

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

SUMMER 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.**

Wednesday Walks

Registration begins 30 minutes prior to start.

Start time: 6:45 am, 9am*, & 6pm*

Jul 6 – Rensselaer
Jul 13 – Mechanicville
Jul 20 – Ballston Spa
Jul 27 – Malta / Tech Park
Aug 3 – Saratoga / East Side
Aug 10 – Albany/Washington Park
Aug 17 – Troy
Aug 24 – Round Lake
Aug 31 – Schoharie Crossing 9:30am

Year Round / Seasonal Group Walks

Start time:

Wed & Sat 10 am*; Sun 1:30 pm*
None scheduled.

One-Day Traditional Events

Registration & start time:

Sat – Starts at 10am. Finish by 3pm,
Sun – Starts at 11:30am. Finish by 4 pm
Sep 10 (Sat) – Little Falls (In conjunction with their Garlic Festival)

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

* * * * *

Contact Us At:

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

www.walkescv.org/



Rambling Thoughts . . . by Teresa Kennedy

By the time you read this summer newsletter, we will be halfway through our Wednesday walk schedule. If the second nine weeks of the program go as quickly as the first nine, we will soon be thinking about fall trips and events. This issue includes the registration for the bus trip to Salem, Massachusetts in September. If there is interest in this event, we will look to planning more road trips to other walks. Our faithful Wednesday walk POC's have done an outstanding job thus far. By all accounts the three paces in the morning have worked well. Let's welcome Joan Muir to the POC slate. Her first walk will be in Rensselaer on July 6. I am also grateful to Rachel Trier for accepting the Vice President position and to Sue Burke for becoming our new Wednesday walk coordinator. Mention must also be made of the efforts of Liz Walsh and Lucy Desjardins who designed new routes for spring traditional events at SUNY Albany and the Colonie Mohawk Town Park. Thanks to all who contribute to making ESCV such a dynamic and fun club.

Happy walking!

Important Notices:

- **Cancellation** – Due to the unavailability of parking and restrooms at St. Anthony's at night on **July 6**, the **6pm evening walk** in Rensselaer has been canceled.
- **Bus Trip** – Registration form for bus trip on September 27 to Salem, MA is available on the last page of this issue.
- **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
- **Volunteers Needed at Walks** – Check out the Wednesday Walk Schedule, Call the POC and volunteer to work the registration table, lead or sweep. We need lots of helpers to make the program the success it is. <http://www.walkescv.org/> Click on "Wednesday Guided Walks" tab
- **Checkpoint Available Via Email to All Club Members Who Request It** – To receive an electronic copy AVA's monthly digital newsletter *Checkpoint* send an email to the attention of Sa-manta requesting that you be put on their distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint. Send your request to intern@ava.org.



Incentive Program — 2016

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 2016 ends December 31, 2016. 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.

Wednesday Walks

WALK WEEK	DATE	START 6:45 AM, 9:00 AM & 6:00 PM Walks for July-Aug
10	July 6	Rensselaer POC: Joan Muir
11	July 13	Mechanicville POC: Marylou Geren
12	July 20	Ballston Spa POC: Bernie Geren
13	July 27	Malta/Saratoga Tech Smart POC: Marylou Geren/Vera Weiss
14	August 3	Saratoga East Side Spring Run POC: Barbara Kolapakka
15	August 10	Albany - Washington Park Walk POC: Jackie Reynolds
16	August 17	Troy POC: Mary Agars
17	August 24	Round Lake - Round Lake POC: Leah Darling
9:30 AM ONLY		
18	August 31	Fort Hunter - Schoharie Crossing, NY POC: Teresa Kennedy

The walks this year will have leaders and sweeps for a 10 km at 6:45 AM during the months of July and August. The 9:00 AM walks will have leaders and sweeps for a 10 km, a 5 km and a slower 5 km. The 6:00 PM walk will have a leader and sweep for a 10km walk only.

