



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

WINTER 2017

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*

Jan 1 (Sun) – Troy

Feb 8 (Wed) – Crossgates Mall

Mar 18 (Sat) – Saratoga Springs

Mar 29 (Wed) – Schenectady

Apr 2 (Sun) – Albany Capital

Apr 5 (Wed) – Saratoga Spa Park

Apr 8 (Sat) – Albany/Colonie

Apr 12 (Wed) – Scotia

Apr 19 (Wed) – Williamstown, MA

Apr 26 (Wed) – Lake George

Apr 29 (Sat) – Clifton Park

One-Day Traditional Events

Sat- Starts at 9-11:30am. Finish by 2:30

Sun- Reg. 1pm; group walk at 1:30

Apr 22 (Sat) – Amsterdam

May 20 (Sat) – Cambridge, NY

Jun 24 (Sat) – Thacher Park (Sp. Picnic)

Oct 7 (Sat) – Moreau (Oktoberfest)

Oct 17 (Tue) – Schuylerville

Nov 5 (Sun) – Pizza Party

Dec 2 (Sat) – Holiday Party

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

A little more than two years ago Lea Darling championed the notion of an ESCV bid for the 2017 AVA National Convention. Vera Weiss, equally enthusiastic, immediately signed on to co-chair a committee that worked for countless hours to present our bid at the 2015 convention in Salem, Oregon. Despite an outstanding presentation to the general membership, we lost the bid to Billings, Montana. I now write to let you know that Lea has not lost her vision or her enthusiasm to again pursue a bid. As the current president of the club, I commend Lea for her commitment and would like to work with her to once again pursue the goal. Many of you in casual conversation with me have indicated that you too think we should again give it a go.

May I call us a premier club? ESCV represents the sport of volkssporting well in terms of membership numbers, walk offerings and financial contribution to AVA. There has never been a convention in this part of the country. My hope is that ESCV again pursue the bid, this time for 2019 but with the help of other Northeast Regional clubs. ESCV can host the three days of the convention. Hopefully other clubs in our region can provide the pre and post convention walks. It would be a real group effort. Can Lea and I count on your for your support? I'm quite sure we can.

As always, happy walking everyone!

Important Notices:

- **Bookmark Correction** – The Wednesday Guided Walk listed as Albany-Shaker Farms is May 17. Please note the correction on your bookmark
- **Group Walk Added** – Walk Crossgates Mall on Wednesday, February 8. Meet at 10 AM at Athleta.
- **2019 AVA Convention Bid** – Please e-mail Lea Darling at leadarling@verizon.net with any and all ideas related to submitting a 2019 AVA Convention bid.

2017 MEMBERSHIP RENEWAL

**** Please note that membership renewal for 2017 is ending THIS MONTH. ****

Please RENEW YOUR MEMBERSHIP for 2017 before January 31st of 2017. You should have received a pdf copy of the new Membership Form in a late October HOTMAIL. If you didn't, please print a copy of the membership form located at the end of this Newsletter; fill it out, write a check, and mail it in. It MUST be received by January 31st otherwise you will not be included in the Directory nor will you receive any hotmail notifications. You can also print out a copy of the membership form from our website. <http://www.walkescv.org/2016MEMBERSHIP%20FORM.pdf>

Contact Us At:

Empire State Capital Volkssporters

PO Box 5464

Clifton Park, NY 12065-5464

www.walkescv.org/





- ESCV NEWS

One Trip Postponed – Another Planned

By Marion Averill

Due to the devastating fire in Tennessee, the POC of two walks that were planned there (Gatlinburg and Smokey Mountain), has recommended that we wait several months to make our plans since they will, most likely, have to revamp the walks. Although he didn't add this remark: not to mention, there will be vast construction in the area. Since we need to finalize plans early in the year (hotels, bus, trip escort, etc.), we have made the decision to postpone the Tennessee trip until next year (September/October).

I am now in discussion with Yankee Trails, planning a three day, two night trip in early September to the Finger Lakes region in New York state. There will be walks, a winery tour, a museum visit, and a possible boat ride. Look for a formal announcement in the spring newsletter.

