



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

SEPTEMBER 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,

Sep 13 – Plattsburgh

Oct 18–Saratoga St Pk, Oktoberfest

Nov 2 – Albany, Pizza Party

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

Aug 30 (Sat) – Bennington, VT

Sep 3 (Wed) – Scotia

Sep 6 (Sat) – Johnstown

Sep 20 (Sat) – Caroga Lake

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 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/



The Walkinggirl's Words

Can you believe that another summer is mostly over? The goldenrod and thistle are blooming while other flowers are getting their end-of-summer looks and birds are flocking. We've had some fall-like days and sadly, it is dark outside at 7:45 PM. According to the calendar we do have about another three weeks before the first day of autumn, but as our Wednesday guided walks are completed, it does seem that the summer season is hastening to a close.

In any organization, it is essential to promote collective growth and renew the sense of purpose. In order for ESCV's members to remain engaged, we need to investigate new objectives to pursue as we walk for Fun, Fitness and Friendship. The side effects of this is that members continue to be inspired as they enjoy the collaborative experience of planning and executing new ventures for us to share as a club. (In other words, always doing the same old things puts us in a boring rut!)

So, what's new? People are planning various new ESCV endeavors! Right now, three things are actively being investigated. One is a possible ESCV trip to Chicago in September 2015 and another is an ESCV hosted Tri-State for spring 2016. Watch for details as they become available. The third endeavor is a possible bid for the AVA National Convention in 2017. A presentation will be made at our September meeting to inform members of ESCV responsibilities and the responsibilities of AVA for such an event. Even though meeting attendees last spring showed no interest, this warrants a second look because upon investigation, it was learned that much of the staging of the event is done by AVA. Look for the related article elsewhere in this newsletter.

An opportunity is available to ESCVers who are planning to attend the AVA Convention in Salem, Oregon. The event will take place June 13 through June 21, 2015 and many great walks have been scheduled. When I called the Grand Hotel in Salem the very day I learned that they were taking reservations, I discovered that all the reasonably-priced rooms were taken! As you learned in a Hotmail, a block of rooms has been set aside at another hotel for ESCV reservations, please contact me for details. If we decide to move forward in hosting a convention, it may be prudent for as many members to attend as possible to see what happens during a convention.

As the months fly by, we need to think about the future leadership ESCV. On July 1, 2015, it will be time for the changing of the leadership. All four officers are slated to step down and each of us would be glad to talk to **you** about the duties of our offices. The four of us agree that our terms have been both rewarding and satisfying. Office-sharing is an option; for example, Mary Sorell and Lil Julian were a highly successful co-president

(continued on next page)

The Walkinggirl's Words – (continued)

team. Let me know if you are the person to fill an office or if you have a recommendation.

We also need someone to step into Doug Reynold's (big) shoes as Northeast Regional Director (NERD), on July 1, 2015. A proposition that a NERD work with an assistant NERD was passed; there are two positions to fill. What a great opportunity to meet people, hear their ideas, travel in the northeast to visit other clubs, travel all over the country to meet with other RDs and to be an AVA ambassador. Representatives from our club are needed to serve on the search committee; let me know if you would like to represent ESCV in this capacity.

Kathy Brown had a wonderful suggestion for helping our newest ESCV members and it would go a long way to help them feel welcome. There is a learning curve when discovering something new, including Volkssporting. What better way to have your questions and concerns addressed than to have a special friend to guide you? Check out the Want-Ad Section and find out how to become a mentor.

The rest of 2014 will be filled with fall group walks from our seasonal and year-round line-up. There are three Traditional Events scheduled: plans are underway for our Pizza Party on November 1st, our Holiday Party on December 6th and a guided walk at 10:11am on December 13, 2014 in Saratoga Springs. Watch for details!

See you on the walks!

Linda



- ESCV NEWS

Club Volunteer Walks Signup Sheet Mostly Unused

By Lea Darling

Now that we are on the brink of finishing up our most demanding and intense volunteer possibilities by helping with the many facets of the Summer Wednesday Walks, I again encourage all of you to find a spot on the remaining Group YRE/Seasonal and Traditional walks to place your name.

This is the second year of ESCV's signup spread sheet on our website. To make it simple for our many new club volunteers to see exactly where help is needed on our over 50 annual walks, please go to our website at 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**).



