



# EMPIRE STATE CAPITAL VOLKSPORTERS

Website Address

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

## January 2011

### A Bit from Barb

Greetings for the New Year! I hope you all had a safe and happy holiday season. Our club celebrated with our traditional Holiday Walk and party on Dec. 4. We had 109 walkers and even more attendees at the party. Many thanks to the folks who organized the day: Pat Rush for once again graciously hosting us at her house for the cookie stop, Carol Sorensen for ferrying all those cookies from the Inn to Pat's, Bernie Geren for being the POC for the walk and many others for helping out in a myriad of ways.

Special thanks go this year to Eileen Sowa who was making her farewell appearance as our banquet manager. Eileen has ably managed this event for several years and she will be missed but she has passed her baton to Lucy Desjardins. I ran into Lucy yesterday while she was shopping for centerpieces for next year, so she's already on the job.

We opened the 2011 walk season on January 2 with the Albany capital walk (See photo below). We had 70 walkers and two purchased new walker kits, so we're still growing. Unlike on many of our past opening day walks, the weather was balmy for January and so, rather than rushing to get out of the cold, we were able to stop and enjoy things along the way, like an impromptu visit to the Cathedral of the Immaculate Conception where we were treated to live organ music.

The next group walk will be in Saratoga on Jan. 30. And this year we will have a traditional event in the winter, albeit with a non-traditional format. We will be trying a snowshoe event for the first time. The location will be Christ the King Spiritual Retreat Center in Greenwich (site of our 2009 Octoberfest). And if there's not enough snow? (Perish the thought!). It will be converted to a walk. More information is included in another item in this newsletter.

In 2011 ESCV will offer you the opportunity to get 57 stamps in your books just by doing all of the walks on our schedule. In several parts of the country the number of walks close to home is very limited, so be grateful to all the folks in our club who work hard to bring you this ambitious schedule. And, if you're not one of them, why not volunteer to help out this year? POCs always welcome help.

**See you on the trail!**

**Barb**

## January 2011

### **MEMBERSHIP RENEWAL TIME!!!!**

**If you have not renewed yet, STOP reading this newsletter and go mail your [Membership Form right away!!!!](#)**

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. There will NOT be a grace period after that date for the directory! This is in an effort to distribute the directory to our membership in a more timely manner.

Something new this year – each family member will have his/her own entry, so if you have different cell phone numbers or email addresses, this feature should help you. Also, winter addresses will be listed separately as well, so people can get in touch with you.

A Membership Form is attached to this newsletter and is available on our 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:**

Auriella Baker from Schenectady  
Patricia Clausi from Scotia  
Donna Farber from Albany  
John Hotchin from Delmar  
Kathy MacGregor from Voorheesville  
Lois Radke from Silver Bay, New York  
Kira and Herbert Roes from Gloversville  
Julia Smart from Voorheesville  
Suzanne Winkler from Schenectady

See you on the trail!

### **CLUB MEETING - PROMOTING BONE HEALTH FOR WALKERS - Alan Longshore**

ESCV member Loueen Whalen is a physical therapist currently working with the senior population. At our February 8th meeting, Loueen will make a presentation on osteoporosis and present some exercises to promote good bone health. This should be an interesting and pertinent subject for walkers.

Monthly meetings take place on the second Tuesday, starting at 7pm. at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway).

## January 2011

### **WALK ON SNOW February 12th**

If you're not in warmer climes in February, chances are you'll be looking at snow. So why not walk on it? Snowshoeing is a great way to get out and enjoy nature in the winter. And, yes, you can get volkswalking credit for doing this if you join us at Christ the King Spiritual Life Center in Greenwich on Feb. 12.

No, you don't have to snowshoe 10k; in fact, there is NO minimum distance required for a snowshoe event. There will be a fairly gentle 5k trail loop out to a secluded pond. There will also be opportunities for you to take a shorter route if you wish, back to the complimentary hot chocolate, coffee and cookies awaiting you at the comfortable Great Hall at the Center.

Sign-in is from 12:30-2:30 and you must finish by 4. After your snowshoe, stay around and socialize while having your hot beverage and cookies.

Don't have snowshoes? The Center has some loaners for no charge but they don't guarantee availability since all visitors to the Center can use them on a first come, first served basis. EMS stores rent snowshoes and other local snow sports stores may do so also. (LL.Bean doesn't.) Snowshoeing doesn't require any special skills. If you can walk, you can snowshoe.

And if there's no snow? AVA rules require we convert the event to a walk. This is the same location we used for our 2009 Octoberfest walk, which received high marks for its lovely setting. So come out and walk! Refreshments will be available.

