



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

MAY 2023

— International Volkssport Association —

Olympiad

San Antonio February 19-26, 2023

— Carol Giesecke —

In mid-February, I had the opportunity to attend the 2023 IVV (International Volkssport Association) Olympiad and IML (International Marching League) Texas Trail Roundup. The Olympiad was held in North America for the first time. These

international events are held every two years to encourage fitness and friendship across the member countries. The American Volkssport Association Board, staff and many volunteers worked tirelessly to obtain sponsors and plan the events which were held Sunday, February 19 through Sunday, February 26. Before the official start of the Olympiad, a walk was held in the beautiful section of San Antonio called King William area. This area boasts a beautiful big park and many gorgeous old homes. It is also very close to the AVA Headquarters. I had volunteered to help staff the checkpoint for the 10k through King William, so I walked briskly through the park and past the beautiful homes to get to my station. I had made a mental goal of taking a selfie with people from as many countries as possible while at the checkpoint. It was quite fun to meet so many people from Europe, especially. I had a selfie with people from Canada, England, Norway, Luxembourg, France, Germany and Belgium. As we closed the checkpoint, it was time to line up for the parade of flags. AVA had collected flags from all the countries that are members of the IVV, but not all the countries had representatives present at the parade. Therefore American volunteers were asked to carry flags of several of the countries. We marched from King William Park to a lovely open air theater on the River Walk. Many river boats went by as the dignitaries from IVV officially opened the Olympiad to a backdrop of all the flags displayed on the stage. A wonderful Mariachi band from a local high school performed followed by several other live music performances.

(Continued on page 4)



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
Wayne Knapp-Northeast Regional Director
wayneknapp@gmail.com
www.avaclubs.org/NE_RD/



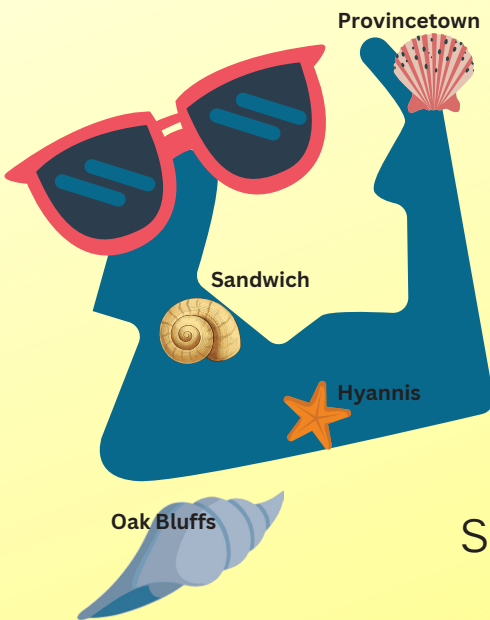
International Federation of Popular Sports
http://www.ivv-web.org/

AVA Process for Submitting Event/Distance Books Electronically

Walkers can now scan books and submit to Karen Winkle via email: karen@ava.org. All the books must meet the following guidelines in order to be processed electronically:

- Front of the book must include name, address, phone number and email.
- Member should indicate in the email whether they wish to receive patches, pins or certificates.
- The entire book must be scanned.
- Green and Purple books will scan properly on an 8.5"x11" page.
- Rose books must be copied front and back and only two columns per page. (If the copy is reduced it is often too small to read.)
- Pins, patches and Certificates will be mailed as usual.

NOTE: This electronic process of scanning & processing books now includes the Achievement Record Books. **You can always still mail your books— Attention: Karen Winkle, just keep a copy of them for your records.**



Cape Cod

May 19-21, 2023

Northeast Region Weekend

Walk Routes:

Sandwich (& bike)
Hyannis
Provincetown
Oak Bluffs

Social Opportunities:

Friday evening Meet & Greet
at Comfort Inn, Hyannis
Saturday Buffet Dinner
at Yarmouth House

Hotel: \$149/night Fri & Sat
Comfort Inn, 259 Main Street,
Hyannis, MA 02601
877-424-6423 Code "Mass AVA Walking Club"
choicehotels.com/reservations/groups/GF21G6



Sponsored by
Walk 'n Mass Volkssport Club
walknmass.org



Walk 'n Mass invites you to come enjoy multiple events on or near Cape Cod

Weekend plans include a map-guided traditional walk in Hyannis plus group walks of year-round/seasonal routes. Social opportunities at a Meet & Greet Friday night, the group walks scheduled for Saturday and Sunday, and a Saturday dinner buffet. You are welcome to add more area walk/bike events to fit your schedule, note in particular a new seasonal walk offering on Martha's Vineyard at Oak Bluffs.

Weekend Walk Events

(pre-registration optional):

Routes are available whenever you choose to partake during the weekend or join group walks as outlined below if you prefer to walk with others.