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.**

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.**

So, to spread out the wealth and not put a burden on 30 or so of our seasoned walkers, do your small part by signing up today. Being a guide or sweep for a walk only involves a time commitment of 2 hours for 10km and an hour for 5km. Signing in, collecting money and stamping books is only a 40 minute obligation. We are over 300+ members strong, let's give a little of our precious time to spread out the jobs.

Questions can be directed to Lea Darling at leadarling@verizon.net.

Exciting news from the Williams Inn!

By POC Shirley Pingelski

Williams College has recently purchased the Williams Inn from our wonderful hosts, Carl and Marilyn Faulkner. Their son, David will be staying on as General Manager. Main Stay Hospitality Group will be managing the property. This group consists of The Red Lion Inn in West Stockbridge, Porches in North Adams, a new boutique hotel opening soon in Pittsfield, and now... The Williams Inn!

The Red Lion Inn's Executive Chef is working with the Williams Inn's culinary team making some exciting changes in the menu to include local farm fresh produce. The Tavern will be open at 11:30 – so this might make a little change in our group outings there, but the Guest Services Manager, Jane assures us that we will be treated royally. There will no longer be a 10% discount available on meals and rooms for us, and there is an increase in the cost of the meals, as there is everywhere!!

Most of the original staff as we know them will still be there. Stephanie who treats us so well in the Tavern is still there as are the ladies behind the desk. So we should still be receiving the same wonderful service that we have always had.

Carl and Marilyn Faulkner have told us in their retirement they plan on doing some traveling, relaxing at home, taking care of Carl's fruit trees, and Marilyn wants to enjoy life leisurely.

So, please be certain to have a trip to do the beautiful college town of Williamstown's walk on your agenda, and have breakfast/lunch/dinner at the Inn. **Our next group walk on October 1st** should be perfect with the wonderful fall colors of the magnificent trees in Massachusetts. Please come join us. After all... there will still be **cookies!**



LAST CALL

BATTLE OF PLATTSBURGH WALK September 13, 2014



There are still a few seats left and we will take reservations until every seat is full! The form is at the end of previous newsletters and all mailed reservations must be in my hand no later than September 10th. After that date, CALL ME 584-7762 to find out if there are any seats available. If so, we will discuss arrangements to have you join us! *Linda*

Bus picks up at Exit 8, Park and Ride, off of I-87 in Clifton Park. Departure is at **7:30 AM**.

Pick up at Wilton Mall, Exit 15, north end of Dick's Pole, C2, Saratoga Springs **8:15AM**.

Departure from Plattsburgh, DEC Boat Launch/Parking area, Dock Street is **4:30PM**.

ESCV in The American Wanderer

The August/September issue of *TAW* featured two articles and two photos by ESCV members. In addition, there is a photo from the Tri-State in June featuring our club members.

Pat Rush wrote a great article honoring the Gerens for completion of walking in all 50 States. (By the way, did you see the article in the Prime Time Section of the *Gazette* dated August 8, 2014, written by reporter Kelly De La Rocha?)

Eileen Skinner wrote an informative article about our Incentive Program.

Two photos submitted by Linda Morzillo are on the front of the second section. One was taken on our Catskill Traditional Event and the other taken on a Group Walk at the Saratoga National Historical Park.

Lastly, there is an article written by Carolyn Adams of the Twin States Volkssport Association titled "Border Crossings and Civil War." The picture accompanying the article shows five of our ESCVers posing by a sign on the Maine-New Hampshire border during the South Berwick ME/Rollingsford NH walk.

Have you an idea of an article to submit to *TAW*? The next due date will be around October 25, 2014.



Oktoberfest

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

Additional information can be found in back of newsletter.

Oktoberfest Walk Brochure: walkescv.org/14oktoberfest.pdf

Food Reservation: walkescv.org/14registrationoctober.pdf



Try This Trail . . .

Salem, Oregon – Olympia, Washington – Juneau, Alaska

By Loueen Whalen

I took a mid-July trip to the Northwest and did three wonderful walks, Salem, Oregon; Olympia, Washington; and Juneau, Alaska. All three were the capital walks and for all of them I did the 5 or 6 km versions.

Salem, Oregon – The Salem walk start point is the lobby of a large hospital complex and there was plenty of available parking in the hospital parking garage. The walk starts along a shaded nature trail adjacent to a stream, leads to a park along the Willamette River, and then follows city streets back to the capital area. The information desk at the hospital was able to direct us to a pub just outside the walk route so we stopped for dinner and then finished the walk.

