



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

NOVEMBER/DECEMBER 2016

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*
Oct 30 (Sun) – Saratoga Spa Park
Nov 5 (Sat) – Troy
Nov 13 (Sun) – Albany/Colonie Crossings
Nov 16 (Wed) – Schenectady
Jan 1 (Sun) – Troy

One-Day Traditional Events

Nov 6 (Sun) – Albany (Pizza Party)
Registration 1pm; group walk at 1:30
Dec 3 (Sat) – Schenectady (Holiday Party)
Starts at 9-11:30am. Finish by 2:30

2017
Traditional Walks Announced
On Page 3

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

Since this is the last newsletter issue in 2016, it is a good time to say well done everyone who worked hard this past year. Our most recent Oktoberfest was fabulous thanks to our POC, Vera Weiss and picnic coordinators, Ginger Ireton and Sue Grey. While we have a membership of close to 300, you will note the same names repeat as committee chairs, POC's and walk volunteers. Perhaps a New Year's resolution can include taking a job, however small, for the club. Veteran helpers promise assistance. I can guarantee you will feel good helping and lots of people will thank you.

Enjoy the upcoming walks and social events in Albany and Schenectady.

As always, happy walking everyone!

Important Notices:

- **Take Notice:** Have you achieved a walking milestone this past year? Walked the 50 states or capitols or Canadian Provinces? Completed the Centurion Challenge ins 2015? Email Teresa: forty6er3k@aol.com immediately in order to be recognized at the Pizza Party on November 6.
- **18th Annual Walk & Recognition Pizza Party** – to take place on Sunday, November 6 in Albany.
- **ESCV Incentive Redemption** – Completed books must be mailed to Mary Agers by mid-November, if you'd like to receive your reward at the Holiday Party.
- **Hotmail** – Send all hotmails to Eileen **by Sunday night** for announcements related to the week. There will only be one hotmail per week to the membership.

2017 MEMBERSHIP RENEWAL

**** Please note that membership renewal for 2017 is beginning THIS MONTH. ****

Please RENEW YOUR MEMBERSHIP for 2017 starting November 1st, but before January 31st of 2017. You should have received a pdf copy of the new Membership Form in a late October HOTMAIL. If you didn't, please print a copy of the membership form located at the end of this Newsletter; fill it out, write a check, and mail it in. It MUST be received by January 31st otherwise you will not be included in the Directory nor will you receive any hotmail notifications. You can also print out a copy of the membership form from our website.

<http://www.walkescv.org/2016MEMBERSHIP%20FORM.pdf>

Contact Us At:

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

www.walkescv.org/





MONTHLY MEETINGS

*** IMPORTANT FINANCIAL DISCUSSION ***

Come to the Club Meeting on Tuesday, November, 15 to hear about the financial health of ESCV. Our treasurer, Warren Lavery, has announced at a recent meeting that ESCV spent over \$600 more than it took in last year. Many of us remember a huge surplus in excess of \$10,000 in the treasury which we have worked on spending down. But it turns out for the past ten years we have spent more than we have earned. With a current surplus of \$4000, we will be operating in the **red** in about seven years if we continue our current spending habits. This raises the question of whether we should be looking at ways of raising revenue or cutting back. Come to the meeting to share ideas.

6:30 PM

November Meeting – Tuesday, November 15
December Meeting – No Meeting

Latham Firehouse
226 Old Loudon Road, Latham
All are welcome!

ESCV Incentive Redemption

You have until the end of the calendar year to complete the 2016 ESCV Incentive books. But in order to receive your rewards at the Holiday party on December 3 and to be part of the raffle for those who have completed 15+1 or more walks, books must be mailed to Mary Agars AS SOON AS POSSIBLE. Mary would appreciate receiving the books by mid November so don't wait until the last minute to send them in.



ESCV Holiday Party Walk

Saturday, December 3rd



The Stockade Inn
1 North Church Street, Schenectady, NY

The Holiday Party will follow the Schenectady walk at the Stockade Inn.

See the ESCV website for details.

Walk Brochure: <http://www.walkescv.org/16holidaywalk.pdf>

Party Reservation (click here : <http://walkescv.org/16registrationholidayparty.pdf>

Pat Rush has agreed to host the cookie house again this year. Your **cookie contributions are welcome**. Please drop them off at the start point; they will be transported to the cookie house.

Big thanks to Pat for opening her home to us again this year.