Traditional Walks For 2017 Announced

April 22	Amsterdam, NY
May 20	Cambridge, NY
June 24	Thacher Park and 30 th ESCV Anniversary Lunch
Oct. 7	Moreau State Park (Oktoberfest)
Oct. 17	Schuylerville for 240 th Anniversary of Surrender of British following the Battle of Saratoga
Nov. 5	Albany, NY and Club Recognition Pizza Party
Dec. 2	Schenectady and Holiday Party

Event and Distance Milestones

By Barbara Kolapakka

Congratulations to all our members who completed event and/or distance milestones published in *The American Wanderer*. The achievements below are from the October/November and December/January issues. If your name was in the milestones listed in those issues and is not included below please e-mail Barbara Kolapakka at bkola67@gmail.com and it will be noted in the next listing.

Event Milestones

50 Events Donna Farber Sandy Laity	75 Events Rachel Trier Thad Trier	100 Events Linda Dunn	175 Events Chris Yost
275 Events Janice Golden	325 Events Barb Popolizio	450 Events Kathy Brown	475 Events Kathryn Piffat
525 Events Cathy Edwards	600 Events Ann Misener	1050 Events Linda Morzillo	1900 Events Eileen Skinner

Distance Milestones

100 km Linda Dunn	500 km Rachel Trier Thad Trier	5000 km Cathy Edwards	
-----------------------------	---	---------------------------------	--

2016 Incentive Program

Thank you to all who participated. Each participant was rewarded with walk coupons and or an AVA book. Raffle tickets went to 15+1 or more walk participants with Linda Morzillo winning the \$25 gift certificate.

10 YRE/Seasonals Plus 1	15 YRE/Seasonals Plus 1	15 YRE/Seasonals X2 Plus 1
Barbara Bilins Sue Burke Cathy Edwards Frank Edwards Rita Gavin Nellie Georgelos Teresa Kennedy Cathy McGuire Beth Snyder Mary Sorell Carol Sorensen Loueen Whalen	Arlene Camp Linda Dunn Bernie Geren Marylou Geren Dave Janiga Alan Longshore Barbara Nigro Mike Popolizio Doug Reynolds Jackie Reynolds	Kathy Brown Jim Brown Jack Cairns Carol Kobuskie Linda Morzillo Eileen Skinner Rachel Trier Thad Trier Christine Yost

ESCV 30th Anniversary Club Incentive Guidelines – 30 Walks

By Eileen Skinner

To honor our 30th anniversary, a Port Authority® fleece vest with our club logo and 30th Anniversary dates embroidered on left front will be your incentive goal.



To earn the maximum club credit you will need to participate in 30 total walks, which includes all 17 YRE/Seasonals and 13 Traditionals (Wednesdays/1-day weekend).

All walks **must be credit walks**. (ALL PAY – \$3.00 each). **Each walk will earn a 50 cent credit.** The **maximum amount the club will provide is \$15**. Each walk may only be used once.

At the end of the incentive, you may redeem the number of credits toward the purchase price. The walker will then send a check with the difference (TBD – approximately \$8–\$10) when redeeming the incentive book. The final cost will depend on the number of participants. The more that participate, the total cost will be less.

To get an incentive book, or to redeem completed books (with check to ESCV) should be sent to Eileen Skinner, 4 Mountain Laurel Drive , Clifton Park 12065. Questions: EFSkinner@aol.com, 518-371-4352.

Help us Get the Word Out About Volkssporting

by Lea Darling

We need folks that will bring our message to their respective school districts by leading a two hour prepared walk and presentation through their Continuing Education program. We have a PowerPoint developed by AVA with some added slides about our ESCV club that Eileen Skinner and I have used for the past three years in our presentation for HVCC, Creative Retirement, and one year for the Saratoga Academy for Lifelong Learning. We have added around 15 plus members through this process.

This year we are hoping to widen our scope to families by teaching additional one night courses at Scotia Glenville and Shenendehowa through their respective Continuing Education programs. Our format is to do a 5 km walk first, followed by a one hour presentation using the PowerPoint and ending with a question and answer time. We have all the handout materials for distribution. We'd love to have you join us and see what we do, so you could then do it for your districts.

The date for Shenendehowa is Monday, May 1 and for Scotia Glenville is Thursday, May 4, 2017.

Please call Eileen Skinner or Lea Darling to say YES and/or for questions.

The Last Starting Point

The club has only one more copy of the *Starting Point* for sale. The *Starting Point* is your guide to more than 1800+ self-guided walking and biking trails throughout the USA, published by the American Volkssport Association. The cost is \$25. Please email Winnie at winnieeb@yahoo.com if you would like to buy it.

Membership

by Larry Godshalk – email: lgodshal@nycap.rr.com

REMINDER TO RENEW YOUR ESCV MEMBERSHIP.

