



WWW.WALKESCV.ORG

JUNE 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: 9 am* & 6 pm*

Jun 3 – Malta

Jun 10 – Thacher Park

Jun 17 – Niskayuna/Blatnik Park

Jun 24 – Waterford/Peebles Island

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*

Jun 20 (Sat) – Bennington, VT

Sep 5 (Sat) – Johnstown

One-Day Traditional Events

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

Jun 6 (Sat) – Chatham

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:
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PO Box 5464
Clifton Park, NY 12065-5464

www.walkescv.org/



The Walkinggirl's Words

It's almost time for the 2015 AVA Convention in Salem, Oregon! The presentation for our bid to have the 2017 AVA Convention in Albany is ready! Over 30 club members were at our May meeting to view and hear the "dress rehearsal;" only a few minor changes were needed. We are forever indebted to Marv Weiss and, from the Albany County Convention and Visitors Bureau, Gina Mintzer, for all the time and work that went into this endeavor. We have printed informational material and stickers to share with convention goers. A Hotmail will be sent once we know the outcome of our motion to hold the 2017 AVA Convention in Albany; that will take place late afternoon, PDT, on Friday, June 19th.

Our second 2015 Traditional Walk (one-day event), was held in historic Fort Edward. Ginger Ireton and Carol Sorensen worked many hours to plan the great walk we enjoyed. As people returned to the Visitor Center on Roger's Island, they brought out their chairs and lunches for an informal picnic. Thank you, Ginger and Carol, for all you did so that we could enjoy a lovely event.

Our Wednesday walks are in full swing. Thanks to POCs Laura and Rick Sheldon (Burnt Hills/Ballston Lake), Dave Janiga (Albany Tulip Festival Walk), (Saratoga Springs West Side), Dan Schryver (Voorheesville), and Sue Gray (Round Lake), the walks are running smoothly. We are giving adhesive name tags to walkers who have yet to receive their name tags, the feedback I am receiving is that veteran walkers really like addressing newcomers by name. I cannot figure out what it is about Round Lake, we seem to get notable (sic: horrible) weather for the a.m. or the p.m. walk or both! We've seen some interesting conditions over the years. The morning walk was dry for 70 walkers. The afternoon rain stopped by 6 p.m., but there were no evening walkers.

We continue to have group walks for our seasonal walks. Thanks to the POCs, we were able to walk recently in Clifton Park (John Cairns), Lake George, Caroga Lake (Barb Nigro), Cooperstown (Larry Godshalk), Johnstown, (Nellie Georgelos), and the Saratoga National Historical Park, where a new 5 km route was inaugurated.

Thank you, Joe Padula, for the many years you checked our post office box. Joe came up with a very efficient procedure for distributing the materials (paperwork and stamp), needed by the many POCs of our many walks. As a POC, I always appreciated how everything was well organized in an envelope. There is always a padded envelope with postage attached in which to send our event stamp back to AVA! When Joe needed someone to fill in for him, Bernie Geren stepped up to do that job and I thank you for

(continued on next page)

The Walkinggirl's Words – (continued)

that, Bernie. Now, Loueen Whalen has taken over the job of checking the ESCV mailbox and Bernie is helping Loueen step into his and Joe's shoes (walking shoes, of course)!

Congratulations to Teresa Kennedy (President), Chris Yost (Secretary), and Warren Lavery (Treasurer), the new officers elected at the May meeting. Their terms of office begin on July 1st.

We are still in need of a Vice President or Co-Vice Presidents. Bernie Geren made an eloquent statement that, since he got so much out of the club over the years, he always felt it was his duty to give back and insure that our club is a continuing success. We have many talented and able people in our club who could perform one or more of the various club jobs in a most excellent manner. It is time for different people to contribute to the well-being and continuation of ESCV. We have givers and takers, leaders and followers, we all need to take a turn giving and/or leading.