Reservation form on last page of newsletter.

Help us Get the Word Out About Volkssporting

by Lea Darling

We need folks that will bring our message to their respective school districts by leading a two hour prepared walk and presentation through their Continuing Education program. We have a PowerPoint developed by AVA with some added slides about our ESCV club that Eileen Skinner and I have used for the past three years in our presentation for HVCC, Creative Retirement, and one year for the Saratoga Academy for Lifelong Learning. We have added around 15 plus members through this process.

This year we are hoping to widen our scope to families by teaching additional one night courses at Scotia Glenville and Shenendehowa through their respective Continuing Education programs. Our format is to do a 5 km walk first, followed by a one hour presentation using the PowerPoint and ending with a question and answer time. We have all the handout materials for distribution. We'd love to have you join us and see what we do, so you could then do it for your districts.

The date for Shenendehowa is Monday, May 1 and for Scotia Glenville is Thursday, May 4, 2017.

Please call Eileen Skinner or Lea Darling to say YES and/or for questions.

Positive Personal Narratives

By Linda Morzillo

About 25 years ago, during an October in the early 1990's, there was an advertisement in the local Saratoga Springs, New York newspaper about a walk starting at what is now the National Museum of Racing and Hall of Fame. The walk was 6.2 miles and the route went past all of the museums which were open with free admission and serving cider and donuts. My husband, Jim (who loves cider and donuts), and I went and met some members of the Empire State Capital Volkssporters. Over the next few years, we participated in a few walks while thinking, "Who'd be crazy enough to want to walk 6.2 miles of the fun of it?" We had teenagers living at home and family life was a higher priority. Yet, as outdoor people, we appreciated how Volkswalking promoted a healthy lifestyle and a good excuse to be outdoors.

In 1994, we did join ESCV and I did purchase event and distance books. Over the years I have made many friends and the club always had similar-minded people to share walking and other adventures in interesting places all over the United States and Canada. When Jim and I travel, we still appreciate the Volkswalk routes in many places because the POCs usually take care to plan a route where walkers enjoy the best cultural, historic and/or scenic points of interest. I truly believe that Volkssporting has enhanced the lives of participants!

Traditional Walks For 2017 Announced

April 22	Amsterdam, NY
May 20	Cambridge, NY
June 24	Thacher Park and 30 th ESCV Anniversary Lunch
Oct. 7	Moreau State Park (Oktoberfest)
Oct. 17	Schuylerville for 240 th Anniversary of Surrender of British following the Battle of Saratoga
Nov. - TBA	Albany, NY and Club Recognition Pizza Party
Dec. - TBA	Schenectady and Holiday Party

Membership

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

No new members have joined this month and our membership stands at 286. Several new families have shown an interest in the club and they will be joining in the next month or so to start as new members in 2017.

ESCV Bus Trip to Salem

By Barbara & Joe Piffat

We wish to thank the 53 members of ESCV who braved the journey to Salem on September 27th. The optimistic group chased the rainy front out of town on their arrival. Part of our purpose in meeting the bus was to make sure that you tested our new walking directions and maps. We wanted instant feedback. We had an enjoyable time hosting you and hope to do it again. We were glad that you all had the chance to visit the places in the city that interested you. If you try to see it all you will find that Salem can't be seen in one day. We hope to see you all in Greenwich to celebrate Oktoberfest.

Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laural@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 \$1.00.

Birthday Wishes

Happy November Birthday to . .

Michele Brassaw
John Cairns
Lois Colson
Linda Dunn
Denice Frechette

Daniel Healy
James Kalohn
Carol Kennedy
Carol Kobuskie
Arden Lawand

Frank Lotito
Kathleen Mack
Ellen McNett
Ralph Misener
Eleanor Shutter

Alice Urbanski
Maureen White

Happy December Birthday to . .

Beth Baumert
Linda Brown
Linda Clark
Dawn Coleman
Betty Cristiano
Sieglinde Dugan

Carol Farrar
Karen Flewelling
Susan Forster
Gayle Fountain
Marylou Geren
David Golden

Marie Klucina
Joyce Lavery
Carolyn McLoughlin
Norene Persch
Kathryn Piffat
Eileen Sowa

Rachel Trier
Katherine Walsh
Arlene Welkley
Christine Yost



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.