More details, including the directions to the Center, are provided in the brochure online at our website.

#### Are you planning to come?

While the refreshments are courtesy of ESCV, we do have to give the Center a projected number of attendees to provide for. If you're planning to come, please send an e-mail, with the number of people in your party, to Barbara Kolapakka [at bkola67@gmail.com](mailto:bkola67@gmail.com) by February 8 so we can plan for the approximate number. (But if you forget to e-mail, come anyhow.)

### **NEW NORTH EAST REGIONAL DIRECTOR**

Patty Proulx of the Granite State Trail Walkers was elected to serve the remaining six months of Phil Hait's term as North East Regional Director. We thank her for agreeing to take on this assignment on an interim basis until the election of a new NERD for a full two year term beginning July 1. You can get in touch with Patty [at Jeffpattyproulx@copper.net](mailto:Jeffpattyproulx@copper.net).

The North East Region Nominating Committee has announced the nomination of one of our own members, Doug Reynolds, for the full two year term. Members of our club are well aware of Doug's commitment to volkswalking and his willingness to help out our club whenever asked. The election will be held this spring and our club will vote at one of our regular club meetings. The exact date of the election has not yet been determined.

**January 2011**

**January 2<sup>nd</sup> 2011, Albany New York**



Photo Courtesy of Linda Morzillo



January 2011

## VOLKSMARCH IN BERLIN, GERMANY, JUNE 29, 2010 -

### Pat Reed

While traveling to Eastern Europe we were fortunate to connect with walkers, Wilfred and Bernd, from a German club. We were delighted to walk the —Berlins Historische Mittel.

The following article appeared in the newsletter of the Hiking Club Waldhaus Berlin e V.. As you can tell, we did experience communication challenges. We Americans spoke minimal German and the Germans spoke minimal English. I gave them the ESCV brochures of scheduled walks. The Hiking Club Waldhaus does Tuesday walks very similar to our Wednesday walks. It was an awe inspiring experience.



Left to right: Ron, Pat's brother-in-law, Pat, Barbara, Pat's sister, and Brend, German walker host

*From "Hiking Club Waldhaus Berlin e V" newsletter:*

**3 Americans in Berlin 29 June 2010**—Pat, Barbara and Ronald, members of the second largest hiking club in the US, named Empire State Capital and founded in Albany—now based in Clifton Park, NY, came from Paris to visit Berlin from 27 June – 01 July with a travel group of almost 30.

Next stops were Warsaw, Krakow, Budapest and Prague before returning home. Their hiking club is a member of the American AVA which belongs to the IVV. The three American hiking fans were brought to the Hiking Club Waldhaus Berlin e.V. through the Hiking Club SV Paaren im Glien e.V. to receive a IVV-guided hiking tour through Berlin in their native language. The Waldhaus club has named Wilfried S. and Bernd F. as guides to lead the guests through Berlin's historic center on 29. June.

## January 2011

However, the route had to be modified so that specific attractions from the Empire State Capital hiking members favorites list could be toured: Holocaust Monument, Central Train Station, Checkpoint Charley and the Wall Monument at Bernauer Street.

Another mandatory visit was the Harley-Davidson subsidiary at the Berlin Salzufer. Ronald, a proud owner of a Harley-Davidson, needed a T-shirt with a Berlin imprint for his collection. In this case it was the Brandenburg Gate.

The 7.5 hour tour with the very friendly guests started and ended at their Hotel in Prague Street. Service was spectacular with temperatures around 90F and a German-English-American language mix.

The tour concluded with a big —Thank you!! from the American hiking fans and the promise to stay in touch via e-mail and possibly meet again.

### TREASURER'S REPORT

Submitted by Beth Snyder, Treasurer

#### Empire State Capital Volkssporters

#### TREASURER'S REPORT

January 1, 2011

Nov. 1, 2010 Beginning Balance: \$10,320.85

#### Income:

Name Tags	24.00
Holiday Party	2548.00
Pasta Party	406.18
Octoberfest Food	10.00
One Day Event	833.00
Fourth Qt Reports	1053.00
One Day Walks	<u>833.00</u>
Total Income	\$ 5698.18

#### Expenses:

Name Tags	23.44
Holiday Party	3547.11
AVA	2020.50
Donation	422.00
Weds. Walk Expense	1242.70
Office Supplies	<u>263.77</u>
Total Expenses	\$ 7519.52

