



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

APRIL 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*
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
May 6 (Sat) – Cooperstown
May 7 (Sun) – Saratoga Nat Hist Pk
June 3 (Sat) – Caroga/Johnstown
Jun 11 (Sun) – Bennington, VT
Jun 17 (Sat) – Lake Placid

One-Day Traditional Events

Sat- Starts at 9-11:30am. Finish by 2:30
Sun- Reg. 1:00pm; 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

Registration begins 30 minutes prior to start.

Start time: 9 am & 6 pm
May 3 – Saratoga Sp. – West Side

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

www.walkescv.org/



Rambling Thoughts . . . by Teresa Kennedy

Welcome back everyone to the world of volkssporting. We are once again about to begin our very ambitious schedule of group and traditional walks. Please consider volunteering to help at the registration tables. The POC's will be most grateful.

A number of people have been busy over the winter months organizing to prepare a bid for ESCV to host the 2019 AVA biennial convention. A formal vote to proceed was taken at the March meeting. The application to present a bid at the convention in June will be submitted in mid April. You will be hearing a lot more about this in the coming months. Much ground work was already laid by the previous convention committee and we can now build on that foundation. Stay tuned for exciting developments.

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
- **Reminder** – There are many group walks scheduled in April. Keep your bookmarks handy so as to remember the dates for these walks.
- **Incentive Cards** – Put your incentive card in your walk folder so it can be stamped when you do a walk. Every walk earns a fifty cent credit toward the vest reward.
- **Signups** – Check the back of the newsletter for registration forms for club anniversary party and for the September Finger Lakes trip.
- **Brochures** – Click on the links in this newsletter to get information about traditional events in April, May and June.

Announcement:

- **Chris Mellen of the Twin States Volkssport Club has agreed to be our Regional Director. Carolyn Adams of Twin States has offered to be the Deputy Regional Director.**
- **ESCV's new publicity chairperson is Joe VanAlphen. We thank all three for assuming these positions.**



"Volkssporting in the Capital District"

We are looking for some help for our Adult Ed Classes. -

By Eileen Skinner & Lea Darling - leaders for these classes.

This spring we are expanding our Informational ESCVolkssporting avenues to two area school districts in their Continuing Educations programs, more opportunities to walk with prospective new members.

We will be registering attendees from each class before we start the 5K walk. **MARK YOUR CALENDARS**

☆ **MONDAY, May 1, 6:30pm**, Meet at the classroom to Shenendehowa's High School West, We will be leading a 5K walk with prospective new walkers before the presentation.

☆ **THURSDAY, May 4, 6:30pm** meet at the assigned classroom on Rt. 147 of Scotia Glenville High School, we will also be leading the class on a 5K in the area.

Since we already have seasonal walks in both districts (that go by the schools), Both 5K Walks will be credit walks!

Our class at Hudson Valley (4th year) may not happen as the registration so far has been too small to hold the class. We will let you know by Hotmail if it is a go and ask for your help at that time..

We need your HELP!! – We will need some refreshments for after the walk, as well as people to walk with the participants.

We would appreciate you joining us for one or both of our 5K walks with new friends answering questions, encouraging them to have fun walking in their towns with a new perspective of really seeing things they speed by each day, improving their fitness and making new friendships.

Please contact Eileen Skinner or Lee Darling to volunteer for just a couple hours of your time. **THANK YOU!**

Exciting News....

By Lea Darling

ESCV is again putting in a bid to host the 2019 AVA Biennial Convention in the Northeast Region. If we succeed in winning the bid, we will be hosting in the Wolf Road/Albany area during the beginning of June, 2019 for three days, midweek. Our theme is **“Walking Thru History”**. How can we miss with all the history that surrounds us each and everyday in the Northeast through our Dutch street, stream, and town names, state and national parks, museums, monuments, Erie Canal, Hudson River, American Revolution, French and Indian War, Lake George, state capital, and even our Alexander Hamilton connection! It is also exciting to report that our sister clubs, Twin States, Walk'nMass, Two Town and West Point are exploring the possibility of hosting the pre and post convention walks. How wonderful to have a true regional convention.

