



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

APRIL 2014

Walk Schedule:

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

Wednesday Walks

Registration begins 30 minutes prior to start.

Start time: 9 am & 6 pm
April 30 – Saratoga Springs
May 7 – Voorheesville
May 14 – Corning Preserve, Albany
May 21 – Malta Tech Park
May 28 – Glens Falls

One-Day Traditional Events

Start time: bet. 9 – 12 noon
Finish by 3:00 pm
May 3 (Sat) – Kinderhook
May 17(Sat)–Schenectady Central Pk
June 14 (Sat) – Catskill (Spring Picnic)

Year Round & Seasonal Walks

Start time: Wed & Sat 10 am;
Sun 1:30
Mar 30 (Sun) – Albany Capitol
Apr 2 (Wed) – Schenectady
Apr 5 (Sat) – Scotia
Apr 6 (Sun) – Saratoga Spa Park
Apr 9 (Wed) – Albany/Colonie
Apr 12 (Sat) – Clifton Park
Apr 19 (Sat) – Troy
Apr 26 (Sat) – Williamstown, MA
May 10 (Sat) – Cooperstown

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

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

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www.walkescv.org/



The Walkinggirl's Words

The calendar says spring but there is still an unbelievable amount of winter leftovers in Wilton. It must be that fifth season. The seasons around here are early winter, winter, mid-winter, late winter, *still winter*, and construction. Nevertheless, we will soon be in the midst of our very ambitious schedule of Traditional, Group, and Wednesday walks.

We all need to welcome newcomers to walks and meetings. It would be helpful if we all make sure new people are brought to those in charge of at a walk or a meeting so they can be introduced. Our success in recruiting new club membership depends on our ability to be friendly, ensure everyone is welcome and let them know that we are glad to see them.

The new walk at Crossgates Mall is open; many thanks to Robin Young for establishing an indoor venue for us. Thanks also to Liz Walsh who worked closely with Robin to make this happen. It will be a welcome place for walking on days when it is too hot or too cold to walk outdoors.

The four New England clubs that are preparing for the Tri-State weekend June 21th and 22th to celebrate the summer solstice have announced that the walks will take place in Amesbury MA, Durham NH, and South Berwick ME. The ME walk is actually a two-state walk because the route is partially in NH. I have reserved a block of ten rooms on June 20th and 21st at the Best Western Wynwood Hotel and Suites for \$119.99 per night. They are available on a first-come first-served basis by calling 603-436-7600. This is the location of the walk box for the YRE Portsmouth NH walk.

Lea Darling and Eileen Skinner will be doing a program called Volkswalking in the Capital District on April 14th in conjunction with the Center for Creative Retirement at Hudson Valley Community College. The two-hour presentation will be divided into two parts; the first part will inform the participants about Volkssporting with an emphasis on ESCV activities and the second part will require participants to register as non-credit walkers before setting out on a 5 km walk in Troy.

The Wednesday Walk booklets and the Membership Directory will soon be in our hands if they are not already. Thank you, Barbara and Mike Popolizio, and Larry Godshalk for all of your work on these projects.

Be sure to read our Sunshine column this month. Pat Reed, ESCV member and a nurse practitioner, notes "This year, the flu has affected young < 60 supposed healthy individuals resulting in death for some. The flu shot is not a guarantee one will not get the flu. If one gets the flu it is generally a milder case. The flu vaccine is manufactured to cover the flu types most likely to occur. I don't know the formula used to determine this but there is one." Pat suggested that we read <http://www.cdc.gov/flu/>.

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The Walkinggirl's Words – (continued)

I am so grateful that so many of our ESCV club members take it upon themselves to contribute in some way to enhance our program. Thank you and be assured that you are appreciated in more ways than we can count.

See you on the walks!

Linda



- ESCV NEWS

New Year-Round Walk Developed

by Liz Walsh

Did you ever feel like doing a nice long walk on a very hot or rainy day or even on a freezing, cold day but postponed it because of the weather? Well, we have a **new, indoor walk** to announce to keep everyone comfortable in all kinds of inclement weather.

