



# 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

JULY/AUGUST 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: 6:45 am, 9 am\* & 6 pm\*

Jul 1 – Schenectady/Vale Cemetery

Jul 8 – Saratoga Springs/Yaddo

Jul 15 – Schenectady/Riverwalk

Jul 22 – Ballston Spa

Jul 29 – Albany/PineHills/Wash.Pk.

Aug 5 – Broadalbin

Aug 12 – Mechanicville

Aug 19 – South Glens Falls

Aug 26 – Northville (start 9:30am ONLY)

## Year Round / Seasonal Group Walks

Start time: Wed & Sat 10 am\*;

Sun 1:30 pm\*

Sep 5 (Sat) – Johnstown

## One-Day Traditional Events

Registration & start time: Between 10 & 12:30 pm. Finish by 3:00 pm.

Oct 7 (Wed) – Hadley (Oktoberfest)

October 10-12 – NE tristate

Regional Columbus Day Weekend

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

## The Walkinggirl's Words

The AVA Convention of 2015 is history and we move on. My opinion is that we had a much better and more diversified set of walks than the opposition. I must say that presenting a bid was a learning experience for all involved; that said, the official word from our club is that we have not considered another bid for 2019. Four years, even two years in 2017, when a bid would need to be made at the convention on Billings, is a long time from now. The many concerns and suggestions communicated by you, our club members, to the convention committee were so valuable and we thank you. People are now making many suggestions about fun things we can do using some of the ideas we hoped to use at the 2017 convention. One idea, my husband Jim and I came up with is a Walk Fun Fest and others are thinking we can possibly do such a celebration for our club's 30<sup>th</sup> Anniversary.

A booklet was passed out listing awards given by AVA at the end of the second convention session. You will find a list of those who have received these well-earned awards in another part of the newsletter, congratulations to all! The award received by Doug Reynolds (Wow! Was he surprised!), and the award for ESCV's webpage were granted by AVA and the remainder are nominated by a committee of past ESCV presidents.

Our Wednesday walks have been very well-attended and the POCs worked hard to make sure we all had great walking experiences. The weather on Wednesdays during May and June has been perfect, let's hope the same is true for July and August. Thank you Sue G, Vera W, Marylou G, Winnie W, Lucy D, Mary S. By the time the end of June arrives we mark the halfway point in the Wednesday walk series. Time is flying because we are having fun! Now, there have been some issues giving cause for concern. We want EVERYONE to come out for the walks and have a good time. We want EVERYONE to walk according to their ability and therefore we have walking subgroups based on speed. If any walker needs to return to the start point, TELL the sweep!! Tell someone! As we respect our varying and changing walking abilities we also need to ensure safety. We will have extra directions and maps to give to those leaving the groups so they can retrace their steps and return to the start point without becoming lost. Bring a chair and relax in the shade till your friends return.

People have been walking without signing in; make sure your arrival time at the start point is early enough (10-15 minutes or more), to sign in and do it *immediately*. The most important reason for doing so is liability coverage while participating in the event. The second reason is to support our club. Fill in ALL information legibly; address labels are perfect for this purpose. At the June meeting, we discussed ways of ensuring that all participants register.

(continued on next page)

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Contact Us At:

Empire State Capital Volkssporters

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Clifton Park, NY 12065-5464

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



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

The third Traditional Walk of 2015 was held in Chatham on June 6<sup>th</sup>. POCs Vera Weiss and Lea Darling designed a lovely route enjoyed by 78 walkers. Teresa Kennedy made it possible for people to attend a matinee performance of *The Drowsy Chaperone*, a colorful and lively musical at the Mac-Haydn Theater in Chatham.

Look for the next President's column written by incoming President Teresa Kennedy in the September newsletter. I wish Teresa a successful and rewarding presidency as she promotes our collective vision for the future of ESCV. It has been a complete pleasure working with her; she has always been an excellent sounding board, a purveyor of good judgment and so calm and pleasant to work with. She needs a Vice President to assist her and I sincerely hope that one of our many active members will step up and help in leading our club.

