



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

SEPTEMBER 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**.

Year Round / Seasonal Group

Walks

Start time:

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

Sep 5 (Sat) – Johnstown
Sep 12 (Sat) – Bennington, VT
Sep 13 (Sun) – Albany – Capital
Sep 19 (Sat) – Saratoga Springs
Sep 20 (Sun) – Cooperstown
Sep 26 (Sat) – Saratoga Nat.Hist.Pk
Sep 30 (Wed) – Scotia
Oct 7 (Wed) – Williamstown
Oct 17 (Sat) – Caroga Lake
Oct 18 (Sun) – Saratoga Spa Park
Oct 24 (Sat) – Clifton Park
Oct 25 (Sun) – Albany/Colonie Cross
Oct 28 (Wed) – Lake George

One-Day Traditional Events

Registration & start time: Between 9 & 12:00 pm. Finish by 3:00 pm.
Oct 3 (Sat) – Hadley (Oktoberfest)

Registration & start time: Between 9 & 11 am. Finish by 2:00 pm.

NE Columbus Day WEEKEND
Oct 10 (Sat) – Lenox, MA
Oct.11 (Sun)- Shelburne Falls, MA
Oct 12 (Mon)-Bennington, VT

Wednesday Walks

Scheduled May through August

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

Rambling Thoughts . . . by Teresa Kennedy

While visiting a college friend living in Germany, I accompanied her and her family on something called a volkswalk. That was twenty five years ago and I've never looked back. Once home I found ESCV, did my first walk traditional walk in Altamont, my first Wednesday walk in Rensselaerville and marveled that I was seeing the area where I lived with new eyes. The enthusiasm of the club members was infectious. Otherwise how to explain my being a POC of a new walk almost immediately upon sending in my membership check. So welcome to all the new members who have recently come on board whether by friendship connection, meet-up or publicity ads. We are happy to have you with us and look forward to your active participation on one or two of the committees that account for our club's huge success.

The AVA convention in Oregon was amazing. It's hard to describe the energy one feels when walking with 400 or more people from around the country. The members of ESCV who were there did our club proud. It was evident to all that we are a group of spirited, active, and committed folks who love the sport of volkswalking. Our very ambitious Wednesday walk program has just ended and we now can look forward to a busy autumn of scheduled group walks of our year rounds and seasonals. Additionally, we have some terrific traditional events scheduled for October including our famous Oktoberfest.

I thank **Linda Morzillo** for her past two years of effective leadership. I look forward to hearing your new ideas as we all work together to sustain a club that is innovative, ambitious and fun.

Happy walking everyone!

Attention:

Date Changes for Walks...

- **Lake George** group walk will be **Wednesday, October 28**. (So as to free everyone up to walk in Shelburne Falls with WalknMass on Sunday, October 11.)
- **Caroga Lake** walk has been changed to **Saturday, October 17**.

Contact Us At:

Empire State Capital Volkssporters
PO Box 5464
Clifton Park, NY 12065-5464

www.walkescv.org/





**Oktoberfest Walk & Party
Saturday, October 3, 2015**



By Kathy & Jim Brown

Hope everyone is aware of our fall Oktoberfest for 2015, being held on Saturday, October 3rd, at Hadley. Please read the September Newsletter with the registration form in it, and PLEASE fill it out after you read it, make checks payable only to ESCV, and make sure you check your choice of meat. **PLEASE NOTE: YOUR PARTY RESERVATION MUST BE IN BY SEPTEMBER 20th.** Some people ask why so early? Well, we need to purchase all the supplies you'll be using as well as the meat and rolls, etc, and it does take many hours to shop, figure out the amount of meat (not frozen) and rolls we need, and of course, we need to tally up all the envelopes with your choices, and the monies. So hopefully you'll understand that it truly makes this job a lot easier if the cut-off date is a priority.

Again, I'm asking you to ONLY bring a crock pot if you DON'T need to plug it in. Also, please only bring an appetizer if I call you to bring one. Many walkers bring these, and they are wonderful, but we need more main dishes for the main meal. I hope you understand these few necessary suggestions. Again I hope to have a 5km table and a 10km for appetizers, so each walk gets to have a snack before the meal.

I'm in need of sauerkraut from maybe 3 or 4 folks. Many people have NEVER gotten a sliver, as it was always delicious and disappeared quickly, and we never had enough of it. So this year I'm asking!! Never hurts to ask. There is only one DRAWBACK... we CAN'T heat it up for you. My theory is it doesn't have to be HOT!! Please call me ASAP if you would like to be one of the 3 or 4 volunteers to bring sauerkraut. Remember it doesn't have to be "HOMEMADE".

I thank you all in advance for your cooperation, and please feel free to give me your envelope with your monies and registration enclosed. I am most always on the walks.

Reservation form can be found in the back of newsletter or by clicking on links below.

