

Empire State Capital Volkssporters





Walking Club in the Capital Region of New York State

Member of the American Volkssport Association and the International Federation of Popular Sports

JUNE 2013

Walk Schedule:

- * Please refer to Walk Book for directions.
- * Registration begins 30 minutes prior to start.

Wednesday Walks

Start time: 9 am & 6 pm May 29 – Round Lake June 5 – Waterford June 12 – Voorheesville June 19 – Niskayuna

June 26 – Colonie

One-Day Traditional Events

Start time: bet. 9 – 12 noon Finish by 3:00 pm

May 25 – Annual Spring Picnic Grafton Lakes State Park

June 8 – Taconic State Park, Bash Bish Falls

Year Round & Seasonal Walks

Start time: Tues, Wed & Sat 10 am; Sun 1:30

June 1 (Sat.) – Saratoga Battlefield June 15 (Sat.) – Williamstown

June 22 (Sat.) – Valliamstown June 22 (Sat.) – Caroga Lake

June 30 (Sun.) – Bennington

NOTE: All dates and times as of publication are subject to change. Walkers are encouraged to check the ESCV website.

Contact Us At: Empire State Capital Volkssporters PO Box 5464 Clifton Park, NY 12065-5464

www.walkescv.org/



Lea's Lots of Lines

Spring was nonexistent and now summer is barking at the door to be admitted. I'm always like a kid again, looking forward to biking, fresh tomatoes from the garden, gardening, hiking, kayaking, rowing, spending time with grandkids, and walking with all my friends in ESCV.

Our weekly Wednesday walks have commenced with Saratoga bringing out 56 walkers. Thanks POC Linda Morzillo for a fun opening walk. Next POC Dave Janiga led us on his redesigned Corning Preserve walk with the tulips and other flowering bulbs to give us lots of eye candy. We had 48 walkers supporting this event. Thanks to Marion Averill for manning the sign in table. Oakwood led by Jim Kuba and his dialogue of the famous generals and other anecdotes is always an educational walk. Thanks again POC Dave Janiga and Kathy/Jim Brown for getting all 60 registered and on the trail. Seasonal Johnstown had 21 walkers who enjoyed a beautiful walking morning with some staying after for lunch. Thanks POC Nellie Georgelos, Barb Bilins, and Ann Smith for leading and signing in duties. Our Seasonal Lake George walk was attended by 18 folks who enjoyed a walk full of lake, mountain, and tourist views. Thanks to POC Linda Morzillo for a nice walk in a beautiful village.

Remember you only have until June 30 to fill your white incentive books with the 15 YRE/Seasonal walks to earn your free Event or Kilometer book. Let's get going!

As I mentioned in April's newsletter, Ellen Brown is our new ESCV newsletter editor. She is excited about taking on this task and incorporating some of her self taught computer skills. Any articles you'd like to share on your own walking experiences are always welcomed. It's always nice to have these personal reflections. Send all newsletter articles to gorow1010-escv@yahoo.com.

Please send Ellen your birthday date such as June 27, if you'd like to be included in our newsletter birthday wishes. By sending in your date, you are saying it is okay for ESCV to publish it in the newsletter.

My time as president for this wonderful club is winding down and I would be remiss if I didn't thank all the past presidents and our NERD from ESCV for their help with numerous questions that arose during my tenure. They were and are the most patient and knowledgeable mentors. I thank you from the bottom of my heart: Lil Julian, Mary Sorell, Bernie Geren, Barb Kolapakka, and Doug Reynolds.





ANNUAL SPRING CLUB PICNIC

After Completing the Walk at

GRAFTON LAKES STATE PARK Saturday, May 25

Join your friends for our potluck, Bring a dish to share at Noon Beverages will be provided



Check out the brochure for this event by going to the ESCV website (www.walkescv.org) and click the button "Traditional One Day Event" on the left sidebar, then click on May 25, Grafton Lakes State Park.

