



# Empire State Capital Volkssporters

*Walking Club in the Capital Region of New York State*

WWW.WALKESCV.ORG

NOVEMBER 2023



## 50 States Completed in Hawaii

By Chris Yost

On October 7, 2023 I celebrated walking in my 50<sup>th</sup> state, Hawaii, following a Hawaiian cruise with my daughter, Holly. We stayed an extra day to accomplish the capital walk in Honolulu with Sharon Dowdell from the local club, Menehune Marchers. I first met and walked with Sharon in February on a Tater Tour at the IVV/Olympiad Convention. What a treat that Sharon agreed to walk with Holly and me in her state...my final state!

I joined ESCV in 2014 after hearing about this walking club from members Vera Weiss and Phyllis Boyd. I started the 50 State program sometime later that year after walking with several club members who had achieved this impressive goal and found myself walking in states where I vacationed. Next I added the 2017 AVA Convention in Montana and joined a tour group headed by Craig Gauger, Go Travel Walking Tours, to capture some of those states far from home. .Then I started planning my vacations to states I needed, and also planned mini getaways to add more states. I credit and thank Mary Ptacek and her Tater Tour group for being able to add to my state walks, as well as ESCV trip planner Marion Averill. Lastly, I thank and credit my Volkssporting friends who supported me along the way. Next up...completing the capitals! **More photos on page 10**

## 50 States Completed in Maine

By Kathy Brown

On September 7th 2023, 35 family members, friends and volkssporters from four different clubs joined myself and husband Jim Brown in Kennebunk, Maine as we completed our 50th State, in the Walk 50 States Program. It was a picture perfect day for a final state walk which included a stop at a local artist's home, where the I was presented with a commemorative painted rock, celebrating our accomplishment. Lunch followed the walk at Federal Jack's and included homemade cupcakes with state flags and state placements to color. My dear friend Grace was the accomplished baker of a beautiful and delicious cake as well, which was shared with a family gathering on Sept 10th.

I give credit to a friend I met back in 2004, Anne Cavosie, an ESCV member. We each had Grandchildren taking swimming lessons in Waterford. So began the start of a new member to join the walking club and a friendship that brought her friends to meet and  
(Continued on page 10)



**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/](http://www.walkescv.org/)



Club Officers  
 President ~ Christine Yost  
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Vice President ~ Larry Godshalk  
[lgodshal@nycap.rr.com](mailto:lgodshal@nycap.rr.com)

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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



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 1008 S. Alamo St.  
 San Antonio, TX 78210  
 210.659.2112 [AVAHQ@ava.org](mailto:AVAHQ@ava.org)



Northeast Region  
 Carol C. Giesecke - Northeast Regional Director  
[ne\\_rd@gva.org](mailto:ne_rd@gva.org)  
[www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)



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



Savannah Park

## Try this Walk Myrtle Beach Common Market

By Chris Yost

This summer I spent a week in Myrtle Beach and tried a walk that had a little of everything! The walk started in town at a Yoga studio (Yoga In Common) which contained the start box and an interesting gift shop. After the leaving the start point the trail walked along sidewalks in the Common Market where you could window shop and get a feel for the community.

Next came the hiker biker trails which took you through the woods and along some lakes; very pretty area. This was followed by a lovely residential area with fairly new homes and interesting landscaping.

A few parks followed the residential area, including Savannah's Park, which contained creative playgrounds, fitness routines to try, fishing, bridges, and picnic areas.

A return to the start point completed the walk on a sunny, breezy, comfortable walking weather day. Looking for someplace to eat following the walk... **try King Street Grill.**



Common Market



Hiker/Biker Trail



Residential Area





### Photo Caption Contest!

Fellow ESCVolkssporters please send a caption for this photo to newsletter editor at: arden.lawand@verizon.net .

Let's get creative.

Results will be in the next (February 2024) newsletter.

We can vote on best caption?



