



# Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

FEBRUARY 2024

## Solar Eclipse... See it in Plattsburgh and Save the Date – By Susan Grey

ESCV is planning a trip to Plattsburgh to view the solar eclipse on Monday April 8th. This is one of nature's greatest spectacles. A bus has been reserved with sign up and payment of \$40 per person. Your \$ includes the bus ride, tip for the driver, walk fee, and ISO approved solar eclipse viewing glasses.

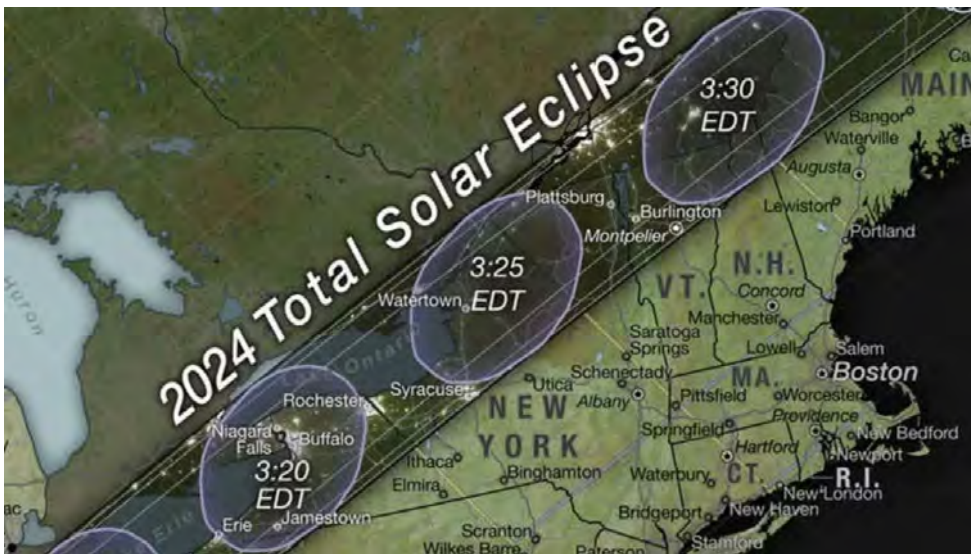
- During a total solar eclipse the moon completely covers the sun.
- The event on April 8 will not happen again until 2044!
- Plattsburgh will be in the path so this is a special experience for people in the Northeast to view.

The walk begins at an area called the Oval. It is an open space and good for viewing the eclipse. The Oval is the site of the Historic Air Force barracks built in 1838. Ulysses S. Grant was stationed here. The walk takes you along the Empire State Trail with Lake Champlain to the East and views of Vermont. The trail follows past a Marina on Lake Champlain to city streets that pass several historic homes, and monuments related to the war of 1812 and the early discovery of Plattsburgh. The walk continues through the downtown area with several eating spots.

We have added a t-shirt for purchase for \$14 if you wish to have a memory of this special day. This includes our club logo with a solar embellishment as designed by our graphic designer Arden Lawand, and the date and location of the walk. Orders are due by February 20, 2024. **See the order form for t-shirt on page 5.**

To avoid having to maneuver your vehicle through parking and the traffic jams experienced with viewing a solar eclipse join us on the bus!

*Hope to see you there.*



**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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[efskinner@aol.com](mailto: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](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/>

## Try this Walk

# Enjoy a walk in Staunton, Virginia

By Alison Zoske

Staunton has a lot to offer including great arts and culture, historical buildings, and stunning views with its proximity to the Blue Ridge Mountains and Skyline Drive. It was the birthplace of President Woodrow Wilson, is home to The Black Friar Shakespeare Theatre and has over 20 churches of many denominations.

We traveled to Staunton to visit with family from Florida, as this was about halfway between our homes. We stayed in a resort in the Blue Ridge mountains and spent a day in Staunton, walking, shopping and eating, as well as seeing Hamlet in the Shakespeare theatre, modeled after the one in England.