Thank you, Barbara Kolapakka, for stepping up to plan the Traditional Events of 2016. Here is an absolutely great time to learn how to do this, Barbara would love to show a club member(s) how to do this rewarding job!! Here is an opportunity to make major decisions in determining where our club walks for One-Day Traditional Events! Our club needs YOU!!!!

I always knew that there were many who did much for our club. While I was working I was POC for two Seasonal walks, a Wednesday walk each May and a Traditional event. Each is a small contribution which, along with the contributions of many others, makes our club what it is. During the two years I have been President, I learned more about the club's inner workings. I got to know so many of you better on a personal level, something I was unable to do as well when I was a "6 PM" walker before retiring at the end of August, 2012. Most of the time, I found that people work well together to keep this well-oiled organization moving along. This club runs itself! I admire your common sense and good judgment as you volunteer your time and ideas.

There has been collective growth for us as a club as we pursued new ventures. People stepped up to plan bus trips, make a convention bid, get the word out about Volksswalking and ESCV. This was done using college retirement programs, nurturing new members, being visible with pictures and articles in *The American Wanderer*, featuring new columns in the newsletter (the result is getting to know many people better and to become inspired), and showing a willingness to think outside of the box. Whatever we have always done in the past and how it was done needs to be reviewed and tweaked as times change. As the needs of the club are changing in some significant ways, we are considering how to best accommodate these needs. Thank you everyone, for the many words of encouragement and many expressions of affirmation I received during these past two years; your words were highly appreciated.

What's next? As of 2016, I will have handed over my POC roles at Lake George and the Saratoga National Historical Park to new POCs. Neither new POC has ever administered a walk box at a designated location. One new POC is a POC veteran of Traditional Walks. It is important to me that I continue contributing to the club; therefore I will work to become our club's Certified Trailmaster. When reading the list of people receiving awards at the convention, I was astonished to learn that the Northeast region did not certify a single new Trailmaster during the last two years!

Most of all, thanks to my "First Man," Jim, for his willingness to serve as a sounding board as well as for demonstrating both patience and support during my tenure as president. Thank you, Jim, for editing all the silly errors out of each "Walkinggirl's Words" column.

See you on the walks!

*Linda*

☆☆☆☆☆ Congratulations to **Ginger Ireton** on completing walking in all 50 states. ☆☆☆☆☆  
This was completed in Oregon.



## - ESCV NEWS



### ESCV is Getting More Tech Savvy

By Liz Walsh

Many of us have gotten comfortable using our ESCV website, thanks to Eileen Skinner's hard work but we are in a position to add some more technology to our club – for non-club members' use specifically, as well as our own. Reason? to help increase membership.

ESCV is now going to get more tech savvy. Thanks to information garnished at the recent AVA convention, it appears that now is the time to do this. Many clubs "advertise" on Meetup.com as a means to increase membership. Meetup.com is the "in" place to search for fun activities in any area you happen to be. Since Meetup.com is now offering a special 6 month discount, I've registered our club for a trial run.

Please tell your friends and neighbors about this site and how easy it is to plan for a walk with ESCV. Many people who are new to an area will check out Meetup.com for ideas of things to do in the locality. When I was in Denver recently, I went on the Meetup site for that city and found opportunities to practice my Spanish during the time I was there with lovely groups of people.

Please check it out and look for our walking club - listed as "**Albany/Schenectady Walking Meetup.**" You might even see opportunities for other activities that you might enjoy. Please join the Meetup site, too so you will get the postings and reminders delivered directly to your email account. There is no cost to join and you can set security features. If new people come to our walks, please ask them how they heard about us. Hopefully they will say through Meetup!!! Then we will know that this technique is working.

