



# 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

OCTOBER 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**.

### One-Day Traditional Events

Start time: between. 9 – 12 noon

Finish by 3:00 pm,

Oct 18–Saratoga St Pk, Oktoberfest

Nov 2 – Albany, Pizza Party -2PM  
Guided Walk, Reg. 1:30

Dec 6 – Schenectady, Holiday Party

Dec 13 – Saratoga Sp. Starts  
10:11 am

### Year Round & Seasonal Walks

Start time: Tues, Wed & Sat 10 am;  
Sun 1:30 pm

Oct 1 (Wed) – Williamstown, MA

Oct 5 (Sun) – Lake George

Oct 8 (Wed) – Cooperstown

Oct 12 (Sun) – Albany Capital

Oct 25 (Sat) – Clifton Park

Oct 29 (Wed) – Schenectady

Nov 8 (Sat) – Troy

Nov 16 (Sun) – Colonie Crossings

### Wednesday Walks

Scheduled May through August

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

\* \* \* \* \*

#### *Contact Us At:*

*Empire State Capital Volkssporters*

PO Box 5464

Clifton Park, NY 12065-5464

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



## The Walkinggirl's Words

Volkssporters are on the go! I am hearing stories about so many people coming and going on many adventures outside of the Capital District. It's a wonder that the personnel at Albany Airport do not greet us by name! People have made tracks to Canada and destinations near and far from home driveways.

Our group walks for our Year Round and Seasonal walks, are in full swing; groups of people are meeting at the appointed time to walk together. In addition, many people are completing the walks at their convenience. The cooler and less humid weather is welcome.

The ESCV Traditional Walk in Plattsburgh commemorating the 200<sup>th</sup> anniversary of the Battle of Plattsburgh was great! The showers predicted came a bit sooner than expected and there was a steady light rain at parade time. Thank you, POC Loueen Whalen and welcomed help from Sue Grey for all you did to make the walk a success. Ginger Ireton, thank you for reserving a bus. Thank you, Mary Sorell, for greeting people at Exit 8. This was a great example of teamwork! The winner of the \$25 LL Bean Gift card was Charlotte Phillips!

Our walk in Spa Park and Oktoberfest is rapidly approaching on October 18<sup>th</sup>, both Kathy Brown and Barbara Kolapakka have been working hard to organize the events so that we all can have a great time. The Regional Directors and AVA Officers will be attending the event with us, as they will be in Albany for their periodic meeting. The pizza party will be taking place on November 1<sup>st</sup>; if you or if you know someone who has achieved a Volkssporting milestone since last November, please let me know! The sign-up form is included in this newsletter.

Thank you so much, Emily Koch, for stepping up to be our new Hotmail Manager. The Hotmails look great and are easy to read. Emmy asks everyone, especially POCs of upcoming walks, to write the necessary information as they wish it to appear. Please send it as a word document attachment or as the complete body of the email. Emmy's procedure is to copy and paste the communication to the email that is sent to everyone on the membership list.

The Mentor "Buddy" Program has started, new member Bob G. met Winnie B. at a walk and Bob knows he can count on Winnie to answer his Volkssporting questions. I notified Kathy Brown that I was available to be a buddy to new members in the Saratoga Springs area. Any new member who joined in the last few months may contact Kathy for a buddy and anyone can suggest who they want to be a buddy with. New members should always feel welcome!

(continued on next page)

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

It would be a feather in our collective ESCV cap to host an AVA National Convention as part of our 30<sup>th</sup> Anniversary festivities in 2017. Frankly, I was surprised when I learned that AVA did the bulk of the physical arrangements. The vast majority of our responsibilities involve staging the walks and related tasks along with adopting a theme and mascot, staging a silent auction, ordering shirts and a few other convention traditions. As hosts, we would be available to greet people and answer the many questions our visitors will have. Every club member's help will be needed, even people who rarely or do not walk can help with tasks that require minimal physical exertion. Everyone will need to be a worker bee, we hope that we could count on help in preparing for the convention from those who cannot be there.