TWO STATES, ONE WALK, A LOT TO SEE

by Barbaraa Kolapakka – The American Wanderer – April/May 2013

On June 8 the Empire State Capital Volkssporters are holding a two-state walk; but you won't have to drive to two start points, in fact you only have to go a short walk to walk in both New York and Massachusetts. In doing so you're on your way to Bash Bish Falls, the highest waterfall in Massachusetts, tumbling nearly 200 feet down a rocky cliff in the Taconic Mountains. Legend says that the falls were named after doomed Indian maiden named Bash Bish who perished there; others say the name reflects the sound the water makes as it dashes against the rocky stream bed below. In any case it's a spectacular sight.

But there's plenty to see on the New York end as well. We start in Taconic State Park in Copake Falls. The park is based at the site of an iron foundry dating to 1845. The iron furnace and other buildings, including workers' homes, are still there and a museum tells their story. The iron was mined on site and the ore pit now serves the park as a pond for swimming and fishing. The walk routes include part of the Harlem Valley Rail Trail and hiking trails within the park.

The walk starts at Taconic State Park with registration from 10 a.m.-noon, finish by 3 p.m. Bring along a picnic lunch or buy one at a nearby deli and join us after your walk. We love to meet walkers from other clubs. The walk is located in the Hudson Valley area of New York. There are a lot of great YREs and seasonals to walk around in the area, so make it a walking weekend.

For Bash Bish Falls walk brochure, go to www.walkescv.org

CONGRATULATIONS TO GINGER IRETON

At the recent AVA convention in May, the winner of the photo contest for the category of People was announced. It was none other than our own Ginger Ireton. She had submitted a photo she took of ESCV member Maureen Martelle on a walk in Asbury Park, New Jersey. She titled her blue ribbon photograph, "The Boardwalk". We hear she is taking some mighty fine pictures in Italy where she learned she had won. HIGH FIVES ALL AROUND FOR GINGER!!

CONGRATULATIONS NEW 50 US STATE AND 51 CAPITAL WALKERS



Eileen Skinner

In Jackson, Mississippi, Eileen Skinner finished her 51st US Capital walk with many volkssporting friends in attendance on a recent Tater Tour. Kathy LeRoux, Pat Whalen, Phyllis Boyd, and Shirley Pingelski finished their 50th state walk in Sacramento, California with fellow volkssporters on a Travelwalk Tour. These personal accomplishments have taken many years for these individuals and each would welcome being congratulated. WELL DONE LADIES!



Shirley Pingelski, Pat Whalen, Phyllis Boyd, and Kathy LeRoux

Walking the United States (50 States/51 Capitals)

No ending date. Earn special recognition! Complete an AVA walk in all 50 states or in all 50 state capitals and Washington, D.C. The basic state or capital program earns a certificate. Order your "Walking the United States" record book directly from AVA Headquarters, Attn: AVA Headquarters, 1001 Pat Booker Rd., Suite 101, Universal City, TX 78148-4147. E-mail questions to Karen@ava.org. Books are \$6.50 each (includes shipping \$1.50). A separate book is required for each program -- order two books if participating in both programs. An optional Deluxe Package is available upon completion that includes a state or capital certificate, a large patch, and a patriotic T-shirt. Details are on the back of each book.

WALKING IN CALIFORNIA

by Jean Powis and Kevin Lengyel

For our first walk not sponsored by ESCV, Kevin and I enjoyed reaching out to the California Pathfinders. Anxious to meet other Volkssporters, Kevin and I contacted John Fletcher, president of Central Coast Peregrine Pathfinders, of Lompoc, Ca. Surprisingly, this club only has six members, three who no longer walk, two on vacation, making John the one and only present member available to walk with us.



Kevin Lengyel, John Fletcher, and Jean Powis

The weather was fantastic as we started. John promised us a slightly different more scenic 10K walk from the Starting Point books description. He was right. We had picture perfect scenery as we walked parallel to the Pacific Ocean's West Beach, parks, Sterns Wharf and much more. We said our good byes feeling the fun, fitness, and friendship as with all Volkssporter walks.