The website address is: <http://www.meetup.com/Albany-Schenectady-Walking-Meetup/>

Please feel free to send Liz Walsh feedback on this at [lizwalsh48@gmail.com](mailto:lizwalsh48@gmail.com)

### The Place to Be...

By Ed and Emmy Koch

Jeff Blatnick Park in Niskayuna was the place to be on Wednesday, June 17<sup>th</sup>. **Lucy Desjardins**, POC, ordered a perfect day: cool with a slight breeze. After the walk, over 80 walkers enjoyed strawberries and ice-cream. **Thanks to everyone** who made it possible, Lucy and her crew of helpers, plus everyone who engineered the strawberry plus ice-cream fest afterwards. Our thanks to **Annalisa Van Avery**, **Eileen Sowa**, and **Sharlene King**, whose fast fingers hulled the strawberries. When the refreshments arrived, **John Sowa**, **Kathy Leroux**, and numerous others jumped to set up and clean up afterwards. Our sincere thanks to everyone who helped make it a great day.

### **MONTHLY MEETING**

No July or August Meeting

#### **Fall Meeting Dates**

Note change in September and October from usual days.

Tuesday, September 29 (this is the fifth Tuesday)

Wednesday, October 21

Tuesday, November 17

Latham Firehouse  
226 Old Loudon Road, Latham

*All are welcome!*

## ***Try This ~~Trail~~ Tick Repellant . . .***

*By John Sowa*

If you are concerned about ticks and Lyme disease, there is a product available from Dick's Sporting Goods Store that will repel ticks. Sawyer Permethrin Clothing Insect Repellent will repel and kill those pesky ticks, mosquitoes, chiggers, mites and more than 55 other kinds of insects the next time you venture into the outdoors. The Sawyer ® Permethrin Clothing Insect Repellent is for use on your clothing, tents and other gear. A single application lasts through 6 washings.

Permethrin is odorless when dry. During the drying process it tightly bonds with the fibers of the treated garment. It will not stain or damage clothing, fabrics, plastics, finished surfaces or any of your outdoor gear. Permethrin clothing treatments have been determined to have "spatial repellency" against mosquitoes. Mosquitoes will swarm around you, but not land on your treated clothing and bite. Use by itself or with skin-applied repellents to build the ultimate protective barrier. Permethrin is a contact insecticide but non-toxic to humans.

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

*By Joe and Jean Padula*

We met, dated, and were married in 1993, each of us in the midst of a period of our lives when we were focused on our own demanding jobs and family concerns. We spent much of the following ten years blending our families and working hard at our business. (Joe took early retirement from GE and joined Jean in the business.) However, we did make time for travel. In 2002, we took a northern European cruise with Father Cairns and his St. Edward's travel group. Our table assignment was with a group of people we hadn't previously met, including Eileen and David Skinner. As a result, off and on throughout our Baltic Sea cruise, while threading our way through the fascinating ports of call of Copenhagen, Tallinn, St Petersburg, Helsinki, Stockholm, concluding in England, we learned about Volkssporting. If we'd had a different table assignment we likely would have missed out on what proved to be some of the most satisfying experiences of our lives.

One of the first things we did upon our return to the Capital Region was join ESCV. Before long we were immersed in Volkssporting, participating in as many walks and activities as we could incorporate into our lives. Joe became the treasurer for several years, working closely with presidents Dave Skinner and Bernie Geren. The friendships we developed over the years continue to be among our most precious ones. Thanks in great part to the amazing trips arranged and led by Marion Burns, (Travelwalk), we travelled and walked in all fifty states. During our own travel we also were able to do several international city walks. Volksswalking provided a healthy, mutually enjoyable activity around which we could build an invigorating and vibrant retirement life together.

As many of you know, this last year has been a challenging one for Joe. The day after the Blatnick walk of 2014 he started having debilitating leg and lower body pain. It took countless doctor visits and tests to determine Joe was dealing with an infection in his pelvic area. (None of the medical experts involved knows how he got it.) Now, a year later, with two surgeries and lengthy hospital stays behind us, Joe seems to be recovering.

