



# 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

WWW.WALKESCV.ORG

JULY/AUGUST 2013

## Walk Schedule:

**\* Please refer to Walk Booklet for directions.** Hint: Use Google Maps for directions from your home to starting point.

### Wednesday Walks

**\* Registration begins 30 minutes prior to start.**

Start time: 6:45 am, 9 am & 6 pm  
July 3 – Schenectady–Vale Cem.  
July 10 – Voorheesville  
July 17 – Malta–Shenentaha Pk.  
July 24 – Ballston Spa– America  
Walks: bakeries, ball fields,  
cinemas, diners  
July 31 – Glenville–Indian Mead  
Aug 7 – Saratoga Sp.-East Side  
Aug 14 – Albany–Univ. Heights  
Aug 21 – Menands  
Aug 28 – Northville

### One-Day Traditional Events

Start time: bet. 9 – 12 noon  
Finish by 3:00 pm  
July & Aug. – None

### Year Round & Seasonal Walks

Start time: Tues, Wed & Sat 10 am;  
Sun 1:30  
July & Aug. – None

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

## Lea's Last Lots of Lines

My 2 years as your ESCV president has been a baptism by fire, as I assumed the job, and a much earned relaxing rowboat exit. As **Linda Morzillo** picks up the reins for the coming year as our new president, I offer her my support and guidance as was given me by all of you. Congratulations, Linda!

I want to thank all of the ESCV Officers I've had the privilege to serve with: Teresa Kennedy, Beth Snyder, Sue Grey and Cathy McGuire. All of the Committee Chairs, that make up the BONES of our club; the POC's, webmaster, annual picnic chair, Oktoberfest chairs, Christmas party chair, mail picker upper, newsletter editors, and all the other volunteers, you are the **BLOOD** of our club. You are the ones who say YES over and over for the continuation and health of our club. I applaud and hope to follow in your examples of volunteering as I continue to walk for fun, fitness, and many more friendships throughout the coming years. Thanks for the opportunity to serve you, it was fun and challenging.

I challenge those of you who haven't said YES, who haven't asked to help, to do so this year. Find out what sounds like FUN and ask to be part of it. You will find out how rewarding and fulfilling this can be.

Say, "I CAN HELP AND I WANT TO HELP."

## President's Two Year Summary

The most significant event in the last two years was the tragic accident in Voorheesville where Rosemarie Hume, Carol Lansing, and Fran Pallozzi were killed in the car accident. That first year was filled with our membership coming together in grief and healing through the three funerals, overcoming the media blitz, filling out insurance forms, setting up appropriate memorials for our three lovely ladies, answering the barrage of sympathy emails and cards, writing newsletter articles in the TAW for soliciting and then thanking our sister clubs in the U.S. for funds donated for the memorials, and finally, celebrating the year anniversary memorial/walk with the deceased member's families and club members once again showing their compassion and support for each other.

We celebrated our 25<sup>th</sup> ESCV Anniversary in 2012 with a year of retro walks and a spectacular Bolton Landing walk and Lake George luncheon cruise with commemorative shirts, lanyards, glass bottles of M & M's, back packs, a picture show, a celebratory CD was designed and sold, and a hugely successful umbrella incentive.

Added to our Membership application form, is a volunteer jobs list for folks to indicate where their interests are and then to direct these names to the appropriate chair to contact when they can use them.

The initiation of a website Volunteer Sign Up sheet was implemented in January 2013 and is slow to take off, but makes signing up much easier. The POC's then call/e-mail these volunteers to assign a time to be at the walk to help.

Our membership rose to approximately 350 by year's end and we got about 50 to 60 new members each year. We have had two satisfactory years of audits with our financial books indicating we have a healthy club.

\* \* \* \* \*

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

www.walkescv.org/





### **From The Incoming President – Linda Morzillo**

Thank you for your vote of confidence on my election as the new president of ESCV. Truthfully, I was surprised when I was asked if I was interested and willing, I responded that I would think about it. I discussed the duties and expectations with several people, weighed the possibilities and decided that after making many ESCV contributions in other ways, I would volunteer my time to this office. I have yet to think of a catchy title phrase for the newsletter president column....

