



# 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](http://WWW.WALKESCV.ORG)

OCTOBER 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**.

## Year Round / Seasonal Group

### Walks

Start time:  
Wed & Sat 10 am\*; Sun 1:30 pm\*  
Oct 17 (Sat) – Caroga Lake  
Oct 18 (Sun) – Saratoga Spa Park  
Oct 24 (Sat) – Clifton Park  
Oct 25 (Sun) – Albany/Colonie Cross  
Oct 23 (Wed) – Lake George  
Nov 7 (Sat) – Troy  
**Nov 11 (Wed) – Williamstown**  
Nov 8 (Sun) – Albany  
Nov 18 (Wed) – Schenectady  
Dec 5 (Sat) – Schenectady

## One-Day Traditional Events

Oct 3 (Sat) – Hadley (Oktoberfest)  
Registration & start time: Between 9 & 12:00 pm. Finish by 3:00 pm.

Oct 10 (Sat) – [Lenox, MA](#)  
Registration & start time: Between 9 & 11 am. Finish by 2:00 pm.

Oct 11 (Sat) – [Shelburne Falls, MA](#)  
Registration & start time: Between 9 & noon. Finish by 3:00 pm

Oct 12 (Sun) – [Bennington, VT](#)  
Different trail from seasonal  
Registration & start time: Between 9 & noon. Finish by 3:00 pm

## 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.

## Rambling Thoughts . . . by Teresa Kennedy

Hooray, the autumn weather has arrived! What can be better than admiring the glorious color in our area while walking in a shower of falling leaves. Aren't we lucky that we can experience this each year?

By the time you are reading this newsletter, our always fabulous Oktoberfest has taken place. Truly one of ESCV's crown jewels, we can thank Bernie Geren, POC and Kathy Brown, event coordinator for another job well done. Next up on October 10<sup>th</sup> thru 12<sup>th</sup> is the Northeast Regional three event Columbus Day weekend which is attracting interest from people as far away as Illinois. Check out the brochure for which there is a link further along in the newsletter and plan to walk in all of these truly iconic New England towns.

Many of our club members were rightfully recognized with awards at the AVA National Convention in June. These awards will be presented to the recipients at our annual recognition pizza party following a walk in Albany on November 8<sup>th</sup>. Also recognized will be all those who have completed their 50 states or capitals within the past year. The reservation form for the party is at the end of the newsletter as well as the link to the walk brochure. Hopefully everyone is opening the brochure links as they contain important information about walk place, time, rating and directions.

Our recent initiative with Meet Up has proven to be a highly successful way of attracting new walkers to our events, thanks to the efforts of Liz Walsh. In fact, on a recent Albany group walk, the people from Meet Up outnumbered the ESCV<sup>ers</sup> two to one. We are now all called upon to explain the mysteries of volkssporting to the newest members of our walking community as they have many questions about books, stamps, and all the different kinds of walks there are

October, November, and December are really our party months. Happy walking and have fun at the social gatherings.

Happy walking everyone!

\* \* \* \* \*

### Contact Us At:

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

\* \* \* \* \*  
[www.walkescv.org/](http://www.walkescv.org/)



Last month we Congratulated 37 ESCV<sup>ers</sup> who completed 10 or more Wednesday Guided Walks during this past Summer. Inadvertently, two names were missing from this list. We would also like to congratulate **PAT REED** and **BARBARA NIGRO** who also completed 10+ walks bringing the total awards given out to 39.



### Wednesday Walks For 2016

The Wednesday walk committee will be meeting at the end of the month to devise the walking schedule for next year. If you have any thoughts on this very important program, please contact Barbara and Michael Popolizio **before October 26**, [mpopolio1@nycap.rr.com](mailto:mpopolio1@nycap.rr.com). Do you have a favorite walk that you want to see repeated. Is there a walk you think should be dropped? Are there any unmet needs? Did you notice a problem that should be addressed? All comments, thoughts, and suggestions are most welcome. The Wednesday walk program is one of the reasons ESCV is held in high regard and we want to do the best possible job that we can.

