



# 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

MARCH 2014

## 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: bet. 9 – 12 noon

Finish by 3:00 pm

May 3 (Sat) – Kinderhook

June 14 (Sat) – Catskill (Spring Picnic)

### Year Round & Seasonal Walks

Start time: Tues, Wed & Sat 10 am;

Sun 1:30

Mar 30 (Sun) – Albany Capitol

Apr 5 (Sat) – Scotia

Apr 6 (Sun) – Saratoga Spa Park

Apr 9 (Wed) – Albany/Colonie

Apr 19 (Sat) – Troy

Apr 12 (Sat) – Clifton Park

Apr 26 (Sat) – Williamstown, MA

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

\* \* \* \* \*

#### Contact Us At:

Empire State Capital Volkssporters

PO Box 5464

Clifton Park, NY 12065-5464

\* \* \* \* \*

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



## The Walkinggirl's Words

March is upon us and that means spring will soon be here. It's coming! The days are getting longer, the sun is higher in the sky, and the birds are singing. The other day, there were four white-breasted nuthatches on one of our apple trees chirping at each other. Guess they were trying to decide who was going to have the tree in their territory this year.

ESCV would like to welcome Stephanie Sinclair as Executive Director of AVA and wish her success in all of her endeavors. Stephanie "likes" our Facebook page and is a viewer of our club postings.

Congratulations to Marylou and Bernie Geren on the completion of walking in all 50 states! This happened in Hawaii (our 50<sup>th</sup> state). The Geren's went to Hawaii in 2014 to complete their 50<sup>th</sup> state walk during the year of their 50<sup>th</sup> wedding anniversary.

The Saratoga Springs City Walk took place on February 1<sup>st</sup> with 35-40 walkers marking our first group event of 2014. People walked the route in small groups. At least one person in each group had directions and a map and this worked out extremely well because the city was very crowded with Chowderfest participants; it would have been difficult for a large group to remain together. Thank you, La Verne and Malcolm Stiles, for finding the new start point at the Downtowner and monitoring the walk box.

Teresa Kennedy was concerned that walking conditions for the Schenectady group walk on February 8<sup>th</sup> were difficult if not dangerous; it has been postponed and a new date will be scheduled. At that time, I announced that we would have our previously postponed Saratoga Spa group snowshoe event. Seventeen of us had an excellent snowshoe walk in great conditions in the bright sunlight. Thank you to Eileen Skinner for sending out Hotmails to inform our members of the change in plans, this important ability to send timely communications gives us flexibility!

The Troy group walk has been rescheduled for Saturday, April 19<sup>th</sup>!

We have two important announcements! Robin Young will be the POC of a new YRE walk at Crossgates Mall; instructions will be presented when all of the details are in place. This will not be the first mall walk for AVA credit; several of us have walked the YRE at the Mall of America in Bloomington, MN, near Minneapolis. The advantage is that there will be a comfortable place to walk on the coldest and slipperiest days of winter as well as the haziest, hottest and most humid days of summer. We will *not* include this walk in the 2014 Incentive Book lineup.

The other announcement, found in *The American Wanderer (TAW)*, is that four New England clubs, Twin State Volkssport Association, Southern Maine Volkssport Association, Walk'nMass, and Two Towns are planning a Tri-State Weekend for the weekend of June 21, 2014. For many years, the

(continued on next page)

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

clubs in this area would plan a memorable weekend of wonderful traditional walks usually in the fall, based on a theme - such as lighthouses. People would come from far and wide to attend. One of the walks will be in Durham, NH and at least two others will be scheduled, one each in Maine and in Massachusetts. Mark your calendar and consider attending for a day or the entire weekend.

Thanks to Dan Schryver, Catherine Marrano, and Barbara Kolapakka, ESCV was featured in the last two issues of *TAW*. For the December 2013/January 2014 issue, Dan wrote an informative article highlighting the history of our Holiday Party. On the same page is a great photo of walkers taken by Cathy at The Merck Forest. The February/March 2014 issue features an excellent article titled “Let’s Go Snowshoewandering” (yes, that is a word), written by Barbara. Looking to the next two future issues of *TAW*, we will be reading two articles by Eileen Skinner, one on our Incentive Program and the other on our Wednesday walks.

Have you ever been outside of ESCV territory and done a Volkswalk that you thought was terrific? Our newsletters will feature a new column promoting non-ESCV walks enjoyed by club members. The goal of this column is to highlight enjoyable walks in different areas of the country, sort of a *Trip Advisor* for walks. We want to hear your raves for walks we would not want to miss.