Linda asked us to write an article about how Volkssporting has enhanced our lives. There's no question in our minds that ESCV involvement has profoundly enriched our lives. It seems the enhancement culminated this last year as so many of you flooded us with cards, phone calls, hospital visits - all manner of evidence of love and concern. (You also flooded God with prayers, for which we're very thankful). Several of us "walking wounded" have gravitated toward each other, helping one another through our difficult times in a special bond of love and support. ESCV is about much more than walking together. Volkssporters, though always fun-loving, are a compassionate group of people who enhance each others' lives in countless and often very meaningful ways. We consider it a privilege and a blessing to be part of this group.

## **As We Age, Keys to Remembering Where the Keys Are**

*Adapted from the [New York Times](#) article by Jane E. Brody*

I recently told my 70s-something walking group that I wanted to write about “retrieval disorder,” our shared problem with remembering names and dates, what we had just read and where, even what we had for dinner last night. Or, in my case, the subject of the column I wrote the day before. One walking buddy suggested I call it delayed retrieval disorder. “It’s not that we can’t remember,” she said. “It just takes us longer, sometimes a lot longer, than it used to.” Then she wondered, “Is it really a disorder? Since it seems to happen to all of us, isn’t this just normal aging?”

Indeed it is, I’ve learned from recent reports, including one released by the Institute of Medicine. And it doesn’t mean we’re all headed down the road to dementia, although unchecked, cognitive changes with age can make it increasingly difficult to meet the demands of daily life, like shopping, driving, cooking and socializing.

I am painfully aware of increasingly frequent memory lapses, like where I left my cellphone or glasses. I searched the house the other day for a container of ice cream, only to finally find it in the microwave, where I had planned to soften it. Without a shopping list, I inevitably return from the store without something I really needed. And without a hide-a-key, I would routinely lock myself out of the house. I was a terrific speller and walking thesaurus most of my life, but now routinely resort to an online dictionary and my computer’s ability to second-guess the word I’m trying to spell.

Although memory issues become more apparent in the Medicare years, gradual changes in cognitive function actually begin decades earlier, their effects usually masked by the brain’s excess of neurons and ability to lay down new connections throughout life. AARP reassuringly writes in its *Staying Sharp Booklets*, “As brain functions go, forgetting may be almost as important as remembering; it would be inefficient for our brains to try to retain every bit of information we’re exposed to throughout life.”

About a third of healthy older people have difficulty remembering facts, people, places and other things encountered daily, “yet a substantial number of 80-year-olds perform as well as people in their 30s on difficult memory tests,” AARP noted. Nor are those who do less well cognitively suffering from a brain disease. “Just as you wouldn’t say that a marathon runner who slows down in his 80s has a motor disease, age-related cognitive decline isn’t necessarily pathological,” said Molly V. Wagster, chief of neurosciences at the National Institute on Aging. “We may just be slower to retrieve information, and slower to learn new things.” Dr. Wagster told me, “the older brain retains plasticity; it’s capable of making adaptive changes. Certain regions of the brain operate in slightly different ways that may actually be better than at young ages.” Some of the changes, like depth of comprehension and wisdom gleaned through experience, are improvements that can compensate for less positive age-related effects, she said.

Denise C. Park, a psychologist at the University of Texas at Dallas reports that the brain’s “processing capacity” declines rather steadily from the 20s onward, “world knowledge,” including vocabulary, increases, at least into the 70s, when it seems to plateau. Still, it is important for people to recognize possibly pathological symptoms of cognitive impairment, like getting lost driving to a familiar place, having difficulty with finances, or failing to take medications correctly — deficits that warrant medical attention, Dr. Wagster said. As AARP put it, “forgetting where you parked your car can happen to everyone occasionally, but forgetting what your car looks like may be cause for concern.”

