



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

DECEMBER 2014 / JANUARY 2015

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.**

One-Day Traditional Events

Start time: between. 9 – 12 noon

Finish by 3:00 pm,

Dec 6 – Schenectady, Holiday Party

Dec 13 – Saratoga Sp. Starts
10:11am

Year Round & Seasonal Walks

Start time: Wed & Sat 10 am;

Sun 1:30 pm

Jan 1 (Thur) – Albany

Jan 31 (Sat) – Saratoga Springs

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/



The Walkinggirl's Words

Here's wishing everyone a wonderful holiday season and that the New Year, 2015, is filled with **health, happiness** and **prosperity** along with exciting walking adventures. It's the time of year when the days are short, our earliest sunset time of 4:20 PM occurs for the week starting December 7th through the 14th. Our latest sunrise or 7:27 AM is December 31st through January 7th. The arrival of winter will occur on December 21st at 6:03 PM EST, marking the day with the fewest hours of daylight in Albany.

Our seasonal and year-round group walks have all been completed! Thinking back, we experienced all kinds of weather, hot and cold, wet and dry, but always with friends sharing our walking time. Of course, this would not be possible without the 14 different POCs of these sixteen walks as well as Liz Walsh, the coordinator of our YRE and Seasonal lineup. Can YOU think of an addition or a substitution or an improvement regarding those that we do? Please share your thoughts and ideas with the appropriate POC. Good changes keep the walks interesting.

Two POCs will be stepping down after 2015; Shirley Pingelski announced that Sue Grey and Rita Gavin will be Co-POCs in Williamstown. Ginger Ireton will be POC of Lake George (she offered and I accepted). It's a great opportunity for them to shadow a present POC before officially assuming their new roles. Any new POCs will be able to change the walks as they see fit; something good can always be made better!

Thank you to David Janiga and Warren Lavery and helpers for the great time we had at the pizza party and to Lucy Desjardins and helpers for planning the walk. Thank you, Club Historian Dan Schryver, for displaying the items documenting the history of our club. Thank you to Vera Weiss for organizing the walkers on that beautiful day. Marylou Geren (Hawaii), Rita Gavin (Nevada), Barbara Kolapakka (Alaska), and Bernie Geren (Hawaii), were the honorees, each completed the goal to walk in all 50 states during 2014, their 50th in parentheses. Will **YOU** be an honoree in 2015??

The Holiday Party is on Saturday, December 6th. Lucy Desjardins is stepping down as the planner after this 2014 event. Pat Rush is also stepping down as the Cookie House/Checkpoint volunteer. Lucy said that her job is quite easy and not very time consuming. Let Lucy or me know if you would do this starting in 2015. The Cookie House location will be dependent on the walk route and lunch venue and will be finalized by the new POC and the new chairperson. Lucy will reserve the Stockade Inn for 2015 at this time.

Be sure to read the two lovely articles written by Barbara Piffat (Try this Trail), and Joe Piffat (An Enhanced Life - Volkssporting Did It). Thank you both for taking the time to write these articles to share your experiences.

(continued on next page)

The Walkinggirl's Words – (continued)

The Convention Committee has met twice, and we are making progress! We will soon be making a final decision on the mascot and the theme for our Convention 2017 bid/proposal. **Your** ideas are welcome and needed, contact Lea or Vera through December 2nd. Several non-committee members have taken much time and have given much thought to this and shared their excellent ideas. There have been so many good visions of what we can do that it is mind-boggling. It all boils down to the simple fact that Upstate Eastern New York is truly a marvelous place with scenic, historical and cultural aspects everywhere, and we are *so proud and fortunate* to live here!

A smaller committee consisting of Lea Darling, Vera Weiss, Teresa Kennedy and myself met with an impressive and professional lady named Gina of the Albany County Convention and Visitor Bureau. The job of ACCVB is to bring conventions to Albany. Their access to resources and their free expertise will be priceless. We also checked out the Holiday Inn (news story update - has a buyer and is undergoing renovation), and the Marriott. There are a couple of more places to be visited and AVA will be making the final selection.

It will not be very long before we need to decide which walks we want to offer. I have said that they all need to be WOW walks, that is, our visitors expect to be impressed with what they learn and see - and we want them to be! Any YRE/Seasonal under consideration would be a Traditional Event for that day if selected and we would tweak the walk in a way to make it unique as a Convention walk. **What would YOU want a walking visitor to see when they are in this neck of the woods??** A HUGE consideration will be the parking at the Start/Finish. We might get at least 200 cars and several buses that will need parking. The buses will probably be able to park somewhere else but we do need parking at the site and close by. Please let Bernie Geren know your walk ideas.

