WWW.WALKESCV.ORG OCTOBER 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* See Walk Book for complete schedule. Sep 30 (Sat) – Caroga Lake

Sep 30 (Sat) – Caroga Lar Sep 30 (Sat) – Johnstown

Oct 1 (Sun) - Lake Placid

Oct 4 (Wed) – Saratoga Nat. Park

Oct 11 (Wed) - Lake George

Oct 14 (Sat) - Cooperstown

Oct 21 (Sat) – Saratoga Springs

Oct 25 (Wed) - Scotia

Oct 28 (Sat) - Troy

Nov 1 (Wed) - Saratoga Spa Park

Nov 8 (Wed) - Albany/Colonie Cross.

Nov 29 (Wed) – Albany, Crossgates

One-Day Traditional Events

Sat- Starts at 9-11:30am. Finish by 2:30 Sun- Reg. 1:00pm; group walk at 1:30 Oct 7 (Sat) – Moreau (Oktoberfest) Oct 17(**Tue**)—Schuylerville, Victory Walk Nov 5 (Sun) – Albany (Pizza Party) Dec 2(Sat)—Schenectady (Holiday Party)

Wednesday Walks

Scheduled May thru August.

Please refer to Walk Booklet for directions. Hint: Use Google Maps for directions from your home to starting point.

<u>Contact Us At:</u> Empire State Capital Volkssporters

PO Box 5464 Clifton Park, NY 12065-5464

www.walkescv.org/



Rambling Thoughts . . . by Teresa Kennedy

It is common knowledge that volkssport clubs are closing at an alarming rate around the country or are experienced dwindling numbers. ESCV, on the other hand, continues as a vibrant club with a steady membership of close to 300 and high participation walk rates. Thanks to Eileen Skinner's tabulation efforts, we can report a 20% increase in our Wednesday walk series over last year. Let's celebrate our success at the upcoming Oktoberfest on October 7, an event that is always marked by good walking and fabulous eating in the beautiful autumn air. See everyone there.

As always, happy walking everyone!

Important Notices:

- ➤ **Meeting Cancelation** The October club meeting is canceled due to the closing of the Latham firehouse for the week due to maintenance. The next club meeting will take place on November 21.
- ➤ **Oktoberfest** Last call for Oktoberfest registrations. The sign-up sheet is on page 11.
- Pizza Party Reservation form for the Annual Recognition/ Pizza Party on November 4 is on page 10. It is not too soon to sign up.
- Schuylerville See everyone in Schuylerville for a GUIDED traditional walk on Tuesday, October 17. Registration will take place from 8:30-8:55 AM and the walk will start at 9 am. 10Kers will finish about 11:30 am. The 5Kers will finish at 10:45 in time for part of reenactment of the Surrender on shore of Hudson River at Ft. Hardy Park.
- POC's Needed Looking for Wednesday walk POC's for 2018. Call or email Sue Burke to volunteer.
- Checkpoint AVA puts out a digital newsletter known as the Checkpoint each month full of information about the national club. The Checkpoint is available via email to all club members who request it. To receive an electronic copy, send an email to the attention of Samanta requesting that you be put on our distribution list. Please not on the subject line: Request for Checkpoint. Send your request to Samanta at samanta@ava.org. An even easier way to read the Checkpoint is to go to our own club website and click on the link AVA News. It is posted monthly.
- 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.



Beverly, Massachusetts Walk

By Vera Weiss

A perfect weather day for another Two Town Walking Club walk with our good friends, The Padulas and The Gerens. This is a walk I have wanted to do for a long time, especially because my husband and I used to live only 20 minutes from Beverly and never really explored this city.

Once again, Barbara and Joe Piffat greeted us at the Start Point with a warm hug, a great smile on their faces and a friendly "Hello". Walking with them always give us a chance to learn so much about the history of the city in which we are walking and a chance to see places that might not be on the walk but very unique as well.

The POC, Mary Saratora, also met us and lead the 10 km walkers on her great walk. It was a pleasure to meet and talk with her and to learn about the town's history.

Beverly was settled in 1626. It is a beautiful seaside community located on Massachusetts' North Shore, just a short drive or train ride from Boston, 26 miles away. We walked by many beautiful landscaped summer and year-round estates. We learned that in the 1900's, President William Howard Taft had a summer White House in Beverly. Walked a short distance across a sandy beach to a public park with wonderful views of the water and a lovely landscaped garden. Now we all know why Beverly is aptly called the "Garden City"!