### **Many Thanks!**

Thank you, Lea, for your time and leadership as your two-year term as President of ESCV draws to a close. I will be trying to fill your shoes using all the advice you can impart along with the advice of those presidents who have walked before you. Much knowledge has been gained through experience along with good common sense and diplomacy. Presidents devote countless hours of volunteer time to ESCV because they believe in *FUN, FITNESS and FRIENDSHIP* while walking in places that are historic, cultural and/or scenic.

### **Linda Becomes A Volkswalker**

How did I become a Volkswalker? Over thirty years ago I was a jogger. After overdoing a hike to Iceberg Lake in Glacier National Park in the mid 1980's, my right knee and jogging were no longer happy together and I became a walker. To this day I still walk an hour a day (well, at least 355 days a year), and longer, when participating in a Volkswalk.

I've been associated with ESCV since before 1994, the year I acquired distance and event books. Jim, my husband, and I began walking around 1990 and our first walk began at the Racing Museum on Union Ave in Saratoga Springs. The event, advertised in the *Saratogian*, was held on Columbus Day Weekend and Ron Hersh was the POC. We walked to several museums following a prescribed route, all of which were holding open houses and many served donuts and cider. We did a few other walks over the next years and thought, "Who would be crazy enough to walk 10K for the fun of it"? As time went on and our children went to college, I participated on a more regular basis and became a Life Member of AVA in March, 1998. I completed walks in all 50 states on June 27, 2010 with the 50<sup>th</sup> State in Boise, Idaho.

The contribution of each club member is so important for the continued success of ESCV. I learned how to be a POC, thanks to La Verne Stiles, when we planned a one-day event in Lake George during the late 1990's. I later became POC of that seasonal walk when the need arose. The Saratoga National Historic Park Walk (AKA: The Battlefield), was a one-day traditional event on November 11<sup>th</sup> each year and became a seasonal event when ESCV began the American Revolution Special Program administered by Barbara Kolapakka. I volunteered to be the POC and the walk became a year-round in 2013 with the addition of a snowshoe/cross-country ski route. I was dissatisfied with the route and am now putting the finishing touches on a revised snowshoe/cross-country ski route with minimal distance on the park road. Of the Wednesday Walks in Saratoga Springs, I became the POC of the West Side Walk which I revised (the Old, the New and the Hidden), and in 2012 I revised the original Museum Walk. In 2005 I was POC of the Queensbury Walk and in October, 2012 of the Moreau Lake Oktoberfest Walk. In September, 2013 I will be the POC of a traditional one-day event at The Merck Forest and Farmland Center. At walks overseen by other POCs I have signed people in, collected money and stamped books.

### **Club Challenges – Old Soldiers Never Die, They Just Fade Away**

The biggest challenge we are facing in ESCV is the fact that we need different people to take over many of our POC positions as well as to make contributions in other ways. Many of our long-time volunteer workers are in need of relief. I will be so happy to work with people who are thinking about doing something to enhance the workings of the club. Old soldiers never die, they just fade away. We hope that never happens to ESCV and it is up to every member to see that never happens. We've had several members step up to handle the reins

in areas in which they are interested. Thank you to Barbara and Michael Popolizio for overseeing the Wednesday Walks. Thank you to Ellen Brown for becoming the Newsletter Editor. Thank you to Dave Janiga, this is the first time he's been a Wednesday Walk POC for both Corning Preserve and Troy/Oakwood Cemetery. Dave has also become POC of the YRE Albany Capital Walk. Thank you Barbara Nigro, now the POC of the Caroga Lake Walk. Thank you, Liz Walsh, for taking over as the new coordinator of the Year-Round and Seasonal Events (YREs). We need more people to follow in the footsteps of Barbara P, Michael, Ellen, Dave, Jim, Barbara N and Liz. That will ensure a bright future for ESCV.