See you on the walks!

*Linda*



## **- ESCV NEWS**

### **Group Walk Etiquette**

*By Linda Morzillo*

Our group walks will be in full swing (or step), before long! It’s time for us to remind ourselves of several things that each of us can do to make the walks fun for all of us. Group walks are different than Wednesday guided walks which take place May through August; group walks are for people to walk together on a more informal basis. People sign-in and start together at the scheduled time. There are no guides for this kind of walk and the group does not need to stay together, people can and do walk at different speeds – fast, medium, and slow. Therefore, **each** person/small group needs to have directions and a map. One of the duties of the POC is to make sure there are plenty of directions and maps in the walk box for both the 10K and 5K walks.

If the POC is not present, someone usually volunteers to oversee sign-in and collect the money. We need to be sure that the POC or their representative has help signing people in and collecting money. Very often, people do stamp their own books at group walks; sometimes, especially if there is a crowd, someone will volunteer to stamp the books. ***We all need to be sure that the money collected is under ESCV control at all times.*** If the POC is not present, someone volunteers to submit the money collected to the POC, either in person or sends them a personal check made out to ESCV. If no one does volunteer, each person is required to send their money to the POC along with a start card.

Sign-in ends five minutes before walk time. This allows materials to be returned to the box and for the POC/representative to be ready to leave on time. **Everyone** begins walking at the appointed time which is **10:00 AM** on Saturdays and Wednesdays between September-April. On Sundays, the time to begin walking is **1:30 PM**. No earlier! We do not want people, especially newcomers, to arrive and there is no one at the start point!

If people do not plan to be part of the group walk, they are to complete sign-in and begin walking before 9:30 AM or 1:00 PM, the official start of sign-in time. It is **very confusing** when people leave on the walk during sign-in times. If walkers arrive late, it is their responsibility to sign in, get a start card and send their money to the POC as if there was no group walk.

Thank you Lil Julian, Marie Klucina and Mary Sorell for your valuable input for this article.

## **“Try This Trail”**

Many of our members travel all over the United States and Canada for many reasons and include volkswalks in their itineraries. You may be one of them and no doubt you have been some place you're not familiar with which offers more than one walk and wonder which walk you should do. It would be helpful if someone you knew had done them and could give you guidance. It's with this in mind that we are introducing a new feature called “Try This Trail”. It will appear from time to time whenever a member has discovered a walk outside of ESCV's offerings that he or she wants to recommend. Your write up doesn't have to be lengthy, just a paragraph or two on what you found appealing about the walk and any other comments pertaining to it. Send it on to Ellen Brown for inclusion in the next newsletter.

To start it off, Barbara Kolapakka is recommending a walk she recently completed:

### ***Try This Trail . . .***

#### **Fernandina Beach, Florida**

*By Barbara Kolapakka*

I recently attended a Road Scholar program in Fernandina Beach and, arriving a day early, I decided to explore the town by doing the Fernandina Beach Historic District walk.

This area in northeastern Florida had its first European settlers in 1562 and eight different flags have flown over it. The current town is a historic district and has a large variety of well tended Victorian homes clustered around a pedestrian friendly main business street with a variety of locally owned stores and restaurants. The walk route gives you a good overview of the town and takes you through some lovely residential streets; even the more modest homes are well cared for. There are several churches and all seem to have historic markers. There is a waterfront where you can relax and take a break on benches. It all has a very laid back feel and was just a great place to take a walk that allowed you to relax and look at things.

One other advantage: it's hard to get very lost in the downtown area. Streets run alphabetically north and south from the main street and are numbered from east to west so if you know your alphabet and can count to twenty you can easily get back on the right route if you happen to miss a turn!

## **Our Tax-Exempt Numbers**

There was a question regarding our tax-exempt number at Staples and the result was that we now have a new number. We have an additional tax-exempt number since 1992 from New York State which can be used at other businesses, the number begins with EX.

If you plan to make copies or make a purchase for ESCV, please email me for the number. I prefer to distribute the numbers in this manner and not on a public webpage. - Linda

### ***From Sea to Shining Sea***

Pat Rush will give a presentation on her bike tour across the US, entitled "From Sea to Shining Sea." The program will be held on **Tuesday, March 11, at 6:30 p.m.** at the **Niskayuna** branch of the Schenectady County Public Library. It follows an all-member meeting of ECOS (The Environmental Clearinghouse), to which the public is invited. The program will be short, and illustrated with slides from the tour.

