



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

SEPTEMBER 2013

Walk Schedule:

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

Registration begins 30 minutes prior to start.

Wednesday Walks

Scheduled May through August

One-Day Traditional Events

Start time: between. 9 – 12 noon
Finish by 3:00 pm, Merck 4:00 pm
Sep 28 – Rupert, VT, Merck Forest
Oct 12 – Guilderland, Oktoberfest
Nov 3 – Ballston Lake, Pasta Party
Dec 7 – Schenectady, Holiday Party

GROUP

Year Round & Seasonal Walks

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

Sep 4 (Wed) – Scotia
Sep 14 (Sat) – Johnstown
Sep 21 (Sat) – Caroga Lake
Sep 25 (Wed) – Clifton Park
Oct 2 (Wed) – Cooperstown
Oct 6 (Sun) – Bennington, VT
Oct 20 (Sun) – Williamstown, MA
Oct 26 (Sat) – Lake George
Nov 20 (Wed) – Colonie Crossings

Please refer to Walk Booklet for directions. Hint: Use ESCV Google Maps for directions from your home to starting point located on the main page of our website.

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Contact Us At:

Empire State Capital Volkssporters
PO Box 5464
Clifton Park, NY 12065-5464

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www.walkescv.org/



The Walkinggirl's Words

As I write this, mid-August is here with goldenrod, thistle, Joe-Pye-weed, flocking birds, shorter days and the near end of our official guided Wednesday walk lineup. September will be here before we know it and that month, for me, has always been about new beginnings. When we were children we carried our brand new pencils, notebooks, and crayons ready to face the many challenges of the new school year. At PS 18 in the Bronx, aka the John Peter Zenger School, we were required to find a sturdy new cigar box, free for the asking in the neighborhood candy store, in which to keep scissors, pencils, crayons and paste! I digress. Now that September is upon us, we will be completing our scheduled 2013 events and meeting the challenge of planning for 2014.

The hot, sultry days during late June and the first three weeks in July may have kept our pace a bit slower as we sweated along. Many who normally do a 10K walk opted to walk shorter versions during some of our Wednesday walks. On the most oppressive days there seemed to be more walkers present at 6:45am; there were no 6:00pm walkers at either Voorheesville or at Shenentaha Park. This is the northeast where if we do not like the weather, we wait a minute. The last two Wednesdays in July and those so far in August featured perfect walking weather. Congratulations to all of the people awarded this year's button for completing at least ten walks! The photo on the button depicts The King Memorial Fountain, locally known as the Moses Statue, in Albany's Washington Park, with a foreground of tulips in full bloom for the Tulip Festival.

Thank you to the official POCs Bernie Geren (Schenectady and Ballston Spa), Dan Schryver (Voorheesville), Sue Grey and Marylou Geren (Shenentaha Park), Larry Godshalk and Rick Sheldon (Indian Meadows Park), Barbara Kolapakka (Saratoga Springs), the Reynolds (Albany), the Averills (Menands), and Nellie Georgelos (Northville), for volunteering to be POCs of these walks. They could have not done such fine jobs without the help of many others who collected money, stamped books, and volunteered as walk leaders and sweeps. Walkers, please be sure to enter your name on the ESCV website Volunteer Sign-Up link!

On June 30th, the first incentive books were officially finished and distance or event books were distributed to many people. Thank you, Eileen Skinner, for keeping track of it all, as well as the individual Wednesday walk tallies, in such an organized manner! Besides ESCVers completing ten to fifteen YRE and Seasonal events, there have been Volkssporters visiting the area and doing our walks. For example, walkers visiting from North

(continued on next page)

The Walkinggirl's Words – (continued)

Carolina, South Carolina, Pennsylvania, and Illinois paid fees for the Lake George seasonal and “Battlefield” YRE, of which I am POC. Many of these visitors do more than one of our walks. The Coxes from the Rochester area joined us at 6:00 PM for the Thatcher Park walk and did a couple of our Seasonal and YREs as well. When Jim and I travel to new places, we know that we are following a route mapped out by people who are familiar with the area; the cultural, scenic and historic attributes are highlighted.

Approximately twenty ESCV walkers traveled to Oneonta on Saturday, August 10th for a traditional event sponsored by the Finger Lakes Volkssport Club. The route took walkers through two parks, a college campus, the downtown and side streets lined with lovely older homes. Did you know that Oneonta was once home of the largest locomotive roundhouse in the world? The growth of this city was directly related to railroads, a display and a large weathervane depicting a locomotive and train cars is on the main street.

