



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

WINTER 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*
Mar 23 (Wed) – Schenectady	
Apr 3 (Sun) – Albany/Colonie	
Apr 10 (Sun) – Albany Capital	
Apr 13 (Wed) – Scotia	
Apr 17 (Sun) – Troy	
Apr 23 (Sat) – Williamstown, MA	
Apr 27 (Wed) – Saratoga Battlefield	
Apr 30 (Sat) – Caroga Lake	
May 1 (Sun) – Clifton Park	
May 21 (Sat) - Cooperstown	
Jun 5 (Sun) – Lake George	
Jun 12 (Sun) – Saratoga Spa	
Jun 18 (Sat) – Johnstown	
Jun 26 (Sun) – Bennington, VT	

One-Day Traditional Events

Registration & start time:
 Sat – Between. 9–Noon. Finish by 3pm,
 Sun – Between Noon–1. Finish by 4 pm
 Apr 16 (Sat) – SUNY Albany
 May 15 (Sun) – Albany downtown –
 Jun 4 (Sat) – Colonie Town Park
 (Spring Picnic)

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

Consider this newsletter a harbinger of spring and the upcoming walking season. In this late winter issue are lots of important dates for group walks, club meetings and the brochure link for the first traditional walk of the year. Please note the dates carefully as some are different from what was originally published in the YRE/Seasonal booklet and bookmarks. You will soon receive the Wednesday walk booklet as well as a new membership directory. Although, we haven't been getting together for walk events of late, there has been much behind the scenes activity getting the club ready for another memorable year of walk events and social gatherings. In 2016, we will celebrate the 40th anniversary of AVA and will begin to plan to mark our own 35th anniversary in 2017. As always I ask for your suggestions to make ESCV a club known for innovation and fun.

Happy walking!

2016 Membership Renewal

The membership database has been updated with all renewals received through February 29th and the 2016 Membership Directory is at the printer. It will be mailed out within the next week or so. If you haven't sent in your 2016 Membership Renewal please send it in as soon as you can. You can print out a copy of the membership form located at the end of this Newsletter; fill it out, write a check, and mail it in. You can also print out a copy of the new membership form from our website. You must be an active member to continue receiving club communication including HOTMAILS.

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

MONTHLY MEETING

6:30 PM

March Meeting - Tuesday, March 15

April Meeting - Wednesday, April 20

(Note: April date change due to presidential primary)

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!

* * * * *

Contact Us At:

Empire State Capital Volkssporters

PO Box 5464

Clifton Park, NY 12065-5464

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www.walkescv.org/





Year Round and Seasonal Walk Dates Clarification

By Liz Walsh

During the past several months we have received various notices about some ERRORS in walk dates and other information on both the ESCV bookmarks and walk booklets. Please be sure to correct the dates for our spring YR and Seasonal Walks on your bookmarks and in your booklet.

<u>Date</u>	<u>Day</u>	<u>Walk Location</u>	<u>Time</u>
March 23	Wednesday	Schenectady	10:00 am
April 3	Sunday	Albany/Colonie	1:30 pm
April 10	Sunday	Albany Capital	1:30 pm
April 13	Wednesday	Scotia	10:00 am
April 17	Sunday	Troy	1:30 pm
April 23	Saturday	Williamstown, MA	10:00 am
April 27	Wednesday	Battlefield	10:00 am
April 30	Saturday	Caroga Lake	10:00 am
May 1	Sunday	Clifton Park	1:30 pm
May 21	Saturday	Cooperstown	10:00 am
June 5	Sunday	Lake George	1:30 pm
June 12	Sunday	Saratoga Spa	1:30 pm
June 18	Saturday	Johnstown	10:00 am
June 26	Sunday	Bennington, VT	1:30 pm

Other changes to make in Walk Books:

- Albany Capital – Delete that you need to have your parking ticket stamped. Not necessary.
- Caroga Lake – Correct name of Start Point is Town of Caroga Municipal Building - We've been calling it Town Offices but that cannot be Googled.
- Albany Mall – POC is Cathy McGuire NOT Cathy McCarthy.

NOTE: See website for details.

Vice Presidential Walks – Special Program

By Teresa Kennedy

Our neighboring club, The Twin State Volkssport Association, is sponsoring the new Vice Presidential Special Program which runs from January 1, 2016 to December 31, 2018. To qualify, there must be a significant connection to a VP, and be easily verifiable. Birthplaces, burial places, colleges they attended, places they worked, and so on qualify. Signs, statues, markers commemorating some aspect of their lives will also qualify.

ESCV has three YRE's or Seasonals which qualify for this program. The first is Albany, where Martin Van Buren, Theodore Roosevelt, and Nelson Rockefeller served as governors of the state. The second is Schenectady, home to Union College and the alma mater of Chester Arthur, vice president to James Garfield. The third is Lake George where the boat excursion dock has a sign listing notables who visited the lake, including Thomas Jefferson, Chester Arthur, Theodore Roosevelt, Richard Nixon, and Nelson Rockefeller.



