



# Empire State Capital Volkssporters

## Walking Club in the Capital Region of New York State



Member American Volkssport Association and the International Federation of Popular Sports



WWW.WALKESCV.ORG

SEPTEMBER 2018

### 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\*

Sept. 12 .....	Clifton Park
Sept. 30 .....	Lake Placid
Oct. 3 .....	Albany/Colonie
Oct. 6 .....	Cooperstown
Oct. 7 .....	Lake George
Oct. 10 .....	Williamstown
Oct. 14 .....	Troy
Oct. 17 .....	Saratoga Nat'l Historic Park
Oct. 20 .....	Carago Lake
Oct. 21 .....	Saratoga City
Oct. 24 .....	Scotia

### One-Day Traditional Events

Sept. 22 .....	Altamont
Oct. 13 .....	Schodack Island State Park
Nov. 4 .....	Albany-Pizza Party
Dec. 1 .....	Schenectady NY-Holiday Party

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

Firstly, congratulations to all the walkers who ignored the thermometer and donned sneakers for the Wednesday walk program. Our numbers were down about ten percent from last year but, given the warnings from the weather forecasters about being outside during the many heat waves, it's amazing the participation numbers were as good as they were. Credit goes to the POC's and the many volunteers who again showcased our club as a well organized and fun group of nice folks.

Now it's time to find the jackets and mark calendars for a busy fall schedule of group walks and some exciting traditional events to be held in Altamont and Schodack State Park. We haven't walked in either place for many years so do come out for the events.

It goes without saying that the AVA convention committee has been hard at work all summer planning for the June events. Check out the convention website. Eileen Skinner updates it frequently as information comes in and it really does look exciting.

*Happy walking everyone, Teresa*

### ★★★ Important Notices ★★★

**Congratulations** to Chris Yost, Rachel Trier and Thad Trier for completing the Centurion Challenge in 2017. That means they did one hundred volkswalks in a calendar year.

**Traditional Event:** Walk a new route in Altamont on Saturday, September 22. Please note the registration begins at 10 AM.

**Save Wednesday, September 26** for an informal walk up Vrooman's Nose to be led by Winnie Balz. The views of the Schoharie Valley are spectacular. The trail is a mile to the top, perhaps a 300-400 ft. ascent. Bring walking stick and water.

**Oktoberfest registration form is on page 3.**

Fingers crossed for good color.

**The Next Club meeting: October 19 at 6:30 pm at the Latham Firehouse. Articles for the next newsletter are due September 30. Please send to [arden.lawand@verizon.net](mailto:arden.lawand@verizon.net).**

★ Please 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.

## WALK~Altamont NY

### Saturday, September 22, 2018

An early name of Altamont was Hellebergh (the village below the bright mountains). The town built up because it was half way between the fertile Schoharie Valley and the markets in Albany. Stage coach teams changed horses here and stayed overnight at the inns.

In 1863 the Albany-Susquehanna Railroad tracks were laid and a modern village grew up around them. Today, the Altamont Free Library has replaced the refurbished train depot. Trains brought not only commerce and building materials to the growing community, they brought Albany residents seeking the cool, fresh air of the countryside.

**Start/Finish:** Altamont Free Library **Time:** Registration begins 10:00 am, Start anytime between 10:00 am and Noon. Finish by 3:00 pm.

**Trail Rated:** 1B for 5k walkers. Mostly on city streets with one footbridge. Dogs okay. Suitable for strollers and wheelchairs. 2B for 10k walkers. Second half entails some wooded trails, slight elevation changes, roots and rocks. <http://www.walkescv.org/18altamont.pdf>



The Wednesday Walk Committee will be meeting in October. Please let Sue Burke know you have a favorite walk you would like to see repeated or returned to the schedule.



Ballston Spa  
Wednesday July 18, 2018  
★ 84 Walkers







# ESCV Oktoberfest Party

## Saturday, October 13, 2018

### Schodack Island State Park



This year's Oktoberfest is being held on Saturday, October 13, 2018 at Schodack Island State Park, NY.- Sue Grey is serving as chairperson.

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 October 5, 2018. Make your check payable to ESCV. Note: There is NO pre-registration for this walk.

**Oktoberfest Party on Saturday, October 13, 2018**  
**Please send check made out to ESCV by October 5 to:**  
**Sue Grey, 134 Acorn Drive, Glenville, NY 12302**

Name: \_\_\_\_\_ Phone \_\_\_\_\_

**\$6 per person**

*Mark your choice (X)*

Hot Dog	Knockwurst	Bratwurst
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 below 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 Friday, October 5, 2018**



Waterford  
July 11, 2018  
★  
70 Walkers



Ballston Spa July 18, 2018  
★ 84 Walkers







Schenectady - River Walk August 22, 2018 ★ 36 Walkers



Happy Birthday Ed Koch  
August 1  
Saratoga East Side  
★ 53 Walkers



★ 48 Walkers

Thacher Park August 29





*For New Members:* **CHECKPOINT** - AVA puts out a digital newsletter known as the Checkpoint each month full of information about the national club. The Checkpoint is available via email to all club members who request it. To receive an electronic copy, send an email to the attention of Samanta requesting that you be put on our distribution list. Please note on the subject line: Request for Checkpoint. Send your request to Samanta at samanta@ava.org. An even easier way to read the Checkpoint is to go to our own club website and click on the link AVA News. It is posted monthly.