The President of AVA, Dennis Michele, stated in the President’s Message of the August/September 2013 issue of TAW that there is too much dependence on YREs. He believes a shift to more quality traditional events with advertising will do more to “show off our sport to attract new people.” I believe that ESCV did an excellent job in 2013 with 8 planned high quality traditional events. The 15 YRE/Seasonals and our guided Wednesday walk series further enhance our club’s ambitious schedule. All of that is possible because we have a truly dedicated group of member volunteers to do the many hours of work necessary to make it all happen.

The headline in the same current issue of The American Wanderer (TAW) states “Vitamin G + AVA = happier, healthier people.” We know how great we feel after a good walk and can attest to the truth of that statement (sometimes we feel great only after we get in our cars and have the A/C blasting on us)! The British and Japanese noted that people walking in natural setting, as opposed to urban settings, had more positive engagement in the brain. Many of our walks pass through green spaces for some distance; many of us enjoy our time with nature and love to point out the flowers and birds we see to our companions and observe the changing seasons. Not mentioned in the article is the positive sense of accomplishment in completing the walk and the opportunity to catch-up with our ESCV friends.

Many of us read or heard news about the fire which destroyed Augie’s in Ballston Spa on August 5th. The ESCV November pasta party has been deliciously catered by Augie’s for the last several years. The owner, Augie Vitiello, is planning to rebuild, a temporary location may open until the new building is constructed. Mary Ellen and Randy Putnam, pasta party co-chairs, do have a back-up plan B. Randy even communicated that Mary Ellen makes wonderful lasagna (that must be back-up plan C)!

One of the goals I have as President is to continue Lea’s efforts to make sure we have at least one article in each issue of TAW. For the current issue (August/September) of TAW I wrote an article, with a photo, on the Merck Forest and Farmland Center where a traditional event will take place on September 28th. A longer version of that article appears elsewhere in this newsletter. Publication of TAW is six issues per year and I have asked people to author an article highlighting our November traditional event, from a historical perspective, for the next (October/November), issue. This article with the historical perspective goes along with a second goal, which is to make members aware of how club traditions evolved. People have asked, “When was the first pasta party?” “When did we begin Wednesday walks?” “Where and when was our first Holiday Luncheon?” “When and where did we hold our first spring walk and picnic?” Stay tuned to future issues of this newsletter and TAW and you will know!

Where did the name Walkinggirl come from? It’s my Geocaching handle!

See you on the walks!

Linda



Traditional Event at the Merck Forest and Farmland Center

By Linda Morzillo

The Merck Forest and Farmland Center located near Rupert, Vermont will be the site of a one-day (Traditional Event), on Saturday, September 28, 2013. I have always thought that The Merck Forest and Farmland Center would be a great place for a Traditional Volkssporting event. When our children were growing up, we would visit Merck Forest to hike, look at the farm animals and the crops. Some of our club members have enjoyed snowshoeing and cross-country skiing at this location. The MFFC describes itself: "The Merck Forest and Farmland Center (MFFC) is an educational nonprofit organization with a mission to teach and demonstrate innovative, sustainable management of forest and farmland. MFFC is composed of 3,162 acres and includes a 3,100 acre managed forest, certified-organic sugaring operation and a 62-acre farm. There are over 30 miles of trails for hiking, snowshoeing and cross country skiing. Seven rustic cabins are available for rental and MFFC products are sold at the Visitor Center."

The 5K and 10K routes will pass through a sugar bush. If you were able to walk to Bash Bish Falls, you should be able complete the 5K walk, just take your time! The 10K walkers will walk the 5K route plus additional distance; this part is rated 2B because of uneven footing and some hills. The 10K (optional for 5K), will follow an educational trail where walkers will learn about Silviculture. The rest of the 10K route is rated 3B because of several substantial hills.

The 10K walkers will have the choice to include an official optional walk to Mt. Antone where the views are worth the extra 850 foot climb on a trail which is rated 3B. I have taken a Brownie Troop to the top of this mountain and all were able to do the hike. Bright autumn colors should be visible in this area during late September. Ambitious Mt. Antone walkers can walk a 13K by including parts of the other 10K route.

There were a number of routes under consideration for inclusion in the walk directions (30 miles of trails); the final route was chosen to highlight MFFC using trails with Volkssporters' abilities in mind. (Some of the routes tried made me and my companion SB wish we were 30 years younger!) Please be aware that trail markers will not be used, each intersection is clearly marked with trail signs. Parts of the same trails will be used when walking both directions; less confusion will prevail than when people are looking at identical trail markers going in more than one direction.