Hyannis TE

Map-guided walks

Saturday, May 20 or Sunday, May 21 only

<https://my.ava.org/event-view.php?sn=124084>

Distance: 6km and 10km

Start address: Comfort Inn Hyannis, 259 Main Street, Hyannis, MA 02601

Provincetown SE

Group walk

Saturday, May 20 at 10:00 am

<https://my.ava.org/event-view.php?sn=122984>

Distance: 6km and 10km Walk

Start address: MacMillan Pier Parking Lot, Provincetown, MA 02657

Hyannis YRE

Group walk

Sunday, May 21 at 10:00 am

<https://my.ava.org/event-view.php?sn=122986>

Distance: 6km and 11km

Start address: Comfort Inn Hyannis, 259 Main Street, Hyannis, MA 02601



An official welcome to spring. We have some great walks coming up including our Wednesday Walk Program which begins Wednesday, May 3, in Saratoga West Side. Thanks to Deborah D'Arcangelis for leading this program and to all the POCs in charge of a walk. Reminder...the start time for these Wednesday walks, May - August, is 9:00 am. Our next Traditional walk will be Saturday, June 3 in Hoosick Falls. Please see the article in this newsletter about this walk thanks to POC LaVerne Stiles. Due to weather, the Bike Program under the leadership of Tad Darling now kicks off in May on Saturday, May 13, with host Joe Zoske. Refer to the article in this newsletter for everything you need to know about the bike program. Not a bike rider? You can also walk the bike trail, or parts of it, and get a stamp for your books.

If you did not attend the 2023 AVA Olympiad you can get a wonderful first hand account of the event by Carol Giesecke in her article. I thoroughly enjoyed the experience and was grateful I went. I would encourage you to put the 2025 Olympiad on your bucket list if at all possible.

Welcome back to our snowbirds starting to return. You can see what 4 of them were doing in Florida for the past twenty years in this newsletter. Many thanks to Marion and Dave Averill and Jackie and Doug Reynolds for creating and maintaining Volkssouth.

Several ESCV members, including myself, look forward to enjoying the Northeast Weekend in Cape Cod May 19-21 hosted by our sister club Walk 'n Mass with 3 planned walks (additional walks available), a Friday night Meet and Greet, and Saturday dinner buffet. There are walkers coming from Canada, Florida, and other locations along with Northeast members so this should be a well attended event.

Be sure to check out some additional upcoming multi day walking events and the 2024 International Canadian Convention in Kingston. Plan your travel now.

Lots of walking and biking opportunities for sure. 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 Mack	Marjorie Wytzka and Karin Berzins
Event Brochures	Arden Lawand	Wednesday Walk Coordinator	
Purchasing	Winnie Balz	Deborah D'Arcangelis
Sunshine	Kathy LeRoux	Trail Master	Linda Morzillo
Club Merchandise	Bev Feltt	Online Start Box Coordinator	Larry Godshalk
Name Tag Orders	Gail Ostrander	Web Master	Eileen Skinner
Walk Development & Traditional Walks		ESCV Historian.....	Teresa Kennedy
.....	Larry Godshalk		



Eileen Skinner



Teresa Kennedy celebrating her birthday in San Antonio





Chris Yost



Jim and Linda Morzillo



Wayne Knapp and Kathy Mack



Barbara and Joe Piffat



Father Jack Cairns and Eileen taking a walk break



Teresa Kennedy and Sue Grey

Olympiad

(Continued from page 1)

The rest of the week featured 21k, 10k and 5k walks every day and live music at the Olympiad Village – a large outdoor facility on the River Walk that had several shops and cafes and a couple of food trucks. A large covered seating area provided a place for visiting, eating and listening to music. There was also a building where books could be stamped. All walks began at the host hotel – La Quinta downtown and ended at La Villita – where Olympiad Village was held every day. In addition to the walks, a lovely big natatorium located a 30 minute bus ride away from the hotel enabled those who wanted to get in one or two 300 meter swims. In addition, one could rent a bike to explore various parts of the River Walk or visit the historic Spanish missions which are located along one highway south of San Antonio.

I rented a bike with the idea of visiting the missions without having to walk in the hot sun. Also I had decided not to pass up an opportunity to visit Austin, the capital, about 70 miles to the north of San Antonio. I chose the day of the Missions walks – Saturday – to take a bus to Austin to walk in the capital. Austin is a lovely city and visits to the state capital and grounds and the university of Texas campus were very rewarding. By leaving town on Saturday, however, I missed a chance to cheer for those who completed the one 42 k walk of the Olympiad – a marathon!

Another highlight of the event was the Margarita and Taco walk held on Wednesday evening. We visited 11 sites, most of which were quite close to the AVA Headquarters, although there were two that were quite a walk away from the others. We were to sample either a drink or a food that each business provided and got a



special booklet stamped at each location. The event also provided an opportunity to visit with many participants informally and take pictures.

