



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 2013

Walk Schedule:

All dates and times as of publication are subject to change. Walkers are encouraged to **check the ESCV website**.

Registration begins 30 minutes prior to start.

Wednesday Walks

Scheduled May through August

One-Day Traditional Events

Oct 12 (Sat) – [Guilderland, Oktoberfest](#)

Nov 3 (Sun) – [Ballston Lake, Pasta Party](#)

Dec 7 (Sat) – Schenectady, Holiday Party

Year Round & Seasonal Walks

Start time: Tues, Wed & Sat 10 am;
Sun 1:30 pm

Oct 2 (Wed) – Cooperstown

Oct 6 (Sun) – Bennington, VT

Oct 20 (Sun) – Williamstown, MA

Oct 26 (Sat) – Lake George

Oct 30 (Wed) – Saratoga Springs

Nov 6 (Wed) – Schenectady

Nov 10 (Sun) – Albany (Capital Walk)

Nov 20 (Wed) – Colonie Crossings

Dec 7 (Sat) – Schenectady

Please refer to Walk Booklet for directions. Hint: Use are Google Calendar to get to 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

www.walkescv.org/



The Walkinggirl's Words

Fall is officially here and many people consider this season to be the **very best** time of year for walking. The second group walks for our year-round and seasonal events are in full swing and many walkers are filling their second incentive book. Thank you to Vera Weiss, Nellie Georgelos, Barbara Nigro and Eileen Skinner for being the POCs of the Scotia, Johnstown, Caroga Lake and Clifton Park walks; the group walks at these places took place during September. Many thanks to all of the people who helped by signing people in, collecting money, stamping books and leading the walking groups. There are many upcoming events on the calendar!

Carol Sorensen, POC, is doing the final preparations for the Oktoberfest walk that will take place on October 12th at Tawasentha Park in the Town of Guilderland. Kathy and Jim Brown are organizing the many tasks that will make the Oktoberfest a memorable event. Here is a good example of a place, to my knowledge, where we've never had a walk before. We welcome the opportunity to learn of and to walk in new places. If you have an idea, please do share it!

The walking achievements of our members are celebrated at the Pasta Party that has become an enjoyable yearly event held on the first Sunday in November -- now in its **15th** year! POC Laura Sheldon is overseeing the walk that will take place before dinner. Be sure to look for and send in your reservation form found elsewhere in this newsletter. Also in this newsletter there is an article by Eileen Skinner and John Cairns about the history of this party. Thank you, Club Historian Dan Schryver, for consulting your archives to verify certain details of its history. After this year's Pasta Party on November 2nd, Mary Ellen and Randy Putnam are stepping down from their roles as co-chairpersons of this event. David Janiga and Warren Laverty have volunteered to be the next co-chairpersons! Dave and Warren will be assisting the Putnams this year; all of the knowledge regarding the planning and staging of this party will be passed from the old chair-people to the new. On behalf of ESCV, thank you Mary Ellen and Randy for chairing the Pasta Party during these last years, your organizational skills made your efforts so successful! Dave and Warren will be continuing the tradition which has become an important part of our club's culture.

During 2013, The Finger Lakes Region Volkswalk Club is celebrating "20 years of walking together", the Niagara Escarpment Volkssport Association is also celebrating their 20th anniversary" and the Volkssport Club at West Point is celebrating their 25th anniversary. Congratulations to all three clubs and ESCV sends wishes for many more years of FUN, FITNESS and FRIENDSHIP! Meals are often part of festivities; therefore, we will add the fourth F: FOOD to be shared and enjoyed together! Thank

(continued on next page)

The Walkinggirl's Words – (continued)

you, Kathy LeRoux, for sending greeting cards to these clubs to mark these important milestones.