We had 4 new members join the club over the last month but as of January 6th we have only received membership renewals for 173 current members. That means more than a hundred current members have yet to send in their 2017 Membership Renewal Form and a check for their membership dues. **PLEASE SEND IN YOUR RENEWAL FORM AND DUES BEFORE JANUARY 31st.** If we don't receive your renewal you will not be included in the 2017 Membership Directory and you will not receive club HOTMAILS and other correspondence. A copy of the membership renewal form is available on the club website. Thanks for your attention.

Birthday Wishes

Happy January Birthday to . .

Dianne Ammerman
James Barnes
Barbara Bilins
Amanda Bouchard
Kathleen Brown

Miriam Cooperman
Cameron Cox
Shelley Cull
Dawn Desroches
Sharlene King

Deborah Lotito
Catherine Marrano
Cathy McGuire
Rose Marie McLean
Edrie Pregent

Sue Ringanese
Susan Shako
Wayne Stritsman
John Watson
Florence Whitney

Happy February Birthday to . .

George Agars
Phyllis Boyd
Elizabeth Burke
Kate Cahill
Arlene Camp

Berny Desroches
Mary Anne Hess
Genevieve Ireton
Teresa Kennedy
Edward King

Emilly Koch
Barbara Kolapakka
Midge Launsbach
Jean Powis
Douglas Reynolds

Thad Trier
John Weldon

Happy March Birthday to . .

Christine Bourgeois
Marion Brooks
Ruth Cade
Barbara Carr
Jean Eaton

Cathy Edwards
Frank Edwards
Linda Ferrucci
Amy Gatchell
Dianne Hughes
Harriet Kalejs

Sue Larson
Adrienne Levinthal
Patricia Mahoney
Joseph Padula
Shirley Pingelski
Kendra Pratt

Patricia Reed
Jackie Reynolds
Mary Sorell
Elaine Suss



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.

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 \$8.00. If you would like it mailed to you, please add \$1.00.

Hotmail – Send all hotmails to Eileen **by Sunday night** for announcements related to the week. There will only be one hotmail per week to the membership.

From the Editor

Articles for the Spring newsletter are **due on Friday, March 24, 2017**. 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 Want Ads

For Sale: One Starting Point book still available. The cost is \$25.00. Email Winnie at winnieeb@yahoo.com if interested in purchasing.

Party Coordinator: Needed for ESCV 30th anniversary catered barbecue lunch on June 24 following a walk in Thacher Park. Coordinator needs to plan menu, buy supplies and organize a committee for the pavilion set up.

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 traditional walks in 2017 and next summer's Wednesday walk schedule

Publicity Coordinator: Be your own boss. Communicate ESCV walk schedule electronically to area newspapers and electronic calendars. Current practice has been to communicate walk schedule 2 months before start date, for example walks for Nov - Dec 2016 will be submitted by computer mid- Oct. Resources available: ESCV website; Wed. & Year-Round and Seasonal Walk Books and brochures. Training available.

MONTHLY MEETINGS

6:30 PM

January Meeting – No Meeting
February Meeting – No Meeting
March Meeting – March 21

Latham Firehouse
226 Old Loudon Road, Latham
All are welcome!

ESCV Club Contacts

Office / Committee	Name	e-mail
President	Teresa Kennedy	Forty6er3K@aol.com
Vice President	Rachel Trier	racheltrier@yahoo.com
Secretary	Chris Yost	cyost@nycap.rr.com
Treasurer	Warren Lavery	warrenlavery@gmail.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 \$1 for mailing; Laura can be reached at 886-1841 or by E-mail at sheldon.laura1@gmail.com
Wednesday Walk Coordinator	Sue Burke	svburke@nycap.rr.com
Traditional Events Coordinator	Rachel Trier	racheltrier@yahoo.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Historian	Dan Schryver	Dschryver@aol.com
Publicity		
Purchasing	Winnie Balz	winnieeb@yahoo.com
Trail Master	Linda Morzillo	lindaf.morzillo@nycap.rr.com

* * * * *



- American Volkssporters Association

www.ava.org

Tips for Volkssporters

From the December 2016-January 2017 issue of *The American Wanderer*.

Easy as 1-2-3?

© 2016, Robert C. Wright and Suzanne Wright, RN

Walking is such an easy activity. People aged 1 to 100+ do it every day. One step at a time, one foot in front of the other.

What could be easier? It's so natural we take it for granted and do it unconsciously.

But is it really that easy? You decide after reading on.