Staunton has an architectural advantage over many other small towns in Virginia. It escaped the Civil War relatively unscathed. Many of its 18<sup>th</sup> and early 19<sup>th</sup> century homes and buildings still stand and are wonderfully preserved. The city has six historic districts listed in the National Register of Historic Places. You'll see buildings designed in an interesting array of architectural styles including Greek Revival, Second Empire, Romanesque Revival, Colonial Revival, Neo-Classical, Federal, Beaux-Arts, Gothic Revival, and more.

The walk is mostly on sidewalks and has significant hills. You will pass Woodrow Wilson's Library and Birthplace, Mary Baldwin College, Gypsy Park, Thorn Rose Cemetery, and many churches. When you are done with all those hills, relax with some shopping in unique gift shops, antique stores, or have a nice meal at one of the many restaurants.





"I hit the JACKPOT when I joined ESCV!"

Everyone was asked to submit a caption for this photo..and the winner was

Bev Feltt



Chris's Corner... by Chris Yost

Happy February, Heart Health Awareness month.

Just think what we do as walkers and bikers to improve our heart health! See the article on page 4, Immediate Benefits of Exercise for Older Adults.

After another wonderful Holiday party we began 2024 with our annual New Year's Day walk in Troy which brought out many members and new walkers too. Since that time we have a few Traveling Guided Walks under our belts despite the cold temperatures and a few Pop Up Walks as well. You can see from our 2024 schedule we have many walking and biking opportunities including our first Traditional walk of the year, in Plattsburgh to also view the solar eclipse in April. If you were unable to sign up for the bus you can still car pool to Plattsburgh and join for this walk and view one of nature's spectacles. You can also order a t-shirt to commemorate the day even if you don't walk! See the order form on page 5 of this newsletter and thanks to Arden Lawand for the design.

A big thanks also to Alison Zoske for her article on a walk in Staunton, Virginia. Try it out if you are headed that way. Do you have a walk you have done and would like to share? Please consider writing it up and include a picture or two.

If you haven't yet received your free 2024 ESCV Incentive Book please see Louise Remillard and get started. Your reward upon completion will be free walk coupons for 2024! Thanks to Louise for coordinating this program again in 2024 and congratulations to those who completed the 2023 ESCV Incentive Program.

Note the AVA national and regional walk events advertised in this newsletter. Several of us are attending the Canadian Convention in May. If you wish to attend one of the other events, phone a friend and plan a trip.

Lastly, save the dates September 6-8, 2024 for the Northeast Weekend in the Poughkeepsie and Kent, CT areas.

Keep walking and smiling and stay healthy! I hope to see you on the trails near or far.

Chris Yost, President, ESCV

2023 ESCV Chairpersons

Table listing 2023 ESCV Chairpersons for various roles including Membership, Publicity, Event Brochures, Purchasing, Sunshine, Club Merchandise, Name Tag Orders, Walk Development & Traditional Walks, Coordinators Year Round & Seasonal Walks, Marjorie Wytzka and Karin Berzins, Wednesday Walk Coordinator, Deborah D'Arcangelis, Trail Master, Linda Morzillo, Online Start Box Coordinator, Larry Godshalk, Web Master, Eileen Skinner, and ESCV Historian, Teresa Kennedy.

# 4 Immediate Benefits of Exercise for Older Adults

By K. Aleisha Fetters, C.S.C.S. | September 16, 2021

While the long-term benefits of exercise are certainly worth the wait—stronger bones, more muscle mass, and a healthier heart, to name a few—there are also some powerful perks you'll experience right away. And in today's era of instant gratification, the latter may be more likely to convince you to get moving *today*.

"Focusing on the immediate benefits of exercise can not only improve your motivation, but also your consistency," says Samuel Becourtney, D.P.T., C.S.C.S., a physical therapist at Bespoke Treatments in New York City. After all, if you know you'll feel energized and less stressed within minutes of moving, you're bound to keep coming back for more, he says.