Only twelve walks are required to complete the program; but each must commemorate a different vice president. Each walking event can be used only once. If interested in obtaining this special program book; make out a check in the amount of \$10 to TSVVA and mail to: Pat Stark, 307 Wilder St, White River Jct, VT 05001.

Spring is Coming and so is the Traditional Walk Season

By Barbara Kolapakka

Unless you are a snowbird, this winter has been a bummer for outdoor activities: not enough snow for snowshoeing or cross country skiing, but too much ice and cold rains for walking. But the calendar is about to turn to March and the official start of spring. That means our traditional walk season can't be far behind.

We will kick it off on Saturday, April 16 with a brand new walk at SUNY Albany. POC Lucy Desjardins has designed a route that will take in much of this unique campus with its Edward Durell Stone designed buildings augmented by later additions and landscaping. We will start at the Hilton Garden Inn on Washington Avenue, but the walk itself will be exclusively on the campus. It will be primarily on paved areas with some naturally surfaced trails, an easy walk to get your walking muscles back in shape for the upcoming season. SUNY Albany Walk Brochure – <http://www.walkescv.org/16suny.pdf>



And don't forget to mark your calendars for the rest of our traditional's schedule:

Date	Day	Location	Comment
April 16	Saturday	SUNY Albany	See above.
May 15	Sunday	Albany Downtown	We'll be in downtown Albany to re-create our first volkswalk in honor of the 40 th Anniversary of the first volkswalk in the USA. Our first walk was on June 7, 1987 and was done again for our 20 th Anniversary in 2007.
June 4	Saturday	Colonie Town Park	Walk some new trails in the Colonie Town Park and gather afterwards for a "bring your own lunch" picnic .
Sept. 10	Saturday	Little Falls	Explore the historic Erie Canal town of Little Falls and attend its annual Garlic Festival .
Oct. 15	Saturday	Greenwich	Return to Christ the King Spiritual Life Center in Greenwich for a walk through the October woods followed by our annual Octoberfest .
Nov. 6	Sunday	Albany	Mark your schedule for our annual Pizza Party and walk in Albany
Dec. 3	Saturday	Schenectady	Close out the year at our annual Holiday Walk and luncheon in Schenectady.
Note: See website for details.			

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.

From the Editor

Articles for the April/May newsletter are **due on Friday, April 8, 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



Don't forget to click on this link to get your walk brochure for the **first traditional event** of the year on **April 16** in **Albany**.

SUNY Albany Walk Brochure – <http://www.walkescv.org/16suny.pdf>

Event and Distance Milestones

By Barbara Kolapakka

Attention new members: A benefit of joining our national organization, AVA, is seeing your name and walking accomplishments in the bimonthly edition of the AVA's newspaper, *'The American Wanderer'*, once you have submitted your completed event and distance books to the national headquarters in Texas. The milestones below are from the Dec./Jan. and Feb./Mar. issues of *The American Wanderer*.

Event Milestones

10 Events Rachel Trier Thad Trier	75 Events Chris Yost	200 Events Barb Nigro	250 Events Jim Brown
375 Events Beth Snyder	425 Events Kathy Brown Karen Watson	600 Events Teresa Kennedy	950 Events Dan Schryver
1000 Events Linda Morzillo	1600 Events Jack Cairns		

Distance Milestones

1500 km Barb Nigro	2000 km Jim Brown	3500 km Beth Snyder	4000 km Karen Watson
5000 km Kathy Piffat	15,000 km Linda Morzillo	20,000 km Joe Piffat	

If you were listed in *The American Wanderer's* 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.

Trail Tips

By Linda Morzillo

It's a daunting exercise to think about all the tasks necessary to stage a successful walk. We are so fortunate that ESCV has a huge repertoire of walks for us to enjoy. This is due to the fact that over the years many members have practiced to become experts in all the stages of planning an event. Before October 2015, ESCV had never had an official Trail Master, but after completing the necessary requirements, I now hold that title.

What does a Trail Master do? I am *your* resource to help you create a new walk or to improve an existing walk. I will be discussing tips in this short column which will appear periodically. The goal is to help people think about creating and carrying out enjoyable and memorable walks. The first tip addresses the question, "Where is a good place to walk?"

Even though every walk is different, every walk should be designed to share a common theme. We walk in places that are *Historic, Scenic, and/or Cultural*. We want participants to learn about and appreciate the significant places in the Capital District area. Ask yourself this question: If someone new to this area were to visit, what historic, scenic and/or cultural places would I want them to see and learn about? That's how it all begins!

Feel free to contact me by email or phone for input, ideas, and/or help.

Membership

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

Nine new members have joined the club over the last several months. With the 2016 membership renewals that brings our active membership to 253 members. Please welcome the following new members when you see them on the trail: **Carla Conklin** of Albany, **Miriam Cooperman** of Clifton Park, **Shelley Cull** of Glenville, **Laura & Lawrence Shelton** of Kingston, **Janet Chen**, **Lois Colson**, **James Kalohn** and **Pamela Pearlman** of Schenectady, and **Dawn Coleman** of Troy.