## Chris's Corner... by Chris Yost

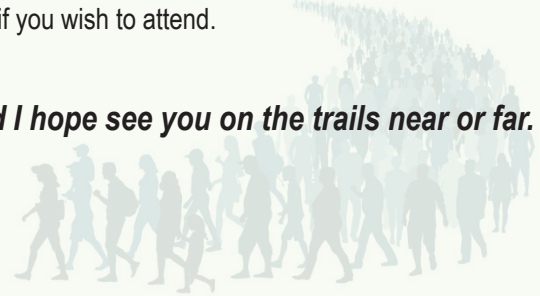
### We have many things to celebrate in this issue!

- ▶ Another successful Oktoberfest
- ▶ Completion of Walking in all 50 States by Jim and Kathy Brown and myself
- ▶ A successful 2023 Wednesday Walk season with several first time POCs led by Coordinator Deborah D'Arcangelis
- ▶ Retiring Seasonal POCs and new Seasonal and Year Round POCs
- ▶ Plans for a 2024 bus trip to Plattsburgh to view a solar eclipse
- ▶ Several picture memories of good times

What a great club we have to present a variety of walking, biking, and social opportunities. Our last two social opportunities will occur on Sunday, November 5, with our annual Pizza and Recognition Party following an Albany walk so I hope you have made your reservations. And don't forget our Holiday Party at the Turf Tavern in Scotia scheduled for Saturday, December 9, following the walk which includes a stop at the Cookie House. The Turf Tavern has a firm 100 attendee policy so don't delay in getting your reservations in soon if you wish to attend.

**Happy Holidays and I hope 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		

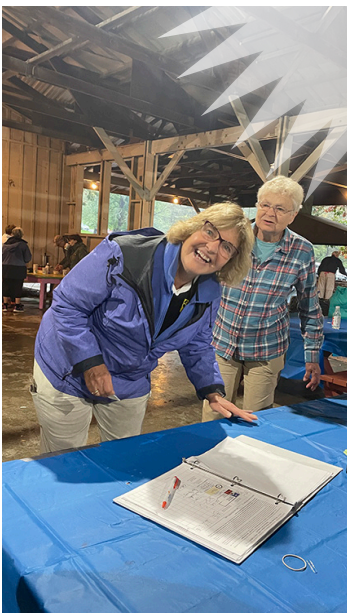




# Oktoberfest



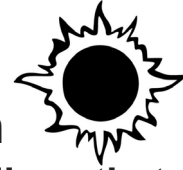
October 7th, 2023  
Tawasentha Park, Guilderland





# Save the Date

## Monday April 8, 2024



### ESCV is sponsoring a bus to Plattsburgh for a Traditional Walk in conjunction with the Solar Eclipse that day.

The bus cost is \$40 and includes: bus ride, tip for the driver, walk fee, and ISO approved solar eclipse viewing glasses.

As solar eclipse traffic is very heavy the bus alleviates that head ache and allows you to enjoy the ride.

We are considering a group lunch for those interested and offer the option of bringing a lunch or eating on your own at another restaurant in Plattsburgh.

You may wish to bring a chair for the eclipse viewing. These can be stored under the bus.

We are already getting interest on this bus trip from other clubs so would encourage our members to sign up sooner than later. See the sign up form in this newsletter.

**The cost is \$40.00 per person which includes** walk registration, gratuity for the driver and viewing glasses. There will be two pick-up locations: Exit 8 Park and Ride - Clifton Park and Exit 15 - Wilton Mall at the north end of Dick's near parking lot Pole C2.

**Specific departure and return times:** Departure time from Exit 8 Park and Ride, Clifton Park is 7:30 am, and pick up at Exit 15 next to Dick's at Wilton Mal Pole C2 between 8:00 am and 8:15 am. We will arrive in Plattsburgh around 10:00 am after a rest stop between Exits 35 and 36. We will be leaving Plattsburgh at 4:30 pm (or sooner) and arrive at Exit 15 about 6:30 pm and Exit 8 at 7:00 pm

**This schedule should give everyone plenty of time for the walk (that is 6.5 hrs), lunch and to enjoy the Solar Eclipse. NO REST STOPS ON THE WAY BACK.**

Seats area 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.