Walkers may sign in between 9:00 a.m. and noon and need to be finished by 4:00 p.m. Because of the hills, allow up to two hours to walk 5K and up to 4 hours to walk 10K. There will be a Donation Jar to thank MFFC for the use of their facility. You will walk past the farm and my suggestion is to bypass the farm area at the beginning of the walk. You will be able to take your time to look around the farm at the end of the walk. Bring your lunch as there are picnic tables near the sap house as well as lean-tos and cabins along the 10K trail. There is a small Visitor Center with some displays as well as products for sale. Come to view the scenery, explore the farm and have the opportunity to experience nature! Look for the brochure, which includes directions, on the ESCV website by clicking on the Traditional One Day Events link. Have a great day and I hope you will be inspired to visit here again. <http://walkescv.org/13merckforest.pdf>



Looking for a Bus Trip Organizer

ESCV is looking for a bus trip organizer to get us to area clubs Traditional Walks. We'd like to support our local North East sister clubs and go to their events. These would be one day trips that you would be organizing. Both West Point and Finger Lake Volkssporting clubs are hosting anniversary walks which would be fun to attend. Give this some serious thought and say "YES". You will have plenty of support to make this a success. Give Linda Morzillo a call or send her an email if interested.

Volkssport Club At West Point Celebrates 25th Anniversary With A Multi-Walk Weekend October 4-6, 2013

By Teresa Kennedy

Our neighbor club to the south is celebrating its 25th anniversary this year with a big weekend of walks and social events. On Friday there is a walk over the Mid Hudson Bridge in Poughkeepsie. On Saturday the walk will occur at Hyde Park, and on Sunday the walk will be at West Point. Dinner plans on October 5th are for Steak and Stein, 935 Union Avenue, New Windsor, NY. Details and event brochure/pre-registration form are posted on the club website: <http://www.avaclubs.org/WestPoint/VCWP25th.pdf>

Pre-registration for the walks is preferred though not required. Pre-registration for the dinner on Saturday evening is required. The deadline for pre-registration is August 30, 2013.

Let's support the West Point club by carpooling to one or more events. Talk it up with your walking friends and get some groups together for the relatively short trip downstate for what promises to be a fun weekend of good walks.

ESCV Annual Oktoberfest

by Carol Sorensen

The Empire State Capital Volkssporters will hold its annual Oktoberfest in Guilderland, New York on Saturday October 12, 2013 with the start/finish at Tawasentha Park. The walk start time is between 9 AM and 11:30 AM; walkers need to finish by 3 PM. Both 10K and 5K routes will be available.

The 190 acre town park consists of rolling wooded acres and open play areas. Hikers can enjoy the picturesque views of the Normans Kill, ravines, waterfalls, open meadows, and woodland terrain. You may see the local wildlife and bird species that make the woods and meadows their home.

Leave your diet at home as bratwurst and hotdogs will be prepared, people must sign up ahead of time, please consult our website <http://walkescv.org/13Oktoberfestregistration.pdf> or elsewhere in this newsletter for the details. Walkers, please bring an appetizer, main dish, salad, bread, or a dessert to share. The buffet will start at noon. For information contact Carol Sorensen at CarolHD27@aol.com.

Event brochure: <http://walkescv.org/13tawasentha.pdf>

	<p>15th Annual Walk/Pasta Party Sunday, November 3rd at Our Lady of Grace Church Ballston Lake, NY</p> <p>Event brochure: http://walkescv.org/13ballstonlake.pdf Pasta Party Reservation Form: http://walkescv.org/13ballstonlakeregistration.pdf or last page for details.</p>	
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Cards of Care

This month of August marks the second anniversary of the loss of **Carol Lansing, Fran Pallozzi** and **Rosemarie Hume** killed in an automobile accident. Please take a moment of silence and/or prayer to remember these three vibrant caring women.

Longtime members **Bill Hughes, Marge Shanley, and Lisa Holt** are slowly gaining strength in their daily fight to get better. Perhaps you'd like to drop a card off to them at their home addresses to let them know they are in our thoughts and prayers.

E-Mail Updates

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

In Memoriam

By Dan Schryver, Club Historian

Saint Matthew's Church Voorheesville - 50th Anniversary Parish Directory came out August 3rd and our three ladies are listed "In Memoriam" and also mentioned in the churches history.