Friday the AVA had a brief membership meeting and Board Chair Nancy Wittenberg awarded the Northwest Region the fancy walking stick for donating the most money to the Big Give. She also delivered President's awards to several AVA past presidents. All in all, the 2023 IVV Olympiad and IML Texas Trail Roundup was a huge success! The event hosted 1,021 participants from 23 countries and 42 states! Other WalknMass members who were in attendance: Joe, Barbara and Kathryn Piffat, Andrew Schmidt (Volkssport Club at West Point), Wayne Knapp, Kathy Mack, Teresa Kennedy (**all members of the Empire State Capital Volkssporters – ESCV**). Other ESCV club members may also be WalknMass members, but I do not know for sure. The ESCV folks had a group picture taken and unfortunately, I didn't think quickly enough to take a picture of WalknMass members at the same time.

I saw so much more of the River Walk than I had seen on previous visits to San Antonio. It is truly a marvel and provided opportunities for many lovely walks. In 2025, the 19th Olympiad will be held in Finland. I am already looking forward to attending that one, God willing! Maybe some of you will also attend. I highly recommend it!

Since I was also participating in the Tater Tour, Mary had us walking in two large



city parks outside San Antonio on the day before the Olympiad opened and then on Monday morning after the Olympiad, we boarded the bus for Corpus Christi. This is a beautiful city on the Gulf coast. On Tuesday we went to Port Aransas for another Gulf walk and a visit to a large bird sanctuary. On the way back up to San Antonio airport on Wednesday, March 1, we stopped in Castroville, a small city west of San Antonio, to see a town settled by French Catholic immigrants in the mid to late 1800's. By the way, it turns out that Castroville is in the path of the next total solar eclipse and they plan to have a watch party April 5-8, 2024, if you're interested.

NATIONAL EVENTS

37th Annual Spring Volksmarch June 3, 2023

**11th Annual Fall
Volksmarch
October 1, 2023**



SCAN FOR MORE INFO
CRAZYHORSEMEMORIAL.ORG



**75th anniversary
Crazy Horse Memorial**

Greetings from
ST. PETERSBURG
Florida

Walk Around Florida 32 Oct 27-29
4 Walks & a Swim

Walk Headquarters
COMFORT INN NORTH
2260 54th Ave. N St. Petersburg FL 33714

Rooms are \$114.37 a day, including tax & fees for a king or two double bed rooms from Oct 26-Oct 29 (check-out Oct 30). Price includes parking, breakfast & Wi-Fi.

NOTE: LAST DAY TO GET THIS RATE IS SEPTEMBER 27, 2023

For online reservations: choicehotels.com/reservations/groups/WI69P1
Or call: 1-877-424-6423 and say "Walk Around Florida"

Brought to you by the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers walking clubs, members of the American Volkssport Association.
Facebook.com/walkaroundflorida32
POC: Alice Lawrence pipers@campabay.com

AMERICA'S WALKING CLUB

Made with Postermywall.com Mural by Derek Donnelly Photo by Matthew Paulson

<https://www.facebook.com/WalkaroundFlorida32/>



ANNIVERSARY



**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

INTERNATIONAL EVENTS



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.

A Wonderful Time of Year to Enjoy the **Historic Village of Hoosick Falls**

by LaVerne Stiles

The second traditional walk of 2023 for the Empire State Capital Volkssporters (ESCV) will be held on Saturday, June 3 in the Village of Hoosick Falls. The beginnings of the town dates back to June 3, 1688 when NY Governor Thomas Dongan granted the Hoosick patent.

Aside from scenic landscape that includes a stunning view of the Taconic Hills, Hoosick Falls became home of artists of various interests, the most notable was Anna Mary Robertson Moses. Grandma Moses, as we know her, grew up on a farm nearby where she worked as a hired girl, helping relatives and neighbors. Her father encouraged her to draw on old newsprint using berry and grape juices to brighten her images. Grandma Moses did not start painting until she was seventy-seven years old when she was looking for something to do “to keep busy and out of mischief” after her husband died. She painted nostalgic scenes of American life and sold them at country fairs alongside her prize-winning pickles. In 1939 a collector saw her paintings in the window of the village pharmacy and bought them all. Soon after, Hallmark purchased the rights to reproduce her paintings on greeting cards and the name Grandma Moses became known across the country. She died in 1961 after painting more than fifteen hundred images.

