



# 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

MARCH 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 ([brochure](#))

### 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 from our walk calendar on website for directions from your home to starting point.

\* \* \* \* \*

#### Contact Us At:

Empire State Capital Volkssporters

PO Box 5464

Clifton Park, NY 12065-5464

\* \* \* \* \*

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



## The Walkinggirl's Words

This old-fashioned winter to remember cannot last too much longer now that March is upon us. Longer daylight hours and above freezing temperatures (is that happening yet?), remind us that spring can't be too far away. People have been snowshoeing in small groups, but at this time there has yet to be an ESCV group snowshoe event. Anyone, not just the POC, can ask Emmy Koch to send a Hotmail to notify members of the date, time and place for a snowshoe event at Spa Park or the Saratoga National Historical Park. This weather has generally caused a pause in outside walks. On January 31<sup>st</sup>, the group walk in Saratoga Springs on the day of Chowderfest was attended by eight walkers who dressed for the cold and generally did a 5 km walk.

The signups for the ESCV Chicago bus trip in September are well underway. Marion Averill reported that the bus is more than half full, therefore, please notify her ASAP if you want to go. Please see page 8 for details.

Thank you, Loueen Whalen, for stepping up to check our ESCV post office box on a regular basis. Loueen will begin about the second week in March and Bernie Geren will be her backup. This important ESCV job includes preparing the packets for our eight yearly Traditional Events. Besides the event stamps from AVA that arrive in the mail, these packets contain all of the forms needed for the walk. These forms include a page of directions about the paperwork to be completed, a sign-in sheet, an insurance form, after action forms for two people, including the club treasurer and a stamped envelope addressed to AVA in which the event stamp is returned. Because we had efficient and organized people set up this protocol, it will be easy for Loueen to step right in.

Many ESCVers have been traveling this winter as well as spending the season in warmer climes. Jim and I joined the Seacoast Sandpipers on Valentine's Day for a traditional event in Florida on Anna Maria Island and Bradenton. We were glad to walk with over 15 of our ESCV club members and their Seacoast Sandpiper friends. The walk was followed by lunch at the seafood restaurant start point. It is routine for us to walk a seasonal or YRE when we travel; it was a special treat to join other walkers for a Traditional Event.

The Convention 2017 Committee has progressed further in preparation for the bid presentation in Salem, Oregon in June. The slide show is almost finished and you will be able to view it at a future time. Some of the content is from the Albany Convention Bureau and some of the content is ESCV generated. When you see or email Marv and Vera Weiss, be sure to add

(continued on next page)

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

to my MANY, MANY, MANY thanks for all of the hours they devoted into making this presentation a reality. Marv is not an ESCV member; he has been VERY generous with his time to work his computer magic. A handout and stickers (designed by Vera, Marv and Lea), will be available in Salem to make people aware that we want to be noticed. Gina, our great Albany Convention Bureau contact, will be at the convention for the presentation. She is going to dress as a true Volkssporter ready to walk our Walk(s) Thru History – walking shoes, hat, water, t-shirt, walk directions, look of determination – you get the picture.

This month's Try This Trail highlights walks that Liz Walsh found impressive in and around Richmond, Virginia. After reading her article, I was once again reminded that there are so many great Volksswalks yet to be walked. Kathy LeRoux, a longtime member who served as our club secretary and is presently our Sunshine person, wrote about how Volksswalking has enhanced her life. We would all love to read about your favorite trail and/or how Volksswalking has enhanced your life; as they say, "Everyone has a story."

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 that you are willing to be a buddy. We all 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 Kathy LeRoux*

I first found out about Volkssporting and ESCV on a trip I was on with the Retired Public Employees Association (RPEA) and met a wonderful couple by the name of Marge and Jim Shanley. In our conversation over dinner, they told me about a walking club they were in.

