter and it is available on the ESCV website.

You will be receiving Membership Directory corrections and/or additions directly via email or snail mail if you don't have a computer.

PLEASE WELCOME THE FOLLOWING NEW MEMBERS:

Robert Suss, Voorheesville, Thomas Ciancetta, Scotia, Anita Dingman, Hadley.
See you on the trail!

February 2011

A NOTE OF THANKS

To Our ESCV Friends,

There are no words to express my gratitude to the many members of ESCV who responded to the news of the loss of my son, Jim, by sending beautiful messages of comfort and sympathy to me and my family. Your thoughtfulness, concern and spontaneous outpouring gave me great joy in the midst of sorrow. As my family and I adjust to this new reality in our lives, it is such a blessing to have friends like you to buoy us up and move us forward. Now John and I look forward to enjoying more exhilarating walks with all of you and continuing to discover more of the wonders all around us as we walk old and new trails together, one step at a time. Our walking club is surely not only a source of fitness, friendship and fun, but also a community that greatly values each of its members. We are proud to be a part of such a caring fellowship, and I want to thank each of you for reaching out to us at this time.

Most sincerely,
Jane Pattison

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. 2010/Jan 2011 and Feb./Mar. 2011 AVA newsletter.

30 Events Barbara Popolizio	50 Events Gail Ostrander Michael Popolizio Eleanor Shutter	75 Events Annalisa Van Avery David Van Schaick Shirley Van Schaick	100 Events Dave Golden Janice Golden Ann McCarthy	225 Events Pat Whalen
300 Events George Agars Rita Gavin	325 Events Mary Agars Frank Edwards Nellie Georgelos	350 Events Catherine Edwards	500 Events Mary Sorrell	575 Events Barbara Kolapakka
650 Events Winnie Balz	800 Events Dan Schryver	1100 Events John Cairns	1400 Events Barbara Piffat Joe Piffat	
1000 km Dave Golden Ann McCarthy	1500 km Pat Whalen	2500 km Rita Gavin Karen Watson	3500 km Mary Agars Nellie Georgelos	5000 km Mary Sorrell
12000 km John Cairns				

February 2011

Congratulations on your accomplishments! If anyone was missed that was published in the Dec./Jan. and Feb./March *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.

2010 WALK STATISTICS

YEAR ROUND/SEASONALS			
Albany/Capital	209	Saratoga Springs	210
Albany Neighborhoods	88	Saratoga Battlefield	78
Bennington	105	Saratoga State Park	183
Caroga Lake	53	Schenectady	149
Colonie	134	Scotia	86
Cooperstown	143	Troy	91
Johnstown	101	Williamstown	118
Lake George	75		
TOTAL: 1,823			
WEDNESDAY WALKS			
May 5 Saratoga West Side	76	July 7 Vale Cemetery	42
May 12 Corning Preserve	43	July 14 Five Rivers	48
May 19 Cohoes	57	July 21 Ballston Spa	72
May 26 Woods Hollow	68	July 28 Albany-LaSalle	67
June 2 Broadalbin	45	Aug. 4 Saratoga Museums	78
June 9 Pine Bush	42	Aug. 11 Voorheesville	42
June 16 Thacher Park	33	Aug. 18 Schoharie Crossing	59
June 23 Niskayuna	77	Aug. 25 Amsterdam	41
June 30 Colonie Town Park	84		
TOTAL: 974			
ONE DAY EVENTS			
April 17 Olana	64	Oct. 2 Menands (Octoberfest)	110
May 8 Grafton State Park (picnic)	26	Oct. 16 Esperance	44
June 26 Gloversville	69	Nov. 7 Ballston Lake (pasta party)	86
Sept. 18 Hoosick Falls	53	Dec. 4 Schenectady (holiday party)	109
TOTAL: 561			
TOTAL WALKERS ALL WALKS: 3,358			

February 2011

Saturday, Feb. 12 - ESCV's first ever snowshoe event at Christ the King Retreat Center in Greenwich



February 2011

TREASURER'S REPORT

Submitted by Beth Snyder, Treasurer

Empire State Capital Volkssporters

TREASURER'S REPORT

March 1, 2011

Empire State Capital Volkssporters

TREASURER'S REPORT

March 1, 2011

Feb. 1, 2011 Beginning Balance: \$ 8599.61

Income:

Membership 791.00

Starting Books 360.00

Total Income by Categories 1151.00

Expenses:

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Sanction Fees 30.00

Postage 21.97

Insurance 10.00

Total Expenses \$ 411.97

Feb. 28, 2011 Ending Balance: \$ 9338.64

Submitted by,
Beth Snyder
Treasurer

CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Sue Grey	susanbg2@yahoo.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com
MEMBERSHIP AND EMAIL UPDATES	Tad Darling	harrydarling@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 sheldon.laura1@gmail.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	Barbara Kolapakka	Bkola67@gmail.com

February 2011

HISTORIAN	Dan Schryver	Dschryver@aol.com
PROGRAMS	Alan Longshore	lynnj@nycap.rr.com
PUBLICITY	Pat Rush	PatRush1@verizon.net
PURCHASING	Winnie Balz	winnieeb@yahoo.com

ESCV CALENDAR OF EVENTS

GROUP SANCTIONED WALKS

Saturday walks start at 9:30; registration starts 1/2 hour before. Sunday walks start at 1:30; registration starts 1/2 hour before.