IN THE NEWS

Our very own Jack Cairns is celebrating 50 years as a priest and invites all his volkswalking friends to celebrate with him.



Golden Jubilarian for the Albany Diocese

The Evangelist -- April 25, 2013

Rev. John Cairns, a native of Troy has served at Ss. Peter and Paul, Frankfort, on the faculty of Catholic Central High in Troy, and as pastor of St. Anthony's Johnstown, and St. Edward the Confessor, Clifton Park, where he served from 1981 until his retirement in 2006.

"Over the years, I have learned that when priests no longer have to compete with one or another of the laity, a collegial form of leadership can emerge that is characterized by

discernment, patience, kindness, compassion, caring and understanding. Even after 50 years, I find priesthood a challenging and exciting ministry."

Father Cairns will observe his anniversary with a Mass of Thanksgiving May 26, 11 a.m., at St. Edwards parish in Clifton Park. A reception will follow.

GREAT VOLUNTEERS IN OUR MIDST

We want to Thank Doug and Jackie Reynolds for their diligent work at the AVA convention doing business for ESCV and N.E.R.D duties. They volunteered for 9 days of convention pre, post and during convention walks. Stamping, giving out directions, collecting monies, voting on issues and selecting the new AVA officers, welcoming, etc. as their commitment to the sport of Volkssorting in the US. Ask them about their experiences, say thanks, and give them a high five for their dedication to the validation of our National club - AVA.

NOMINATIONS OPEN FOR ALL CLUB OFFICES

Consider throwing your hat into the ring for one of the club offices. President, Vice President, Treasurer and Secretary positions are all available. Currently, the president nominee is Linda Morzillo, Vice President nominee is Teresa Kennedy, Secretary nominee is Cathy McGuire, and Treasurer nominee is Beth Snyder. It's always nice to have two nominees per office. So please seriously consider volunteering for these positions. Nominations will be accepted from the floor on June 18th before voting begins.

MONTHLY MEETING & ANNUAL ELECTION



Tuesday, June 18, 2013 6:30 PM Latham Firehouse 226 Old Loudon Road, Latham

All are welcome!

ESCV MEETING PROGRAMS

In the future, if a member would like to present a program to the membership at a meeting, please notify the club president. The two of you will decide when and at what time. We will no longer have a Program chair.

MEMBERSHIP

Tad Darling - harrydarling@verizon.net

Our 2013 walking season is in full swing. Membership has increased to 327 members this year so far down slightly from the 2012 close of 350. This is the time of year that we get many new members so get the word out there and help your friends join in for a walk some day. Please welcome the following new members (or have been gone for some time): Martha Flanagan from Mechanicville, Harlene Smalkin from Clifton Park, Linda Jones from Rensselaer, Joan and Joe Van Alphen from Halfmoon, Nancy Vermilyea from Mechanicville, Evelyn Welk from Burnt Hills, and Tom and June Magliocca from Selkirk.

E-MAIL UPDATES

If your e-mail has changed, let Tad Darling know. harrydarling@verizon.net

BIRTHDAY WISHES

Happy June Birthday to . .

Marion Averill Lea Darling Larry Godshalk Sandra Laity Sharon Freedman Marilyn Huber Eileen Skinner Harlene Smalkin

Robert Suss Jean Van Vranken Nancy Wallace

VOLUNTEER SIGN-UP SHEET

by Tad Darling

The following is a repeat from the April Newsletter, but I feel it needs to be said again. I am sure you all know how important volunteering is to the success of ESCV and your walks. To facilitate volunteers who would like to help out at walks, we have posted an interactive volunteer sign-up sheet on our club's website www.walkescv.org. Although we introduced this interactive sign-up sheet three months ago, very few have used it. There are many open slots needing volunteers. Please go to our website, click on Volunteer tab on the left which will take you to the instruction sheet. Read it first and then click on the link to go to the spreadsheet. Enter your name for a job you would like to help out with during a walk. If you have to later change your availability, go back to the sheet and delete your name. All inputs are saved automatically. Walk POC's will be reviewing this sheet to see who is planning on helping out. Please help out.