If you look at the ESCV Webpage, you can see a new addition by clicking on the green ***For ESCV Members Only*** link. Thank you, Eileen, for posting the Summary of Duties for POCs for the 3 categories of walks. Teresa Kennedy, Liz Walsh, and I worked on this suggested project for quite a while to outline the tasks of POCs. Having a checklist of tasks often gives direction to people who are willing to learn a new procedure. Many of us have been POCs and now anyone learning to become one will have much help, shadowing is a great learning tool! Here is a great opportunity to be a giver.

See you on the walks!

Linda



- ESCV NEWS

Incentive Program — 2015

By Mary Agars

July 1st marks the second half of the Incentive Program for the year. There are two options:

1. If you have completed 15 seasonal or year round walks plus 1 from another club you should turn in the book noting desired reward and start Book 2. OR If you have done 10 of the walks plus 1 you may also turn in Book 1 and begin Book 2 if you wish.

- or -

2. You also can continue working on Book 1.

The program for 2015 ends December 31, 2015. Rewards will be given out at the Holiday Party in December.

The Incentive Program was started several years ago by Eileen and David Skinner and Father Jack Cairns to encourage support for the Year Round and Seasonal walks. These walks can be done on your own or at the Group walks scheduled by the Club.

Please turn in completed books to Mary Agars by mail or at a Wednesday walk.

MONTHLY MEETING

Thursday, June 25, 2015

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

All are welcome!

Club Volunteer Walks Signup Sheet Mostly Unused

By Lea Darling

Now that we are beginning our most demanding and intense volunteer possibilities with our Summer Wednesday Walks Program, you will find many ways to help out with the many facets that go into making the Wednesday Walks a possibility. I again encourage all of you to find a spot on the weekly Wednesday, upcoming Traditional and remaining Group YRE/Seasonal scheduled walks to place your name. Feel free to place it in several places!



This is the third year of ESCV's signup spread sheet on our website. To make it simple for our many new club volunteers to see exactly where help is needed on our over 50 annual walks, please go to our website at www.walkescv.org and click on the "Volunteer" tab on the left side of the home page. That tab will take you to an instruction sheet (which you should read **FIRST**).

You will see all the walks for the year listed on the left side and blank spaces in the columns to the right for you to sign up to help out with various aspects of the walks. Please follow the instructions. **Everyone who is an ESCV member is a volunteer.** If, at a future date, you cannot commit to that date, please go back and remove your name from the signup sheet. You are more than welcome to sign up for more than one spot. Your entries are **saved upon exiting the website.**

So, to spread out the wealth and not put a burden on 30 or so of our seasoned walkers, do your small part by signing up today. Being a guide or sweep for a walk only involves a time commitment of 2 hours for 10 km and an hour for 5 km. Signing in, collecting money, and stamping books is only a 40 minute obligation. We are over 270+ members strong, let's give a little of our precious time to spread out the jobs.

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

Brush up on the Jargon: GUIDE TO WALK TYPES

TRADITIONAL:

Traditional events are "one time only" walks which are usually run for only one day. Usually at a traditional event you sign in during a period of time, for example, between 9 a.m. and 11 a.m. and receive walk directions and a map along with a start card. You may walk by yourself or with others, answer checkpoint questions on the start card and finish by a designated time. There is no designated leader.

Traditional events may be **GUIDED**, although most weekend events are not. Our Wednesday walk series is an example of a guided walk. You do not receive directions or a start card but instead follow a leader who will guide you on the route. Typically we will have a 10 km and a 5 km group but they may be further divided up by walking pace if the group is large.

YEAR ROUND/SEASONAL:

Year round/seasonal events are "do it yourself" walks. Each walk has a permanent start point, usually a business or other public place, where a start box is located. The start box includes a registration form, start cards, directions/maps. ESCV and many other clubs' boxes include return envelopes in which to place your start card and walk fees to mail back to the point of contact (POC) for the walk.