"Unfortunately, all the days of our history have not been joy filled ones. Among our saddest occurred in our 49th year when on August 10, 2011, a tragic automobile accident claimed the lives of Rosemarie Hume, Carol Lansing and Frances Palozzi. These three women of faith, although not members of our parish on that day will forever be a part of our Parish Community."

ESCV Shirts and Other Merchandise



Several walkers have been asking about the ESCV shirts that they've seen other members wearing. Good news! They're still available! The items include t-shirts, moisture-wicking shirts, sweatshirts (pullover & zip-up), hoodies, long sleeve shirts, tank tops, and tote bags. The order form is on the www.walkescv.org website. Just click on the button marked Club Merchandise (gray with turquoise letters) and then select Merchandise Order Form above the "Walking for All Seasons" logo, or go to the following web address

<http://walkescv.org/merchandise12/allseasonsorder.pdf> .

If you have any questions, please contact Bev Felts at AuntBev9@aol.com or 237-4006.

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MONTHLY MEETING

Tuesday, September 17, 2013

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

All are welcome!

ESCV Meetings 2013-2014

ESCV meetings will be held at the Latham Fire House, 226 Old Loudon Rd in Latham at 6:30 PM. The room is reserved for September 17 and November 19, 2013 as well as February 18, March 18, April 15, May 20 and June 17, 2014. The room is unavailable the third Tuesday in October, therefore **we will not have a meeting in October.**

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.

Birthday Wishes

Happy September Birthday to . .

Mary Agars
Winnie Balz
Shirley Bold
Fred Bleser
Nancy Deratzian
Rita Gavin

Linda Kleinke
Barbara Kolapakka
Joan Muir
Debra Newhart
Linda Nowak
Jane Pattison

Joseph Piffat
Barbara Piliere
Mary Ellen Putnam
Herbert Roes
Patricia Rush
Beth Snyder

Carol Sorensen
Trudi Thun
Annalisa Van Avery
Mark Zwinak



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.

Name Tags

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.

From the Editor

Articles for the October newsletter are **due on Friday, September 20, 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

ESCV Club Contacts

CLUB CONTACTS		
President	Linda Morzillo	Lmorzillo@yahoo.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Cathy McGuire	Cmcg51@hotmail.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
Membership & 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 \$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
Wednesday Walk Coordinator	Barbara Popolizio	mpopoli1@nycap.rr.com
Walk Development Comm. Chair	Teresa Kennedy	Forty6er3k@aol.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Historian	Dan Schryver	Dschryver@aol.com
Publicity	Pat Reed	reedpatri9@gmail.com
Purchasing	Winnie Balz	winnieeb@yahoo.com

Publicity Package available through AVA

Many of our members belong to or know of other organizations at which programs are presented that may be of interest to their members. AVA has made available the following resources that can be used in presentations to promote our club. In addition, materials are available to facilitate publicity with the media. The following description was published in the July issue of *Check Point*:

An easy to use club publicity tool kit is posted to the AVA website, ava.org, *Administrative Clubs Only* link. All documents will be saved as PDF files to enable viewing and downloading by all clubs. The package will include:

1. Two speaker presentations, one in PowerPoint with an embedded volkssporting video and a second presentation that does not require audiovisual equipment.
2. Contacts for media outlets.
3. Fill-in-the-blank news releases on various subjects and advice on how to deal with media matters and
4. Suggested scripts for broadcast media public service announcements (PSAs). Guidelines for use and application of social media are being developed and will be included when completed.

Also displayed as part of the package are several newly created brochures that provide information on:

1. The AVA organization in general;
2. New walkers;
3. Membership;
4. Youth programs,
5. Planned giving, and
6. Selected photos from the trails.

AVA will print the color brochures in-house to save clubs money on printing. Review the brochures you want and send your email request to marketing@ava.org. Requests should be limited to 75 brochures or less in each category for the time being and **be submitted by a club official**. The packet will be expanded as new source materials are located and requests from clubs are received. Your suggestions for additional information will be evaluated when received.

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- Northeast Region

http://www.avaclubs.org/NE_RD/

Doug Reynolds – Northeast Regional Director

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- International Federation of Popular Sports

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





Oktoberfest Walk/Party Saturday, October 12, 2013

Hope you have saved Saturday, October 12, 2013, for our annual Oktoberfest picnic at a new location. This year's picnic will be held at Tawasentha Park in Guilderland. Kathy and Jim Brown are once again serving as chairpersons of the event. They will purchase the hot dogs and bratwursts and will be assisted by various grill meisters on the day. Vielen Dank to them and all their helpers. Rolls, soft drinks, condiments, plastic ware, cups, paper plates and napkins will also be provided for the low cost of \$6.00 per person. Please bring your favorite dish to share with everyone.