On both 6k and 10k routes, walkers will pass by a number of graceful Victorian dwellings that have retained their character and charm from an earlier time. This early 20th century village also holds a number of places on the National Historic Register. The Estabrook Octagon House, built in 1853, was constructed in strict accordance with the theories of Orson Fowler, author of “A Home for All.” The significance of the design, according to Fowler, is that an octagon house was cheaper to build, allowed for additional living space, received more natural light, was easier to heat, and remained cooler in the summer. These benefits all derive from the geometry of an octagon. Currently, Marker’s Octagon Realty occupies the preserved and intact building, one of the few remaining octagon houses that was built exactly as Fowler advocated. It was added to the National Register of Historic Places in 1980.

Buildings located within the 8-acre Historic District remain largely intact from the late 19th and early 20th centuries, a period when Hoosick Falls was economically prosperous due to the mills and factories that drew on the Hoosic River and its power.



The Octagonal House is on the National Register of Historic Places.



The large mural is a copy of a scene painted by Grandma Moses. Prominently displayed on the side of a building, it is enjoyed by passersby.

Walkers will follow a section of the Hoosic River Greenway along the river’s east bank which follows the former route of the Boston Hoosac Tunnel & Western Railway, formed in 1878.

Wood’s Park, a small village green with its bandstand, may remind people of the Big Band Era when told why. Hoosick Falls natives Ray and Bob Eberle became very popular vocalists, joining Glenn Miller and Tommy Dorsey; they ranked among the top four musicians of 1942, along with Frank Sinatra and Bing Crosby.

For places to eat, The Sand Bar is located within the Village on Lyman St, and the Moose Kaboose Tavern & Truck is a short drive, 4324 State Route 7.

Hello hardy ESCV bike enthusiasts! Come one, come all!



A banner crowd of bikers, some 30 each, all set to ride the Zim Smith trail to Mechanicville. I think the real incentive was a planned stop at Leah's Cakery in Round Lake!

We have a full schedule of biking this summer. Please check out the ESCV website to see what bike rides we are offering this year, but it is similar to last year. We may throw in a pop up ride from Queensbury up to Lake George. It is a great ride as it doesn't require you to find a place to park in busy Lake George. If we do this ride, we will bring a picnic lunch to enjoy along the shores of Lake George. Participating in the bike rides is a good way to meet some new people as we almost always have folks from "Meet-up." As a bonus this year, we are going to have a late season ride at the Battlefield in November on Veteran's Day. That was suggested by one of our members. The Zim Smith ride in mid October should be gorgeous with the fall colors. If you have any questions about any of the rides, please contact Tad Darling, POC, at harrydarling24@icloud.com.

— *Happy Trails! Tad Darling.*



A rest stop, was from a more than expected group of hardy bike riders challenging the hills at the Saratoga Battlefield before heading down to the Hudson River and over to the Saratoga National Cemetery.

2023 Hosted Bike Rides

April 29, Saturday, 9 am
Pattersonville #1, #, Host: Larry Godshalk

May 13, Saturday, 9 am
Zim Smith #1, #, Host: Joe Zoske

June 3, Saturday, 9 am
Battlefield #1, #, Host: Tad Darling

June 17, Saturday, 9 am
Albany #1, #, Host: John Watson

July 15, Saturday, 9 am
Pattersonville #2, #, Host: Larry Godshalk

July 22, Saturday, 9 am
Schenectady, #, Host: Brenda Streed

August 19, Saturday, 9 am
Battlefield #2, #, Host: Tad Darling

September 23, Saturday, 9 am
Albany #2, #, Host: John Watson

October 14, Saturday, 9 am
Zim Smith #2, #, Host ?

November 11, Saturday, 9 am
Battlefield #3, #, Host: Tad Darling

YRE & Seasonal Walks 2023

New York

Albany Capital	Jan 1 – Dec 31
Albany Mall Walk	Jan 1 – Dec 31
Albany/Colonie	Jan 1 – Dec 31
Albany Pine Bush	Jan 1 – Dec 31
Caroga Lake	Apr 1 – Dec 31
Clifton Park	Jan 1 – Dec 31
Cohoes	Jan 1 – Dec 31
Cooperstown	Apr 1 – Dec 31
Glens Falls	Apr 1 – Dec 31
Glenville	Jan 1 – Dec 31
Johnstown	Apr 1 – Dec 31
Lake George	Apr 1 – Dec 31
Sar Nat'l Hist Pk	Jan 1 – Dec 31
Saratoga Spa Pk	Jan 1 – Dec 31
Saratoga Springs	Jan 1 – Dec 31
Schenectady	Jan 1 – Dec 31
Scotia	Jan 1 – Dec 31
Scotia Northside	Jan 1 – Dec 31
Troy	Jan 1 – Dec 31
Schenectady Bike	Apr 1 – Dec 31
Stillwater Bike	Apr 1 – Dec 31
Zim Smith Bike	Apr 1 – Dec 31
Albany-Helderberg Bike	Apr 1 – Dec 31
Pattersonville Bike	Apr 1 – Dec 31