My personal opinion is that I hope the membership votes a resounding **YES** to move forward in presenting our bid at the convention in June. There has never been a convention in the northeast and we have so much to offer. There will be an opportunity to vote by email and phone by October 20<sup>th</sup>. Details are on page 8 of this newsletter. The results of the decision to present our bid will be made at the October 21<sup>st</sup> meeting. Among the first tasks would be to prepare the presentation to be shown in Salem in June.

Thank you, Shirley Pingelski, for writing a lovely article for a new column starting this month. It will be called "An Enhanced Life - Volkssporting Did It!" We are all in agreement that Volkssporting has added a welcome dimension to our lives. Fun, Fitness and Friendship (sometimes along with Food), have taken us to new places, helped us meet new friends, and given us new experiences. How has Volkssporting affected **YOUR** life? We want to read about it! Articles do not need to be long.

See you on the walks!

*Linda*



## **- ESCV NEWS**



### **Oktoberfest Walk & Party Saturday, October 18, 2014**

Additional information can be found in back of newsletter.

Oktoberfest Walk Brochure: <http://walkescv.org/14oktoberfest.pdf>

Food Reservation: <http://walkescv.org/14registrationoctober.pdf>

**Food reservations must be received by Thursday, October 2, 2014**



Do people read the ESCV Newsletter? Let's find out! Please email [LMorzillo@yahoo.com](mailto:LMorzillo@yahoo.com) if you see this!

## **T-Shirts for the Time To Walk Event on 10.11.12.13.14**

People who wish to have one of these T-shirts may order from this company on an individual basis. Details follow.

A variety of T-shirts, and other items that are available for purchase can be ordered directly from Cafe Press ([www.cafepress.com/AVAgear](http://www.cafepress.com/AVAgear)), not AVA HQ. At the opening page of the site, first select "Browse Designs" then, by continually clicking on the image, it will take you to see other colors, size, price, & quantity wanted. A phone number is provided for direct ordering.

## Try This Trail . . .

### Juneau, Alaska

by Joe VanAlphen

During our short 2012 visit to Juneau we enjoyed a 10K Volkssport seasonal walk through the city to the "Last Chance Mining Museum and Historical Park." The walk crisscrossed the city as Joan and I, along with a couple we met on the cruise ship, climbed the mountain along city streets, then a gravel road, then a park trail. I was leading the way with a Volkssporter map from the Alaska Fudge Company starting point, when I saw a woman walking toward us with a verrry large dog. Jokingly, I shouted "Bear!", and the ladies, seeing the animal on our isolated path in the distance clung to each other in fright. They didn't think it was funny.



About an hour later, as we descended the mountain, and within the Juneau city limits, I DID see a bear and even snapped a couple of photos of it. Luckily, there was a rushing creek and a fence between us. The scenic vistas were beautiful and the fresh air of Alaska was very memorable. We always had to carry or wear our rain slickers because of the unpredictable weather.



Our trail mates, Joe and Cathy Giglio, visited the ESCV club later that year and joined us on the very hot Strawberry walk in Niskayuna.



### 16<sup>th</sup> Annual Walk & Pizza Party Sunday, November 2<sup>nd</sup>

at St. Andrews Episcopal Church Hall  
10 Main Avenue, Albany, NY



Walk Brochure: <http://walkescv.org/14pizzaalbany.pdf>  
Pizza Reservation Form: <http://walkescv.org/14pizzaregistration.pdf>

If you are interesting in volunteering to help, please e-mail [davidjaniga@urbanhiker.aol.com](mailto:davidjaniga@urbanhiker.aol.com)  
**Reservation form on last page of newsletter.**

### E-Mail Updates

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

### MONTHLY MEETING

Tuesday, October 21, 2014  
6:30 PM  
Latham Firehouse  
226 Old Loudon Road, Latham

*All are welcome!*

## **ESCV Meetings 2015**

ESCV meetings are generally held the third Tuesday of scheduled months, at the Latham Fire House, 226 Old Loudon Road in Latham at 6:30 PM.

