



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

MAY / JUNE 2017

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: 9 am & 6 pm

May 3 – Saratoga Springs/West Side

May 10 – Albany/Tulips

May 17 – Albany/Shaker Farms

May 24 – Rensselaer

May 31 – Broadalbin

Jun 7 – Schenectady/Vale Cemetery

Jun 14 – Voorheesville

Jun 21 – Niskayuna

Jun 28 – Waterford/Peebles Island

Year Round / Seasonal Group Walks

Start time:

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

May 6 (Sat) – Cooperstown

May 7 (Sun) – Saratoga Nat Hist Pk

June 3 (Sat) – Caroga/Johnstown

Jun 11 (Sun) – Bennington, VT

Jun 17 (Sat) – Lake Placid

One-Day Traditional Events

Sat- Starts at 9-11:30am. Finish by 2:30

Sun- Reg. 1:00pm; group walk at 1:30

May 20 (Sat) – Cambridge, NY

Jun 24 (Sat)–Thacher Park(Sp. Picnic)

Oct 7 (Sat) – Moreau (Oktoberfest)

Oct 17 (Tue) - Schuylerville

Nov 5 (Sun) – Albany (Pizza Party)

Dec 2(Sat)–Schenectady (Holiday Party)

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

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Contact Us At:

Empire State Capital Volkssporters

PO Box 5464

Clifton Park, NY 12065-5464

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www.walkescv.org/



Rambling Thoughts . . . by Teresa Kennedy

Two exciting things are about to happen. First, our ambitious Wednesday walk program starts on May 3 and continues for the next eighteen weeks. Hopefully, our multiple start times and varied paces are appropriate accommodations for all. Secondly, ESCV has been invited to present our convention proposal to the membership in Billings, Montana. Soon the entire country will know who we are. We should be proud of the contributions we make to the sport of Volkswalking.

As always, happy walking everyone!

Important Notices:

- **Bookmark Correction** – The Wednesday Guided Walk listed as Albany-Shaker Farms is May 17. Please note the correction on your bookmark
- **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
- **30th ESCV Anniversary Party** – Be sure to send in your registration form for the catered BBQ at Thacher Park on June 24 to Mary Sorrell. A scout tasting party can guarantee that the food will be delicious.
- **The Big Give** – ESCV will again contribute to AVA’s big fund raiser. As has been our tradition, it was voted at the last club meeting to donate \$1 per member. This year our contribution will be \$253.00.
- **By Law Amendment Change** – At the ESCV club meeting on April 18, 2017, the members first discussed and then voted to change the by law limiting the president’s term of office from two years to four years.
- **ESCV 30th Anniversary Club Incentive Program Reminder** – If you are doing the Incentive Program, you must pay the \$3.00 fee per credit walk to receive the AVA stamp in your incentive book. Additional information for the program can be found in the April issue of the ESCV newsletter.



Nomination Slate for 2017-2018 Officers

The term of office for the following nominees is July 1, 2017 to June 30, 2018.

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



Additional nominations will be taken from the floor at the club meeting on **June 20, 2017**. The voting will also take place that same night.

Event and Distance Milestones

By Barbara Kolapakka

Congratulations to all our members who completed event and/or distance milestones published in *The American Wanderer*. The achievements below are from the February/March and April/May issues. If your name was in the milestones listed in those issues and is not included below please e-mail Barbara Kolapakka at bkola67@gmail.com and it will be noted in the next listing.

Event Milestones

10 Events Cynthia Berard Joyce Lavery	30 Events Arden Lawand	100 Events Rachel Trier Thad Trier	125 Events Linda Dunn
150 Events John Watson	200 Events Annalisa Van Avery	300 Events Jim Brown	475 Events Kathy Brown
500 Events Carol Sorensen	525 Events Frank Edwards	600 Events Lea Darling	850 Events Barbara Kolapakka
1050 Events Dave Janiga	1700 Events John Cairns		

Distance Milestones

1000 km Chis Yost	6000 km Lea Darling	11,000 km Dave Janiga	
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Membership

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

Five new members have joined the club over the last month. That brings our active membership to 261 members. Please welcome the following new members when you see them on the trail: **Michael Hawkins** of Delmar, **Dennis Lang** and **Marie Rudloff** of Menands, **Richard Myers** of Watervliet, and **Louise Remillard** of Scotia.

A Summer Walk by the Sea in Rockport, Massachusetts – Saturday, August 5

See May newsletter for additional information

Wednesday Walk Schedule

WALK WEEK	DATE	START/FINISH
9:00 AM & 6:00 PM		
1	May 3	Saratoga Springs West Side
2	May 10	Albany – Albany Tulip Festival Walk
3	May 17	Albany – Shaker Farms
4	May 24	Rensselaer
5	May 31	Broadalbin
6	June 7	Peebles Island – Waterford
7	June 14	Voorheesville – St. Mathews
8	June 21	Niskayuna - Ice Cream Social
9	June 28	Schenectady - Vale Cemetery Walk
6:45 AM, 9:00 AM & 6:00 PM Walks for July-August		
10	July 5	Schenectady – River Walk-SCCC
11	July 12	Round Lake
12	July 19	Ballston Spa
13	July 26	Ballston Lake – Rail Trail
14	August 2	Saratoga East Side
15	August 9	Albany – Washington Park Walk
16	August 16	Malta – Saratoga Tec-Smart Walk Troy
17	August 23	Troy – Sacred Heart Church
9:30 AM ONLY		
18	August 30	Glens Falls – Crandall Park

The walks will again 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 either the 10 km or the 5 km route depending on the wishes of the group.