Massachusetts

Williamstown Apr 1 – Dec 31

Vermont

Bennington Apr 1 – Dec 31

YRE & SEASONAL WALKS

Kickoff	2023	Fall
Jan 0	Schenectady	Nov 19
Feb 08	Albany Mall	Nov 15
Feb 11	Saratoga City	Oct 18
Mar 11	Albany City	Sep 17
Mar 18	Albany/Colonie	Oct 25
Mar 22	Scotia	Sep 20
Mar 29	Glenville	Jul 08
Apr 05	Clifton Park	Sep 27
Apr 12	Saratoga Spa	Nov 01
Apr 19	Williamstown	Sep 13
Apr 23	Cooperstown	Aug 27
Apr 26	Scotia Northside	Sep 06
Apr 29	Pattersonville Bike	Jul 15
May 06	Sar Nat'l Hist Pk	Oct 21
May 07	Caroga Lake	Sep 24
May 13	Zim Smith Bike	Oct 14
May 28	Glens Falls	Sep 03
Jun 03	Battlefield Bike	N/A
Jun 04	Troy	Sep 10
Jun 11	Bennington	Oct 22
Jun 17	Albany-Helderberg Bike	Sep 23
Jun 24	Johnstown	Oct 11
Jul 22	Schenectady Bike	N/A
Jul 30	Lake George	Oct 15
Aug 05	Cohoes	Dec 02
Aug 12	Pine Bush	Nov 16
Aug 19	Battlefield Bike	Nov 11

Kickoff and Fall Group Walks start Times: 10:00 am Wed. and Sat.

**ONE DAY EVENTS – 2023
WEDNESDAY GUIDED WALKS**

May – August 9 AM ONLY

May 03	Saratoga Westend
May 10	Albany Tulip Festival
May 17	Greenwich
May 24	Troy Sacred Heart
May 31	Albany Shaker Farms
Jun 07	Amsterdam Southside
Jun 14	Albany SUNY
Jun 21	Niskayuna
Jun 28	Schenectady Rose Garden
Jul 05	Northville
Jul 12	Round Lake
Jul 19	Ballston Spa
Jul 26	Troy Oakwood Cemetery
Aug 02	Old Niskayuna
Aug 09	Delmar Five Rivers
Aug 16	Altamont
Aug 23	Saratoga East Side
Aug 30	Menands

2023 Traveling Guided Walks & TRADITIONAL WALKS

Jan 08	Albany Convention Redux
Jan 11	Slingerland
Jan 18	Cohoes/Van Schaick
Feb 01	Mohawk Harbor
Mar 15	Waterford
Apr 15	Hudson Falls
May 19, 20, 21	Northeast Weekend
Jun 03	Hoosick Falls
Sep 09	Peebles TGW
Sep 16	Landis Arboretum
Oct 07	Tawasentha Park (Oktoberfest)
Nov 05	Albany (Pizza Party)
Dec 09	Scotia (Holiday Party)

**Refer to ESCV Webpage for more information
www.walkescv.org**

Milestones



**As listed in
March 2023
American
Wanderer**

**225 Events:
John Watson**

**475 Events:
James Brown**

**600 Events:
Karen Watson**

**1900 Events:
Barbara Piffat
Joseph Piffat**

**8000 km Distance
Andrew Schmidt**

~FYI~

Ginger Ireton has changed her email. to:
iretongma@gmail.com

VOLKSSOUTH (VS)



No Assembly Required

Kathy Mack

How do you thank the wonderful people who have volunteered endless amounts of time to provide a pleasant walk for so many people every week for 20 years?

On Wednesday, April 5, 2023, in St. Petersburg, Florida, VolksSouth walkers from around the US and Canada walked their usual 5k or 10k routes, lunched, socialized and thanked the organizers, Doug Reynolds, Jackie Reynolds, David Averill and Marion Averill for 20 years of service. The four walkers from Empire State Capital Volkssporters in Albany, NY have been providing fun, fitness and friendship to both year-round residents and snowbirds by hosting walking events in the beautiful cities and towns of the west coast of Florida, from Punta Gorda to Tarpon Springs each Wednesday during the snowbird season, from mid-January through early April, using the AVA sanctioned walk routes of the Suncoast Sandpipers' Walking Club.

The Sandpipers' club President, Alice Lawrence and the walk POCs have worked with these four tireless volunteers to provide support and publicity. Just think about how many walks they have emailed information about on the week before each walk, taken photos,

signed folks in, arranged restaurant choices, provided maps and directions leaders and sweeps for 20 seasons. Wow! The well thought-out seasonal calendar for group walks is planned and put on the Sandpipers' and Empire State Capital Volkssporters' websites in December, allowing walkers to plan ahead to visit their favorite locations.

