



# 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](http://WWW.WALKESCV.ORG)

MAY 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: 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

June 4 – Cohoes/Waterford

June 11 – Thatcher Park

June 18 – Blatnik Park, Niskayuna

June 25 – Round Lake

### One-Day Traditional Events

Start time: bet. 9 – 12 noon

Finish by 3:00 pm

May 3 (Sat) – Kinderhook (9:30)

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

May 10 (Sat) – Cooperstown

May 24 (Sat) – Johnstown

May 31 (Sat) – Saratoga Battlefield

June 7 (Sat) – Caroga Lake

June 21 (Sat) – Bennington, VT

**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

It's good to see people out and about on the recent group walks and smiling at the warmer temperatures and sunshine (and sometimes a little rain). Dave Janiga led five other walkers in first a slight mist and then dry but windy weather, on the Albany YRE on March 30<sup>th</sup>. On April 2<sup>nd</sup>, National Walking Day (promoted by the American Heart Association), the Schenectady YRE was enjoyed by 44 walkers. Thank you, Teresa Kennedy, for arranging the start point at the Apostrophe where some of us enjoyed lunch after the walk. Vera Weiss led 42 walkers around a new route in Scotia, Carol Sorensen reported 42 walkers at Colonie Crossings, Father Jack Cairns noted 32 walkers in Clifton Park and noted that 6 of them were new and the Browns registered about 30 walkers in Troy. Fifteen people, including two new walkers, walked and enjoyed lunch in Williamstown followed by delicious cookies (has that become an ESCV tradition?), baked by POC Shirley Pingelski and Lucy Healey. The Wednesday Walks began on April 30<sup>th</sup>.

There are two Traditional Walks scheduled during May; on the 3<sup>rd</sup> we will be walking in Kinderhook and on the 17<sup>th</sup> we will be walking in new areas of Schenectady's Central Park and surrounding neighborhoods. If the timing is right, we will enjoy a profusion of apple blossoms in Kinderhook and new places to see in Schenectady. Be sure to look at the wonderful brochures composed by Teresa Kennedy, which is on our website (left side, click on Traditional Events).

Be sure to sign up on the Volunteer Sign-Up Page on the ESCV Website!!

Many club members have reached their goal of completing a Volkswalk in each of the 50 states and/or 51 capitals. Congratulations to all that have! Thanks to ESCV member Marion Burns and her Travelwalk club, a large number of club members were afforded the opportunity to do just that or make serious headway in reaching that goal.

What if you have not completed your 50/51 goal? There are options to consider!

Club members often travel in small groups for the sole purpose of walking in the particular places needed to reach their goals. While planning these walking trips, other areas of interest are often incorporated into the trips. Talk to others and perhaps you will find fellow club members with like-minded agendas. For example, five of us recently walked in the south central capitals and took time to explore places along the walk routes and few other places of interest nearby.

(continued on next page)

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

Many people in our club have taken advantage of the opportunity to join bus tours, two of which design trips with Volkswalking goals in mind. Both are run as businesses (I have no financial interest in either business). The first is Tater Tours, owned and operated by Mary Ptacek who has been leading Volkssporters since 1994. Her website is: <http://lizrose.biz/tatertours/index.html>.

The other company is Walking Adventures International (WAI) which has been sponsoring walking trips in the United States as well as in other parts of the world since about 1988. Dan Friesen is the president of this business which was founded by his father, George. The website is <http://walkingadventures.com/>. This company tends to have more international trips but there are a few excellent trips in the United States.

There are clubs around the United States and Canada that have members who plan walking trips for their own members and sometimes there is space for Volkssporters from other clubs. All sanctioned walks are noted in *The American Wanderer* and on the AVA Website and careful research may result in a walk opportunity. For example, when Jim and I were preparing for a Road Scholar program at the Virgin Islands, I learned from the AVA website there was a January walk in Charlotte Amalie. A group of Volkssporters from the DC area did the walk at this port of call during a cruise. Unfortunately, we could not join them because they arrived about a week after our own visit there.