Practice Proper Posture

Though your body is designed for walking, if not properly aligned, your walking will be painful.

- Hold your head and chin up; shoulders back. Keep your body in a line from head to hips. This means no leaning forward; stay off the smartphone.
- Look forward, not down. You'll still see what's coming.
- Evenly distribute weight in a pack; over 5 pounds, split it up. Wear it high and close.
- Shift a purse or sling pack from side to side periodically.

These tips will lead to better back health and prevent sciatica.

Volkssporter Wendy Bumgardner offers more useful tips at walking.about.com and verywell.com.

Watch Your Step

There are subtle obstacles on your walk. Watch out for

- Uneven sidewalks with edges sticking up
- Exposed tree roots
- Exposed rocks
- Loose gravel
- Muddy ground
- Wet wooden surfaces

All of these can cause you to slip, stumble, and fall. How to react?

- Walk around the hazard.
- Step over it if not too long.
- Step cautiously if you can't avoid it.
- Hold on to handrails, trees on the side of the trail.
- Use a walking pole or staff or cane for stability.

Avoid the Agony of de Feet

Most of the bones in your body are in your feet! They deserve to be taken care of.

- Wear the right shoes for the walking surface. Training shoes on rough terrain don't provide the best support and traction; sturdy Vibram-type boots are made for the most rugged surfaces.
- Replace shoes when they lose their support.
- Wear socks that are in good condition. Holes and thread bare don't protect.
- Keep feet dry. With the newer fabrics don't wear cotton socks that absorb and hold moisture—use wicking fabrics.
- Keep your body quenched. Drying out is a health risk. Hydrate by drinking water regularly

Foot care is not something to take lightly, especially for those with diabetes. Treat it accordingly.

The American Podiatric Medical Association provides a lot of good information—www.apma.org.

Stabilize Yourself

Need physical support? Use walking poles, a staff, or a cane for some stability. Plant it on secure ground before putting your weight on it.

Nordic walking technique doesn't use the poles for stability, but they could be used that way when needed.

Still think walking is easy? (We do.) A lot of this is second nature by now—that's good. Now make the remainder part of your walking routine. Being an unconsciously competent walker is a great feeling. Walk on!

Contact us: 43224 Cardston Pl, Leesburg, VA 20176-6459, or rwright2@jhu.edu.



- Northeast Region

Betty Green – Northeast Regional Director www.avacclubs.org/NE_RD/



- International Federation of Popular Sports

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

Volkssporters on the go . . .



Lake George – October 26

Photos by Linda Morzillo



Oktoberfest – October 15

Photos by Linda Morzillo



Spa State Park – October 30

Photos by Linda Morzillo



Pizza Party – November 6

Photos by Linda Morzillo



Colonie Crossings – November 13

Photos by Linda Morzillo



Holiday Walk & Luncheon – December 3

Photos by Linda Morzillo







EMPIRE STATE CAPITAL VOLKSSPORTERS

MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year

Membership Type:

☐ **Single (\$10)**

☐ **Family (\$18)**

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.

PLEASE PRINT CLEARLY

Name: _____

☐ New Member / ☐ Renewal

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

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

What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer**? Yes / No

NEW members choose which type of ESCV Car Window Decal **you'd like**: ☐ Inside / ☐ Outside

Name: _____

☐ New Member / ☐ Renewal

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

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

What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer**? Yes / No

NEW members choose which type of ESCV Car Window Decal **you'd like**: ☐ Inside / ☐ Outside

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



PLEASE READ:

New Members:

- New memberships after September 1st are one half the annual fee through the end of the year.
- "New Walker Program" packets are an **additional** \$10. (New Walker Program packets include EVENT and DISTANCE booklets, walk coupons, etc.)
- If a new member, how did you hear about us?
- **NEW members** will receive a ESCV Car Window Decal. Choose if **you'd like** one for Inside (for un-tinted windows) **or** Outside (for tinted windows).

Renewal:

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.

Snowbirds:

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 ensure you receive mailed club booklets**.

☐ Winter address on back

E-Mail:

To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address.

Volunteer:

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).

Payment:

Make check payable to **ESCV**:

Single Membership \$10

\$ _____

Family Membership \$18

\$ _____

(New members joining Sept. 1st to Dec. 31st are one half the annual fee through the end of the year.)

"New Walker Program" packet \$10 (optional)

\$ _____

Total Enclosed: \$

Mail this form and check to:

ESCV Membership

PO Box 5464

Clifton Park, NY 12065-5464

Date Submitted: