



# 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

OCTOBER 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 1 (Sat) – Johnstown  
Oct 5 (Wed) – Caroga Lake  
Oct 9 (Sun) – Bennington, VT  
Oct 12 (Wed) – Saratoga Nat. Park  
Oct 19 (Wed) – Williamstown, MA  
Oct 22 (Sat) – Cooperstown  
Oct 26 (Sun) – Lake George  
Oct 30 (Sun) – Saratoga Spa Park  
Nov 5 (Sat) – Troy  
Nov 13 (Sun) – Albany/Colonie Crossings  
Nov 16 (Wed) – Schenectady

### One-Day Traditional Events

**Oct 15** (Sat) – Greenwich (Oktoberfest)  
Starts at 9-11am. Finish by 2pm.  
**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

### 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.

\* \* \* \* \*

#### Contact Us At:

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

\* \* \* \* \*

[www.walkescv.org/](http://www.walkescv.org/)



## Rambling Thoughts . . . by Teresa Kennedy

We are in the most perfect time of the year for walking. A number of our YRE's and Seasonals have group walks scheduled during the month of October providing an opportunity to earn the club incentive rewards. Hope to see everyone at the Oktoberfest and again at the annual pizza party in November in Albany. Get those registrations in!!!!

*Happy walking!*

## *Important Notices:*

- **Oktoberfest – Deadline for Oktoberfest Registration Extended.** Send in registration form on back of this newsletter. Don't miss out on one of our premiere events. Event takes place on October 15.
- **Annual Recognition Party** – to take place on Sunday, November 6 in Albany. Link to brochure and registration form for party on back page of this newsletter.
- **New York City Walks** – The ASICS shoe store in New York City that was the previous starting point has closed. Please contact Charles Kaiser at [charles.a.kaiser.civ@mail.mil](mailto:charles.a.kaiser.civ@mail.mil) for instructions on remote registration.
- **Pat Reed** – Announces retirement from Publicity Committee. Thanks, Pat, for getting out the word in area newspapers, and outdoor club newsletters. Many new members found ESCV because of Pat's work.
- **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.
- **E-Mail Updates** – If your e-mail has changed, let Larry Godshalk know. [Lgodshal@nycap.rr.com](mailto:Lgodshal@nycap.rr.com)
- **Membership Renewal** – Look for a copy of the membership form to be e-mailed to all active members later this month for registration for the coming year.



# Oktoberfest

**Oktoberfest Walk & Party**  
**Saturday, October 15, 2016**



Christ the King Spiritual Life Center  
575 Burton Road, Greenwich, New York 12834

Hot dogs, knockwurst, and bratwursts will again be served. The cost is **\$6.00 per person**.

Please bring your favorite dish to share with everyone. Electric outlets are NOT available.

The reservation form can be found in the back of newsletter or by clicking on the link below. The form must be returned by ~~September 28, 2016~~. **DEADLINE FOR REGISTRATION EXTENDED**

NOTE: There is **NO pre-registration for this walk**. Your walk fee is payable upon arrival at the registration table.

*Sue Grey and Ginger Ireton, chairpersons*

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

Party Reservation: <http://walkescv.org/16registrationoctober.pdf>

## Positive Personal Narratives

Betty Green, our NERD is collecting brief narratives from AVA participants who would like to share how being a volkssporter has benefitted them. These reasons might include being with other people, exercise, recovery from illness or injury, a sense of purpose or a way to get out of the house. Send your response to [bettyg52@gmail.com](mailto:bettyg52@gmail.com) and include AVA: Positive Personal Narratives in the subject line.

Let's publish our own club members responses in the next issue of our newsletter. When you submit your response to Betty Green, cc a copy to Ellen Brown, newsletter chairperson. Her newsletter email is [gorow1010-escv@yahoo.com](mailto:gorow1010-escv@yahoo.com)



## **18<sup>th</sup> Annual Walk & Pizza Party**

Sunday, November 6<sup>th</sup>

at St. Andrews Episcopal Church Hall  
10 Main Avenue, Albany, NY



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

Pizza Reservation Form: <http://walkescv.org/16pizzareservation.pdf>

If you are interesting in volunteering to help, please e-mail [davidjaniga@urbanhiker.aol.com](mailto:davidjaniga@urbanhiker.aol.com)

**Reservation form on last page of newsletter.**

## Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at [sheldon.laural@gmail.com](mailto: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.