### Northeast Regional Columbus Day Weekend – October 10-12

by Linda Morzillo

Come to western New England on Columbus Day Weekend (October 10-12), to see the fall colors! Join the Empire State Capital Volkssporters, Walk 'N Mass and Twin States Volkssport Association for a colorful weekend when three Traditional Events will take place in western Massachusetts and southern Vermont. The two walks in Massachusetts will be in **Lenox** and **Shelburne Falls** and the Vermont walk will be in **Bennington**. Nearby year-round and seasonal walks are available in Williamstown MA, Greenfield MA, Brattleboro VT, Troy NY, and Albany NY. There is a beautiful patch available for purchase to commemorate the weekend. Please look at the ESCV website [www.walkescv.org](http://www.walkescv.org) for more details, specifically, on the left side of the webpage, click on the link Traditional One Day Events and click on the brochure for Lenox, MA. Information for the other two walks will be included in this brochure. Come walk with us!!



Congratulations to **Father Jack Cairns** for completing walks in all 50 states.



Congratulations to **Beth Snyder** and **Teresa Kennedy** for completing their 51<sup>st</sup> Capitals walk!



### **17<sup>h</sup> Annual Walk & Pizza Party** Sunday, November 8<sup>th</sup>

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

Walk Brochure: <http://walkescv.org/>  
Pizza Reservation Form: <http://walkescv.org/>



If you are interesting in volunteering to help, please e-mail [davidjaniga@urbanhiker.aol.com](mailto:davidjaniga@urbanhiker.aol.com)

**Reservation form on last page of newsletter.**

**Deadline to place party reservation is Thursday, October 29<sup>th</sup>**

### **E-Mail Updates**

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

## **Our Trip to Chicago**

*By Marion Averill*

When we arrived at Niagara Falls, it was raining. The POC and about four others from their club met us right where the bus dropped us off. The POC, Barb Stafford, led the 10 km group. The American side of the Falls has the most beautiful walk along the Niagara River. We saw the highlights of the area and Barb took us down on the elevator to view the new docking area for the American side of the Maid of the Mist. To meet up with the bus on time, we all took the trolley back to the starting point (finalizing the walk at 7 km).

The next day we were on our way to Chicago. When we arrived at the hotel, the step-on tour guide met us and decided that we needed to walk right then instead of at the end of the tour. She took us to Millennium Park, a very short distance from our hotel. After the exceptional tour, it was check-in time.

Day 3 took us to the Lakefront Walk at the Navy Pier. Both the 5 and 10 km walks were just beautiful, walking along Lake Michigan, into the city, and along the Chicago River, viewing the aquarium, all the beautiful yachts, etc. What an impressive city! Denny and Lucy did part of the walk, stamped books, and found a post office to mail the info. Kudos to Denny and Lucy.

After the walk and lunch, we walked a very short distance to the architectural boat tour. Our guide was an architectural graduate and knew everything about the buildings/history. The tour took us through the city and into upscale residential neighborhoods. That night we all walked to Giordano's for Chicago's famous Chicago pizza.

Day 4 – This was either a free day or a trip to Milwaukee, Wisconsin. Another lovely walk along Lake Michigan and the Milwaukee River. Karen Watson contacted the POC, who sent beautiful “colored” maps, but didn't offer to meet us. The 10 K<sup>ers</sup> hurried through this and we 5 K<sup>ers</sup> were able to stop for a leisurely lunch right on the river. Thanks to George Agars and Berny Desroches for stamping the books – a clever way to get out of walking and go for ice cream.

Day 5 was our pistol-packed day. We boarded the bus to Oak Park, Illinois to the Frank Lloyd Wright Home and Studio. Again, the tour guides were outstanding, informing us of FLW's lifetime accomplishments. When we stepped out of the Studio, there stood the POC and President of the Windy City Walkers. They took our books from Dawn Desroches and off they went to the Visitor's Center to stamp, a most helpful gesture. Dawn and Jean Van Vranken picked up the books at the center and we finished the walk, with the bus driver waiting at the Studio. However, our incentive to finish the walk was an ice cream cone at Petersen's Ice Cream, only to find it closed until after our bus planned to leave – a big disappointment.

Then off we drove to the Chicago Art Institute. However, when we entered the city, we found that there was a triathlon scheduled and many of the roads were blocked off, including the bus entrance to the Institute. Surprisingly, it worked out then and after – it took us about twenty minutes to get through two red lights, but we made it to the Tommy Gun's Garage by 5:45. Onto the bus hops “Muscles,” a very scary guy with a big voice AND big muscles – did I say that already? We had to know the secret code to get in (little Jake sent me), so we elected our bus driver who did a fantastic imitation of the Godfather. The dinner was very good and the atmosphere was Chicago gangster style (real tommy guns for photos), the entertainment was very good and we left full and laughing.