We are looking for your support and enthusiasm. We will be looking for help on committees. So, let us know soon what committee is your preference. Areas of volunteer needs include but are not limited to Walks, Merchandise, Transportation, Workshops, Silent Auction, Photographers, Registration, Welcoming, Parking, etc. If you have any experience with fund raising, budget making, or anything having to do with putting on a convention in your present or former working life, please give **Teresa** 370-0585 or **Lea** 399-7229 a call. If you are planning on attending this years 20th AVA Biennial Convention in Billings, Montana, let us know.

Here's to bringing a convention to the great Northeast!

Spring Traditional Events For 2017

Date	Day	Location	Comment
April 22	Saturday	Amsterdam	This walk begins on the south side of river, an area of Amsterdam that ESCV has not previously explored. Of interest is the new pedestrian walkway over the Mohawk River. The 10K route will follow Erie Canal Trailway path as far as Lock 11 before returning to our starting point, La Cucina restaurant which will be open for lunch. Link: http://www.walkescv.org/17amsterdam.pdf
May 20	Saturday	Cambridge	We have not walked in Cambridge since 2003 so this is a good opportunity to revisit this small Washington County village located between the Hudson River and Green Mountains of Vermont. Link: http://www.walkescv.org/17cambridge.pdf
June 24	Saturday	Thacher Park	ESCV has walked in Thacher Park many times, but this is a special event as we will be celebrating the 30th anniversary of the club on this day. At noon we will raise a toast to the continued success of our club and sit down to a BBQ catered Dinosaur BBQ of Troy. Link: Coming Soon....Check website for posting

A Wildflower Walk Invitation

Pat Rush, a member of ESCV and ECOS (the Environmental Clearinghouse of Schenectady), has invited us to join her on Tuesday, April 18 as she leads a walk for ECOS along the old Erie Canal Towpath at Schoharie Crossing. This walk will be of historical as well as botanical interest. For car pooling meet at 8:45 am in the Office Max parking lot opposite the old Rotterdam Square Mall (now Via Port) on Campbell Road. If you want to drive to Schoharie Crossing, the walk will begin from the old store at Yankee Hill at approximately 9:15. The walk will be leisurely so as the admire and enjoy the new spring blooms.



Driving directions to Schoharie Crossing/Yankee Hill Lock. Turn left out of the Office Max parking lot, follow Campbell Road to intersection with Rt. 890 to go west to the right hand turn onto route 5S going west. Take 5S west through the intersection with Rt. 30 in Amsterdam. Go past the Target shipping center to the right hand turn, well marked for Fort Hunter. Turn right again onto Queen Ann Road, which parallels the bike path, both crossing Fort Hunter Road. The Yankee Hill picnic area, Lock 28 and Putman's Lock Store will be on your left and are well-marked.

Finger Lakes Bus Trip – September 10, 11 and 12, 2017

Our three day, two night trip starts at 7:15 a.m. from Yankee Trails and will make a stop at Latham Farms. The cost is \$460 and will include transportation; luggage porter; Yankee Trails escort; hotel for 2 nights (Best Western Inn, Seneca Falls and Hampton Inn, Horseheads); 2 breakfasts; 1 cocktail dinner cruise on Lake Seneca; 3 walks (Geneva, Ithaca and Watkins Glen); Seneca Falls Women's Rights museum; 2 wineries for wine tastings – coupons included (Lakewood Winery and Fox Run Vineyards), driver and escort tips (does not include hotel maid tips). Please let me know if you'd be willing to be in charge of a walk.



Deposit of \$100 by April 26 (check made out to YANKEE TRAILS) should be sent to Marion Averill, 4842 Independence Dr., Bradenton, FL 34210.

Save August 5th for a Summer Walk by the Sea in Rockport, Massachusetts

by Vera Weiss

Joe, Barbara and Kathryn Piffat are planning a one day traditional walk in Rockport, MA on Saturday, August 5th. The walk will start at the High School. They are working on the brochure right now but have to wait until the snow melts to finalize the walk instructions. I know the walk will take you by beautiful homes along the ocean, a walk to the headlands where you can sit and look over Rockport Harbor, the Motiff and Bearskin Neck, home to some wonderful boutiques and artist shops, ice cream parlors, eateries, and historical sites. You can even buy a delicious strudel near the end of "The Neck".



The Geren's, Padula's, Darling's, Barbara Kolapakka, Teresa and the Weisse's have all booked either a B&B or a motel/hotel in the area. Marv and I are going from August 3rd to the 6th. We are staying three nights at the Vista Motel in Gloucester. We booked a deluxe room for \$229 a night plus a 11.7% tax. It is expensive to stay in Rockport and Gloucester during this very touristy time of year but it is so worth it. Once you visit this area, you will fall in love with it and want to come back!

There is a Gloucester walk just a few miles away. Beverly and Danvers walks could be done on your way to or on your way home.

The Piffat's have always supported our walks so we feel honored to support theirs. Hope you can join us.

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: EF Skinner@aol.com, 518-371-4352.

Membership

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

Fourteen new members have joined the club over the last several months. With the 2017 membership renewals that brings our active membership to 256 members. Please welcome the following new members when you see them on the trail: **Diane Harper** and **Paul Selzam** of Albany, **Christine** and **James Barnes** of Ballston Spa, **Sue Ringanese** of Caroga Lake, **Carol Puglisi** of Glenville, **Brenda Arley** of Glens Falls, **Linda Miller** of Latham, **Nancy Bell**, **Janet** and **Tim Sinnott** of Saratoga Springs, **Walter Wheeler** of Troy, **Joseph DeConno** of Waterford, and **Patricia Gettings** of Watervliet.

2017 Membership Renewal, Membership Directory and 2017 Wednesday Walk Booklet

The membership database was updated with all renewals received through February 28th and the 2017 Membership Directory was mailed out March 20th. The 2017 Wednesday Walk Booklet was included in the same envelope as the 2017 Membership Directory.

Walk'n Mass to Host a Traditional Event in Deerfield, Massachusetts

by Bea Hait

It was a barely-getting-in-under-the-90-day-deadline decision to host a walk on Saturday, May 6, 2017 in Deerfield, MA – starting at the Visitor Center picnic area in Historic Deerfield. We invite your club members to join us for that weekend. Click on the link below to see the attached brochure that contains the details and pre-registration form. The brochure is also on our website: http://walknmass.org/day_walks/Deerfield_050617_final.pdf



There are three SEs within 30 minutes of Deerfield: “Bridge of Flowers” Shelburne Falls, MA, Greenfield, MA, and Brattleboro, VT. Check the brochure for group walks of the two Massachusetts ones; we’ll have a sign-up list at the Start table on Saturday for folks to connect to walk Brattleboro together.

Historic Deerfield is a treasure to explore and features multiple 18-century museum houses with guided tours.

POCs Janet and Bob Varnon have arranged a buffet dinner for us on Saturday evening at the Deerfield Inn, known for its farm-to-fork philosophy. The menu was not included in the brochure, but folks have asked us about it, so here is that information. The buffet includes the following: Baby Green Salad with house dressing; a choice of Apple Brandy Pork Loin, Seasonal Vegetable Lasagna Rolls or Lemon Rosemary Chicken Breast with Sauce; Chef’s choice of seasonal sides; Seasonal Fruit Crisp with whipped cream; bread, coffee, tea, iced coffee or iced tea. Per person \$32 includes taxes and tip. **We need a final head count by April 24.**

With all of these walking options, opportunity to explore 18th century houses and the camaraderie of a meal with fellow volkssporters, we hope you’ll decide to join us.

Link: http://walknmass.org/day_walks/Deerfield_050617_final.pdf

Try This Trail . . .

Reef Bay Trail, St. John, Virgin Islands

By Jean Powis

In January 2017, Kevin Lengyel and I hiked the difficult Reef Bay Trail on St. John, Virgin Islands. The trail was only three miles long, but was treacherous, with its steep rock filled terrain. The hike through the tropical rainforest offered beautiful green foliage and some of the oldest and tallest trees on the island. Along the trail we saw the ruins of an old Danish sugar plantation. We also stopped at a spot where



we saw ancient petroglyphs that archeologists believe to be carved by the Taino Indians over 1000 years ago. There was a fresh water pool at the base of a 40 foot waterfall where we stopped to eat our lunch with 28 other hikers before we returned. After seeing these hidden sights on St. John, it made this challenging hike, well worth the effort.



While we were on St. John we also hiked other trails, snorkeled, and did a helmet dive.

Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at 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 \$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.

Birthday Wishes

Happy April Birthday to . .

David Averill
Doris Bindl
Ellen Clute
Nellie Georgelos

Sandra Hilt
David Janiga
Carole Luther
Dorothy Pazinko

Michael Popolizio
Randy Putnam
Stephen Ras
Dan Schryver

John VanVranken
Liz Walsh



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.

From the Editor

Articles for the May newsletter are **due on Friday, April 21, 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

<p>MONTHLY MEETINGS</p> <p>6:30 PM</p> <p>April Meeting – April 18</p> <p>Latham Firehouse 226 Old Loudon Road, Latham <i>All are welcome!</i></p>


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 **- American Volkssporters Association**
www.ava.org

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

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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. 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
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	Joe VanAlphen	joevanalphen@yahoo.com
Purchasing	Winnie Balz	winnieeb@yahoo.com
Trail Master	Linda Morzillo	lindaf.morzillo@nycap.rr.com

Volkssporters on the go . . .





30th ESCV Anniversary Party

Hope you have saved Saturday, June 24, 2017, for the celebration of our club's **30th Anniversary** in Thacher Park.

There will be a BBQ after the walk catered by **Dinosaur BBQ** in Troy. A choice of meats and side dishes will be served at approximately noon. Water and lemonade will be provided.

Yes, there will be a cake. All this for **\$21 per member** and **\$24 for non-members!**

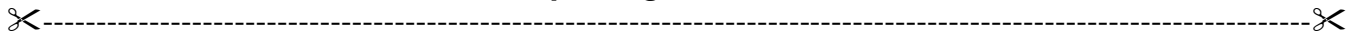


Saturday, June 24, 2017

Thacher State Park, Paint Mine Pavilion, Voorheesville, NY

Cost of \$21 per member or \$24 per non-member payment **must be received by June 16.** Please complete the reservation form and send it to Mary Sorell along with your check made out to ESCV.

There is NO pre-registration for this walk.



30th ESCV Anniversary Party Reservation Form



Send Total \$ via check made out to ESCV by Friday, June 16, 2017 to:
Mary Sorell, 1421 1st Ave., Watervliet, NY 12189



Member's Name & Phone Number	Member \$21
	\$
Non-Member's Name & Phone Number	Non-Member \$24
	\$
Deadline: Friday, June 16th	Total
	\$



FINGER LAKES BUS TRIP

September 10, 11 and 12, 2017

Our three day, two night trip to the Finger Lakes region starts at 7:15 a.m. from **Yankee Trails** and will make a stop at **Latham Farms**. Yankee Trails is located at 569 Third Avenue Ext., Rensselaer, NY 12144 and they have plenty of long-term parking.

The cost is \$460 per person, double occupancy and will include:

- Transportation;
- Luggage porter;
- Yankee Trails escort;
- Hotel for 2 nights (Best Western Inn, Seneca Falls and Hampton Inn, Horseheads);
- 2 breakfasts;
- 1 cocktail dinner cruise on Lake Seneca;
- 3 walks (Geneva, Ithaca and Watkins Glen);
- Seneca Falls Women's Rights museum;
- 2 wineries for wine tastings – coupons included (Lakewood Winery and Fox Run Vineyards),
- Driver and escort tips (does not include hotel maid tips).

Please let me know if you'd be willing to be in charge of a walk.

Further inquiries, please contact Marion Averill 941-761-0029, email walkingaverills@aol.com

Deposit of \$100 per person by April 26. ... Final payment of \$360 p.p due July 12.

(check made out to **YANKEE TRAILS**) should be sent to:

Marion Averill, 4842 Independence Dr., Bradenton, FL 34210

NOTE: A minimum of thirty-three (33) people is needed for the tour to proceed. Seats are available on a first-come first-served basis. There will be a waiting list. If you sign up and cannot go, you will be able to get a refund only if you are replaced from the waiting list or you find your own replacement.

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Please reserve ____ seat(s) on the **FINGER LAKES BUS TRIP – September 10, 11 and 12, 2017**

Name _____

Address _____

Cell Number _____ E-mail address _____

Roommate name: _____

(Please indicate if roommate is sending deposit with separate reservation application: YES ___ NO ___)

Address _____

Cell Number _____ E-mail address _____

Pick up location (check one): Yankee Trails _____ Latham Farms _____

I will be in charge of a walk. _____

I would like to help with a walk. _____

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



MONTHLY MEETINGS

6:30 PM

April Meeting – April 18

Latham Firehouse
226 Old Loudon Road, Latham

All are welcome!