## Reason to Celebrate With Lea

*By Lea Darling*

Hi Friends,

I will be completing my 50th USA State walk on Wednesday, November 2, at 1:00 pm in Bristol, Rhode Island. It has only taken me 13 years. My first walk was in the Fall of 2003 from Longfellows near Saratoga Lake.

I want to invite all of you to come over to Rhode Island and walk with me. We will most certainly miss all the Fall leaf peepers and have the town to ourselves.

I picked Bristol because the walk description was so interesting. The route consists of two 5 km loops along a paved tree-lined bikeway on streets laid out in 1680's. The walk explores architecturally interesting neighborhoods; follows our country's oldest continuous July 4th parade route with red, white and blue stripes painted on streets; waterfront vistas along portion of scenic recreation trail.

Look at all the Special Programs available!

Alternative Capitals	National Register of Historic	United States Post Offices
Animal Safari	Places	Walk the USA – Street by Street
Boardwalks	Points of Reference	Walking America's Ports of Call
Bridges – Spanning the USA	State Street Sashay	Walking the USA A–Z
Food for Thought	Take a Walk in a City Park	Water Towers
Fraternal Organization	Treasure Hunt – A way to walk	You'll Never Walk Alone
Honoring Our Flag	our precious trails	
Make a Wish at a Water Fountain	Trekking With the Trees	

Dress warm as we may have a sea wind blowing on us as we walk along the waterfront. I'll be looking into a restaurant to have lunch after the completion of the walk.

Starting Point is Sip-N-Dip Donut Shop, 775 Hope Street, Bristol, Rhode Island.

A HUGE Thank You to Marion Burns for helping me get 80% of my states on her Travelwalk trips.

Hope to see, walk, and talk with you in Rhode Island!

## Bus Trip To Salem, MA

*By Teresa Kennedy*

Fifty-three walkers enjoyed a bus trip to Salem, MA on September 27. Despite predictions of a rainy morning, the weather cleared and we had the perfect day to enjoy the walk and see the sights of this historic New England town. Our gracious hosts, **Joe and Barbara Piffat** of the Two Town Walking Club greeted us and led us to the visitor's center where we regrouped into 5 km, 10 km, or independent groups. Joe and Barbara led the walkers which greatly speeded up the process of getting to know the location. Salem was a wonderful destination as it provided an interesting walk route as well as a variety of historic or cultural places to visit after the walk.

Thank you Joe and Barbara for a great day.

## Wednesday Walk Wrap Up For 2016

It was a successful summer season of Wednesday walks for fun, fitness and friendship. While the hot weather and one really rainy day kept the numbers down from previous historical highs, the schedule went off without a hitch. By all accounts the various paced groups worked out well so that everyone who participated felt welcome and had fun. Thank you POC's, greeters, stampers, leaders, and sweepers.

Of special note is the work of **Eileen Skinner** who weekly tabulated the numbers and kept track of all the participants. It is a herculean task to pay attention to such details. Eileen's deep commitment to volkssporting is what energizes her to think of ways to incentivize us all. Forty-eight people earned the 10+ button award this year. Thank you Eileen for recognizing their commitment too.

## Congratulations to this Year's Wednesday 10+ Walk Award

Dave Averill  
 Marion Averill  
 Winnie Balz  
 Cathy Brown  
 John Cairns  
 Arlene Camp  
 Lois Colson  
 Lea Darling  
 Susan Duchnycz  
 Linda Dunn  
 Cathy Edwards  
 Frank Edwards  
 Donna Farber  
 Rita Gavin

Marylou Geren  
 Bernie Geren  
 Larry Godshalk  
 Sue Grey  
 Diane Hughes  
 Dave Janiga  
 Lil Julian



Wayne Knapp  
 Carol Kirk  
 Carol Kobuskie  
 Barbara Kolapakka  
 Warren Lavery  
 Arden Lawand