MAY 2013 NATIONAL FITNESS & SPORTS PATCHES

You may pick up your patches by giving Winnie Balz or Eileen Skinner a call. There are a few extras so give a call and pick one up for \$2.50 and add to your collection.

NAME TAGS HAVE ARRIVED

The following members new name tags have arrived. Please call Lea Darling or Laura Sheldon for arrangements to get yours. Diane & Tom Barber, Ellen Brown, Linda L. Brown, Martha Flanagan, and Cheryl O'Donnell please make pick up arrangements.

NAME TAG ORDERS

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laura1@gmail.com. They are available with either a magnet or pin back for \$8.



SUNSHINE

Please let our Sunshine Secretary Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating. She can be reached at her home phone 438-1947 or by e-mail kleroux1@nycap.rr.com. You can also see her at the monthly ESCV club meetings.

FROM THE EDITOR

Articles for the July newsletter are due on Friday, June 21st, 2013. Please send us any news items that you feel would be interesting to our membership. Your reflections on a past or upcoming volkswalk and/or trip are always welcome. *

Ellen Brown - gorow1010-escv@yahoo.com - 384-0015





- American Volkssporters Association

NEWEST AVA WEBSITE SPONSOR

Inn to End is the newest sponsor of AVA. To learn more about what they offer, please go to www.ava.org and press the sponsor button. They have some very interesting walking adventures for you to dream about and make come true.

WHAT ARE SPECIAL PROGRAMS AND BOOKLETS?

Individual clubs come up with a unique idea on how to make our walking more interesting and fun and they offer it to all AVA clubs. Once an idea is selected the club makes up a booklet for stamping, decides how many events are needed to complete it, gives a range of time for completion (usually 1 ½ to 2 years), how much to charge to purchase the book, design and have an award made, determine a POC and an address for the purchasing and mailing of the completed walks, and what the particular rules are to get your stamp. Then the club sends in their unique place idea to AVA for approval. Once approved by AVA, they will put an article into The American Wanderer for advertisement of their Special Program and how to purchase the booklet.

Currently there are 15 Special Programs one can have fun doing. Some of the varied Special Programs are America's Bakeries, America's Baseball Walks, Classic American Diners, Fraternal Organizations, etc. So get out there and give your walking trails another shot of fun looking for bakeries (a little snack), baseball parks (catch a fly ball), Walking the United States and Capitals, and collecting the interesting patches and pins the clubs have designed for your pleasure.

Go to www.ava.org and look up Special Programs to see all current offerings.



- N.E.R.D

NEWS - Doug Reynolds

Our Northeast Regional Director, Doug Reynolds, would like to share the area Northeastern states YR/SE/T events SUMMER calendar which you will find below. Please come to the May 21 meeting to hear a brief review of the Orlando AVA convention followed by a short question and answer period. Lastly, start planning now for your attendance at the 19th AVA Biennial Convention in Salem, Oregon in June 2015! Let's see if ESCV can get a group together to attend.

NE TRADITIONAL EVENTS CHART

The Northeast Regional Traditional Events chart has been updated, as of Apr 20 and, thanks to Eileen Skinner of ESCV, posted on the NERD web site (www.ava.org/clubs/reg_northeast & click along left side "NERD Words"; then, select "Traditional Events"). So far, of the six Northeast clubs having a milestone anniversary, only one club, West Pt., has recorded a special event in celebration. I encourage the other clubs to let me know of planning activities so I can enter it on the chart next time it is modified and our NE colleagues can make plans to participate.





Twin State Volkssport Association (TSVA) merged with the Seacoast Striders in 2012. TSVA sponsors AVA sanctioned walks in the twin states of Vermont and New Hampshire.