Birthday Wishes

Happy Belated January Birthday to . . .

Barbara Bilins
Amanda Bouchard
Kathleen Brown
Miriam Cooperman

Shelley Cull
Dawn Desroches
Sharlene King
Deborah Lotito

Catherine Marrano
Cathy McGuire
Rose Marie McLean
John Watson

Florence Whitney

Happy Belated February Birthday to . . .

George Agars
Phyllis Boyd
Elizabeth Burke
Kate Cahill

Arlene Camp
Beryn Desroches
Genevieve Ireton
Teresa Kennedy

Edward King
Emily Koch
Midge Launsbach
Jean Powis

Douglas Reynolds
Thad Trier
John Weldon

Happy March Birthday to . . .

Ruth Cade
Barbara Carr
Jean Eaton
Cathy Edwards
Frank Edwards

Linda Ferrucci
Amy Gitchell
Dianne Hughes
Harriet Kalejs
Sue Larson

Adrienne Levinthal
Patricia Mahoney
Joseph Padula
Shirley Pingelski
Kendra Pratt

Patricia Reed
Jackie Reynolds
Mary Sorell
Elaine Suss



Sunshine and Cards of Care

We express our condolences to **Jim and Shirley Bold** on the passing of their daughter, Jan.

A sympathy card was also sent to **Warren Lavery** on the passing of his sister.

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.

Thank You

A huge thank you to all of you who sent me cards following my back surgery. It cheered me up and was really appreciated very much. I hope to see you all in the Spring. - *Jean Van Vranken*

E-Mail Updates

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

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	EF Skinner@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	barbpopolizio@gmail.com
Walk Development Comm. Chair	Barbara Kolapakka	bkola67@gmail.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

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Tips for Volkssporters

How Green Is Your Volkssporting?

© 2015, Robert C. Wright and Suzanne Wright, RN

In case you hadn't noticed there is a Green Revolution going on. More and more people want to be more environmentally conscious.

We volkssporters shouldn't be left out. Here are some ways that you can volkssport and be green at the same time.

Take Only Photographs; Leave Only Footprints

This phrase popular in the hiking community, is just appropriate for us. The point: Don't leave signs you've been there.

- Leave your footprints where they belong—stay on the prescribed route. That keeps you from trampling the landscape, and could keep you from getting lost.
- What you carry onto the route with you should leave with you—candy wrappers, empty drink containers.

Re-Use, Recycle, Repurpose

Another popular phrase—this one from anti-litter campaigns.

- Use a water container that can be re-used.
- See bullet 2 above—carry out what you carry in.
- Turn a long stick picked up to walk with into your walking stick. (Children, and grandchildren, often do this. You could make a project of it too—clean it up, finish it, maybe carve something into it.)
- Turn that water bottle into your water carrier on walks. Note that plastic breaks down over time so don't overuse it—some one-time use bottles break down past their expiration dates, and I've seen small plastic particles suspended in those kept too long. (Remember when BPA plastic bottles were the rage? Well, the

thinking has changed somewhat—in 2010 the FDA expressed “some concern” about it though according to WebMD there are yet no definitive studies linking it with cancer.)

Clean Your Trail

Don't settle for not littering. Do a community service and pick up after those who still litter.

We've seen volkssporters

- Carry small plastic bags on their walks just so they can pick up litter along the way.
- Carry trash grabbers so they don't have to bend over to pick up most litter on their walks.

We've seen and heard about clubs that

- Pick up litter on their routes during pre-walks.
- Adopt trails and/or roads and periodically pick up litter on their assigned segments.

Tread Carefully

Some areas are sensitive—e.g., newly seeded lawns, areas where young trees were recently planted, where fertilizer and similar treatments recently were applied, and areas subject to erosion.

Don't disturb them, or get chemicals that are bad for you on your shoes and clothing (that will transfer to your hands when you take them off).

- Heed warning signs.
- Be careful where you step. (This also goes for areas where people walk their dogs [not everyone cleans up after them] and where horses, geese, and other animals could indiscriminately roam. Who wants that stuff on their shoes?)
- See also the very first bullet.

Doing your part will make your volkssport experiences, and those of others, more enjoyable.

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- Northeast Region

Betty Green – Northeast Regional Director www.avacclubs.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...



Lake George Walk – October 23, 2015

Photo by Linda Morzillo



17th Annual Walk & Pizza Party – Sunday, November 8th

Photos by Linda Morzillo



Photos by Linda Dunn



ESCV Holiday Party Walk – Saturday, December 5th

Photos by Linda Morzillo





New Year's Day Walk – January 1, 2016

Photos by Linda Morzillo





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 MEETING

March Meeting – Tuesday, March 15
April Meeting – Wednesday, April 20

6:30 PM
Latham Firehouse
226 Old Loudon Road, Latham

All are welcome