We thank our volunteers in columns such as this, verbally at ESCV events, and in personal e-mails. Lea Darling, our past president, was hoping to establish a system for acknowledging the many volunteers who make ESCV the successful and active organization that it is, but other events demanded her time and energy. Along with the agenda to our September meeting, there was sent a separate document, "Acknowledging our Volunteers," which I encourage you to read. It was noted as New Business at our club meeting and I felt that people needed time to think about and discuss the idea with others. We will discuss it further at the November meeting and probably make a motion on it at that time. Feel free to e-mail or call me with your comments, your opinion counts!

We hope we are never faced with an emergency situation where a member cannot carry out a task for which he/she has volunteered to do. To expect that this will never happen is being in denial; we need to be pro-active in thinking about the needs of ESCV just as we need to in our personal lives. Doug Reynolds and I have been discussing this issue; there are clubs that have ceased to exist because the person who knew how to carry out their club's essential tasks was no longer able to. At AVA Headquarters the staff is cross-trained so that tasks can be completed by more than one person. The many people in our club collectively have the knowledge to carry out almost all of the necessary tasks to keep ESCV running smoothly. For example, if someone was needed to step in to act as a POC on an emergency basis, many people have the knowledge and experience. Many ESCV people know how to do many things, from sanctioning events to being president. In other situations, where only one person has the tools and knowledge to carry out a task, that person has been asked to come up with a pro-active plan to ensure continuity.

ESCV has begun to establish a Speaker Bureau. Dave Golden thought that it would be a good opportunity to prepare a program to inform various groups about AVA in general and ESCV specifically. One of the places under consideration is Empire State College's Academy for Lifelong Learning. If you would like to be a part of this endeavor, please contact Dave.

Plans for 2014 are underway! Liz Walsh, our YRE/Seasonal coordinator, worked for many hours to update the information for those walks in 2014. Thank you, Liz, and thank you Barbara Kolapakka for your work in this capacity for the last few years. Teresa Kennedy will soon be finished setting the schedule for our Traditional Events (One-Day), held on weekends. Liz works with Teresa to coordinate the dates for the YRE/Seasonal Group Walks and the schedule will soon be finalized. Barbara and Mike Popolizio have begun planning for our Wednesday Walks which start the first week in May and end at the end of August.

See you on the walks!

Linda



- ESCV NEWS



Looking for a Bus Trip Organizer

ESCV is looking for a bus trip organizer to get us to area clubs Traditional Walks. We'd like to support our local North East sister clubs and go to their events, perhaps 2- 3 one day trips in 2014 and avoid conflicts with ESCV Traditional Walks. Give this some serious thought and say "YES". You will have plenty of support to make this a success. Give Linda Morzillo a call or send her an email if interested.



Oktoberfest Walk/Party Saturday, October 12, 2013

Oktoberfest Logistics Update:

Kathy and Jim Brown would like to remind people to bring utensils for the use of their food, and to please put it out on the specified tables, ready for eating. Before you leave the park at the end of the Oktoberfest, please make sure you take your bowls, platters and utensils home with you! Kathy said, "We don't want to have to find the owners. I still have some left from last year."

15th Annual Walk/Pasta Party Sunday, November 3rd



at Our Lady of Grace Church
Ballston Lake, NY



<http://www.walkescv.org/13ballstonlakeregistration.pdf> or last page for details.

Origin and Brief History of ESCV Annual Pasta Party - 1st Sunday In November (15th Year)

By Eileen Skinner & John Cairns (original founders of this event)

On November 1, 1998, to honor Ron Hersh, who had recently completed his 50 states, our club held a walk and surprise dinner at St. Edward's Church in Clifton Park. Ron accomplished his goal before succumbing to ALS (Lou Gehrig's disease).



Ron's tireless work (also creator of the Wednesday Walks - **more on that history next spring**), along with the work of many others was the reason for the early successes of ESCV.

The walk trail wound through the Clifton Knolls Neighborhood of Clifton Park that has many streets with Spanish names. Since his mother's first language was Spanish, Ron learned it along with English. Many friends traveled far and near to join the walk and celebration. Mary Ptacek, head of Tater Tours, flew here from Las Vegas to surprise Ron (he had gone on many walking tours with her over the years) to **lead the walk** and honor him.