Oktoberfest Walk Brochure: <http://walkescv.org/15Hadley.pdf>

Party Reservation: <http://walkescv.org/15registrationoctober.pdf>

Northeast Regional Columbus Day Weekend (brochure) – October 10-12

by Linda Morzillo

Come to western New England on Columbus Day Weekend (October 10-12), to see the fall colors! Join the Empire State Capital Volkssporters, Walk 'N Mass and Twin States Volkssport Association for a colorful weekend when three Traditional Events will take place in western Massachusetts and southern Vermont. The two walks in Massachusetts will be in **Lenox** and **Shelburne Falls** and the Vermont walk will be in **Bennington**. Nearby year-round and seasonal walks are available in Williamstown MA, Greenfield MA, Brattleboro VT, Troy NY, and Albany NY. There is a beautiful patch available for purchase to commemorate the weekend. Please look at the ESCV website www.walkescv.org for more details, specifically, on the left side of the webpage, click on the link Traditional One Day Events and click on the brochure for Lenox, MA. Information for the other two walks will be included in this brochure. Come walk with us!!





WALK WITH US IN THE CAPITAL REGION AND BEYOND

Sign up at - <http://www.meetup.com/WALKING-IN-CAPITAL-REGION-AND-BEYOND/>

Meetup.com Update

By Liz Walsh

As you already know, our ESCV walks have been "advertised" on the Meetup.com site for about 2 months.

Meetup allows the general public to gain knowledge about our club and to have the opportunity to join us at our walks. So far, amazingly, we have had about 190+ persons expressing interest in the site with the prospects of walking with us during our sanctioned walks. During our Wednesday walks this summer, we have had many Meetup members join us. And... I am happy to report... many have taken part in more than one walk. They are hooked! We have even had some of our new walkers purchase new walker packets.

I am so pleased to report this news to all of you. I was hoping to have a more statistical report but we all know how hectic it gets at sign-ins, so to burden our sign-in desk staff with the task of tallying Meetup members is really not a viable option.

Now that the fall season is nearly upon us with walks on the weekends, I expect that our walks will appeal to even more new walkers as time goes on – especially those who work full-time.

Thank you to those of you who have welcomed our new walkers with smiles and conversation! I do hope, however that POCs and their helpers ask that new Meetup members identify themselves at each walk and buddy them up with an "old timer."

By being a part of Meetup, we may see our club evolve with growing membership and ultimately more "worker bees."

We will re-evaluate our association with Meetup and its impact at the end of the year.

New Program for Road Scholar

By Natalie Smith

My husband, Norm and I have volunteered and led Programs for Shepherd's Spring, a Road Scholar provider in Sharpsburg, Maryland since 2011, and have done 15 programs for them. During the many times we have been to Shepherd's Spring, we have done several volkswalks the day before the programs begin. They asked me to explain what a volkswalk is and I gave the booklet of *Everything You Wanted to Know about Volkswalking*. When we were at Shepherd's Spring in May, the Program Director told me they were trying to plan a program involving Volkswalking and that they were using the information that I had provided. They worked with Road Scholar to make sure the program would be appropriate for everyone, not just volkswalkers, and the Program is an introduction to volkswalking with a history aspect. I like to think I was their inspiration for this new program, #22251. If you go to Road Scholar website, it gives a very clear description of what is offered.



Program #22251 – <http://www.roadscholar.org/n/program/summary.aspx?id=1-8UH899&MC=>

For more information on the Road Scholar program at Shepherd's Spring, visit <http://www.shepherdsspring.org/elder.php>

Membership

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

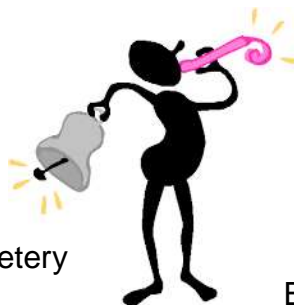
Three new members joined the club in July which brings our active member list to 288. Please welcome the following new members when you see them on the trail: Hasna Kaddo, John Kirchner, and Jim Millard from Glenville.

A big shout out to all the 2015 Wednesday walk POC's and chairperson for making this program the envy of clubs around the nation.

Wednesday Walk Chairperson – Barbara Popolizio

Walk

Burnt Hills/Ballston Lake
Corning Park (Tulip Festival)
Saratoga West Side
Voorheesville
Round Lake
Malta Tech Park
Thacher Park
Niskayuna
Waterford/Cohoes
Schenectady-Vale Cemetery
Saratoga Yaddo
Schenectady River Walk
Ballston Spa
Albany Pine Hills
Broadalbin
Mechanicville
South Glens Falls
Northville



POC

Laura Sheldon
Dave Janiga
Linda Morzillo
Dan Schryver
Sue Grey
Marylou Geren
Winnie Balz
Lucy Desjardins
Mary Sorrell
Bernie Geren
Barbara Kolapakka
Nancy Wallace
Bernie Geren
Doug Reynolds
Ann Smith
Marylou Geren
Carol Sorensen
Nellie Georgelos

THANKS EVERYONE!

MONTHLY MEETING

Tuesday, September 29 (this is the fifth Tuesday)

Fall Meeting Dates – 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. Note change in September and October from usual days.