Robyn Young and Liz Walsh have been working on developing a **Mall Walk** at **Crossgates Mall** to begin on April 1. Robyn was aware of other mall walks across the country and wondered why our club couldn't have one as well. And . . . that's how it started.

The Mall Walk is now in the final stages of approval and the Walk Box is being prepared as you read this.

Its Start Point will be Bally's Total Fitness Club's downstairs entrance and the walk will be mapped for both a 6 km and 12 km distance using both levels of the mall. Start times will generally be from 8 AM until 3 hours before closing each day of the week. More information will be forthcoming. Thanks to Robyn for her tireless efforts in developing this walk.

May is National Physical Fitness & Sports Month

AVA has made available new patches for May, 2014. Winnie Balz will be ordering ten of these patches during early April and if you would like to reserve one at a cost of \$2.50, please send Winnie an email winnieeb@yahoo.com.



SAVE THE DATE

SEPTEMBER 13, 2014

Walk a 5 km or 10 km route in Plattsburgh!
The route has been designed so walkers may participate in the Battle of Plattsburgh Commemoration weekend activities.
ESCV will sponsor a bus to the event.
Sign up forms will be available in the May newsletter.



Tri-State Solstice Weekend – June 21 & 22, 2014

By Joe Piffat

Because I live in Danvers, MA, I am often asked if the clubs in eastern New England will ever have a Tri-State Weekend again. We had them for several years and then stopped. The concept was to plan a weekend of three or four walks close together with at least one walk in each of three states. This year the answer is yes there will be a weekend of walks in Maine, New Hampshire and Massachusetts.

On Saturday, June 21, 2014 the first walk will be in South Berwick, ME. South Berwick was the home of novelist Sarah Orne Jewett and is located on the border with New Hampshire. The walk features 5 km and 10 km routes, and includes a view of the Salmon Falls River, Counting House Museum, Vaughan Woods Memorial State Park and the Jewett House. The Trail Rating is 2B. A border crossing into Rollinsford, NH is included. A donation of \$1.50 per person between ages 5 and 64 is requested for the Vaughan Woods Memorial State Park. The Start/Finish will be Central School, 197 Main Street, South Berwick, ME at 8AM. Special Programs include Bakeries, Border Crossings, Diners, Honoring Our Flag, Main Street, National Register of Historical Places, Trekking With Trees, You'll Never Walk Alone.

Later that morning at 11AM the next walk will begin in Durham, NH, home of the University of New Hampshire campus. Most of the walk will be on the campus and in the town. There will be 5 km and 10 km routes. There are many opportunities for a light lunch in the town. The Start/Finish will be at the Durham Public Library. Dinner plans are not complete at the moment, but the hope is to find a place large enough to accommodate all who would like to attend.

On Sunday, June 22, 2014, at 9AM, the walk will be in Amesbury, MA, once the home of carriage builders before the automobile. The poets, Robert Frost and John Greenleaf Whittier also had homes here. Both 5 km and 10 km routes, rated 1A include the historic downtown and the Riverwalk along the Pow Wow River. The 10 km route also includes a stretch along the Merrimack River. Special Programs include Bakeries, Golden Cinemas, Honoring Our Flag, Lakes & Reservoirs, Main Street, National Register of Historic Places, Trekking With Trees, You'll Never Walk Alone. The Start Finish is at the Super Stop & Shop, Carriage Town Market Place, 100 Macy Street, (Route 110), Amesbury, MA. For New Yorkers who may be leaving for home after finishing the walk, access to I-495 West is easily reached from Route 110 heading west.

There is no designated host hotel for this multi-event weekend. Accommodations with easy access to the walks include:

Best Western Wynwood Hotel & Suites
580 US 1 Bypass
Portsmouth, NH 03801
603-436-7600

Fairfield Inn
35 Clarks Road
Amesbury, MA 01913
978-388-3400

MONTHLY MEETING

Tuesday, April 15, 2014

6:30 PM

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!

Mark your calendar for future meetings on May 20 and June 17, 2014.

Try This Trail . . .