### What *YOU* Can Do

Helping generally involves a short period of time to complete a task. At walks, signing-in, collecting money, stamping books, answering questions and greeting new walkers, leading and sweeping under the direction of the POC is a great way to start learning. For example, Barbara P arrived early for the Saratoga West Side Walk on May 1<sup>st</sup>. She stated that she was there to help sign people in, collect money and stamp books so that she would learn how to do it. The job took about 30 minutes and she gained an important piece of knowledge. **We have a volunteer sign up link for helping out at walks on our website.** Parties (pasta and holiday), and picnics (fall and spring), involve a group of people who divide up the tasks under the direction of the different organizers. Most tasks are short-term and are finished once the event is over. Preparing for the next year's YRE/Seasonal lineup and Wednesday Walk schedule each takes a longer period of time. When two groups of several people work on the two projects, the tasks can be completed efficiently. Of course, people who have done the jobs in the past are willing to mentor/train people as much as is necessary, they want to share the methods and culture of ESCV. It's a great way to get to know people you may have never walked with! Have you been somewhere and thought it would be a wonderful place for a walk? ESCV has developed a huge repertoire of walks. Every single one began with a member thinking that very thought and *VOILA!* a new walk idea was generated. We are always interested in new places for traditional one-day events, Wednesday walks and Seasonal/Year-Round walks. I became aware of many previously unknown near-by places because we had a walk there. Every walk began with an idea. There are experienced people who will help you during every step of the walk-development process; we even have a committee called Walk Development.

### In Conclusion

I am looking forward to working with everyone and I welcome **YOUR** thoughts and ideas. You can reach me by email [LMorzillo@yahoo.com](mailto:LMorzillo@yahoo.com) or by phone (before 9 PM) 584-7762. See you on the walk!

\* \* \* \* \*

### **Start Point Temporarily Relocated**

Due to unforeseen circumstances, the registration walk box for the Saratoga Springs YRE has been relocated to the Hilton Garden Inn, 125 S Broadway. This move is due to the necessary renovation of Bruegger's Bagel at 453 Broadway due to the roof caving in under water pressure. The bakery is expected to reopen sometime in August and walkers will be notified when that takes place.

So, in the meantime, register and grab the map/directions for that event at the Hilton, then drive to the parking lots at the rear of Bruegger's on Woodlawn Ave to begin your walk.

### **Walk Event Alert**

Schenectady Central Park Traditional Event scheduled for September 7<sup>th</sup> is postponed. New date to be announced soon.

## **Many Thanks For A Great Service**

**Barb Kolapakka** will be stepping down from the YRE/Seasonal position as of August 1, 2013. As another 20+ year member who has held several key positions (President & Vice President) for our club, we shower her with gratitude for her diligence, strict adherence to filing data on time, and passion for finding unique venues to host events. See ya on the trails, Barb!

## **New YRE/Seasonal Coordinator**

*By Barbara Kolapakka*

Effective August 1<sup>st</sup> Liz Walsh will be taking over the position of YRE/seasonal coordinator. I want to send a heartfelt “THANK YOU!” to her for agreeing to take this assignment.

We will be working together this summer on the transition which will coincide with the sanctioning process for the YRE’s and seasonals.

I want to extend another big “THANK YOU!” to all of the folks who have helped me in my three years as coordinator: Denny Cottrell who publishes both the walk book and the bookmark and handles the complexities of the mailing process as well, Pat Whalen who sees that the POC’s have all their necessary supplies to stock their walk boxes, and of course all the POC’s who have worked with me the past three years: Mary Agars, Winnie Balz, Kathy Brown, Jack Cairns, Nellie Georgelos, Amy Gitchell, Dave Janiga, Teresa Kennedy, Ellen McNett, Linda Morzillo, Barb Nigro, Shirley Pingelski, Eileen Skinner, Carol Sorensen, LaVerne Stiles, and Vera Weiss. They are a dedicated crew who do a superb job in keeping these walks going.

## **Looking For Bus Trip Organizer**

We’d like to try to support some of our sister Northeast clubs anniversary walks. The southern tier volkssporting club, Finger Lakes Region Volkssport Club, is reaching their momentous 20<sup>th</sup> anniversary year. On Sunday, October 6, FLRVC will be hosting their 20<sup>th</sup> anniversary celebration at the Cortland Pumpkin Fest walk.



Volkssport Club at West Point is hosting their 25<sup>th</sup> Anniversary with a weekend of walks on October 4, 5, and 6. October 4 – Highland Walkway Over the Hudson Bridges, October 5 – Hyde Park Trails Walk, October 6 – West Point Cemetery Walk and West Point Redoubt Walk.

I’m looking for a volunteer to take on the responsibility of reserving buses to take a load of ESCV well wishers over for the day? Maybe we could hire two buses, one for Saturday and one for Sunday? If interested, please give Lea Darling a call or e-mail her.