**See the sign up form below.**

To reserve a seat on the bus, fill out the form below and send it, with your check made out to ESCV (Empire State Capital Volkssporters) by February, 1, 2024 to:  
**Irene Hawkins, 801 Catlyn Ct., Delmar, NY 12054**

## ESCV Sponsored Bus Trip to Plattsburgh 4/8/2024

Name \_\_\_\_\_

Address \_\_\_\_\_

Cell Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

Pick up location (please circle):   Exit 8       Exit 15

Group lunch interest (please circle)       Yes       No





**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](http://www.walktexas.org)




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](http://www.walks.ca)

Monday, June 5th, 2023.

Save your spot, sign up early.



# ESCV Holiday Party

Hope you have saved Saturday, December 9, 2023 for our annual Holiday Party this year at the Turf Tavern, Scotia, NY. There will be a cash bar after the walk. A plated luncheon will be served at approximately noon. The luncheon will include a salad course, main entree, vegetables, dessert, and coffee or tea. All this for \$26.00 per member and \$29.00 for non members!



## Saturday, December 9, 2023



### Turf Tavern

40 Mohawk Avenue, Scotia, NY 12302

## Plated Luncheon

Choice of entree: • Prime Rib • Citrus Salmon • Chicken Marsala •

Cost of \$26.00 per member or \$29.00 per non member must be received by November 30.

Note: Turf Tavern has limited us to 100 attendees — FIRM

December 9 Holiday Walk There is NO pre-registration for this walk.

Please complete the reservation form and send check made out to ESCV by November 30 to:  
Janice Golden, 4 Royal Oak Drive, Clifton Park NY 12065

### Holiday Party Registration - Detach and Mail

Members Name & Phone Number	Entree Choice (Check selection below)	Member \$26.00
	<input type="checkbox"/> Prime Rib <input type="checkbox"/> Citrus Salmon <input type="checkbox"/> Chicken Marsala	\$
	<input type="checkbox"/> Prime Rib <input type="checkbox"/> Citrus Salmon <input type="checkbox"/> Chicken Marsala	
	<input type="checkbox"/> Prime Rib <input type="checkbox"/> Citrus Salmon <input type="checkbox"/> Chicken Marsala	
	<input type="checkbox"/> Prime Rib <input type="checkbox"/> Citrus Salmon <input type="checkbox"/> Chicken Marsala	
Non-Members Name & Phone Number	Entree Choice (Check selection below)	Non-member \$29.00
	<input type="checkbox"/> Prime Rib <input type="checkbox"/> Citrus Salmon <input type="checkbox"/> Chicken Marsala	\$
	<input type="checkbox"/> Prime Rib <input type="checkbox"/> Citrus Salmon <input type="checkbox"/> Chicken Marsala	
	<input type="checkbox"/> Prime Rib <input type="checkbox"/> Citrus Salmon <input type="checkbox"/> Chicken Marsala	
	<input type="checkbox"/> Prime Rib <input type="checkbox"/> Citrus Salmon <input type="checkbox"/> Chicken Marsala	
Deadline: Thursday, November 30	TOTAL	\$



# Membership

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

## New Members August 2023:

Kate Walsh, Scotia

## New Members September 2023:

Pamela Mills, Rensselaer

Sandra Young, Latham

Erin Filkins, Latham

Karen Lin, East Greenbush

Don Hughes, Saratoga Springs

Cathy Fleming, Saratoga Springs

Kathryn Dannemann, Troy

Roberta A. Bullinger, Troy

Bobbie Sloane, Saratoga Springs

## New Members October 2023:

Cathy Kushner, Schenectady

David Lindholm, Schenectady



## 2024 Membership Renewal

**\*\*\*Please Note 2024 Membership renewal begins November 1 and continues through January 15, 2024.**

Print a copy of the Membership form from this newsletter, from the ESCV website, or ask Louise Remillard for a blank form at the next walk you attend. Fill out the form, write a check to ESCV, and mail to ESCV P.O. BOX 5464, CLIFTON PARK, NY 12065 or give completed form, with a check or cash to Louise at the next walk, you attend. You may also bring your 2024, Membership renewal form and cash or check to the Holiday Party December 9<sup>th</sup>. Membership renewal should be done by January 15th otherwise your information may not be included in the 2024 Directory, nor will you receive Hotmail notifications.

# 2024 Incentive Program

*Ring in 2024 with a new and different Walking Incentive Program!*

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

For 2024 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 Walking Club.

