



Empire State Capital Volkssporters



Walking Club in the Capital Region of New York State

Member of the American Volkssport Association and the International Federation of Popular Sports

WWW.WALKESCV.ORG

DECEMBER 2013

Walk Schedule:

All dates and times as of publication are subject to change. Walkers are encouraged to **check the ESCV website**.

Registration begins 30 minutes prior to start.

Wednesday Walks

Scheduled May through August

One-Day Traditional Events

Dec 7 (Sat) 9 am – Schenectady, Holiday Party

Year Round & Seasonal Walks

Jan 1 (Wed) 10 am – Troy

Please refer to Walk Booklet for directions. Hint: Use Google Maps for directions from your home to starting point.

The Walkinggirl's Words

Here's wishing everyone a peaceful holiday season! It seems that the holiday season was just here and an entire year has actually passed. As we get older, time, our most valuable asset, seems to go faster. We should keep in mind this quote by Madeleine L'Engle: "The great thing about getting older is that you don't lose all the ages you've been." Along with time, our memories and experiences are very important.

Much of November has been a good month for walking! Since the last newsletter, our seasonal and YRE group walks took place in Saratoga Springs (it was a nippy late October morning and we had to walk for warmth), Schenectady, Albany, Troy, Colonie and the Saratoga National Historical Park (aka The Battlefield). Thanks to LaVerne Stiles, Teresa Kennedy, Dave Janiga, Kathy Brown and Carol Sorensen for their efforts as POCs to make the walks possible. Many people are completing walks on their own schedules, very few days go by when I do not receive a start card and walk fee in the mail for the "Battlefield" or Lake George. As I write this it is a gloomy gray and brown November day, but we had many bright sunny ones this month!

Thank you, Laura Sheldon and all helpers who made the walk before the Pasta Party a most pleasant time. There were over 80 walkers and the efficient work of Eileen Skinner and John Cairns kept the length of the sign-in line to a minimum. Thanks to the hard work and excellent planning by Mary Ellen and Randy Putnam, the Pasta Party was a great success! Dave Janiga and Warren Laverty, the new chairmen, worked alongside the Putnams to learn the secrets needed to make this event a success. Dave and Warren are eager to hear what you think about future events on the first Sunday in November. Dan Schryver brought many ESCV historical club items to the party for people to examine. Eileen Skinner shared her photo album of the very first party honoring Ron Hersh. Thank you, Dan and Eileen, for taking the time to bring and share the materials.

We were proud to honor Phyllis Boyd, Kathy LeRoux, Shirley Pingelski and Pat Whalen for Volkswalking in **50** states and Eileen Skinner for Volkswalking in **51** capitals! Congratulations, again, to all of you! People who were honored with various other recognition awards were mentioned. Many people have asked me "What are those awards about?" Elsewhere in this newsletter is an article explaining these Recognition Awards given under the guidelines set by AVA.

The fact that the first Sunday in November is also the first day the clocks are on Standard Time is a reminder that the daylight hours are much shorter. Did you know that the shortest day in Albany, 9 hours, 2 minutes and 29 seconds on December 21st, is not the day of the latest sunrise or the

(continued on next page)

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Contact Us At:

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www.walkescv.org/



The Walkinggirl's Words – (continued)

earliest sunset? In Albany, the latest sunrise is at 7:25 AM every day from December 28th to January 10th. From December 7th to December 10th we have the earliest sunset in Albany at 4:21. You can look on this website for such information essential for planning your winter walks, snowshoeing or skiing!

<http://www.timeanddate.com/worldclock/astronomy.html?n=12>

Tad Darling is stepping down as Membership Chairman and is working with Larry Godshalk who is stepping up into that role. On behalf of ESCV, thank you Tad for doing this for us during the last 4 years, and thank you Larry, for taking on this role.

As we wind down our 2013 Program, I asked the POCs of all YRE/Seasonal walks to please make a list of our visitors' home states as they prepare their reports for Beth Snyder, our Treasurer. It will be interesting to see where our visiting walkers come from! Watch for the results in the next (February, 2014), newsletter.

