



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

APRIL 2015

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

Scheduled May through August

Start time: 9am* & 6pm*

Apr 29 – Burnt Hills / Ballston Lake

May 6 – Albany Tulip Festival

May 13 – Saratoga Sp. West Side

May 20 – Voorheesville

May 27 – Round Lake

One-Day Traditional Events

Reg. & Start time: Between 9 & 11 am Finish by 1:00 pm,

Apr 18 – Albany

Year Round / Seasonal Group Walks

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

Apr 1 (Wed) – Albany / Colonie

Apr 4 (Sat) – Scotia

Apr 11 (Sat) – Troy

Apr 18 (Sat) – Albany (near airport)

Apr 26 (Sun) – Saratoga Spa Park

May 2 (Sat) – Clifton Park

May 3 (Sun) – Lake George

May 9 (Sat) – Caroga Lake

May 16 (Sat) – Fort Edward

May 17 (Sun) – Cooperstown

May 23 (Sat) – Johnstown

May 30 (Sat) – Saratoga Battlefield

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

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Contact Us At:

Empire State Capital Volkssporters

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Clifton Park, NY 12065-5464

www.walkescv.org/



The Walkinggirl's Words

It happened! Spring has arrived! The snow is melting and I hear the cardinals, tufted titmice, and bluebirds singing their territorial songs on my daily walks. There are even chipmunks scurrying about. It will be nice when we can clean and store our warm coats, scarves, gloves, galoshes, wool socks, winter hats, and heavy duty footwear. That means preparations to venture out will take five minutes less time. Does that mean we can sleep five minutes later? We look forward to April even though it is sometimes spring one day and winter the next; as T.S. Eliot noted, "April is the cruellest month." We may disagree with his observation that "Winter kept us warm [really??], covering Earth in forgetful snow." Informal walks (thank you, Emmy and Winnie) and Group Walks (thank you, Teresa), for our YREs have restarted. Walkers look happy and have an extra spring (no pun intended), in their steps.

More than one member has asked me why our club meetings need to be at night. My thoughts are these: it was necessary when we were a club consisting of mostly the gainfully employed with a few retired and non-employed walkers. Now we are a club with a few gainfully employed and mostly retired and non-employed walkers. Many retired walkers do not attend our meetings and employed walkers sometimes attend. Those who need to make a report and cannot attend are so conscientious that they make sure I have a communication to read at the appropriate time during the meeting. How do people feel about daytime meetings?

Points made during the discussion at our March meeting on this daytime meeting topic: rush hour traffic (not a breakfast meeting, start at 10 a.m., lunch afterwards), site of the meeting (I left an inquiring message with the President of the Latham Fire Department), day of the week (not Wednesday, Saturday was suggested, I personally like Thursday morning), and we would not need to drive after dark. I ask that everyone think about this and we will discuss it further at our next meeting. Depending on the response of the LFD President, we may be able to try daytime meetings in May and June.

Both the Clifton Park Seasonal Walk and the Crossgates Year Round Event are in need of new POCs in 2016. Those present at the March meeting discussed and came to the conclusion that if there were no new POCs, these two walks will be discontinued at the end of 2015.

Kathy Brown is inviting our newest members and their ESCV Buddies for an informational meeting regarding "Volksspeak" and procedures. As we all know, it takes time to learn the meanings of AVA, YRE, POC as well as walk box, Traditional Event and other terminology. When we wanted to go on a year round or seasonal walk on our own, we had to learn where and how

(continued on next page)

The Walkinggirl's Words – (continued)

to sign in. I will bake cookies and we will supply drinks; all are welcome to attend. Thank you, Shirley Pingelski, for reserving a room at the Clifton Park Public Library on April 9th from 1:00 – 3:00 p.m. My inquiry into room reservations revealed the fact that they must be made by a resident of CP. When I called Shirley to ask if she would be able to do this, she was almost on her way out the door... *to the library...* great timing!