A reservation is necessary for the Oktoberfest Party. Cost of \$6.00 per person must be received by Friday, September 27th.

Please complete the reservation form and send it to Kathy Brown along with your **check made out to ESCV**. You may also bring your reservation form and check to the next ESCV meeting to be held on Tuesday, September 17 at the Latham Fire Dept. at 6:30 pm

There is **NO pre-registration** for this walk. You will need to pay your walk fee upon arrival at the registration table.

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**Oktoberfest Party on Saturday, October 12, 2013
Send check made out to ESCV by Sept. 27, 2013 to:**

**Kathy Brown
71 High St.
Green Island, NY 12183**

Oktoberfest Food Reservation	\$6 per person Mark your choice (X)	
Name and Phone Number	Hot Dogs	Bratwurst
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>
Deadline is Friday, September 27, 2013	Total Submitted	\$



Ballston Lake, NY

15th Annual Walk/Pasta Party

Sunday, November 3, 2013



5 Km (3.1 miles) –or– 10 Km (6.2 miles)

sponsored by: **EMPIRE STATE CAPITAL VOLKSSPORTERS**

START/FINISH: Our Lady of Grace Catholic Church, 73 Midline Road, Ballston Lake, New York

WALK REGISTRATION: 1:30 – 1:55 PM.

Our annual Pasta Party* will take place immediately after the group walk around 4:30 PM.

***A RESERVATION** is necessary for the **Pasta Party**. Cost per person is **\$15.00** which includes munchies, assorted meat and veggie pasta dishes, salad, beverage, & dessert. **Make check payable to: ESCV** and mail along with Reservation Form to: Randy & Mary Ellen Putnam, 26 Edgewood Drive, Burnt Hills, NY 12027. **Deadline is Thursday, Oct. 31th.**

GROUP WALK: Starts promptly at 2:00 PM. Finish around 4:15 PM. Pasta Party to follow.

IVV Credit.....\$3.00

Non IVV Credit.....\$2.00

DONATION JAR: Proceeds to go to Our Lady of Grace's Church.

COURSE: The course is rated 2. Follows paved streets and woods. Not suitable for wheelchairs and strollers.

PROCEDURE: Everyone must register & sign the waiver at the registration desk.

STIPULATIONS: With registration each participant accepts the guidelines for AVA Volkssport Events. Events are held regardless of weather. No refunds. Dogs are welcome on the walk ONLY, but must be on a leash and you must clean up after your dogs in Burnt Hills and Ballston Lake.

SMOKING: is prohibited in the Church.

RESTROOMS/WATER: Are available at the Start/Finish and Stewarts. In warm weather please carry water to prevent dehydration.

SPECIAL THANKS: to Parish Life Director Dorothy Sokol and Our Lady of Grace Church for the use of the Hall for the walk START/FINISH and the Pasta Party.

POC: Laura & Rick Sheldon, 518 384-0143 or sheldon.laura1@gmail.com

WALK BEGINS AT: Our Lady of Grace Church, 73 Midline Rd., Ballston Lake, NY

From the South and East (Albany) Take I-87 Northway to Exit 9, Route 146 west a few miles to Route 146A north. Follow this road several miles to the village of Ballston Lake, past the Stewarts, over the railroad track, through the orange blinking light. Our Lady of Grace is about a half mile up on the left. Park in back of the church. If you come to Route 50, you went too far.

From the North (Saratoga) Take Route 50 south through Ballston Spa for several miles and turn left onto Route 146A south. Our Lady of Grace will be about half mile down on the right side. Park in back of church.

From the West and Southwest (Schenectady) Take Route 50 north from Scotia through Glenville to the traffic light in Burnt Hills and take a right onto Lake Hill Road. Follow Lake Hill Road through the next traffic light and down to the blinking red light. Take a left on Route 146A north about a half mile to Our Lady of Grace on the left. Park in back of the church.

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Pasta Party RESERVATION FORM (Check(s) made out to ESCV, please)

Mail to: Randy & Mary Ellen Putnam, 26 Edgewood Drive, Burnt Hills, NY 12027

Name and Phone Number	Pasta Party \$15.00 per person
	\$
Deadline is Thursday, Oct. 31th	TOTAL SUBMITTED: \$

Empire State Capital Volkssporter
PO Box 5464
Clifton Park, NY 12065-5464



MONTHLY MEETING

Tuesday, September 17, 2013
6:30 PM
Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!