That's great, since consistency is the key to reaping the ultimate long-term reward of exercise: more healthy, active years of life.

So, the next time you're debating between a quick sweat session and snuggling up on the couch, consider these four side-effects you'll experience right away.

## Exercise Side-Effect #1:

### You'll Feel Energized

Yes, exercise burns energy, but it also fuels you with energy, says Becourtney. That's because working out gets your blood flowing and helps circulate oxygen throughout your body. It also causes a small spike in your core body temperature, which signals to your body that it's time to be awake, according to researchers at Johns Hopkins Medicine.

When you're feeling especially tired, start with low-intensity, gentle exercise like going for a walk or doing some [simple stretches](#) or [bodyweight movements](#). Once

the fatigue fades, you might find you want to do more.

## Exercise Side-Effect #2:

### Your Mood Gets a Boost

According to research from the American College of Sports Medicine, just 20 to 30 minutes of aerobic exercise like walking, cycling, or swimming helps many people enjoy a calmer, happier mood—that lasts several hours after your workout is over.

One explanation for why this happens is that exercise sets off the release of endorphins—the feel-good hormones in the brain. But it also prompts you get out of your head and focus on the here and now. Why that's good: A Harvard University study published in the journal *Science* found people are happiest when they're immersed in the present moment. In contrast, a wandering mind—thinking about something that happened in the past or what might happen in the future—typically makes people unhappy, the researchers say.

## Exercise Side-Effect #3:

### You'll Think More Clearly

We all have days when our brain feels a little foggy. And while you may think a nap is the solution, a quick cardio session might work even better. When researchers at Stanford University looked at the mental effects of exercising, they found that just 15 minutes of moderate cycling on a stationary bike was enough to improve cognitive performance and reaction times for adults of all ages. Their findings were published in the journal *Psychology and Aging*.

When we exercise, we increase blood and oxygen flow to the brain, the researchers explain. That extra boost can quickly improve our focus, alertness, and mental sharpness.

## Exercise Side-Effect #4:

### You'll Walk a Little Taller

Checking a workout off your to-do list can feel like a giant accomplishment some days. But even if it's not one of those days, doing something you know is good for you always puts a little pep in your step.

Plus, every time you show up to a new exercise class or walk, do one more rep or walk a bit further than you could before, or achieve any fitness goal, it has a positive effect on your self-esteem, Becourtney says. That's true even if you didn't consciously set a goal. A study in the *Journal of Experimental Social Psychology* found reaching "unconsciously activated goals"—like showing up to the gym or to a walk when you're really not feeling it—still had a positive effect on self-esteem.



Arden has designed a logo for our solar eclipse walk in Plattsburgh which we are going to have printed on the front of a long sleeve unisex white Gildan Heavy Cotton t-shirt available for **purchase for \$14.00 each**. These will be available for the day of the solar eclipse walk in Plattsburgh, April 8th or sooner.



Please complete the form below and sent with your check made **payable to ESCV** to:

Chris Yost  
28 Gould Drive  
Scotia, NY 12302

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Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

T shirt size(s) SML \_\_\_ MED \_\_\_ LRG \_\_\_ XL \_\_\_ XXL \_\_\_

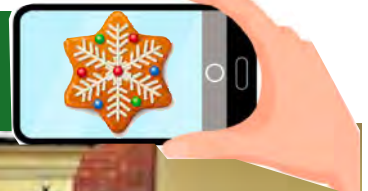
Total # of Shirts \_\_\_\_\_ Total Enclosed \_\_\_\_\_

**Cut off date to Purchase Shirts February 20<sup>th</sup>**

No Refund on Merchandise



# ESCV Holiday Walk/Party



# ESCV Holiday Walk/Party





# ESCV Holiday Walk/Party



# ESCV New Year's Day 2024



# ESCV WALKS ...photo ops galore!



Pop Up Walk Crossings

## Pop Up Walk Albany Pine Bush



## Mohawk Harbor TGW



# Membership

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

## New Members November 2023:

Brenda Hacker, Loudonville

## New Members January 2024:

Hannah Blake, Albany

Dave Gorson, Williamstown

Jo Ann LaFlamme, Schenectady

Joann Johnson, Gansevoort

Debbie Hummel, Gansevoort

Deborah Lovejoy, Glenville

Roberta A. Bullinger, Troy

Bobbie Sloane, Saratoga Springs



## 2024 Membership Renewal

Please renew your 2024 ESCV Membership as soon as you are able, by end of January, if at all possible.