The Convention 2017 Committee is tweaking the power point presentation (thank you so much, again, Marv Weiss), a handout, selection of a shirt to be worn by the approximately 18 people attending the June Convention in Salem and are collecting materials from Northeast (NE) Region clubs to display at our table. We have just about finalized the nine official walks we are planning to offer: Saratoga National Historical Park, Saratoga Springs, Cohoes/Peebles Island/Erie Canal, Albany, and Cooperstown. We are thankful that Walk n' Mass Volkssport Club (Concord), Twin State Volkssport Association (Crown Point), and the Volkssport Club at West Point (Hyde Park) have each agreed to stage one pre or post-convention walk. We will probably be staging, with help from other NE clubs, a second walk in the lower Hudson Valley area. Convention walkers will have the opportunity to enjoy the nearby YREs and Seasonal Events in each area. The proceeds of Convention Walks are all due to AVA while walkers enjoying the nearby YREs and Seasonals will be supporting the POCs' clubs.

Please remember, as I wrote in last month's column: "As we look forward to better walking conditions, bear in mind that we need to make newcomers feel welcome. This is an essential courtesy if our club is going to continue and thrive. Let Kathy Brown know if you are willing to be a buddy. We all do look forward to seeing and catching up with our walking friends. Please continue to do that, but also start a conversation with, and include a new walker in your group of friends. We want newcomers to see that we follow the Fun, Fitness, and most of all, FRIENDSHIP ideals of Volkssporting."

See you on the walks!

Linda



- ESCV NEWS

An Enhanced Life – Volkssporting Did It!

By Tad Darling

A number of years ago, my wife, Lea, without my knowledge, signed me up to be a member of ESCV (Lea had been a member for several years before that). There was no objection on my part and the president at the time immediately took advantage of that situation and asked me to be membership chairman - so be it. I certainly enjoyed the walks, new friendships, and new experiences, but through Marion Burns and her Travelwalk organization, I was opened up to a whole world of stateside travel. I had hoped to start traveling the U.S. upon retirement, but hadn't really made any progress until I heard that Marion was planning a trip to Alaska, a life long desire of mine. After so many other trips through Travelwalk, I have made many very good friends and have been able to do walks in so many places that I didn't even know existed. All this, just because Lea signed me up with ESCV.

ESCV Membership

If you have not joined ESCV for 2015, you must do so to remain on the Hotmail List.
The form is in the previous newsletter and on the ESCV website.

To All New Members and Buddies

By Kathy Brown, POC, Troy

The gathering I promised for you has been set into motion. We have the date for **Thursday, April 9th**, at **Clifton Park Halfmoon Library**, (Piracci Room) from 1:00 to 3:00 p.m. We are limited to 25 people, so if we have more than that, we will make another gathering as soon as we could schedule one. I'm calling this a gathering, as our intention is to make our new members feel confident about signing in at the start point, answer any questions they may have about our club, reading the schedule, and the process of doing a walk without the group, the procedure from start to finish. It's all very easy when you can see it, as we will be doing. When you're done, I'll bet you'll be aiming for goals like the incentive books, etc. This is certainly open to any of our members who need to know anything pertaining to our walks. I know there are still some walkers who don't know certain procedures for doing a walk on their own, but are hesitant to ask. Please ask, we all can learn things, even if it's an easier way. This is why we're holding this session. So, a few items for you to do beforehand.

Please call me as I need to keep track of the numbers attending. It will be on a first come basis, but as I said we will do it again ASAP if needed.

1. Please call me by Tuesday April 7th

Home phone - 518-271-7434

Cell - 518-441-4470

2. Please bring your gray Year Round & Seasonal walk book for 2015

3. Paper, pen, and highlighter.

We will have a Walk Box to work from.

So, no test, no stress... Just a chance to meet other new members, and walkers, help you to make it a weekly endeavor that you'll enjoy and maybe get a friend to come and see what it's all about.

I just want to thank Linda Morzillo and Shirley Pingelski for contacting the library securing a private room, and making this finally happen. It's been a long winter, and I'm sure we all can't wait to get out there and walk, and walk in different states, (tell you all about that also).

Looking forward to seeing you.

Traditional Event and Spring Picnic at Fort Edward

By Ginger Ireton



Come and join fellow walkers on **Saturday, May 16th** in the village of Fort Edward.

Located on the East bank of the Hudson River in Washington County, Fort Edward is approximately fifty miles North of Albany and is rich in American History.

