



# 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 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**.

### Wednesday Walks

Scheduled May through August

Start time: 9 am\* & 6 pm\*

May 6 – Albany Tulip Festival

May 13 – Saratoga Sp. West Side

May 20 – Voorheesville

May 27 – Round Lake

June 3 – Malta

June 10 – Thacher Park

June 24 – Waterford/ Peebles Is.

### Year Round / Seasonal Group Walks

Start time: Wed & Sat 10 am\*;

Sun 1:30 pm\*

May 2 (Sat) – CliftonPark

May 3 (Sun) – Lake George

May 9 (Sat) – Caroga Lake

May 16 (Sat) – Fort Edward

May 17 (Sun) – Cooperstown

May 23 (Sat) – Johnstown

May 30 (Sat) – Saratoga Battlefield

Jun 20 (Sat) – Bennington, VT

### One-Day Traditional Events

May 16 (Sat) – Fort Edward:

Registration & start time: Between 9 & 11:30 pm. Finish by 2:00 pm.

Jun 6 (Sat) – Chatham:

Registration & start time: Between 10 & 12:30 pm. Finish by 3:00 pm.

**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/



## The Walkinggirl's Words

At Saratoga Health and Wellness, the gym that Jim and I frequent, this message was displayed: By the time a person reaches the age of 50, they have walked 75,000 miles. That's circling the earth a little more than three times and almost a third of the way to the moon! Imagine! That happened before the age at which many of us became Volkssporters!

There were several informal walks during March and April, thanks to Winnie Balz and Emmy Koch. These are walks where people "just get together" and enjoy the walk-and-talk opportunity. Sometimes the leader narrates and we learn the history of the surroundings. Winnie told us about Ballston Spa and Barbara Kolapakka told us about the former Skidmore College area of Saratoga Springs. Mary Sorell led a walk around the Waterford Erie Canal area. If YOU know of a place where we can do an informal walk starting in September, please let Winnie and Emmy know, a commentary is not required. There have been occasions when the informal walk later became a Traditional Event or a Year Round or Seasonal Event. That is true of the walk on April 18<sup>th</sup>.

We had our first Traditional Walk of 2015 on Saturday, April 18<sup>th</sup> in Albany near the airport. The highlight was our area's Shaker History, which is the reason why so many places (roads, schools), in northern Albany County, have the word Shaker as a part of their name. Thank you, Teresa Kennedy and helpers for putting on such a nice event and your weather order turned out to be perfect weather for walking. The next Traditional Walk is in Fort Edward on May 16<sup>th</sup>.

Our Year-Round and Seasonal group walks have been taking place thanks to Carol Sorensen (The Crossings), Kathy Brown (Troy), and Vera Weiss (Scotia). Also, thanks to LaVerne Stiles (Saratoga Spa State Park) and Williamstown (Shirley Pingelski and Lucy Healey with POCs-to-be Sue Grey and Rita Gavin). If our Wednesday Walks are starting up, can summer be far behind? By the time you read this, we walked in Burnt Hills; thank you Laura and Rick Sheldon!

Kathy Brown led an enjoyable class for fourteen of our new and potential members in the Piracci Board Room at the Clifton Park Library, which was reserved by Shirley Pingelski. The feedback was very favorable; the language and procedures of Volkssporting are new and can be formidable to newcomers. Many of our long-time members have told me that it took several years to learn all of the jargon, especially the differences in the types of walks. This, along with the programs presented by Lea Darling and Eileen Skinner at Hudson Valley Community College and Empire State College, gets "the word out there" about Volkssporting and helps our new

(continued on next page)

### **The Walkinggirl's Words** – (continued)

members feel a part of our club. In addition, some of the newcomers stated that they saw announcements regarding our walks in newspapers; thank you, Pat Reed, for making sure the members feel a part of our club. In addition, some of the newcomers stated that they saw announcements regarding our walks in newspapers; thank you, information is in reporters' hands in a timely manner. Many members have truly become angels because they have taken newcomers under their wings at walks. They put into practice the third F: FRIENDSHIP, the best thing we can do to make people feel welcome and develop a stake in our club.

