

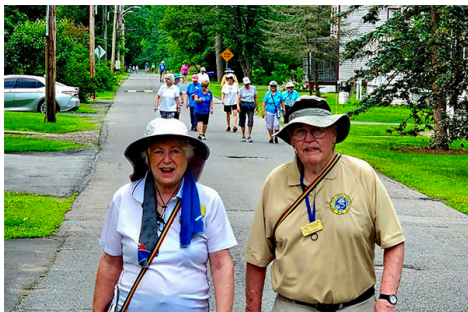


Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

AUGUST 2023



Come Walk With Us!

Member of American Volkssport Association and International Federation of Popular Sports



Empire State Capital Volkssporters

PO Box 5464
Clifton Park, NY 12065-5464
www.walkescv.org/



Club Officers

President ~ Christine Yost
cyost@nycap.rr.com

Vice President ~ Larry Godshalk
lgodshal@nycap.rr.com

Secretary ~ Barbara Nigro
barb.nigro@gmail.com

Treasurer ~ Terry Gitnick
tgitnick@gmail.com

Newsletter

Arden Lawand ~ Editor
arden.lawand@verizon.net

Website / Hotmail

Eileen Skinner ~ Web Master
efskinner@aol.com

Please 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



American Volkssport Association
1008 S. Alamo St.
San Antonio, TX 78210
210.659.2112 AVAHQ@ava.org



Northeast Region

Carol C. Giesecke - Northeast Regional Director
ne_rd@ava.org
www.avaclubs.org/NE_RD/



International Federation of Popular Sports
http://www.ivv-web.org/



By Deborah D'Arcangelis

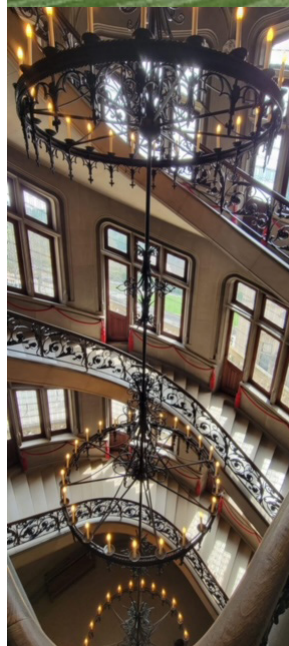
The Biltmore Estate is a one-of-a-kind AVA walk, including the Biltmore house and historic gardens with views of the Blue Ridge Mountains in the distance. George Vanderbilt III enlisted Richard Morris Hunt for the home and landscape architect, Frederick Law Olmstead for the grounds.

Although there is an admission charge to visit the estate in addition to our walk fee, this writer felt it was money well-spent to tour the French-style Renaissance chateau, nicknamed America's Largest Home, the surrounding grounds, and winery.

The 250 room mansion is a study in excessive luxury and character, including things one would expect to find in a home of the Gilded Age, such as a billiard room, library, conservatory, music room, indoor pool, tapestries, chandeliers, and the like.

Although we visited the estate in March and the gardens weren't yet in bloom, it was easy to imagine them in spring and summer.

It was truly a unique walk and visit, not to be missed.



**ESCV (home club)
winners from the**

**2023 AVA
Biennial Convention:**

Meritorius Service Awards

The Meritorius Service Award recognizes individuals who have given at least five years of outstanding service to AVA

- Larry Godshalk
- Kathleen Mack
- Linda Morzillo
- Louise Remillard
- Eileen Skinner
- Elizabeth Walsh

Commendable Service Awards

The Commendable Service Award recognizes individuals who have given a significant amount of service, regardless of the amount of time they have been a member.

- Deborah D’Arcangelis
- Tad Darling
- Linda Dunn
- Terry Gitnick
- Susan Grey
- Barbara Kolapakka
- Arden Lawand
- Barbara Nigro
- Carol Sorensen
- LaVerne Stiles
- Vera Weiss



I certainly hope you are all enjoying your summers and getting out to walk and bike when you can.

There are at least 3 remaining bike rides and many walks to look forward to for the balance of the year. Many of you are participating in the Wednesday Walk Program so we can look forward to the final walks in August. Don't forget your 2023 ESCV Incentive Books as there is still time to get those completed to earn an umbrella or free walk coupons. In September and October we have 3 Traditional walks. See the articles in this newsletter on two of them: Cocksacki and Landis Arboretum in Esperance and save the dates! Note the signups in this newsletter for the Oktoberfest at Tawasentha Park in Guilderland in October and Pizza Party in Albany in November. Those social events are always good fun.

