



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

JUNE 2014

Walk Schedule:

- Registration begins 30 minutes prior to start.

(Reg. for 6:45 begins 6:30)

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

Wednesday Walks

Start time: 9 am & 6 pm

June 4 – Cohoes/Waterford

June 11 – Thacher Park

June 18 – Blatnik Park, Niskayuna

June 25 – Round Lake

ADD 6:45AM

July 2 – Schenectady, Vale Cem.

July 9 – Schuylerville

July 16 – Glenville

July 30 – Saratoga Springs

One-Day Traditional Events

Start time: bet. 9 – 12 noon

Finish by 3:00 pm

June 14 (Sat) – Catskill (Spring Picnic)

Year Round & Seasonal Walks

Start time: Wed & Sat 10 am;

Sun 1:30

May 31 (Sat) – Saratoga Battlefield

June 7 (Sat) – Caroga Lake

June 21 (Sat) – Bennington, VT

June 29 (Sun) – Lake George

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

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www.walkescv.org/



The Walkinggirl's Words

Spring weather is here and our walks are in full swing. The first two Traditional Walks of 2014 took place in Kinderhook and Schenectady's Central Park. POC Bernie Geren reported that 57 walkers enjoyed the walk in Kinderhook even though the apple blossoms were at least a week into the future. It was cool and breezy in Central Park where 53 walkers enjoyed the new route through woods, on park paths and in neighborhoods laid out by Teresa Kennedy. The names of the first two winners of \$25 gift certificates to L.L. Bean were drawn! Congratulations to Warren and Dorothy!

Our spring picnic will take place on June 14th after a Traditional Walk in Catskill, a revitalized town. We will be walking over the Rip Van Winkle Bridge where the natural beauty will remind us of Thomas Cole and the Hudson River School of Painting as well as the works of Washington Irving and James Fenimore Cooper. POCs Rita Gavin and Mary Sorell have reserved the pavilion at Dutchman's Landing. Be sure to look at the lovely brochure on our club website prepared by Teresa Kennedy. Along with times and directions, there is background information that explains why this walk is scenic, cultural and historic. Another winner of a \$25 L.L. Bean Gift Card will be announced that day.

The Wednesday walks got off to a damp start. There were 21 walkers for the Saratoga Museum Walk the morning of April 30th and zero walkers in the rainy evening (21/0). Dan Schryver had 50/8 walk in Voorheesville on May 7th in perfect weather. The tulips in Washington Park on May 14th were absolutely stunning when Dave Janiga led 47/3 walkers around Albany. The new route designed by Vera Weiss and Marylou Geren around Malta's Tec-Smart Park area was enjoyed by 65/7 walkers.

Group walks for our YRE/Seasonal lineup are continuing. Cooperstown's 22 walkers enjoyed clearing skies and warm temperatures on May 10th. POC Winnie Balz noted that "every spring flower seemed to be blooming." On May 24th, Nellie Georgelos led 30 people with raincoats and umbrellas in a walk around Johnstown. Volkssporters may be as sweet as sugar but do not melt in the rain!

There are seats still available on the bus to Plattsburgh for the walk on September 13th. We now have specific times: Departure time from Exit 8 Park and Ride is 7:30 am and pickup at Exit 15 next to Dick's at Wilton Mall is between 8:00 and 8:15am. We will arrive in Plattsburg around 10:00am after a rest stop between Exits 35 and 36. We will leave Plattsburg at 4:30 pm and arrive at Exit 15 about 6:30 pm and Exit 8 around 7:00 pm. This should give everyone plenty of time for the walk (6.5 hours), lunch and to

(continued on next page)

The Walkinggirl's Words – (continued)

enjoy the festivities. No rest stops on the way back. Please send in your check ASAP along with the form found elsewhere in this newsletter.

I just received the June/July issue of *The American Wanderer* and read Eileen Skinner's excellent history of our Wednesday guided walks. There is also a photo of many 10K walkers, which was taken in front of the locomotive on Nott Terrace, during the Schenectady Group Walk.

See you on the walks!

Linda



- ESCV NEWS

ATTENTION! What time do you think we should start our morning group walks?????