Kevin Lengyel  
 Alan Longshore  
 Cathy Mack  
 Linda Morzillo  
 Barb Nigro  
 Gail Ostrander  
 Jean Padula

Jean Powis  
 Pat Reed  
 Doug Reynolds  
 Jackie Reynolds  
 Pat Rousseau  
 Dan Schryver  
 Jim Shanley  
 Eileen Skinner  
 Beth Snyder  
 Rachel Trier  
 Thad Trier  
 Annalisa Van Avery  
 Karen Watson  
 Christine Yost

### Participation in Wednesday Walks

WALK	TOTAL WALKERS	6:45AM	9:00	6PM	CREDIT	NONCREDIT	NWC
Saratoga - Museum	48		48	0	38	10	
Corning Tulip Albany	63		59	4	51	12	1
Schuylerville	55		47	8	46	9	
Slingerlands	46		40	6	37	9	
Broadalbin	54		52	2	42	12	
Thacher Park	59		57	2	38	21	1
Milton - Woods Hollow	65		61	4	46	18	1
Niskayuna/ Blatnik Pk.	78		72	6	53	25	
Schenectady -Vale	71		66	5	57	14	2
Rensselaer	52	6	46	X	42	10	
Mechanicville	57	9	46	2	40	17	
Ballston Spa	68	9	51	8	47	21	
Malta - Tech Park	61	8	52	1	42	19	1
Saratoga East Track	77	11	62	4	54	23	
Albany Washington Park	13	3	3	3	12	1	
Troy	44	9	22	2	33	11	
Round Lake	57	9	46	2	49	8	
Schoharie Crossing	62		62		47	15	
<b>Total 2016 Wednesday</b>	<b>1030</b>	<b>64</b>	<b>892</b>	<b>59</b>	<b>774</b>	<b>255</b>	<b>6</b>

## Membership

by Larry Godshalk – email: [lgodshal@nycap.rr.com](mailto:lgodshal@nycap.rr.com)

No new walkers have joined the club since the end of August and we are still at 286 active members. We have a couple prospective new members that have gone on several walks and they will hopefully be joining before the end of the year.

Now is a great time to invite friends and family to enjoy the benefits of all-season walking. Volkssporting is invigorating and good for the soul.

## Birthday Wishes

### Happy October Birthday to . . .

Jim Bold  
Morrison Brooks  
Ellen Brown  
Susan Cox  
Deborah DePoalo  
Daniel Ertel

Donna Farber  
Rebecca Frament  
Lucy Healey  
Mary Lou Hodge  
Dorothy Kevlin  
Wayne Knapp

Alan Longshore  
Maureen Martelle  
Kathy McCabe  
Daile Morrell  
Patricia Rousseau  
James Shanley

Sally Tedesco  
Brian Walsh  
Richard Welkley



## 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](mailto:kleroux1@nycap.rr.com).

## Trail Tips

By Linda Morzillo

This is the fourth article in the Trail Tips series. We previously discussed: thinking about where one might stage a walk, choosing a route, and measuring the distance. This article will discuss writing directions – we want to make sure no one gets lost during their walking journey!



When you are writing directions, they are clear to you. The challenging part is writing directions so that everyone else will find them clear, too! This can be a daunting task; the author of the directions should assume that those reading it are completely unfamiliar with where they are going!

The AVA guidelines for writing directions are used in the discussion below; we all have seen many styles of direction writing and remarked on the specific factors that make a set of directions clear and easy to follow. Keeping those factors in mind will result in great directions!

Here are some examples of directions taken mostly from our Lake George Seasonal walk:

*The AVA guidelines encourage a direction following every number. That works in many situations*

1. **Right** at the sidewalk. After a short distance, look for the crosswalk
2. **Left** at the crosswalk and cross Canada St/Route 9

*The directions sometimes read better with two different actions.*

3. **Cross** over and then turn **left** onto Mountain Dr. (Note: one direction can be to cross Mountain Drive and the next direction could be to turn left onto Mountain Drive. Personal judgment is needed to determine which is easier to follow.)



Briefly noting a point of interest adds interest to the walk. People like short and simple explanations; if one wants to make more detailed information available it can be printed on a separate handout.