A dinner party followed at St. Edwards Church with over 100 attendees. Many tributes were given and Joe Piffat, who was the NERD at the time, presented Ron with the AVA President's Award. This is AVA's highest award. Other Northeast Club presidents and members were also present.

As a result of this special Walk & Dinner, Eileen and Dave Skinner, along with Fr. Jack Cairns decided to start an annual **PIZZA Party Walk** the following year (1999) at St. Edwards. This Event, (now called the Pasta Party) continues into its 15th year.

In 2006, we decided to change from Pizza to a catered Pasta Party. In 2009, upon the retirement of Fr. Jack from St. Edwards, the walk and Pasta Party was moved to Our Lady of Grace in Ballston Lake. Lea Darling took over the task of coordinating this Event at this time. In 2012, Randy and Mary Ellen Putnam became the 3rd Coordinators of the Pasta Party and Laura Sheldon as POC of the walk.

Today, we continue this tradition by celebrating the Volkssporting accomplishments of our club members each year on the first Sunday in November. This year's event is Sunday, November 3rd.

Guide To Walk Types

by Barbara Kolapakka

Like any sport volkswalking has its own jargon, particularly when it comes to labeling the type of walk being offered. New members, and even some old ones, can be confused by the different terms so here's a brief guide:

Sanctioned Events – All events run by our club must be sanctioned by our national organization, the American Volkssporting Association (AVA). Without the sanction, you cannot receive credit in your award books for doing the walk. The AVA sanction includes significant liability insurance coverage for our club during the walk.

While most sanctioned events are walks, they may also include cross country skiing, snowshoeing, bicycling, and swimming. ESCV currently has two winter routes which are suitable for cross country skiing and snowshoeing. Event and distance credit for these events are recorded in your walk books.

AVA sanctioned events are placed in one of two categories: traditional and year round (YRE).

Traditional – Traditional events are “one-time-only” walks which are usually run for only one day (although sometimes they may be offered on two or more successive days). Usually at a traditional event you sign in, pay the walk fee, and then receive walk directions and a map along with a **start card**. You may walk by yourself or with others. There are usually from one to three questions in the walk directions for which you will find the answers along the walk route. You enter your answers, called **checkpoints**, on the start card. Sometimes manned checkpoints are places along the route and someone will stamp or punch your start card. When you have returned to the start point upon finishing the walk, hand in your start card & have your books stamped. There is no designated leader unless it is a guided walk.

Traditional events may be SANCTIONED as **Guided**. Our **Wednesday walk** series is an example of a guided walks. You do not receive directions or a start card, but instead, follow a leader who will guide you on the route. Typically we will have a 10k and a 5k group.

Year Round/Seasonal – Year round/seasonal events are “do-it-yourself” walks. Each walk has a permanent start point, usually a business or other public place, where a start box is located. The start box includes a registration form, start cards and directions/maps. ESCV and many other clubs' boxes include return envelopes in which to place your start card and walk fees to mail back to the **point of contact (POC)** for the walk.

The only difference between a year round event (YRE) and a seasonal is the length of time it is opening for walking. YRE's are open for 12 months while seasonals have a shorter open period.

Many clubs, including ours, hold **Group Walks** of their YRE/seasonals from time to time. ESCV has a group walk of each of its YRE/Seasonals twice a year. **Group walks are NOT guided walks**, just a chance to walk together. While the POC may be present at a group walk, he or she is not required to be there & **there is NO Leader**. Typically, participants may decide to walk in one or more groups. This is a great chance for walkers to learn how to read and follow directions so that they may participate on their own in many walks around the country on their own.

Record Book Cost Increase

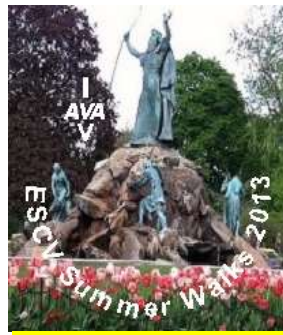
It was decided at the August NEC meeting that the cost of record books will increase by \$1 beginning October 1, 2013. They will now cost \$6. The shipping fee remains the same at \$1.50 for one to four books.