We have a full schedule of group walks for our Seasonal Events during May. If you are looking for other Volkssporting opportunities, our Northeast sister clubs have plenty of upcoming Traditional Events. Here is a listing for May: The Connecticut Valley Volkssport Club – Simsbury – May 2<sup>nd</sup>, The Volkssport Club at West Point – Goshen – May 17<sup>th</sup>, the Finger Lakes Volkssport Club – Ithaca – May 9<sup>th</sup> and Walk 'N Mass – Provincetown – May 2<sup>nd</sup>, including a bike event option. Like ESCV, most clubs schedule group walks for their YRE/Seasonal Events; consult the web site for each club for more information.

As a part of our May meeting, Gina, our consultant from the Albany County Convention & Visitors Bureau (ACCVB), will present our slideshow, which will be shown at the 2015 AVA Convention in Salem, Oregon. After the slideshow is presented, a motion will be made to have the 2017 AVA Convention in Albany.

Our May meeting will also include the election of officers whose term will begin on July 1, 2015. The following people are on the slate: President – Teresa Kennedy, Secretary – Christine Yost and Treasurer – Warren Lavery. We are still searching for a Vice President!

See you on the walks!

*Linda*



### **- ESCV NEWS**

#### **They Did It!**

Two ESCV people recently completed Volkssporting milestones! **Congratulations!!!**

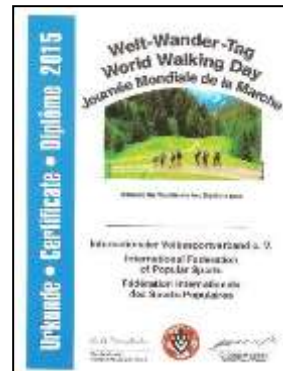
**Carol Sorensen** completed a Volksswalk in her 50<sup>th</sup> state, which was Kentucky!!

**Linda Morzillo** completed a Volksswalk in her 51<sup>st</sup> capital, which was Atlanta!!

#### **World Walking Day**

*by Linda Morzillo*

Friday, May 8<sup>th</sup> has been designated as World Walk Day. The American Volkssport Association announced that any sanctioned walk (Traditional Event or Group Walk for YRE/SE), taking place from May 2<sup>nd</sup> to May 16<sup>th</sup> will qualify for this distinction. ESCV has several walks planned during that time. There are two Traditional/Guided Walks (Wednesday Walk 5/6 at the Corning Preserve and Fort Edward 5/16), and three group walks (Clifton Park 5/2, Lake George 5/3, and Caroga Lake 5/9) scheduled during this time. I have fifty (free) World Walk Day Certificates that will be available on a first come-first served basis as well as 3 extra certificates from last year. If you would like one, I can give it to you at those walks listed above. If I am not there, please send me an email, and I will put one aside for you.



## **Traditional Event and Spring Picnic at Fort Edward**

*By Ginger Ireton*

Come and join fellow walkers on **Saturday, May 16<sup>th</sup>** in the village of Fort Edward.

Located on the east bank of the Hudson River in Washington County, Fort Edward is approximately fifty miles North of Albany and is rich in American History.

Our starting point is at Rogers Island and Visitor's Center. The walk route is along village streets, sidewalks, and a canal towpath.

Points of interest include Underwood Park along the Hudson Yacht Basin and the Fort Edward Railroad Station of Amtrak. More information about this historic area can be found in the April newsletter.

Bring a lawn chair and your lunch for a gathering on the grounds of the Visitor's Center after the walk.



### **ANNUAL SPRING CLUB PICNIC**

After Completing the Walk at

**Fort Edward**

**Saturday, May 16**



Join your friends. Bring a lawn chair and your lunch for a gathering on the grounds of the Visitor's Center after the walk.