Thanks to Cathy Edwards for her walking poem which some of you may recognize. If you have never been to the Biltmore Estate in Asheville, NC be certain to check out the Try This Trail article written by Deborah D’Arcangelis. It may just tempt you to plan a fall road trip! I hope you also enjoy the article on Dave Hooker, who has been named “The Walking Fool” and his sometimes walking companion, Regina Overholt. They are certainly both champions of Volkssporting.

Falls provides great walking weather and many wonderful walking and biking opportunities so make your plans accordingly. For those who participate in AVA's Big Give, mark your calendars for September 21-21, 2023 to donate online. Please give this consideration to help AVA continue this wonderful organization.

I hope to see you on the trails near or far.

Chris Yost
President, ESCV



2023 ESCV Chairpersons

Membership.....	Louise Remillard	Coordinators Year Round & Seasonal Walks
Publicity.....	Kathy MackMarjorie Wytzka and Karin Berzins
Event Brochures	Arden Lawand	Wednesday Walk Coordinator
Purchasing	Winnie BalzDeborah D’Arcangelis
Sunshine	Kathy LeRoux	Trail Master
Club Merchandise	Bev Feltt	Online Start Box Coordinator
Name Tag Orders	Gail Ostrander	Web Master
Walk Development & Traditional Walks		ESCV Historian.....
.....	Larry Godshalk	Teresa Kennedy

— Walk in the Landis Arboretum on September 16 —
An Early Autumn Traditional Event
 By Teresa Kennedy

Overlooking the Schoharie Valley near Esperance, the George Landis Arboretum should be a perfect spot for early leaf peeping in mid September. The arboretum, founded by Fred Lape in the 1950s on his family’s old homestead, consists of 548 acres, 40 of which are planted with trees and shrubs from around the world. The remaining acres include natural areas, woodlands and open fields. There are noteworthy native collections and many old oak trees to admire. The arboretum is one of a few in eastern North America that have old growth forests, which is a draw for many visitors.



The planned walk will be routed along the arboretum’s eight miles of walking and hiking trails. Plant and garden lovers will appreciate the information boxes and labeled plants along the way.

According to the arboretum’s website,
“ the Landis Arboretum remains the only Garden of Trees and Shrubs in New York’s Capital Region. ”

ESCV last walked at the arboretum in 2010. In the intervening 13 years the Great Oak Tree, for which the arboretum was known, was sadly toppled by a hurricane in 2011. The tree graced a hill from which a wonderful view of the historic Schoharie Valley can still

Also new at the arboretum since 2019 is the Shanti Vun Meditation Garden, a lovely spot that includes a lily pond with a waterfall that creates musical notes and a meditation labyrinth. There is a small covered pavilion with chairs where we can rest at the end of the walk before making our way up one last hill back to the start point.

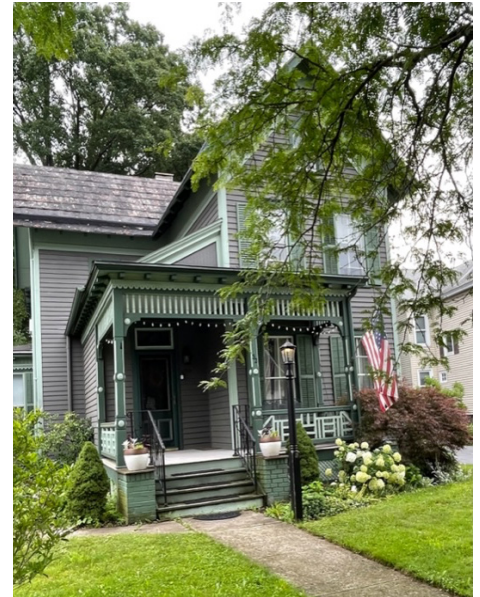


Please note that sturdy walking shoes or hiking boots are recommended, as some of the trails might be muddy and there are small hills to negotiate. Walking sticks are also recommended for walkers who need a “third leg” on hills. Plan to bring your lunch. There is a terrace in the rear of the new meeting house building and the views are spectacular.



— September 30 —
Coxsackie... A Lovely Fall Walk

By Linda Ferrucci



A new Traditional Walk will take place Saturday, September 30, 2023 in the Village of Coxsackie, which the New York Times called **“A Special Place on the Hudson”**.