Print a copy of the Membership form 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 end January otherwise your information may not be included in the 2024 Directory, nor will you receive weekly Hotmail notifications. Thank you.

# 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.



# 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: _____	
Are you an AVA member <input type="checkbox"/> Yes <input type="checkbox"/> No    Lifetime? <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; louiseremillard3@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. I 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 \_\_\_\_\_

# 2023 ESCV Incentive Program — 23 Walk/Bike Events

**36** ESCV members completed the 23 for 2023 Incentive Program challenge. The reward for completing the challenge was a choice of free walk coupons to be used in 2024 or an umbrella with the ESCV logo and the year 2023 printed.

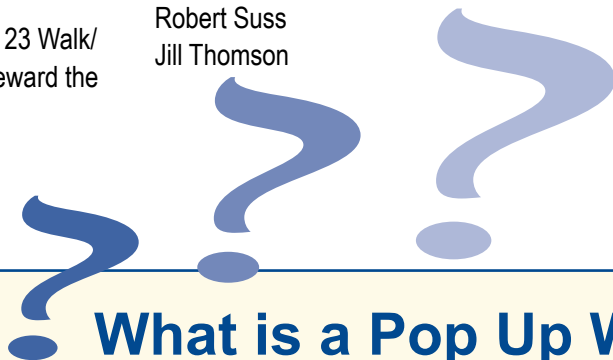
Congratulations everyone and thank you for participating in 2023 ESCV Incentive Program Challenge.

**28** members who completed 23 Walk/Bike events, received as their reward the ESCV Umbrella.

- Judy Arnold
- Karin Berzins
- James Brown
- Kathy Brown
- Suzanne Burke
- Deborah D'Arrcangelis
- Lea Darling
- Kathy Edwards
- Barbara Feeny
- Terry Gitnick
- Larry Godshalk
- Susan Grey
- Teresa Kennedy
- Wayne Knapp
- Alan Longshore
- Kathy Mack
- Wayne MacFarran
- Barbara Nigro
- Gail Ostrander
- Louise Remillard
- Catherine Saracco
- Nicolle Signoracci
- Eileen Skinner
- Carol Sorenson
- Brenda Streed
- Marjorie Wytzka
- Chris Yost
- Alison Zoske

**8** members who completed 23 Walk/Bike events, received as their reward ESCV free walk coupons to use in 2024.

- Barbara Bilins
- John Cairns
- Linda Dunn
- Sandra Laity
- Linda Morzillo
- Sophie Palasz
- Robert Suss
- Jill Thomson



## Milestones

### Events:

- 50 John Shaw
- 425. Janice Golden
- 525. James Brown
- 800 Chris Yost
- 1200. Alan Longshore
- 2300 John Cairns



### Distance:

- 500k. John Shaw
- 3500k James Brown
- 4000k Janice Golden
- 5500k. Kathleen Brown
- 6500k. Cathy Edwards
- 11000k Alan Longshore

## What is a Pop Up Walk?

This concept was developed in ESCV in 2020. The idea of a Pop Up walk is a walk which occurs without much advance notice. In other words the walk “Pops Up” on our schedule. These walks were created early in 2020 after some new members expressed an interest in doing more walks on a regular basis since temperatures in January in the Northeast had been mild and the sidewalks free of snow. Because our club was used to a regular walk on a Wednesday from our May-August Wednesday Walk Program, this seemed like a good idea to extend the Wednesday walk Program to other months of the year and add an occasional weekend day as well. The walks chosen for the Pop Ups are ones of our Year Round Walks, already sanctioned. This means members have more opportunities to help complete the yearly ESCV Club Incentive Challenge Program.

## What is a Traveling Guided Walk (TGW)?

This is a one day walk which can be done as a group walk at various locations during the year, each location as a different one day event. One Traveling Guided Walk stamp is issued per year to a club who requests it. That same stamp can be used for multiple one day group walks. Our first TGW in 2024 was at Mohawk Harbor – Schenectady 1/17. This was followed by Albany Redux (redoing the 2019 Albany Convention walk). Check your 2024 bookmark for additional TGWs planned for this year. As other TGWs are developed they will be added.

**2024 YRE & Seasonal Walks  
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
Altamont Village.....	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
Lake Placid .....	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
Albany-Helderberg Bike.....	Apr 1 – Dec 31
Lake George Bike .....	Apr 1 – Dec 31
Pattersonville Bike .....	Apr 1 – Dec 31
Schenectady Bike.....	Apr 1 – Dec 31
Stillwater Bike .....	Apr 1 – Dec 31
Zim Smith Bike .....	Apr 1 – Dec 31

**Massachusetts**

Williamstown.....	Apr 1 – Dec 31
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**Vermont**

Bennington .....	Apr 1 – Dec 31
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**YRE & SEASONAL WALKS**

<b>Kickoff 2024 .....</b>	<b>Fall</b>
Jan 01 Troy.....	Aug 31
Feb 07 Albany Mall.....	Nov 20
Feb 10 Saratoga City.....	Oct 23
Mar 09 Albany Capita.....	Oct 12
Mar 13 Scotia Northside .....	Oct 30
Mar 20 Glenville.....	Oct 16
Mar 27 Cohoes.....	Dec 11
Apr 03 Clifton Park .....	Sep 25
Apr 07 Schenectady .....	Nov 24
Apr 14 Glens Falls.....	Aug 18
Apr 17 Scotia .....	Sep 18
Apr 20 Albany/Colonie.....	Nov 09
Apr 24 Saratoga Spa.....	Nov 13
Apr 28 Cooperstown.....	Oct 20
May 04 Sar Nat'l Hist Pk.....	N/A
May 11 Altamont Village .....	Sep 04
May 18 Zim Smith Bike.....	Sep 28
May 19 Lake George.....	Oct 09
May 25 Williamstown.....	Sep 15
Jun 15 Johnstown.....	Oct 02
Jun 22 Schenectady Bike .....	N/A
Jun 23 Bennington.....	Oct 26
Jun 29 Albany Pine Bush.....	Sep 21
Jul 27 Albany Helderberg Bike .....	N/A
Aug 10 Pattersonville Bike .....	N/A
Aug 17 Lake George Bike .....	N/A
Sep 29 Lake Placid .....	N/A
Oct 19 Battlefield Bike .....	N/A

**Group Walks start times:**

JAN - APR/SEPT- DEC: 10am WED & SAT

**MAY- AUG:** 9am WED & SAT

**Year-Round JAN – DEC:** JAN-DEC: 1:30pm SUN

**Walk ESCV**



**ONE DAY EVENTS – 2024  
WEDNESDAY WALKS  
May – August 9 AM ONLY**

May 01.....	Saratoga Springs Museum
May 08.....	Albany Corning Preserve-Tulip
May 15.....	Greenwich Village
May 22.....	Albany Shaker Farms
May 29.....	Malta Shenantaha Creek
Jun 05.....	Hudson Falls
Jun 12.....	Amsterdam Southside
Jun 19.....	Niskayuna Strawberry Festival
Jun 26.....	Schenectady Central Park Roses
Jul 03.....	Schuylerville
Jul 10.....	Round Lake
Jul 17.....	Ballston Spa
Jul 24.....	Troy Oakwood Cemetery
Jul 31.....	Old Niskayuna
Aug 07.....	SUNY Albany
Aug 14.....	Saratoga Springs Eastside
Aug 21.....	Schoharie Crossing
Aug 28.....	Wilton Gavin Park