**Check out the brochure** for this event by going to the ESCV website ([www.walkescv.org](http://www.walkescv.org)) and click the button "Traditional One Day Event" on the left sidebar, then click on May 16, Fort Edward, NY.

## **An Enhanced Life – Volkssporting Did It!**

*By Emmy and Ed Koch*

In 1989, our life was changing; we had been working for most of our adult lives and now we had more time with fewer responsibilities. Our children were adults, who had moved far away. Volkssporting came calling... inviting us to participate in a fun sport, while discovering new friends, new places and exciting times. We remember one of our first walks... meeting people who did 10 K and then repeated the entire walk just for fun. Stamping books was a mystery and driving to a faraway location just to walk was a puzzle we could not figure out for a while.

Gradually the structure of the club became apparent and it was evident that someone did a lot of work just to design a walk, write directions and publish brochures describing the date, time and location. All the acronyms took on a meaning and we even started talking "funny", pushing words around like: "AVA," "IVV," "POC," "YRE," "TAW," etc. We even found neighboring clubs, where we also enjoyed the fun, friendship, and fitness of walking.... I think we should add Food!

Our own lives took another route when we joined the "lifestyle modification group"... you know the principles of diet, exercise, yoga, and support. I recollect one meeting where we all expounded on activities that added meaning to our life. I wasn't much on public speaking, but I couldn't hide my enthusiasm for Volkssporting. A few people actually caught the bug, when we invited them to walk with us... some came only once, but Marge and Jim Shanley became loyal members. At the gym, we met Jack Hickey, who also joined us in Volkssporting and walked faster than anyone.

Eddie always said that Volkswalking was better than psychotherapy... you could have a lot of problems, but once you took a walk, and talked everything over with friends, many problems lost significance, or solved themselves. When Winnie Balz retired, we were able to schedule sanctioned walks on Wednesday mornings; I absolutely refused to schedule appointments, meetings or any other activities on those mornings. It was much more important to be walking around unexplored parts of the capital district with our friends. Every place we drove, I started asking myself, "Is there a walking route hiding around here, waiting to be discovered?"

Now our bodies are not responding as well as we expect... it's impossible to keep up, but it's worth it to see our friends, enjoy the cold air and increase our quality of life.

## ***Try This Trail . . .***

### **Fredricksburg, Virginia**

*By Ann and Ralph Misener*

Tired of all the traffic on I-95 in Virginia? Make one of your stops exit 130, Fredericksburg, which calls itself "The most historic town in America!" Start your visit at the visitor center at 706 Caroline Street where you should make it a point to view the informational film. Then ask for the walk box which holds directions and maps for three walks. The "Historic Walk" is a good choice for an overall view. This walk will take you by the Rappahannock River and up the Rocky Lane used by the Union soldiers during the battle of Fredericksburg in December of 1862. You will walk on many streets of this old town and see many different styles of architecture. Take your time to read the many historical informational markers. You will go by the Fredericksburg National Battlefield visitor center where you can view a film about the battle.

After your stop at the center, you will walk the Sunken Road towards Hanover Street. If you walk up the hill above the Sunken Road into the Union cemetery, you can view Fredericksburg as the Confederate soldiers did during the battle. The walk continues into the beautiful campus of the University of Mary Washington and then through many beautiful neighborhoods. You will pass "Kenmore," the home of Fielding Lewis and his wife Betty Washington (sister of George). George's mother's house is close by on Charles Street.



When you find yourself back on Sophia Street, look across the river to the large manor house "Chatham." It was a field hospital during the Civil War. The walk ends on Caroline Street where there are many interesting shops and restaurants. The Bavarian Chef is located in the old train station is a great place for lunch or dinner.



If you wish to explore more civil war history do the battlefield walk. Our third walk is along the lovely Rappahannock River and Canal. Three other civil war battlefield walks are close by: Spotsylvania, Chancellorsville, and Wilderness.

Three charming towns have sanctioned walks in them that the Germanna Volkssport Association maintains: Ashland(I 95 exit 92), Culpeper, and Warrenton. We have a new walk in Stafford VA (I-95 exit 143), through contemporary neighborhoods.