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.

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.

Spring Traditional Events For 2017

Date	Day	Location	Comment
May 20	Saturday	Cambridge	We have not walked in Cambridge since 2003 so this is a good opportunity to revisit this small Washington County village located between the Hudson River and Green Mountains of Vermont. Link: http://www.walkescv.org/17cambridge.pdf
June 24	Saturday	Thacher Park	ESCV has walked in Thacher Park many times, but this is a special event as we will be celebrating the 30th anniversary of the club on this day. At noon we will raise a toast to the continued success of our club and sit down to a BBQ catered Dinosaur BBQ of Troy. Link: http://www.walkescv.org/17thacherpark.pdf

ESCV To Make Presentation Bid at 20th AVA Biennial Convention

After submitting an application to host the 21st AVA Convention in 2019, our club has been invited to make a presentation at this year's convention which will be held in June in Billings, Montana. We are currently in the process of updating the power point show that was shown in Salem, Oregon in 2015. Our work has been made much easier thanks to the work that **Marv** and **Vera Weiss** did two years ago. We invite everyone to the May Club meeting to see our new presentation.

Birthday Wishes

Happy May Birthday to . . .

Deborah D'Arcangelis
Tad Darling
Susan Duchnycz
Jan Golden

Susan Grey
Judith Kaufman
Kevin Lengyel
Jim Morzillo

Barbara Piffat
Miranda Rand
Marsha Ras
Joan Van Alphen

Joe Van Alphen
Sherrill Virkler
Karen Watson
Loueen Whalen

Happy June Birthday to . . .

Marion Averill
Lea Darling
Lucy Desjardins
Sharon Freedman
Larry Godshalk

Nancy Wallace
James Hayes
Sandra Hayes
Marilyn Huber
Lillian Julian

Sandra Laity
Christine Meinhold
Pamela Pearlman
Tim Sinnott
Eileen Skinner

Harlene Smalkin
Robert Suss
Jean Van Vranken



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.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.

From the Editor

Articles for the July newsletter are **due on Friday, June 23, 2017**. 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

MONTHLY MEETINGS

6:30 PM

May Meeting – May 16
June Meeting – June 20 – Election of Officers

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!



- American Volkssporters Association

www.ava.org



- Northeast Region

Chris Mellen – Northeast Regional Director www.avaclubs.org/NE_RD/



- International Federation of Popular Sports

<http://www.ivv-web.org/>

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	Joe VanAlphen	joevanalphen@yahoo.com
Purchasing	Winnie Balz	winnieeb@yahoo.com
Trail Master	Linda Morzillo	lindaf.morzillo@nycap.rr.com

Benefits of Volkssports

© 2017, Robert C. Wright and Suzanne Wright, RN

We all have our reasons for volkssporting. What about the benefits you derive?

Google “why walk” and get 389,000,000 results; search on “why volkssport” and get 52,800. Impressive, and daunting. It’s not that complex, really.

Let’s start from the outline of favorite reasons in a Volkssport trifold we produce, focusing on walking even though the other Volkssports offer similar benefits.

Walking and Volkssports Are Good for You

Health is oft cited for why. Here are some of the many benefits:

- Reduce blood pressure.
- Lower cholesterol, and increase “good” cholesterol.
- Strengthen heart, lungs, muscles, and immune system.
- Increase metabolism; cause weight loss.
- Reduce the possibility of disease, including cancers, and depression.
- Alleviate inflammation, pain, and anxiety.
- Help manage diabetes, asthma, arthritis, osteoporosis, and hormones.
- Improve self-esteem, self-confidence, and the sense of control and well-being.
- Enhance brain function and alertness.
- Allow for healthy pregnancy.
- Slow the physical and mental declines that accompany aging.

Walking and Volkssports Are Easy and Fun to Do

While so easy we take them for granted, and often don’t consider them a sport, truth is they are easy and fun.

How easy? You do it unconsciously, without thinking about it.

Special equipment? Just a pair of comfortable walking shoes. You’ll find everything else around the house.

It’s easy to find a place to walk. The whole world is at your feet. When there’s no pool or snow, or a safe biking trail, walk. In bad weather use the mall or a big box retail store. No need for the gym or a treadmill or elliptical machine.

Fun? Because of everything else it allows us to do. With others, talk along the way. It’s part of our other activities—playing with (grand)children; exploring the

world; going to school, church, the movies, shopping, and dining. Do it while playing with your dog.

Walking and Volkssports Are Rewarding Too

Rewards can take many forms. Some are tangible, such as

- A tee shirt, medal, or patch.
- A certificate.
- A friendship.