Preventing cognitive decline that can interfere with quality of life is a far better option than trying to reverse it. The Institute of Medicine highlighted several actions everyone can take to maximize the chances of remaining cognitively sound well into the twilight years.

First and foremost, “be physically active.” Numerous studies have documented benefits to the brain as well as the body from regular exercise. For example, among 18,766 women ages 70 to 81 participating in the Nurses’ Health Study, those with the highest level of activity had a 20 percent lower risk of cognitive impairment than those who were least active.

Second, prevent or control cardiovascular risk factors, including high blood pressure, smoking, obesity and diabetes. What is good for the heart also appears to be good for the brain. A diet relatively low in fat, cholesterol and sugar and replete in antioxidant-rich vegetables and fish are likely to be protective, as are adequate levels of vitamin D.

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Drink alcohol moderately, defined as one drink a day for women, two for men, or not at all. And get adequate sleep — a good seven hours a night — to keep neurons firing at top speed. Depression has a negative effect on cognition at all ages; if you suffer from it, get it treated.

Be well educated. Even if you missed out on a good education early in life, it is not too late to engage in intellectually stimulating activities, including taking courses online or at a local college, reading books, participating in discussion groups, and attending lectures and other cultural activities. Dr. Park maintains that “cognitive engagement” — learning complex new tasks like quilting, crocheting or digital photography — can improve cognitive performance. But Dr. Wagster emphasized that cognitively stimulating activities should also be personally rewarding or meaningful, not frustrating or just busy work. “Learning a new language can be very difficult later in life unless one has a compelling reason to do so,” Dr. Wagster said.

Finally, none of these measures may be helpful if they prevent you from being involved socially in leisure or volunteer activities. Social interaction is a strong predictor of healthy aging.

For further reliable information on how to minimize cognitive decline with age, I highly recommend a forthcoming book, *Staying Sharp: 9 Keys for a Youthful Brain Through Modern Science and Ageless Wisdom*, by Henry Emmons and David Alter.



### **Northeast Regional Columbus Day Weekend – October 10-12**

Three Traditional Events are scheduled:

Lenox (ESCV),

Shelburne Falls (Walk N' Mass), and

Bennington (Twin States Volkssport Association)

### **Membership**

by Larry Godshalk – email: [lgodshalk@nycap.rr.co](mailto:lgodshalk@nycap.rr.co)

Four new members joined the club in June which brings our active member list to 285. If you haven't renewed your membership yet 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](http://www.walkescv.org).

Please welcome the following new members when you see them on the trail: **Sandy Rybaltowski** from Clifton Park; **Eugene** and **Jane Sevi** from Saratoga Springs; and **Joan Valoze** from Waterford.

### **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.

### **E-Mail Updates**

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

### **From the Editor**

Articles for the September newsletter are **due on Friday, August 21, 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

## **Birthday Wishes**

### **Happy July Birthday to . .**

James Brown  
James Burke  
Bonnie Durst  
Robert Elie  
Beverly Feltt  
Carly Feltt

Jeffrey Ferrucci  
Bernie Geren  
Kathryn Gizzi  
Phil Kellerman  
Warren Lavery  
Kathy LeRoux

Gail Livingston  
Cristine Morroni  
Gail Ostrander  
Madeline Santulli  
John Shaw  
Pat Shuff

Pat Steadman  
Eleanor Tunny  
Toni Walsh  
Patricia Whalen

### **Happy August Birthday to . .**

Herb Alfasso  
Carole Baumes  
Anne Cavosie  
Edith Christina  
Roger Clark  
Denise Connelly

Patty Costa  
Patrick Frament  
Rebecca Frament  
Eric Hamilton  
Edward Koch  
Ann Misener

Linda Morzillo  
Barbara Nigro  
Jean Padula  
Carol Reid  
Patricia Ross  
Sandra Rybaltowski

Natalie Smith  
John Sowa  
Martin Toly  
Joan VanSlyke  
Vera Weiss  
Linda Worden



## **Sunshine and Cards of Care**

We think often of our ESCV friends on the Sunshine List: **Bill Hughes, Joe Padula, and Frank Healey.**

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).