There are many differing opinions (some quite vocal), on the start time for our group walks; there are people who would like to see these walks start at 9 AM, at 9:30 AM, or remain at 10 AM. These are the informal group walks of our YRE/Seasonals we often schedule on a Wednesday from September through April or a Saturday when there are no one-day walks scheduled. (This means that the May-August Wednesday Walks and the Traditional One-Day Events will still begin at 9 AM.) The Sunday time of 1:30 to walk a group walk will remain in place. In order to decide the time in a **democratic** fashion at which we will start our group walks in 2015, every member has **one** vote. Please send me an email with your time of preference by June 30th. I will keep a tally for each of those 3 times and I will keep a list of names separate so that I can be sure each person votes only once. If you have a strong preference for one of those times, be sure your voice is heard. - Linda

What start time do you prefer to start for Informal Group Walks (YREs/Seasonal)?

Year Round Events (YREs) and Seasonal Events are usually do-it-yourself walks. YREs are available to all walkers almost every day of the year and walks called Seasonals are available during the warmer months. People often do these walks on their own at their own convenience. Walkers go to the start point, obtain the Walk Box, sign in, get a map and a start card and do the walk. People stamp their books and mail their start card and money in the envelope provided. We schedule a Informal Group Walk, once in the spring and again in the fall, for each of these walks. We start out together, there is no leader, each person or small group walks at their own pace. The goal is to have others to enjoy the walk with!	9:00 AM	9:30 AM	Current Start Time 10:00 AM	Sunday Start Time 1:30 PM
	VOTE	VOTE	VOTE	No Change
Traditional Events are walks usually held only once, on a certain date, most often on a Saturday morning. People arrive at the start point during a period of time (usually between 9 AM and noon), sign in, get a start card, obtain a map and walk at their own pace. There is a time at which one must have completed the walk, usually 2 PM or 3 PM.	Starts between 9:00 AM & Noon No Change			
Wednesday Walks are those guided walks we do on Wednesdays from May through August. We start at 9 AM and 6 PM with an added time of 6:45 AM during July and August. People choose the time they wish to walk. These are a modified form of a Traditional Event. We walk in a pack with a leader, who has the map, and a sweep, who makes sure no one is	6:45 AM July & Aug. No Change	9:00 AM No Change	6:00 PM No Change	

E-mail your vote to lmorzillo@yahoo.com

Editorial: There are pros and cons for each of these times. The input from those favoring 10 AM is as follows: the vast majority of the group walks take place in cooler weather and the extra hour of warming is often welcome. Those who need to travel appreciate the later hour to avoid heavy rush-hour traffic, especially on Wednesdays. We still finish by noon or shortly after and there is still plenty of time for lunch. The input from those favoring 9 AM is that restaurants are not yet experiencing the lunch crowd when they finish walking by 11:15 or 11:30.

L.L.Bean Drawing

A drawing of names from the participants of the Kinderhook and Schenectady Central Park Traditional Events made two walkers very happy. Each won a \$25 gift certificate to L.L. Bean.

Congratulations to Warren Lavery and Dorothy Pazinko.

Our next drawing will be at our Spring Picnic in Catskill on June 14th.

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...



Coeur d'Alene, Idaho

by Karen Watson

If you ever find yourself in northern Idaho, you must check out the Coeur d'Alene walk. This small city is situated on the shore of lovely Lake Coeur d'Alene, surrounded by mountains. The walk itself goes through a wooded park to Tubbs Hill, a scenic point overlooking the lake. The lake is in view for much of this part of the walk. At one point we enjoyed watching kids jump off the cliffs into the lake. The walk goes through the downtown part of the city itself, which has a vibrant, artsy feel, with so many neat restaurants, you will have trouble making a choice. On the other side of downtown the walk passes through a large recreational park.

MONTHLY MEETING

Tuesday, June 17, 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. They are available with either a magnet or pin back for \$8.

Milestones From "The American Wanderer"

By Teresa Kennedy

Attention new members: A benefit of joining AVA, our national volkssporting organization, is seeing your name in print in the bimonthly edition of "The American Wanderer." Once event and distance books are submitted to the Texas office for processing, our accomplishments are published in the national newsletter.

The milestones listed below were published in the Apr./May & June/July 2014 AVA newsletter.