The first meeting I went to was in Clifton Park. Co-Presidents were Bill Storz and Dave Golden. After meeting a few people and attending a few more meetings I decided to join (2002). I then began my walking "experiences." Before I knew it, in May of 2002 I had completed 10 Events. Many of the walks are in our local area and while I was familiar with the area, there were many things that I didn't know about. As I began walking more on Wednesdays and Saturdays I continued meeting many wonderful and friendly people. Everyone was welcoming.

The Club had many ways to become involved, helping out at various walks, and many social events to attend. Another highlight was becoming a member of Travelwalk, founded by Marion Burns of our Club, who did a fantastic job of coordinating many walks all over the United States. I will always be indebted to Marion for these trips which truly enhanced my life! Never in a million years did I think I would go to Hawaii or Alaska or the other 48 States, completing all 50 in May of 2013 with many friends. Another highlight was the three week trip, "Oregon or Bust."

Also, an enhancement was becoming recording secretary during the Presidencies of Lil Julian/Mary Sorell, Dave Skinner, Bernie Geren, and Barbara Kolapakka. I then moved on to Sunshine Secretary.

I love walking, the fresh air, casual walks in the winter, seeing friends, Wednesday Guided Walks, and all that the Club provides for Fun, Fitness, and Friendship.

## *Try This Trail . . .*

### **A Hidden Gem Near Richmond, Virginia**

*By Liz Walsh*

It is very easy for an incentive volkswalker, such as I, to "not see the forest for the trees" as we plan our trips. Sometimes we get focused on completing our goals without realizing that within a stone's throw there may another volkswalk awaiting some attention and appreciation. Have you returned home just to find out you didn't do your research properly ahead of time or planned your visit long enough to do more? Well, I wasn't sure what to expect when I decided to do the Maymont Volkswalk just on the outskirts of Richmond.

It was a hot day and the idea of walking in a park setting seemed like a good idea. I would do Richmond, my 45th capital walk, the next day, I decided. Somehow, the Start Point book's description of Maymont appealed to me/us. So Brian and I headed out only to discover it was one of our favorite walks. A hidden gem, actually.

Maymont is a 100 acre estate that was once the home to railroad magnet James Dooley and his wife, Sallie. It was their estate from 1893 to 1925. The walk through the park meanders along well-maintained, curving pathways with a few small hills. However, interspersed throughout this scenic area are beautiful ponds with paddle boats to rent, Japanese gardens where you can meditate, waterfalls, a wildlife exhibit, a 33 room mansion to visit, a children's zoo, an arboretum and carriage collection. Believe me, this walk could take much more than 2 hours and 15 minutes for a 10 km walk because you will surely want to "stop and smell the roses" at each juncture. While we were there, tents were being set up on one of the large grassy areas for the upcoming weekend's Jazz Festival. There were many people enjoying this park, which was great to see. They obviously know a good thing when they see it.



The next day, we did the capital walk in Richmond which was historical to say the least and involved a variety of interesting memorials and museums, most having to do with the Civil War. The AVA walk in Richmond follows some of the Richmond Liberty Trail as well as the Richmond Slave Trail.

Returning back to my first sentence we witnessed something that certainly *seemed* to prove what I wrote. As we approached the Virginia State Capitol, Brian and I noticed dozens of people - young and old - staring at their cell phones. They were all within a couple of hundred feet from the Capitol. Some were in front of a monument, some sitting on the grass, some alone, some in groups. All looking downward. "How sad," we said. So, I decided to take a picture of them focused on their cell phones and not even noticing the history and beauty all around them. One of them asked why I was taking their picture and after I told him, he laughed and said they were all playing some kind of on-line, timed scavenger hunt and that they were all part of a group who does this for a hobby. Hopefully, they stopped long enough to "smell the roses" afterwards.

If you come to this area, you really need to plan 3 days. Two days to do walks and the rest of the time returning to visit the historical sites, of which there are many. What a coordinated effort it must have been to make these volkswalks the best they can be.