2014: Oct 21, Nov 18

2015: Feb 17, Mar 17, Apr 21, May 19, Jun 25 (Note: June 25<sup>th</sup> is the 4<sup>th</sup> Thursday)

## **An Enhanced Life - Volkssporting Did It!**

*By Shirley Pingelski*

*Would you be willing to write a Try this Trail article for the October newsletter? (Please say "YES!").*

Now – if you received an e-mail saying the above, what would your first reaction be? Mine was – Egad, Linda, I certainly could not pick out any one walk/trip to write about. So instead – my feelings/comments about my adventures with ESCV and Travelwalk.

Shortly after my husband, Steve, passed away in 1990, I was listening to the radio and Ron Hersh was talking about ESCV. Sounded like something I would like to do, so I went to my first walk in Kinderhook. Liked the idea and the friendly people so much that I joined up that day.

In high school (1955) my parents and I drove across the USA to Oregon, falling in love with our beautiful country. From then on the biggest goal I had was to be in every state in the USA. (*Naturally, the other goal was to find a wonderful husband and have brilliant, handsome children....but wasn't that everyone's aim in 1956?*) That goal accomplished, I went back to my original goal. Obviously we have added more states since then, so the goal got bigger. (*Off course, as Miss America would say, world peace and the elimination of disease was my other goal! snicker, snicker*).

Last June in California I was able to finally achieve my goal because of the ESCV's walking club and Travelwalk trips that Marion Burns has offered. For this (and for her being the thoughtful, loving person she is) I'll be forever in her debt.

Because of ESCV/Travelwalk, I have traveled over the whole country, been on cruises, went on a hot air balloon ride, rode in a helicopter, rafted down rivers, climbed mountains, walked over many famous bridges, went thru many locks, rode on trains, planes, buses, boats, cars, vans, ferries, incline trains, etc., etc.

We have eaten and imbibed things like Beignets, SPAM???, steaks cooked outside on a city sidewalk, coffee, wine, bourbon, and attended many fancy teas.

We have stayed in great hotels with the highlight being Coeur d'Alene in Idaho.

We have seen so many of the most beautiful sights that the USA is noted for – and even some not so well known like factories producing kazoos, washboards, greeting cards, candy, and museums like the Jello Museum – 'cause everyone has room for Jello!

Have been to racetracks, reenactments, cemeteries, state capitals, erupting volcanoes, rainforests, plays, musicals, ballet, Nashville, Rock and Roll Hall of Fame, etc., etc.

Celebrations are so special when we all get together – like our Oktoberfest, Holiday Parties, Picnics, Strawberry Festivals, Souper Walks, Pasta Parties, 25<sup>th</sup> Anniversary boat rides on Lake George, and "**Cookies** at the Williamstown Walks".

We enjoyed seeing wildlife (no – not that kind) including whales, bears, deer, buffalo, mules, antelopes, mountain goats, sloths, and OH, SORRY, I MEANT TIGERS AND LIONS AND BEARS, OH MY!

We have had many occasions that brought us many laughs and many that have brought us many tears. And we survive and grow and continue to walk for health and friendship.

In order to know who/what/when/where/how (we all know WHY) of it you would have to come to my home and look at my scrapbooks. I'll even give you a glass of wine!

The very best part of all of these last 20 +/- years of being in ESCV/Travelwalk, has been the friendships I have made within the groups. Caring, long-lasting wonderful people sharing the same interests is the greatest gifts one can give oneself. And I treasure all of them. There's nothing better than a hug from a caring friend.

## 2014 Wednesday Walks Summary

This chart shows the Total Number of walkers, **1023**, including the attendance at the various times the walks were offered. Many of the evening walks suffered this year due to thunderstorms and heavy rains. This also affected some of the morning walks as well.