You must pay the \$4.00 walk fee to receive the stamp in the Incentive Book.

*The challenge this year requires you to complete:*

- 3** different ESCV Year-Round Walk Events.
- 3** different ESCV Seasonal Events (walk or bike).
- 3** Wednesday ESCV Walk Events. (Walks listed in the Wednesday Walk Booklet).
- 3** ESCV Traditional/ESCV Traveling Guided walk Events.
- 12** additional ESCV walks of your choosing! Any Combinations of ESCV Walks.

**For a total of 24 walk/bike events between January 1 and December 31, 2024.**

The reward for completing this challenge will be 5 free ESCV walk coupons to be used in 2025.

24 for 24 Participation Incentive Program book will be available at **NO CHARGE** starting January 1, 2024, at the New Years Day Troy Walk. Please see Louise Remillard to get your free Incentive Program Book.







**MAINE (continued from page 1)**

began our quest for completing our 50 state journey on a group trip organized by a club member, Marion Burns that would be 3 weeks, walking in 8 states. Now it was a mission!! Suggestions from club walkers helped us map out routes when we traveled to Myrtle Beach each year, making stops to walk in states that we needed on the way. A vacation had to include needed states along the way or even a little out of the way. Jim and I drove cross country twice with our daughter Tami, who lives in Utah, from our home in Green Island, NY and later Latham, NY. Tami mapped out routes to include needed states and we added 11 more. Two shorter car trips allowed us to add 5 south central states on one trip and NJ on another other at Asbury Park.



Top left: Celebration cake made by Kathy Brown's friend Grace  
Above: Family, friends, & Volkssporters came to walk with Jim and Kathy  
Left: Kathy with commemorative rock

Jim and I want to thank everyone who made this final beautiful journey possible: family, walking family, and friends, all driving 4 hours or more, spending two nights with love and support. It was truly amazing! Having the support of four clubs was another great gift. Having our two daughters Tami and Jodi, their spouses Wayne and Zac and Granddogs Ernie, Sammy and Troy Boy was the greatest gift of all. This was the most memorable time of our retirement years, Jim 23 and Kathy 22 years. We have been blessed beyond our dreams.

As the Jim and I neared our end goal there were only 2 states left. We had to take a break for 2 years due to health issues. Daughter Tami organized a trip for 2 final states, Wisconsin and Maine. We know we could never have done these without her and her organized plans all coming together for our mission accomplishment journey.

Enjoy the **Brown AVA 50 State** journey — a lovely tribute found on YouTube, produced by Tami, with a lot of pictures by Jodi and from our State books. <https://youtu.be/Nn83fkh2PI>

**HAWAII  
(Continued  
from page 1)**

This was in Kauai.  
Photo by Chris Yost

Mural along the  
Capitol walk in  
Honolulu.  
Photo by Chris Yost





# Special Programs – Lighthouses II

By Chris Yost

Last November I wrote an article in the ESCV Newsletter entitled “Special Programs – Is it for You?” and challenged myself to the Lighthouses II Special Program beginning in 2023. Knowing I would get a kick start from the 2023 Northeast Weekend at Cape Cod in May I sent away for my Lighthouse II Special Program book and devised a plan beyond the Northeast Weekend to complete my book.

I was thrilled to get 4 stamps for my Lighthouse II book at the Northeast weekend in May: Plymouth (en route to Cape Cod), 2 different Hyannis walks and Provincetown. Now I was on a mission! Next I devised a plan with other ESCV members to do 2 walks in: Massachusetts, Connecticut, and Rhode Island, and New York, all to support the Northeast clubs. Four of us (Linda Dunn, Louise Remillard, Nicole Signoracci, and myself) began the plan and walked in Rockport, MA on a picture perfect day. It was a beautiful walk along the water and in town which I would highly recommend.

After a brief packed lunch we traveled to Gloucester, MA to enjoy that walk as well (along with ice cream to celebrate our accomplishment) before hitting the road home. Our next adventure took Linda, Louise, and myself, to a rain free day in Connecticut where we walked in Mystic followed by another packed lunch picnic and quick drive to walk in New London, both enjoyable walks.