If I don’t hear by July 30<sup>th</sup>, maybe carpools can be set up for folks to join and travel down on their own. I will need a carpool organizer volunteer. Give Lea a call or e-mail her.

## **Where Would We Be Without Our Person Of Contact (POC)?**

Our June walks have been rainy, making for perfect pictures of waterfalls at Bash Bish Falls/Taconic State Park and Thatcher Park. Perfect timing thanks to the Walk Development folks who met back in September to set up this year’s walking agenda. Barb Kolapakka, POC, and all her helpers gave us a wonderful Traditional Bash Bish day of gushing water views and history at the old mine and village.

Wednesdays, in June, have seen us in Waterford/Pebbles Island, POC Mary Sorell; Thatcher Park, Winnie Balz, POC; Blatnik Park, POC Lucy Desjardins, and coming up - Colonie Town Park, POC Berny Desroches. Our numbers of attendees is increasing as the warm weather heats up. Our **Person of Contact and various volunteers** make it possible for ESCV to hold the weekly summer walks. As my sincere thanks for our June POC’s, “May you all win really big this year at your attempts to buy that Million Dollar Lottery Ticket!”

Make sure to check out our July and August walks through your bookmark, the ESCV July/August newsletter, and your Wednesday Walk Booklet to keep informed. Also, check out our website for last minute changes. Hope you’ll be joining us on the trails in the coming weeks.



## ESCV Members Honored By AVA at 18<sup>TH</sup> Biennial Convention In May



Left to right: Winnie Balz, John Averill, Shirley Pingelski, Marion Averill, Dan Schryver, Fr. Jack Cairns, Teresa Kennedy, Lil Julian, Mary Agars, Mary Sorell, Vera Weiss, Marge Shanley, Sue Grey. Missing: Ellen McNett, Alan Longshore, Eileen Sowa, and La Verne Stiles.

### **National Award: Distinguished Achievement Award** –

(Nominated by Twin State Club & approved by vote of National Executive Council)

Ruth Cade, Framed Certificate & Pin/Patches)

Charlotte Phillips, Framed Certificate & Pin/Patches

### **Regional Award: Meritorious Service Award** – (Nominated by ESCV & approved by our NE Regional Director)

Winnie Balz, (Meritorious Pin/Patches)

Teresa Kennedy, (Meritorious Pin/Patches)

Dan Schryver, (Meritorious Pin/Patches)

La Verne Stiles, (Meritorious Pin & Patches)

Vera Weiss, (Meritorious Pin/Patches)

(Nominated by another club & approved by their Regional Director)

Ann Misener, (Meritorious Pin/Patches)(Atlantic Region)

Jacqueline Reynolds, (Meritorious Pin/Patches)(Southeast Region)

### **Certificate of Service Award** – (Nominated by ESCV & approved by our NE Regional Director)

Mary Agars, 10 yrs (Silver Pin/Patches)

Fr. John Cairns, 10 yrs (Silver Pin/Patches)

Susan Grey, 8 yrs (Bronze Pin/Patches)

Lillian Julian, 11 yrs (Gold Pin/Patches)

Alan Longshore, 3 yrs

Ellen McNett, 21 yrs (Gold Leaf Pin/Patches)

Shirley Pingelski, 18 yrs (Gold Pin/Patches)

Margaret Shanley, 15 yrs (Gold Pin/Patches)

Mary Sorell, 11 yrs (Gold Pin/Patches)

Eileen Sowa, 11 yrs (Gold Pin/Patches)

(Nominated by Suncoast Sandpipers & approved by their SE Regional Director)

David Averill, 10 yrs (Silver Pin/Patches)

Marion Averill, 10 yrs (Silver Pin/Patches)

Showers of thanks and well wishes, we extend to each of you along the paths of walking fun, fitness, and friendships throughout the years!

## **ESCV Incentive Rewards**

*By Eileen Skinner*

Time to decide what you are going to do. All the possible rewards are listed on the back of your booklet. When redeeming, make sure you circle the book you would like.

If you have walked each of the YRE/Seasonal Walks once during the time from January-June you have already earned a free AVA (event or distance) book, 3 free walks of YRE/Seasonal Walks for 2014, and a button. Turn in Book 1 and start again for the time period between July 1<sup>st</sup> to December 31<sup>st</sup>. If you do all 15 a second time you now will have earned 8 FREE WALKS for 2014, plus 2 AVA BOOKS (event or distance), a button, and a certificate of achievement.