WALK #	DATE	WALK	TOTAL WALKERS	6:45AM	9:00	6PM
1	30-Apr	Saratoga - Museum	21		21	0
2	7-May	Voorheesville	58		50	8
3	14-May	Corning Preserve	50		47	3
4	21-May	Malta-Tech Park	72		65	7
5	28-May	Glens Falls	51		51	0
6	4-Jun	Cohoes/Waterford	85		76	9
7	11-Jun	Thacher Park	26		25	1
8	18-Jun	Niskayuna/ Blatnik Pk.	92		84	8
9	25-Jun	Round Lake	66		66	0
10	2-Jul	Schenectady/Vale	60	14	46	0
11	9-Jul	Schuylerville	60	14	42	3
12	16-Jul	Glenville-Indian Meadows	57	10	42	5
13	23-Jul	Ballston Spa	60	14	46	0
14	30-Jul	Saratoga -East Side	79	8	65	6
15	6-Aug	Milton - Woods Hollow	70	9	56	5
16	13-Aug	Albany-Washington Pk	19	0	19	0
17	20-Aug	Troy	56	5	51	0
18	27-Aug	Gloversville	41		41	
<b>2014 Wed</b>		<b>Total walkers</b>	<b>1023</b>	<b>74</b>	<b>893</b>	<b>55</b>

**Congratulations** to these 43 ESCVers who received an award button for having completed 10 or more of our 2014 Guided Wednesday Walks.

Mary Agars	Cathy Edwards	Ed Koch	Jackie Reynolds
Dave Averill	Frank Edwards	Emily Koch	Dan Schryver
Marion Averill	Donna Farber	Barbara Kolapakka	Jim Shanley
Winnie Balz	Bernie Geren	Alan Longshore	Laura Sheldon
Phyllis Boyd	Marylou Geren	Cathy Marrano	Eileen Skinner
Kathy Brown	Larry Godshalk	Warren Lavery	Beth Snyder
Jim Brown	Sue Grey	Linda Morzillo	Mary Sorrell
John Cairns	Dave Janiga	Barb Nigro	Joan VanAlpen
Patty Costa	Lil Julian	Gail Ostrander	AnnaLisa VanAvery
Lea Darling	Carol Kirk	Pat Reed	Karen Watson
Lucy Desjardens	Carol Kobuskie	Doug Reynolds	

**Congratulations** to Rita Gavin for completing Volkswalking in all 50 states.

## Birthday Wishes

### Happy October Birthday to . .

Thomas Barber  
Jim Bold  
Ellen Brown  
Daniel Ertel  
Donna Faber

Jeffrey Ferrucci  
Frank Healey  
Lucy Healey  
Mary Lou Hodge  
Wayne Knapp

Alan Longshore  
Maureen Martelle  
Kathy McCabe  
Monique Roeth  
Patricia Rousseau

James Shanley  
Richard Welkley



## Sunshine and Cards of Care

Longtime members **Joe Padula**, **Bill Hughes**, **Marge Shanley**, **Lisa Holt**, and **Berny Desroches** are slowly gaining strength in their daily fight to get better.

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.

## A Thank You From John

*I can't possibly thank the Volkssporters enough for the magnificent party thrown for the "Sheriff". There just is not a better group of real people who have so many riches they share. I had a great time and just couldn't stop smiling. Best to you all and many thanks, Sheriff John*



## 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.

## From the Editor

Articles for the November newsletter are **due on Friday, October 24, 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

### **SAVE THE DATE**



ESCV Holiday Party Walk  
Saturday, December 6<sup>th</sup>

The Stockade Inn  
1 North Church Street, Schenectady, NY



Walk Brochure: [http://walkescv.org/14Holiday\\_Party.pdf](http://walkescv.org/14Holiday_Party.pdf)  
Watch for registration information in next month's newsletter.

## 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>

## ESCV Want Ads

**Be a New Member Buddy!**: Make new friends! Looking for experienced ESCVers to be buddies to new members to help them learn about Volkssporting. This involves answering questions by email, by telephone, on walks and/or a meal get-together. Matches between new members and buddies will be done by the coordinator, Kathy Brown, and will be made on a geographic basis (that is, living near each other), whenever possible. Help a new member feel welcome to our club! Please contact Kathy as soon as possible and take a new member under your wing.