Come, Walk, and Learn American History!

### **Report from the "Gathering" on April 9<sup>th</sup>**

*By Kathy Brown*

What a very positive "Gathering" of new members, and a few from a year ago, we had at the Clifton Park/Halfmoon Library on April 9<sup>th</sup>. The Library was a great location, and the room was a perfect setting. We had signed up 16, and 14 attended. We went over all the steps to signing in, if purchasing a distance or event book, etc. I had brought a few of my own books that were returned to me from AVA, and showed the awards and pins you get for each achievement. I was very happy at the outcome, and I think it will become a once a year session to help new members and also anyone who still may have questions about procedures. I also talked about doing the Year Round /Seasonal on their own, and about the State Book. A very big thank you to Shirley Pingelski for securing the room and being there to sign us in and help me with my "Show and Tell."

Also my thanks to our President Linda Morzillo for always being there to help out, and for baking those delicious treats. My sincere thank you to each and everyone who took the time and effort to come and take part in this. If you have any questions, please don't ever hesitate to call or email me. Happy to have seen some of our new walkers Saturday at our Albany Traditional walk. Keep up the good work!!!



## **Fort Edward – New York City –Tuscany**

*By Ginger Ireton*

The unexpected often happens when doing a Volkswalk.

While pre-walking our upcoming Fort Edward event, Carol Sorenson and I decided to have a look inside the Amtrak Train Station. An older gentleman standing outside told us the station was closed and asked if we knew when the next train to NYC would be coming. We learned that he had visited Lake George for the past few days and hired a taxi to bring him to the station this morning. His ticket showed that the train from Montreal would arrive in Fort Edward at 4:15 p.m. It was only noon so he had a long wait.

We introduced ourselves to Ernesto Bosi who was wearing a brown fur coat and had a suitcase and a large white plastic bag by his side. He asked if a restaurant was nearby so he could have something to eat, but it was too far for him to walk with his baggage. Well, the thought of him not having any water or food for so many hours was enough to make me offer to return after our walk and drive him into town.

Carol had yard work waiting and I told her I would be fine... a short trip to the local Stewart's and back to the station in plenty of time before his train arrived.

When I returned, Ernesto was inside the platform area watching a very long freight train that was passing through. He was now wearing a coonskin hat that he bought in Lake George. He told me it was his favorite purchase and later, I was to find out that his two pieces of baggage were filled with dozens of other "souvenirs".

Ernesto was very appreciative and thanked me many times. We had lunch in a booth at Stewart's and he told me to have anything I wanted as he was treating.

It was apparent that he was thirsty and hungry and as we ate, he told me he and his wife live in NYC and Tuscany. His wife, Lucia is a homebody so he often travels on his own

I learned that he likes to write articles and poems and he showed me a letter he sent to the Pope. Of course it was written in Italian, but I took one of the several copies that he carries with him.

When it was time to leave, I asked if I could take a picture of him sitting in the booth and he graciously agreed. Ernesto then asked to have his picture taken in his coat and coonskin hat and you can imagine that by now, people were beginning to give us some strange looks.

Back at the station, Ernesto insisted on giving me a present for my help and began pulling out all sorts of items he purchased in Lake George. The first was a large stuffed rabbit which I declined saying that I lived in a small place. It was a good decision because he had really brought it for his wife.

More items came out and by now, we are both in fits of laughter. I finally accepted a gift that he obviously liked very much... so much in fact that he bought three of a kind. I leave it to your imagination but promise to bring it to the walk.

Well, it was a delightful time. I gave him a big hug and said how much I enjoyed his company. He wrote his address and phone number (on the back of the letter to the Pope) and asked me to call his wife sometime and say hello.

When I drove away, it was with Ernesto waving goodbye and blowing a lovely Italian kiss my way.