Plans for ESCV's Holiday Party, the first Saturday in December at the Stockade Inn in Schenectady, are well underway. Bernie Geren is the POC of the walk and Lucy Desjardins is the Chairperson of the Luncheon. All reservations for the luncheon **MUST** be received by Bernie on **December 4th**, at the very latest. Please look for the reservation form on the ESCV website. We have the many, many people who work with Bernie and Lucy to thank for making this a lovely event. Do look in the November newsletter to reread Dan Schryver's history of the Holiday Party.

Ginger Ireton and Pat Whalen have teamed up to reserve a bus for transportation to Plattsburgh for the Traditional Event scheduled for September 13, 2014. If you would like to go to Plattsburgh by bus, an announcement will be made at the appropriate time regarding how you can reserve a seat.

Mary Lou Geren called me to recall the days when New Balance was a sponsor of AVA. At many walks a gift certificate for a pair of walking shoes was awarded in a random drawing of start cards or start numbers. At our recent ESCV club meeting on November 19th, per Mary Lou's observation, we decided to have a drawing at each of our eight Traditional walks in 2014. The lucky person will receive a \$25 gift certificate to LL Bean where walking shoes and related apparel is sold for both men and women. I ask that if your name is drawn twice during the year (some people are especially lucky), to please allow another name to be drawn.

Our Incentive Program for 2014 will be slightly different than the one for 2013 because walkers will need to walk either a YRE/Seasonal or Traditional Event sponsored by *another club*. People will find a choice of incentives upon completing their 10 walks. Details will be explained at the Holiday Party and will be stated on the back of the booklet.

I was reading *Footnotes*, the newsletter of Walk'N Mass and was absolutely amazed at two pieces of information in Margo Craven's "Co-President's Corner" article. The club's first walk on November 2, 1985 in Concord, a cold, rainy day, had 342 (that is no typo), walkers participating! The next year, on October 26, 1986, again in Concord, on a cool, sunny day, there were 504 participants (no typo here, either)! There must've been plenty of parking and restrooms. It would be a wonderful occurrence for AVA clubs if that were to happen again!

We have a very active club because of the work of our many volunteers. The Want-Ads contain a list of jobs that need to be done. If you do not have a job or duty, take a look to see if there is a job that you could do or perform.

See you on the walks!

Linda



What Were Those Awards For?

By Linda Morzillo

Several people recently asked me the question stated in the title of this article. This is written to provide ESCV members the answer to that question. Like almost all organizations, AVA has a policy manual which defines the structure of the organization as well as stating how procedures are to be followed. Among the topics in the policy manual are: General Policies, Membership, Volkssporting IVV Events and Recognition Awards.

Many of our ESCV members have received Recognition Awards over the years for their contributions to Volkswalking at the club, regional and national levels. This is one way to thank all the volunteers for their efforts to promote and carry out the Fun, Fitness and Friendship goals of Volkssporting. Here is a listing of the Recognition Awards that were taken from the AVA Policy Manual (only the main ones earned by club members are fully described here):

“A. AVA Hall of Fame Award

B. AVA Distinguished Achievement Award

C. AVA Meritorious Service Award: The AVA may bestow the AVA Meritorious Service Award upon individuals who have given at least five years of outstanding service to the AVA. The Meritorious Service Award will be awarded by the Regional Director of the region in which the majority of service was performed.

D. Certificate of Service Award: The AVA may bestow the AVA Certificate of Service Award upon individuals who have given at least three years of significant service to the AVA. Certificate of Service Awards may be presented at three years, five years, and every five years thereafter. The Executive Council, appointed AVA officials and members of all national committees shall receive Certificate of Service Awards. National Committee Chairmen shall award Certificate of Service Awards to all members of national committees. All other Certificate of Service Awards shall be awarded by the Regional Director of the region in which the majority of service was performed.

E. AVA President’s Award: The AVA President may bestow the President’s Award upon individuals, clubs or groups who, through their exemplary display of volkssporting spirit, are worthy of national recognition.

F. Ted Ballman Memorial Award for Youth Volkssporters:

G. AVA Trailblazer Award

H. AVA Certificate of Appreciation Award: The AVA may bestow the AVA Certificate of Appreciation Award on individuals, organizations, and businesses for service to AVA on a national, regional, state or club level.

