



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

FEBRUARY 2023



— December 3, 2022 —

Holiday Walk & Party



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/



More on Cape Cod NE Region Weekend



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



Happy 2023! We are already off to a great walking start this year with 3 Year Rounds walks and 4 Traveling Guided Walks behind us. The weather has been cooperative and attendance has been good.

After a successful first year 2021 doing **Traveling Guided Walks (TGW)** we continued in 2022 offering 10 TGWs. As a reminder the TGW program offers only one generic stamp; however, you can do as many walks as you would like so it becomes a wonderful alternative to provide other walking opportunities to our membership and prospective members as well. We already have 7 sanctioned TGWs on the calendar for 2023 with others in planning stages. Thanks to all POCs who stepped up for this program.

I'm certain you will recall some great Traditional walks in 2022, especially our **35th Anniversary walk and celebration at Saratoga Spa Park**. You can see we have some wonderful opportunities in 2023 (see the Save the Date article on Hudson Falls in this newsletter) and revisits to Hoosick Falls in June and Landis Arboretum in Esperence in September. **As always we will have our annual Oktoberfest, Pizza Party/recognition, and Holiday party and walks to anticipate in the fourth quarter to round out the year.** Thanks to those POCs and party planners for taking on these Traditional Events. And don't forget to make your plans for the **2023 Northeast Weekend in Cape Code** in May hosted by our sister club **Walk 'n Mass**. It's certain to offer great walks and social opportunities you won't want to miss.

You can see from the 2022 summaries in this newsletter we have been busy with our bread and butter ...**Year Rounds and Seasonal Walks**. Participation in the bike rides have more than quadrupled from 2021 to 2022! Great success. Thanks to all YR and Seasonal Walk POCs and Bike Ride hosts and program coordinator, Tad Darling. 9 bike rides planned for 2023 and all Year Round and Seasonal walks will each offer 2 group walks in 2023.

Have an idea for a Traditional Walk for 2024? Contact coordinator Larry Godshalk to get you started. Our Trailmaster, Linda Morzillo, will assist with directions, and our team of crackerjack map makers will visually design your trail. Everyone likes to walk someplace new, why not offer your suggestion!

I hope to see you on the trails near or far in 2023.

Chris Yost
President, ESCV



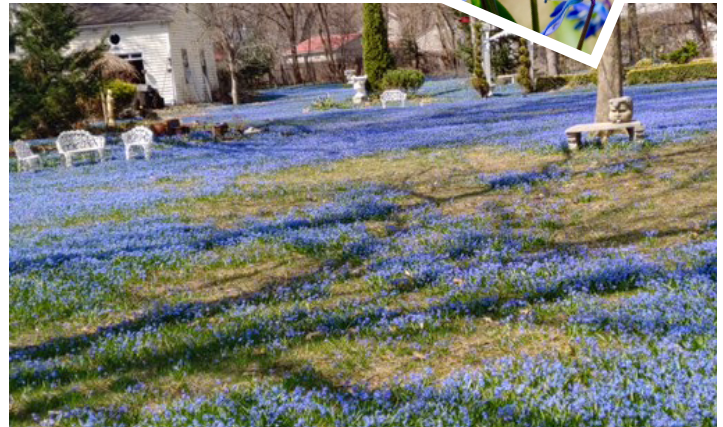
2023 ESCV Chairpersons

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		



The first traditional walk of the year will take place on April 15 in the village of Hudson Falls, New York. This will be ESCV's first time walking in this village of 8,000 people located on the east side of the Hudson River a short distance away from Glens Falls. The route will pass by an amazing patch of blooming squills on the lawn of a lovely Victorian home on Pearl St. The date of the walk was specifically chosen to coincide with this event.