## **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 \$8.00. If you would like it mailed to you, please add \$3.00.

## **ESCV Club Contacts**

<b>Office / Committee</b>	<b>Name</b>	<b>e-mail</b>
President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Vice President		
Secretary	Chris Yost	<a href="mailto:cyost@nycap.rr.com">cyost@nycap.rr.com</a>
Treasurer	Warren Lavery	<a href="mailto:warrenlavery@gmail.com">warrenlavery@gmail.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 \$3 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>
Trail Master	Linda Morzillo	<a href="mailto:lindaf.morzillo@nycap.rr.com">lindaf.morzillo@nycap.rr.com</a>

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## - American Volkssporters Association

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



### AVA Awards at the 2015 Convention in Salem, Oregon

Congratulations to **Doug Reynolds** who received the esteemed Distinguished Achievement Award! The Empire State Capital Volkssporters won second place for its Webpage. Thank you, **Eileen Skinner** for making that possible.

The Meritorious Service Award was received by **Lea Darling, Nellie Georgelos, Lil Julian, Ed Koch, Barbara Kolapakka, Linda Morzillo, Jackie Reynolds, Eileen Skinner, Mary Sorrell, Carol Sorensen, and Toni Walsh.**

Service awards are divided into five categories. Certificates were received by **Mike Popolizio** and **Barb Popolizio**. Bronze awards were received by **Amy Gitchell, Phyllis Buda, Bernie Desroches, and Beth Snyder**. Silver awards went to **Kathy Brown** and **Ann Smith**. A gold award went to **Marylou Geren** and a gold leaf award went to **Phyllis Boyd**. Certificates of Appreciation were awarded to these start point locations: Canoga Lake Town Offices, Father Thomas Chevalier and the Congregation of St. Matthews Church in Voorheesville, Johnstown City Hall, and the Saratoga National Historical Park.

At the banquet on the last day of the convention, **Charlotte Phillips** was recognized as the anonymous donor who matched donations to AVA during The Big Give. Thank you so much, Charlotte!

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## - Northeast Region

*Betty Green – Northeast Regional Director* [www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)

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## - International Federation of Popular Sports

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

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### 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.” Working with a present POC of a YRE or Seasonal walk for several months is a great opportunity for new members to learn about how our walk system works. New POCs are needed for Saratoga National Historical Park (the Battlefield) and Clifton Park.

**Candidates for Vice President of ESCV:** Co-Vice Presidents are welcome. The two main tasks of the Vice President are to fill in for the President when needed and to plan, formally sanction and work with the POCs of the seven or eight Traditional Events each year. Three of these walks (Oktoberfest, Pizza Party and Holiday Party), take place at previous locations and are therefore “established.” The vice president is normally, but not necessarily, a member of standing committees. It is desired, but not required, that the Vice President become the succeeding President. We need YOU!



# Volkssporters on the Go...



## Saratoga National Historic Walk – 5/30/15

Walkers on the bridge found on the new 5K walk.



## Malta Walk - 6/3/15

– Photos by Linda Morzillo



## Chatham Walk – 6/6/15

– Photos by Linda Morzillo



## 2015 National AVA Convention, Salem Oregon – June 13-21, 2015



Charlotte Phillips with Ruth Cade.  
Charlotte was the anonymous donor who  
matched funds donated to AVA during The Big Give.

### *Thank You, Marv Weiss!!!!!!*

The Empire State Capital Volkssporters thank Marv for all his work in preparing our Power Point Slide Show presented at the convention in Salem on June 17<sup>th</sup>. There are not enough words in the English language that fully express our deep appreciation for all that you did, Marv. We are forever grateful for all of the considerable time and expertise you devoted to this project. Thank you!

## Waterford Walk – 6/24/15

– Photo by Linda Morzillo