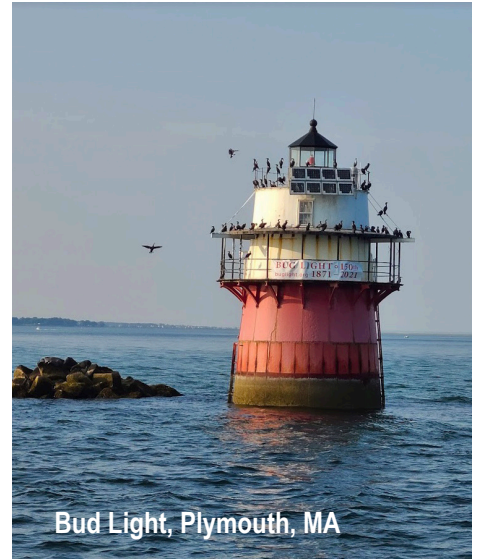
Due to scheduling conflicts with some fellow walkers and the Brown 50th state celebration, only Linda and I were able to do lighthouse walks in Portland and South Portland, Maine before and after the Brown celebration. Again 2 more great walks. The quest was completed in September when Linda and I traveled to Rhode Island to view lighthouses in Newport (which included part of the Cliff Walk) and ended in Bristol on another lovely walk on the walking paths, in town, and along the water.

It's official, I'm now hooked on Special Programs. As a result I recently ordered my books on **A-MAZE-ing Labyrinths**, and **Step to the Beat**, 2 new Special Programs which begin in 2024.

I welcome anyone who wishes to challenge himself/herself to join me on this 2024 adventure. **Questions or help in getting started...** talk with Eileen Skinner and Father (John Cairns) Jack, our ESCV Special Programs champions or myself.



New London Harbor Lighthouse, CT



Bud Light, Plymouth, MA



Plymouth MA



Rockport MA



# ESCV WALKS ...photo ops galore!



Troy September 10, 2023



Thank you, Nellie, for the October 4th walk today in Johnstown.



First time walker Helen, Raj, Roberta and Yen



Waterford Walk

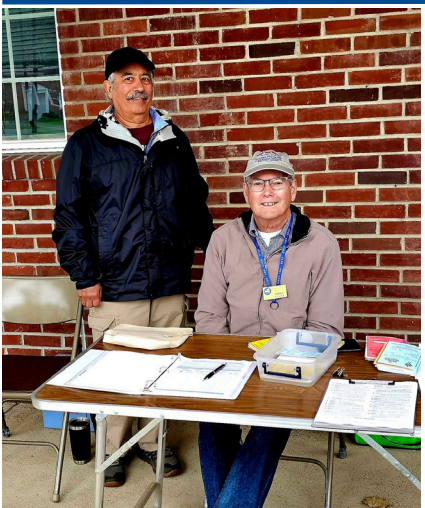




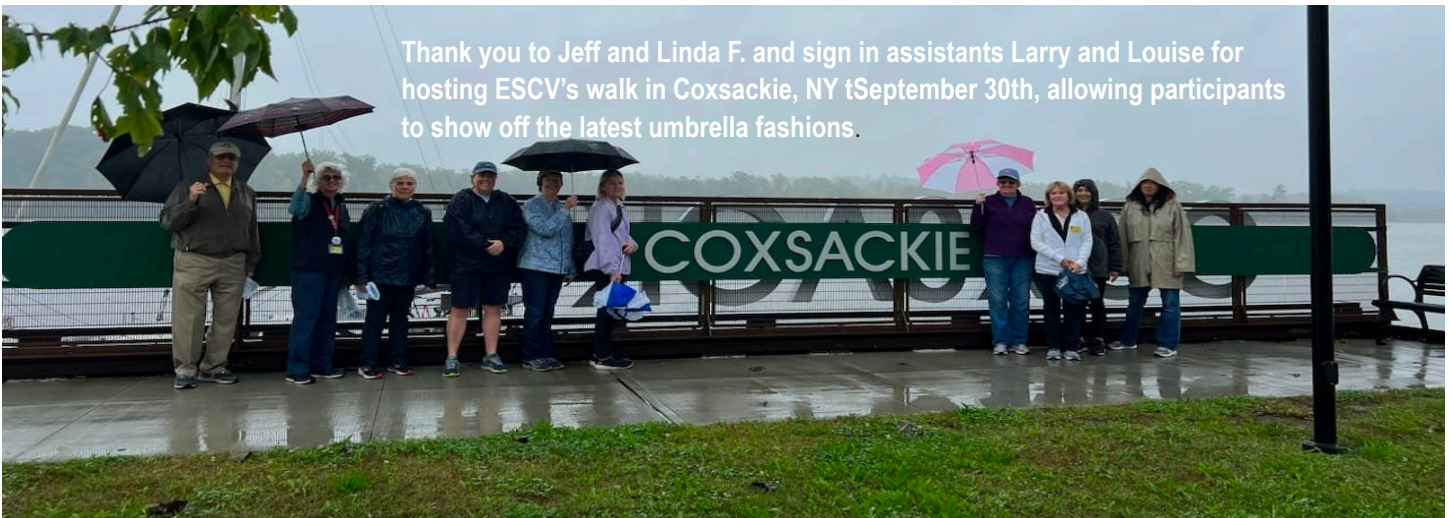
# ESCV WALKS ...photo ops galore!



