



# 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 2014

## Walk Schedule:

⇒ Registration begins 30 minutes prior to start.

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

### Wednesday Walks

Start time: 6:45 am (reg6:30)  
9 am & 6 pm

- July 2 – Schenectady, Vale Cem.
- July 9 – Schuylerville
- July 16 – Glenville, Indian Meadows
- July 23 – Ballston Spa
- July 30 – Saratoga Sp., East Side
- Aug 6 – Woods Hollow
- Aug 13 – Albany, Washington Park
- Aug 20 – Troy
- Aug 27 – Gloversville (9:30)

### One-Day Traditional Events

Start time: bet. 9 – 12 noon  
Finish by 3:00 pm  
Sept 13 (Sat) – Plattsburgh

### Year Round & Seasonal Group Walks

Start time: Wed & Sat 10 am;  
Sun 1:30  
Aug 30 (Sat) – Bennington, VT  
Sept 3 (Wed) – Scotia

**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  
PO Box 5464  
Clifton Park, NY 12065-5464

www.walkescv.org/



## The Walkinggirl's Words

Many of us have a designated bag to take to walks that is filled with our walk books, address stickers, sunscreen, hat, light jacket, and bug repellent. Even when we need to add raincoats, rain hats, umbrellas, as well as dry shoes and socks for after the walk, the sweet-but-do-not-melt-in-the-rain Volkssporters are there to enjoy fun, fitness, and friendship! Beware though, under no circumstances should anyone walk during a thunderstorm; do not start out in such conditions. Walkers need to cut their walk short if a thunderstorm is brewing.

It was a beautiful day when 65 walkers enjoyed the Traditional Event in Catskill. The team of Rita Gavin, Mary Sorell (POC), Kathy Gizzi, Lil Julian, Cathy McGuire, and Pat Whalen made the walk and picnic enjoyable for all. The views from the Rip Van Winkle Bridge made one feel like they were posing in a painting of the Hudson River School. When walking east, we were able to clearly see Olana, the home of painter Frederic Edwin Church, perched on top of the hill in front of us. Liz Walsh was the lucky winner of the L.L. Bean gift card. Picnic attendees enjoyed a large variety of delicious salads, baked items, and other snacks.

The POCs of Wednesday walks report attendance that seems to vary with the weather; we've had some gorgeous days and some wet days. Ginger Ireton had 51 (morning)/0 (evening) in Glens Falls, Liz Walsh reported 74/9 in Cohoes, Winnie Balz led 25/1 at Thatcher Park and Lucy Desjardins welcomed 86/8 in Niskayuna. Thank you Emily and Ed Koch for making sure we all enjoyed our annual ice cream and strawberries after the walks in Niskayuna. Teresa Kennedy signed in 66/0 walkers in Round Lake, it was cloudy with a slight light drizzle at times in the morning, but quite stormy at 6 PM.

Barb Nigro reported 22 walkers for the seasonal walk in Caroga Lake and there were 21 walkers at the Saratoga National Historical Park. **About 15 people walked in Bennington according to Amy Gitchell.** Many people have been walking our YRE/Seasonal routes when the urge strikes them; the numbers of walkers present at most group walks does not accurately reflect the total number of "year-to-date walkers."

Some of our ESCVers have been walking at events all over the country, which are sponsored by other clubs. For example, Dave Janiga told me about a Traditional Event he attended in Oregon sponsored by Albany Fitwalkers Volkssport Club (yes, there is an Albany in Oregon and it also has an Amtrak station), where about 240 walkers followed a route that included a peony field, a hosta nursery and a daylily nursery. Several people in our club

(continued on next page)

## **The Walkinggirl's Words** – (continued)

traveled to the Roebling Aqueduct Walk which included a NY/PA border crossing. The event was run jointly by the Volkssport Club at West Point and the Liberty Bell Wanderers. Twenty-six ESCVers traveled to the Tri-States Event hosted by the two Massachusetts clubs, the Southern Maine Volkssport Association and the Twin State Volkssport Association.