I. IVV Honors”

Everyone is welcome to read AVA’s policy manual by going to the AVA website – look for the Administrative Link in the blue bar at the top, drop down to General Administration and then go right to Publications and Policies. The policy manual is the fourth publication listed.

E-Mail Updates

If your e-mail has changed, let Larry Godshalk know. Lgodshal@nycap.rr.com

Does ESCV have the Most?

Does ESCV had the highest number of present and past members who completed a Volkswalk in all 50 states as compared to other clubs across the country? We do have many, many people who have done just that as well as a lesser number who have completed a Volkswalk in the 51 capitals. Let's find out!

I am collecting names – please send me your recollections and I will compile a list to be shared in a future newsletter. Linda

Soup Kitchen Donation

By Kathy & Jim Brown

The leftover foods from the Pasta Party, went to Mary's Soup Kitchen at our Immaculate Heart of Mary Parish in Watervliet. We have been doing this for a few years now, as the Pasta Party is always on a Sunday, and the soup kitchen is on a Monday. A big thank you to all who put the foods into containers, and the people who run the kitchen in Watervliet were so very grateful. Thank you to Mary Ellen Putnam for remembering it each year.

Different workers expressed their appreciation and said how wonderful the meal was, and how much they enjoyed it all. It's great when we can give to others, less fortunate than us.

Holiday Party

The Holiday Party will follow the Schenectady walk December 7 at the Stockade Inn. Lunch will begin at noon. See the ESCV website for details. Holiday Party brochure - <http://walkescv.org/13hoidaypartyform.pdf>



Pat Rush has agreed to host the cookie house again this year. Your cookie contributions are welcome and will be greatly appreciated. Please drop them off at the start point by 9 AM. They will be transported to the cookie house for all to enjoy during a break at the checkpoint. Thanks to Pat for opening her house to us again this year.

Membership

Larry Godshalk - Lgodshal@nycap.rr.com

JUST ANOTHER REMINDER for those who haven't done it yet. Please RENEW YOUR MEMBERSHIP for 2014 between now and February 28th. It is quite simple. At the end of the newsletter is the Membership Form. Fill it out, write a check, and mail it in. You can also drop it off at the Christmas Party December 7. It MUST be done by February 28th otherwise, you will not be included in the Directory or any hotmail notifications. You can also print out the membership form on our website.

I have taken over as Membership Chairman for Tad Darling who has done an exemplary job of keeping track of the 300+ members for a number of years. Tad will continue to assist me over the winter to prepare and issue the 2014 Membership Directory in March. My thanks in advance to Tad, the members, and the club officers for their patience and assistance in carrying out the membership duties.

Please welcome the following new member families:

- Matthew & Ruth Lake of Ballston Spa
- Robin , Matthew & David Young of Ballston Lake

MONTHLY MEETING

No December or January Meetings
Next meeting February 18, 2014

Traditional Events Announced For 2014

Date	Place	Description
April 26	Kinderhook	Explore this small town in northern Columbia County, the birthplace of Martin Van Buren. If we are lucky the apple trees will be in bloom. Did you know that Kinderhook means children's corner in Dutch?
May 17	Schenectady Central Park	The walk will be on mountain bike trails on the opposite side of Fehr Ave. as well as the surrounding Upper Union Street neighborhood.
June 14	Catskill (Spring Picnic)	We will first walk in this historic town newly revitalized to support the arts and small businesses before we gather riverside at Dutchman's Landing to picnic together.
September 13	Plattsburgh	Our walk in Plattsburgh is designed to coincide with the commemoration of the Battle of Plattsburgh also known as the Battle of Lake Champlain which took place on September 11, 1814. The day will include re-enactments, a parade and lots of other fun activities. ESCV is chartering a bus to this event.
September 28	Mine Kill State Park	A scenic drive through the lovely Schoharie Valley on the way to the start point will be perfect for viewing early fall colors. The walk begins at the NY State Power Authority Blenheim Gilboa Visitor's Center which has excellent exhibits and interactive displays. Combine learning with outdoor fun on state park trails never before walked by ESCV.
October 17	Saratoga Spa State Park (Oktoberfest)	We all know this park well but on this day we will proudly share it with the members of the AVA National Executive Council who will be gathering in Albany for an annual meeting. They will no doubt be wowed by the history, geysers, classical architecture of the buildings, and the overall beauty of the trails and landscaped entrances to the park.
November 2	Ballston Lake (Annual Pizza/Pasta Party)	This will be the 16th year in which we gather to acknowledge the walking accomplishments of ESCVers.
December 6	Schenectady Annual Christmas Party	This will be the 20th year for this event in which we wish each other a Joyous Holiday Season.