Pat plans to give this presentation again at our May, ESCV meeting.

## **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 Dec13/Jan14 and Feb/Mar14 newsletter.

### **Event Milestones**

<b>10 Events</b> Noreen Persch Robin Young	<b>50 Events</b> Barbara Nigro	<b>150 Events</b> James Brown	<b>200 Events</b> Dave Golden	<b>225 Events</b> Barb Popolizio Mike Popolizio
<b>300 Events</b> Kathy Brown	<b>325 Events</b> Sue Larsen	<b>375 Events</b> George Agars	<b>400 Events</b> Kathryn Piffat Carol Sorensen	<b>450 Events</b> Mary Agars
<b>500 Events</b> Dave Averill Marion Averill	<b>600 Events</b> Jackie Reynolds	<b>650 Events</b> Doug Reynolds	<b>750 Events</b> Winnie Balz	<b>850 Events</b> Linda Morzillo
<b>900 Events</b> Dan Schryver	<b>1400 Events</b> John Cairns			

### **Distance Milestones**

<b>500k</b> Barbara Nigro	<b>2500k</b> Mike Popolizio	<b>3500k</b> Sue Larsen Carol Sorensen Karen Watson	<b>4000k</b> Mary Agars	<b>4500k</b> Kathryn Piffat
<b>5000k</b> Dave Averill Marion Averill	<b>6000k</b> Jackie Reynolds	<b>6500k</b> Doug Reynolds	<b>7500k</b> Barb Kolapakka Pat Reed	<b>15000k</b> John Cairns
<b>18000k</b> Eileen Skinner	<b>19000k</b> Barbara Piffat			

**Congratulations** on your accomplishments! If anyone was missed that was published in the latest 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.

### **Membership**

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

**LAST CHANCE** to have your name in the **Membership Directory!!!** Please **RENEW YOUR MEMBERSHIP** for 2014 BEFORE February 28<sup>th</sup>. It is quite simple. At the end of the newsletter is the Membership Form. Fill it out, write a check, and mail it in. ONLY 220 OF THE ~330 MEMBERS HAVE SENT IN THEIR RENEWALS AS OF FEBRUARY 19, 2014. I must receive the membership renewal forms by the end of February so we have a week to finish updating the database and get it to the printer for the Membership Directory. If I don't have your renewal form within a day or two after the February 28th deadline I will not be able to include you in the directory. This will also delay you receiving hot mails and other club communications. Thanks for your help.

We have a new member who actually joined in late 2013. Please welcome LINDA DUNN from Clifton Park.

**Some 2014 Group Walk Dates Are Missing.  
Please Add Them Now!!!**

*By Liz Walsh*

It's never too early to start thinking about our **2014 Group Walks**. So please **add** these walk dates to your **Bookmarks** and **YRE & SW Booklet** centerfold.

- |  |   |
|--|---|
| ☆ <b>Saratoga Spa Park</b>                               | <b>Sunday, April 6, 2014 and<br/>Sunday, November 9</b>     |
| ☆ <b>Saratoga Battlefield</b><br>(Nat'l Historical Park) | <b>Saturday, May 31, 2014<br/>Saturday, October 4, 2014</b> |
| ☆ <b>Saratoga Springs (City)</b>                         | <b>Saturday, November 15, 2014</b>                          |

**Also:**

- ☆ The **Troy Group Walk** that was postponed from New Year's Day due to inclement weather will now be scheduled for **Saturday, April 19<sup>th</sup>**.

Check for further information/clarification on the website or the next Newsletter for possible date changes. Other reminders will be sent periodically.

**MONTHLY MEETING**

Tuesday, March 18, 2014

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

*All are welcome!*

**ESCV Meetings 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 March 18 as well as, April 15, May 20 and June 17, 2014.

**Name Tags**

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.

**E-Mail Updates**

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

**From the Editor**

Articles for the April newsletter are **due on Friday, March 21, 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



## **Birthday Wishes**

### **Happy March Birthday to . .**

Thomas Ciancetta  
Jean Eaton  
Cathy Edwards  
Frank Edwards  
Linda Ferrucci

Barbara Floryshak  
Amy Gitchell  
Patricia Grasso  
Harriet Kalejs  
Adrienne Levinthal

Patricia Mahoney  
Nancy Marcone  
Joseph Padula  
Shirley Pingelski  
Charlie Poltenson

Mary Sorell  
Elaine Suss



## **Sunshine and Cards of Care**

We extend our sympathy to **Frank and Cathy Edwards** on the recent passing of Frank's brother.