Thank you, Emily Koch, for volunteering to be our next Hotmail Manager. Emily has experience from sending out messages for the informal walks that take place many Wednesdays from September through April. **A Hotmail will be sent to everyone when Emily is ready to do this; please continue to send information to Eileen** until that time. When you need to send Hotmail about an event, please compose the message and send it to Emily as the body of the email or, better yet, as an attachment.

The next AVA Convention will be held in Salem, Oregon from June 13-26, 2015, the specific details will be announced when they become available. Several people have expressed interest in attending and one does not need to attend the entire time. There will be walks in Oregon and probably in Washington as well.

There were two recent articles pointing out the benefits of walking. In *Everyday Health* it was noted that “sustained workouts may help aging hearts...seniors whose walking distance or pace improved over five years had better heart rate variability than those who had decreases in how much or how fast they walked.” (Thank you, Dave J. for sharing this.)

I read this item: “For the first time, we have directly shown that exercise can effectively lessen or prevent the development of physical disability in a population of extremely vulnerable elderly people,” is a quote from a study published in *JAMA*. Please refer to that publication or the 05/28/2014 edition of *The New York Times*, on page A12, New York edition. Look for the headline: “Exercise for Older Adults Helps Reduce Their Risk Of Disability”.

Have a great summer filled with active events! Half of our Wednesday Walks series is yet to come. Look for the next newsletter near the end of August or the very beginning of September.

See you on the walks!

*Linda*



## **- ESCV NEWS**

Congratulations Barbara Kolapakka on completing walks in all 50 states!

## **Canadian Volkssport Convention**

*by Lea Darling*

ESCV was well represented at the recent Canadian Volkssport Convention held in Banff, Alberta, Canada, in early June. Eileen Skinner, Jack Cairns, Lea Darling, Sue Grey, and Tad Darling enjoyed the hospitality, friendliness, wonderful walks (they were really mountain climbing hikes), snow capped mountain vistas with glaciers and frozen lakes, and amazing wildlife sightings.



As an extension of support to our sister clubs north of us, we thought it would be a nice gesture to bring a New York products basket to be added to the silent auction offerings. We filled the container with NYS wine, a peppermint pig, Saratoga chips, maple roasted nuts, Sundae's Best Hot Fudge Sauce, a box of Uncle Sam's candy, and NYS maple syrup. The basket generated a lot of action, but I did not get the final bid. I did meet the winner, Cheryl from St. Albert, a member of the hosting club. She was very happy with her purchase.

## The Affectionate Elk

by Tad Darling

In early June, Lea and I traveled to Banff, Alberta, to attend the Canadian Volkssporter Convention, enjoy their special convention walks, and then conclude with a four day bus trip up through the Canadian Rockies (see related story) to Jasper.

First, you have to understand that for the hosting club, they don't do walks – they are actually HIKES! YIKES! The very first walk was an 11km with an elevation gain of 2500 feet! That didn't change a whole lot on successive hikes. You would no sooner finish one hike in the morning and the afternoon one started. Okay, I know, you are saying, “get on with the elk story.” Yes, yes, so the afternoon walk, I mean hike, happened to be in Jasper. The first half of the hike was through town past all the restaurants I would rather have stopped at, and then you start climbing to a trail above the western edge of town. The inundating trail had you huffing and puffing for quite some distance. Along the way, we passed some disinterested mule deer grazing on the hill below us. Not too far from where we were to depart the trail for a loop back in town, we encountered Sarah, the Affectionate Elk! Sarah was by no means “disinterested!” It seems that a couple of weeks earlier when our hosts did their pre-walks, they had encountered numerous elk and merely said to them “shoo, shoo,” and they would move aside. Of course, by the time we were doing the hikes, the elk were calving! “Shoo, shoo” did not work anymore as somewhere nearby were their new calves! Sarah was very patient while we all took numerous pictures. After all, she was just three feet from the trail we were on. What a photo op for some foreigners. After several pictures, we ventured past her, all nine of us in a string. Lea was last and me just in front of her. We got about 100 feet down the trail and almost around the bend when Sarah started to charge down the trail towards us!