Several of our club members will be headed to Baniff, Alberta, for the Canadian Volkssport Convention starting on May 30<sup>th</sup>. They will be walking many YREs and Seasonal events in that area where the Canadian Rockies dominate the view. If you are not one of the ESCV members attending, be an armchair traveler by going to <http://cvfconvention2014.ca/Walks.php>

Dave Janiga recently received an email from Alisa Johnson, who, with her two teenaged boys, is planning a trip this summer with the goal of walking in 51 capitals in 51 days. She will be in Albany on Wednesday, July 23<sup>rd</sup>. Although this conflicts with our Wednesday Guided Walk in Ballston Spa (I invited Alisa to join us), Teresa said that she will work on a plan where interested club members may do both.

On September 13<sup>th</sup> a bus will transport walkers to Plattsburgh, please look elsewhere in this newsletter for the sign-up form. Thank you, Ginger Ireton for arranging the bus. She received valuable input from bus-hiring mavens Mary Sorell and Teresa Kennedy; thank you, both for your help.

See you on the walks!

Linda



## **- ESCV NEWS**

### **May is National Physical Fitness & Sports Month**

AVA has made available new patches for May 2014. Winnie Balz ordered ten of these patches in April and if you would like to reserve one at a cost of \$2.50, please send Winnie an email [winnieeb@yahoo.com](mailto:winnieeb@yahoo.com).



### **IVV World Walking Day**

May 8<sup>th</sup> has been designated IVV World Walking Day and ESCV is participating! That date is a Thursday and AVA has announced that all walks taking place from May 3<sup>rd</sup> to May 11<sup>th</sup> qualify. We have walks scheduled in Kinderhook on May 3<sup>rd</sup>, Voorheesville on May 7<sup>th</sup> and/or Cooperstown on May 10<sup>th</sup>. Walking Day certificates (40) will be available at no cost on a first come-first served basis at each of these walks.

## **A History of ESCV Guided Wednesday Walks**

*By Eileen Skinner*

In 1992, Ron Hersh had an idea. “**How about getting together one night during the week and get some ‘extra K’s?’**”, as he used to call it. Thus was born the Wednesday guided walk program.

**Mission Statement:** “The mission of the Wednesday Guided Walk Program is to provide an opportunity to obtain additional kilometers during the week, led by a person(s) with a map and directions. To walk for a couple of hours without stopping, except to cross streets and keep the ‘group’ together. These walks are for exercise, enjoying friendship and fun without commentary or presentations during the walk. These guided walks are meant to be simply administered from the ‘trunk’ of a car, so that all can participate and walk.”

The first year there were 13 walks scheduled on Wednesday evenings beginning at 6 PM from June 3<sup>rd</sup> through August 19<sup>th</sup>. Of these 13 walks only 6 were newly sanctioned walk trails. The other 7 walks included the Albany and Saratoga Year Rounds each done two times and the Schenectady YRE walk three times. There was an average of 15-20 walkers for each of the walks.

**1993** this grew to 15 events, starting in mid-May, again using some of our year rounds for 7 of these walks. A club picnic was added at the end of the walks in late August. The first picnic/walk was held at Clermont State Park in Columbia County.

By **1996**, the Wednesday night walks were increased to 15 all newly sanctioned walks. With the addition of the Niskayuna/Blatnik Park walk, ESCV decided to hold a Strawberry/Ice Cream Social after the walk. This continues today (19<sup>th</sup> year) and is one of the most popular Wednesday walks of the summer drawing over 100 walkers.

**1998** the walks grew again to a total of 17. By now these Wednesday **GUIDED** walks were growing larger with many more newly retired walkers. At this time (with AVA’s approval), we decided to add an additional time for the day’s walk at 9 AM in addition to the 6 PM walk. Our walk groups had grown to 40-60 participants. The newly offered AM group averaged about 15-20 walks the first year.

In **2002** we added a 3<sup>rd</sup> walk time in July and August at 6:45 AM for those who wanted to beat the heat. This has proved to be very popular time, especially on warm days. The 3 walk times have been in place for the past 13 years and they continue today as we enter our 23<sup>rd</sup> season.

We have created many different walk locations over the past 22 years. Some we outgrew years ago for various reasons, (not enough parking, narrow roads, busy traffic, no rest rooms, etc.). Other walk sites we continue to revisit year after year along with new trails. Some of the original Wednesday guided walks like Colonie Crossings, Scotia, Spa Park, and the Saratoga Battlefield have become Seasonal Events.