ESCV Meetings 2014

ESCV meetings will be held at the Latham Fire House, 226 Old Loudon Rd in Latham at 6:30 PM. The room is reserved February 18, 2014 as well as March 18, April 15, May 20 and June 17, 2014.

Name Tags

Name tags can be ordered at any time by contacting Laura Sheldon at sheldon.laura1@gmail.com. They are available with either a magnet or pin back for \$8.

From the Editor

Articles for the February newsletter are **due on Friday, January 24, 2014**. Please send us any news items that you feel would be interesting to our membership. Your reflections on a past or upcoming volkswalk and/or trip are always welcome. ☑

Ellen Brown - gorow1010-escv@yahoo.com - 384-0015

Birthday Wishes

Happy December Birthday to . .

Bettina Burke
Linda Clark
Kelli Egan

Carol Farrar
Gayle Fountain
Marylou Geren

David Golden
Marie Klucina
Joyce Lavery

Norene Persch
Kathryn Piffat
Eileen Sowa
Arlene Welkley



Sunshine and Cards of Care

We extend our sympathy to **Jeff** and **Linda Ferucci** on the recent loss of Jeff's father, Pat Ferucci at the age of 96. Longtime members **Bill Hughes, Marge Shanley, Jack Hickey, Lisa Holt, Jean Eaton** and **Bernie Desroches** are slowly gaining strength in their daily fight to get better. **Phyllis Budka and Jane Patterson**, are new names now added to the list. Perhaps you'd like to drop a card off to them at their home addresses to let them know they are in our thoughts and prayers. **Kathy LeRoux**, our Sunshine Secretary is recovering and is back to spreading sunshine! She would love to hear from you too! **Jean Eaton** is recovering at her daughter's home. Please contact Kathy LeRoux, Carol Kennedy or Linda Morzillo for the address.

Please let our Sunshine Secretary Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating. She can be reached at her home phone 438-1947 or by e-mail kleroux1@nycap.rr.com. You can also see her at the monthly ESCV club meetings.

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- **American Volkssporters Association** -

<http://www2.ava.org/>

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- **Northeast Region**

N.E.R.D. News

Doug Reynolds – Northeast Regional Director

http://www.avaclubs.org/NE_RD/

This & That – Oct 2013

- Great Lakes Seaway Trails:** I'm sorry to report that our newest club in NE Region became "Inactive". This is **not** a result of the club's lack of activity, but was a decision of a new Executive Director of the sponsoring organization that wanted to go in a different direction. Fortunately, we have not lost the eight walks that had been created and sponsored by Seaway Trails. Barbara Stafford & Terry McFarland of Niagara Frontier club worked with the "Trails" past president, Daryl Giles, to ensure that those walks would continue to be available for the remainder of 2013 season, and all have been re-sanctioned for 2014. Daryl will be the POC for all eight walks. So, if you are in the area of Eastern Lake Ontario, please consider supporting their efforts by doing a walk(s) in: Ogdensburg, Cape Vincent, Sackets Harbor, Watertown, Fulton, Pultneyville, Oswego, & Sodus Pt. As with all walks in US, information is available at the AVA web site by following the sequence – "www.ava.org"; "Events"; "Interactive Maps"; "YR/SE"; "Map Events"; "New York"; click on a pin & "Details".
- Year Round/Seasonal Events (YR/SE) 2014 in NE Region:** Please share with club members and potential members, the purpose of our clubs is to help ensure that persons will have sites for walking opportunities, not just from our club but those from across the country and internationally. As of this time, for 2014 our Region's clubs will offer 113 YR/SE walks (with the possibility of a few more being added) as compared to 111 for this current year. Nationally, there were 1,874 YR/SE walks listed in Starting Point 2013. The NE Region, being one of ten, our region's count should be about 187 walks, or on average about 19 walks per club. So, there is plenty of room for improvement. Interestingly, for 2013, we offered 47 YREs, and 64 SEs that had a total of 64 different Pts. of Contact who volunteered to manage the Walk Boxes. Thanks to all those folks who have gone the "extra mile" to help make our AVA/IVV process work. Please do not overlook due recognition at appropriate club gatherings for these individuals who work behind the scenes. A "tip-of-the-hat" to Walk'n Mass club that is currently sponsoring 20 YR/SE, and Twin State (with their satellite, Seacoast Striders) at 17 walks in this category. In addition, walk contributions were also made by: Finger Lakes (4); Twin Towns (5); Niagara Frontier (6); Connecticut Valley, Niagara Escarpment, Seaway Trails, & South Maine (8 each); West Point (12); & ESCV (15).