At the September ESCV Meeting, it was voted that we raise the price to \$6 for Event and Distance books starting January 1, 2014.

Congratulations to all who earned this year's award button for 10+ Walks during the 2013 Wednesday Walks

Mary Agars
Dave Averill
Marion Averill
Winnie Balz
James Brown
Kathy Brown
John Cairns
Lea Darling
Dawn Desroches
Cathy Edwards
Frank Edwards
Martha Flanagan
Rita Gavin

Bernie Geren
Marylou Geren
Larry Godshalk
Dave Janiga
Judith Kaufman
Carol Kirk
Ed Koch
Emily Koch
Barbara Kolapakka
Carol Kubuskie
Midge Launsbach
Warren Lavery
Adrienne Levinthal



56 Buttons Earned

Alan Longshore
Catherine Marrano
Bob McElroy
Cathy McGuire

Linda Morzillo
Barb Nigro
Gail Ostrander
Jean Padula
Joe Padula
Dorothy Pazinko
Barbara Piliere
Jean Powis
Steve Ras
Pat Reed
Doug Reynolds
Jackie Reynolds
Pat Rousseau

Dan Schryver
Eleanor Shutter
Eileen Skinner
Beth Snyder
Carol Sorensen
Mary Sorrel
Pat Steadman
Joan VanAlpin
Annalisa VanAvery
Joan VanSlyke
Nancy Wallace
Karen Watson
Loueen Whalen

2013 Wednesday Walk Participation

WALK #	DATE	WALK	TOTAL WALKERS	6:45AM	9:00	6PM		CREDIT	NON CREDIT	NWC
1	1-May	Saratoga West Side	56		46	10		46	10	2
2	8-May	Corning Preserve	48		48	0		40	8	1
3	15-May	Oakwood Cemetery	60		60			41	19	1
4	22-May	Broadalbin	43		39	4		41	2	1
5	29-May	Round Lake	64		49	15		57	7	3
6	5-Jun	Cohoes/Waterford	99		83	16		77	22	3
7	12-Jun	Thacher Park	48		39	9		43	5	
8	29-Jun	Niskayuna/ Blatnik Pk.	104		97	7		87	17	
9	26-Jun	Colonie Town Park	59		55	4		55	4	3
10	3-Jul	Schenectady/Vale	66	7	57	2		48	18	
11	10-Jul	Voorheesville	54	10	44	0		48	6	1
12	17-Jul	Malta-Shenentaha	58	16	42	0		51	7	
13	24-Jul	Ballston Spa	87	16	68	3		70	17	
14	31-Jul	Glenville-Indian Mea	72	7	61	4		61	11	1
15	7-Aug	Saratoga East Side	85	11	71	3		67	18	
16	14-Aug	Albany-Washington Pk	59	9	44	6		48	11	
17	21-Aug	Menands	69	10	53	6		54	15	1
18	28-Aug	Northville	65		65			56	9	
		TOTALS	1196	86	1021	89		990	206	17

Volkssporting Achievements November 2012 - November 2013

If you have completed 50 States and/or 51 Capitals since the last Pasta Party, please notify Linda Morzillo. I am aware that 4 people (SP, PW, PB and KL) finished 50 states in California in May and one person (ES) completed 51 capitals.

MONTHLY MEETING

October 2013
NO MEETING

ESCV Meetings 2013-2014

ESCV meetings will be held at the Latham Fire House, 226 Old Loudon Rd in Latham at 6:30 PM. The room is reserved for September 17 and November 19, 2013 as well as February 18, March 18, April 15, May 20 and June 17, 2014. The room is unavailable the third Tuesday in October, therefore **we will not have a meeting in October.**

ESCV Meeting Programs

In the future, if a member would like to present a program to the membership at a meeting, please notify the club president. The two of you will decide when and at what time. We will no longer have a program chairperson.