The 10 km and 6 km walkers walked by the Cummings Center which was formerly a United Shoe Machinery Complex. Lots of great shops are how housed in these buildings with some eating places as well. The walk around the pond ended our very pleasant walk in this picturesque waterfront community.

Once again—many thanks to Mary, Barbara and Joe for making a point to be with us on this walk and to share their stories and the history of Beverly!

19th Annual Walk & Pizza Party Sunday, November 5th





Walk Brochure Link: http://www.walkescv.org/17pizzawalk.pdf
Pizza Reservation Form:

If you are interested in volunteering to help, please e-mail davidjaniga@urbanhiker.aol.com
Reservation form page 10.

Reminder . . .



Saturday, October 7, 2017

Palmertown Pavilion at Moreau Lake State Park 605 Old Saratoga Rd. Gansevoort, NY 12831

Come enjoy the beautiful autumn views of the lake surrounded by hardwood forests, pine stands, and rocky ridges. Walk between 9:00am-2:00pm.

Walk Brochure Link: http://www.walkescv.org/17moreau.pdf
Reservation form on page 11.

CONGRATULATIONS to these 65 Wednesday Walkers who received an Award Button for 10 or more Walks.

Dave Averill
Mary Agars
Marion Averill
Winnie Balz
Barbara Billins
Phyllis Boyd
Kathy Brown
Jim Brown
John Cairns
Lois Colson
Patty Costa

Deborah D'Arcangelis

Lea Darling
Dawn Desroches

Linda Dunn
Cathy Edwards
Frank Edwards

Rita Gavin
Bernie Geren

Marylou Geren

Patricia Gettings Larry Godshalk Sue Grey Dianne Hughes Dave Janiga Lil Julian Dorothy Kelvin Teresa Kennedy Wayne Knapp Ed Koch

Barbara Kolapakka Arden Laward Warren Lavery
Alan Longshore
Kathy Mack
Kathy McCabe
Cathy McGuire
Christine Meinhold
Linda Morzillo
Barb Nigro
Linda Nowak
Gail Ostrander
Jean Padula
Joe Padula

Mike Popolozio
Pat Reed
Louise Remillard
Doug Reynolds
Jackie Reynolds
Jim Shanley
Eileen Skinner
Beth Snyder
Carol Sorensen
Mary Sorell
Eileen Sowa
Joanne Szot
Sally Tedesco
Thad Trier
Rachel Trier

Jane Pattison

John Pattison

Pam Pearlman

AnnaLisa VanAvery Karen Watson

Chris Yost

Participation Report - Wednesday 2017 Guided Walks

WALK #	DATE	WALK	TOTAL WALKERS	6:45AM	9:00	6РМ	CREDIT	NONCREDIT	NWC
1	4-May	Saratoga - Museum	79		75	4	60	19	2
2	11-May	Corning Tulip Albany	71		66	5	57	14	3
3	18-May	Albany Shaker Farms	78		73	5	64	15	1
4	25-May	Rensselaer	69		65	4	53	16	0
5	1-Jun	Broadalbin	41		39	2	36	5	1
6	8-Jun	Schenectady -Vale	75		68	7	53	22	2
7	15-Jun	Voorheesville	47		42	5	38	9	0
8	22-Jun	Niskayuna / Blatnik Pk.	87		87	0	59	28	0
9	29-Jun	Waterford/Peebles	84		79	5	63	21	0
10	6-Jul	Schenectady River Walk	65	4	55	6	53	12	2
11	13-Jul	Round Lake	89	3	81	5	66	26	2
12	20-Jul	Ballston Spa	77	5	71	1	62	15	1
13	27-Jul	Ballston Lake - Rail	65	3	62	0	52	13	0
14	3-Aug	Albany Washington Park	48	3	44	1	41	7	0
15	10-Aug	Saratoga Springs - East	62	5	54	3	49	13	1
16	17-Aug	Matla - Smart Tech	74	3	66	5	53	21	0
17	24-Aug	Troy	60	3	56	1	44	16	1
18	31-Aug	Glens Falls	70		70		50	20	0
		Total 2017 Wed.	1241	29	1153	59	953	292	16

2019 Convention Update... 21 Months counting down

This month we have been working with AVA to get our contract with the Marriott finalized. Publicity, Transportation, Walks, Walks Equipment and Web Master have been steadily coming up to speed. We put a survey in the National Checkpoint, AVA's monthly newsletter for all club presidents and interested membership) on what they think is a reasonable amount for a Full Convention Package. In Billings, the cost was \$295.00 and in Oregon the full cost for an AVA member was \$455.00.