Originally a small sleepy village known as Sandy Hill, Hudson Falls grew in size and importance in the 1830's with the opening of the Glens Falls Feeder Canal to the Champlain Canal which connected the Hudson River with the Champlain Canal. The sleepy village became a prosperous mill center producing lumber and other products. The Glens Falls Feeder Canal closed to commercial traffic in the 1930's and the entire length is now a 14 mile long walking and bike trail along the old tow path. The 10k route will walk on parts of this tow path. The 5k route will be on village



streets passing the historic coal silos built in 1906 using cement blocks invented by Griffin Lumber. Each silo held a different grade of coal. The route finishes in the small historic district of the village green bordered by late Victorian commercial buildings including the newly restored Strand Theater.

Trail Tips

By Linda Morzillo

It's a daunting exercise to think about all the tasks necessary to stage a successful walk. We are so fortunate that ESCV has a huge repertoire of walks for us to enjoy. This is due to the fact that over the years many members have practiced to become experts in all the stages of planning an event. **Before October 2015, ESCV had never had an**

official Trail Master, but after completing the necessary requirements, I now hold that title. **What does a Trail Master do?** I am your resource to help you create a new walk or to improve an existing walk. I will be discussing tips in this short column which will appear periodically. The goal is to help people think about creating and carrying out enjoyable and memorable walks. The first tip addresses the question, "**Where is a good place to walk?**" Even though every walk is different, every walk should be designed

to share a common theme. **We walk in places that are Historic, Scenic, and/or Cultural.** We want participants to learn about and appreciate the significant places in the Capital District area. Ask yourself this question: If someone new to this area were to visit, what historic, scenic and/or cultural places would I want them to see and learn about? That's how it all begins! Feel free to contact me by email or phone for input, ideas, and/or help.

NATIONAL EVENTS

37th Annual Spring Volksmarch June 3, 2023

11th Annual Fall Volksmarch October 1, 2023



SCAN FOR MORE INFO
CRAZYHORSEMEMORIAL.ORG

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



ANNIVERSARY



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.

ESCV WALKS ...photo ops galore!



December 23, 2022. Not only was Wednesday Winter Solstice but it was also the last planned ESCV walk of 2022 in Glenville.

December 14, 2022. ESCV walkers singing Jingle Bells at Liz and Brian's house while walking through Glen Meadows in Cohoes, NY..

January 11, 2023 Thank you to POC'S Barbara & Alan for organizing the Slingerlands walk. It was cold with clear sunny blue skies. New members and a first time walker were welcomed.



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 12
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



EVENTS

600 EVENTS

Cameron Cox
Susan Cox

700 Events

Chris Yost

800 EVENTS

Andrew Schmidt

850 Events

Teresa Kennedy

1100 Events

Alan Longshore

DISTANCE

4000km

Barbara Bilins

6000 km

Cameron Cox

Susan Cox

Nellie Georgelos

6500 km

Kathryn Piffat

10000km

Alan Longshore

~FYI~

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

VOLKS SOUTH (VS)



Lido Key
Florida



2022 TRAVELING GUIDED WALKS

DATE	LOCATION	WALKERS	COUPONS
Jan. 26	Mohawk Harbor	21	0
Feb 9	Slingerlands	23	0
Feb 16	Cohoes/Van Schaik	34	1
Feb 23	Albany Convention Walk	27	1
Mar 16	Waterford	50	1
Mar. 27	Schenectady Central Park	30	0
Oct 19	Wilton-Gavin Park	36	
Nov. 9	Malta Tech Park	42	5
Nov. 23	Colonie- Hannaford	38	
Nov. 30	Clifton PK - Clifton Knolls	29	1
	Total Walkers	330	9

2022 Traditional Events

DATE	LOCATION	WALKERS	COUPONS
May 21	Hudson	18	
June 18	Saratoga spa park-35 th party	78	
Sept. 24	North Bennington, VT	43	1
Oct. 8	Schodack – Octoberfest	59	
Oct. 17	Schuylerville – Surrender	30	
Nov 6.	Albany – Pizza	38	
Dec. 3	Scotia – Holiday	68	
	Total Walkers	334	1