Volunteers are the key to the success of this program. We need leaders, sweeps, people to register walkers and greeters. Everyone can help at least once. Please contact the POC and offer your services.

Wednesday Walk Coordinator

Sue Burke is our new Wednesday Walk Coordinator. She takes over from Barbara and Mike Popolizio who managed this program for the past few years. It's a big job and we're grateful for all Barbara and Mike did to maintain the success of one of ESCV's crown jewels.

Election Of 2016-2017 Officers

Mary Sorrell chaired the nominating committee this year. The following officers, who will serve from July 1, 2016 to June 30, 2017, were elected at the club meeting on June 21, 2016.

President: Teresa Kennedy
Vice President: Rachel Trier
Treasurer: Warren Lavery
Secretary: Chris Yost

Vice President Position Filled

Rachel Trier, a volkssporter from Iowa who moved to our area last year, has graciously accepted the position of Vice President. Rachel and her husband Thad are working so do the Wednesday walks at night. But since they are also doing the Centurion Challenge and State Capitols, you are bound to run into them at an event.

Thanks Rachel for joining The Team.

Trail Tips

By Linda Morzillo

The previous two columns explored the first steps in planning a walk. That is, you have determined what you want people to see, emphasizing the **HISTORIC**, **SCENIC**, and/or **CULTURAL** highlights in the area, and have mapped out a safe route, and you are now ready to measure the route. We try hard to have the route measure as close to 5/10 km as possible.

In the (good?) old days, our club used a Distance Measuring Wheel (DMW). ESCV still owns it and it is probably stored in a member's (your garage?) garage. That is the *AVA Official Way* to measure a walk route. During the last ten to fifteen years many of us have started using electronic devices that take advantage of GPS to measure walk routes. That's Global Positioning System which uses satellites; one does not need to be a rocket scientist to use it! Please be aware, AVA has not officially approved the use of GPS, but in my opinion, they should!

Many electronic devices measure distance. There are smart phones to which one can download an app to measure the distance they walk. Some people use pedometers. The GPS I use for Geocaching can be used for measuring the distance I walk. Regardless, whether we use a DMW wheel or an electronic device before the big day of our walk, we have all heard people telling the length of an ESCV walk according to their electronic device or pedometer. No distances are *exactly* the same. Why?

It is true that with any measuring system there will be a discrepancy. I recall, in chemistry class, a sample was weighed three times and the average weight was used in calculations. If two (or more walkers), each use a wheel, they are not following exactly in the footsteps of each other. One may choose to go around a tree branch in the path and another may step over it. One may splash their way through a puddle and another may go around it. One walker may need to walk around construction, a dog, a group of people or a carriage in their path and another may not.

The discrepancy is not significant. Keep in mind that we always round our walk route distances to the *nearest whole kilometer*; therefore, while an **exact** measurement of 10 km is ideal, it is not usually possible. A walk that measures 9.79 km, 10.41 km, or 10.16 km are all 10 km walks. A walk that measures 10.53 km is considered an 11 km; we use our considerable math skills and round to the nearest whole kilometer.

What do you do if your walk is too short (under 9.5 km), or too long? For a walk that is too short, the route can be revised to walk around an extra block (maybe there is a street with pretty buildings or gardens), up and down the rows of a cemetery (e.g., to visit the grave of the town's founding father/mother/person), or similar additions. I believe it is more difficult to shorten walks. Several years ago I was POC of a walk in Queensbury. The route was 11.5+ km, rounded to 12 km. There was no possible way to shorten the route except by swimming across Glen Lake! It was emphasized in the walk description that the full walk was 12 km and

people knew this ahead of time. Sometimes a point of interest requires a longer distance. The discretion of the POC is crucial.

The accompanying 5 km walk needs to be on the footprint of the 10 km walk. Usually, walkers of both distances begin at the same place and the 5 km walkers make a turn to return to the start point sooner. To make sure the 5 km walkers enjoy the special highlights of an area it is sometimes feasible, albeit rarely, for those walkers to drive to a location closer to the outer reaches of the 10 km walk; we try to avoid this scenario by locating the start point in a central location whenever possible.