Adrenaline started pumping and Lea and I jumped off the trail and clung to the bark of a large pine tree so we didn't slide down the mountainside. Sarah nosed up to the other side of the tree and kept peeking around the tree at us as we moved side to side. It was a panicky situation as I had no idea what to do. We yelled ahead to stop the rest of our group who wound up getting cornered behind trees also as Sarah decided to share the wealth and terrorize each of us. The group leader fended Sarah off with his walking stick with a camera mounted on the handle. This all lasted for a half hour. Rolling stones down the hill, blowing our bear whistles, banging rocks together, shouting, all had no effect. Finally, Sarah got disinterested in us and we cautiously started down the trail and safely away. The later walking group had a similar encounter with Sarah, called it into the authorities, and they blocked off the trail. It turns out that in that neck of the woods, there are more people killed by elk than bears, but all you hear about is how to deal with bears, hum! Anyway, it all led to some good sea stories when we finally got to the pizza shop. Meanwhile, Sarah was probably putting a few more notches in the tree for each of the hikers she got to terrorize that day!

### L.L.Bean Drawing

Winner of a \$25 gift certificate to L.L. Bean.

**Congratulations to Liz Walsh**

Our next drawing will be September 13<sup>th</sup> in Plattsburgh.

### Need Shelter?

ESCV is now the owner of an E-Z Up Instant Shelter. No more using the trunk of cars in the rain to sign in. Call Teresa if you want to use the shelter for your event.



## Try This Trail . . .

### Safety Harbor, Florida

by Marion Averill

As many of you know, a group of ESCVers started a Volks South group, in conjunction with The Suncoast Sandpipers, in southwest Florida. We shed our boots (always) and winter coats (most of the time) and pick up their year-round trails with our southern friends. Our group started with 6 people and, this year, we topped our Wednesday numbers with 48. The interesting part of this “adventure” is that about 90% (or more) of the group goes for lunch afterwards.



This particular walk is one of my favorites, it's rated 2B (there is one steep hill, at least for Florida). Walkers stroll on quaint and beautiful village streets, along the serene Tampa Bay shoreline and through shady Phillippe Park (climbing up the Indian Mound).

If you go on your own, look for an engraved brick (at the gazebo next to Paradise Restaurant that holds the box) in memory of the former POC, Vic Palmer. Of particular interest along this trail is the 200 year old “Elf Tree”, which you definitely won't miss! When you head out on the pier, watch for manatees, we almost always see them. Better yet, come and join us in Florida this winter and schedule your trip around this walk – you won't be sorry. Afterwards, enjoy some light conversation, with lots of laughs, and wonderful Greek food at the Paradise Restaurant.



## MONTHLY MEETING

Tuesday, September 16, 2014

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

*All are welcome!*

### E-Mail Updates

If your e-mail has changed, let Larry Godshalk know. [Lgodshal@nycap.rr.com](mailto:Lgodshal@nycap.rr.com)

### Name Tags

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

### Membership

Larry Godshalk - [Lgodshal@nycap.rr.com](mailto:Lgodshal@nycap.rr.com)

Our 2014 walking season is in full swing. Membership has increased to 306 members. A lot of people are getting outside this time of year so get the word out there about the joys and benefits of volkssporting and help your friends join in for a walk some day.

Please welcome the following new members: Karen Baker from Schenectady, Carolyn King from Valley Falls, Ron Ross from Albany, Rose Sherin from Delmar.