DAY	DATE	LOCATION	DAY	DATE	LOCATION
Sunday	February 20	Troy	Sunday	May 1	Lake George
Saturday	March 5	Schenectady	Saturday	May 7	Cooperstown
Sunday	March 13	Albany - Neighborhoods	Saturday	May 14	Saratoga Battlefield
Sunday	March 20	Scotia	Sunday	May 29	Saratoga State Park
Saturday	April 2	Williamstown	Saturday	June 4	Caroga Lake
Sunday	April 10	Albany - Colonie Crossings	Sunday	June 19	Bennington
Saturday	April 16	Johnstown			

TRADITIONAL ONE DAY EVENTS

April 30 - Clermont - March for Parks - CHANGE

May 21 - Rensselaerville

June 11 - Glens Falls - spring picnic

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

February 2011

WEDNESDAY WALKS

Date	Description	9AM & 6PM Start / Finish	POC
4-May	Clifton Park	St. Edwards Roman Catholic Church	Eileen Skinner / John Cairns
11-May	Saratoga West Side	Price Chopper Plaza on Rte. 50	Linda Morzillo
18-May	Woods Hollow	Milton Community Center	Vera Weiss / Marylou Geren
25-May	Round Lake	Dominick Pasquale Ball Field	Sue Grey
1-Jun	Broadalbin	Fulton County Information Center	Ann Smith
8-Jun	Schoharie Crossing	Yankee Hill Lock #28	Teresa Kennedy
15-Jun	Thacher Park Area	Hailes Cave Picnic Area	Winnie Balz
22-Jun	Niskayuna	Blatnik Park	Lucy Desjardins
29-Jun	Colonie Town Park	Colonie Town Park Pavilion #2	Berny Desroches / Bill Hughes
6:45 AM, 9 AM, and 6 PM Walks			
6-Jul	Schenectady/Vale	College Park Hall Parking Lot	Bernie Geren
13-Jul	Middle Falls	First Pioneer Farm Credit, Rte 29	LaVerne Stiles
20-Jul	Ballston Spa	County Parking Lot Rte. 67	Bernie Geren
27-Jul	Alb. Wash. Park	LaSalle Parking Lot	Doug & Jackie Reynolds
3-Aug	Saratoga East Side	Price Chopper Plaza on Rte. 50	Barbara Kolapakka
10-Aug	Voorheesville	St. Matthews Roman Catholic Church	Dan Schryver
17-Aug	Malta/ Luther Forest	Malta Parade Grounds	Vera Weiss / Marylou Geren
24-Aug	Troy, NY	Sacred Heart Roman Catholic Church	Mary Agars
9AM only			
31-Aug	Troy/Oakwood Cemetery	Ross Valve Parking Lot.	Jim Kuba /Winnie Balz

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NORTHEAST REGIONAL CALENDAR - Patty Proulx,

Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
	March					
26-Mar	Saturday	Walk 'n Mass	Holliston, MA	Beate Hait	beateh1@aol.com	508-429-3564
	April					
30-Apr	Saturday	Connecticut Valley	Wallingford, CT	Peter & Eileen Anderson	eilande@comcast.net	203-269-2097
	May					
7-May	Saturday	Princeton	Bronx, NY	Maureen Penta	maurpenta@gmail.com	908-309-8398
7-May	Saturday	Twin State	Lebanon, NH	Pat Stark	carri@vtlink.net	802-584-4999
14-May	Saturday	West Point	West Point, NY			
15-May	Sunday	West Point	Newburgh, NY			
22-May	Saturday	Walk 'n Mass	Cunberland - Bike event	Mary Suchodolski	JIBBA411@verizon.net	401-829-2204
22-May	Sunday	Walk 'n Mass	Cumberland, RI	Mary Suchodolski	JIBBA411@verizon.net	401-829-2204
	June					
4-Jun	Saturday	Walk 'n Mass	Lowell, MA	Pam & Mike Medolo	IVVWalkers@gmail.com	781-640-5055
	July					
23-Jul	Saturday	West Point	Staatsburg, NY			
	August					
6-Aug	Saturday	Twin State	Northfield, VT	Cindy Gray	crwgray@comcast.net	802-584-4999
20-Aug	Saturday	Walk 'n Mass	Arlington, MA	Mary Frink	mkfrink@verizon.net	617-387-1577
	September					
17-Sep	Saturday	West Point	Kingston, NY			
	October					
2-Oct	Sunday	West Point	(Ramble Walk)			
8,9 - Oct	Sat/Sun	Twin State	Addison, VT	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
8,9 - Oct	Sat/Sun	Twin State	Crown Point, NY	Charlotte Phillips	cpwalkvt@shoreham.net	802-343-3033
22-Oct	Saturday	Southern Maine	Portland, ME	Denise Macaronas	SMVA2005@yahoo.com	207-774-3415
	November					
	December					
3-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	magoo249@comcast.net	508-222-1152

FROM THE HISTORIAN'S DESK – Dan Schryver

EMPIRE STATE CAPITAL VOLKSSPORTERS NEWSBRIEF
JANUARY 1991

I hope that all of you had an enjoyable holiday season with family and friends. It has been one of ESCV's best years running. The year of 1991 will be full of events with growing community support and exposure. All our hard work is paying off.

AWARDS

Beryl Wolf 100 Events 1000 Km.

Ellen McNett 10 Events

Congratulations to both of you!!!