The next morning we left our hotel for Notre Dame. The POC and her husband met us immediately and Mary Agars (the person in charge of this walk) gave the husband the books to stamp with George, and his wife led the 5 K<sup>ers</sup> on a modified 5 km. What a gorgeous campus and the walk was excellent. This was the highlight of the week for several people.

Our last night was in Cleveland, Ohio and we had a very lovely and delicious farewell dinner at the Hilton Gardens Inn. They also set up this same room for a private breakfast the following morning.

Our last stop was in Buffalo at the Pierce-Arrow Museum, which, I learned later, most of the women were not too enthused about. However, the owner of the museum gave us a passionate, wonderful, informative tour that highlighted the history of the collection and explained how items were acquired. The tour ended with a dramatic opening of huge sliding doors which featured a filling station which FLW had envisioned for the city of Buffalo in 1927, (story told earlier by the owner) which never transpired. What an amazing conclusion to our trip, which had us thoroughly enjoying the stop (even the women agreed).

## **Membership**

by Larry Godshalk – email: [lgodshalk@nycap.rr.com](mailto:lgodshalk@nycap.rr.com)

Five new or returning members joined the club in August and September which brings our active member list to 294. Please welcome the following new members when you see them on the trail: Amanda Bouchard and Mark Zwinak from Ballston Spa; Arden Lawand from Schenectady; Carol Perrott from Troy; and Mary Saratora from Danvers, Massachusetts.

**LOOK FOR THE 2016 MEMBERSHIP FORM TO BE E-MAILED TO ALL ACTIVE MEMBERS IN OCTOBER FOR REGISTRATION FOR THE COMING YEAR.**

## **MONTHLY MEETING**

**Wednesday, October 21**

**Fall Meeting Dates** – 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. Note change in October from usual days.

Tuesday, November 17

Latham Firehouse  
226 Old Loudon Road, Latham

*All are welcome!*

## **From the Editor**

Articles for the November/December newsletter are **due on Friday, October 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](mailto:gorow1010-escv@yahoo.com) - 384-0015

## **Birthday Wishes**

### **Happy October Birthday to . .**

Cheryl Bielkiewicz  
Jim Bold  
Ellen Brown  
Daniel Ertel  
Arleen Farber

Donna Farber  
Frank Healey  
Lucy Healey  
Mary Lou Hodge  
Dorothy Kevlin

Wayne Knapp  
Alan Longshore  
Maureen Martelle  
Kathy McCabe  
Patricia Rousseau

James Shanley  
Sally Tedesco  
Brian Walsh  
Richard Welkley



## **Sunshine and Cards of Care**

Get well cards were sent to **Claire Hard, Frank Healey, Bill Hughes, Joe Padula, and Barb Piffat**.

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).

## **Name Tags**

Name tags can be ordered at any time by contacting Laura Sheldon at [sheldon.laural@gmail.com](mailto:sheldon.laural@gmail.com). They are available with either a magnet or pin back for \$8.00. If you would like it mailed to you, please add \$3.00.

## ESCV Club Contacts

Office / Committee	Name	e-mail
President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Vice President		
Secretary	Chris Yost	<a href="mailto:cyost@nycap.rr.com">cyost@nycap.rr.com</a>
Treasurer	Warren Lavery	<a href="mailto:warrenlavery@gmail.com">warrenlavery@gmail.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 \$3 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>
Trail Master	Linda Morzillo	<a href="mailto:lindaf.morzillo@nycap.rr.com">lindaf.morzillo@nycap.rr.com</a>

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**- American Volkssporters Association**

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

AVA asks for feedback by way of a survey. Take a few minutes and let the national board know what you think. From the October Checkpoint:

### AVA Executive Director's Updates:

#### **The AVA Individual Stakeholder Online Survey is Ready!**

The Strategic Planning Committee (SPC) has completed the Individual Stakeholder online survey. The SPC is asking that anyone and everyone who has ever participated in an AVA event complete this survey. This survey is for all individuals to complete and not only AVA members.