As we enter the **2014** walk season, we are continually looking for new and interesting places to ‘grab those extra k’s during the week

The 2014 season runs from Wednesday, April 30<sup>th</sup> through Wednesday, August 27<sup>th</sup>. Please visit our website for more information and driving directions to these walks. [www.walkescv.org](http://www.walkescv.org)

**THANK YOU, RON HERSH**, for creating this program and to all who have helped it to continue to thrive for all these years.

## **Volkssport Club of West Point**

*from Betty Green*

I want to let AVA clubs in the Northeast area and nearby Mid-Atlantic area know of a couple of upcoming Volkssport Club at West Point traditional events. Both are in May. Event brochures, in PDF, can be found on their websites.

### **West Point MWR Forts Walk – Saturday, May 10, 2014**

For those who missed our 25<sup>th</sup> Anniversary walks in October 2013, this walk includes many of the highlights of the Forts and Redoubts walk. Both the 5 km & 10 km go to Fort Putnam. It is different from our regular West Point YRE. The following day we are doing a guided group walk of our Fort Montgomery Seasonal Event for World Walking Day.

[http://www.avaclubs.org/WestPoint/brochures/2014/WP\\_MWR\\_Brchr\\_20140310.pdf](http://www.avaclubs.org/WestPoint/brochures/2014/WP_MWR_Brchr_20140310.pdf)

## **Roebling Aqueduct - PA/NY Border Crossings Event – Saturday, May 31, 2014**

We are excited to co-host a brand **new** AVA Border Crossings event. This walk starts and finishes in Lackawaxen, PA and crosses into New York via the Roebling Aqueduct Bridge. It is listed by the AVA as a PA (Mid-Atlantic) event by the Liberty Bell Wanderers. For those interested there is a buffet lunch at the Lackawaxen Inn. Please see the brochure for event information and lunch reservation details.

[http://www.avclubs.org/WestPoint/brochures/2014/RoeblingAqueductBrochure\\_201401126.pdf](http://www.avclubs.org/WestPoint/brochures/2014/RoeblingAqueductBrochure_201401126.pdf)

Contact Mike Green at 845-928-7070 (home) or 845-781-6801 (cell) if you need more information.

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

#### **A Walk Through History: Gettysburg, PA**

by Pat Reed

The York White Rose Wanderers offered a Haunted Gettysburg Weekend over Veterans Day 2013. Four walks and one swim were offered. I learned of the events in *The American Wanderer*, a benefit of AVA membership.

The Lincoln Highway walk was my favorite. 2013 was the 100<sup>th</sup> anniversary of the Lincoln Highway, the first auto road across America, spanning coast to coast from Times Square, NYC to Lincoln Park, San Francisco and the first national memorial to President Abraham Lincoln.

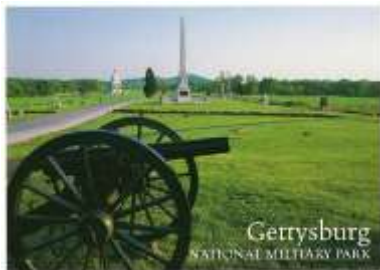
The route featured places in Gettysburg that still exist from the Golden years of the Lincoln Highway. I found myself singing the Battle Hymn of the Republic as I passed the home of attorney David Wills, the driving force behind Pennsylvania's purchase of 17 acres to be used as a cemetery for those, who died at Gettysburg.

A statue of President Lincoln and the "tourist" titled *Return Visit* by sculptor J. Seward Johnson is the most accurate statue of Lincoln ever created.

Reviewing the history of the Lutheran Theological Seminary, through story boards along the path, explain the fighting here on the first day of the battle and role of the Seminary as a hospital after the battle. It was very sobering to view the battle site where over 158,000 forces were engaged with 51,000 casualties from July 1-3, 1863.

No walk would be complete without eating. My choices were the Lincoln Diner and Ernie's Texas Hot Weiner, downtown. Ernie's was a great choice for lunch with homemade everything, cheap prices and 40's décor, fun!

Gettysburg National Military Park: Museum and Visitor Center offers a film: *The New Birth of Freedom and Cyclorama*, the nation's largest painting (1880's) that places visitors in the fury of Pickett's charge on day 3 of battle. This is a must see.