Olympia, Washington – The Olympia walk was my favorite of the three walks, however the sign-in was a little confusing. Two walks use the same start point and the non-capital walk had many pages of add-ons to extend the route up to 40 km. Once the correct route was found, things went smoothly. The walk starts by crossing a bridge over West Bay at the very south end of Puget Sound. We had a beautiful day so at the far end of the bridge we turned around for amazing view of Mt. Rainier in one direction and the Olympic Mountains in another! The walk continues on a path around Capitol Lake where many people were enjoying a walk or run. A switchback take you up to the Capital Campus which includes the capital, WWI and WWII Memorials, a sunken garden and an ancient maple tree. The route continues through the downtown area to a boardwalk that passes a mural of Hokusai's "Wave" on the way back to the starting point. The start point is the Bayview Market which is a wonderful combination fresh food market and deli and offers both inside and deck seating for lunch or a snack.



Juneau, Alaska – The Juneau walk's start point is at The Alaskan Fudge Co. so make sure you allow some time to sample some of the 20 different types of fudge available! The sponsoring club for this walk is the "Over-The-



Hill-Gang Volkssport Club" in Washington State if you are interested in the walk details. Somehow, I have lost the map for the walk route and I don't remember all the details. We were in Juneau for 3 days and did a lot of walking! The walk goes uphill toward the capital and includes a block of stairs to climb to reach the

Governor's House, which is the checkpoint. The elevation does allow for a nice view of the harbor area and Gastineau Channel. The walk returns to the cruise boat dock area with many shops and restaurants.

Possible Convention Bid for 2017 to be Explored at September 16 Meeting

The 30th Anniversary of ESCV will be in 2017. The Northeast has never hosted a Biennial AVA Convention. With support and help from our 300+ ESCV members and our **Northeast** neighboring clubs, we could do it. It would be a "*feather in the hat*" for our fun loving and hard working **Northeast** clubs!

A few of us met, and with Lea and Doug's guidance, we decided in favor of asking our membership what they thought of the **possibility** of hosting a convention right in our "own backyard!" At the September 16th monthly ESCV meeting, we would like to present an overview of what AVA and our sister **Northeast** and **ESCV** clubs responsibilities would be. We will ask for your input, suggestions, questions, and concerns at this meeting. **Note – this is not a done deal! We are just exploring the feasibility of possibly holding this event here.**

At our October 21st meeting, we will ask those present to vote YES or NO to making a bid for a **Northeast and ESCV held convention in 2017**. This bid, should ESCV decide YES, will be presented at the June 2015 Convention in Salem, Oregon. Those members unable to attend the October 21st meeting will be able to vote on line to Lea Darling to either approve or to not approve **ESCV and other Northeast clubs** to move forward with a bid to host the 2017 Convention. We hope you will make a point to attend the September meeting to hear and ask first hand any questions you have.

More details to follow in the next newsletter.

Members present: Lea Darling, Marylou Geren, Sue Grey, Teresa Kennedy, Linda Morzillo, Doug Reynolds, Jackie Reynolds, and Vera Weiss.


SAVE THE DATE



16th Annual Walk & Pizza Party
Sunday, November 2nd

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

Watch for details in the October newsletter.



If you are interesting in volunteering to help, please e-mail David Janiga urbanhiker@aol.com

E-Mail Updates

If your e-mail has changed, let Larry Godshalk know. Lgodshal@nycap.rr.com

MONTHLY MEETING

Tuesday, September 16, 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: Sep 16, Oct 21, Nov 18

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

THANK YOU July and August Wednesday Walk POCs!

Thank you, July and August POCs, for making the Wednesday Guided Walks possible during the last two months! We could not have done them without Bernie and Marylou Geren, LaVerne Stiles, Larry Godshalk, Laura and Rick Sheldon, Barbara Kolapakka, Vera Weiss, Doug and Jackie Reynolds, Mary Agars and Eileen Skinner.

It was an unusual year because there were many thunderstorms on Wednesday evenings. In Schuylerville/Hudson Crossing, we started out but had to cut the walk short. No one registered at 6 PM for a few other walks as thunderstorms took place.