*Post Script: I called Ernesto two days later and said hello to Lucia, learned he had a good trip back and said I would mail him the pictures I had taken.*



### **MONTHLY MEETING**

Tuesday, May 19, 2015

6:30 PM

Latham Firehouse

226 Old Loudon Road, Latham

*All are welcome!*

## **Walking, Talking, and Sharing**

*By Lea Darling*

We will all have an opportunity to welcome some new folks to Volkssporting. On Monday, May 11, Eileen Skinner and Lea Darling will be doing another "Introductory to Volkssporting" for the Saratoga Academy of Lifelong Learning. They will be inviting the attendees to join us the following Wednesday, May 13 for our Summer Wednesday Walk in Saratoga Springs at 9:00 a.m.

This will be a great time to introduce yourself, walk along answering questions, and introduce them to other seasoned members. Keep moving among the newbies keeping them company. We will be asking them to join us for lunch also. Another time to get to know someone new and share the Fun, Fitness and Friendship of Volkssporting.

## **Burnt Hills Oratorio Society (BHOS) Presents a Musical Remembrance**

*By Phyllis Boyd*

On Sunday May 10, 2015 at 3:00 p.m. at the First Reformed Church of Scotia, 224 North Ballston Avenue in Scotia NY, there will be a musical remembrance for Fran Pallozzi, a longtime singer with and supporter of the BHOS. Many of us recall the horrific accident in August 2011 when Fran was killed along with Rosemarie Hume, and Carol Lansing.

For the BHOS concert *Sounds of the Spirit*, Alfred Fedak was commissioned to write the "Ava Maria" to honor and remember Fran. This concert on Mothers' Day marks its premiere and the alto soloist will be Fran's daughter, Frances Pallozi Whittmann.

Tickets are \$20 and are available from Phyllis Boyd 373-6226. The website for BHOS is [www.bhos.us](http://www.bhos.us).

## **The Drowsy Chaperone**

Saturday, June 6, 2015

### **Following the Chatham Walk.**

Reserve your ticket now for the 4:00 PM show of the Drowsy Chaperone at the Mac-Haydn Theatre in Chatham, NY.

Tickets are normally \$31.00, but a group rate is available to ESCV walkers for only \$26.00.

To reserve a ticket, send a check made out to ESCV and mail to:

Teresa Kennedy  
1469 Dean St.  
Schenectady, NY 12309

*A merry mix of 1920's musical plot twists (mistaken identity, Follies production number, aviatrix, butler, bride-to-be) led by the drowsy (read: tipsy) chaperone' into a delightfully comedic show.*

## **Hot Off the Computer**

Please join your Pre Bid 2017 AVA Convention Committee at the ESCV Club meeting on Tuesday, May 19, 6:30pm at the Latham Firehouse on Old Loudon Road. With the help of Gina Mintzer from the Albany Visitor's Center, we will be showing the Powerpoint Presentation that will be given in June at the AVA Biennial Convention. It has been created by none other than, Marv Weiss, member Vera Weiss' husband. Marvelous Marv has put in countless hours to make this a top notch presentation.

Let us take you on a "magic carpet ride" to where the next AVA convention could take place. You should recognize many of the locations and will be amazed with all that the Northeast has to offer to the other regions of AVA for the first time should we receive the 2017 bid! We will also show you the golf shirt and logo pin that many of the Northeast attendees will be wearing at the convention as well as a sticker and a handout your representatives will be handing out to Salem Convention attendees.

**Your ESCV Committee members have been working hard over the past eight months, and we know we have your support and encouragement. We look forward to seeing you at the May 19<sup>th</sup> meeting and hearing your comments and possible suggestions.**

Lea Darling and Vera Weiss, co-chair of the 2017 AVA Pre Bid Convention Committee, Teresa Kennedy, Eileen Skinner, Sue Grey, Linda Morzillo, Marylou and Bernie Geren, and Jackie and Doug Reynolds, 2017 AVA convention committee members.