Please take a few minutes and give the Strategic Planning Committee input on how you see the future of AVA and what things we need to change or add to keep AVA moving forward by clicking on this link and taking the short survey! (click here). Feel free to forward this survey to all your friends and anyone who cares about the future of Volkssporting in America.

You can find the full link to the survey here: (<https://www.surveymonkey.com/r/AVA-Walker-Survey>)

It is preferred that you take this survey if at all possible online to avoid having to re-enter your answers into the survey program. However, if that is not possible the survey will be also distributed via email to everyone in the AVA database and it will also be posted on Facebook. A hard copy of the survey will also be posted very soon on the AVA website as a PDF so that it can be printed and completed with a pen or pencil and returned via mail to the AVA, attention Susan Ives, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148. If you would like a hard copy of the survey mailed to you please send a request to Jessica at [avawebmaster@ava.org](mailto:avawebmaster@ava.org) with a name and address where we can mail you the survey with a return address. Please complete and return all surveys by October 24, 2015.

### **State Parks Weekend**

Dave Brown, POC of the SE Pennsylvania Park weekend in late October, has forwarded a copy of his brochure for a 4 walk weekend event. <http://www.libertybellwanderers.net/DOCS/StateParks.pdf>





## - Northeast Region

Betty Green – Northeast Regional Director [www.avacclubs.org/NE\\_RD/](http://www.avacclubs.org/NE_RD/)



## - International Federation of Popular Sports

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

### ESCV Want Ads

**POCs:** Learn how to administer a Traditional, Year Round (YRE) or Seasonal walk. Shadow a present POC to learn the necessary tasks to be completed as the POC of one of our walks. Many of our POCs have been administering certain walks for years and would like to “retire.” Working with a present POC of a YRE or Seasonal walk for several months is a great opportunity for new members to learn about how our walk system works. New POCs are needed for Saratoga National Historical Park (the Battlefield) and Clifton Park for 2017.

**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!

**Volkssporters  
on the Go...**



Johnstown 10 km– 9/5/15



Saratoga Springs– 9/19/15



Northville – 10/3/15



**WALK WITH US IN THE CAPITAL REGION AND BEYOND**

Sign up at - <http://www.meetup.com/WALKING-IN-CAPITAL-REGION-AND-BEYOND/>



# Chicago, My Kind of Town!!

September 12-18, 2015

## Niagara Falls walk and Milwaukee walk –



## Chicago Walk and the architectural boat tour –



## Walk in Oak Park, visit to Frank Lloyd Wright home and studio, and Tommy Gun Dinner Show



## Notre Dame walk and farewell dinner.





# 17<sup>th</sup> Annual Walk & Pizza Party

Sunday, November 8, 2015

10 km (6.2 miles) –or– 5 km (3.1 miles)

sponsored by: *EMPIRE STATE CAPITAL VOLKSSPORTERS*



**START/FINISH:** St. Andrew's Episcopal Church, 10 N. Main Avenue, Albany, New York 12203

**Parking:** Going north on N. Main to intersection of N. Main & Western Ave. take a right on Western Ave (going East) to 1<sup>st</sup> traffic light. Take right into St. Rose College parking lot.

**WALK REGISTRATION:** 1:00 – 1:25 PM.

**GUIDED WALK:** Starts promptly at 1:30 PM.

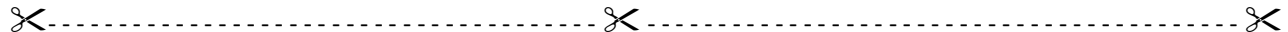
Walk Brochure: <http://walkescv.org/>

**Our annual Pizza Party\* will take place immediately after the group walk around 4:15 PM.**

**RESERVATION** is necessary for the **Pizza Party**. Cost per person is \$10.00 which includes fruit platter, hors d'oeuvres, pizza, wings, salad, beverage, & dessert. **Make check payable to: ESCV** and mail along with Reservation Form to: David Janiga, 178 Ridgefield St., Albany, NY 12208.

**Deadline is Thursday, Oct. 29<sup>th</sup>.**

DETACH AND RETURN



## Pizza Party Reservation Form

**Check(s) made out to ESCV, please mail to:**

David Janiga  
178 Ridgefield St.  
Albany, NY 12208

Name and Phone Number	Pizza Party \$10.00 per person
	\$
<b>Deadline is Thursday, October 29<sup>th</sup></b>	<b>TOTAL SUBMITTED:</b>
	\$