We are also in need of a DONATION *CHAIRPERSON*. This person and their crew will go out to area stores that carry food (i.e., Target, K Mart, Walmart, Market 32, Hannaford, ShopRite, Aldi, Ocean State Job Lot, BJ's, Dick's, etc.) soliciting snacks, water, paper products, fresh fruit, peanut butter, crackers, popcorn machine, etc. for the start and end of each of our walks, our Hospitality Room, Registration Goody Bags, etc. Each Committee Chair will put in their requests for their specific needs to the Donation Committee.

Sadly, I have not been inundated with emails or calls for our other vacant committee chairs: Fund Raising, Grant Writer, Registrar, Silent Auction and Sponsorships Solicitor.

Step up to help us make this first time ever Northeast Region Area AVA National Convention, one the AVA membership won't soon forget.

Suggestions? Concerns? Email or call one of your convention co-chairs, *Lea Darling* leadarling@verizon.net *and Teresa Kennedy*, forty6er3k@aol.com

Cooperstown October 14th

The Finger Lakes Club Will be Walking With Us!

Saratoga Springs October 15th

The Finger Lakes Club with 8 to 10 members is carpooling to our area in October. They plan to do our group walk in **Cooperstown** on **October 14**th and our seasonal walk in **Saratoga Springs** on **October 15**th starting at 10:00 am They will be staying in Saratoga on Saturday night. This would be a wonderful opportunity to meet the members of the Finger Lakes Club and to share our enthusiasm with them for the 2019 convention. Their president, Sue Connelly, has already pledged her enthusiastic support.

Event and Distance Milestones

Congratulations to all our members who completed event and/or distance milestones published in the American Wanderer. The achievements below are from the June/July and August/September 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.

EVENTS

10 Events	650 Events	125 Events	200 Events
Katherine Walsh	Dave Averill	Marion Averill	Chris Yost
		Rachel Trier	
		Thad Trier	

DISTANCE

3000 km	18,000 km
Barb Bilins	Jack Cairns

Membership

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

No new members have joined in the last month and our active membership is at 288.

After several discussions in the monthly club meetings regarding our decreasing club treasury, the decision has been made to raise the annual club dues for 2018. The annual dues for single members and families have not changed since before 2010. The annual dues for a single membership in 2018 will be \$12 a year and for families it will be \$20 a year. We believe this modest increase will not result in any severe financial burden for our members and it will allow the club to continue providing the many walks and other events you have come to expect.

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 for a magnet back tag and \$3.00 for a pin back tag.

Birthday Wishes

Happy October Birthday to . . .

Christine Barnes	Donna Farber	Wayne Knapp	Patricia Rousseau
Nancy Bell	Rebecca Frament	Alan Longshore	Paul Selzam
Jim Bold	Michael Hawkins	Gail Lumenello	James Shanley
Morrison Brooks	Lucy Healey	Susette May	Sally Tedesco
Ellen Brown	Mary Lou Hodge	Kathleen McCabe	Brian Walsh
Susan Cox	Dorothy Kevlin	Daile Morrell	Richard Welkley



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.

This article was sent to *The American Wanderer* for inclusion in the next issue.

Before and After Your Walk Thru History!

By Linda Morzillo

Plans are in motion for the Biennial AVA Convention to be held June 9 - 16, 2019! The Empire State Capital Volkssporters welcomed Henry Rosales, AVA Executive Director, and David Bonewitz, AVA President, to Albany for a planning session in mid-July. Specific details of the Convention will be shared via upcoming issues of TAW and on the future Convention Website.

Did you know that the ten clubs of the Northeast region proudly offer over 110 YRE/SE events during 2017 in places noted for wonderful walking and biking? We plan to continue these events! Therefore, besides participating in the great walks sanctioned specifically for the convention, we sincerely hope you will extend your visit (for several weeks or months??), both before and after June 9-16, 2019, to enjoy all that the Northeast offers. There are so many outstanding scenic, cultural and historic walks! When planning walks, all POCs keep in mind that the goal is to show visitors the special sights that make their walks unique. Indeed, these are

unique places in a unique section of the United States. Look for interesting descriptions of YRE/SE walks that may be submitted by individual NE clubs in *TAW*. For example, you may read this about Two Towns' walk in Ipswich MA: "Ipswich was originally known as Agawam by the Wampanoag people... It claims to be the first place in America to raise the cry against taxation without representation."