3. **Traditional Events (TEs) for 2014 in NE Region:** Sanctioning process for this category has started for next year but with a lot of planning for offerings still going on within the clubs. Some clubs are corresponding with other clubs to possibly coordinate a weekend event that presents a wonderful opportunity to encourage colleagues to come longer distances for a weekend of walks. Right now, the TEs' sanctioning cupboard is bare, but I'll try to get on them as soon as they start arriving via ESRs. This current year, NE Region offered 46 TEs, unfortunately, half of our clubs offered none. Although it usually takes a lot more logistics to conduct than YR/SE, the TEs are fantastic ways to build club enrollment as many more folks come together at one time for a walking experience, as compared to typically a couple persons doing a YR/SE walk together. Another "tip-of-the-hat to those clubs that have TEs in 2013: Twin State (2); Finger Lakes (5); West Point, & Walk'n Mass (7 each); & ESCV (25).
4. **Traditional Events' Formats:** It is a lot of additional work to conduct a "traditional", Traditional Event. Although it is a nice experience for those who attend, some club leaders report that it is becoming too much work, especially as club leaders become older, when it is difficult to find volunteers to do the tasks (registration table, mark the trail, check point(s), water bottles/canisters, walk direction/map for all, etc.). However, IVV/AVA rules do allow for a second style of TE that clubs should consider. Take a look at the [Policy Manual](#) at the AVA web site (www.ava.org; "Administrative"; "General Admin"; "Publication/Policy"; & click on [AVA Policy Manual](#)). Go to Section 4, Part 4.02 "Traditional Volkssporting IVV Events", Policy II, # 2 – **Guided Walking Events**. This section lays out how to conduct this format where "...one or more designated guides familiar with the predetermined route..." can lead the group(s) without the need for each person having maps, marked trail, etc. It is a cost-effective way to provide many more opportunities for monthly and weekly group walking experiences. Some clubs attribute their success in attracting new members was by increasing the frequency of gatherings, and having the whole group together to enjoy the fellowship of others, and of course going off together for breakfast or lunch following the walk. When getting new members, quickly getting them involved in club tasks makes them feel an integral part of meeting the organization's mission of providing walks in your area. This "guided" format could be a technique that may well rejuvenate interest in your club's total activities.
5. **Consider Special TE Walk Dates in 2014:** "World Walk Day", traditionally conducted on May 8th that has been falling midweek, for this coming year will be celebrated on Sat., May 10th. For the past event there was a special AVA book stamp provided to club's that participated by offering an event. I have not yet gotten word as to what will be provided in 2014, but consider this date as an opportunity to be involved in a worldwide walk. Also, October is National Volkssport Month where a single, or series of events could be hosted by your club. Start the planning process now for some walks. Within the month, maybe a series of walks in your area that would feature different settlements such as rural, small village, & big city; or settlements of oldest historical site, late 1800s-early 1900s site, & modern settlement; or ocean front, river, lake, etc. I assume that again a unique patch will be available for those participating. This is not an exhaustive list; let your imagination run wild.
6. **AVA Special Programs & Club Challenges:** Besides continuing several national Special Programs, there will be nine new ones available on Jan 1, 2014. One of the new offerings is sponsored by our own Finger Lakes club, "Trekking With the Trees". They are currently leading the national Special Program "America's Baseball Walks" that ends Dec 31, 2014. The Twin State club is the national sponsors for "Classic American Diners" that also concludes on Dec 31, 2014. A special thanks to these two clubs for taking on these national incentive programs. Information on any of the Sp. Programs can be found at the AVA web site under "Events". Although running a national Special Programs may be beyond the resources on your club, consider running a "Club Challenge" for your members as an additional way to engage your members, or potential members. We have several running in the Region presently. For information on approval of your local challenge so you would be authorized to use the AVA & IVV logos, plus the stamp, take a look at the [AVA Policy Manual](#), Section 4, Paragraph 4.05 C.
7. **Advertising Your Events:** I've been very impressed as to how much effort clubs puts into preparing for, and conducting a TE. However, I've been concerned that we are selling ourselves short by not making more folks in the community where the event will occur informed that "Volkssporting is in town". That is not to say that I have not recognized that sponsoring clubs have contacted sister clubs within the Region about an upcoming event in hopes that they will attend. My concern is that, in too many cases, we have not done an adequate job of spreading the word of the event's opportunity outside of the Volkssport circle. Often, the reason for this is clear; there are so few club members trying to just conduct the event that there is no one left to take on the task of publicity. But, without attracting new members to our sport, how will we ever be able to find folks to expand our ranks and help share these