Thank You to POC's

A heartfelt "*THANK YOU*" to all of our POC's and helpers this year! You have all been so conscientious preparing for your walks and making sure everyone enjoys themselves. It was about 10 months ago that our group walk dates were planned. Little did we know at that time what nearly a year would bring. But, thanks to your commitment to ESCV, and your efforts and hard work, every walk has been running smoothly. That's what makes our club GREAT!

Although I have been unable to attend all walks, I surely appreciate what you all do.

Just saying! – *Liz Walsh*

Yum, Yum and More Yum

Emmy Koch again organized the strawberry feast for the Wednesday walk in Niskayuna on June 22. A committee consisting of Emmy, Ed, Annalisa Van Avery, Phillis Boyd and Toni Walsh cut up 24 quarts of strawberries. The next day Ed and Emmy counted heads and returned after the morning and evening walks with enough ice cream to make everyone want to save the date for next year's feast. The berries were delicious. The ice cream was too. A big shout out to Emmy and Ed for maintaining a time honored ESCV tradition. We also want to thank Lucy Desjardins, the POC, for successfully ordering perfect walking weather.

MONTHLY MEETINGS

6:30 PM

July & August – No Meeting

September Meeting – Tuesday, September 20

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!

Membership

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

We have had **14 new members** join the club over the last month. Many of our new members this last month signed up after attending the Hudson Valley Community College Creative Retirement class "Introduction to Volkssporting" presented by Lea Darling and Eileen Skinner. With a few more 2016 membership renewals that have trickled in that brings our active membership to 282 members. Please welcome the following new members when you see them on the trail: **Robert Bayly** and **Cathy Karp** of Petersburg; **Michele Brassaw** and **Deborah DePoalo** of Schenectady; **Marion** and **Morrison Brooks** of East Greenbush; **Kathleen Buckley** of Albany; **Betty Christiano** of Burnt Hills; **Daniel** and **Marie Healy** of Loudonville; **Daile Morrell** of Glenmont; **Alice Slingerland** of Delmar; and **Eunice** and **Wayne Stritsman** of Wynantskill.

New York City Year Round Walks Announcement

The ASICS shoe store in New York City that was the previous start point has closed. The four New York City walks are in the process of being converted to On-line Registration. Until this is finished please contact Charles Kaiser at charles.a.kaiser.civ@mail.mil for directions.

The Big Give

Donations to this year's Big Give Campaign resulted in \$51,798.00.

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 \$1.00.

Thinking of an Autumn Road Trip?

Click on the link below to learn about an event in State College, PA sponsored by the Nittany Nomands. A Friday night Pizza Party hosted by the York White Rose Wanderers is also planned.

Walk Brochure: www.mdvolks.org/brochures/160923pa.pdf



Let us not forget... Come walk with us on this pilgrimage on September 11, 2016. We move in memory of that fateful day on this fifteenth anniversary. This walk is by pre-registration only. All pre-registrations must be in by July 31, 2016. No exceptions!



Distances: 5 km, 10 km, 34 km Rating: 1A
Event: MA16-104845

Sponsored By: The Gateway Milers & Bo Drochelmann

Special Event: Walking the United States, Walking the USA A-Z, Honoring our Flag

The March to the Arch is a 21 mile memorial group walk that begins west of St. Louis and concludes at the base of the Gateway Arch. Bo Drochelmann started this annual walk in 2002 in remembrance of the Americans who lost their lives in the 9/11 tragedy. Gateway Milers invite Volkssporters to join this memorial walk. The 21 mile walk begins at 9:11 a.m. on Sunday, September 11, 2016. The 10 km walk joins the walkers at the St. Louis History Museum in Forest Park. The 5 km walk joins walkers at Tegler Hall on SLU campus. All registered walkers are given a t-shirt and encouraged to carry flags.

Walk Brochure: www.gatewaymilers.org/pdfs/arch2016.pdf

E-Mail Updates

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

Birthday Wishes

Happy July Birthday to . . .

James Brown
James Burke
Janet Chen
Bonnie Durst
Robert Elie
Beverly Feltt

Carly Feltt
Jeffrey Ferrucci
Bernie Geren
Kathryn Gizzi
Cynthia Kilgallon
Warren Lavery

Kathy LeRoux
Gail Livingston
Mary Anne Nicholas
Gail Ostrander
Madeline Santulli
John Shaw

Pat Shuff
Alice Slingerland
Pat Steadman
Eleanor Tunny
Patricia Whalen

Happy August Birthday to . . .

Herb Alfasso
Anne Cavosie
Edith Christina
Roger Clark
Denise Connelly
Patty Costa

Patrick Frament
Edward Koch
Kaylee Marrano
Ann Misener
Linda Morzillo
Barbara Nigro

Jean Padula
Carol Reid
Patricia Ross
Sandra Rybaltowski
Lawrence Shelton
Natalie Smith

John Sowa
Eunice Stritsman
Joan Van Slyke
Vera Weiss



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.

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	EF Skinner@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	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

* * * * *

Tips for Volkssporters

Volkssports in the Extreme

From The American Wanderer, June-July 2016 – © 2016, Robert C. Wright and Suzanne Wright, RN

A recent trip to some national parks reminded us of the dangers of being out-of-doors in extreme weather conditions. As we head into another hot summer, heed some reminders. (For medical advice, see your doctor.)

In the Sun

Carry **water**. Perspiration may create problems.

Beware of **heat exhaustion**, dehydration from intense sweating:

- If you have a pale appearance, nausea, vomiting, fatigue, cool clammy skin, headaches, and/or cramps,
- Rest in the shade, sip water, eat a high-energy food, and apply wet cloths to cool your body, especially around the neck and head.

Beware of life-threatening **heat stroke**, because the body can't cool itself:

- If you experience a flushed face, dry skin, weak and rapid pulse, high body temperature, poor judgment or confusion or disorientation, and/or seizures,
- Find shade, cool the body with water, and call 911 to seek immediate help!

Apply **sunblock** liberally to exposed body parts. The higher the SPF number the better. Since perspiration may diminish its effectiveness, reapply more frequently than recommended if sweating a lot, or get a brand that holds up well in wet situations.

Better,

- Cover arms, legs, and the back of your neck, or
- Wear loose-fitting, lightweight clothing. Avoid cotton that retains moisture in favor of perspiration-wicking clothing (we wear Under Armour and sometimes other brands; Costco and Macy's carry a simple, inexpensive 32° COOL line).
- Wear sunglasses.

Carry a **snack** for a quick energy boost.

Snakes

Warmer weather brings these cold-blooded reptiles out to sun themselves. In the middle of paths is a popular spot.

Stay clear. They need space.
If bitten,

- Immobilize that part of your body to slow the venom's spread;
- See a doctor.

In a Storm

Lightning is dangerous.

Upright in an open area, maybe carrying an umbrella or on a metal-framed bike, make you a lightning rod.

- Head for shelter (when thunder roars go indoors).
- If you can't,
 - Get 15 feet away from objects that attract—that umbrella, bike, tree, even metal objects in your pockets and companions;
 - Seek a low spot, putting higher ground around you;
 - Get into the “lightning crouch”—squat low, feet together, tucking head, and covering ears (do *not* lie flat);
 - Put a non-metal insulator between you and the ground if possible;

Avoid washes (dry stream beds) in areas prone to **flash flooding**. Don't drive through high water to/from your event as you could get caught up.

Tornadoes are increasing in frequency. If in danger,

- Seek safe shelter: windowless, interior room on the lowest floor of a building.
- If you can't get indoors immediately or can't quickly drive to find shelter,
 - Get away from trees, cars, and other potential flying debris;
 - Find a ditch or low area;
 - Lie flat, face down, with your arms over your head.

Bee Aware

Some people are allergic to the stings, reacting violently (carry an Epi-pen); for others it's unwanted pain. Regardless,

- Avoid hives (look, listen)
- If attacked,
 - Cover your head and face;
 - Run away—a kilometer should do (bees stop once no longer feeling threatened);
 - Remove stingers by scraping with your fingernail or a credit card;
 - Apply ice to reduce swelling;

From the Editor

Articles for the September newsletter are **due on Friday, August 19, 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

**Volkssporters
on the Go...**



**Saratoga Museum Walk and Saratoga National Historical Park –
Wednesday, May 4**

Photos by Linda Morzillo



Albany Tulip Festival Walk – Wednesday, May 11

Photos by Linda Morzillo



40th Anniversary Walk – Downtown Albany – Sunday, May 15

Photos by Linda Morzillo



Hudson Crossing, Schuylerville – Wednesday, May 18

Photos by Linda Morzillo



Cooperstown – Saturday, May 21

Photos by Linda Morzillo



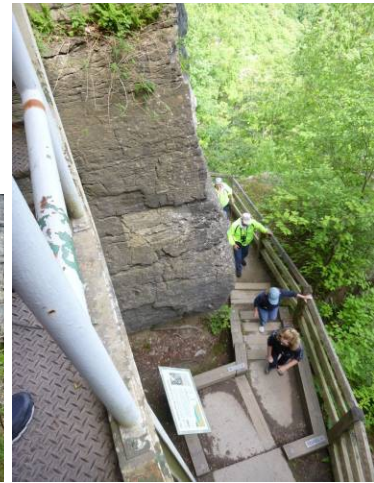
Broadalbin – Wednesday, June 1

Photos by Linda Morzillo



Thacher Park – Wednesday, June 8, 2016

Photos by Bob Suss



Woods Hollow Nature Preserve, BallstonSpa – Wednesday, June 15

Photos by Linda Morzillo





ESCV Bus Trip to Salem, MA



- Date:** Tuesday, September 27, 2016
- Time:** 7:30 a.m. departure; return to Albany at 8:30 p.m.
- Transportation:** Brown Coach
- Pick Up Spot:** Crossgates Mall - Outer Parking Lot across from JC Penney's
- Cost:** \$40.00 per person (includes bus, driver tip, and walk fee)
- Details:** Join ESCV on a trip to Salem to walk the Year Round walk sponsored by the Two Town Walking Club, home club of the Piffats. Joe and Barbara will be meeting us and walking with those who want to walk as a group. As always, there is a choice of a 5 or 10 km walk.

There is much to see along the route, including Nathaniel Hawthorne's House of Seven Gables, the Witchcraft Museum, the Derby Wharf Lighthouse and Maritime National Historic Site, and the Peabody Essex Museum. At the time of our visit, the museum will be hosting an exhibition of the American Impressionist Childe Hassam. The Museum also has a massive collection of global art and artifacts, including a rebuilt Qing-era Chinese house.

Special Programs: Boardwalks, Food for Thought, Fraternal Organization, National Parks Centennial Challenge, National Register of Historic Places, Take a Walk in a City Park, Trekking With the Trees, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A-Z, You'll Never Walk Alone.

Sign Up: RSVP by returning the sign-up sheet below. We expect this trip to be popular, and reserved spaces will be on a first-come, first-served basis. **Make check payable to ESCV.** (No refunds unless there is a waiting list.)

ESCV Trip to Salem, MA – Tuesday, September 27, 2016

NAME(S): _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

Send to: Linda Morzillo
26 Meditation Way
Saratoga Springs, NY 12866

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



MONTHLY MEETINGS

6:30 PM

July & August – No Meeting
September Meeting – Tuesday, September 20

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!