



# 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

FEBRUARY 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

### One-Day Traditional Events

Start time: between. 9 – 12 noon\*  
Finish by 3:00 pm,  
Apr 18 – Albany

### Year Round / Seasonal Group Walks

Start time: Wed & Sat 10 am\*;  
Sun 1:30 pm\*  
Mar 18 (Wed) – Schenectady  
Apr 1 (Wed) – Albany / Colonie  
Apr 4 (Sat) – Scotia  
Apr 11 (Sat) – Troy  
Apr 25 (Sat) – Williamstown, MA  
Apr 26 (Sun) – Saratoga Spa

**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

A Happy New Year to one and all! Wishing everyone, Health, Happiness and Prosperity along with many wonderful walking adventures filled with fun, fitness and friendship! We started 2015 on the right foot with the Albany YRE Group Walk organized by POC Dave Janiga (thank you, Dave), on a cold but sunny day.

So far, it has been a cold and cloudy winter with the best snowfall for cross country skiing and snowshoeing occurring around Thanksgiving. Our Group Snowshoe Events are on hold pending better conditions, at the time I am writing this, the conditions are excellent for ice skating!

Thanks to Lucy Desjardins and Bernie Geren and their teams of helpers; our Holiday Party was a fun event even though it rained on our parade. Fifteen to twenty walkers did at least a 5K on the sloppy sidewalks and streets to Pat Rush's home for our cookie checkpoint. Thank you to Pat and helpers and a thank you to Carol Sorensen, who ferried the treats from the start point to Pat's house.

At 10:11 on 12/13/14 close to 45 walkers joined many other AVA clubs on a special Time To Walk event. The route on the main streets of Saratoga Springs showcased holiday decorations. I chose the route with consideration for possible snow and ice; the walking conditions were good in many places and only fair in others. By chance, a professional photographer, Tom Despart, was by City Hall and kindly took a great group photo that was posted on our ESCV Website and Facebook page. Look for it in the next issue of *The American Wanderer*. Mike Popolizio marked his 100<sup>th</sup> walk that day in his Centurion Book and Barbara Kolapakka noted that some of us saw Santa Claus wearing his red suit and sporting his full white beard as we crossed Caroline St. He was driving a SUV – no tiny reindeer in sight.

I have been corresponding with Annette of Bluetrails, an AVA sponsor and who recently became an active part of the Canadian Volkssporting Federation. When she asked that I pass on her information, I suggested she contact the CVF to find out if some of her walks would be appropriate for Volkssporting and as they say, the rest is history. Look in the *Try This Trail* column for a beautiful article about one of her club's 7 newly CVF sanctioned walks. It must have been difficult to choose which walk to describe, Nova Scotia is a wonderful destination with many unique walks.

Read *An Enhanced Life – Volkssporting Did It* where Winnie Balz shared her thoughts on how she learned about Volkssporting. She may be the only person presently in our club who participated in the very first event held in Albany in 1986! As ESCV President 7/1999 – 6/2000, the long-time POC of the Thatcher Park Walk, and in many other ways, Winnie has made

(continued on next page)

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

important contributions to the success of our club. Thank you, Winnie, for writing this, as well as your significant contributions over the years.

ESCV people are planning many things for us to do in 2015. An update about the ESCV Bus trip to Chicago in September is elsewhere in this newsletter. A possible Tri-State (or multi-event), for the Columbus Day Weekend in October is moving forward as well as our lineup of Traditional, Seasonal and Year-Round and Wednesday walks. Last, but not least, the 2017 Convention Committee is making strides in our Proposal Presentation.

As you already know, Walk Thru History is the theme for the proposed 2017 Convention in Albany. Our symbol will probably be Shoes – a morphing of the various styles of shoes through walking history. This can include a moccasin, wooden shoe, Revolutionary buckle shoe, Victorian shoe and a modern walking shoe. The committee first thought that our mascot would be a work horse, but after much consideration, we will probably “Go Dutch,” the President’s Walk on the last day will be historic Downtown Albany. It is possible that the mascot would be a Dutch Doll. The committee is ALWAYS glad to hear input from YOU!

The Convention Walk Committee has proposed official walks in Lake George, Saratoga Springs, Saratoga National Historical Park, Albany, Waterford/Peebles Island/Erie Canal, Cooperstown and Crown Point. Mary and Margo of Walk n’Mass, with their club, are discussing the location for the first Pre-Convention Walk in Eastern Massachusetts. We asked the Volkssporting Club of West Point if they would stage the last two Post-Convention Walks in the Hudson Valley.

We are continuing to work closely with Gina of the Albany Convention and Visitors Bureau in preparing our Power Point Presentation. We hope that more ESCV people will consider a trip to Salem, Oregon in June to help “put the word out there.” To date, at least 15 ESCVers are planning to attend some or all of the scheduled events. Come join us!!

See you on the walks!