Thank you Louise and sign-in assistants, Chris and Linda for hosting the September 20th ESCV Wednesday walk in North Scotia.



Thank you to Jeff and Linda F. and sign in assistants Larry and Louise for hosting ESCV's walk in Coxsackie, NY tSeptember 30th, allowing participants to show off the latest umbrella fashions.





# 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 \_\_\_\_\_



## Thanks to all 2023 Wednesday Walk POCs...

...with special thanks to first time POCs: Karen Berzins & Marjorie Wytzka (Greenwich), Lynne Ross (Troy Sacred Heart), Dorothy Holt & John Rowan (Altamont), and Brenda Steed (Saratoga East Side).

And a big thanks to Wednesday Walk Coordinator Deborah D’Arcangelis.



Wednesday Walk Buttons are created by Eileen Skinner.

**Thanks Eileen**  
for the always interesting design.

### 2023 Wednesday Walks 10 Award Walk Button

**July 5**  
Barbara Feeney  
Wayne Knapp  
Alan Longshore  
Barb Nigro  
Sophia Palsz  
Eileen Skinner  
Chris Yost

**July 12**  
Louise Remillard  
Kathy Mack  
Jan Golden  
Deb D’Arcangelis  
Linda Dunn

Jack Cairns  
July 19  
Linda Morzillo

**Aug. 2**  
Karin Bezins  
Barbara Billins  
Suzanne Burke  
Miro Cec  
Sue LaFountain  
Liz Walsh  
Majorie Wytzka

**Aug. 9**  
Larry Godshalk

Karen Watson

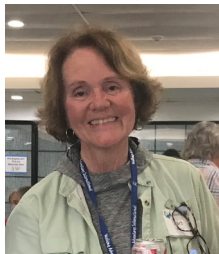
**Aug. 16**  
Winnie Balz  
Wayne MacFarland  
Gail Ostrander  
Doug Reynolds  
Jackie Reynolds  
Jill Thompson  
Annalisa Van Avery

**Aug 23**  
Mary Sorell  
Judy Arnold  
Jim Brown  
Kathy Brown

## Let’s hear it these POC’s



Kathy Mack



Barb Nigro



Marion Averill



Nellie Georgelos



Judy Arnold



Brenda Steed

**Thank you** Kathy Mack for being POC for the new Altamont Seasonal Walk beginning in 2024.

**Thank you** Barb Nigro for being POC for the Caroga Lake Seasonal Walk for many years which we are putting on pause.

**Thank you** Thank you Nellie Georgelos who was POC for the Johnstown Seasonal Walk since the beginning of the walk.

**Thank you** Marion Averill who was POC for the Troy Year Round Walk for a few years.

**Welcome** Judy Arnold who will be POC for the Troy Year Round Walk beginning 2024.

**Welcome** Brenda Steed as POC for the Johnstown Seasonal Walk walk beginning 2024.

## The AVA Board met in person in Crystal City, VA on October 18 & 19.



Carol C. Giesecke  
Northeast Regional Director  
ne rd@ava.org • 304 399-6334

Eileen Skinner  
Northeast Deputy Regional Director  
ne drd@ava.org • 518 221-1696

The location was chosen because the IML – US Freedom Walks Festival was being held in that location the following weekend. An opportunity was offered for club members around the country to participate in the meeting via Zoom, and a number of people did take advantage of this offer.