Our starting point at Rogers Island and Visitor's Center was known as the "Great Carrying Place" by native Americans who used this area for portage between the Hudson River and Lake Champlain. The island housed British barracks during the French and Indian War and a patriot garrison during the Revolutionary War. Today it is on the National Register of Historic Places.

By the 1850's, Fort Edward was a leading industrial center in the county due to water rights via the Old Fort Edward Feeder Canal and the use of the Fort Edward Dam. Paper, saw, and grist mills flourished and the area became renowned for its pottery making.

The walk route is along village streets, sidewalks, and a canal towpath.

Points of interest include Underwood Park along the Hudson Yacht Basin and the Fort Edward Railroad Station of Amtrak. We will pass several historical sites relating to Jane McCrea whose death had significant implications in shaping the Revolutionary War. The Old Fort House Museum Campus on Broadway served as headquarters to both British and American generals and in 1829 was the home of Solomon Northrup, author of "Twelve Years a Slave."

Bring a lawn chair and your lunch for a gathering on the grounds of the Visitor's Center after the walk.

Try This Trail . . .

Atlanta, Georgia

By Linda Morzillo

The Capital Walk in Atlanta, Georgia, will always be a special walk for me. There was quite a bit to see and there are actually 2 walks to choose from. Jim and I decided to walk almost all of the walk passing by the gold-domed Capitol Building and a part of the second walk. We left our hotel and took the MARTA, the rapid transit subway, to The Peachtree Center Station close to the Start Point. This station was quite unique; a tunnel was carved through biotite gneiss, 120 feet below the surface to build a station 900 feet long.

The highlights of the walk were walking through or passing by Centennial Olympic Park (on the day of the Atlanta Marathon), Georgia Aquarium, Children's Museum, World of Coca-Cola, Georgia State University, Georgia Tech, Turner Field (home of the Braves who live with us in the land of the free), Underground Atlanta, and distinctive neighborhoods. The POC did a great job laying out a routes highlighting all of these places. There could easily be a third walk to include the CNN Center, the Dr. Martin Luther King, Jr. National Historic Site, Historic Oakland Cemetery, the Margaret Mitchell House, and perhaps the Jimmy Carter Presidential Library and Museum. There are additional notable places to visit, such as the zoo in Grant Park.

Early spring was a great time to be in Atlanta. Spring flowers were in bloom as well as the magnolias, redbud, and other flowering trees. Atlanta will be remembered for all the above, The Atlanta History Center (in an area called Buckhead north of downtown), as well as the occasion of the completion of my 51st Capital Walk.

Keep this column alive! Which walk did YOU enjoy?

Ready to reap the benefits of walking? Here's how to get started — and stay motivated.

By Mayo Clinic Staff - Contributed by Pat Reed

Can you really walk your way to fitness? You bet! Get started today.

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones
- Lift your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits.

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here's how you'll look when you're walking:

- Your head is up. You're looking forward, not at the ground.
- Your neck, shoulders and back are relaxed, not stiffly upright.
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You're walking smoothly, rolling your foot from heel to toe.

As you start your walking routine, remember to:

- **Get the right gear.** Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility.
- **Choose your course carefully.** If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.

- **Warm up.** Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.
- **Cool down.** At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.
- **Stretch.** After you cool down, gently stretch your muscles. If you'd rather stretch before you walk, remember to warm up first.

For most healthy adults, the Department of Health and Human Services recommends at least two hours and 30 minutes a week of moderate aerobic activity or one hour and 15 minutes a week of vigorous aerobic activity — preferably spread throughout the week — and strength training exercises at least twice a week. As a general goal, aim for at least 30 minutes of physical activity a day. If you can't set aside that much time, try two 15-minute sessions or three 10-minute sessions throughout the day.

Remember, though, it's OK to start slowly — especially if you haven't been exercising regularly. You might start with five minutes a day the first week, and then increase your time by five minutes each week until you reach at least 30 minutes.

Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started from and serve as a source of inspiration. Just think how good you'll feel when you see how many miles you've walked each week, month or year.

Record these numbers in a walking journal or log them in a spreadsheet or a physical activity app. Another option is to use an electronic device — such as a pedometer — to calculate steps and distance.