Another point of interest: If you are a history buff, Yorktown, Jamestown and Williamsburg - called "Virginia's Historic Triangle" are all within a 75 mile or less drive from Richmond. Fredericksburg is less than an hour away as well. So plan a week or so and do them all!

## **Membership**

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

**LAST CHANCE to have your name in the Membership Directory!!!**

Please **RENEW YOUR MEMBERSHIP** for 2015 AS SOON AS POSSIBLE. It is quite simple. At the end of the newsletter is the Membership Form. Fill it out, write a check, and mail it in. **ONLY 230 OF THE 315 MEMBERS FROM 2014 HAVE SENT IN THEIR RENEWALS AS OF FEBRUARY 20, 2015.**

If you haven't sent in your membership renewal or contacted me as of reading this newsletter at least email me (lgodshal@nycap.rr.com) to let me know you intend to join so we keep you in the Membership Directory and on the HOTMAIL email list.

If we don't hear from you by **MARCH 1<sup>st</sup>**, you will not be included in the Membership Directory nor receive a copy in the mail; you will also be removed from the HOTMAIL email lists.

Thanks for your attention.

### **MONTHLY MEETING**

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

## **Birthday Wishes**

### **Happy March Birthday to . .**

Jean Eaton  
Cathy Edwards  
Frank Edwards  
Linda Ferrucci  
Barbara Floryshak  
Amy Gitchell

Patricia Grasso  
Dianne Hughes  
Harriet Kalejs  
Sue Larson  
Adrienne Levinthal  
Patricia Mahoney

Joseph Padula  
Joan Pedersen-Lane  
Shirley Pingelski  
Charlie Poltenson  
Kendra Pratt  
Patricia Reed

Jackie Reynolds  
Walter Schlesier  
Mary Sorell  
Elaine Suss



## **Sunshine and Cards of Care**

It was recently noted that former member Wayne Ulrich passed away. Many of us remember how Wayne would often volunteer to be at a walk manning the checkpoint with his dog.

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).



## E-Mail Updates

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

## 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.

## 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:Cmcg51@hotmail.com">Cmcg51@hotmail.com</a>
Treasurer	Beth Snyder	<a href="mailto:Easnyder@nycap.rr.com">Easnyder@nycap.rr.com</a>
Newsletter Editor	Ellen Brown	<a href="mailto:gorow1010-escv@yahoo.com">gorow1010-escv@yahoo.com</a>
Membership & Email Updates	Larry Godshalk	<a href="mailto:Lgodshal@nycap.rr.com">Lgodshal@nycap.rr.com</a>
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> .
Webmaster	Eileen Skinner	<a href="mailto:EFSkinner@aol.com">EFSkinner@aol.com</a>
Name Tag Orders	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$2 for mailing; Laura can be reached at 384-0143 or by E-mail at <a href="mailto:sheldon.laura1@gmail.com">sheldon.laura1@gmail.com</a>
Wednesday Walk Coordinator	Barbara Popolizio	<a href="mailto:mpopoli1@nycap.rr.com">mpopoli1@nycap.rr.com</a>
Walk Development Comm. Chair	Teresa Kennedy	<a href="mailto:Forty6er3k@aol.com">Forty6er3k@aol.com</a>
YRE/Seasonal Walks Chairperson	Liz Walsh	<a href="mailto:lizwalsh48@gmail.com">lizwalsh48@gmail.com</a>
Historian	Dan Schryver	<a href="mailto:Dschryver@aol.com">Dschryver@aol.com</a>
Publicity	Pat Reed	<a href="mailto:reedpatri9@gmail.com">reedpatri9@gmail.com</a>
Purchasing	Winnie Balz	<a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>

## From the Editor

Articles for the April newsletter are **due on Friday, March 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

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**- American Volkssporters Association**

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

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**- Northeast Region**

*Doug Reynolds – Northeast Regional Director*

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**- International Federation of Popular Sports**

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

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## **2010 Study on the Health Benefits of Volunteering**

*Submitted by: Pat Reed*

73 % respondents said that volunteering lowered their stress levels,  
89% said it improved their sense of well-being, and  
92% reported that it enriched their sense of purpose in life.