The Village of Coxsackie is located on the west side of the Hudson River in Greene County, NY. Originally inhabited by the Mohican Indians, Kockshackie or Caniskeeek, as it was called, means the **“Place of Owls.”**

In the mid-1600’s, Dutch immigrants moved southwest from Beverwyck (Albany) and a land patent was purchased from the Mohicans for “a cloth of duffel.” One of the Dutch settlers, Pieter Bronck, worked for Holland’s Dutch West India Company. He emigrated to New Netherlands where with his brother, Jonas Bronck, built a homestead in 1662. The homestead was located just west of the village on Route 9W. The brothers set up a fur

trading business with the native Mohicans. Pieter’s home, the Bronck Museum, still stands and is open to the public.

In the 1800’s, the Village of Coxsackie was purchased by Eliakim Reed. He established a small wharf on the Hudson River where he shipped farms goods and ice to New York City.

In 1864 the **“Landing”** endured a fire which destroyed most of the Reed Street Business District. It was rebuilt and prospered. Recently there has been a revitalization in this historic area where a hotel and wedding venue are being built on the Hudson River. In addition, an upgrade to the Village’s Riverside Park and boat launch is taking place. A lovely waterfront gazebo provides the perfect spot to enjoy lunch as a break during the walk or after completion of the walk.

The Coxsackie Walk will take you down into the historic district and along the scenic Hudson River during the autumn’s colorful beauty. I hope you will come walk that day to enjoy this beauty! And watch for the colorful fiberglass owls along the route.





ESCV Oktoberfest Picnic

Saturday, October 7, 2023

Tawasentha Park, Guilderland
~ Sue Grey is serving as chairperson~

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

Make your check payable to ESCV. Note: There is NO pre-registration for this walk.

Please mail check made out to ESCV by September 29 to: Sue Grey, 134 Acorn Drive, Glenville, NY 12302

Name: _____

Phone _____

\$6 per person

Mark your choice (X)

Hot Dog	Knockwurst	Bratwurst
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____



Grand Total

\$ _____

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 ()

Remember... mail to Sue Grey by Friday, September 29, 2023

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



Coffee Break!
International Volkssport News
[IVV Website](#) [IVV Online Database](#)



Please click on the image to see the latest issue of the IVV Newsletter the Coffee Break. Enjoy reading it and have a good weekend.



WalkFest Vancouver - September 22-24, 2023
Registration is Now Open

The Vancouver 'Venturers are pleased to welcome you to WalkFest 2023 in beautiful Vancouver, BC. Enjoy a weekend of walks that showcases the spectacular natural beauty of the area as well as the historical areas of Stanley Park, Gastown, Chinatown and the West End. An optional 3 hour harbour cruise and banquet will take you under the Lions Gate and Burrard bridges into False Creek passing Granville Island, Roger's Arena and the iconic Science World building. Come early or stay late, and start planning your visit to [Vancouver](#) in September.



Join us May 24-26, 2024 for a walk through history in Canada's First Capital and surrounding areas. Registration includes 5 Event Walks, a Meet & Greet, and a Dinner.



Rejoignez-nous les 24-26 mai 2024 pour une marche à travers l'histoire dans la première capitale du Canada et les environs. L'inscription comprend 5 marches événementielles, un Meet & Greet et un dîner.

The King's Town Trekkers Volkssport Club
CVF Festival

Come join us May 24-26, 2024
Kingston Ontario Canada welcomes you for a great weekend of fun, friendship and food, oops I mean fitness.
Registration, hotel info and the schedule will be on the website:
www.walks.ca
Monday, June 5th, 2023.
Save your spot, sign up early.

NATIONAL EVENTS

Click images to go to official website.



PALO DURO CANYON STATE PARK - CANYON, TEXAS - OCTOBER 6-8

Pre-registration opens in early June when the brochure and registration forms are available on www.westtexastrailwalkers.org. Be sure to check our website regularly for updates. You can also reach out to Susan Noonan, susan.noonan@gmail.com for additional questions. More info in the April 2023 Checkpoint.

SOLAR ECLIPSE
APRIL 8, 2024
SAVE THE DATE
World Walking Week is 1-7 April, 2024

The Texas Hill Country will be one of the few places in North America in complete totality of the solar eclipse. Observers will see about 4 minutes and 29 seconds of totality starting at 13:32.

The Texas Volkssport Association is planning **5 & 10 km walks** in the Texas Hill Country

COME WALK WITH US
www.walktexas.org

CALLING ALL WALKERS!!
Join us in Arlington, VA USA for the 22 Annual US FreedomWalk Festival
October 20-22, 2023
www.USFreedomWalk.org

AMERICA'S WALKING CLUB
Volksmarching at its Best

Walk Arlington
An International Walking Experience

THE ANNUAL "CRAZY HORSE MEMORIAL" VOLKSMARCH!
JOIN US THIS SPECIAL ANNIVERSARY YEAR!

37th Annual SPRING Volksmarch
One Day Only - June 3rd
11th Annual FALL Volksmarch
One Day Only - Oct. 2nd

12151 Avenue of the Chiefs • Crazy Horse, SD 57738
For more information, please visit CrazyHorseMemorial.org
OR call 605-673-4681

Checkpoint Available Via Email to All Club Members Who Request It
To receive an electronic copy of the Checkpoint send your request to Hector at hector@ava.org. Please note on the subject line: Request for Checkpoint.



The American Volkssport Association
The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



1008 S Alamo St · San Antonio, TX 78210, Phone 210.659.2112 · Fax 210.659.1212 [Message US](#).

The Walking Fool Plus One

By Chris Yost

Dave Hooker, from Colorado has been named *The Walking Fool* by Sherry Sayers of the Colorado Springs Walking Club. His goal is doing a 10K volksmarch in every county in every state! He had a personal goal of reaching 100,000 kilometers, which he achieved in 2022, surpassed, and is now over 102,000k. Think about that, 102,000 kilometers – WOW! His event book has over 7,350 entries.

A little history on this walking fool: Dave did his first volksmarch in 1975, the next walk was not until 1988 or 1989 in Berlin where he worked as a civilian. He purchased record books then and the rest is history! Once he decided to buy books, he did not just do 10Ks, he was doing marathons (42Ks and more) every weekend wherever he could find an event. He has boxes and boxes of what he calls “badges,” which can be anything from medals to patches. He also keeps copies of the directions/maps of all the Year-Round Events (YREs) and Seasonal Events (SEs) he has done.



I met Dave in Amsterdam in 2022 doing the Amsterdam North walk on a rainy day last year and recalled introducing him as a Volkssporter visiting from Colorado. (He obviously needed Montgomery County at that time.) This year he needed 3 counties in our backyard again: Greene, Schoharie, and Washington. As the Hudson Falls walk was in Washington County, Dave reached out to POC Teresa Kennedy to coordinate doing that walk. When he learned we had a walk coming up in Coxsacki, Green County, he volunteered to do a prewalk there. That left Schoharie County. ESCV jumped into action to help Dave, looked at the Schoharie walk which was done several years ago, dusted it off and presto...a Traveling Guided Walk (TGW) in the village of Schoharie was sanctioned.

Dave met Regina Overholt (now from Virginia) in Germany when she gave him a ride home from a walk. It wasn't until 2002 when



they reconnected at a walk where Regina mentioned she had a goal of walking in every county in every state. Dave was so interested with this idea that he adopted it himself!

← Regina began



volksmarching in Germany in 1985 where she was stationed. She started doing 2-4 walks a week. When she returned to Germany in 1991 she was still doing 2-4 walks a week but this time 20k and even marathons (42k). She joined the Ramstein Roadrunners, in Germany which was Dave's club. “I was evidently far more aware of Dave than he was of me and we didn't become friends until after he got back to the States and we started showing up at the same walks in Texas, Colorado, Missouri and other states.” Now they frequently meet to walk in the same locations and both Dave and Regina did our walks recently in Greene, Schoharie, and Washington counties mentioned above.

According to Wikipedia, there are 3,143 counties and county equivalents (called parishes in Louisiana and boroughs in Alaska) in the United States. Dave has completed 2,031 counties, (14 complete states), and Regina has completed 1970 counties (14 complete states) so they are both nearly two thirds complete of their goal in walking in all counties in the US!

I can't imagine how many miles Dave and Regina have traveled and how much money they have each spent to obtain this mutual goal! If you see Dave or Regina on a trail near or far please congratulate them on a job well done. We will see them again for sure.

EMPIRE STATE CAPITAL VOLKSSPORTERS

24th Annual Walk & Pizza Party

Sunday, November 5, 2023

10 km (6.2 miles) –or– 6 km (3.7 miles)

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 1st traffic light. Take right into St. Rose College parking lot.

WALK REGISTRATION: 1:00-1:25 pm **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 4:00 PM.