Feedback from club members shows high appreciation for new walks; people enjoyed Glens Falls and Gloversville as Wednesday walks as well as the new route near and in Schuylerville. Do **you** have a place in mind that you think would make a good guided Wednesday walk or a Traditional One-Day Event? Do you have a special place we have not explored in the area? Let us know! We like variety! We want to see new sights! There are people who love to develop new walks and will be so glad to assist you.

Birthday Wishes

Happy September Birthday to . .

Mary Agars
Winnie Balz
Shirley Bold
Fred Bleser
Nancy Deratzian
Rita Gavin

Linda Kleinke
Barbara Kolapakka
Joan Muir
Debra Newhart
Linda Nowak
Jane Pattison

Joseph Piffat
Barbara Piliere
Mary Ellen Putnam
Herbert Roes
Patricia Rush
Beth Snyder

Carol Sorensen
Trudi Thun
Annalisa Van Avery
Mark Zwinak



Sunshine and Cards of Care

We were saddened to learn that **John Hotchin** passed away at age 93 on Friday, August 1st. He had been a member of ESCV and enjoyed Travelwalk trips. We extend our condolences to his family and his dear friend, ESCVer **Margaret Ettinger**.

We will remember tales of our walking adventures and other great conversations with **Bob McElroy** who passed away on August 9th. We express our sympathy to his daughter, Lucinda, son-in-law John and other members of his family.

Longtime members **Joe Padula, Beth Snyder, Bill Hughes, Marge Shanley, Lisa Holt, Berny Desroches, Jane Pattison** and **John Marshall**, 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. You can also see her at the monthly ESCV club meetings.

Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laural@gmail.com. They are available with either a magnet or pin back for \$8.

From the Editor

Articles for the October newsletter are **due on Friday, September 19, 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

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
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
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	EF Skinner@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

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



Winnie Balz is collecting orders for three (3) items! Please let her know by **September 10th** if you want a copy of the **Startpoint Book** costing **\$25.00**, a patch to commemorate **National Volkssporting Month (October)** at **\$2.50** each, or a **"Time to Walk"** patch at **\$3.00** each to commemorate the 10-11-12-13-14 walk.

People should have checks made out to ESCV. The patches can be paid with cash, please have the exact change (she rarely has change). She can be reached at Winnieeb@yahoo.com or 372-3663.



* * * * *



- Northeast Region

Doug Reynolds – Northeast Regional Director



* * * * *



* * * * *

**Hudson Crossings,
Schuylerville – 7/9/14**



Photo by Pat Reed

**Volkssporters
on the Go...**



**Hudson Crossings, Schuylerville –
6:45 am walkers**



6:00 pm walkers



Photos by Linda Morzillo

**Hudson Crossings, Schuylerville –
5K people at the 9:00 AM walk**



Our 600th walk in Saratoga Springs – 8/30/14





Oktoberfest

Oktoberfest Walk/Party Saturday, October 18, 2014

This year's Oktoberfest to be held on Saturday, October 18, 2014, will be very special as we will be hosting the AVA Officers and Regional Directors of our National Executive Council. The Orenda pavilion in the Saratoga State Park will be the start point for the walk and the location for the picnic. Kathy and Jim Brown are once again serving as chairpersons of the event. They will purchase the hot dogs, bratwursts, and knockwursts and will be assisted by various grill masters on the day. Vielen Dank to them and all their helpers. Rolls, soft drinks, condiments, plastic ware, cups, paper plates, and napkins will also be provided for the low cost of \$6.00 a person. Please bring your favorite dish to share with everyone.



Cost of \$6.00 per person must be received by **October 2**.

Please complete the reservation form and send it to Kathy Brown. **Make out your check to ESCV.**

You may also bring your reservation form and check to the next ESCV meeting to be held on Tuesday, September 16 at the Latham Fire Department at 6:30 pm

There is **NO pre-registration for this walk. You will need to pay your walk fee upon arrival at the registration table.**

✂-----✂-----✂

Oktoberfest Party on Saturday, October 18, 2014
Send check made out to ESCV by October 2, 2014 to:

Kathy Brown
71 High St.
Green Island, NY 12183

Oktoberfest Food Reservation	\$6 per person		
	Mark your choice (X)		
Name and Phone Number	Hot Dog	Knockwurst	Bratwurst
1			
2			
3			
4			
5			
Deadline is Thursday, October 2, 2014	Total Submitted	\$	

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



MONTHLY MEETING

Tuesday, September 16, 2014
6:30 PM
Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!