People who volunteered lived, on average, four years longer than those who did not.

Source: Wisconsin Longitudinal study from U Wisconsin- Madison. U of M, U of Rochester, Stony Brook U.

## **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 a new POC for Clifton Park starting in 2016 (Thank you, POC Father Jack, for administering this walk). 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 a full year or season.

**Holiday Party Planner:** Make final arrangements with the Stockade Inn regarding the menu and final number of attendees. The reservation for 2015 has been made. Need to supply centerpieces for the tables. Previous planner noted that this job is easy and not time consuming.

**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.

**Candidates for President of ESCV:** Be the “conductor” of the large “orchestra” that is ESCV. Co-presidents are welcome. Duties include running meetings, writing a column for and editing the newsletter, be the official representative of the club and to coordinate the various activities to keep the club running smoothly. The president is normally, but not necessarily, a member of standing committees. Here is your chance to guide ESCV as you envision it to promote growth and continued success. Term is one year and the president can serve for two terms.



# Volkssporters on the Go...



## Anna Maria Island and Bradenton Walk - 2/17/15

– Photos by Linda Morzillo



John, Jean, Cathy, Jackie, and Jim



Doug



Jackie and Marion



Pier



Kathy, Wayne, and Jim at the Seafood Shack



Kathy and Wayne



Dave and Joy



John and Jean



# 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



## ESCV MEMBERSHIP FORM

Revised: November 2014

### ➡ PLEASE READ:

- ✓ **This form is for new or renewing memberships.**
- ✓ Memberships run from January 1 to December 31 each year.
- ✓ Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$10.
- ✓ New memberships after September 1<sup>st</sup> are one half the annual fee through the end of the year.
- ✓ Renewal starts November 1<sup>st</sup>. Renewals received after **January 31<sup>st</sup>** will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the "Hotmail" (email) list.
- ✓ Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- ✓ **If you have a winter mailing address**, please identify on the back of this form and the approximate dates this mailing address is effective.
- ✓ To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Larry Godshalk, Membership Chairman - Questions? 518-399-6041; [LGodshal@nycap.rr.com](mailto:LGodshal@nycap.rr.com)

### PLEASE PRINT CLEARLY

Date Submitted: \_\_\_\_\_ Family or Single Membership? (Circle one)

Name: \_\_\_\_\_ New Member: \_\_\_\_\_ or Renewal: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_ Email: \_\_\_\_\_

What Month is Your Birthday (Optional): \_\_\_\_\_ Do you receive *The American Wanderer* Yes/No?  
Choose ESCV Car Window Decal \_\_\_\_ Inside (for un-tinted windows) **or** \_\_\_\_ Outside (for tinted windows).

Name: \_\_\_\_\_ New Member: \_\_\_\_\_ or Renewal: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_ Email: \_\_\_\_\_

What Month is Your Birthday (Optional): \_\_\_\_\_ Do you receive *The American Wanderer* Yes/No?  
Choose ESCV Car Window Decal \_\_\_\_ Inside (for un-tinted windows) **or** \_\_\_\_ Outside (for tinted windows).

- Enter winter mailing address and dates effective on back of form
- Circle areas you would like to help out: Registration at walks, Developing new walks, Programs, Spring Picnic, Oktoberfest, Pizza Party, Christmas Party, Where Needed (there are many other jobs).
- If a new member, how did you hear about us? \_\_\_\_\_
- Make check payable to **ESCV** - \$18 for Family or \$10 for Single Membership (half price for new members Sept. 1<sup>st</sup> to Dec. 31<sup>st</sup> and include \$10 for each new member for your "New Walker Program Packet")
- **Mail this form and check to:** **ESCV Membership**  
**PO Box 5464**  
**Clifton Park, NY 12065-5464**