Those with Book 1 who want to turn in the first half and have at least 10 of the walks done will receive an event or distance book of their choice. I will keep Book 1 until Book 2 is turned in and you may do 10 or 15 from July-December to receive another book and can earn 3 free walks if all are done.

The other option with Book 1 is to continue walking and stamping using the book you have until it is finished. Then you will have earned the free book and 3 free walks (from doing all 15 at least once) and a button.

As you can see the options are many to fit your walking style. Hope you are enjoying our walks and earning free 'stuff'.

There are many 'special programs' AVA and other clubs offer to make the walks more interesting. Check them out at <http://www2.ava.org/specprog.php> for the current ones. Some of us are excited about the new programs that will start next January. Check them out <http://www2.ava.org/futureprog.php>. We are already identifying the qualifiers for next year. If you see one on your walk, let the POC know about it and they will thank you!

Each of these programs helps \$\$ the club that administers it, and it also helps raise money for our parent organization AVA. For a small fee you learn more about the walk and things along the route and receive a patch and certificate to completing the program.

## **Walking Multiple Times The Same YRE/Seasonal Walk**

The first three times you do the same walk, you will continue to pay the \$3.00 fee. After the third time you do the same walk, all subsequent walks (same walk) will have a fee of \$1.50. **You may walk this same walk as many times as you wish during the rest of the calendar year** and get credit for it.

## **Donation Can**



Why is that old 32 oz. coffee tin can sitting on the sign-in table? Oh, that's right, it is for thanking the host site for the use of their parking lot, bathrooms, water fountain, table and chairs (sometimes), etc. We usually put out the can for our Wednesday and Traditional walks. I always bring \$4.00 for the walks: \$3 for the club and \$1 for the can. Without our hosts, we cannot find ample parking for our cars and the needed pre and post bathroom stop. So, if it's not asking too much, please consider showing your thanks for the use of the different sites each week.

## **WalkESCV Needs Members Walking Photos**

Our webmaster, Eileen Skinner, is looking for club walking event photos to put on our website. Please email Eileen your jpg file and she will post it. We would love to post some fresh new ones from this year's walks. So send them in and watch for them on the website. Thanks.

## **A Grafton Walk in the Rain: A Variation of an Annual Club Springtime Event**

*By Teresa Kennedy*

On Saturday, May 25<sup>th</sup>, a dozen intrepid walkers showed up for the traditional event at the Grafton State Park. A week out the forecast had not been too bad, but as the days rolled by the weather prediction for even a hint of sun got dimmer and dimmer. Some might say that a curse is attached to the particular place as heavy rains disrupted the picnic just three years ago. We, however, soldiered on with our plans. A very optimistic prewalk group marked the trails the day before. Word was that the trail was only a bit wet in one spot. Picnic fixings were purchased because after all the pavilion was rented for our exclusive use and this was to be the social event of the spring season.

The day of the walk arrived and no weather forecaster had done justice to telling it like it turned out to be. In a steady but light rain we made our way to Grafton. Six early birds helped with the set up. It was observed that by 9am the wind was increasing and the temperatures dropping. Thermometers may have registered 41 degrees but the high winds and strong rains made it feel like a winter storm day. In fact it was so windy that everything blew off the tables despite the overhead cover. The first six set out. A family of four arrived and then a couple from New Hampshire who were in the capital district for a weekend of volkswalking. Wouldn't it have been awful if we had canceled the event and this couple arrived to find no one at the start point to sign them in? Needless to say no one walked 10 k that day but lots of energy was expended keeping umbrellas in an upright position and wiping eyeglasses dry.

Ordinarily the annual picnic starts at noon. This year it was over by 11. Thank goodness for the crockpot dishes of Eileen Sowa and Phyllis Boyd as warm food never tasted so good. With the cold rain blowing into the pavilion sideways, we stood around eating quickly and laughing a lot about the situation. Lifeguards were manning the beach that day for the opening of the swimming season but nary a soul participated in water sports at the beach. Walking in water seemed enough for one day.

I refuse to believe that this event is cursed. I therefore propose moving the Grafton walk to a different season and celebrating the Oktoberfest in this very lovely place. Just picture it. Blue skies, autumn colors, bright sun. That's the way Graton will be the next time we walk there.



