



EMPIRE STATE CAPITAL VOLKSPORTERS

PO BOX 5464

Clifton Park, NY 12065

Website: www.walkescv.org

March 2013

LEA'S LOTS OF LINES

Lea's Lots of Lines...

Well, we have certainly been having some rather chaotic weather this winter. Lots of snow the beginning of 2013, then single digit temperatures, rain, warm temperatures, melting snow, high winds, plummeting temperatures and flurries and now warm temperatures again. We've had to cancel two snowshoe walks in January and our Traditional snowshoe event in February in Greenwich. We just can't depend on the snowy winter weather any more. If you didn't get out to try the snowshoe trails in early January, then you missed the boat.

I have been busy with entering our club website with Eileen Skinner, one of our 2012 Traditional walk brochures, and our 25th anniversary logo into the AVA Biennial Publicity Contest. And, at least one member sent in a photo for consideration. Hope we win something!

Marv Weiss and Tad Darling have been steadily working on a website volunteer signup sheet for all the ESCV walks throughout the year. It has been posted on our website since the first week of February. Check out the article later in this newsletter. Our Traditional and Wednesday walk coordinators have been busy sanctioning their walk schedules and, the webmaster has been updating our Upcoming Calendar of Events as information from these POCs becomes available.

This year's walks seem to be especially adventurous. I want to thank Linda Morzillo and Barb Kolapakka for all the time they spent on developing the snowshoe routes in Saratoga Battlefield, Saratoga Spa Park and at the Greenwich Episcopal Retreat Center. It was our second attempt to host at the retreat center due to lack of snow last year. Sadly, this winter did not give us snow in February for the rescheduled event which also had to be cancelled.

Thanks to our Schenectady YRE POC, Teresa Kennedy, for leading us on our New Years Day walk. We were captured in a photo by a Gazette photographer and it appeared in the next day's edition. Looking good everyone! To all the hungry folks who walked in Saratoga for the YRE walk in February, I hope you voted for your favorite chowder. Our choice, Seven Horse Pub won! Thanks to the Saratoga YRE POC, LaVerne Stiles, for registering almost 50 walkers and leading us on the crisp cold invigorating morning walk. Saratoga was alive with hundreds, if not thousands, of chowder seekers.

This year on all the Wednesday guided walks, we will be recalibrating our walking pace by doing a 20 minute mile. This is the AVA recommended pace for achieving a beneficial fitness work out. Over the last several years, we have calibrated down. To keep our new walkers, who are requesting that we do a faster pace, the leader of the 10K will maintain this pace. So walkers, make sure you know your limitations – that, you **can keep up** with that pace. Otherwise, do the 5K and build up your stamina so you can rejoin the 10K group.

ESCV NEWSLETTER March 2013

Looking to April, our Scotia Seasonal walk opens on April Fool's Day and has a self guided group walk on Saturday, April 6. Our second Traditional walk of the year is in the hamlet of Warrensburg on Saturday, April 27. Hope to see everyone getting those cobwebs out of their sneakers by joining us for these outings. Check your Golden colored bookmark for additional April walks.

At our Tuesday, March 19, 6:30-8pm, meeting at the Latham FD on New Loudon Road, we will be discussing several items that you may want to weigh in on concerning the following:

- Discussion on charging all walkers \$3.00/walk.
- Discussion on continuation of "A" awards, Headers and Bars.
- Discussion of a Volunteer Service Project supported by ESCV members showing our support and thanks to the many local and state parks and several area walk/bike trails which we travel on during many of our walks throughout the capital district.

Make sure to attend to speak your preference because those present will determine the future desires of our club in these matters.

Lastly, let's get out our vests, hats, shirts, badges, pins, name tags, lanyards, knapsacks, and umbrellas that denote us as members of AVA and of our local club ESCV. Let's be a walking advertisement for our national and local clubs as ambassadors of this great walking program with friendships, fitness and fun for all. Wear your paraphernalia, gear, trappings with PRIDE.

Ask the president, Lea Darling, or our calling card developer, Eileen Skinner for some of your own calling cards to hand out to people who might stop and ask you "Who are you?, What are you marching in? Are you a local walking group? Where can I get information?"

See you on the trails, Lea

<p>Empire State Capital Volkssporters</p>  <p>PO BOX 5464 Clifton Park, New York 12065</p>  <p>For More Information Please visit our website: www.walkescv.org</p>	<p>What is a Volksmarch? A 'volkswalk' is a leisurely walk (typically 10K or 6.2 miles, a 3 mile route is also offered) through a scenic and/or historic area over a pre-marked trail. The walk is non-competitive and the participants can walk at their own pace, thus making this an excellent recreational activity for the entire family. Anyone who completes the course is eligible to receive an award for their efforts. A volksmarch is a great way to meet new friends and a fun way for individuals to receive exercise who would otherwise get very little.</p> <p>If you are new to Volksmarching, we suggest you walk the route slowly, enjoy the scenery and fresh air. A volksmarch is also an educational event, allowing you to learn a little about the area in which it is held and to discover some of its history. There are over 3,000+ walk routes in the U.S.</p> <p>For more info go to the national club's website at www.ava.org</p>
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MEMBERSHIP - Tad Darling harrydarling@verizon.net

We completed 2012 with a little over 350 members. So far, we have had about 315 walkers renew and/or join. The cutoff date for renewing and getting your name in the 2013 Directory was the end of February. The new Directory is at the printer and you should receive yours soon, if not already. If you have missed renewing, please get your membership form returned soon. It is available on our website, www.walkescv.org.

Please welcome our new members and a few that have been away for a couple of years: Herb Alfasso of Clifton Park, Bettina Burke of Clifton Park, Melvin Cieciora of Naugatuck CT, Denise Connelly of Guilderland, Daniel Ertel of Schenectady, Denise Frechette of Rensselaer, Kay Graber of Albany, Margery Halpin, Leassa Iler of Scotia, Ellen Kozlowski of Albany, Lynn Lauzon-Russom of Niskayuna, Kaylee Marrano, Cheryl O'Donnell of Rensselaer, Carole Pepe of Loudonville, Norene Persch of Gloversville, LuAnn Pink of Schenectady, David Pratt of Rexford, Bill Russom of Niskayuna, John Shaw of Guilderland, and Linda Worden of Albany. Please say hi to our new members when out on a walk and answer their many questions they probably have.

VOLUNTEER SIGNUP SHEET - Tad Darling

ESCV now has a signup spread sheet on our website so that all our many volunteers can see exactly where help is needed for our various walks. Please go to our website at www.walkescv.org and click on the "Volunteer" tab on the left side of the home page. That will take you to an instruction sheet (which you should read) and a link on the instruction sheet will take you to the sign in sheet. You will see all the walks for the year listed on the left side and blank spaces in the columns to the right for you to sign up to help out with various aspects of the walks. Please follow the instructions. If at a future date, you cannot commit to that date, please go back and remove your name from the signup sheet. You are more than welcome to sign up for more than one spot. Your entries are saved upon exiting the website. Questions can be directed to Tad Darling at harrydarling@verizon.net.

CLUB MEETINGS

Revised Club Meeting Dates...held at the Latham Fire Department on Old Loudon Road, 6:30-8 pm the **3rd Tuesday of the month**.....**March 19, April 16, May 21 and June 18, 2013**

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.

BIRTHDAY WISHES

HAPPY BIRTHDAY TO

March	Jean	Eaton
March	Cathy	Edwards
March	Frank	Edwards
March	Dianne	Hughes
March	Pat	Mahoney

March	Pat	Matthews		April	Dave	Averill
March	Joe	Padula		April	Pat	Daugherty
March	Shirley	Pingelski		April	Nellie	Georgelos
March	Pat	Reed		April	Jean	Hayes
March	Jackie	Reynolds		April	Dan	Schryver
				April	Liz	Walsh

2012 YRE/SEASONAL WALKS RESULTS

The final statistics for participation in the YRE/seasonal walks for 2012 have been compiled. A big "thank you" to Eileen Skinner for the following chart:

WALK LOCATION	QTR 1	QTR2	QTR 3	QTR 4	TOTAL TO DATE
Albany - Downtown	50	16	16	31	113
Albany - Neighborhood	52	0	8	40	100
Albany/Colonie Crossings		56	54	19	129
Bennington, VT		50	24	13	87
Caroga Lake		46	21		67
Cooperstown		38	5	11	54
Johnstown		33	25	10	68
Lake George		29	13	29	71
Saratoga Spa Park		53	48	14	115
Saratoga Springs - City	97	9	22	28	156
Saratoga Battlefield		40	9	45	94
Schenectady	37	12	12	44	105
Scotia	55	8	2	80	145
Troy	59	10	8	42	119
Williamstown, MA		75	14	28	117
QUARTERLY TOTALS	350	475	281	434	
				TOTAL	1540

Total participation was almost identical to 2011 which saw a total of 1537 walkers. However in 2011 we had a couple of bus groups, whereas this year (2012) there were none. Last year the Albany capital walk led in total number of walkers with 156 and this year the Saratoga City walk finished number one, also with 156 walkers. It also had the biggest increase in number of walkers, increasing by 47%. Saratoga got a big boost in its first quarter by hosting the New Year's Day walk on an afternoon that was sunny and 50 degrees, resulting in a large turnout.

The statistics also bear evidence that most of our walkers do the walks during the group walks. Participation goes way down in a quarter in which no group walk is scheduled. Scotia's statistics are a good example of this: it was the number 2 walk with 145 participants but only 10 people walked the route between April 1 and August 31. In the second quarter the five walks for which group walks were held in the first quarter had a combined total of 55 walkers.

Have you ever walked one of these routes apart from a group walk? If you miss a group walk this year, why not try walking the route with friends. And a walk can offer a different experience at different times of the year so even if you did the group walk in the winter, try the same walk in the spring or summer. A number of our walks are in places that offer many summer attractions so, for example, combine a visit to the Williamstown Theater or the Baseball Hall of Fame with a walk.

NOTE OF THANKS - Bev Feltt

How nice it was to receive get well cards and phone calls, as well as e-mail and Facebook messages from so many of you during my recovery from surgery. Having to limit my activities for six weeks and not being able to drive for three weeks really dampened my spirits, but your thoughtfulness helped to brighten my day. Thank you so much and I look forward to walking with you all again soon!

ESCV CLOTHING ETC. – ORDER FORMS ON CLUB WEBSITE – Bev Feltt

Welcome new members! Throughout the year, you may be seeing several walkers sporting ESCV clothing and other merchandise. To learn what's available, go to the ESCV website and click the "Club Merchandise" button on the left side.

MILESTONES FROM "THE AMERICAN WANDERER" - Teresa Kennedy

Attention new members: A benefit of joining AVA, our national volkssporting organization, is seeing your name in print in the bimonthly edition of "The American Wanderer." Once event and distance books are submitted to the Texas office for processing, our accomplishments are published in the national newsletter.

The milestones listed below were published in the Oct/Nov,2012 and Dec/Jan2013 and Feb/Mar, 2013 newsletter.

10 Events Jean Hayes Janet Koval Susan Koval Kevin Lengyel Taylor Murphy Marsha Ras Barbara Schlesier Walter Schlesier	30 Events Sandra Laity Kevin Lengyel Carol Ann Loeber Jean Powis	50 Events Stephen Ras 75 Events Eleanor Shutter	100 Events Gail Ostrander John Watson	150 Events Janice Golden Michael Popolizio
175 Events Dave Golden	275 Events Beth Snyder	325 Events Karen Watson	350 Events Shirley Pingelski	375 Events Nellie Georgelos Barbara Green

400 Events Cathy Edwards Rita Gavin	450 Events Marion Averill	500 Events Bernie Geren	550 Events Marylou Geren Teresa Kennedy Jackie Reynolds	575 Events Doug Reynolds
650 Events Barb Kolapakka	700 Events Winnie Balz	750 Events Ed Koch	800 Events Dave Janiga Emily Koch Linda Morzillo	1300 Events John Cairns

Distance Milestones

1000k Gail Ostrander	2000k Barbara Bilins Dave Golden Janice Golden	2500k Beth Snyder Shirley Pingelski	3000k Frank Edwards	3500k Rita Gavin
4000k Cathy Edwards Nellie Georgelos Kathryn Piffat	4500k Marion Averill	5000k Bernie Geren	5500k Marylou Geren Jackie Reynolds	6000k Doug Reynolds
7000 k Barb Kolapakka Pat Reed	13000k Linda Morzillo			

Congratulations on your accomplishments! If anyone was missed that was published in the Wanderer, please call Teresa Kennedy at her home phone or e-mail her at Forty6er3K@aol.com so you can be recognized in the next newsletter.

ESCV MEMBER PAT RUSH BIKING 3000 MILES ACROSS THE U.S. IN FUNDRAISER FOR ENVIRONMENTAL CLEARINGHOUSE

On March 8, I will be leaving San Diego, California, on an amazing and terrifying adventure. I'll be riding my bike across America, from San Diego to St. Augustine, Florida, with a group of women. The touring company WomanTours, out of Rochester, NY, leads this tour every year. The tour is designed for women over fifty. There will be 30 of us, plus bicycle guides, a chef, and volunteer SAG drivers. Since the tour is fully supported, we will be staying in nice hotels, motels, inns every night, with hot showers and WiFi!! During the day, we'll average maybe 50 miles of cycling, although on Easter Sunday we ride 111 miles.

I'm making my ride a fund raiser for ECOS: the Environmental Clearinghouse. People can pledge a certain amount of money per mile. Since the total distance of the ride is over 3,000 miles, a fair amount of money can be raised for ECOS. I don't think I'll clock the full 3,000, since I drive the SAG car every 4th day. But, I will still be riding a substantial number of miles altogether.

I've been doing a lot of training for this ride. Up until the first snow storm in December I was riding outside. Now I go to spinning classes; indoor cycling has made getting ready for this ride possible. I usually take two classes a day, mostly at the Schenectady JCC, but also at the VENT Fitness Center (it used to be Golds). I hope I've done enough! The first days out of San Diego we have to ride up and across the mountains east of the city, and encounter

fairly mountainous terrain all the way to Texas. I'm not a great hill climber, so we'll have to see how I do.

At 76, I'll be the Chief Granny on the tour, but there is also a woman 75, and several in their early 70s. We've formed a group called the Triple Gs—the Gorgeous Granny Group. I'm looking forward to meeting the rest of the tour group; we've been emailing each other back and forth, and have agreed that to do this ride we all must be slightly demented!

I'll send emails back to Lea Darling about my progress. Hopefully by the time I get home, in early May, my plantar fasciitis will be healed, and I'll be able to walk without pain again.

Lea Comments:

Pat, all of ESCV is rooting you on towards your goal. We will be anxiously waiting for you to do a program on your riding adventures once you've had time to enjoy being home and are rested. To read the full blog, and to follow Pat's journey go to dailyga-zette.com/weblogs/biking-across-america

Pledge Form

"I'm helping Pat ride across America for ECOS"

I would like to pledge the following amount per mile:

_____ 1 cent per mile _____ 5 cents per mile _____ 10 cents per mile _____ 25 cents per mile

Or I would like to pledge the following amount for the ride: _____

Name _____

Address _____

Phone _____

Email _____

Please return this form to ECOS, PO Box 9118, Niskayuna, NY 12309

You will be reminded of your pledge when Pat's tour is over. Money will be used for the ECOS Annual Fund.

DO YOU KNOW THE REASON FOR INSERT CARDS?

According to "The Not So Quick Guide To Volkssporting" aka "Everything You Wanted to Know About Volkssporting...but were Afraid to Ask"!

An insert card is a supplemental stamp card (extra page) which can be inserted into a record book. This card was created for the participants who accomplish 5 km walks or walks less than 10 km, resulting in the need for extra lines to record achievement stamps for processing.

If you should attend an event without your Record Book(s), you may obtain an insert card (at no cost). Please keep in mind that the insert card cannot be submitted for an award without a proper Record Book. Insert cards should not be cut apart and pasted into books but rather, the whole page should simply be inserted into the book. If you use an insert when you have forgotten your books, be sure to get TWO, one for the event record, and one for the distance record.

ESCV MEMBERSHIP CHRISTMAS PRESENTS

A Big Bouquet of Thanks to the ESCV members who registered about 8 new members this year for their friends Christmas presents. This is a great way to gift someone we care about. The lasting gift of friendships, fitness and fun will be with them all throughout the year. So, keep in mind upcoming birthdays, anniversaries, retirements, new baby, graduations, etc. in your circles of family and friends.

CALENDAR CORRECTION

Please correct the date on your calendars...for our annual November Ballston Lake Walk/Pasta Dinner to **Sunday, November 3, 2013**. Hope this clears up some confusion. See ya in November.

Recent article in the Feb/Mar "The American Wanderer" newspaper...

THANKS FOR FINANCIAL AID TO WALKERS' MEMORIAL – Lea Darling

The New York's Empire State Capital Volkssporters (ESCV) club is deeply proud to announce the completion of the memorial for our three dear members whose lives were lost on Wednesday, August 10, 2011. While waiting for the weekly summer morning Wednesday walk to begin that day, the three women were hit and killed by an out of control SUV.

The procurement and placement of two scrolled wood and iron benches with engraved plaques have been set near the scene of the accident at Saint Matthew's Church in Voorheesville, New York. Additionally, signature bricks are being placed in the walkways at each lady's church.

These remembrances would not have been possible without the support of our AVA sister clubs generosity during a very tumultuous and sad time for our ESCV club and community. Thank you from the soles of our walking shoes.

THANKS FROM THE HUME, LANSING & PALLOZZI FAMILIES

Hello and Happy New Year,

I am Carol Lansing's daughter, Carol. I would like to express my family's great appreciation for the brick at our parish but also the beautiful memorial at St. Matthew's Church. This is a beautiful tribute to my mother and her friends. My mom had great faith and loved the outdoors, the benches could not have been more appropriate. Thank you for helping to change such a horrific image into one of peace for me and my family. We have struggled terribly with the loss of my mom but we have thought of all of you as well. We continue to pray for strength for everyone affected. I hope you all know what an honor my mother thought it was to be a member of your walking group. She would proudly show off her accomplishments. This was the only thing in my mother's life that she did for herself. The

morning my mother left our house to walk on August 10th she was smiling, excited to go to Voorheesville. In hindsight I believe she somehow knew she would go to heaven that day. From the bottom of our hearts thank you for all you have done to memorialize these 3 beautiful women. We will be forever grateful and you all will all hold a special place in our hearts.

In Sincere Appreciation and Love,
Carol Casale

Dear Lea,

On behalf of my Dad and the Pallozzi family, I want you to know how touched we were by the lovely benches in Mom's, Carol and Rose's memory.

My siblings and I went to St. Matthew's and they are beautiful. The pictures were a wonderful gesture so Dad was able to see them as well.

We truly are overwhelmed by the outpour of love, support and compassion shown to us by a most incredible group of people – The Volkssporters. Mom cherished her friendships and walks. It is apparent as to why.

Please extend our sincerest thanks to all who shared in this memorial. We look forward to seeing the memorial stone when placed at St. Mary's Church for Mom and Rose.

Wishing you peace in the New Year,

Sincerely, Cathy Pallozzi

Dear Lea and Volkssporters,

Thank you so much for the beautiful benches and engraved plaques in honor of our mom, Carol, and Fran. The benches are absolutely beautiful and the plaques beautifully describe these women and what they did weekly..."walked in friendship".

Our mom loved her weekly walks with the group and valued the friendships she made over the years. We thank you for touching her life in such a positive way and for continuing her memory and spirit. We now know why she loved this group!

With much appreciation and love,

The Hume Family

Red, Eileen, Sheila, Pat & Tim

SPREAD ESCV SUNSHINE

Keep the cards, prayers and phone calls coming... Lynn Longshore, Marge Shanley, Bill Hughes, Edrie Pregent, Emmy Koch, Lisa Holt, Barb Green and Margaret Ettinger. It's amazing how a simple card or short call can bring a smile to someone's face to give them encouragement, hope, confirmation that they are not being forgotten, etc. If you know of someone needing a little lift, email Lea Darling and/or Kathy LeRoux.