**2024 Traveling Guided Walks &  
TRADITIONAL WALKS**

Jan 17.....	Schenectady Mohawk Harbor
Jan 21.....	Albany Redux
Apr 08.....	Plattsburgh, Total Solar Eclipse, Bus Trip
Jun 01.....	Cobleskill
Jun 08.....	Dolgeville, Violet Festival
Jul 13.....	Schoharie, Lily Festival
Aug 24.....	Glenville Tri-Park Walk and Picnic
Sep 06, 07, 08.....	Poughkeepsie Northeast Weekend
Oct 05.....	Hadley/ Luzerne (Ocktoberfest)
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Nov 03.....	Albany (Pizza Party)
Nov 06.....	Clifton Knolls
Nov 16.....	Malta Tech Park
Nov 27.....	Colonie Hannaford
Dec 14.....	Scotia (Holiday Party)

Refer to ESCV Webpage  
for more information

**www.walkescv.org**

**Help wanted  
Purchasing Chair**

This position primarily orders walk books (event and distance) and new walker packets when needed. It's an email request to AVA (Marian Deval) who automatically bills ESCV, and a delivery of materials to Membership Chair Louise Remillard.

Please contact Louise:

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

if you can help out.

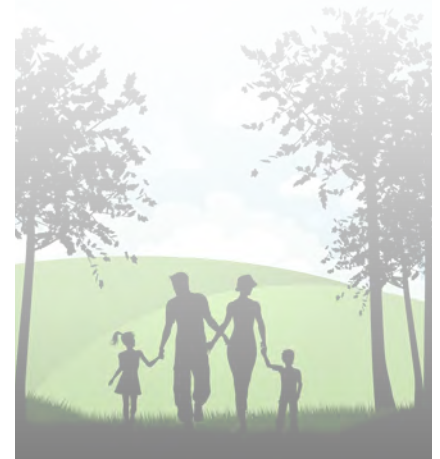
**~ Reminder ~**

**Effective 1/1/24**

**all walk fees**

**are now \$4.00**

Children under 13 walk for free so bring your kids/grandkids, nieces/nephews, and neighbors to introduce them to walking.



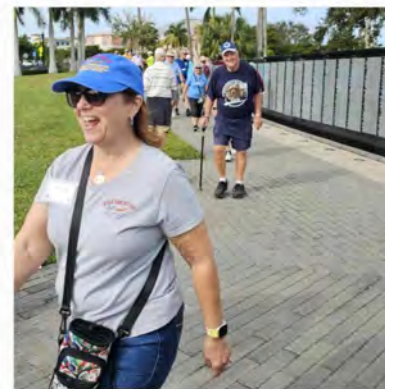




# VOLKS SOUTH (VS)



St Pete Beach Pier Walk



## FISHERMEN'S VILLAGE

Punta Gorda





# AVA Northeast Region Event

September 6 ~ 8, 2024

HUDSON to HOUSATONIC  
Walking Weekend

Hyde Park, NY  
Fri.

Poughkeepsie, NY  
Sat.

Kent, CT  
Sun.

### Chat and Chew Opportunities

Fri. eve. Meet & Greet - Germania of Poughkeepsie's "Oktoberfest"

Sat. eve. Dinner – Poughkeepsie-area Restaurant

More details later:  
[hudtohou@gmail.com](mailto:hudtohou@gmail.com)  
<https://nodegreen.com/hudtohou/>

### Event Lodging

\$159/night Fri. & Sat.