It's always good to walk with a smile AND an umbrella. John Van Vranken, Joe Padula, Eileen Sowa, Jean Padula, Alan Longshore, and Phyllis Boyd have the park to themselves this day.

## **Other Northeast Region Club Walks**

Listed below are a couple of our NE sister clubs walks that might interest you in the coming months:

Date	AVA Club	Walk Location	Comments
Sunday, July 14	Finger Lakes V.C.	Ithaca, NY	Sweedler Preserve
Saturday, August 24	Walk 'n Mass V. C.	Hubbardston, Ma	Barre Falls Dam

Always check our NE club websites, found in the front of our Membership Booklets, when traveling to see if there might be a YRE/Seasonal walk you can do.



## **Williamstown, MA – ESCV Volkswalk – Saturday, June 15**

*By Cathy Edwards*

On a bright sunny (finally) Saturday, 56 walkers enjoyed 6 and 10 K walks in Williamstown. The usual route behind the Clark Institute was closed for construction. We made our way up to the meadow by the exit road.



Beautiful views were enjoyed while we tried to avoid all the standing water. After winding our way thru the town and college campus we finished at the Williamstown Inn. Many stayed for a nice lunch, while others went on to walk Bennington or came to Williamstown after doing Bennington. With lunch we enjoyed Shirley's delicious cup cakes and Emmy's so good chocolate chip cookies. Thanks also, to Shirley for being the POC for this seasonal walk.

After lunch, Karl Faulkner, the owner-manager of the hotel, showed us his NY Yankees Championship ring, from the World Series that his friend George Steinbrenner had made for him. George Steinbrenner graduated from Williams College as did George's son. He told us a number of interesting stories about the generosity of George Steinbrenner. We learned how Karl put himself through college in Boston by doing restaurant work. Saturday was another great volkswalking day.

## **Summer Walking Tips**

*by Barbara Kolapakka*

Summer is actually the busiest walking season for ESCV. Our popular Wednesday walks switch to a three offerings format July 1 with a 6:45am (check-in at 6:30) start time in addition to the 9am and 6pm walks. This early walk was established to help walkers beat the heat on those very warm days when you feel like the sidewalks are melting (and we seem to have more of them the past couple of years.) But there are other measures you should take when walking in warm weather:

1. **Bring Water!** – *Everyone* should carry water on a hot summer day. If you don't want to wear a pack, bottle carriers are available in a number of stores. Walks don't always go by stores where you can purchase water or rest facilities that have potable water available.
2. **Wear A Hat And Sunscreen** – Sun burn is never fun and is a contributor to developing skin cancer. A broad brimmed hat will help shade your face.
3. **Dress Cool** – No, this doesn't mean fitting in with teenagers. Some fabrics are cooler than others. Wicking shirts are now widely available in many styles and colors and help keep you drier. Forget about how you look in shorts or capris and go for ventilation. (NOTE: long pants are still a better choice on woods trails with a tick population.)
4. **Know Your Limitations** – A 10k on a 90+ degree day is a lot harder than on a crisp autumn morning. If you think you'll be unable to keep up on a hot day, there's no status lost in doing a 5k. Similarly, check out the rating of the walk; all walks are rated for both incline and terrain surface. An easy walk will be rated 1A (very small hills/stairs, mostly paved surface) but we have a number of walks rated 2B (some small hills/stairs, well groomed trails) and even 3C (significant hills/some difficult terrain. Often the 5k route will be rated easier than the 10k.  
But remember, even a 1A walk can become grueling if it's on hot pavement without a lot of shade on a 90+ day. And the first really hot days are harder until your body has had time to acclimate to hot weather. Don't assume you can just bail out part way on a 10k if it becomes too much; sometimes the






route is such that it's just not possible to do that. If you are on a Wednesday walk and can leave part way, and you know the way back, please tell the leader or sweep that you are doing this so they will not be looking for you.