Starting a walking program takes initiative. Sticking with it takes commitment. To stay motivated:

- **Set yourself up for success.** Start with a simple goal, such as, "I'll take a 10-minute walk during my lunch break." When your 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work." Soon you could be reaching for goals that once seemed impossible.
- **Make walking enjoyable.** If you don't enjoy solitary walks, ask a friend or neighbor to join you. If you're invigorated by groups, join a health club.
- **Vary your routine.** If you walk outdoors, plan several different routes for variety. If you're walking alone, be sure to tell someone which route you're taking.
- **Take missed days in stride.** If you find yourself skipping your daily walks, don't give up. Remind yourself how good you feel when you include physical activity in your daily routine — and then get back on track.

Once you take that first step, you're on the way to an important destination — better health.

References

1. 2008 physical activity guidelines for Americans. U.S. Department of Health and Human Services. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Accessed Jan. 31, 2013.
2. Your guide to physical activity and your heart. U.S. Department of Health and Human Services. http://www.nhlbi.nih.gov/health/public/heart/obesity/phy_active.pdf. Accessed Jan. 31, 2013.
3. Walking: A step in the right direction. Weight Control Information Network: National Institute of Diabetes and Digestive and Kidney Diseases. <http://win.niddk.nih.gov/publications/walking.htm>. Accessed Jan. 31, 2013.
4. Iknoian T. Fitness Walking. 2nd ed. Champaign, Ill.: Human Kinetics; 2005:15.

Membership

by Larry Godshalk — email: lgodshalk@nycap.rr.co

The new Membership Directory has been mailed out and you should receive it soon. The directory lists 260 active members which is 55 members less than we had at the end of 2014. If you still have not renewed, please get your membership form and payment in soon so we can get you back on the HOTMAIL list and you can receive emails, notifications and links to the latest newsletter. The renewal form is available on our website, www.walkescv.org.

Please welcome two new members **Patrick and Rebecca Frament** from East Greenbush who actually joined at the December Christmas Party.

From the Editor

Articles for the May newsletter are **due on Friday, April 24, 2015**. 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

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 December 2014/January 2015 and February/March 2015 editions.

Event Milestones

10 Events Arlene Camp Linda Dunn Matthew Lake Ruth Lake Chris Yost	50 Events Dorothy Pazinko	75 Events Stephen Ras	125 Events Richard Sheldon John Watson	225 Events Laura Sheldon
300 Events Barb Popolizio	350 Events Michael Popolizio	400 Events Karen Watson	450 Events Frank Edwards	475 Events Rita Gavin Vera Weiss
500 Events Cathy Edwards	525 Events Ann Misener	650 Events Jackie Reynolds	700 Events Doug Reynolds	800 Events Winnie Balz
1500 Events John Cairns				

Distance Milestones

2000 km Laura Sheldon	2500 km Barbara Bilins	3000 km Barbara Popolizio	3500 km Frank Edwards Michael Popolizio	5000 km Vera Weiss
6500 km Jackie Reynolds	7000 km Doug Reynolds	8000 km Pat Reed	16000 km John Cairns	

Congratulations on your accomplishments! If anyone was missed that was published in the December/January *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.



Sunshine and Cards of Care

We extend our sympathy to **Loueen Whalen** on the recent loss of her mother on March 6th and to **Bev and Carly Feltt** on the recent loss of Carly's mother.

As you read in a Sunshine Hotmail, **Joe Piffat** is "under the weather." In the same Hotmail, we learned that **Marge Shanley** had surgery for a broken hip. She is recuperating at St. Peter's Hospital and expects to have rehab before going home.

Our friends and longtime members **Joe Padula**, **Bill Hughes**, **Elizabeth Burke**, **Barbara Piffat**, **Lisa Holt**, and **Berny Deroches** are slowly gaining strength in their daily fight to get better.

Please let **Sunshine Secretary Kathy LeRoux** know if you hear of anyone in our club who is recovering from illness or surgery, Kathy will also send congratulations to club members for individual achievements they may be celebrating. Kathy can be reached at home by phone 438-1947 or email kleroux1@nycap.rr.com.

Birthday Wishes

Happy April Birthday to . .