Bridges, Rivers, Stadiums, Cities, and Parks! No Dull Steps on This Walk!

by Linda Morzillo

The Two-State Trail starting in Covington, Kentucky is one of the most interesting and enjoyable Volkswalks I have ever walked. The description from the AVA website in part is:

“The Two-State Walk takes walkers along city streets and over three bridges from Covington KY to Cincinnati OH to Newport KY. Cincinnati's Bicentennial Commons (a riverside park) and Newport's Levee with Aquarium are the attractions along the river. This 11 km walk gives a panoramic view of the riverfront on both sides of the Ohio. Short trail is 7 km in order to get two state credit.”

Soon after leaving the start point, (Note: coming off the ramp from I-71/75 southbound, the start point is right in front of you), one walks through the open floodgates and along the levee bordering the Ohio River. The levee is painted with huge murals depicting the historic, cultural, and natural history of the area. One can see many boats and barges making their way downstream on the Ohio River.

Two of the three bridges one needs to cross during the walk are attractions in their own right. When the Roebling Suspension Bridge opened on December 1, 1866, it was the longest suspension bridge in the world at that time. It was the prototype of the Brooklyn Bridge which opened in 1883.



On the bridge, one can easily see the Paul Brown Stadium, home of the Cincinnati Bengals. At the end of that bridge, the walk route is through the Bicentennial Commons, part of Cincinnati's Riverfront Park System. Turning east, the route then goes past the Great American Ball Park, home of the Cincinnati Reds, and along several downtown Cincinnati streets before entering Yeatman's Cove Park. A festival was in progress the day we walked through that park.

The second bridge to cross is the Purple People Bridge, officially known as the Newport Southbank Bridge. The original bridge was the old Newport and Cincinnati Railroad Bridge, the first railroad bridge to cross the Ohio River in 1872. The present bridge opened in 1896 and was renamed L&N (Louisville and Nashville) Railroad Bridge in 1904. There were several other milestones in the bridge's history including its closure to railroads in 1987 and automobiles in 2001 because of neglect and deterioration. In that same year, 2001, the bridge was placed on the National Register of Historic Places, restoration was begun and the bridge opened to pedestrian and bicycle traffic in 2003. When it was time to decide on what color to paint it, a variety of options were explored. Computer-generated images of the bridge were shown to participants in more than a dozen focus groups, all of whom picked the color purple as a top choice. It was soon coined the "Purple People Bridge" by area residents and can be rented for private events.



The third bridge is a typical street bridge over the Licking River marking the border between the cities of Newport and Covington. The rest of the route back to the start point is through parts of some of the twelve historic Covington districts.

Three bridges linking three cities! The AVA description notes that there are no special programs for this walk, but there are actually nine that I could name off of the top of my head. Don't miss this treat of a walk if you are in the area.

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.

E-Mail Updates

If your e-mail has changed, let Larry Godshalk know. Lgodshal@nycap.rr.com

Birthday Wishes

Happy April Birthday to . .

David Averill
Doris Bindl
Ellen Clute
Pam Crane

Margaret Ettinger
David Janiga
Carole Luther

Thomas Magliocca
Judith Newhart
Michael Popolizio

Randy Putnam
Dan Schryver
John Van Vranken



Sunshine and Cards of Care

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.

Longtime members **Bill Hughes, Marge Shanley, Jack Hickey, Lisa Holt, Berny Desroches, and Jane Pattison**, are slowly gaining strength in their daily fight to get better. **Pat Rush** reports that her ankle is healing.

Our sympathy goes to **Kaylee Marrano** on the sudden loss of her grandfather. Grandma **Cathy Marrano** requested that no cards be sent, instead, she asked that we read the following:

“According to a CDC’s [Morbidity and Mortality Weekly Report](#) yesterday, the flu has hit harder in this 2013-2014 season than in the past. Part of the problem is that not as many people have gotten flu vaccinations as last year. The situation is particularly bad for a group that you wouldn’t normally expect: Younger adults. Hospitalization and death rates for adults between the ages of 18 and 64 are considerably higher than in the past. The good news is that the flu shot is fairly effective, and since the flu season ain’t over yet, there’s still time to get vaccinated.