2013 EVENTS

YEAR ROUND WALKS:

BURLINGTON, VT	94308	2013/Y1333	All Year Round Events can be
MONTPELIER, VT [Capital]	94443	201 3 /Y0978	walked during daylight hours only,
NEWPORT, VT [Lake Memphremagog]	94522	201 3 /Y1888	weather permitting
STOWE, VT	94310	201 3 /Y1074	
CONCORD, NH [Capital]	94442	2013/Y0292	Jan 12 – Dec 8
PORTSMOUTH, NH	94444	2013/Y0132	Jan 12 – Dec 8

SEASONAL WALKS:

EXETER, NH	94441	201 3 /Y1658	Apr 1 – Dec 8
LINCOLN, NH [Franconia Notch State Park]	94587	201 3 /Y1370	May 11 – Oct 20
LITTLETON, NH	94311	201 3 /Y1907	Apr 13 – Dec 15
BELLOWS FALLS, VT	94524	201 3 /Y1503	Apr 1 – Dec 31
CHAMPLAIN BRIDGE, VT/CROWN PT.NY	94811	201 3 /Y1890	May 4 – Dec 1
MIDDLEBURY, VT	94810	2013/Y0707	May 4 – Dec 1
QUECHEE, VT [VT's Grand Canyon]	94307	2013/Y0836	May 11 – Nov 3
ST. JOHNSBURY, VT	94523	2013/Y1141	Apr 1 – Dec 31
WELLS RIVER, VT/WOODSVILLE,NH	94445	2013/Y0000	May 18 – Dec 15
WOODSTOCK, VT	94309	2012/Y1022	May 11 – Nov 3
TICONDEROGA, NY	94809	2012/Y0180	July 1 – Dec 1

TRADITIONAL WALKS:

PETERBOROUGH, NH BARRE/GRANITEVILLE, VT

Please check the web for details - www.avaclubs/tsva

June 15 TBD

ESCV Events in VERMONT

BENNINGTON – a Seasonal Walk RUPERT – a Traditional Walk

Please check the web for details - www.avaclubs/escv

Apr 1 – Dec 31 Sept 28

All events are open to all. Please check individual listings for pets & accessibility status.

If you need further information please contact the event POC [see reverse]

There are no pre-registrations nor refunds for these events

The sponsors are not liable for accidents, thefts and/or material damage. Reasonable effort will be made by the sponsors to make these safe, enjoyable and memorable events.

AVA: CONVENTION RESULTS

Hi Club Presidents/Contacts! After nine days of Convention activities: 2-days of preconvention walks on left side of FL (Gulf); 5 mid-state convention walks, plus meetings (Orlando area); & 2 days of post-convention walks on right side of FL (Atlantic), folks are headed home via roadways to do additional walks, or have flown directly home to get an early start on laundry and some rest. Jackie and I did 7 early morning walks, plus 2 as "workers walks", and saw many new places we had never visited, or had even heard of, even though we have been coming to FL for about 50 yrs, and been part-time FL residents for 20 yrs. Attending the national convention provides a great opportunity to focus on an area and let others show you their sites& sights. The opening walk gave us great views of the Gulf coast (Clearwater Beach), and the closing walk great views of the Atlantic coast (Daytona Beach) with the others showing us smaller communities and lots of wetlands.

All the financial numbers are not yet in but, from preliminary results, it looks like we'll finish in the black, or just a bit in the red. Daily participation for walks (300-400) was not as high as the daily count at the last convention in Des Moines (500-600). But, considering we had no club(s) at the last convention willing to take on the responsibilities of hosting the next one, the lateness of the Florida clubs "stepping up to the plate" to quickly make the arrangements for the meeting site and series of nine convention walks, we came out very well. Long-time AVA convention attendees, and first-time attendees are both looking forward to returning to the next convention in 2015.