*Linda*



## **- ESCV NEWS**

### **Membership**

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

### **2015 Membership Renewal**

Please RENEW YOUR MEMBERSHIP for 2015 starting November 1<sup>st</sup> through January 31<sup>st</sup>. At the end of the newsletter is the Membership Form. Please fill it out, write a check, and mail it in. **It MUST be done by January 31<sup>st</sup>** otherwise, you will not be included in the Directory or any hotmail notifications. You can also print out a copy of the membership form from our website.

### **MONTHLY MEETING**

Tuesday, March 17, 2015

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

*All are welcome!*

### **Have You Noticed Signs of the EMERALD ASH BORER?**

I was contacted by JoEllen of the Cornell Cooperative Extension Service who is looking for volunteers to note signs of the Emerald Ash Borer in our area. On February 12<sup>th</sup> at 1:30 PM there will be a presentation at The Crossings in Colonie, all are invited to attend. We can observe on walks or on our own in our neighborhoods. We may have a guest speaker on this topic at our April 21<sup>st</sup> meeting. – Linda

## Try This Trail . . .

### Nova Scotia

By Annette (Owner of bluetrails llc)

Greetings from blue trails! My name is Annette and I am the owner manager of bluetrails llc. We are a very small company designed to explore the South Shore of Nova Scotia with customized walking vacations. Little did I know when I started this business that it is very similar to Volkssporting. I received several communications asking about the trails and if they were sanctioned, or Volkssporting affiliated. I started to look into Volkssporting and since, we have become an AVA web sponsor, an affiliate member of the CVF and have sanctioned 7 short season trails for the 2015 summer season. I hope to continue to sanction additional trails so that all of our trails (20) can become sanctioned trails.

If you have never been to the South Shore of Nova Scotia, you need to go. I have traveled in Nova Scotia for 20 plus years and I have never tired of visiting there. The scenery, the people, the food, the communities, the history, all continue to bring me back year after year after year. So since it is somewhere I love to travel and just love to be, I thought of trying to be able to take other people there to explore this area. One wonderful thing Nova Scotia has to offer is the coastal scenery and the ability to enjoy it by foot. Nova Scotia has spectacular trails from the northern tip of Cape Breton to the Cape Sable Island beaches. Every trail is unique and has spectacular scenery but I for this newsletter I have chosen a walk close to our home base, Lockeport.



The Lockeport trail has several options for Volkssporters: 10 km, 5 km, 20 km, and a different version of a 10 km (an 8+2 km). There is a 2 km walk on a nearby headland that is a must do. So for those who don't want to walk 12 km to include this area, there is the 8+2 option.

On this walk you will experience:

- a mile long white sandy beach, once featured on the Canadian fifty dollar bill
- Nova Scotia's first Provincially recognized streetscape
- a small headland park in town where the waves can crash and the seals can bobble up and down
- the town, the people, the shops, restaurants, businesses and sites
- beautiful residential areas with older and well kept homes
- a trail over the harbor from the rails to trails program
- 2 lighthouses and a boardwalk



If you decide on the extra 2 km walk at West Head, you will not be disappointed. IT IS GORGEOUS !!

Along with the scenery I always notice the sounds of the boats, the sound of the water and the sound of the noon siren...time for lunch. The air is fresh and the feel of the ocean mist is invigorating.

The walk(s) start and finish at the Crescent Beach Center. The beach center is your source for all pamphlets promoting things to see and do in the area and beyond. Make sure you ask for information about Lockeport and for a copy of the town's self guided walk. This would be a great supplement as you walk around the community as it provides additional information on the sites you are seeing.

This is a beautiful walk through a small fishing/transitioning community with an abundance of nature and coastal scenery. One word of caution, spending a day in Lockeport may surprise you. They have a slogan on the official town website that states: "Come for a visit, stay for a lifetime". This was true for our family!

For more information visit:

[www.lockeport.ns.ca](http://www.lockeport.ns.ca) AND [www.bluetrails.net](http://www.bluetrails.net)

## An Enhanced Life – Volkssporting Did It!

### **My Introduction to Volkswalking**

by Winnie Balz

Luckily, I found the medal I purchased that day so I have the day and the year. The medal depicts Albany City Hall with the word “Volksmarch” right through the middle. The blue circular rim around the medal says, “AVA. Sunday, June 8, 1986. IVV. Empire Blue Cross and Blue Shield.” There are a few words under City Hall – “An Albany Tricentennial Event”.



A good friend of mine worked at St. Clare’s Hospital and he was going on this walk with a few of his coworkers. He invited me along, and it was one of the best things that happened to me. The walk started at Academy Park across from City Hall. The day was warm and sunny. The park was filled with tents, tables and gave off a party atmosphere of a good time. We signed in and each of us got this lovely Walk Booklet. Not only was the walking route mapped out, each page had a description of the historical places we were walking through. I was completely impressed with the entire route. It put Albany in a much different light than I had been thinking up to that point. It connected historic districts, pointed out things I never saw before and I finally got a feel for Albany. Of course, walking with Gary, I got to check out every church enroute; do you know how many churches there are in Albany? I lost count. I got to see the Catholic cathedral and I believe the Episcopal one also.

I was hooked. The problem was I didn’t have any information to follow up on to join the local walking club. Besides, I was quite active with the ADK at this stage in my life. I didn’t join ESCV until 1989, after the Koches has already become members, I got information from them.

When I joined, the club was small. I realized from that first walk, designing a walk route was work. So once I got active, I decided that if I was going to design a walk route, I’d try to do what those first designers did for Albany, include local history along the walking route. Seems to me, it puts a little heart into the walk, making for a more complete experience. Volkswalking has become a big part of my life.

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

### **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)

### **Birthday Wishes**

#### **Happy February Birthday to . .**

Dianne Ammerman  
Barbara Bilins  
Kathleen Brown  
Sandy Carmichael  
Dawn Desroches

Ellen Elie  
David Huggins  
Sharlene King  
Ruth Lake  
Deborah Lotito

Catherine Marrano  
Cathy McGuire  
Rose Marie McLean  
Bill Russom  
Cathy Schryver

John Watson  
Florence Whitney  
Larry Young



## Sunshine and Cards of Care

We were saddened when longtime member Barbara Green passed away on December 5, 2014. We will miss her smiling face and optimistic disposition along with the good conversations as we walked along with her.

Our friends and longtime members Joe Padula, Bill Hughes, Marge Shanley, Lisa Holt and Berny Deroches are slowly gaining strength in their daily fight to bet better.

Please let our **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](mailto:kleroux1@nycap.rr.com).

## A Warm Gift

Dear Fellow Walkers,

*I received a thoughtful gift from the Empire State Capital walkers, which I used to purchase this nice wrap to wear in the cool evenings here, Thanks, Charlotte*

(Note: Charlotte was the winner of the \$25 L.L. Bean Gift Card at the Plattsburgh walk in September.)



## From the Editor

Articles for the March newsletter are **due on Friday, February 20, 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](mailto:gorow1010-escv@yahoo.com) - 384-0015

## ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	<a href="mailto:lindaf.morzillo@nycap.rr.com">lindaf.morzillo@nycap.rr.com</a>
Vice President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Secretary	Cathy McGuire	<a href="mailto:Cmcq51@hotmail.com">Cmcq51@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: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>

- American Volkssporters Association

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

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# - Northeast Region

Doug Reynolds – Northeast Regional Director

\* \* \* \* \*



# - International Federation of Popular Sports

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

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Christmas Party - 12/6/14 – Photos by Linda Morzillo

**Volkssporters  
on the Go...**





Time to Walk 10.11.12.13.14 - 12/13/14 – Photo by Passerby





# Chicago, My Kind of Town!!

September 12-18, 2015

The Chicago trip has been finalized by Yankee Trails and the ESCV Committee (Mary Agars, Marion Averill, Kathy Brown, and Denny Cottrell). This is not a Yankee Trails trip, but they helped our team design this trip. A short synopsis is as follows: Trip is scheduled for September 12-18, 2015. Based on **40 minimum**, the trip includes:

- Motorcoach transportation and tip, plus Travel Escort and tip
- Hotel accommodations 6 nights (2 on the road and 4 in the heart of downtown Chicago)
- Breakfast daily
- 3 dinners (one is for Chicago Pizza and another is a dinner theater)
- Step-on Guided City Tour
- Narrated Architecture Boat Cruise
- Frank Lloyd Wright Home and Studio
- The Art Institute of Chicago
- The Pierce-Arrow Museum
- 4 walks – Niagara Falls, NY; Chicago, IL (2): Lake Front and Oak Park; Notre Dame, IN (a 5<sup>th</sup> walk can be in Chicago, on your own, or possible walk in WI – fee may apply for WI)

The cost per person is \$1340/double, \$1910/single, and \$1150/triple.

Please submit **\$300** by **March 1**. A second payment of \$520/double, \$855/ single, and \$425/triple by April 15 and same payment for 3<sup>rd</sup> installment by June 1.

PLEASE NOTE: If 2 or 3 people wish to room together, please indicate.

➤ **If bus is full, a lottery will apply and those people will be chosen together, same as a couple.**

Please complete the form below and return to Marion Averill, 4842 Independence Drive, Bradenton, FL 34210, with a check for \$300 made out to ESCV, and in memo write: "Chicago Trip." If you don't get an email within 10-14 days, please let me know (walkingaverills@aol.com).

Payment of \$\_\_\_\_\_ is enclosed (\$300 per person deposit is due to reserve seat)

Name \_\_\_\_\_

Address \_\_\_\_\_

Rooming with \_\_\_\_\_ -+

Phone \_\_\_\_\_ email \_\_\_\_\_

**Please Note:** There is a FREE day while in Chicago. Would you be interested in walking in Wisconsin on that day? It's approximately 1-3/4 hours north. Just looking to see if there is an interest. This is NOT a commitment.

	Yes	No
If there is a small fee?	Yes	NO