2022 Seasonal Walks and Bikes

Walk/Bike	QTR 1	QTR2	QTR 3	QTR 4	YEAR TOTALS	Coupons
Albany Pine Bush	34	35	2	18	89	1
Albany/Colonie Crossings	36	56	8	7	107	1
Albany - Captial	54	4	32	6	96	2
Albany-Crossgates Mall	35	2	8	26	71	1
Bennington, VT		28	10	18	56	0
Caroga Lake		20	0	27	47	0
Clifton Park	36	0	44	7	87	0
Cohoes Neighborhoods	28	2	1	28	59	0
Cooperstown		29	39	1	69	0
Glens Falls		65	30	37	132	1
Glenville Indian Hills	4	37	50	25	116	1
Johnstown		24	1	21	46	0
Lake George		20	5	34	59	0
Lake Placid		2	0	13	15	0
Saratoga Spa Park	16	51	6	58	131	6
Saratoga Springs - City	19	53	4	54	130	1
Saratoga Battlefield	36	29	2	41	108	2
Schenectady	38	1	4	33	76	0
Scotia	27	33	4	48	112	6
Scotia - Northside	42	4	34	0	80	3
Troy	3	12	30	3	48	0
Williamstown, MA		36	27	1	64	2
			BIKES			
Schenectady - Bike		0	12	4	16	0
Battlefield - Bike		16	12	0	28	0
Pattersonville BIKE		10	4	13	27	0
Albany-Helderberg -BIKE		12	0	18	30	0
Zim Smith - RoundLake		1	40	2	43	0
	408	582	409	543	1942	27

Cold Hands, Warm Hearts in Amelia Island

By Liz Walsh

. . .and the weather for the upcoming Martin Luther King weekend calls for sunny skies, warm temperatures, calm winds, etc. NOT!!!

How many times have we Volkswalkers heard wonderful weather forecasts that just never seem to materialize? Well, that is exactly what occurred as my traveling companion, Louise Remillard and I (and nearly 100 other Volkswalkers!) prepared for the **Martin Luther King walking event in Amelia Island, Florida**. After carefully packing our suitcases with light-weight warm weather clothes, we hurriedly swapped for warmer clothing more suitable for late fall. Boy, was it cold in northern Florida that weekend- 39 degrees in the morning and low 40's during the day with some fierce winds! Volkswalkers, however, as we know, are never deterred by weather – we plan for it, we dress for it, we embrace it. Despite the weathermen fooling us, Louise and I had a fun-filled, wonderful weekend while trying to stay warm.

Every aspect of the 5 planned walks by the **First Coast Walking Club** was planned perfectly – the Meet and Greet, the luncheon, the sign-in process, the accurate maps and directions, the attentive, enthusiastic and fun club staff who were our walk leaders, as well. Many Volkswalkers who attended this event seemed to know each other from past walks and tours around the country. Louise was very popular and introduced me to many friends she had met during her travels.

Our walks in Amelia Island were varied. We walked on boardwalks alongside and over sand dunes, through woods, along paths and quaint city streets with mystical Spanish moss hanging from the trees, past historical homes, past a fort and on the lovely Amelia Island beaches. I can still envision the 4 right whales breaching in the waters off of Fernandina Beach, and the dolphins leaping playfully from the channel between Amelia and Cumberland Islands. During our afternoon cruise, we also spotted small herds of wild horses and a wild, feral pig as well as many white pelicans (Have you ever seen one of those?), and an eagle high up in a tree looking content after just finishing his meal of fresh fish.



Each beach we walked along had its own aura



and beauty. My favorite and possibly everyone's was **Boneyard Beach**. Dead, dried, bleached out and washed-up remnants of trees and branches that were lay scattered on the beach giving it a spooky, eerie appearance. I don't think any of us would have dared to walk this beach at night under a full moon. Those driftwood shadows would surely frighten us to death. **Bony, bony, bony bones. . .American Beach**, a historic African American beach community in the past, still exists as a tribute to those who settled in this area during the segregation era of the 1930's. At that time African Americans were prohibited from using "white" beaches. Their original church and some of their original cottages still remain and some are still inhabited by the same family descendants.

The downtown area of Amelia Beach is charming with its many boutique shops, cafes, restaurants, repurposed train depot which is now a visitor center and pirates! In fact, the Palace Saloon, which is the first bar ever in the state of Florida and its oldest has a pirate at its entrance. Amelia Island is also noted as the birthplace of the modern shrimping industry.

Did you know that the charming house that was depicted in the Pippy Longstocking movie is located Amelia Island?

I just finished reading a book called **LIONS IN WINTER** with its setting in Amelia Island. There are others as well – fiction, non-fiction and historical fiction.

As you can see, Louise and I thoroughly enjoyed our weekend here on Amelia Island. Of course, we topped it off with a delicious seafood dinner. **A perfect way to end our trip!**

Membership

Louise Remillard louisieremillard3@gmail.com



New Members November 2022:

Ellen Hiscox, Schenectady

New Members December 2022:

Dallyse Gironda, Niskayuna

Tracy Balogh, Schenectady

New Members January 2023:

Sherri Eckles, Mechanicville

Wendi Enright, Schenectady

Jennifer Weingart, Schenectady

— 2023 — Membership Renewal

Please renew your 2023 Membership as soon as you are able, and before January 31, 2023, if possible.

Print a copy of the Membership form from page 14 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. You can also bring your 2023 Membership form and cash or check to the Holiday Party on December 4th at the Turf Tavern.

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 a New Year! Get ready for the new 2023 Incentive Program!

Louise Remillard email:louisieremillard3@gmail.com

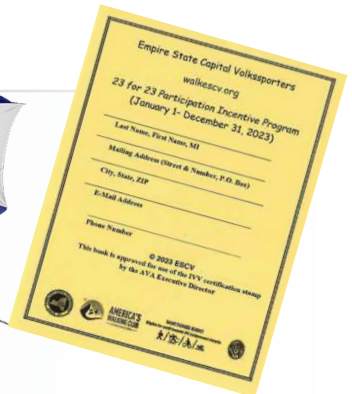
For 2023 we would like to offer an Incentive Program to encourage participation in a specific combination of Year Round & Seasonal walk/bike, Wednesday walks, Traveling Guided walks, and Traditional walks sponsored by the Empire State Capital Volkssporters.

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: _____ **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 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



February 2023

Greetings, Northeast Volkssporters. As we head out of winter and into a new walking season, here's the last NERD news.



IVV OLYMPIAD / IML 2023: The big event is upon us. If you haven't already done so, there's still time to register for any or all of the festivities from February 19 – 26, 2023. The website is [IVV Olympiad 2023](#). Last count, there were 25 countries, 40 US states and 1,000 people expected for San Antonio. This is a once in a lifetime opportunity to mix with the internationals, but at a reduced rate because it's all happening in your own country.

CAPE COD WEEKEND: Looking for an adventure between Mother's Day and Memorial Day? Attend the Cape Cod Weekend May 19-21, 2023, hosted by WalkNMass. Here's the brochure [Cape Cod Weekend](#). And if you tap this link [FIND A FEST \(ava.org\)](#), then the Cape Cod details button, you'll find the available AVA sanctions list. I'm looking forward to group walks in Provincetown and Hyannis, and other walks such as Plymouth, and Oak Bluffs on Martha's Vineyard. And don't forget Quincy for you "Q" needers.

FEES: I understand that walk fee participation rates were last raised in 2003, with a maximum charge of \$3.00 for IVV Credit walkers. A simple Google search reveals that the present value of that \$3.00 is now \$4.92. AVA Chair Nancy Wittenberg plans on calling a Special AVA Board Meeting in early March to discuss fees. I would appreciate receiving Northeast club members' thoughts and suggestions that I could relay to the board for that meeting.

NORTHEAST HAPPENINGS: I'm very pleased to see all of the energy and enthusiasm from Northeast clubs in creating new and interesting walks, partnerships with other non-profit organizations and other activities. Fun, Fitness & Friendship abounds in 2023!

Wayne