You can Volkswalk on and near mountains, by the ocean next to lighthouses, around historic sites pertaining to the American Revolution and many other periods of history, along canals, through quaint and classic towns, on ivied college campuses, in famous cities, large, medium and small (many have been revitalized since the apex of their manufacturing eras). In addition, you can enjoy bike events along Recreation Trails in Massachusetts and along the Farmington Canal Heritage Trail in Connecticut. Several walks highlight or are near National Park Service units: parks, monuments, seashores, memorials, historic sites, historical parks, scenic trails and scenic rivers. History buffs will appreciate the numerous sites noted on the National Register of Historic Places.

Walkers who are filling their 50 States and/or 51 Capitals books will be able to complete seven states and/or seven capitals located not-too-far from each other. The two that are furthest from each other, Albany NY and Augusta ME, are about 326 miles apart and would take about 6 hours in a direct drive. For those with the goal of walking in all 51 capitals, it is possible to plan a circular route, for example: Albany NY – Hartford CT – Providence RI – Boston MA – Augusta ME – Concord NH – Montpelier VT with a return to Albany.

If you are completing Special Programs books, be sure to bring them! There are opportunities to acquire stamps for some of the more challenging programs. Books can be stamped for these programs in June 2019: Border Crossings (note: The Twin State Volkssport Association has *three* walks for this program), Bridges – Spanning the USA, Ice Cream Parlors, Lady Liberty, Make a Wish at a Water Fountain, National Parks Centennial, Points of Reference, State Street Sashay, Take a Walk in a City Park, Treasure Hunt, Underground Railroad, United States Post Offices and Walk the USA Street by Street. In addition, many stamps can be added to the undated Walking the USA A-Z.

Two newly announced programs, Walk Like an Olympian and The Appalachian Trail will also be valid during June 2019. The Empire State Capital Volkssporters hosts a beautiful seasonal walk in Lake Placid, New York, the site of both the 1932 and 1980 Olympics. The walk route passes the arena where, in 1980, Eric Heiden won five gold medals in speedskating and the USA Hockey team played the "Miracle on Ice;" the memorable contest when the USA team won the exciting game with the USSR. Two days later, the USA won the game with Finland to win the gold medal! On the way to the start point at the Lake Placid Visitor Bureau, walkers will pass by the Olympic ski jumps and the Mt. Van Hoevenberg Olympic Bobsled Run Complex.

Clubs are planning walk routes to incorporate at least 4 km of the Appalachian Trail located in six states of our NE region. Look for new Special Programs that will be announced to start on January 1, 2019.

It's fun to read books in preparation for upcoming experiences. The following two websites offer excellent suggestions of New England reading material: fiction - classical, contemporary and historical, children's books and nonfiction books including history. The lists are similar and there are other books that go unmentioned such as *Boston Girl* by Anita Diament and *Couples*, by John Updike, which takes place in Tarbox, the fictional town modeled after Ipswich, MA.

librarything.com/bookaward/100+Essential+New+England+Books

archive.boston.com/globe/bestofnewengland/books/

Upstate New York has a culture and mindset of its own. Check these websites for suggestions:

goodreads.com/places/5078-upstate-new-york

goodreads.com/shelf/show/upstate-ny

goodreads.com/shelf/show/adirondacks

goodreads.com/list/show/73295.Hudson River Valley Books

More convention information and reading suggestions will be included in future TAW articles!