The only difference between a year round event (YRE) and a seasonal is the length of time it is opening for walking. YRE's are open for 12 months while seasonals have a shorter open period.

Our club holds **GROUP WALKS** of their YRE/seasonals from time to time. ESCV has a group walk of each of its YRE/seasonals twice a year. Group walks are **NOT** guided walks. While the POC may be present at a group walk, he or she is not required to be there or to lead a group. Typically participants in a group walk will go off in one or more groups at the designated start time with one or more walkers in the group using the provided directions/maps to follow the route. If the POC is not present, one participant may offer to sign people, collect money and send a check to the POC.

Starting Group Walks

Group Walks are an opportunity to walk with others on our Year-Round (YRE) and Seasonal Events. Morning start time is usually 10:00 a.m. with sign-in from 9:30 to 9:55 a.m. Afternoon start time is usually 1:30 p.m. with sign-in from 1:00-1:25 p.m.

***If you do not plan to wait until the designated start time,
Please be signed-in and out walking by 9:30 a.m. or 1:00 p.m.!!***

It is confusing, especially to newcomers, when people are leaving to walk while others are waiting for everyone to arrive and walk together. Please be considerate so when people arriving close to the start time, but not late, can find walking companions! You must be signed in to be covered by insurance; be sure you sign in and send your start card and money to the POC.

Try This Trail . . .

Walkway Over the Hudson State Historic Park

By Arlene Camp and Christine Yost

On October 3, 2009, the Walkway Over the Hudson officially opened after years of planning and preparation by numerous groups, both public and private. The old Poughkeepsie-Highland Railroad Bridge, built in 1889, was taken out of service after it was damaged by fire in 1974. After years of legal wrangling, it was finally deeded over to a nonprofit volunteer organization in 1998 and work began in earnest to transform the bridge into a pedestrian and cyclist walkway. In 2010, the Walkway corporation conveyed the entire structure to the New York State Bridge Authority. It is the longest footbridge in the world (about 1.28 miles long), attracting more than 750,000 visitors a year.

If you haven't had the pleasure, this is an experience you should not miss. In fact, more improvements are coming, so even if you've done the walk, you might want to try it again soon. We made the trek last summer, and happily for us, the weather was lovely. Other walkers told us that in the colder weather, the winds off the Hudson are vigorous, so that should be considered. You will also cross the Mid-Hudson Bridge on your return to Highland. Bridge Music is a sound-art installation that can be heard at Listening Stations on the tower landings there from April 1 to October 31. Don't miss this!

This is an 11 km walk with some hills, and it takes you through city streets and parks, as well as the bridges and rail trail. Only two hours away via the Thruway, it's a wonderful day trip. Of course, there are numerous other interesting places to visit while you are in the area. Lunch at the Culinary Institute on Route 9 comes to mind!

The Walkway is open from 7:00 a.m. to dusk, and restrooms are available at each end. The walk box is located at the Gateway Diner on 9W/55. Just follow the Hudson Valley Rail Trail to the Walkway, and enjoy a wonderful day. Take lots of pictures!



An Enhanced Life – Volkssporting Did It!

Note: This article is reprinted with the permission of the author. It appeared in the May/June 2015 issue of *Checkpoint*, the AVA Digital Newsletter and the June/July 2015 issue of *The American Wanderer* (TAW).

A Walk Through Life

By Charlotte Phillips

When I graduated from college or was a junior officer in the US Army, if I thought many activities of my working life and my first twenty years of retirement would be built around walking, I would have said. “Are you crazy?”

Well it was. I started walking in Germany the first week-end I arrived. We climbed up the mountain near Heidelberg. I never stopped walking week-ends for my next three years in the Army. We not only walked one walk a day, but I walked two at least—often one was a twenty. We did this nearly every Saturday and Sunday. No walks in the immediate area, so out with small camper. We would take off after work and park at a place we felt safe for the night—often churches. Then off early to start a day of walking.