## **Membership**

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

The new Membership Directory was mailed out the third week of March. The directory listed 260 active members which is 55 members less than we had at the end of 2014. Since the directory was printed we have had 17 new or returning members join the club which brings our active member list to 277. If you haven't renewed your membership yet please get your membership form and payment in soon so we can get you back on the HOTMAIL list and you can receive emails, notifications and links to the latest newsletter. The [renewal form](#) is available on our website, [www.walkescv.org](http://www.walkescv.org).

Many of our new members this last month signed up after attending the Hudson Valley Community College Creative Retirement class "Introduction to Volkssporting" presented by Lea Darling and Eileen Skinner. Please welcome the following new members when you see them on the trail: Meg Maurer from Albany; Carolyn McLoughlin from Averill Park; Annette Kovic and Katherine Walsh from Ballston Lake; Arlene and Elden Gray, and Sally Tedesco from East Greenbush; James and Sandra Hayes from Melrose; Patricia and George Orsino from Ravena; Dorothy Kevlin from Rensselaer; Sue Hess from Schoharie; Barbara Carr from Troy; and Dot Dugan from Watervliet.

## **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: May 19, Jun 25 (Note: June 25<sup>th</sup> is the 4<sup>th</sup> Thursday)

## **Birthday Wishes**

### **Happy May Birthday to . .**

Mary Anderson	Jan Golden	Dolores Massimilian	Joan Van Alphen
Patricia Clausi	Susan Grey	Jim Morzillo	Joe Van Alphen
Deborah D'Arcangelis	Dan Hill	Barbara Piffat	Sherrill Virkler
Tad Darling	Judith Kaufman	Miranda Rand	Karen Watson
Susan Duchnycz	Kevin Lengyel	Marsha Ras	Loueen Whalen

## 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).

### **E-Mail Updates**

If your e-mail has changed, let Larry Godshalk know. [Lgodshal@nycap.rr.com](mailto:Lgodshal@nycap.rr.com)

### **Name Tags**

Name tags can be ordered at any time by contacting Laura Sheldon at [sheldon.laura1@gmail.com](mailto:sheldon.laura1@gmail.com). They are available with either a magnet or pin back for \$8.

### **ESCV Club Contacts**

Office / Committee	Name	e-mail
President	Linda Morzillo	<a href="mailto:lindaf.morzillo@nycap.rr.com">lindaf.morzillo@nycap.rr.com</a>
Vice President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Secretary	Cathy McGuire	<a href="mailto:Cmcg51@hotmail.com">Cmcg51@hotmail.com</a>
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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:EFSkinner@aol.com">EFSkinner@aol.com</a>
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 <a href="mailto:sheldon.laura1@gmail.com">sheldon.laura1@gmail.com</a>
Wednesday Walk Coordinator	Barbara Popolizio	<a href="mailto:mpopoli1@nycap.rr.com">mpopoli1@nycap.rr.com</a>
Walk Development Comm. Chair	Teresa Kennedy	<a href="mailto:Forty6er3k@aol.com">Forty6er3k@aol.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	Pat Reed	<a href="mailto:reedpatri9@gmail.com">reedpatri9@gmail.com</a>
Purchasing	Winnie Balz	<a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>

### **From the Editor**

Articles for the June newsletter are **due on Friday, May 22, 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](mailto:gorow1010-escv@yahoo.com) - 384-0015

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**- American Volkssporters Association**

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

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## - Northeast Region

Doug Reynolds – Northeast Regional Director - [www.avacclubs.org/NE\\_RD/](http://www.avacclubs.org/NE_RD/)

### **N.E.R.D. News**

Doug Reynold's term as NERD (North East Regional Director), is almost over! We are so grateful for all of his hard work on our behalf and wish him many more exiting adventures as a non-NERD Volkssporter. I have received word that the nominating committee for our next NERD has asked Betty Green, presently Secretary and Newsletter Editor for the Volkssport Club at West Point to run for the NERD position to succeed Doug. I am so happy to report that she has issued a letter of acceptance for her candidacy. When we receive further directions, clubs will be voting on this matter.