Longtime members **Bill Hughes, Marge Shanley, Jack Hickey, Lisa Holt, Berny Desroches, Alan Longshore, Carolyn Lounsbury, and Jane Pattison**, are slowly gaining strength in their daily fight to get better.

**Pat Rush** has broken her ankle.

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.

## **Thanks!**

*Hi to all of my fellow walking friends:*

*I can't thank you all enough for all the cards I received. It is at times like this that it means so much to realize you have so many friends standing alongside you to help you along the way. When I'm feeling down I look at some of the cards again and know I have friends to help me. So again, thank you all for the kindness you've shown me. - Lil Julian*

## **Musically Remembering Frances Pallozzi**

*By Phyllis Boyd*

In addition to ESCV, Fran Pallozzi was a long-time member of Burnt Hills Oratorio Society (BHOS). In her memory an Ave Maria for Alto soloist, choir and strings will be composed by Al Fedak. Some ESCVers have contributed to the fund for this music as they also did before to honor David Skinner. The Ave Maria will be premiered at the BHOS 2014 Fall Concert.

The BHOS Spring Concert will be held Sunday, March 16 at 2 PM in the Zankel Music Center at Skidmore College, Saratoga Springs... located on our Saratoga City walk!

Please contact Phyllis Boyd for details or at [www.BHOS.us](http://www.BHOS.us) or 518-416-4060.

Update: At the last ESCV meeting in February, a motion was passed to make a monetary contribution to the fund for this music.

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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.avacclubs.org/NE\\_RD/](http://www.avacclubs.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	<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>
Newsletter Editor	Ellen Brown	<a href="mailto:gorow1010-escv@yahoo.com">gorow1010-escv@yahoo.com</a>
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:EFSkinner@aol.com">EFSkinner@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>



## *Volkssporters on the Go...*

### **Saratoga Park Snowshoe Group Walk**

Photos by Linda Morzillo



**Congratulations** to Marylou and Bernie Geren on the completion of walking in all 50 states!

### **Saratoga Springs Group Walk**

Photo by Linda Morzillo





# ESCV MEMBERSHIP FORM

Revised: November 2013

## PLEASE READ:

- ✓ **This form is for new or renewing memberships.**
- ✓ Memberships run from January 1 to December 31 each year.
- ✓ Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$10.
- ✓ New memberships after September 1<sup>st</sup> are one half the annual fee through December 1<sup>st</sup>.
- ✓ Renewal starts December 1<sup>st</sup>. Renewals received after February 28<sup>th</sup> will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the "Hotmail" (email) list.
- ✓ Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- ✓ **If you have a winter mailing address**, please identify on the back of this form and the approximate dates this mailing address is effective.
- ✓ To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Larry Godshalk, Membership Chairman - Questions? 518-399-6041; [LGodshal@nycap.rr.com](mailto:LGodshal@nycap.rr.com)

## PLEASE PRINT CLEARLY

Date Submitted: \_\_\_\_\_ Family or Single Membership? (Circle one)

Name: \_\_\_\_\_ New Member: \_\_\_\_\_ or Renewal: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_ Email: \_\_\_\_\_


What Month is Your Birthday (Optional): \_\_\_\_\_ Do you receive "The American Wanderer" Yes/No?

Name: \_\_\_\_\_ New Member: \_\_\_\_\_ or Renewal: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_ Email: \_\_\_\_\_

What Month is Your Birthday (Optional): \_\_\_\_\_ Do you receive "The American Wonderer" Yes/No?

- Enter winter mailing address and dates effective on back of form 
- Circle areas you would like to help out: Registration at walks, Developing new walks, Programs, Spring Picnic, Oktoberfest, Pasta Party, Christmas Party, Where Needed (there are many other jobs).
- If a new member, how did you hear about us? \_\_\_\_\_
- Make check payable to **ESCV** - \$18 for Family or \$10 for Single Membership (half price for new members Sept. 1<sup>st</sup> to Dec. 31<sup>st</sup> and include \$10 for each new member for your "New Walker Program Packet")
- Mail this form and check to: ESCV Membership  
PO Box 5464  
Clifton Park, NY, 12065-5464