### **2014 Starting Point Book Order**

The Starting Point book is put out by AVA and lists all the year-round (YRE) and seasonal walks that are available in the entire USA. People who are walking different states or on vacation in another state might be interested in buying one. The walks are listed by state, the information included is the location of the walk box in the specific city/town/village, and the directions to these locations. Also the difficulty of the route such as easy (1)- not many hills, to steep grades (3+). Cost per book is \$20.00 **Orders have to be in to me by the last week of July.** Please call me, Winnie Balz - (518) 372-3663 or e-mail: [Winnieeb@yahoo.com](mailto:Winnieeb@yahoo.com)



### **Ed, Em, and Their Strawberryettes, Do It Again!**

 I wish I knew what anniversary year this is for our annual Strawberry and Ice Cream Festival. The day was divine for walking, and the appetites were wetted as we came in from our various walks. I do believe that there must have been an assortment of at least 12 different delectable flavors from which to choose. Almost every one of the 97 AM walkers dove in to scoop their favorite ice cream into a bowl and then cover it with the sweet sliced strawberries. As all the happy contented smiles attested, Ed and Emmy have this down to perfection. Balloons of thanks to all the Strawberryettes!

### **Thanks**

*From Emmy Koch*

Thanks to everyone who helped make the Strawberry and Ice Cream Festival a success at the Niskayuna, Jeff Blatnick Park walk on June 19<sup>th</sup>. We had a great crew to hull 24 quarts of strawberries: Phyllis Boyd, Toni Walsh, Annalisa Van Avery, Eddie, and myself... flying fingers did the work in less than an hour. Then everyone pitched in to help serve the treat plus we had the expert services of Bob McElroy, who disposed of the garbage. What more could we ask? ... a gorgeous day with over 100 walkers. Thanks to all!

### **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 chairperson.

## MONTHLY MEETING

Tuesday, September 17, 2013

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

*All are welcome!*

### Birthday Wishes

#### Happy July Birthday to . .

James Brown  
James Burke  
Anne Cargile  
Bonnie Durst  
Robert Elie  
Beverly Feltt  
Carly Feltt  
Jeffrey Ferrucci

Bernie Geren  
Kathryn Gizzi  
Linda Jones  
Louise Kuziomko  
Lynn Lauzon-Russom  
Warren Lavery  
Kathy LeRoux  
Gail Livingston

June Magliocca  
John Massimilian  
Christine Morroni  
Gail Ostrander  
John Shaw  
Pat Shuff  
Pat Steadman  
Patricia Whalen

#### Happy August Birthday to . .

Carole Baumes  
Leonard Berger  
Mary Cahill  
Anne Cavosie  
Edith Christina  
Roger Clark  
Denise Connelly  
Patty Costa  
Barbara Green  
Margery Halpin

Edward Koch  
Susan Koval  
Ellen Kozlowski  
Janice Mansfield  
Mary Ann McCormack  
Ann Misener  
Linda Morzillo  
Taylor Murphy  
Barbara Nigro  
Jean Padula

Carol Reid  
Patricia Ross  
Marge Shanley  
Jim Shanley  
Bill Shuff  
Joan Van Slyke  
Natalie Smith  
John Sowa  
Vera Weiss



### 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](mailto:kleroux1@nycap.rr.com). You can also see her at the monthly ESCV club meetings.

### Membership

Tad Darling - [harrydarling@verizon.net](mailto:harrydarling@verizon.net)

I have been hearing from a few members that they are very excited about introducing our walking club to their friends and that they have become new members! Keep up the good work and share the joy. Our current membership is 333!

Please welcome the following new members: Auriella Baker from Schenectady, Pam Crane from Albany, June and Tom Magliocca from Selkirk, Nancy Marr from Castleton, Charlie Poltenson from Albany, and Cynthia Serbent from Rensselaer.

## E-Mail Updates

If your e-mail has changed, let Tad Darling know. [harrydarling@verizon.net](mailto:harrydarling@verizon.net)

## Pick Up World Walking Day Certificates



If you walked on Wednesday, May 8<sup>th</sup> at the Albany Corning Preserve you have a certificate from AVA acknowledging your having walked on **World Walking Day**. Please e-mail or call Lea Darling to arrange to pick up your award. Congratulations everyone! We had 48 earners.

## Name Tags

The following members new name tags have arrived. Please call Lea Darling or Laura Sheldon for arrangements to get yours. Diane & Tom Barber, Linda L. Brown, Martha Flanagan, and Cheryl O'Donnell please make pick up arrangements. Name tags can be ordered at any time by **contacting Laura Sheldon** at [sheldon.laural@gmail.com](mailto:sheldon.laural@gmail.com). They are available with either a magnet or pin back for \$8.