In sincere appreciation, a collection was taken by the walkers and proceeds were donated to AVA, the Reynolds' and Averills' favorite organization, recognizing all four individuals, acknowledging the two decades of VolksSouth fun, fitness and friendship.

One more thank you is owed to the Appreciation Party co-organizers, Deborah D'Arcangelis and Cathleen Gillen.

After the Coffee Pot Bayou walk and lunch in St. Pete, a delicious celebratory cake was shared and a donation to AVA was announced, capping the 20 years with everyone healthy, well-fed and happy, and best of all, No Assembly Required.

Pictured above: L-R, Dave and Marion Averill, Jackie and Doug Reynolds

Why You Should Add Uneven Terrain to Your Walking Routine

By Tanner Garrity

Health and Fitness – April 6, 2023

Rocks and roots will level up your daily stroll .Walking on uneven surfaces boosts functional mobility, which helps us live longer, happier lives.

A few years back, I was on a pillbox hike with a surf trainer on Hawaii's North Shore, when I noticed his bizarre preference for stepping directly onto roots, instead of side- stepping them like the rest of us.

I asked him what was up. He laughed — he hadn't realized he was doing it. He'd grown up nearby, and had done the hike hundreds of times. He guessed that he might have been making the trek a bit more difficult for himself on purpose...either out of boredom, or for the added physical challenge.

Either way, the man was in fantastic shape. From his shoulders down to his ankles, which didn't give way once — no matter how gnarled or slippery the roots and rocks were that he subconsciously scrambled over.

Walking is getting all the respect it deserves these days, with study after study linking a daily habit to a lower risk of heart disease, mental fitness and longevity. There are ways to level up the routine, if you're inclined, from walking faster to walking longer to "rucking" (walking with a pack on your back).

You also might consider walking on uneven terrain. At first thought, it can seem silly and dangerous; a high ankle sprain waiting to happen. But in a world that's more or less now flat concrete, textural variations like mulch paths, cobblestones and grassy hills all add some needed spice to a walking routine, improving your strength, balance and confidence along the way.

A regular amble is the most important exercise you'll do over the course of your life

Oregon's "cobblestone study"

During a visit to China, scientists from the

Oregon Research Institute observed adults who spent 30 minutes a day on paths of "river stones" in the gardens of large cities. The activity was intended to stimulate acupoints in the feet. Intrigued, the researchers staged a trial where 100- plus inactive adults engaged in a daily walking habit either on a "cobblestone mat" or on a conventional path.

The functional mobility of the former won the day: "Compared to conventional walking, the experience of walking on the river rock-like surface of these manufactured cobblestone mats improved participants' balance, measures of mobility, as well as reducing their blood pressure. These issues are highly important for preventing and delaying the onset of frailty among older adults, as well as helping them maintain their current health status."

In other words, actively engaging with unstable or unfamiliar surfaces increases our functional mobility. And that catalyzes a whole host of other beneficial developments — healthier heart, robust bones, more confidence when leaving the house. All are essential for healthy aging.

Some might read this and think: Great. But I don't trust my ankles. I'm not going rock scrambling. It's a fair point — Oregon's cobblestone study precludes people who have "severe foot or ankle problems." If you have a history of injury (or at the least, mobility limitations on account of high/low arches and pronation/supination), you probably don't want to start attacking state parks every Sunday morning.

But know that you absolutely can build up those fickle ankles with concerted, consistent effort. Check out the video of ultrarunner Killian Jornet training his ankles: he literally jumps on them, over and over again. He credits these "propio exercises" (short for proprioception, the body's awareness in space) for his stable ligaments, and the near-inconceivable fact that he's never twisted an ankle in his career. As a refresher, the man owns the fastest-ever

ascent/descents of Matterhorn and Mont Blanc.

Getting off the beaten path

Don't Joret your ankles at home. You'll end up in the emergency room. But trust that if you're fortunate enough to start with some decent mobility down there, you actually can strengthen your ankles for life — and you'll end up with more life as a result.

If your ankles have seen better days, meanwhile, talk to your podiatrist about footwear and orthotics. And consider making small adjustments, like:

- Rethinking your gait: you should be rolling your feet from the heel to the toes, with your feet under each hip
- Warming up your feet by taking your shoes off and activating acupoints — gently walk around/squatch/bend down on uneven surfaces
- Opt for a "lower-stakes" uneven surface, like a lawn in need of mowing. That way there's a soft surface below if your balance feels uncertain.
- Get in the habit of putting your feet through mini workout sessions: rotate them around, five revolutions clockwise and five counterclockwise, then flex them up and down 10 times
- Source foot-oriented recovery tools like lacrosse balls, wooden rollers and even toe separators (all of which activate blood flow and offer some relief for soreness)
- We also recommend looking into the MOBO Board, a favorite of long-distance runners

If you're still trying to jumpstart a walking habit, then prioritize that first. Start with some old-school pavement before you start white crane'ing loose bricks on the sidewalk. But once you feel comfortable out there — and perhaps even a little bored — it's pretty refreshing to find yourself reaching for the most difficult next step. You'll feel like a kid again. Which just might be the key to getting old.