4. **Continue** walking to the excursion docks where three excursion ships begin their cruises. Find the ticket office that looks like a very small lighthouse (*it's a replica of the original Colchester Reef Light House built on Lake Champlain in 1871, which is now on display at the Shelbourne Museum in Vermont*).

When a direction may be unclear, a "point of interest" can clarify a direction.

5. **Left** on Caroline St (sign is missing; look for the yellow house on your left with number 67 and make a left after passing that yellow house)

Positioning walkers helps them determine if they are continuing in the correct direction.

6. **Face** the lake when you are finished looking at the statue.
7. Walk **right** to the road on the right using the paths or over the grass.

Checkpoints are noted as walkers arrive to the place where they should look for the answer.

8. **Right** on Cooper, pass Caldwell, Chestnut, and McGillis to Montcalm. Across from Montcalm is the start of the Prospect Mountain Footpath.
9. **Left** onto the footpath. **Checkpoint:** Look for an informational sign about access to the top of Prospect Mountain in past times. This is the beginning of the hiking trail to the top of Prospect Mountain.  
**Checkpoint 1: In what year was the cable railroad built?**

Special Programs can be listed separately. Here is the first of many Special Programs for the Lake George seasonal as it is listed on a separate sheet of paper.

#### AVA SPECIAL WALKING PROGRAMS

**Amphitheaters:** In Shepard Park, an amphitheater is located on the hill overlooking the lake in front of a small stage.

On one hand, it is easier for those who are doing these programs when the locations are noted in the directions. On the other hand, one would need to revise and reprint the directions every year to eliminate completed programs and add new programs, sometimes resulting in quantities of unused paper. POCs use their discretion. The following example notes how the Special Program is highlighted as the walker nears it:

10. **Right** at Shepard Park, walk between the stone pillars. Continue on this "upper" path within the park that is parallel to the lake. *Just before leaving the park look to the right for an amphitheater on the hill overlooking the lake.*

When the direction writer is satisfied with the results, it is always a good idea to have at least one or two other people walk the route using the directions. Any needed corrections and clarifications can be made on the word document before the next steps. These next steps are making a map of the route and formatting your word document for a master copy, both will be discussed in future columns.

## MONTHLY MEETINGS

6:30 PM

October Meeting – Tuesday, October 18

Latham Firehouse  
226 Old Loudon Road, Latham

*All are welcome!*

## ESCV Club Contacts

Office / Committee	Name	e-mail
President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Vice President	Rachel Trier	<a href="mailto:racheltrier@yahoo.com">racheltrier@yahoo.com</a>
Secretary	Chris Yost	<a href="mailto:cyost@nycap.rr.com">cyost@nycap.rr.com</a>
Treasurer	Warren Lavery	<a href="mailto:warrenlavery@gmail.com">warrenlavery@gmail.com</a>
Newsletter Editor	Ellen Brown	<a href="mailto:gorow1010-escv@yahoo.com">gorow1010-escv@yahoo.com</a>
Membership & Email Updates	Larry Godshalk	<a href="mailto:Lgodshal@nycap.rr.com">Lgodshal@nycap.rr.com</a>
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> .
Webmaster	Eileen Skinner	<a href="mailto:EF Skinner@aol.com">EFSkinner@aol.com</a>
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 <a href="mailto:sheldon.laura1@gmail.com">sheldon.laura1@gmail.com</a>
Wednesday Walk Coordinator	Sue Burke	<a href="mailto:svburke@nycap.rr.com">svburke@nycap.rr.com</a>
Traditional Events Coordinator	Rachel Trier	<a href="mailto:racheltrier@yahoo.com">racheltrier@yahoo.com</a>
YRE/Seasonal Walks Chairperson	Liz Walsh	<a href="mailto:lizwalsh48@gmail.com">lizwalsh48@gmail.com</a>
Historian	Dan Schryver	<a href="mailto:Dschryver@aol.com">Dschryver@aol.com</a>
Publicity		
Purchasing	Winnie Balz	<a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>
Trail Master	Linda Morzillo	<a href="mailto:lindaf.morzillo@nycap.rr.com">lindaf.morzillo@nycap.rr.com</a>

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### - American Volkssporters Association

[www.ava.org](http://www.ava.org)

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### - Northeast Region

Betty Green – Northeast Regional Director [www.avaclubs.org/NE\\_RD/](http://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 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.