Here are some of the major points:

- **Big Give Preliminary Report \$82,595 raised as of October 15, 2023.**

AVA club members are encouraged to consider sustained giving, i.e. setting up account so that one may have \$5 or \$10 or more money taken from bank account or credit card each month – for more information, visit the AVA website (ava.org) and click on the Donate tab to find “Sustained Giving” or “Planned Giving” (AVA Angels) (i.e. writing AVA in one’s will)

- **2025 Biannual Convention** – no location to date; more information will follow from the November Zoom Board meeting; AVA President and Convention Committee Chair may plan visits to the city of Mobile, Alabama and the city of Las Cruces New Mexico who have both expressed interest in working with AVA for a convention in 2025

- **AVA Mobile Walk Application** – AVA IT Committee member Jeff Giddings is meeting with software and hardware developers to develop a mobile app for AVA

- **Operational Committee Updates**

Publicity- TAW has been the main focus of their meetings; also updates to Walker Packets; voted on photos for Start Point

**Convention-** AVA President and Convention Committee Chair may plan visits to the city of Mobile, Alabama and the city of Las Cruces New Mexico who have expressed interest in working with AVA for a convention in 2025

**Membership** – Building a new model for membership and implementation plan; accurate count of AVA members nationwide; conduct member survey

**Information and Technology** – the legacy ESR is being phased out, one hopes by November, 2023; more and more operations are possible through my.ava.org

- **AVA Club Charges Special Committee**

Perhaps the items of most relevance to the clubs were the reports from the Club Charges Special Committee; they provided a detailed analysis of revenue and followed with recommendations and subsequent motions on which we voted. This committee was charged with reviewing possible options for increasing review streams from clubs and state associations. Their report noted that, due to inflation, the current value of the \$1.25 AVA receives for walk participants for the last 20 years, would now be \$2.08; the value of the \$3 registration fee is now \$4.98.

After much discussion among regional directors and other board members, the Board passed a motion to increase, effective January 1, 2024, the participant fee going to AVA from \$1.25 to \$2.00. In addition, the Board passed a motion to request that clubs charge not more than \$4.00 per participant at all sanctioned walks. The exact wording of each motion and a summary of the discussion will be detailed in the Board minutes, which should be released for member review shortly.

- **2026 50th Anniversary of AVA** – AVA President reminded Board that AVA will be 50 in 2026 and we should be considering how we want to celebrate this event

• **AVA Partnerships-** AVA President is proud of partnerships that are developing with local, regional and national groups. These can be used to leverage more support for AVA functions and in-kind donations.

• **Incident reports** – two insurance claims filed in the 2nd quarter of 2023 were related to falls on uneven sidewalks – those were just the falls that were reported as claims; I’m sure there are many that are not submitted as claims to the AVA Insurer – for example, when I attended WAF’32, I heard about a serious fall from a member of the Mid-Florida Milers club that was not submitted; be vigilant out there, walkers and bikers!

• **Grant funds** – AVA President received a \$5000 grant from the King William Neighborhood Association near to the AVA National Office in San Antonio to start a pilot program modeled after the Couch to 5K walking program initiated by members of the Delaware AVA Club - First State Webfooters - in 2017 to encourage people to increase their walking distance gradually over 8 weeks from ½ mile to 3 miles. This program has garnered support - and members - over the years in Delaware and AVA President Henry Rosales is hoping it can be developed and used in other places around the country. He’s applying for a larger grant using this same idea with the San Antonio Junior Forum. Perhaps it can provide a useful template.

**Carol Giesecke**  
Northeast Regional Director

## Milestones

### EVENTS

750 Cathy Edwards  
850 Andrew Schmidt  
14,000 Linda Morzill

### DISTANCE

!9, 000k Linda Morzillo\*<sup>The</sup>

American Wanderer (TAW) September 2023