ESCV WALKS ...photo ops galore!



Membership

Louise Remillard louiseremillard3@gmail.com

New Members January 2023:

Sherri Eckles, Mechanicville
Wendi Enright, Schenectady
Jennifer Weingart, Schenectady
Jill Harris, Troy
Carol Giesecke, Cambridge, MA
Stephanie Wade, Niskayuna
Rosemary Revoir, Albany
Marcia Booth, Clifton Park

New Members February 2023

Marsha Carlson, Slingerlands
Wendy DeFruscio, Waterford
Harriet Rubenstein, Schenectady

New Members March 2023

Anne M. Barger, Rensselaer
Mary Ellen Mahar, Delmar
Cecile Electra Mars, Schaghticoke
June Richardson, Albany
John Tifft, Delmar
Zarko Levak, East Berne



— 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

It's not too late to join the 2023 Incentive Program!

Louise Remillard email: louiseremillard3@gmail.com

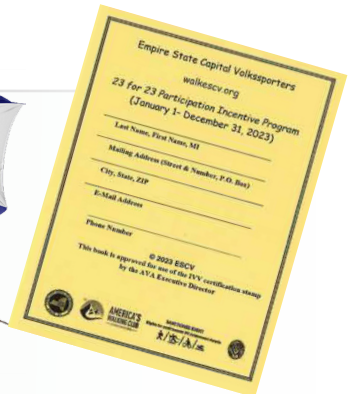
For 2023 we are offering an Incentive Program to encourage participation in a specific combination of Year Round & Seasonal walk/bike, Wednesday walks, Traveling Guided walks, and Traditional walks sponsored by the Empire State Capital Volkssporters.

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
- 5** different Seasonal Events (walk or bike)
- 7** Wednesday Walk Events
- 6** Traditional/Traveling Guided walk Event

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 books, 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: _____	<input type="checkbox"/> New Member	<input type="checkbox"/> Renewal
Address: _____	City: _____	State: _____ Zip: _____
Phone: (h) _____ (c) _____	Email: _____	
Do you receive The American Wanderer? <input type="checkbox"/> Yes <input type="checkbox"/> No		
NEW members choose which type of ESCV Car Window Decal you'd like: <input type="checkbox"/> Inside <input type="checkbox"/> Outside		

Name: _____	<input type="checkbox"/> New Member	<input type="checkbox"/> Renewal
Address: _____	City: _____	State: _____ Zip: _____
Phone: (h) _____ (c) _____	Email: _____	
Do you receive The American Wanderer? <input type="checkbox"/> Yes <input type="checkbox"/> No		
NEW members choose which type of ESCV Car Window Decal you'd like: <input type="checkbox"/> Inside <input type="checkbox"/> 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 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 _____

**Wayne C. Knapp**

Northeast Regional Director
ne_rd@ava.org • (518) 469-7298

Carol C. Giesecke

Northeast Deputy Regional Director
ne_drd@ava.org • (302) 399-6334

NERD NEWS May 2023

“As it’s suddenly time for my final newsletter, someone suggested I offer some insight into my RD experiences, so here goes.

RD/DRD POSITIONS: As you might guess, Regional Directors and Deputy Regional Directors maintain close relationships with clubs in their region. They travel to local and regional events, sanction walks, issue certificates, facilitate communication among the regional clubs and generally act as liaisons with other regions and the AVA National Office.

There is another somewhat surprising, at least to me, aspect of the job, wherein the RD is automatically a member of the national Board of Directors. As a matter of fact, we sign documents attesting that our legal fealty is to AVA National. We attend at least quarterly meetings, either in person or via Zoom, to discuss and vote on matters of current concern. Fortunately, I did not encounter any conflicts between the two parts of the job.

Furthermore, being on the Board is not merely a titular position. The BODs are asked to perform tangible volunteer work on behalf of AVA National. For example, Carol Giesecke assisted AVA’s President/CEO Henry Rosales with grant writing duties. The Pacific RD, who has a media background, acts as MC at all major functions, and he also updated the Recognition Awards document. The Atlantic RD has IT skills and developed software for the last two AVA conventions. The Northwest RD has updated the Trailmaster Guide (linked elsewhere in this newsletter). I actually declined a couple of Olympiad positions - Volunteers Committee Chair and Risk Management Chair – because I felt I was too remote from the San Antonio venue to properly do the job. But AVA Chair Nancy Wittenburg found a job for me anyway, namely chairing the “Operations Policies” committee who updated the AVA Policy Manual. It is a continual work in progress, but here’s the current iteration https://cb.ava.org/operations_policies.php We basically identified all the major AVA documents, put them together in one place and arranged them in a meaningful order. The AVA Constitution and Bylaws were updated to comply with Texas law during the last term. So, our committee needed to bring the balance of the documents in compliance with the newest bylaws, as well as updating many other areas that were redundant and archaic. This took our committee, the Chair, CEO and many others countless

hours of reviewing and editing, deciding what to keep, what to toss, what to change, etc. It was quite an immersive exercise that stretched out over 18 months, but it was a long-neglected task that needed doing.