David Averill
Doris Bindl
Ellen Clute
Pamela Crane
Marge Deveneau
Margaret Ettinger

Nellie Georgelos
Betty Hill
Sandra Hilt
David Janiga
Carole Luther
Judith Newhart

Dorothy Pazinko
Michael Popolizio
Randy Putnam
Stephen Ras
Dan Schryver
Cynthia Serbent

Marge Shanley
John VanVranken
Liz Walsh

MONTHLY MEETING

Tuesday, April 21, 2015

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.

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

E-Mail Updates

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

Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laura1@gmail.com. They are available with either a magnet or pin back for \$8.

ESCV Club Contacts

Office / Committee	Name	e-mail
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Webmaster	Eileen Skinner	EFSkinner@aol.com
Name Tag Orders	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$2 for mailing; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
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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

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- American Volkssporters Association

www.ava.org



- Northeast Region

Doug Reynolds – Northeast Regional Director

www.avaclubs.org/NE_RD/



- International Federation of Popular Sports

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

ESCV Want Ads

POCs: Learn how to administer a Traditional, Year Round (YRE) or Seasonal walk. Shadow a present POC to learn the necessary tasks to be completed as the POC of one of our walks. Many of our POCs have been administering certain walks for years and would like to “retire.” We need new POCs for Clifton Park and Crossgates starting in 2016. We have new POCs ready to take over the walks in Williamstown and Lake George in 2016. The timing is now perfect to intern with a POC for almost a full year or season.

Cookie House: Do you live within 2.5 km or about 1.5 miles from the Stockade Inn? Please be willing to host the cookie house which is also the checkpoint for our Holiday Walk the first Saturday in December. The walk route will be adjusted accordingly.



VOLUNTEER... VOLUNTEER... VOLUNTEER... VOLUNTEER...



ANNUAL SPRING CLUB PICNIC

After Completing the Walk at
Fort Edward
Saturday, May 16



Join your friends. Bring a lawn chair and your lunch for a gathering on the grounds of the Visitor's Center after the walk. **Check out the brochure** for this event by going to the ESCV website (www.walkescv.org) and click the button “Traditional One Day Event” on the left sidebar, then click on May 16, Fort Edward, NY.

Volkssporters on the Go...



Burnt Hills – Informal Walk – March
– Photo by Linda Morzillo



Meeting of Convention 2017 Committee – March
– Photo by Linda Morzillo



Sharing Our Love Of Walking – Creative Retirement At HVCC

By Lea Darling

On a cool and windy Monday, March 23, Eileen Skinner and Lea Darling led a talk on “An Introduction of Volkssporting in the Capital Region”. With 21 attendees, a smattering of volkswalking memorabilia, and a Powerpoint, they steered the group through the history of how the sport had its beginnings in the 1940’s to its eventual spread throughout the world.

After an hour or so of discussion, the students were handed their maps to the Franklin Square Inn where we all met with some hearty ESCVers to begin our 5 km walk in downtown Troy. With 18 newbies and about a dozen club members interspersed among them, we began. The talk was friendly and jovial for the hour or so walking in the windy low 30’s.

At the conclusion of the walk, we carried on with our fourth “F” in volkswalking - FOOD. All were invited to join us for lunch at Brown’s Brewing Company just up the block. We had about 25-30 folks for lunch. The conversation was nonstop. We invited our newbies to join us at the Crossings on April 1st. All seemed excited to do so.

So, if you see some new people, go over and introduce yourselves and walk with them to really show Volkssporting’s other three “F’s” - FUN, FITNESS, and FRIENDSHIP.

Our next introduction to walking class will be with the Saratoga Academy for Lifelong Learning on Monday, May 11, and the 5 km walk will be on May 13 at our regular 9 a.m. Wednesday walk. Come with us and see how we do our presentation.

If anyone would like to be a part of introducing others to Volkswalking, please contact Lea Darling. The committee is looking for new places to speak, so if you know of somewhere please email Lea or Eileen.



Chicago, My Kind of Town!!

September 12-18, 2015

There are a limited number of seats left for this wonderful opportunity in September. Call or e-mail Marion Averill.
The signup form is in the March newsletter.