The CDC says the reason this year is worse than others is twofold. One is the reduction in flu vaccinations for younger adults and children. Says the [CDC’s](#) director Thomas Frieden, “by November, only a third of 18 to 64 year olds had been vaccinated. That’s one of the reasons we’re seeing a much higher proportion of hospitalizations and deaths among 18 to 64 year olds than we generally see.”

And young children aren’t as protected as they were last year either. Right now, the vaccination rate for children was around 50%, but last year, by the end of the season, it was 80%. Hopefully the number this year will grow. There have been 50 pediatric deaths already this season.

The other reason that this year’s pandemic is more dramatic than previous ones is that young and middle-aged adults may not have been previously exposed to the strains floating around this year. So interestingly, it’s older people, says the CDC, who may actually be in better shape, since they are more likely to have residual immunity from past afflictions with the same flu strains that are prevalent this year.

The vast majority of the cases this year are due to the H1N1 virus, also known as “[swine flu](#),” which caused the 2009 pandemic. Luckily, according to the new report by the CDC, very few of samples tested were resistant to common antiviral drugs.

The good news is that for people who *have* gotten vaccinated, the flu shot seems to be working relatively well. According to Ann Schuchat, the director of the National Center for Immunization and Respiratory

Diseases, vaccine effectiveness rates “range from 52 percent for people 65 and older to 67 percent for children 6 months to 17 years of age.”

The flu shot also appears to reduce the risk of people having to seek medical care due to the flu. “We found that flu vaccine reduced the risk of having to go to the doctor for lab-confirmed influenza illness by an estimated 61 percent across all ages,” said Schuchat.

The experts also strongly urge doctors to be liberal with antiviral medications for anyone “presenting” with flu-like symptoms. Frieden’s message to doctors: “If they’re very sick, don’t wait for a test. Don’t not treat if the test is negative. If you think clinically it might be flu, treat for flu promptly. Unfortunately, we’re seeing that only a small proportion of people who are severely ill and have flu are treated for flu promptly. And that can make a difference.”

Finally, the CDC stresses that it’s not too late to get a shot, since we still have another month to go. Says Schuchat, “I want to remind you all that there’s still a lot of influenza circulating. So if you haven’t been vaccinated yet, it’s not too late for you to benefit from getting vaccinated.” And Frieden’s message is even more blunt: “influenza can make anyone very sick very fast, and it can kill. Vaccine is the single-most important thing you can do to protect yourself.”

The CDC’s best tips for protection:

- **Get the flu shot**
- **Stay away from sick people (and if you’re sick, limit your contact with others)**
- **Wait till your fever is gone for 24 hours before going back to work or school**
- **Avoid touching your eyes and nose, as this is what can spread the virus**
- **Wash hands with soap often (or use sanitizer, if you can’t wash your hands)**
- **Clean and disinfect surfaces that may carry the virus**
- **If you do get the flu, antiviral drugs can shorten the duration of the illness, especially when started within two days of symptom onset.**



For more information, see the CDC’s site on protecting yourself from the flu:

<http://www.cdc.gov/flu/protect/preventing.htm>

Membership

Larry Godshalk - Lgodshal@nycap.rr.com

We completed 2013 with a little over 340 members. Since almost 100 members failed to renew by the end of February we sent out an email reminder in early March. So far, we have had about 285 walkers join, renew, or express intent in renewing and they have been included in the 2014 Membership Directory. The new Directory is in the mail and you should receive yours soon, if you haven't already. If you still have not renewed, please get your membership form and payment in soon so we can get you back on the HOTMAIL list and you can receive emails, notifications and links to the latest newsletter. The renewal form is available on our website, www.walkescv.org.

Please welcome two new members, both from Schenectady, who actually joined in February: Marsha Pompilio and Florence Whitney.

From the Editor

Articles for the May newsletter are **due on Friday, April 18, 2014**. 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

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- Northeast Region

N.E.R.D. News

Doug Reynolds – Northeast Regional Director

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

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- International Federation of Popular Sports

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

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ESCV Club Contacts

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Membership & Email Updates	Larry Godshalk	Lgodshal@nycap.rr.com
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
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Purchasing	Winnie Balz	winnieeb@yahoo.com



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



MONTHLY MEETING

Tuesday, April 15, 2014
6:30 PM
Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!