Event Milestones

10 Events Larry Young	30 Events Dorothy Pazinko	150 Events Annalisa VanAvery	250 Events Barbara Popolizio Michael Popolizio	375 Events Karen Watson
450 Events Rita Gavin	475 Events Sue Grey Ann Misener	575 Events Bernie Geren	600 Events Marylou Geren	800 Events Ed Koch
850 Events Emily Koch	2200 Events Ruth Cade			

Distance Milestones

1000k John Watson	1500k Annalisa Van Avery	2500k Barbara Popolizio	4000k Rita Gavin	4500k Sue Grey
5000k Ann Misener	5500k Bernie Geren	6500k Marylou Geren	7000k Ed Koch	

Congratulations on your accomplishments! If anyone was missed that was published in the Apr./May or June/July 2014 Wanderer, please call Teresa Kennedy at her home phone or e-mail her at Forty6er3K@aol.com so you can be recognized in the next newsletter.



TRI-STATE SOLSTICE WEEKEND

June 21 & 22, 2014

Walk in Maine, New Hampshire, and Massachusetts
Please see April newsletter for additional information.



Membership

Larry Godshalk - Lgodshal@nycap.rr.com

Our 2014 walking season is in full swing. Membership has increased to 302 members this year so far which is down from the 2013 close of 341. This is the time of year that we get many new members so get the word out there and help your friends join in for a walk some day.

Please welcome the following new members (or those who have renewed): Laverne Stiles from Saratoga Springs, Grace Mueller from Scotia, and Patricia Klose-Hammond from Voorheesville.

Birthday Wishes

Happy June Birthday to . .

Marion Averill
Lea Darling
Sharon Freedman

Larry Godshalk
Marilyn Huber
Sandra Laity

Eileen Skinner
Harlene Smalkin
Robert Suss

Jean Van Vranken
Nancy Wallace
Lil Julian



Sunshine and Cards of Care

We were saddened to learn of the death of long-time member **Jack Hickey**. His presence had been missed at our walks and other events. We express our condolences to sons Brian, Craig, and Jack as well as to other members of his family.

We express our condolences to **Pat Mahoney** on the passing of her mother. Pat's mother lived in Jamestown, NY.

Longtime members **Bill Hughes**, **Marge Shanley**, **Lisa Holt**, **Berny Desroches**, **Jane Pattison**, and **John Marshall**, are slowly gaining strength in their daily fight to get better. **Pat Rush** reports that her ankle is still healing, **George Agars** has recovered from his Kinderhook mishap and **Teresa Kennedy** is resting her knee.

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

From the Editor

Articles for the July newsletter are due on Friday, June 20, 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



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.



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American Volkssporters Association

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/

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- International Federation of Popular Sports

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

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ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	Lmorzillo@yahoo.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Cathy McGuire	Cmcg51@hotmail.com
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Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
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
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

ESCV Want Ads

Hotmail Manager:

We are looking for a person to send Hotmails to ESCV members on the average once a week. The purpose of these communications by email is to inform and remind members of upcoming events along with any last-minute instructions. The Hotmail Manager will receive composed messages from POCs and others most of the time, sometimes the Hotmail Manager may need to generate the message to be sent. The present Hotmail Manager has an email address list of members as well as an email account used for this purpose. Updates on the email directory (list), are done when members join or change email addresses. Around March of each year, names of non-renewing members need to be purged. The person doing this essential ESCV job will work independently and send messages in a timely fashion. Please contact Eileen Skinner (after June 9th), or Linda Morzillo at any time, if you have questions. Eileen is willing to show how to incorporate the calendar mapping link and other information.

Web Page Backup: Looking for a reliable person with good computer and organizational skills to shadow the club webmaster.

POC (Point of Contact): Shadow a present POC to learn how to do this essential job. POCs plan and oversee YRE/ Seasonals, Traditional and Wednesday Guided Walks. Routes are already in place, person would learn how to prepare a walk box and complete quarterly reports.



Volkssporters on the Go...