## New Membership Incentive

As an incentive to grow our membership ranks the club has authorized offering complementary membership for the remainder of 2018 for any new member that purchases a New Walker Program packet.

These are the white packets we get from AVA that include coupons for free walks and the initial walker **EVENT** and **DISTANCE** booklets.

The POCs for upcoming walks should have these New Walker packets available. If you have anyone, neighbor, relative, reluctant spouse, that might be interested in volkssporting this would be a great time to invite them along for a walk. Just make sure if they purchase the New Walker packet that they fill out a ESCV membership form, write **COMPLEMENTARY** on it and turn it in to the POC of the walk or mail it to the club PO BOX. ***If you have any question contact Larry Godshalk, Membership Chairman at 518-399-6041***

## Membership



Larry Godshalk  
email: lgodshalk@nycap.rr.com

Ten new members have joined the club over the last month. That brings our active membership to **282** walkers.

***Please welcome the following new members when you see them on the trail:***

Sarah Cornett of Amsterdam; Delarue Fleck of Ballston Spa; Steve Boras of Cairo; Nicolle Signoracci of Cohoes; Machteld DePoortere, John Lavash and Mary Rose Duncan of Niskayuna; Guillermina Sepu of Rotterdam Junction; Bill Fox of Saratoga Springs and Nancy Deratzian of Watervliet.

## 2018-2019 ESCV Officers



President ..... Teresa Kennedy  
Vice President..... Wayne Knapp  
Secretary ..... Chris Yost  
Treasurer ..... Warren Lavery

## Event and Distance Milestones

### *Congratulations*

to all our members who completed event and/or distance milestones published in the American Wanderer. The achievements below are from the April/May, June/July and Aug/Sept. 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.

### ★ EVENTS

300: Chris Yost  
450: Beth Snyder  
500: Karen Watson, Vera Weiss  
600: Rita Gavin  
700: Dave Averill, Marion Averill

### ★ DISTANCE

3500k: Barbara Popolizio, Beth Snyder  
6500k: Dave Averill, Marion Averill  
7500k: Jackie Reynolds  
8000k: Doug Reynolds

**CONGRATULATIONS TO THE THREE CLUB MEMBERS WHO COMPLETED THE CENTURION CHALLENGE IN 2017:**

★ Rachel Trier ★ Thad Trier ★ Chris Yost ★

They were the **ONLY** walkers from New York State to complete the challenge!



# Convention Notes...

## Pre-Convention Walks



Unveiling the  
CONVENTION  
PATCHES

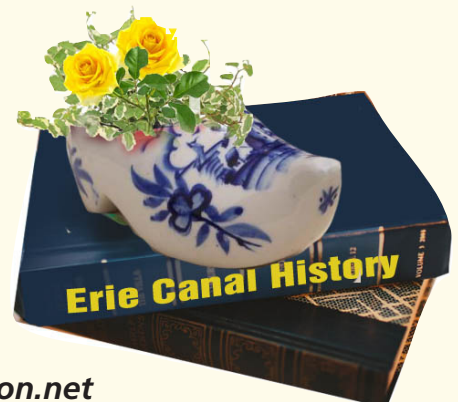
## Convention Walks



## Post-Convention Walks



*Calling all teachers (present and past) along with creative fun loving folks to help come up with our Convention Banquet Dinner table centerpieces. These centerpieces have traditionally gone home with someone sitting at the table through bidding, a number under the seat, come up with something unique and fun. I have collected many lovely Dutch items already that might work. Our theme is Walk Thru History so, perhaps one could incorporate this also. To volunteer and information, Lea Darling, [leadarling@verizon.net](mailto:leadarling@verizon.net)*





## One of the most fun filled activities during Biennial AVA Convention is often the...

Your committee members would like to add to this by reducing some of the cost of the Convention to ESCV. We would be very appreciative if you could donate some of the following items to our committee which would help us with the Silent Auction, the 50/50 raffle and other raffles we will be having during the Convention's stay in Albany:

**Pens** for recording bids, **baskets** to make the displays attractive (probably would not receive the basket back unless specifically specified — in that case we would need for you to put your name at the bottom of the basket along with your telephone number), **gift wrapping paper, bows, shredded strips and/or Easter "grass"** to help make the Silent Auction items more appealing, **cellophane or similar material** so the items would be more easily seen, **blue painter's tape** to be used for sticking papers and other material on the silent auction room walls so we will not take off the paint, and **shrink wrap** to use for displaying items.