Birthday Wishes

Happy October Birthday to . .

Jim Bold
Ellen Brown
Bill Egan
Daniel Ertel
Donna Faber

Martha Flanagan
Kay Graber
Frank Healey
Lucy Healey
Mary Lou Hodge

Wayne Knapp
Alan Longshore
Maureen Martelle
Kathy McCabe
Kelsey Murphy

Patricia Rousseau
Richard Welkley



Sunshine and Cards of Care

Longtime members **Bill Hughes, Marge Shanley, Barbara Green, Jack Hickey** and **Lisa Holt** are slowly gaining strength in their daily fight to get better. Perhaps you'd like to drop a card off to them at their home addresses to let them know they are in our thoughts and prayers. **Jean Eaton** is recovering at her daughter's home, please contact Kathy LeRoux, Carol Kennedy or Linda Morzillo for the address.

Please let our Sunshine Secretary Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating. She can be reached at her home phone 438-1947 or by e-mail kleroux1@nycap.rr.com. You can also see her at the monthly ESCV club meetings.

Membership

Tad Darling - harrydarling@verizon.net

E-Mail Updates

If your e-mail has changed, let Tad Darling know. harrydarling@verizon.net

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.

From the Editor

Articles for the November newsletter are **due on Friday, October 18, 2013**. 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

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- American Volkssporters Association

ESCV is well-represented in the October/November issue of *The American Wanderer*! The headline is the sad fact that Kenn Knopp, Volkssporting's founding father, passed away on July 15, 2013.

Tad Darling's excellent article, originally published in the ESCV Newsletter dated April 2012, titled "What was the Chance?" relates Lea's and his memorable encounter with Kenn while in Fredericksburg, the birthplace of American Volkswalking during the Travelwalk trip to Texas. The Darlings had just entered a German bakery and restaurant and to make a long story short, they had the good fortune to enjoy both Kenn's company while eating his recommended German lunch.

The Northeast News section has an excellent article about ESCV's annual walk and pasta party from an historical viewpoint, a version of which is included in this newsletter. Thank you, Eileen Skinner and John Cairns for your well-written article which includes three photos. Now, every AVA and ESCV member knows why we have a pasta party the first Sunday afternoon each November!

The front of Section B includes a photo taken by Linda Morzillo and shows people walking behind a waterfall on the Indian Ladder Trail during the 6 PM Wednesday Walk led by Winnie Baltz.

October is National Volkssport Month

Article from Checkpoint, September 2013 edition

Serious national recognition of Volkssporting began in 1987 with the Nationwide Volkssport Weekend. In 1991, the AVA National Executive Council (NEC) expanded the celebration to the entire month of September, and now of course, that has changed to October. The name was also changed to the National Volkssport Month. Any event taking place in October can be designated as part of the national celebration and the approved patch to commemorate the occasion is available for purchase. The patch design was submitted by Dorm Batson of the Northwest Region and depicts a beautiful fall scene on a full-color, 100% embroidered cloth patch.



Historically, the October month was selected to take advantage of more favorable weather conditions in most parts of the country. Additionally, it was felt that October dates could be more often coordinated with local autumn festivals such as Oktoberfest. This month normally generates the largest percentage of established, sanctioned activities during the year as well.

All AVA clubs are encouraged to plan an event in October in recognition of National Volkssport Month.

Winnie Balz, our merchandising person, has ordered a number of these colorful 100% embroidered patches which will be available for \$2.50 at October walks until the supply is gone. You may reserve one by contacting Winnie at 372-3663 or WinnieB@yahoo.com

Postal Service Problems

AVA Headquarters has been experiencing problems with incoming and outgoing mail items being damaged or lost. We reported this to the postal service and suggest that you copy your books prior to sending them to us. We have no way to recreate your books. You can add a tracking service to your mailed items for about 90 cents.