Albany Capital Walk



Photos by Linda Morzillo



Photo by Linda Morzillo

Schenectady Central Park Walk Start Point - May 17, 2014



Malta Tech Park Morning Walk – May 21, 2014



Photos by Linda Morzillo

Malta Tech Park Evening Walk – May 21, 2014



Photos by Linda Morzillo



Saratoga Springs Walk –



Photos by John Sowa

Cohoes/Waterford Walk – Wednesday, June 4 - 9:00 am and 6:00 pm

Fun - Fitness - Fellowship and Food

For those of you who are planning to do the 9:00 am Cohoes/Waterford Wednesday walk on June 4th, you will be able to order a bag lunch from LePage's Market. Lunch can be ordered on the day of the walk. The cost will be \$5 including tax. The lunches will be ready for pick-up at the end of the 10 km walk only - at approximately 11:30 am. You may want to either enjoy your lunch on the upper deck of LePage's Market - overlooking the Cohoes Falls *or* you can bring your lunch directly to Falls View Park where there are some picnic tables *or* use the picnic tables in the parking lot of LePage's.

6:00 pm walkers are invited to enjoy an ice cream from LePage's and eat it in one of the aforementioned locations after the walk.

Your choices for lunch will include the following - please **CIRCLE ONE IN EACH CATEGORY desired**. You may choose a soda or water and chips (included in price) when you get your lunch at the end of the walk. **Please bring this order form with you, plus \$5 on the day of the walk so orders can be placed.**

Note: In order to get this price for lunch, 1/2 sub roll must be ordered. Or you can order directly at the counter for other types of bread if you desire. More order forms will be available at the walk.

**Lunch Order for LePage's Market – Cohoes/Waterford Walk – 6/4/14
(9:00 am walk only. Order not available for 6 pm walk.)**

NAME: _____

Bag lunch consists of your choice of cold cuts, etc. served on half of a large sub roll with chips, soda, or water for only \$5.00 (including Tax).

1. COLD CUTS (circle one) 1. Turkey 2. Deluxe Ham 3. Liverwurst 4. Olive Loaf
5. Bologna 6. Genoa Salami

7. Capicola 8. Pepperoni 9. Buffalo Chicken 10. Tuna Salad 11. Pastrami
12. Chicken Salad

2. DRESSING (circle one) 1. Mayo 2. Light Mayo 3. Russian 4. Italian 5. Yellow
Mustard 6. Spicy Mustard

7. Oil and Vinegar 8. Ranch 9. Horseradish Spread 10. Honey Mustard 11. Balsamic

3. OTHER Your choice of: 1. Lettuce 2. Tomato 3. Onion 4. Banana
Peppers 5. Hot Peppers 6. Cheese

Please note the following correct information for the June 4, 2014 Cohoes/Waterford Wednesday walk. Please cut out and paste into your Wednesday walk booklet.

Course: Some steps are along this walk. May not be suitable for strollers, etc.

Directions: From Northway take Exit 7 to Alternate Rte. 7 east to 787 north. Take 787 north to the end. Continue straight over railroad tracks, continuing on North Mohawk St. through 2 traffic lights. As you approach yellow blinking light (at Manor Ave. and No. Mohawk St.) near Cohoes Falls, you will see a parking area just before LePage's Market on the left. There is limited parking here. You may also park in the Falls View Parking lot just below LePage's and walk the short distance up to the Start Point. Other option: Turn left just past the Market onto Manor Ave. and park on the right in the paved area on Reservoir St./Erie St. and walk back around the corner to the Start Point which will be in the LePage's Parking Lot.

From Clifton Park area: Take Rt. 9 south to Cohoes-Crescent Road (left just over the bridge). Continue to Manor Avenue (blinking light). Continue straight for 2 parking options or turn at Manor Avenue for other. See above.

From Latham: Take Rt. 9 north to Boght Rd./Manor Ave. (Cumberland Farms). Turn right and go to end which is the corner of Manor Ave. and No. Mohawk St. where LePage's is. See above for parking.



ESCV Sponsored Bus trip to Plattsburgh 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 200th 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 Plattsburgh around 10:00am after a rest stop between Exits 35 and 36.
- We will be leaving Plattsburgh 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 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 1, 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.

X

X

ESCV Sponsored Bus trip to Plattsburgh – 9/13/14

Name _____

Address _____

Cell Phone Number _____

E-mail address _____

Pick up location (check one): Exit 8 _____ Exit 15 _____