Saturday was a sunny, clear and cool day. It was perfect for the Adam's County Winery walk. The 5km loop in the fruit orchards and vineyards and 6km loop on country roads is picturesque, pastoral and peaceful.

Gettysburg has been on my bucket list and exceeded my expectations.

This was Suzie's first trip away from home with overnights. She was very good and adapted to travel smoothly as long as her "human", walking and food were included.

I have found Volkswalking to be a great way to visit our country and experience the adventures mapped out by our fellow clubs.





## **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 4<sup>th</sup>, 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.



## TRI-STATE SOLSTICE WEEKEND

June 21 & 22, 2014

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



## 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.



### Volunteer Signup Sheet

By Lea Darling

This is the second year of ESCV's signup spread sheet on our website. To make it simple for our many volunteers to see exactly where help is needed on our over 50 annual walks, please go to our website at [www.walkescv.org](http://www.walkescv.org) and click on the "Volunteer" tab on the left side of the home page. That tab will take you to an instruction sheet (which you should read **FIRST**).

A link on the instruction sheet will take you to the sign in sheet. The year 2013 is at the top, but the sheet was revised in April 2014 and all walks listed are for this year. We are working to change 2013 to 2014 so don't let that stop you from continuing. Does anyone have experience with Google Spreadsheets who might help me with this dilemma?

You will see all the walks for the year listed on the left side and blank spaces in the columns to the right for you to sign up to help out with various aspects of the walks. Please follow the instructions. Everyone who is an ESCV member is a volunteer. So, to spread out the wealth and not put a burden on 20 or so of our walkers, do your small part by signing up today. Look at the various jobs and commit. We are over 290 members strong.

If at a future date, you cannot commit to that date, please go back and remove your name from the signup sheet. You are more than welcome to sign up for more than one spot. Your entries are saved upon exiting the website.

Questions can be directed to Lea Darling at [leadarling@verizon.net](mailto:leadarling@verizon.net).

### 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.



## **Canadian Volkssporting National Convention**

*By Lea Darling*

**There's still time to come to the Canadian Volkssporting National Convention** which is from Friday, May 30 through Sunday, June 1 of 2014. Join with fellow ESCVers Teresa Kennedy, Sue Grey, Fr. Jack, Tad & Lea Darling, and Eileen Skinner in the beautiful territory of Alberta in the city of Banff for some spectacular Canadian Rockies walks and scenery. Some of us are driving, flying, or on a bus with Tater Tours. Visit the Canadian Volkssporters Federation website for further details on registration, hotels, walks, etc. at [www.cvfconvention2014.ca/](http://www.cvfconvention2014.ca/) If interested, e-mail Lea Darling.

### **MONTHLY MEETING**

Tuesday, May 20, 2014

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

*All are welcome!*

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

## **Birthday Wishes**

### **Happy May Birthday to . .**

Mary Anderson  
Patricia Clausi  
Deborah D'Arcangelis  
Tad Darling  
Susan Duchnycz

Jan Golden  
Susan Grey  
Judith Kaufman  
Dolores Massimilian  
Jim Morzillo

Barbara Piffat  
Miranda Rand  
Marsha Ras  
Joan Van Alphen  
Joe Van Alphen

Sherrill Virkler  
Karen Watson  
Loueen Whalen



## **Sunshine and Cards of Care**

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 still healing, **Teresa Kennedy** is resting her knee, **Malcolm Stiles** has recovered from surgery and **Berny Desroches** has been back on the trail after his absence.

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.

## **Membership**

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

Welcome to the 2014 walking season. We had more than a half-dozen new members sign up after Lea Darling's and Eileen Skinner's Creative Retirement Program presentation of walking club benefits at Hudson Valley Community College on April 14, 2014. Current membership is at 302 which is still down from our 2013 close of 341 members. Walks are in full swing now and this is the time of year when we get many new members so get the word out there and help your friends join in for a walk.