I walked not only in Germany but Italy, the Netherlands, Belgium, Austria, Liechtenstein, Luxembourg and beautiful Switzerland. I saw a great deal of Europe as a part of volksmarching trips. One four day week-end I took off with three friends for a series of walks in France, Italy and Switzerland. What a pair of sore knees I came home with.

There was massive community walk in the Netherlands which we did every year, great fun—lots of beer and wurst. What I remember, is as we walked through the towns we were greeted with flowers, water, and sometimes cookies. There were also bands distributed among the walking groups, oh we started on a schedule with a mixed group, which made it easier for me to walk when I got tired.

Every walk had at least one party place—the place we call a start and finish is USA. Not only did we start and finish, but we ate wurst, drank beer and wine, danced and made friends with the local population. What an experience. Sometimes there would be a concession with wurst, beer or wine along the trail at checkpoints. I can remember one walk in Switzerland, where after we had climbed a long hill, there was a spring with several bottles of wine in it. There was a big sign inviting us to partake of the wine.

One more experience I will never forget was a wine fest parade. After a walk we went to a wine fest where there was a parade. All you needed was a glass.

Before I leave talking about Germany, I must say how much of the European world the walking program introduced me to. Of course the mountains, the towns and the way the people lived in them, the beautiful gardens, the wineries, and the special events of the various towns, like walking with the town crier on his night trip around the town wall. Yes, many of the towns were walled.

Well the big walk in Germany had to end. I came home to the United States and participated in minimal number of walks, if they happened to be where I was—no more long week-ends of going to walks, until I retired.

When I retired and returned to Vermont in 1985, the walking blitz began. I renewed my acquaintance with Ruth Cade, who was an avid walker. She would come to visit me in Vermont for the summer and she had a big plan for us to walk all over the east. We walked all the New England States and New York, often going early to help mark the trail, which was followed with an evening of fellowship at a local restaurant.

There was a club in Vermont. Ruth was a charter member of the Twin State Volksmarching Association in Vermont, but not me. But she swiftly got me walking with the Vermont club, which had a core of about 5 members. I joined quickly and became an active member when the serving president, Pat Stark who had started the club 10 years previously, said she was through. Well, but then my enthusiasm for Volksmarching was really growing again, I did not want to see the club fail. It was a rainy day in a horse shed in Vermont, I remember standing there raising my hand and saying “I will be president.” The first thing that happened after those elections was the trail master told me he was through. But Ruth and I began putting a club together and all those wonderful people we had help mark trails came to our assistance. I especially appreciated the support from ESVA members Beryl, Judy, the Piffats, and the Skinners. My hand and it stayed up for 20 years.

Now my life changed, I was busy running the club and organizing the volksmarches in Vermont, volksmarching my way across the country as I returned to Texas with Ruth. Volksmarching was important

now, but there was a big difference from Europe, church was a big part of my life. So we as we returned to Texas we also visited different churches. I remember one Sunday when we were looking for a church, and elder man all dressed up hardly stopped at the four way sign I was sitting at. "I bet he is going to church, let's follow him." So we did and ended up at church.

Every fall before we left for Texas, we would plan a general route and then look what volksmarches were along the way, so we made detours to do walks. Then later we learned to do the same things on the trip east. We still do, particularly if we want to explore a new area. There is no better way to get a feel for an area than by walking.

We have walked all fifty states, all capitals, and all the Canadian Provinces and Territories (except the new one with a cost of \$1000 for a flight).

My walks have not been limited to the USA and Canada, I have gone on volksmarching tours to the Great Wall in China (where I met the Forinashs), through the Panama Canal with walks before and after the canal, Africa, Australia, and Europe which allowed me to do a walk in London, England.

I still walk, but only do a very limited walk, but it is still a great way to learn about the areas around where you live. When I start speaking of things in different areas where I have walked to my friends, they are amazed. Volksmarching has opened the world up to me. It has made me aware of how fortunate I am to be an American, how so many cultures come together to make up this great nation and how different the states are that make up the United States.