1. **Election of National Officers** – There were only two contested positions:

- 1. For President Sam Korff, Northwest RD vs. Dennis Michele, Southeast RD. Dennis won by just 6 votes.
- 2. For Treasurer Bob Morrison, Northwest vs. Annette Tollett, Atlantic. Bob won by 47 votes.
- 3. Vice President Holly Pilking, Pacific, continues in position uncontested.
- 4. Secretary Bonnie Johnson, North Central continues in position uncontested.
- 5. **Regional Directors** Of the 10 RD positions, only 3 will be returning: Pacific, Wayne Holloway; North Central, Phyllis Olson; Northeast, Doug Reynolds. The 7 new RDs are: Atlantic, Dave Scull; Southeast, David Bonawitz; South Central, Glen Conyers; Mid America, Linda Neu; Southwest, Joanne Forinash; Rocky Mountains, Frank Sayers; and Northwest, Nancy Whittenberg. Glen Conyers was elected to be the RDs' representative to the National Executive Committee composed

of all four Officers, plus the RDs' Rep. The current Council will continue to serve through June 30, 2013, when the new Officers & RDs assume the positions on Monday, July 1.

- 2. **Auction & Raffles** I want to thank those clubs that submitted items for the Auction. Those in charge of this fund raiser did a super job of displaying each of the items that helped loosen the wallets of participants, plus the raffles for specific items. These two activities raised \$9,509. Great!
- 3. **Ransom & Davy Jones Locker Contest** Dennis Michele won the contest raising just short of \$1,600. Doug came in 2nd place with about \$1,300; Phyllis & Wayne each at about \$950; Bonnie at about \$900; Sam K. about \$625; plus the rest of the field bringing the total for all to \$6,735. I want to thank each of those individuals, the NE clubs, plus the Suncoast Sandpipers and the Volks South Wed Walkers, for their financial support in this fun, fund raiser, all of which went to AVA. With above items #5 & #6, it comes to a grand total of \$16,244. Super!
- 4. **Next Convention Location** The Northwest Region tossed its hat into the ring to host the 2015 Convention in Salem, Oregon and surrounding areas. Being no other bids, this site was unanimously approved by the clubs' Representatives and Proxies. Meetings and lodging (breakfast included) will be at Salem's Grand Hotel on June 13, with pre convention walks on 13th& 14th in Bend's Green Lk., & Sisters, OR. From the 15th-19th, walk sites will be at Silver Fall State Pk.; Lincoln City; Eugene; Portland; and Salem. Post-convention walks will be on June 20 & 21 at Mt. St. Helens, and Vancouver, WA. Mark your calendar. In addition, introductory information was provided that Billings, MT might submit a proposal for 2017. Stay tuned. In the meantime, don't forget the 2014 Canadian convention, May 30-June 1, with 4.5 days of post-convention walks in the Canadian Rockies in the areas surrounding Banff, Alberta. For more details, visit CVF's web site (www.walks.ca).
- 5. **Awards** There are several categories for AVA awards. Some are National Awards passed by the NEC, or a national committee just before the national convention. There are many others judged just at the regional level that can be processed any time during the two-year period. National recognitions from NE Region are:

Distinguished Achievement: N. Ruth Cade & Charlotte E. Phillips (both of Twin State club, et al.)

YRE/Seasonal Event Brochure: 1st Place – Walk'n Mass

Club Newsletter: 1st Place – Walk'n Mass

Photography – People: 1st Place – "The Boardwalk" by Genevieve Ireton (ESCV)



- International Federation of Popular Sports

http://www.ivv-web.org/

IVV EVENT AWARDS

10 Events – Pat Steadman

100 Events – James Brown

150 Events – Barbara Popolizio

250 Events – Kathleen Brown

375 Events – Vera Weiss

400 Events – Lea Darling, Vera Weiss

425 Events – Lea Darling



IVV DISTANCE AWARDS

500 km – Stephen Ras

1000 km – James Brown

2000 km – Michael Popolizio

2500 km – Kathleen Brown

4000 km – Lea Darling

4500 km – Lea Darling, Vera Weiss

ESCV CLUB CONTACTS

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CLUB OFFICERS		
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		E-mail kleroux1@nycap.rr.com .
Webmaster	Eileen Skinner	EFSkinner@aol.com
Name Tag Orders	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$2 for
		mailing; Laura can be reached at 384-0143 or by
		E-mail at sheldon.laura1@gmail.com
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