RESERVATION is necessary for the Pizza Party.
Cost per person is \$15.00 which includes hors d’oeuvres, pizza, wings, salad, beverage, & dessert.

Make check payable to: ESCV and mail along with Reservation Form to:
Chris Yost, 28 Gould Dr., Scotia, NY 12302.

DETACH AND RETURN BY OCTOBER 30th

Pizza Party Reservation Form

Send to: Chris Yost, 28 Gould Drive, Scotia, NY 12302

Name and Phone Number

Pizza Party
\$15.00 per person

\$

TOTAL SUBMITTED: \$

~~~~ Deadline is Monday October 30th ~~~~~

# The Importance of Walking

# Milestones

The following came to us courtesy of the Princeton Area Walkers (PAWS).  
A few good chuckles!



- Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.
- My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.
- I like long walks, especially when they are taken by people who annoy me.
- The only reason I would take up walking is so that I could hear heavy breathing again.
- I have to walk early in the morning, before my brain figures out what I'm doing.

- I joined a health club last year, spent about 400 bucks. I haven't lost a pound. Apparently you have to go there.
- Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.
- The advantage of exercising every day is so when you die, they'll say, "Well, she looks good doesn't she."
- If you are going to try cross-country skiing, start with a small country.
- I know I got a lot of exercise the last few years, just getting over the hill.

### EVENTS

|      |                  |
|------|------------------|
| 150  | Sandra Laity     |
| 325  | Carol Giesecke   |
| 475  | Linda Dunn       |
| 600  | Louise Remillard |
| 750  | Chris Yost       |
| 2500 | Eileen Skinner   |

### DISTANCE

|       |                  |
|-------|------------------|
| 2000k | Carol Giesecke   |
| 3500k | Louise Remillard |
| 4000k | Linda Dunn       |
| 4500k | Chris Yost       |

\*The American Wanderer (TAW) June 2023

~ By Cathy Edwards ~

*W*alking to see the trees, fences and flowers,  
Walking with friends even in showers.

Talking and walking with old friends and new,  
Making the miles seem so few.

Your eyes open to new towns, villages, and states,  
Setting goals like walking in all 50 states.

Adding walking to family, work, etc has created in me new talents,  
And given my life' new balance



# ESCV WALKS ...photo ops galore!



Schenectady, Central Park, June 28, 2023



# ESCV WALKS ...photo ops galore!



Oakwood Cemetary, Troy NY, July 27, 2023



Lansingburgh HS athletic field and city of Troy from the top



# Membership

Louise Remillard [louiseremillard3@gmail.com](mailto:louiseremillard3@gmail.com)

## New Members May 2023

Lisa Cruz, Queensbury  
 Clair Aimi, Niskayuna  
 Maureen Baxter, Latham  
 Lisa G. Potkewitz, Latham  
 Janice Pirkle, Troy

## New Members June 2023

Tom Nisonger, Wappingers Falls  
 Susan Wuerslin, Albany  
 Ellen McGarrahan, Menands  
 Erica Berger, Schenectady  
 Leonard Berger, Schenectady

## New Members July 2023:

Janet Twardzik, Waterford



## — 2023 —

### Membership Renewal

*It's not too late to renew your membership so you can still enjoy everything our club has to offer.* Print a copy of the Membership form from page 15 of this newsletter, from the ESCV website or ask Louise Remillard for a copy at the next walk you attend.

Fill it out, write a check, and mail to  
**ESCV P.O. BOX 5464, Clifton Park, NY 12065**  
 or give the completed form, with a check or cash to Louise at the next walk you attend.

Membership renewal should be done by January 31st otherwise your information may not be included in the 2023 Directory, nor will you receive Hotmail notifications.

# 2023 Incentive Program

*There is still time to complete the 2023 Incentive Program!*

Louise Remillard email: [louiseremillard3@gmail.com](mailto:louiseremillard3@gmail.com)

For 2023 we are offering an Incentive Program to encourage participation in a specific combination of Year-Round & Seasonal walk/ bike, Wednesday walks, Traveling Guided walks, and Traditional walks sponsored by the Empire State Capital Volkssporters.

You must pay the \$3.00 walk fee to receive the stamp in the Incentive Book.