***Dear ESCV Friends:** Thank you for all your get well cards, visits and wishes. I'm home now recovering and keeping a watch on things so I will keep well. Hope to see you all soon. - Phyllis Boyd*

From the Editor

Articles for the Winter newsletter are **due on Friday, December 23, 2016**. 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

ESCV Club Contacts

Office / Committee	Name	e-mail
President	Teresa Kennedy	Forty6er3K@aol.com
Vice President	Rachel Trier	racheltrier@yahoo.com
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 \$1 for mailing; Laura can be reached at 886-1841 or by E-mail at sheldon.laura1@gmail.com
Wednesday Walk Coordinator	Sue Burke	svburke@nycap.rr.com
Traditional Events Coordinator	Rachel Trier	racheltrier@yahoo.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Historian	Dan Schryver	Dschryver@aol.com
Publicity		
Purchasing	Winnie Balz	winnieeb@yahoo.com
Trail Master	Linda Morzillo	lindaf.morzillo@nycap.rr.com

ESCV Want Ads

Party Coordinator: Needed for ESCV 30th anniversary catered barbecue lunch on June 24 following a walk in Thacher Park. Coordinator needs to plan menu, buy supplies and organize a committee for the pavilion set up.

Couple to Wed: The picnic pavilion at Thacher Park cannot be reserved until the middle of January. However, pavilions can be reserved now if the event is a wedding. Anyone interested in helping ESCV secure a spot for the anniversary celebration?

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 traditional walks in 2017 and next summer's Wednesday walk schedule

Publicity Coordinator: Be your own boss. Communicate ESCV walk schedule electronically to area newspapers and electronic calendars. Current practice has been to communicate walk schedule 2 months before start date, for example walks for Nov - Dec 2016 will be submitted by computer mid- Oct. Resources available: ESCV website; Wed. & Year-Round and Seasonal Walk Books and brochures. Training available.



- American Volkssporters Association

www.ava.org



- Northeast Region

Betty Green – Northeast Regional Director www.avacclubs.org/NE_RD/



* * * * *

Volkssporters on the go . . .