AVA NEWS, OUR NATIONAL CLUB

29 April – 3 May (18th AVA Biennial Convention Rooms and Registration)

Convention pre-registration ends 21 March 2013. You can still register if there is available space. Lifetime and Associate level members (Individual and Family/Friends) will receive a discount on designated activities during this period. The deadline to book a room is 1 April 2013. The convention headquarters hotel is the Orlando Marriott Airport, 7499 Augusta National Avenue, Orlando, Florida 32822. The room rate is \$99 per room night, plus tax from Monday through Friday night. Based on availability, the hotel will honor the convention room rates three days before, and three days after the convention and will assess a daily parking fee. Phone contact is 800.380.6751. Be sure to ask for the AVA Room Block to take advantage of the negotiated reduced room rates.

To book a room online, go to the ava.org homepage Latest News article, Room Reservations at the Marriott, and click on the Room Reservations at the Marriott link. Pricing of the convention registration is based on the cost of the location, and Orlando is a high cost area. Our goal in pricing the event is to cover the costs, in other words, to break even. Any net losses come out of the general fund. For further information on the 2013 convention website, go to ava.org and click the Conventions link.

Official slate of officer candidates for AVA NEC XVIII

PRESIDENT: Sam Korff and Dennis Michele, this is a hotly contested position this year!

VICE PRESIDENT: Holly Pelking

SECRETARY: Bonnie Johnson

TREASURER: Bob Morrison

You may read all of the candidate profiles for the offices of president, vice president, secretary and treasurer in the current February/March TAW newspaper, pages 7 & 8. There is also a link on www.walkescv.org our Home Page that has additional platform papers from some of the candidates.

Email Lea Darling with your preferences to be taken under advisement for our one club vote with the other Northeast clubs for these positions at the convention. Jackie Reynolds is ESCVs delegate at this years' convention. Thanks, Jackie.

AVA OFFICIAL FACEBOOK PAGE

The American Volkssport Association has a Facebook page and all of you are invited to join. You can get there by clicking the "f" link on our website homepage (upper right corner). Then enter your Facebook password and you're ready to participate. If you're not a member yet, ask to join.

If you don't have a Facebook account, click the sign up link and follow the instructions. There is no cost involved. Using Facebook is a great way to get information out on your clubs and their activities.

Results of the January National Executive Council (NEC) Meeting are available on the eleven motions brought to the table. If interested in what they were and how the votes went, please email Lea Darling for a copy.

AVA WEBSITE REDESIGNED

The official AVA website has gotten a facelift. The redesigned website was launched 18 December 2012 per approval of AVA President, Heinz Johnson. Following is a brief synopsis of some of the revisions:

We have created more user friendly and faster navigation schemes to help streamline communications and to enhance and simplify your overall online experience. As part of this, we added a Google search link to retrieve specific subject matter from anywhere on the site.

The Homepage features a customized photo slideshow. Easy access links to revenue producing programs such as membership, donations and sponsorship have been prominently displayed and grouped together on the homepage. The Donations page was created to provide an alternative for companies unable to support a major sponsorship with AVA and to donate a lesser but still substantial amount. Also, individuals who wish to donate more than the current membership amounts can do so. Two new updated fact sheets and a second walking video have been included under the About Us link. Other materials for this link are currently being developed.

Duplicate and unnecessary information listings have been eliminated. Subject matter areas have been reorganized and some major links consolidated. The existing links from the old site have been consolidated from 19 to 11.

In keeping with social media demands, you can now access the AVA website through their smart phones or tablets using multiple browsers. We installed an AVA Facebook page link on the Homepage. However, you need a personal Facebook account to access it. Click the blue "f" button and follow the Facebook sign up instructions. Another new feature is a blog with direct postings to the AVA Facebook page. A feasibility study will be conducted regarding use of Twitter.

The listing of AVA Associate and Lifetime individual membership benefits has been clarified and new benefits have been added, with more on the way. Administratively, selected forms are being made interactive so you can enter requested information and e-mail them, thus eliminating the fax or postal mail process. This process is ongoing.