Please welcome the following new members (or returning members): Arlene Camp and Chris Yost from Scotia; Maureen Chiappe from East Greenbush; Virginia Colorito from Clifton Park; Michelle Dufour from Charlton; Paula Grudecki from Cohoes; Joanne and Raphael Karger from Saratoga Springs; Elaine Klee, Lee

and Marie Cookson from Rensselaer; Sharon Morris from Melrose; Helena Sadik from Troy; and Candace and Martin Toly from Schenectady.

### **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.

### **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 May newsletter are **due on Friday, May 23, 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

\* \* \* \* \*



**- American Volkssporters Association**

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

### **News From AVA**

The April/May issue of *The American Wanderer* (TAW) had several interesting articles.

Dr Michael Nirenberg, who writes articles appearing in *The American Wanderer*, notes that AVA events “emphasize the connection with nature.” Family and friend outings that are fun and interpersonal promote direct interactions with nature and with others. Face-to-face interactions defy the “modern isolation” which he believes that our young (and older), people experience because of their addiction to electronic devices. Young children, especially, respond to the “element of wonder” as they interact with nature. AVA’s future will depend in part on getting our children, grandchildren and other people of the next generations to come on that first walk with us.

Our new Executive Director, Stephanie Sanchez Sinclair, is a good example of a next-generation person following her family’s Volkssporting tradition. Her family became interested during the mid 1990’s when her grandparents took an extended trip to Europe and visited her Army career uncle while he was stationed in Germany. One of the highlights of their trip was the IVV walks with their son, Stephanie’s uncle; they enjoyed meeting so many people, learning history and viewing the scenery. On their return, Stephanie and her mother accompanied her now-hooked grandparents to many Traditional Events in South Texas. The decision to apply for the open Executive Director position had its roots in Stephanie’s early and fun Volkswalking experiences.

Is our club a *GREAT* club? Nancy Wittenberg has written an article explaining how The National Executive Council (NEC) is compiling a voluntary self-assessment program called Pathway to Excellence. The goal is to assist “clubs to recognize and develop best practices to attract new walkers, and provide an enjoyable experience that will create growth in participation and healthy, sustainable clubs. Suggestions are welcome at [avahq@ava.org](mailto:avahq@ava.org).

On occasion, clubs need “remodeling.” Tammy Bridenbeck shared her club’s experience from purging unnecessary stuff in their club materials to implementing policies and procedures using AVA guidelines, redesigning their appearance on club materials (outdated logo, decided to use the club name sans logo), and change of language. For example, instead of using the word fee, which people associate negatively with doctor visits, bank charges and parking tickets, they are “renewing their annual membership,” Perhaps we at ESCV should not state “walk fees,” but instead, communicate the prices for our walks are \$3 or \$2.





## - Northeast Region

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

*Doug Reynolds – Northeast Regional Director*

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



## - International Federation of Popular Sports

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

### **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>



## ESCV Want Ads

### Canadian Rockies Bus Trip

I had to cancel my trip to the Canadian Rockies with the volkssporters from June 2 - June 6, 2014 due to an illness in my family. Anyone interested in taking my place, please contact Pat Mahoney at 518-369-8896.



### 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.

### Treasurer Backup:

Looking for a reliable person with good computer and organizational skills to shadow club treasurer. Would learn how to submit monies to AVA and file a few necessary forms.



## *Volkssporters on the Go...*

Schenectady YRE – April 2, 2014



Photo by Linda Morzillo

Apostrophe – The new start point next to Schenectady's Proctor's Theater



Photo by Linda Morzillo

Thank you to the Schenectady Police for helping us cross busy Union Street.



Photo by John Sowa

Scotia Walk – April 5, 2014



Photo by Linda Morzillo

### Saratoga Spa Park – April 6, 2014



Photos by Linda Morzillo

### Williamstown, MA – April 26, 2014



Photo by Linda Morzillo

### **Brochure Links**

Kinderhook - May 3

<http://walkescv.org/14Kinderhook.pdf>

Schenectady - Central Park - May 17

[http://walkescv.org/14Central\\_Park.pdf](http://walkescv.org/14Central_Park.pdf)





## 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 will be announced before the walk date. 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 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.

✂-----✂

### 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 \_\_\_\_\_





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



## **MONTHLY MEETING**

Tuesday, May 20, 2014  
6:30 PM  
Latham Firehouse  
226 Old Loudon Road, Latham

*All are welcome!*