Salem MA Walk – Tuesday, September 27

Photos by Linda Morzillo



Saratoga Springs Walk – Wednesday, September 28

Photos by Linda Morzillo



Bennington VT Walk – Sunday, October 9

Photos by Linda Morzillo



Saratoga National Historical Walk – Wed., October 12

Photos by Linda Morzillo

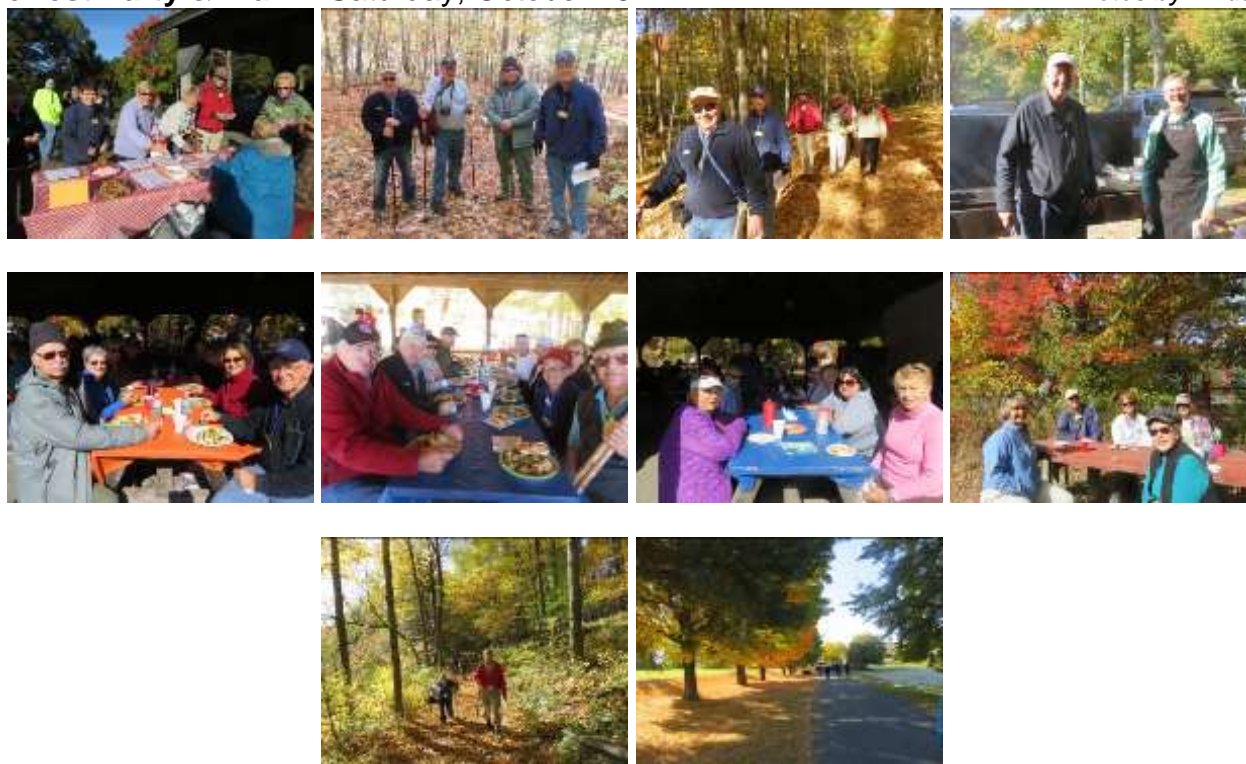


Photos by Chris Yost



Oktoberfest Party & Walk – Saturday, October 15

Photos by Linda Morzillo



ESCV Holiday Party

Hope you have saved Saturday, December 3, 2016, for our annual Holiday Party at the Stockade Inn in Schenectady, NY. There will be a cash bar after the walk. A hot and cold buffet will be served at approximately noon. The buffet will include a salad course, pasta, main entrees, vegetables, dessert, and coffee or tea. All this for \$25 per member and \$30 for non-members!

Saturday, December 3, 2016



The Stockade Inn

1 North Church Street
Schenectady, NY
346-3400

Hot and Cold Buffet Luncheon – Cash Bar



Cost of **\$25 per member** or **\$30 per non-member** must be **received by November 29th**

Note: The Stockade Inn has limited us to 125 attendees.

Please complete the reservation form and send it to Bernie Geren along with your check made out to **ESCV**.

December 3rd Holiday Walk

There is **NO pre-registration for this walk.**

✂----- DETACH AND RETURN -----✂

Holiday Party Reservation Form

Send Total \$ via check made out to **ESCV** by Monday, November 28, 2016 to:

Bernie Geren
19 Jullia Circle
Mechanicville, NY 12118

Member's Name & Phone Number	Member \$25
	\$
Non-Member's Name & Phone Number	Non-Member \$30
	\$
Deadline Monday, November 28th	Total
	\$



EMPIRE STATE CAPITAL VOLKSSPORTERS

MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year

Membership Type:

☐ **Single (\$10)**

☐ **Family (\$18)**

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.

PLEASE PRINT CLEARLY

Name: _____

☐ New Member / ☐ Renewal

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer**? Yes / No

NEW members choose which type of ESCV Car Window Decal **you'd like**: ☐ Inside / ☐ Outside

Name: _____

☐ New Member / ☐ Renewal

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer**? Yes / No

NEW members choose which type of ESCV Car Window Decal **you'd like**: ☐ Inside / ☐ Outside

Larry Godshalk, Membership Chairman - Questions? 518-399-6041; LGodshal@nycap.rr.com



PLEASE READ:

New Members:

- New memberships after September 1st are one half the annual fee through the end of the year.
- "New Walker Program" packets are an **additional** \$10. (New Walker Program packets include EVENT and DISTANCE booklets, walk coupons, etc.)
- If a new member, how did you hear about us?
- **NEW members** will receive a ESCV Car Window Decal. Choose if **you'd like** one for Inside (for un-tinted windows) **or** Outside (for tinted windows).

Renewal:

Renewal starts November 1st. Renewals received after **January 31st** 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.

Snowbirds:

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 ensure you receive mailed club booklets**.

☐ Winter address on back

E-Mail:

To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address.

Volunteer:

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).

Payment:

Make check payable to **ESCV**:

Single Membership \$10

\$ _____

Family Membership \$18

\$ _____

(New members joining Sept. 1st to Dec. 31st are one half the annual fee through the end of the year.)

"New Walker Program" packet \$10 (optional)

\$ _____

Total Enclosed: \$

Mail this form and check to:

ESCV Membership

PO Box 5464

Clifton Park, NY 12065-5464

Date Submitted:

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



MONTHLY MEETINGS

6:30 PM

November Meeting – Tuesday, November 15

December Meeting – No Meeting

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!