# Volkssporters on the go . . .



## Round Lake Walk – Wednesday, August 24

Photos by Linda Morzillo



Photos by Arden Lawand

## Schoharie Crossing – Wednesday, August 31

First photo by Arden Lawand.  
All other photos by Linda Morzillo



## Scotia Walk – Wednesday, September 7

Photos by Linda Morzillo



## Little Falls Walk – Wednesday, September 10

Photos by Linda Morzillo



## Clifton Park Walk – Wednesday, September 14

Photos by Linda Morzillo



## From the Editor

Articles for the November newsletter are **due on Friday, October 21, 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](mailto:gorow1010-escv@yahoo.com) - 384-0015





# Oktoberfest

## ESCV Oktoberfest Party Saturday, October 15, 2016

Christ the King Spiritual Life Center  
575 Burton Road, Greenwich, New York 12834

This year's Oktoberfest is being held on Saturday, October 15, 2016 at Christ the King Spiritual Life Center in Greenwich, NY. Sue Grey and Ginger Ireton are serving as chairpersons.

Hot dogs and Bratwursts will again be served along with rolls, soft drinks, and condiments. The cost remains at **\$6.00 per person**. Please bring your favorite dish to share with everyone.



Please complete the reservation form and return to Sue Grey by ~~September 28, 2016~~.

Make your check payable to **ESCV**. Note: There is **NO pre-registration for this walk**.

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### Oktoberfest Party on Saturday, October 15, 2016



Please send check made out to **ESCV** by ~~September 28, 2016~~ to:

Sue Grey  
134 Acorn Drive  
Glenville, NY 12302

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	\$			

In order to be sure that enough selections of food are available to everyone, we ask that you note on this form the food you would like to bring. As always, sauerkraut is a favorite. If we are lacking in any group, we will contact people for needed contributions.

1. Appetizers ( )      2. Salads, Pasta dishes, etc. ( )      3. Desserts ( )      4. Sauerkraut ( )

~~Deadline is Thursday, September 28, 2016~~



# 18<sup>th</sup> Annual Walk & Pizza Party

## Sunday, November 6, 2016

10 km (6.2 miles) –or– 5 km (3.1 miles)



sponsored by: *EMPIRE STATE CAPITAL VOLKSSPORTERS*

**START/FINISH:** St. Andrew’s Episcopal Church, 10 N. Main Avenue, Albany, New York 12203

**Parking:** Going north on N. Main to intersection of N. Main & Western Ave. take a right on Western Ave (going East) to 1<sup>st</sup> traffic light. Take right into St. Rose College parking lot.

**WALK REGISTRATION:** 1:00 – 1:25 PM.

**GUIDED WALK:** Starts promptly at 1:30 PM.

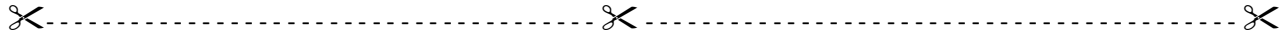
Walk Brochure: <http://walkescv.org/16pizzawalk.pdf>

**Our annual Pizza Party\* will take place immediately after the group walk around 4:15 PM.**

**RESERVATION** is necessary for the **Pizza Party**. Cost per person is **\$12.00** which includes fruit platter, hors d’oeuvres, pizza, wings, salad, beverage, & dessert. **Make check payable to: ESCV** and mail along with Reservation Form to: David Janiga, 178 Ridgefield St., Albany, NY 12208.

**Deadline is Thursday, Oct. 27<sup>th</sup>.**

DETACH AND RETURN



### Pizza Party Reservation Form

**Check(s) made out to ESCV, please mail to:**

**David Janiga  
178 Ridgefield St.  
Albany, NY 12208**

Name and Phone Number	Pizza Party \$12.00 per person
	\$
<b>Deadline is Thursday, October 27<sup>th</sup></b>	TOTAL SUBMITTED: \$