See you on the walks!

Linda



- ESCV NEWS



ESCV Holiday Party Walk

Saturday, December 6th

The Stockade Inn
1 North Church Street, Schenectady, NY



The Holiday Party will follow the Schenectady walk at the Stockade Inn. See the ESCV website for details.

Pat Rush has agreed to host the cookie house again this year. Your **cookie contributions are welcome**. Please drop them off at the start point; they will be transported to the cookie house.

Big thanks to Pat for opening her home to us again this year.

Walk Brochure http://walkescv.org/14Holiday_Party.pdf

Registration for Luncheon: <http://walkescv.org/14holidayform.pdf>

DEADLINE: Tuesday, December 2nd

An Enhanced Life – Volkssporting Did It!

By Joe Piffat

I have always enjoyed walking. I was born in Trenton, New Jersey, and lived there for my first 25 years. There were plenty of opportunities to walk then. I never rode a school bus. Elementary school was a half mile each way, high school was a mile and a half each way, and the movies downtown were a 4.5-mile round trip. I commuted daily to college by train and that involved 5 miles of walking from home to station and station to school and back. I met Barbara in 1958, and we walked every street in her small hometown, Roebling, New Jersey, twice on a cold November night. In 1989 I was looking for more than walking the neighborhood. At an October business meeting in San Antonio, we had a guided walk at 6 AM on each of four mornings. Our leader told us that she was an AVA member and suggested that we look for club events in our local paper.

In the meantime we had signed up for a 100 mile hiking trip in the Cotswolds in England the following summer. Now we needed something to get us into shape. In the spring of the following year, Barbara, Kathryn, and I experienced our first Volkssport event in Hamilton, Massachusetts, sponsored by the Two Town Walking Club. It rained, but it was fun and we tested our foul weather gear for the hiking trip. We bought books and tried another walk in Lowell, Massachusetts. This time it really rained. We were hooked! We began to attend events at a greater distance. We walked in New Hampshire, southern Maine, and Rhode Island where Beryl Wolf of ESCV had set up a walk in Bristol. I realized that the entire program was based on unpaid volunteers who generously gave their time and energy to keep the clubs going. I volunteered. I was president of Two Town Walking Club for nine years. During that time I was invited to walk in Williamstown by Beryl Wolf and met Ron Hersh and members of ESCV. The following year we went to a four walk event in the Rhinebeck area sponsored by ESCV and West Point. Beryl encouraged me to run for NERD, and I served two terms. Beryl also encouraged me to try a Walking Adventures Alpine trip to Europe. We thought that we would not know any of our travel mates, but Bob McElroy was there with us.

Volkssporting participation seemed to shrink distance. Now it seems like nothing to travel to nearby states. Eventually I was awarded a “free” umbrella during the ESCV challenge year. I saw many places that I would have never tried to see, and the walks were wonderful experiences. The opportunities allowed me to walk Volkssporting events in all 50 states (I have six capitals to go), 10 Canadian provinces and 28 countries on four continents. I am currently co-POC with daughter Kathryn for the Historic Danvers Walk and volunteer to help with other walks as well. I have met many wonderful people in our walking community. These friendships are the important part of Volkssporting. I am convinced that if I were anywhere and had a problem I could call a POC or club officer and get helpful advice. We are a family and many others have said as much.

Volkssporting has kept me busy. There have been times when my children have called and left a plaintive message, “When are you going to be home?” Now they are into the sport as well and do their share of volunteering. I do like to take walking trips. My first two were with Wandering Mainiacs and Dave Muzzi to Ottawa one year for the tulip festival and to Quebec the following year. Walking Adventures has also been a good source of fun. I really have to thank Marion Burns and her Travelwalk club for some of the most wonderful experiences of walking and travel. Marion knew how to get the right balance between walking and some other wonderful experiences integrated into a tour. On my first trip with Marion we toured the Jello Museum in LeRoy, New York, and had dinner overlooking Niagara Falls. Marion’s Lincoln trip was so well put together and showed the right way to do some detailed research before coming up with a trip. The California trip was unbeatable. I once organized a trip to Martha’s Vineyard for 12 people in a van, and I can’t imagine what planning goes into more complex trips like the Travelwalk tours! Thank you Marion!