**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.

## - [American Volkssporters Association](#)

*October is National Volkssport Month*



### - [Northeast Region](#)

*Doug Reynolds – Northeast Regional Director*



### - [International Federation of Popular Sports](#)

[www.ivv-web.org/](http://www.ivv-web.org/)



POC Loueen Whalen and Sue Grey signing people in at Plattsburgh.



Photo by Linda Morzillo

# Volkssporters on the Go...

On the bus to Plattsburgh.



Photo by Linda Morzillo

Next to the Saranac River on the Plattsburgh College Campus.



Photo by Linda Morzillo



## MAKE YOUR VOICE HEARD NOW!

### **CLUB WIDE VOTING FROM NOW TILL MONDAY, OCTOBER 20**

At the September ESCV meeting, a discussion took place about the **possibility** of ESCV hosting the 2017 AVA Convention in our Capital District. The members present listened to the proposal and agreed to ask club members to **VOTE**, Yes or No, in deciding whether to move forward with **developing a presentation bid** to the 2015 Convention attendees on ESCV hosting the 2017 AVA June Convention. **Results will be given at the Tuesday, October 21<sup>st</sup> meeting.**

#### PROPOSAL

As a dues paying member of the Empire State Capital Volkssporters Club, would you be willing to **support** a committee that will investigate ESCV developing a presentation bid for hosting the 2017 AVA Biennial Convention in the Capital District **with club volunteers to support it? A yes vote indicates that you will be a willing volunteer.**

YES

NO

To vote and for questions, please email or call by **Monday, October 20** your vote to Lea Darling at [leadarling@verizon.net](mailto:leadarling@verizon.net) or 518 399-7229.

Pre Convention Bid Committee members for the development of a presentation bid: Lea Darling, Marylou Geren, Sue Grey, Teresa Kennedy, Linda Morzillo, Doug Reynolds, Jackie Reynolds, and Vera Weiss.





# 16<sup>th</sup> Annual Walk & Pizza Party

## Sunday, November 2, 2014

10 km (6.2 miles) –or– 5 km (3.1 miles)



sponsored by: *EMPIRE STATE CAPITAL VOLKSSPORTERS*

**START/FINISH:** St. Andrew’s Episcopal Church, 10 N. Main Avenue, Albany, New York 12203

**Parking:** On street or in St. Rose College parking lot just east of St. Andrew’s Church (from N. Main go east on Western Avenue to 1<sup>st</sup> traffic light, take right into St. Rose parking lot).

**WALK REGISTRATION:** 1:30 – 1:55 PM.

**GUIDED WALK:** Starts promptly at 2:00 PM.

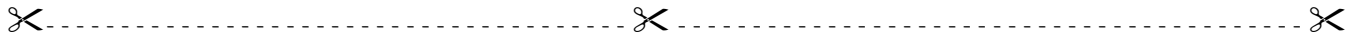
Walk Brochure: <http://walkescv.org/14pizzaalbany.pdf>

**Our annual Pizza Party\* will take place immediately after the group walk around 4:30 PM.**

**RESERVATION** is necessary for the **Pizza Party**. Cost per person is **\$10.00** which includes fruit platter, vegetable platter, hot & cold hors d’oeuvres, pizza, wings, salad, beverage, & dessert. **Make check payable to: ESCV** and mail along with Reservation Form to: David Janiga, 178 Ridgefield St., Albany, NY 12208.

**Deadline is Saturday, Oct. 18<sup>th</sup>.**

DETACH AND RETURN



### Pizza Party Reservation Form

**Check(s) made out to ESCV, please mail to:**

David Janiga  
178 Ridgefield St.  
Albany, NY 12208

Name and Phone Number	Pizza Party \$10.00 per person
	\$
<b>Deadline is Saturday, Oct. 18<sup>th</sup></b>	TOTAL SUBMITTED:
	\$

Choice of pizza toppings desired: \_\_\_\_\_

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



## **MONTHLY MEETING**

Tuesday, October 21, 2014  
6:30 PM  
Latham Firehouse  
226 Old Loudon Road, Latham

*All are welcome!*