other important tasks? Local media are usually more than happy to help spread the word, as they are looking for material to communicate local events. Some communities have a single contact person who will share news items systematically to multiple outlets, all for free. Also, don't forget the potential of the AVA "New Walker Packet" that, hopefully, will have been augmented with your own club's materials, such as upcoming events' dates & locations. This resource is a wonderful way to get "outsiders" into the circle of your Volks community.

- 8. **Rating Walks:** Many thanks to those responsible for rating your club's walks. During sanctioning, I have noted improvement in giving a more accurate description of the change in Incline and Terrain via using the new "number & letter" grading system. When the new rating system was introduced officially for 2013, there was a tendency by many to keep the number and letter low (much like in the old method of a 1+ rather than 2; or a 2 rather than 2+) so as not to discourage folks for doing the walk. Only occasionally now have I had to question a discrepancy in the rating and the "walk description". Please do not shy away from a rating of 3C if the route fits the narrative that can be found in the Trainmaster Guide available at the AVA web site. We have found the Cumulative Elevation rating is not as valuable for assessing the trail as the narrative comparative information. Let us all be sure not to underrate a walk for a goal of increasing participation as we must be sure that our walking colleagues are alerted to what lays ahead. It is a big safety issue that we must all honor.

- 9. **AVA Council Meeting Fall 2014:** Your current AVA President, Dennis Michele, wants to return to the practice of having the National Executive Council meetings in various locations in the country during club activities rather than all of them in Universal City, TX, home of headquarters. This practice has provided an opportunity for club members to see the Council in action but, more importantly, to let the Council members see other clubs in action. It is a wonderful method for educating both parties. The Council has elected to visit the Albany area for its weekend of Oct 18, 2014 meeting that would coincide with ESCV's Oktoberfest. A general invitation will be extended to the clubs of the NE Region for both attending Council meetings that Thursday evening, all day Friday, and Sat afternoon. An Oktoberfest walk and lunch will be scheduled for that Saturday morning and noon, plus a guided Albany Capital Walk on Sunday. I'll share additional information with the clubs as plans are finalized.