From the Editor

Articles for the November newsletter are due on Friday, October 20, 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. Feel Ellen Brown - gorow1010-escv@yahoo.com - 384-0015

AyA

- American Volkssporters Association www.ava.org



- Northeast Region

Chris Mellen – Northeast Regional Director www.avaclubs.org/NE_RD/



International Federation of Popular Sports

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

ESCV Want Ads

<u>POCs</u>: 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

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
Historian	Dan Schryver	Dschryver@aol.com
Membership & Email Updates	Larry Godshalk	Lgodshal@nycap.rr.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
Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
Publicity	Kathy Mack	kmack1952@gmail.com
Purchasing	Winnie Balz	winnieeb@yahoo.com
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by
		E-mail <u>kleroux1@nycap.rr.com</u> .
Trail Master	Linda Morzillo	lindaf.morzillo@nycap.rr.com
Traditional Events Coordinator	Rachel Trier	racheltrier@yahoo.com
Wednesday Walk Coordinator	Sue Burke	svburke@nycap.rr.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Webmaster	Eileen Skinner	EFSkinner@aol.com

2019 CONVENTION

2019 Convention Chairpersons			
Co-Chairs	Lea Darling	leadarling@verizon.net	
	Teresa Kennedy	Forty6er3K@aol.com	
Finance	Warren Lavery	warrenlavery@gmail.com	
Fund Raising			
Grant Writer			
Merchandise Chair	Bev Feltt	AuntBev9@aol.com	
Publicity	Linda Morzillo	lindaf.morzillo@nycap.rr.com	
Programs	Barbara Kolapakka	bkola67@gmail.com	
	Trudi Thun	trudi248@gmail.com	
Registrar			
Silent Auction Room			
Sponsorship Solicitor			
Transportation	Deborah D'Arcangelis	dmdarcang@gmail.com	
Volunteer Coordinator	Chris Yost	cyost@nycap.rr.com	
Walks	Doug Reynolds	dougreynolds@juno.com	
	Rachel Trier	racheltrier@yahoo.com	
Walks Equipment	Kathy Mack	kmack1952@gmail.com	
	Wayne Knapp	waynecknapp@gmail.com	
Web Master	Eileen Skinner	EFSkinner@aol.com	

MONTHLY MEETING

6:30 PM

October Meeting – Canceled due to maintenance at the Latham firehouse.

NEXT MEETING – November Meeting – November 21, 2017

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

Volkssporters on the go . . .







Photos by Linda Morzillo









Dinner Cruise



Wine Tasting



Watkins Glen







ESCV Oktoberfest Party Saturday, October 7, 2017

Palmertown Pavilion at Moreau Lake State Park 605 Old Saratoga Rd. Gansevoort, NY 12831

This year's Oktoberfest is being held on Saturday, October 7, 2017 at Moreau State Park, NY. Sue Grey is serving as chairperson.

Hot dogs and Bratwursts will again be served along with rolls, soft drinks, and condiments. The cost remains at **\$6.00 per person**. Please bring your favorite dish to share with everyone.



	· · · · · · · · · · · · · · · · · · ·	
	Please complete the reservation form and return to Sue Grey.	
	Make your check payable to ESCV . Note: There is NO pre-registration for this walk .	
><	<	,

Oktoberfest Party on Saturday, October 7, 2017



Please send check made out to <u>ESCV</u> to: Sue Grey 134 Acorn Drive Glenville, NY 12302

Oktoberfest Food Reservation for: Name and Phone Number		Mark your choice (X)		
		Hot Dog	Knock- wurst	Brat- wurst
1				
2				
3				
4				
5				
Grand Totals	\$			

In order to be sure that enough selections of food are available to everyone, we ask that you note below the food you would like to bring. As always, sauerkraut is a favorite. If we are lacking in any group, we will contact people for needed contributions.

1. Appetizers ()	2. Salads, Pasta dishes, etc. ()	3. Desserts ()	4. Sauerkraut (
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19th Annual Walk & Pizza Party Sunday, November 5, 2017



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

<u>Parking:</u> Going north on N. Main to intersection of N. Main & Western Ave. take a right on Western Ave (going East) to 1st 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/17pizzawalk.pdf

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

<u>RESERVATION</u> is necessary for the <u>Pizza Party</u>. Cost per person is \$13.00 which includes fruit platter, hors d'oeuvres, pizza, wings, salad, beverage, & dessert. <u>Make check payable to: <u>ESCV</u> and mail along with Reservation Form to: David Janiga, 178 Ridgefield St., Albany, NY 12208.</u>

Deadline is Thursday,	Oct.	26 th .
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	DETACH AND RETURN	
X		·····×

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 \$13.00 per person	
		\$
Deadline is Thursday, October 26 th	TOTAL SUBMITTED:	\$

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



MONTHLY MEETING

6:30 PM

October Meeting – Canceled due to maintenance at the Latham Firehouse.

NEXT MEETING – November Meeting – November 21, 2017

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