From an ESCV standpoint, many of us know Betty and her husband Mike because they are often at our events. I have gotten to know the Greens better on the Tater Tour trip during September 2014 and know that the Northeast area will continue to be in good hands! - Linda

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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.

**Candidates for Vice President of ESCV:** Co-Vice Presidents are welcome. The two main tasks of the Vice President are to fill in for the President when needed and to plan, formally sanction and work with the POCs of the seven or eight Traditional Events each year. Three of these walks (Oktoberfest, Pizza Party and Holiday Party), take place at previous locations and are therefore "established." The vice president is normally, but not necessarily, a member of standing committees. It is desired, but not required, that the Vice President become the succeeding President. We need YOU!

### ***ESCV Membership***

If you have not joined ESCV for 2015, you must do so to remain on the Hotmail List.  
The form is in the previous newsletter and on the ESCV website.



## **The Right Dose of Exercise for a Longer Life (Excerpts)**

By [Gretchen Reynolds](#) April 15, 2015 *New York Times Magazine*

Exercise has had a Goldilocks problem, with experts debating just how much exercise is too little, too much or just the right amount to improve health and longevity. Two new, impressively large-scale studies provide some clarity, suggesting that the ideal dose of exercise for a long life is a bit more than many of us currently believe we should get, but less than many of us might expect. The studies also found that prolonged or intense exercise is unlikely to be harmful and could add years to people's lives.

No one doubts, of course, that any amount of exercise is better than none. Like medicine, exercise is known to reduce risks for many diseases and premature death. But unlike medicine, exercise does not come with dosing instructions. The current broad guidelines from governmental and health organizations call for 150 minutes of moderate exercise per week to build and maintain health and fitness. But whether that amount of exercise represents the least amount that someone should do — the minimum recommended dose — or the ideal amount has not been certain.

Scientists also have not known whether there is a safe upper limit on exercise, beyond which its effects become potentially dangerous; and whether some intensities of exercise are more effective than others at prolonging lives.

So the new studies, both of which were published last week in JAMA Internal Medicine, helpfully tackle those questions. In the broader of the two studies, researchers with the National Cancer Institute, Harvard University and other institutions gathered and pooled data about people's exercise habits from six large, ongoing health surveys, winding up with information about more than 661,000 adults, most of them middle-aged.

Using this data, the researchers stratified the adults by their weekly exercise time, from those who did not exercise at all to those who worked out for 10 times the current recommendations or more (meaning that they exercised moderately for 25 hours per week or more).

Then they compared 14 years' worth of death records for the group. They found that, unsurprisingly, the people who did not exercise at all were at the highest risk of early death. But those who exercised a little, not meeting the recommendations but doing something, lowered their risk of premature death by 20 percent. Those who met the guidelines precisely, completing 150 minutes per week of moderate exercise, enjoyed greater longevity benefits and 31 percent less risk of dying during the 14-year period compared with those who never exercised.

The sweet spot for exercise benefits, however, came among those who tripled the recommended level of exercise, working out moderately, mostly by walking, for 450 minutes per week, or a little more than an hour per day. Those people were 39 percent less likely to die prematurely than people who never exercised.

At that point, the benefits plateaued, the researchers found, but they never significantly declined. Those few individuals engaging in 10 times or more the recommended exercise dose gained about the same reduction in mortality risk as people who simply met the guidelines. They did not gain significantly more health bang for all of those additional hours spent sweating. But they also did not increase their risk of dying young.



# Volkssporters on the Go...



## Linda Morzillo's 51<sup>st</sup> Capital Walk

– Photo by Jim Morzillo



## Informal Walk in Saratoga Springs – 4/15/15

– Photo by Linda Morzillo



## Traditional Event – 4/18/15

– Photos by Linda Morzillo



## **Williamstown, MA – 4/25/15**

– Photo by Linda Morzillo



## **Group Walk at the Crossings – 4/15**

– Photo by Linda Morzillo



## **Spa Park Walk – 4/26/15**

– Photo by LaVerne Stiles