In 1999, we went to the AVA convention in Muncie, Indiana. We were invited to join the ESCV folks at the first walk in Louisville, Kentucky, and take the luncheon cruise on the Ohio River. Our daughter, Kathryn looked at our map before the trip and saw that we would do all of the convention walks so that we could get to Michigan and Illinois. She said that we could also pick up Wisconsin and as long as we were that far, why not continue to Minnesota, then North Dakota, Saskatchewan and Manitoba. Great idea, we did it! In 2006 we sought a tour of the Lewis & Clark route and there were none that year. We did it ourselves. It was wonderful to drive all the way to Seaside, Oregon, and back. Lastly, I want to mention why we love to drive to New York and walk with ESCV. The Hudson Valley is a beautiful area and the fellow club members are fun to walk with. We always enjoy ourselves when we walk with you. What would we be doing without Volkssporting? We would have missed knowing some great people, might be exercising a lot less, and not have had anywhere near the fun of the last 25 years.

Try This Trail . . .

By Barbara Piffat

When Linda asked me to write an article about a memorable walk I had taken, I thought it would be a cinch to choose one out of the hundreds our family has participated in during 25 years of Volksmarching. Then I sat down to contemplate a choice and couldn't decide because there have been so many wonderful experiences I have had walking all over the world as well as in the U.S. I decided to mention two unique walks that were both magical. Each was from a different part of the world, yet both shared many similarities. See if you agree.

Joe and I were on a WAI walking tour in 2003 that included a 10 km walk rated 4 in Bryce Canyon National Park. This is a red rock wonderland that was carved by erosive weathering. The walk started from Fairyland Point on the canyon rim at 7,400 feet elevation and went up to over 9,300 feet along the canyon rim. Weathering and erosion carved shapes of columns, castles, arches, bridges, and thousands of rock formations called "hoodoos." Bryce Canyon has been called a "Silent City," but I don't agree. Some of the hoodoos resembled people (Queen Victoria), and the ever-changing shadows from the sun and clouds enhanced the fanciful architecture. All the formations have a color range that changes as the day progresses.



I found myself mesmerized by the hoodoos. One tale we were told was that the god Coyote was upset that the people had become lazy, so he turned the people into stone. One of our fellow travelers who was also in awe of the gorgeous scenery and views said, "god Coyote outdid himself." I felt a tremendous urge to take a trail down into the canyon and walk among the hoodoos, but we could only stay on the canyon rim due to a time schedule. I kept telling Joe that "someday" I wanted to return and fulfill that dream. Our walk continued along the rim, and we encountered ponderosa pine and juniper as well as flowers and birds. This is certainly not a "silent city."



My dream to walk among the hoodoos was fulfilled when Joe and I took a Travelwalk tour with Marion Burns in 2008. Thank you, Marion! Joe and I were the "sweeps" for the group doing the Navajo Trail that was combined with the Queen's Garden Trail. We encountered many foreign tourists along the trails, and they, as well as we, were amazed and impressed with the unbelievable views. It seemed that every bend in the Navajo trail brought more fantastic views, and this walk down to the main amphitheater of the park gave all of us an opportunity to examine the chasms, arches, spires, and, yes, the hoodoos that form this magnificent landscape. Being down in the canyon among the hoodoos was every bit as thrilling as I had expected. Joe was a good sport... I purchased him a Bryce Canyon hat which he wears on occasion to please me... I hope Joe and the hat never wear out!

In 2011, Joe, Kathryn, and I did a WAI 10 km walk in Cappadocia, Turkey. It is hard to do justice to the air of mystery that pervades this area. The landscape was created when ash from erupting volcanoes solidified into formations known as "fairy chimneys." Early residents had the belief that these were the chimneys of fairies who lived underground. Christian hermits carved chapels and living spaces into them, and some of these chimneys continue to house families today. In some areas there are entire rock-hewn underground cities with a maze of living quarters.



Christians who were hiding from persecution lived here in the 1300's. We crawled into some of the churches that still contained frescoes and paintings on the walls. It was difficult for some of our group to navigate the narrow and low passages, and at times some were on their hands and knees. The lunar-type landscape and cold weather added to the mystic aura of this enchanted area. We ended the walk in deep contemplation. You would have to see it in person to understand my feelings about this haunting and mysterious part of the world.

As an aside... we flew home in November with a lay-over at Heathrow Airport outside of London. PURPLE Christmas trees decorated the terminal... what a mood-breaker!!!!!!

Membership

by Larry Godshalk email: lgodshalk@nycap.rr.co

Membership has increased to 315 members. 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 besides being a good way to stay warm.

Please welcome the following new members who have joined in November: Penny and John Flomer from Middle Grove, NY.

2015 Membership Renewal (click to printable form)

Please RENEW YOUR MEMBERSHIP for 2015 starting November 1st through January 31st. At the end of the newsletter is the Membership Form. Please fill it out, write a check, and mail it in. It MUST be done by January 31st otherwise, you will not be included in the Directory or any hotmail notifications. You can also print out a copy of the membership form from our website.

MONTHLY MEETING

Tuesday, March 17, 2015

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

All are welcome!

ESCV Meetings 2015

ESCV meetings are generally held the third Tuesday of scheduled months, at the Latham Fire House, 226 Old Loudon Road in Latham at 6:30 PM.

2015: Mar 17, Apr 21, May 19, Jun 25 (Note: June 25th is the 4th Thursday)

E-Mail Updates

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

Birthday Wishes

Happy December Birthday to . .

Linda Brown
Linda Clark
Virginia Colorito
Carol Farrar
Karen Flewelling

Susan Forster
Gayle Fountain
Marylou Geren
David Golden
Marie Klucina

Matthew Lake
Joyce Lavery
Grace Mueller
Norene Persch
Kathryn Piffat

Kathy Sanford
Eileen Sowa
Candace Toly
Arlene Welkley
Chris Yost

Happy January Birthday to . .

Dianne Ammerman
Barbara Bilins
Kathleen Brown
Sandy Carmichael
Dawn Desroches

Ellen Elie
David Huggins
Sharlene King
Ruth Lake
Deborah Lotito

Catherine Marrano
Cathy McGuire
Rose Marie McLean
Bill Russom
Cathy Schryver

John Watson
Florence Whitney
Larry Young



Sunshine and Cards of Care

We extend our condolences to Warren Lavery on the recent loss of his brother, Craig Lavery. Craig was 82 and lived in Glenville.

Our friends and longtime members Joe Padula, Bill Hughes, Marge Shanley, Lisa Holt, and Berny Deroches are slowly gaining strength in their daily fight to bet better.

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.laura1@gmail.com. They are available with either a magnet or pin back for \$8.

From the Editor

Articles for the February newsletter are **due on Friday, January 23, 2015**. 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

ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	lindaf.morzillo@nycap.rr.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	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 \$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

Countdown to . . .

10.11.12.13.14

<http://walkescv.org/14walk101112.pdf>

10:11am 12/13/14



- American Volkssporters Association

To Walk Committee Chairs - Please put the following on ALL walk directions as directed by AVA:

For exclusive use by AVA/IVV registered participants.
© 2014 Empire State Capital Volkssporters
For Immediate Emergency Assistance = 911
Point of Contact = J. Doe 518-xxx-xxxx
AVA Regional Director = D. Reynolds 518-229-1141



- Northeast Region

Doug Reynolds – Northeast Regional Director



- International Federation of Popular Sports

www.ivv-web.org/



**Volkssporters
on the Go...**



ESCV MEMBERSHIP FORM

Revised: November 2014

➡ PLEASE READ:

- ✓ **This form is for new or renewing memberships.**
- ✓ Memberships run from January 1 to December 31 each year.
- ✓ Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$10.
- ✓ New memberships after September 1st are one half the annual fee through the end of the year.
- ✓ Renewal starts November 1st. Renewals received after **January 31st** will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the "Hotmail" (email) list.
- ✓ Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- ✓ **If you have a winter mailing address**, please identify on the back of this form and the approximate dates this mailing address is effective.
- ✓ To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Larry Godshalk, Membership Chairman - Questions? 518-399-6041; LGodshal@nycap.rr.com

PLEASE PRINT CLEARLY

Date Submitted: _____ Family or Single Membership? (Circle one)

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

What Month is Your Birthday (Optional): _____ Do you receive *The American Wanderer* Yes/No?
Choose ESCV Car Window Decal ____ Inside (for un-tinted windows) **or** ____ Outside (for tinted windows).

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

What Month is Your Birthday (Optional): _____ Do you receive *The American Wanderer* Yes/No?
Choose ESCV Car Window Decal ____ Inside (for un-tinted windows) **or** ____ Outside (for tinted windows).

- Enter winter mailing address and dates effective on back of form
- Circle areas you would like to help out: Registration at walks, Developing new walks, Programs, Spring Picnic, Oktoberfest, Pizza Party, Christmas Party, Where Needed (there are many other jobs).
- If a new member, how did you hear about us? _____
- Make check payable to **ESCV** - \$18 for Family or \$10 for Single Membership (half price for new members Sept. 1st to Dec. 31st and include \$10 for each new member for your "New Walker Program Packet")
- **Mail this form and check to:**
ESCV Membership
PO Box 5464
Clifton Park, NY, 12065-5464