(Yes, IVV events offer some of these too.)

Others are indirect:

- Enhanced performance and quality of life.
- Lower medical bills. (But higher walking shoe bills ☐)
- Adding years to your life and life to your years.

(Yes, IVV events give you these too.)

But those are only a portion of the rewards available to Volkssporters.

Volkssports Are Even More Rewarding

Volkssport rewards are more than the cumulative benefits of the various sports themselves.

Only IVV events offer the incentive of rewards for recurring participation—IVV Volkssport Achievement Awards program.

- International in scope—offered in over 40 countries
- Points (events, kilometers) don’t expire

Learn More

Walking with a Doc has a wall at its headquarters with 100 reasons listed. And the online list, hyperlinked to additional details, is at walkwithadoc.org/why-walk/.

Volkssport benefits abound no matter your reason.

That’s reason enough to go Volkssporting. Not sure? Google it.

Contact us: 43224 Cardston Pl, Leesburg, VA 20176-6459, or rwright2@jhu.edu.

Always capitalize Volkssport!

(A 2012 study found that a middle-aged person briskly walking 150 minutes/week could increase life expectancy on average 3.4 years, for 75 minutes 1.8 years.) 116

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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

Volkssporters on the go . . .



Schenectady – March 29

Photos by Linda Morzillo



Saratoga Spa Park – April 5

Photos by Linda Morzillo



Amsterdam – April 22

Photos by Linda Morzillo





Albany 6K – April 24

Photo by Christine Yost



Preview of Cambridge Walk

Photos by Linda Morzillo





30th ESCV Anniversary Party

Hope you have saved Saturday, June 24, 2017, for the celebration of our club's **30th Anniversary** in Thacher Park.

There will be a BBQ after the walk catered by **Dinosaur BBQ** in Troy. A choice of meats and side dishes will be served at approximately noon. Water and lemonade will be provided.

Yes, there will be a cake. All this for **\$21 per member** and **\$24 for non-members!**

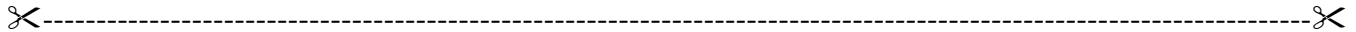


Saturday, June 24, 2017

Thacher State Park, Paint Mine Pavilion, Voorheesville, NY

Cost of \$21 per member or \$24 per non-member payment **must be received by June 16.**
Please complete the reservation form and send it to Mary Sorell along with your check made out to ESCV.

There is NO pre-registration for this walk.



30th ESCV Anniversary Party Reservation Form



Send Total \$ via check made out to ESCV by Friday, June 16, 2017 to:
Mary Sorell, 1421 1st Ave., Watervliet, NY 12189



Member's Name & Phone Number	Member \$21
	\$
Non-Member's Name & Phone Number	Non-Member \$24
	\$
Deadline: Friday, June 16th	Total
	\$



FINGER LAKES BUS TRIP

September 10, 11 and 12, 2017

Our three day, two night trip to the Finger Lakes region starts at 7:15 a.m. from **Yankee Trails** and will make a stop at **Latham Farms**. Yankee Trails is located at 569 Third Avenue Ext., Rensselaer, NY 12144 and they have plenty of long-term parking.

The cost is \$460 per person, double occupancy and will include:

- Transportation;
- Luggage porter;
- Yankee Trails escort;
- Hotel for 2 nights (Best Western Inn, Seneca Falls and Hampton Inn, Horseheads);
- 2 breakfasts;
- 1 cocktail dinner cruise on Lake Seneca;
- 3 walks (Geneva, Ithaca and Watkins Glen);
- Seneca Falls Women's Rights museum;
- 2 wineries for wine tastings – coupons included (Lakewood Winery and Fox Run Vineyards),
- Driver and escort tips (does not include hotel maid tips).

Please let me know if you'd be willing to be in charge of a walk.

Further inquiries, please contact Marion Averill 941-761-0029, email walkingaverills@aol.com

Deposit of \$100 per person by April 26. ... Final payment of \$360 p.p due July 12.

(check made out to YANKEE TRAILS) should be sent to:

Marion Averill, 17 N. Lyons Ave., Menands, NY 12204

NOTE: A minimum of thirty-three (33) people is needed for the tour to proceed. Seats are available on a first-come first-served basis. There will be a waiting list. If you sign up and cannot go, you will be able to get a refund only if you are replaced from the waiting list or you find your own replacement.

✂-----✂

Please reserve ____ seat(s) on the **FINGER LAKES BUS TRIP – September 10, 11 and 12, 2017**

Name _____

Address _____

Cell Number _____ E-mail address _____

Roommate name: _____

(Please indicate if roommate is sending deposit with separate reservation application: YES ____ NO ____

Address _____

Cell Number _____ E-mail address _____

Pick up location (check one): Yankee Trails _____ Latham Farms _____

I will be in charge of a walk. _____

I would like to help with a walk. _____

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



MONTHLY MEETINGS

6:30 PM

May Meeting – May 16
June Meeting – June 20 – Election of Officers

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!