Volksmarching has not always been just fun, I have helped run walks in all the New England states and New York, and frequently volunteered to help at conventions.

To the best of my knowledge I have done about 2,575 walks for a distance of 15,500 kilometers.

Milestones from "The American Wanderer"

By Barbara Kolapakka

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, your accomplishments are published in the national newsletter.

The milestones listed below were published in the April/May and June/July issues:

Event Milestones:

30 Events Christine Yost	200 Events Jim Brown	350 Events Kathy Brown	800 Events Winnie Balz	1600 Events Barbara Piffat Joe Piffat
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Distance Milestones: None submitted



Congratulations to Mike Popolizio and Eileen Skinner for completing the Centurion Challenge in 2014.

The challenge requires the completion of 100 walks during a calendar year.

If you were listed in the milestones section of either of the two issues noted above and your name is missing, send an e-mail to Barbara Kolapakka at bkola67@gmail.com and a correction will be made in the next newsletter.

Membership

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

Four new members joined the club in May, which brings our active member list to 281. 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.

Please welcome the following new members when you see them on the trail: **Arleen Farber** from Mechanicville; **Karen Jarvis** from Waterford; **Phil Kellerman** from East Greenbush; and **Gina Mintzer** from Albany.

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: Jun 25 (Note: June 25th is the 4th Thursday)

Birthday Wishes

Happy June Birthday to . .

Marion Averill
Lea Darling
Lucy Desjardins
Michelle Dufour
Sharon Freedman
Larry Godshalk

James Hayes IV
Sandra Hayes
Marilyn Huber
Dianne Hughes
Lillian Julian
Carolyn King

Sandra Laity
Christine Meinhold
Gina Mintzer
George Orsino
Patricia Orsino
Eileen Skinner

Harlene Smalkin
Mary Sommers
Robert Suss
Jean Van Vranken
Nancy Wallace

Sunshine and Cards of Care



Late March was a sad time for ESCV when **Marge Shanley** passed away. Marge was truly an inspirational lady who set an example for all of us. Her easy conversations as we walked along have been missed during the last few years as she was ailing. We extend our deep condolences to Jim and the rest of her family.

We express our condolences to **Edrie Pregent** who recently lost her sister and to **Madeline Santulli** who lost her mother.

We hope that **Kathryn Piffat** is well on her way to recovery after a fall during an event in Provincetown, MA and that **Cathy Edwards'** ankle is healing quickly.

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.

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

ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	lindaf.morzillo@nycap.rr.com
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Membership & Email Updates	Larry Godshalk	Lgodshal@nycap.rr.com
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
Webmaster	Eileen Skinner	EFSkinner@aol.com
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 sheldon.laura1@gmail.com
Wednesday Walk Coordinator	Barbara Popolizio	mpopoli1@nycap.rr.com
Walk Development Comm. Chair	Teresa Kennedy	Forty6er3k@aol.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Historian	Dan Schryver	Dschryver@aol.com
Publicity	Pat Reed	reedpatri9@gmail.com
Purchasing	Winnie Balz	winnieeb@yahoo.com

From the Editor

Articles for the July/August newsletter are **due on Friday, June 26, 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

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- American Volkssporters Association

www.ava.org

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- Northeast Region

Doug Reynolds – Northeast Regional Director www.avaclubs.org/NE_RD/

BETTY GREEN has been elected North East Regional Director (NERD) by the clubs who voted!!!

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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...**



World Walking Day Walk - 5/3/15
Lake George – Photo by Linda Morzillo



Albany Tulip Fest Walk – 5/6/15

– Photo by Linda Morzillo



Caroga Lake Group Walk – 5/9/15

– Photo by Lea Darling



Round Lake Walk – 5/27/15

– Photo by Laverne Styles



Fort Edward Traditional Event – 5/16/15

– Photos by Linda Morzillo