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- Northeast Region

N.E.R.D. News

Doug Reynolds – Northeast Regional Director

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 Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	Lmorzillo@yahoo.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Cathy McGuire	Cmcg51@hotmail.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
Membership & Email Updates	Tad Darling	harrydarling@verizon.net
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 \$2 for mailing; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
Wednesday Walk Coordinator	Barbara Popolizio	mpopoli1@nycap.rr.com
Walk Development Comm. Chair	Teresa Kennedy	Forty6er3k@aol.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





Ballston Lake, NY

15th Annual Walk/Pasta Party

Sunday, November 3, 2013

5 Km (3.1 miles) –or- 10 Km (6.2 miles)

sponsored by: **EMPIRE STATE CAPITAL VOLKSSPORTERS**



START/FINISH: Our Lady of Grace Catholic Church, 73 Midline Road, Ballston Lake, New York

WALK REGISTRATION: 1:30 - 2:00 PM.

Our annual Pasta Party* will take place immediately after the group walk around 4:30 PM.

***A RESERVATION** is necessary for the **Pasta Party**. Cost per person is **\$15.00** which includes munchies, assorted meat and veggie pasta dishes, salad, beverage, & dessert. **Make check payable to: ESCV** and mail along with Reservation Form to: Randy & Mary Ellen Putnam, 26 Edgewood Drive, Burnt Hills, NY 12027. **Deadline is Thursday, Oct. 31th.**

GROUP WALK: Starts promptly at 2:00 PM. Finish around 4:15 PM. Pasta Party to follow.

IVV Credit.....\$3.00

Non IVV Credit.....\$2.00

DONATION JAR: Proceeds to go to Our Lady of Grace's Church.

COURSE: The course is rated 2. Follows paved streets and woods. Not suitable for wheelchairs and strollers.

PROCEDURE: Everyone must register & sign the waiver at the registration desk.

STIPULATIONS: With registration each participant accepts the guidelines for AVA Volkssport Events. Events are held regardless of weather. No refunds. Dogs are welcome on the walk **ONLY**, but must be on a leash and you must clean up after your dogs in Burnt Hills and Ballston Lake.

SMOKING: is prohibited in the Church.

RESTROOMS/WATER: Are available at the Start/Finish and Stewarts. In warm weather please carry water to prevent dehydration.

SPECIAL THANKS: to Parish Life Director Dorothy Sokol and Our Lady of Grace Church for the use of the Hall for the walk START/FINISH and the Pasta Party.

POC: Laura & Rick Sheldon, 518 384-0143 or sheldon.laura1@gmail.com

WALK BEGINS AT: Our Lady of Grace Church, 73 Midline Rd., Ballston Lake, NY

From the South and East (Albany) Take I-87 Northway to Exit 9, Route 146 west a few miles to Route 146A north. Follow this road several miles to the village of Ballston Lake, past the Stewarts, over the railroad track, through the orange blinking light. Our Lady of Grace is about a half mile up on the left. Park in back of the church. If you come to Route 50, you went too far.

From the North (Saratoga) Take Route 50 south through Ballston Spa for several miles and turn left onto Route 146A south. Our Lady of Grace will be about half mile down on the right side. Park in back of church.

From the West and Southwest (Schenectady) Take Route 50 north from Scotia through Glenville to the traffic light in Burnt Hills and take a right onto Lake Hill Road. Follow Lake Hill Road through the next traffic light and down to the blinking red light. Take a left on Route 146A north about a half mile to Our Lady of Grace on the left. Park in back of the church.

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Pasta Party RESERVATION FORM (Check(s) made out to ESCV, please)

Mail to: Randy & Mary Ellen Putnam, 26 Edgewood Drive, Burnt Hills, NY 12027

Name and Phone Number	Pasta Party \$15.00 per person
	\$
Deadline is Thursday, Oct. 31th	TOTAL SUBMITTED: \$

Merck Forest – Rupert, VT
Saturday, September 28, 2013



Photos by E. Brown