## From the Editor

Articles for the September newsletter are **due on Thursday, August 15, 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](mailto:gorow1010-escv@yahoo.com) - 384-0015

\* \* \* \* \*



**- American Volkssporters Association**

## It's Salem, Oregon!

Yes... the state of Oregon in the Great Northwest was voted at the 18th AVA Biennial Convention to be the location for our next convention. It is slated to be held on June 15–19, 2015 and this moves the biennial convention back into the traditional June timeframe. The Oregon Trail State Volkssport Association proposes to center the convention at the Phoenix Grand Hotel in Salem. Daily convention walks are planned to begin on Saturday, June 13 and end on Sunday, June 21.

More information and convention details will be released in the days ahead as the convention organizing committee begins its planning process.

## Science Proves it: The AVA can help you walk more

*By Dr. Michael Nirenberg - The American Wanderer - April/May 2013*

As a podiatrist, I read studies on the many benefits of walking. Research published recently says it all: By walking as little as 10 minutes a day, you can add years to your life. While you're at it, you can bring back the vim and vigor many people lose with age. That's right: Walking regularly can ward off the effects of frailty. The question is how you find (and keep) the motivation to walk.

## Research concludes positive peer pressure is the key.

A new study by University of Pennsylvania doctors told me something I didn't know: That text messages are a tool to get people walking more. I was excited to discover that people who sent texts to one another before walking were more likely to walk. Of course instead of text messaging: people who want to walk more could be motivated by emails, snail mail or even a phone call. You can consider it peer pressure. What is remarkable is that the AVA already does this and much more.



## It helps when *You'll Never Walk Alone*

The U-Penn study explained how a modern phenomenon - text messaging - makes an impact on an age-old problem: The decline in motivation to walk or exercise as we age. It's true that our physical powers decrease as we get older, but everyone has the ability to maximize their strengths, no matter how old they are. Personally, I struggled to manage my duties as a father, a physician and someone who needs to get a good deal of exercise. With limited time on my plate (and often too much food on it), I made an effort to spend time with my two boys doing physical activity.

What better way for parent (or grandparent) to bond with their family than through walking? AVA members know this feeling. When *You'll Never Walk Alone* (cue Elvis on the microphone), it is far easier to get motivated to exercise and far more enjoyable. We have many devices - computers, smart phones, social media sites – that are supposed to "connect us," but none can compare to walking with others, especially when among friends or family.

## The AVA was ahead of the scientists.

The AVA has been about walking and talking since its inception, well before scientists told us exercising with our peers and talking with them could motivate us. Even if you don't know anyone when you attend an AVA walking event, by the end of it you will. Fellow AVA walkers will likely become fast friends before the day is done. Some may end up feeling like family ~though, hopefully, not that one annoying relative you want to walk away from sometimes).

For me, this is the AVA's secret to making walking enjoyable and motivating to do it more: Socializing with some of the friendliest people you will ever meet. While the pleasure of a solitary stroll through the woods cannot be denied, I'll take a brisk walk with my sons any day of the week – at least, until I can make it to my next AVA event. Happy walking!

*Dr. Michael Nirenberg is an award winning podiatrist who has been on Fox News, The History Channel and in the Wall Street Journal. He teaches walking at FloWalking.com.*

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## - Northeast Region

### N.E.R.D. News

*By Doug Reynolds – Northeast Regional Director*

Congratulations to you, and especially those persons in your club responsible for getting in the "Quarterly Report" to AVA. For the 1st Quarterly Reports for 2013, there are 10 clubs from across the country in arrears. The NE is not on the list of the six regions cited that have the 10 clubs.

Please share with your membership this information so that those persons who are working behind the scenes on this responsibility get a standing ovation for a job well done. That includes the person submitting the Report (Eileen Skinner), sending in the fees (Beth Snyder) plus the POC's who have to collect the data for the Report.

These tasks are often overlooked by our general walking colleagues as they are "out of sight, out of mind" jobs, but essential to the workings of our local & national organization.

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## - International Federation of Popular Sports

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



**Save the Date, Mark Your Calendar, etc.**

Sunday, November 3<sup>rd</sup>



**15<sup>th</sup> Annual Pasta Party/Walk**

at Our Lady of Grace Church  
Ballston Lake, NY

**ESCV Club Contacts**

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