We have incorporated Google Analytics software to find out how many people are visiting our site, where they visited and for how long. This is important information for potential sponsors and marketing activities. We hope you will agree that this represents a major step forward for the AVA to provide a professional looking, updated, user friendly and promotional site for our organization. Special recognition for many months of time and effort goes to Linda Rebmann, the AVA Webmaster and Chuck Blische, Marketing and Publicity Director as well as appreciation to the AVA IT Committee for their confidence in assigning this task to the Headquarters.

Omnium owner, Joseph Slocum, ensured us that his staff will be available following the launch for any site tweaking and further site development. As of 27 December, some individuals are experiencing difficulties searching for AVA Event Information using a smart phone or the AVA website. Some phones seem to work and other instruments do not. An Omnium official has suggested that everyone should delete "old site" saved favorites and cached web pages before using the new site again. If you have any comments or suggestions about our new website, please send them to avawebmaster@ava.org.

GoodSearch.com

Support the American Volkssport Association each time you search online at GoodSearch.com. Also, shop online at Goodshop To-Go, a part of the goodsearch.com family of products, where 15 million people have raised nearly \$10 million for more than 100,000 non-profits and schools from their daily actions. Goodshop To-Go enables users to earn up to 20% of each purchase for their favorite cause through 2,800 top stores (including Amazon, Macy's, PetCo, Sephora, Staples, Target, Toys R Us, and more.) And, it provides more than 100,000 coupons, so users can save money and give back with every purchase—all for free!

FROM TAW EDITOR, Laurel Parrott taw@bhi.com

It would be a big help for my readers if you (and other members of your club/AVA) could please provide a brief comment about your AVA walking experiences (such as what you feel makes the AVA walks fun/important/beneficial etc). Also for our doggie walkers, your owners may put in an article about your experiences while walking the trails at an AVA sanctioned walk. BOW,WOW

FOR NEW TWISTS AND INSIGHTS ON WALKING

please see the website www.FloWalking.com . Dr. Michael Nirenberg has articles printed in our national AVA newspaper The American Wanderer. His website has many articles to read, ponder over and perhaps integrate into your own walking regimen. You will find his article in the recent TAW for February/March on page 11.

CANADIAN VOLKSSPORTER ASSOCIATION NEWS

Looking for a reason to visit Victoria, BC in April....Hello Walkers! As you may know the 3 Volkssport clubs of Victoria will jointly host the third exciting Phoenix Walking Festival on April 19-21 – only two months from now! The spring weather is here already, flowers are blooming and trees are starting to form their beautiful blossoms. So, this a lovely place to be and we invite you all to come and join us for our event and meet many old and new friends.

Full details about the event are available on the website www.vvpf.ca or you can email vvpf@telus.net if you have any questions. Already, registrations are pouring in from many clubs in Canada and the USA. The two hotels that are offering special prices to attendees are listed on the website but their rooms are limited. Most registrants are also signing up for the dinner on Saturday night and, again, there is a limit on how many we can accept. So, if you are planning to attend, or considering attending, I urge you to sign up quickly. This will help us to get a handle on numbers and will ensure that you are not disappointed.

We are looking forward to greeting you in April.

David Catrall

NEWS FROM THE NORTHEAST REGIONAL DIRECTOR– Doug Reynolds

web address (ava.org/clubs/reg_northeast)

Six of our Northeast Region clubs will be celebrating milestones in 2013

South Maine, 30 years

West Point, 25 years

Two Town, 25 years

Connecticut Valley, 20years

Niagara Escarpment, 20 years

Finger Lakes, 20 years

We wish them good health and continued success in the years to come.

CLUB CONTACTS

CLUB OFFICERS		
PRESIDENT	Lea Darling	Leadarling@verizon.net
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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	Margaret Popolizio	mpopoli1@nycap.rr.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
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PROGRAMS		
PUBLICITY	Pat Reed	reedpatri9@gmail.com
PURCHASING	Winnie Balz	winnieeb@yahoo.com

ESCV WALK SCHEDULE

Saturday, April 6 10AM-Scotia

Saturday, April 13 10AM-Albany/Colonie Crossings

Saturday, April 20 10AM-Clifton Park

Wednesday, April 24 10AM-Saratoga Spa Park

Saturday, April 27 Warrensburg