And, of course, we were asked to promote the first ever Olympiad held on this continent, which leads me to the next caption.

AVA BOD MEETING – APRIL 12, 2023: The following are notes about the last BOD meeting.

- The official AVA Olympiad Wrap Up report
https://www.avaclubs.org/ne_rd/files_for_Nerd_news_april_23/2023_Olympiad_Wrap_Up.pdf
- **Last count - 183 clubs.**
- AVA lost +/- \$26k in 2022.
- Updated AVA Policy Manual approved (see above). It can presently viewed on the legacy website ava.org.
- Hot off the presses, updated Trailmaster Guide and Certification.
https://cb.ava.org/Operations_Policies/Rev_04_20_23/Trailmaster_Guide_Rev_4_20_2023.pdf I suggest all clubs review the latest guidelines.
- Finances were discussed & suggestions made:
- Finance Chair proposed changing YRE and SE Sanction fees to \$45 annually and eliminating the \$5 quarterly fees. Under six months would be \$30.
- Discussed eliminating free walkers, of which there were six thousand in 2022.
- Discussion of participation fees. One proposal was \$5 with an even split between clubs and AVA. Another was that all paid and unpaid walkers will owe \$2 to AVA, with the clubs determining the overall cost.
- There’s no such thing as a “stamp” cost. Right now, there’s a maximum \$3 IVV credit charge. All others can be charged the same, more or less
- The merits of PPSF.
- AVA Chair will appoint an Ad Hoc Finance Committee for further discussion.
- Encourage all clubs to offer Online Start Box availability on all YRE/SE events.
- Working on making it easier to use sticker stamps instead of physical stamps and handles. That could reduce costs and turnaround time for physical stamps.

WEBINAR FOR NEW RDS, DEPUTIES AND CLUB OFFICERS OR THOSE RESPONSIBLE FOR SANCTIONING EVENTS – WEDNESDAY, MAY 17, 2023 – 8:00 PM EASTERN TIME

- Update on Special Programs
- Creating and Editing Events
- Request Approval for new events or edited events with changes to event dates, city, or state.
- Publish (make public) for other changes (not event dates, city, or state).
- New/Edited event changes do NOT appear publicly until RD approved / Published.
- RD / State Association event approval.
- Types of Club / RD reports.”

CAPECODNORTHEASTWEEKEND–MAY19-21,2023: Everything you need to know about the Cape Cod Northeast Region Weekend.

[https://my.ava.org/files/fest_brochures/Cape Cod Northeast Region Weekend PreRegistration-final_011823.pdf](https://my.ava.org/files/fest_brochures/Cape_Cod_Northeast_Region_Weekend_PreRegistration-final_011823.pdf)

Looking forward to seeing you there.

AVA REGULAR MEMBERSHIP MEETING – JUNE 14, 2023, 6 P.M. to 8 P.M. EST VIA ZOOM:

This is the biennial business meeting where new officers will be elected. Final meeting for current BOD, new term to begin July 1, 2023. Anyone can attend the meeting. Credentialing forms for eligible club voters/proxies must be received by Marian at AVA by May 31.

US FREEDOM WALK – OCTOBER 20-22, 2023, ARLINGTON, VIRGINIA: <https://www.usfreedomwalk.org/>

CANADIAN CONVENTION – MAY 24 - 26, 2024: More details to

come but it's going to be held in Kingston, Ontario, easily accessible from our region. I hear their conventions and pre/post events are all terrific. I hope to see you there.

NORTHEAST WEEKEND – SEPTEMBER 2024? Stay tuned.

AVA CONVENTION 2025: No city or region has yet offered a convention. However, a possible eastern seaboard cruise convention is being investigated. More news to follow.

It has been an honor and a pleasure working with the Northeast clubs, officers and members, and I look forward to seeing you at many future Northeast events.

See you at the Cape!

Wayne C. Knapp
Northeast Regional Director



Northeast Deputy Regional Director Carol Giesecke and Wayne Knapp



AVA Chair Nancy Wittenberg, Wayne, and AVA President & CEO Henry Rosales



Wayne, Nancy Wittenberg, and IVV President Dr Giuseppe Colantonio