December 31, 2010 Ending Balance: \$ 8499.51

# January 2011

## 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	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>

## 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.

Saturday January 30 - Saratoga City Walk  
 Sunday February 20 - Troy  
 Saturday March 5 - Schenectady  
 Sunday March 13 - Albany - Neighborhoods  
 Sunday March 20 - Scotia  
 Saturday April 2 - Williamstown  
 Sunday April 10 - Albany - Colonie Crossings  
 Saturday April 16 - Johnstown  
 Sunday May 1 - Lake George  
 Saturday May 7 - Cooperstown  
 Saturday May 14 - Saratoga Battlefield  
 Sunday May 29 - Saratoga State Park

# January 2011

Saturday June 4 - Caroga Lake

Sunday June 19 - Bennington

## TRADITIONAL ONE DAY EVENTS

February 12 - Greenwich - (Snowshoe EVENT)

**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

## 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 Cemetary	Ross Valve Parking Lot.	Jim Kuba/Winnie Balz
--------	-----------------------	-------------------------	----------------------



# January 2011

## NORTHEAST REGIONAL CALENDAR - Patty Proulx

Date	Day	AVA Club	NORTHEAST REGION Walk Location	Calendar 2011 Point of Contact	Phil Hait - Region Director E - Mail	Telephone
	<b>March</b>					
26-Mar	Saturday	Walk 'n Mass	Holliston, MA	Beate Hait	<a href="mailto:beateh1@aol.com">beateh1@aol.com</a>	508-429-3564
	<b>April</b>					
30-Apr	Saturday	Connecticut Valley	Wallingford, CT	Peter & Eileen Anderson	<a href="mailto:eilande@comcast.net">eilande@comcast.net</a>	203-269-2097
	<b>May</b>					
7-May	Saturday	Princeton	Bronx, NY	Maureen Penta	<a href="mailto:maurpenta@gmail.com">maurpenta@gmail.com</a>	908-309-8398
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	<a href="mailto:JIBBA411@verizon.net">JIBBA411@verizon.net</a>	401-829-2204
22-May	Sunday	Walk 'n Mass	Cumberland, RI	Mary Suchodolski	<a href="mailto:JIBBA411@verizon.net">JIBBA411@verizon.net</a>	401-829-2204
	<b>June</b>					
4-Jun	Saturday	Walk 'n Mass	Lowell, MA	Pam & Mike Medolo	<a href="mailto:IVVWalkers@gmail.com">IVVWalkers@gmail.com</a>	781-640-5055
	<b>July</b>					
23-Jul	Saturday	West Point	Staatsburg, NY			
	<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>					
17-Sep	Saturday	West Point	Kingston, NY			
	<b>October</b>					
2-Oct	Sunday	West Point	(Ramble Walk)			
8-Oct	Saturday	Twin State	Chimney Point, VT			
22-Oct	Saturday	Southern Maine	Riverton, ME	Denise Macaronas	<a href="mailto:SMVA2005@yahoo.com">SMVA2005@yahoo.com</a>	207-774-3415
	<b>November</b>					
	<b>December</b>					
3-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	<a href="mailto:magoo249@comcast.net">magoo249@comcast.net</a>	508-222-1152

January 2011

## ESCV MEMBERSHIP FORM

### PLEASE READ:

- This form is for new or renewing memberships.
- Memberships run from January 1 to December 31 each year.
- Dues are \$10 for singles and \$18 for families; New membership packets are \$5.
- New memberships after September 1<sup>st</sup> are one half the annual fee through December 1<sup>st</sup>.
- Renewal starts December 1<sup>st</sup>. Renewals received after February 28<sup>th</sup> will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the —Hotmailll (email) list.
- Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- If you have a winter mailing address, please identify on the back of this form and the approximate dates this mailing address is effective.
- To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Harry Darling, Membership Chairman - Questions? 518-399-7229; [harrydarling@verizon.net](mailto:harrydarling@verizon.net)

---

### PLEASE PRINT CLEARLY

Date Submitted: \_\_\_\_\_ Family or Single Membership? (Circle one)

Name: \_\_\_\_\_ New Member: \_\_\_\_\_ or Renewal: \_\_\_\_\_


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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ New Member: \_\_\_\_\_ or Renewal: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Enter winter mailing address and dates effective on back of form 

Make check payable to ESCV - \$18 for Family or \$10 for Single Membership (half price for new members after Sept. 1<sup>st</sup>), and include \$5 for each new member for your —New Walker Program Packetll

Mail this form and check to:  
ESCV Membership  
PO Box 5464  
Clifton Park, NY, 12065-5464