## Please ask friends for help in obtaining the above items.

The committee will be saving these items throughout the following year. We will need these items by May or the latest June 1st 2019. If you can get them to us sooner, that would be great as well.

The Silent Auction committee has already met twice and has a great deal of preparation even before the start of the Convention.

***We desperately need volunteers to help during the actual Convention.***



Wednesday and Thursday (June 12th and 13th), we will need many people to sign up for time slots to help out in the Silent Auction Room. You will be monitoring people as they come in and browse and be making sure that nothing leaves the room except for the people that came in!!! Greeting people as they enter the room will be very important and also explaining the raffles and 50/50. Your committee will explain these raffles and answer any of your questions you might have. It should be fun to meet AVA walkers from all over the country!

Each ESCV member is the "glue" that helps bring an event together and to make it a success. Thank you in advance for any help you can offer us.

### Silent Auction Committee:

John Sowa – Chair [sowaJ@union.edu](mailto:sowaJ@union.edu)  
518-399-3949 or 518-788-1181

Vera & Marv Weiss [vweiss@nycap.rr.com](mailto:vweiss@nycap.rr.com)  
518-399-1798

Sue Grey [susanbg2@yahoo.com](mailto:susanbg2@yahoo.com)  
518-399-0159

Pat Mahoney [crewmom8@gmail.com](mailto:crewmom8@gmail.com)  
518-399-6961 or 518-369-8896

Cathy & Frank Edwards [fwedwards@aol.com](mailto:fwedwards@aol.com)



# Save the Date . . . 20th Annual Walk & Pizza Party Sunday, November 4th



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

e-mail davidjaniga@urbanhiker.aol.com

More information in the next newsletter.

## ESCV Club Contacts

Office / Committee	Name	email
President.....	Teresa Kennedy .....	Forty6er3K@aol.com
Vice President .....	Wayne Knapp.....	wayneknapp@gmail.com
Secretary.....	Chris Yost .....	cyost@nycap.rr.com
Treasurer .....	Warren Lavery.....	warrenlavery@gmail.com
Historian .....	Dan Schryver.....	Dschryver@aol.com
Membership & Email Updates.....	Larry Godshalk.....	Lgodshal@nycap.rr.com
Name Tag Orders.....	Laura Sheldon .....	Cost is \$8 & must be prepaid with a check; add \$1 for mailing; Laura can be reached at 886-1841 or E-mail at sheldon.laura1@gmail.com
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Wednesday Walk Coordinator .....	Sue Burke .....	svburke@nycap.rr.com
YRE/Seasonal Walks Chairperson .....	Liz Walsh.....	lizwalsh48@gmail.com
Webmaster.....	Eileen Skinner.....	EFSkinner@aol.com



## 2019 CONVENTION — Walk Thru History

Co-Chairs .....	Lea Darling.....	leadarling@verizon.net
	Teresa Kennedy .....	Forty6er3K@aol.com
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Walks .....	Barbara Kolapakka.....	bkola672@gmail.com
Walks Equipment .....	Kathy Mack.....	kmack1952@gmail.com
	Wayne Knapp.....	wayneknapp@gmail.com
Web Master .....	Eileen Skinner .....	EFSkinner@aol.com



# AVA 21st Biennial Convention

**June 9-16, 2019**

## Albany NY

★ Empire State Capital Volkssporters ★ Northeast Region ★



**21st AVA CONVENTION • ALBANY, NEW YORK**  
**WALK THRU HISTORY**  
**JUNE 9-16, 2019**

**AVA**  
*Fun, Fitness, Friendship*  
 America's Walking Club

— Pre-Convention Walks —  
 June 9th Portsmouth NH  
 June 10th Danvers MA  
 June 11th Springfield MA

— Convention Walks —  
 June 12th Cohoes/Waterford NY  
 June 13th Saratoga National  
 Historical Park & Schuylerville NY  
 June 14th Presidents Walk Albany NY

— Post-Convention Walks —  
 June 15th Cooperstown NY  
 June 16th Buffalo NY

<http://www.walkescv.org/>

### The convention website is live.

Go to the ESCV home website and click on the link for convention.  
 Check back often as this site is still a work in progress.  
<http://www.walkescv.org/ava2019convention/welcome.html>



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



Northeast Region  
 Chris Mellen – Northeast Regional Director  
[www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)



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



Volunteer information, Lea Darling  
[leadarling@verizon.net](mailto:leadarling@verizon.net)



International Federation of Popular Sports  
<http://www.ivv-web.org/>