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

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ESCV Want Ads

<p><u>Incentive Program Coordinator:</u> Would prepare the 2 (Jan-Jun, Jul-Dec) Incentive Books, apply for AVA approval, and make available the first booklet in time for the Holiday Party. Person would receive and process completed books (record accomplishment and provide requested incentive). All associated costs will be reimbursed with receipts.</p>	<p><u>POC (Point of Contact):</u> Shadow a present POC to learn how to do this essential job. POCs plan and oversee YRE/Seasonals, Traditional and Wednesday Guided Walks. Routes are already in place, person would learn how to prepare a walk box and complete quarterly reports.</p>	<p><u>Treasurer Backup:</u> Looking for a reliable person with good computer and organizational skills to shadow club treasurer. Would learn how to submit monies to AVA and file a few necessary forms.</p> <p style="text-align: center;"></p>	<p><u>Web Page Backup:</u> Looking for a reliable person with good computer and organizational skills to shadow the club webmaster.</p> <p style="text-align: center;">* * * *</p> <p><u>Bus Organizer:</u> Person needed to hire a bus for a single day to transport walkers to some events.</p> <p style="text-align: center;"></p>
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ESCV Club Contacts

Office / Committee	Name	e-mail
President	Linda Morzillo	Lmorzillo@yahoo.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
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Treasurer	Beth Snyder	Easnyder@nycap.rr.com
Newsletter Editor	Ellen Brown	gorow1010-escv@yahoo.com
Membership & Email Updates	Larry Godshalk	Lgodshal@nycap.rr.com
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
Webmaster	Eileen Skinner	EFSkinner@aol.com
Name Tag Orders	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$2 for mailing; Laura can be reached at 384-0143 or by E-mail at sheldon.laura1@gmail.com
Wednesday Walk Coordinator	Barbara Popolizio	mpopoli1@nycap.rr.com
Walk Development Comm. Chair	Teresa Kennedy	Forty6er3k@aol.com
YRE/Seasonal Walks Chairperson	Liz Walsh	lizwalsh48@gmail.com
Historian	Dan Schryver	Dschryver@aol.com
Publicity	Pat Reed	reedpatri9@gmail.com
Purchasing	Winnie Balz	winnieeb@yahoo.com

Volkssporters on the Go...

Virginia Beach



Kevin Lengyel, John Kupyar, and Jean Powis

On October 6, Jean Powis and Kevin Lengyel vacationed in Virginia Beach. John Kupyar from the Gater Volksmarsch Club, Virginia Beach, led them on two fantastic 10K walks. One was The Rudee Inlet Trail and the other and most beautiful and fantastic, The Bald Cypress Trail at First Landing State Park.

Photo by passerby

Saratoga National Historical Park



Photo by Linda Morzillo

50 States and 51 Capitals Award Recipients at the November Pasta Party



ESCV MEMBERSHIP FORM

Revised: November 2013

PLEASE READ:

- ✓ **This form is for new or renewing memberships.**
- ✓ Memberships run from January 1 to December 31 each year.
- ✓ Dues are \$10 for singles and \$18 for families; "New Walker Program" packets are \$10.
- ✓ New memberships after September 1st are one half the annual fee through December 1st.
- ✓ Renewal starts December 1st. Renewals received after February 28th 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.
- ✓ Family memberships will be recorded as individual memberships in the Directory so you can each have your own email address and phone number if desired. Please fill out both sections below.
- ✓ **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 enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address below.

Larry Godshalk, Membership Chairman - Questions? 518-399-6041; LGodshal@nycap.rr.com

PLEASE PRINT CLEARLY

Date Submitted: _____ Family or Single Membership? (Circle one)

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____


What Month is Your Birthday (Optional): _____ Do you receive "The American Wanderer" Yes/No?

Name: _____ New Member: _____ or Renewal: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

What Month is Your Birthday (Optional): _____ Do you receive "The American Wonderer" Yes/No?

- Enter winter mailing address and dates effective on back of form 
- Circle areas you would like to help out: Registration at walks, Developing new walks, Programs, Spring Picnic, Oktoberfest, Pasta Party, Christmas Party, Where Needed (there are many other jobs).
- If a new member, how did you hear about us? _____
- Make check payable to **ESCV** - \$18 for Family or \$10 for Single Membership (half price for new members Sept. 1st to Dec. 31st and include \$10 for each new member for your "New Walker Program Packet")
- Mail this form and check to: ESCV Membership
PO Box 5464
Clifton Park, NY, 12065-5464