**Birthday Wishes**

**Happy July Birthday to . .**

James Brown  
Bonnie Durst  
Robert Elie  
Beverly Feltt  
Carly Feltt  
Bernie Geren

Kathryn Gizzi  
Helen Hayes  
Linda Jones  
Lynn Lauzon-Russom  
Warren Lavery  
Kathy LeRoux

Gail Livingston  
June Magliocca  
John Massimilian  
Christine Morroni  
Mary Anne Nicholas  
Gail Ostrander

John Shaw  
Pat Shuff  
Pat Steadman  
Patricia Whalen

**Happy August Birthday to . .**

Herb Alfasso  
Diane Barber  
Carole Baumes  
Mary Cahill  
Anne Cavosie  
Edith Christina  
Roger Clark

Denise Connelly  
Patty Costa  
Barbara Green  
Eric Hamilton  
Edward Koch  
Ann Misener  
Linda Morzillo

Barbara Nigro  
Jean Padula  
Carol Reid  
Patricia Ross  
Natalie Smith  
John Sowa  
Joan Van Slyke

Vera Weiss  
Linda Worden  
Robin Young



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

**From the Editor**

Articles for the September newsletter are **due on Friday, August 22, 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](mailto:gorow1010-escv@yahoo.com) - 384-0015

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**- American Volkssporters Association**

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

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**- Northeast Region**

**N.E.R.D. News**

*Doug Reynolds – Northeast Regional Director*

[http://www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)

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# - International Federation of Popular Sports

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



## 2015 IVV Olympiad – Chengdu, China September 24-29, 2015

The IVV Olympiad originated from Germany, which means “public sport” in Germany. It is held by the IVV and includes 3 sport events: walking, swimming, and biking. Nowadays it has become the most popular “public Olympiad” with some non-competitive events sometimes. The IVV Olympiad is held biennially. Most of its attendees are families. It attaches importance to participation without ranking. The first IVV was held in Netherland in 1989 and later in Germany, France, Italy and Greece etc. Up until 2013, 13 sessions have been held. Chengdu China will hold the 14th IVV Olympiad in 2015.

CVA, the national member of IVV in China has arranged four classic tour packages for your reference, please feel free to contact us if you are interested.

**Package 1:** Theme: Experience the IVV Olympiad 2015 in China

Itinerary: Chengdu (6 days)

**Package 2:** Theme: Explore the IVV Olympiad 2015 in China in combination with Beijing, Imperial Palace and Forbidden Town. Walk on the Great Wall and admire the Terracotta Army in Xi'an.

Itinerary: Beijing, Xi' and Chengdu (11 days)

**Package 3:** Theme: Highlights of China, IVV Olympiad. Discover the land of the dragon! Spectacular historical sites, Imperial Palace and forbidden town in Beijing, IVV walk over the great wall and the terracotta army in Xi'an. Explore the IVV Olympiad in Chengdu “the country of heaven” with his 2000 year old tradition and be astonished of the breath taking landscape of River Li and the vibrant metropolis town Shanghai.

Itinerary: Beijing, Xi, Chengdu, Guilin, Li River, Shanghai (15 days)

**Package 4:** Theme: IVV Olympiad, Guilin and Shanghai. Discover the land of the dragon! Explore the IVV Olympiad in Chengdu “the country of heaven” with his 2000 year old tradition and be astonished of the breathtaking landscape of River Li and the vibrant metropolis town Shanghai.

Itinerary: Chengdu, Guilin, Li River, Shanghai (10 days)

Website: <http://www.ivv2015olympic.com/en/>

The email for Irene as well as Beth and Susanne listed below is: [ivv2009@163.com](mailto:ivv2009@163.com)

1. For registration for the 2015 IVV Olympiad Chengdu China, please contact Irene
2. For tour package, please contact Beth
3. For travel visa, flight, hotel...please contact Susanne