Wednesday, October 21

Tuesday, November 17

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!

From the Editor

Articles for the October newsletter are **due on Friday, September 18, 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

2015 Participation in Wednesday Guided Walks

WALK #	DATE	WALK	TOTAL WALKERS
1	29-Apr	Burnt Hills/BallstonLake	80
2	6-May	Corning Preserve- Tulip Albany	73
3	13-May	Saratoga -East Side	65
4	20-May	Voorheesville	41
5	27-May	Round Lake	70
6	3-Jun	Malta Tech Park	81
7	10-Jun	Thacher Park	48
8	17-Jun	Niskayuna/ Blatnik Pk.	95
9	24-Jun	Waterford/Cohoes	78
10	1-Jul	Schenectady/Vale Cemetery	33
11	8-Jul	Saratoga - Yaddo	84
12	15-Jul	Schenectady River Walk	56
13	22-Jul	Ballston Spa	89
14	29-Jul	Albany-Washington Pk	46
15	5-Aug	Broadalbin	48
16	12-Aug	Mechanicville	56
17	18-Aug	South Glens Falls	35
18	Aug. 25	Northville	41
Total 2015 Wed.			1119

Congratulations to our **37 members** who earned the 10 Walk Award Button During our 2015 Summer Wednesday Guided Walks

ESCVers who have participated in 10 or more of our 2015 Guided Walks:

Mary Agars
 Dave Averill
 Marion Averill
 Winnie Balz
 Kathy Brown
 Arlene Camp
 John Cairns
 Lea Darling
 Linda Dunn
 Donna Farber
 Bernie Geren
 Marylou Geren
 Jan Golden
 Larry Godshalk
 Sue Grey

Dave Janiga
 Lil Julian
 Teresa Kennedy
 Dorothy Kevlin

Warren Lavery
 Catherine Marrano
 Linda Morzillo
 Gail Ostrander

Carol Kobuskie
 Barbara Kolapakka
 Doug Reynolds
 Jackie Reynolds
 Sandy Rybaltowsky
 Dan Schryver
 Jim Shanley
 Eileen Skinner
 Beth Snyder
 Mary Sorell
 Eileen Sowa
 Sally Tedesco
 Karen Watson
 Christine Yost



BROADALBIN HOTEL

Birthday Wishes

Happy September Birthday to . .

Mary Agars
Winnie Balz
Shirley Bold
Suzann Burke
Denny Cottrell
Rita Gavin
Elden Gray

M. Paula Grudecki
Sue Hess
Linda Kleinke
Annette Kovic
Kaylee Marrano
Joan Muir
Debra Newhart

Linda Nowak
Jane Pattison
Charlotte Phillips
Joseph Piffat
Barbara Piliere
Marsha Pompilio
Edrie Pregent

Mary Ellen Putnam
Patricia Rush
Beth Snyder
Carol Sorensen
Trudi Thun
Annalisa Van Avery



Sunshine and Cards of Care

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.

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	Teresa Kennedy	Forty6er3K@aol.com
Vice President		
Secretary	Chris Yost	cyost@nycap.rr.com
Treasurer	Warren Lavery	warrenlavery@gmail.com
Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
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
Trail Master	Linda Morzillo	lindaf.morzillo@nycap.rr.com

E-Mail Updates

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

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- American Volkssporters Association

www.ava.org

2015 AVA Publicity Contest Winner

Website Award – Second Place To ESCV



Award was accepted by our webmaster, Eileen Skinner.

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- Northeast Region

Betty Green – Northeast Regional Director 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...



Broadalbin Walk – 8/5/15



Mechanicville Walk – 8/12/15



South Glens Falls Walk – 8/19/15



View of surveyors from the bridge.





**Oktoberfest Party
Saturday, October 3, 2015**

This year's Oktoberfest to be held on Saturday, October 3, 2015, in Hadley, NY. Some of our very first Oktoberfests took place in Hadley, a site that is fondly remembered by many charter club members. Kathy and Jim Brown are once again serving as chairpersons of the event. They will purchase the hotdogs and bratwursts and will be assisted by various grill meisters on the day. Vielen Dank to them and all their helpers. Rolls, soft drinks, condiments, plastic ware, cups, paper plates, and napkins will also be provided for the low cost of \$6.00 a person. Please bring your favorite dish to share with everyone.



Cost of \$6.00 per person must be received by September 20.

Please complete the reservation form and send it to Kathy Brown. Make out your check to ESCV.

There is **NO pre-registration for this walk.** You will need to pay your walk fee upon arrival at the registration table.

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Oktoberfest Party on Saturday, October 3, 2015



Please send check made out to ESCV by September 20, 2015 to:
**Kathy Brown
71 High St.
Green Island, NY 12183**

Oktoberfest Food Reservation for: Name and Phone Number	\$6 per person	Mark your choice (X)		
		Hot Dog	Knock- wurst	Brat- wurst
1				
2				
3				
4				
5				
Grand Totals	\$			

Deadline is Thursday, September 20, 2015