Hampton Inn & Suites Poughkeepsie

2361 South Rd. (Rt. 9)

Poughkeepsie, NY 12601

<https://www.hilton.com/en/attend-my-event/september2024weekendwalkinggroup/>

845-463-7500 Our Discount Code: WWG



## Northeast Region and Board Update — February, 2024 —



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 AVA Board met in via Zoom on February 13, 2024. Here are some of the major points that may be of especial interest:

- **Convention Plans in the works for 2025!** We had a presentation from the Tourist Bureau in Las Cruces, NM and it seems that they are excited to host us. The date range is April 24 – May 7, so it will be milder weather than it would be later in the season. One can fly into El Paso, which is about 45 miles away and several airlines serve that airport. There is also a very nice RV park nearby for those who would like to make the drive. There are plans for some interesting walks, including in the old section of Las Cruces (actually its own town) called Mesilla, the White Sands National Park (where one might see the nation's oldest foot prints), and a walk that will cross the border into Juarez, Mexico. It promises to be a delightful venue. The local club, the Sun Country Striders, will be helping to develop the walks. More details on exact dates, activities, the venue, etc. will be forthcoming as they develop. If you're interested in hearing more details, please tune into the next AVA on-line seminar – Wednesday, February 21 at 8 PM Eastern. The link to sign up is in the February Checkpoint and on the AVA website.

- **AVA Mobile Walk Application** – AVA IT Committee member Jeff Giddings is meeting with software and hardware developers to develop a mobile app for AVA – this is still in development, so more details will be coming at the May 14th Zoom Board meeting

### • Operational Committee Updates

- Publicity- TAW has been the main focus of their meetings; also updates to Walker Packets. AVA staff decided that AVA members can request a hard copy of TAW for free for the first year, but after that first year there will be a charge for hard copies.
- Membership – the next on line seminar – February 21 on Zoom at 8 PM will feature information about a membership survey that we are all asked to complete before the end of March, 2024. To register see the link in the February Checkpoint or on the AVA website
- Information and Technology – the legacy ESR has been phased out, and my.ava.org will be able to do more helpful things for clubs and club members

- **2026 marks the 50th Anniversary of AVA** – AVA President Henry Rosales reminded the Board that AVA will be 50 in 2026 and we should be considering how we want to celebrate this event. Do you have any ideas? Send them to Henry@ava.org

**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.

**Northeast News** - We had a very well-attended Northeast Zoom meeting in mid-January. At that meeting we learned a bit about the evolution of Element 3 into Grouper. The partnership is still evolving, so stay tuned for more information about how this will affect clubs.

The meeting also featured Connecticut Valley Volkssport Club (CVVC) members Carol and Lee West talking about the next Northeast multi-club gathering September 6-8. I know ESCV has already been advertising this event, which is a collaboration between CVVC, the Volkssport Club at West Point with the Friday night Meet and Greet to be held at the Germania of Poughkeepsie Volkssport. Details and registration materials will be forthcoming in early March. Thanks to the continued input and good ideas from ESCV's Wayne Knapp and Kathy Mack on the planning of this event.

We are in the very early planning stages for a possible 2025 Lighthouse weekend with Two Town, Southern Maine and Twin State clubs, tentatively. More news on this after we have a Zoom call, still to be planned, but very soon.

I will be attending the Atlantic Regional Conference in Dover, DE on April 4-7. Amazingly the small but mighty First State Webfooters Club (the club where I really got involved with Volkssporting) based in Dover, DE, is hosting the meeting. I hope you will consider attending. Then I get to drive back to Clifton Park NY on Sunday, April 7, so I can ride the ESCV bus to Plattsburgh to walk and eat with ESCV members and see the Solar eclipse! Thanks to Teresa Kennedy for coming up with this great idea!!

I hope you have lots of great opportunities to walk as winter slowly turns to spring and days lengthen.

Carol Giesecke  
Northeast Region Director, AVA



NERD Carol Giesecke and friend Karen did the Albany/Colonie Crossings Walk in December along with Larry Godshalk and Rick Sheldon. It was a little breezy, but also some welcome sunshine and a lot of residents out walking and jogging through the park. It was a good time and a few of us even attempted a couple of the Par Course exercise stations along the path. — Larry Godshalk