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## ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	<a href="mailto:Lmorzillo@yahoo.com">Lmorzillo@yahoo.com</a>
Vice President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Secretary	Cathy McGuire	<a href="mailto:Cmcg51@hotmail.com">Cmcg51@hotmail.com</a>
Treasurer	Beth Snyder	<a href="mailto:Easnyder@nycap.rr.com">Easnyder@nycap.rr.com</a>
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Membership & Email Updates	Larry Godshalk	<a href="mailto:Lgodshal@nycap.rr.com">Lgodshal@nycap.rr.com</a>
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> .
Webmaster	Eileen Skinner	<a href="mailto:EF Skinner@aol.com">EF Skinner@aol.com</a>
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 <a href="mailto:sheldon.laura1@gmail.com">sheldon.laura1@gmail.com</a>
Wednesday Walk Coordinator	Barbara Popolizio	<a href="mailto:mpopoli1@nycap.rr.com">mpopoli1@nycap.rr.com</a>
Walk Development Comm. Chair	Teresa Kennedy	<a href="mailto:Forty6er3k@aol.com">Forty6er3k@aol.com</a>
YRE/Seasonal Walks Chairperson	Liz Walsh	<a href="mailto:lizwalsh48@gmail.com">lizwalsh48@gmail.com</a>
Historian	Dan Schryver	<a href="mailto:Dschryver@aol.com">Dschryver@aol.com</a>
Publicity	Pat Reed	<a href="mailto:reedpatri9@gmail.com">reedpatri9@gmail.com</a>
Purchasing	Winnie Balz	<a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>



## SAVE THE DATE

### BATTLE OF PLATTSBURGH WALK 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 form on last page of newsletter. – **Deadline July 15, 2014**



## *Volkssporters on the Go...*

### **Kinderhook Walk**



Joan Kimmel from the West Point club completed her 1000th walk at our Kinderhook event.

*Photo by Barbara Kolapakka*

### **Tri-State Walk – June 21-22, 2014**



*Photo by Ellen Brown*

### **Catskill Walk**



*Photos by Linda Morzillo*





## ESCV Sponsored Bus trip to Plattsburg Saturday, September 13, 2014



### Traditional Walk Event - Empire State Capital Volkssporters

Our walk in Plattsburgh, according to POC Loueen Whalen, is planned to coincide with the 200<sup>th</sup> commemoration of the Battle of Plattsburgh, also known as the Battle of Lake Champlain, which took place on September 11, 1814. The day will include re-enactments, a parade and lots of other fun activities. A tentative schedule of events for Saturday can be found at: <http://www.champlain1812.com>

The cost is \$35.00 per person which includes walk registration and gratuity for the driver. There will be two pick-up locations: Exit 8 Park and Ride - Clifton Park and Exit 15 - Wilton Mall at the north end of Dick's near parking lot Pole C2.

Specific departure and return times are as follows:

- Departure time from Exit 8 Park and Ride is 7:30am and pickup at Exit 15 next to Dick's at Wilton Mall between 8:00am and 8:15am.
- We will arrive in Plattsburg around 10:00am after a rest stop between Exits 35 and 36.
- We will be leaving Plattsburg at 4:30 pm and arrive at Exit 15 about 6:30 and Exit 8 at 7:00pm.

This should give everyone plenty of time for the walk (that is 6.5 hours), lunch and to enjoy the festivities. No rest stops on the way back.

Please contact Ginger Ireton 518-466-7830 or [iretongen@aol.com](mailto:iretongen@aol.com) if you have any questions.

To reserve a seat on the bus, fill out the form below and send it, with your check made out to **ESCV** (Empire State Capital Volkssporters) to:

*Linda Morzillo  
26 Meditation Way  
Saratoga Springs, NY 12866*

by July 15, 2014.

Seats are available on a first-come first-served basis. There will be a waiting list. If you sign up and cannot go, you will be able to get a refund only if you are replaced from the waiting list or you find your own replacement.

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### ESCV Sponsored Bus trip to Plattsburg - 9/13/14

Name \_\_\_\_\_

Address \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

E-mail address \_\_\_\_\_

Pick up location (check one): Exit 8 \_\_\_\_\_ Exit 15 \_\_\_\_\_