### The challenge this year requires you to complete:

**5 different Year-Round Walk Events**, (Plenty of opportunities left to complete)

**5 different Seasonal Events (walk or bike)** There are several opportunities remaining on the schedule (Williamstown, Cooperstown, Pattersonville Bike, |Caroga Lake, Zim Smith Bike, Glens Falls, Battlefield Bike, Bennington, Albany Helderberg Bike, Johnstown, Schenectady Bike, Lake George)

**7 Wednesday Walk Events.** Walks listed in the Wednesday Walk Booklet. We have 4 remaining walks on the Schedule (Delmar Five Rivers, Altamont, Saratoga East Side, and Menands)

**6 Traditional/Traveling Guided walk Events.** There are 8 remaining walks scheduled (Cohoes Peebles Island TGW, Esperance Landis Arboretum, Guilderland Tawasentha Park Oktoberfest, Coxsackie, Albany Pizza Party, Colonie Hannaford TGW, Amsterdam Northside TGW, and Scotia Holiday Party)

**For a total of 23 walk/bike events between January 1 and December 31, 2023.**



The reward for completing this challenge will be a Peerless Lil'Windy automatic folding umbrella with the ESCV logo printed on the umbrella. Or 5 free ESCV walk coupons to be used in 2024.

Please see Louise Remillard for your copy of the Free 2023 Incentive Program book, at an upcoming walk.

**We hope you will choose to take part in the 2023 challenge.**

# EMPIRE STATE CAPITAL VOLKSSPORTERS MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year



Membership Type:  **Single (\$12)**  **Family (\$20)** family memberships will be recorded as individual memberships in the Membership Directory to allow individual email address / 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: \_\_\_\_\_

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: \_\_\_\_\_

Do you receive The American Wanderer?  Yes  No

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

**Louise Remillard, Membership Chairman – Questions? 518-496-1879; lousieremillard3@gmail.com**

## New Members PLEASE READ

- ◆ New memberships after September 1st are one half the annual fee through the end of the year.
- ◆ New Walker Program” packets are free to new members, and are valued more than the first year’s dues. They include three walk coupons, starter stamp books, our yearly pamphlets of walks, our membership roster booklet, as well as further information about the national AVA organization and international IVV organization.
- ◆ If a new member, how did you hear about us?  
\_\_\_\_\_  
\_\_\_\_\_
- ◆ NEW members will receive an ESCV Car Window Decal. Choose if you’d like one for Inside (for un-tinted windows) or Outside (for tinted windows).

**E-Mail:** To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address in form above.

**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**

## Order Name Tag:

Custom-made club name tags are available for purchase.

Go to the ESCV club website at [www.walkescv.org](http://www.walkescv.org) and select the ORDER NAME TAG tab for more information or click <http://www.walkescv.org/nametag.html>

**Volunteer:** Select areas you would like to help out

- Registration at walks  Developing new walks
- Programs  Spring Picnic  Oktoberfest
- Pizza Party  Holiday Party
- Where Needed (there are many other jobs).

## Payment: Make check payable to ESCV

- Single Membership \$12 • Family Membership \$20 (New members joining Sept. 1st to Dec. 31st are one half the annual fee through the end of the year.)

Mail this form and check to: ESCV Membership PO Box 5464, Clifton Park, NY 12065-5464

**Total Enclosed: \$** \_\_\_\_\_ **Date Submitted** \_\_\_\_\_

**Carol C. Giesecke**  
Northeast Regional Director  
[ne\\_rd@ava.org](mailto:ne_rd@ava.org) • 304 399-6334

**Eileen Skinner**  
Northeast Deputy Regional Director  
[ne\\_drd@ava.org](mailto:ne_drd@ava.org) • 518 221-1696



## Meet the new AVA Northeast officers



### **Carol Giesecke, Northeast Regional Director,**

is a member of the Walk 'n Mass Volkssport club and loves to travel! She recently returned from a Tater Tour to Alaska and prior to that she traveled to Egypt in June. Carol is also an avid bike rider and recently participated in a Buffalo to Albany bike ride. As you may recall prior to Regional Director, Carol was Deputy Northeast Regional Director working with NERD Wayne Knapp.

**ESCV welcomes and congratulates Carol to this new role!**



### **Eileen Skinner, Northeast Deputy Regional Director,**

as we know is a long time member of ESCV. She is our club's Website and Hotmail creator, POC of the Year Round Clifton Park walk, and flutist in several local area bands and orchestras. She has even performed in Carnegie Hall!

**We welcome and congratulate Eileen, our ESCV representative to her new role.**

*Save the Date*

**The next Northeast Regional Weekend**

**September 6-8, 2024.**

We look forward to hearing more about this weekend as time goes on.