



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State



Member American Volkssport Association and the International Federation of Popular Sports



WWW.WALKESCV.ORG

JULY / AUGUST 2018

Walk Schedule:

* Registration begins 30 minutes prior to start. All dates and times as of publication are subject to change. Walkers are encouraged to check the ESCV website.

Year Round / Seasonal Group Walks

Start time:

Wed & Sat 10 am*; Sun 1:30 pm*

Sept 5Johnstown
Sept. 9Albany Capital
Sept. 12 Clifton Park

One-Day Traditional Events

September 22 Altamont
October 13 Schodack Island State Park
November 4 Albany-Pizza Party
December 1Schenectady NY-Holiday Party

Wednesday Walks

Scheduled May thru August.

July 11Waterford Village
July 18Ballston Spa
July 25Amsterdam
August 1 Saratoga Springs-East Side
August 8Round Lake
August 15 Malta-Saratoga Tec-Smart
August 22 Schenectady-River Walk-SCCC
August 29 **Voorheesville-Thacher Park
** 9:30 only

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

Contact Us At:
Empire State Capital Volkssporters
PO Box 5464

Clifton Park, NY 12065-5464

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www.walkescv.org/



Rambling Thoughts... by Teresa Kennedy

We owe a huge debt of gratitude to Eileen Skinner for the hotmail announcements that she so diligently puts out each week. When the decision was made to cancel the July 4 walk due to extreme heat, we were able to alert the membership with the hotmail system. Thank you Eileen for making this possible.

Do read through this summer issue of the newsletter as it contains several "mark the date" events coming up in the near future.

Convention planning continues. You will soon be able to access the volunteer signup sheets online. — In the meantime,

Happy walking everyone, Teresa

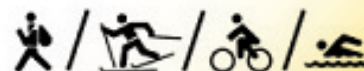
The convention website is now live.

Go to the ESCV home website and click on the link for convention. Eileen Skinner, our webmaster, has done an outstanding job setting up this site. Check back often as this site is still a work in progress.

<http://www.walkescv.org/ava2019convention/welcome.html>

AVA: America's Walking Club

JUNE 9 -16- 2019



★★★ Important Notices ★★★

- The Next Club meeting will be held on Sept. 18 at 6:30 pm at the Latham Firehouse. •
Articles for the next newsletter are due August 20th.
Please send to arden.lawand@verizon.net.

There is no club meeting in July or August.

- ★ 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. ★

More Important Notices

★ Final Wed. Walk on August 29 ★

We have the Pear Orchard Pavilion at Thacher Park

★ Bring your lunch and chat with friends after the walk ★

A look at the new Visitor's Pavilion is highly recommended.



The first traditional walk of the fall is in Altamont on

September 22, 2018

Mark your calendars



New Membership Drive

- Our goal is 300 members strong by convention time.
- If everyone invited a friend to walk we could be at 500 members by the New Year.
- With that in mind, the idea was suggested at the last club meeting on June 19 to offer a complimentary membership for the remainder of the year to anyone who buys a new walker packet.
- The idea was unanimously approved. The benefit of a club membership is inclusion in the information loop of hotmail and newsletters.
- Reminders of events encourage participation and, we hope, an interest in formal membership next year.



Over 90 walkers were treated to picture perfect weather and deliciously sweet strawberries at the Niskayuna walk on June 20. Thanks go to Annalisa



Van Avery for organizing the strawberry cutting team and to Ed and Emmy Koch for doing the ice cream run to Stewarts.

The Big Give 2018 raised

\$74,536

Correct your bookmark...

and note the first group walk of the fall season is in Johnstown on Wednesday, September 5 at 10 am and **NOT November 5.**



Annual Club Picnic

Ganser-Smith Memorial Park
Menands, NY

**Saturday,
June 9, 2018**

AVA Headquarters Staff and Officers of the
National Executive Council joined us for lunch.



Lea and Theresa,

Please pass on thanks from me and the NEC/Board for all the hard work that the convention committee is doing to make the Albany convention an outstanding success. We wouldn't have a convention without everyone's commitment. So, thank you!

Also, please pass on the thanks from me and the NEC/Board to the local club members for allowing us to join them at their picnic during our NEC/Board meeting in Albany. It was good to see old friends and meet new ones. OK, the desserts were mighty nice as well. It made for an excellent break in our workday and was much appreciated.

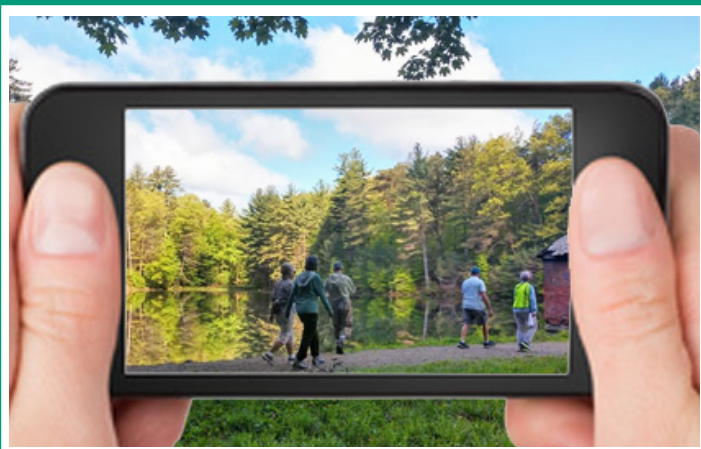
**Happy trails,
David Bonewitz, President
AVA: America's Walking Club**





ESCV proudly hosted the National Executive Committee (NEC) at this event. In Albany for a national club business meeting, the AVA office staff, the elected national club officers and the Regional Directors took time out for some fresh air, good food and the excellent company of ESCVers.





Starting Point PHOTO CONTEST

What is the essence of Volkssporting in the USA? Is it the "People", "Places" or "Things" you encounter! Can you capture the essence of Volkssporting? Let's try! Please submit your entries for this year's photo contest. Capturing the People, Places and Things you encounter while walking.

The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2019 Starting Point book. Winners will also get a complimentary copy of the Starting Point!

Entries are due to AVA National office no later than August 31, 2018. Rules, guidelines and the official entry form are **attached here**. Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2017 – August 31, 2018. For more information contact Hector at hector@ava.org.

New Membership Incentive

As an incentive to grow our membership ranks the club has authorized offering complementary membership for the remainder of 2018 for any new member that purchases a New Walker Program packet.

These are the white packets we get from AVA that include coupons for free walks and the initial walker **EVENT and DISTANCE** booklets.

Membership



Larry Godshalk
email: lgodshalk@nycap.rr.com

Twelve new members have joined the club over the last month or so. That brings our active membership to **272** walkers.

Please welcome the following new members when you see them on the trail:

Marybeth Fader of Altamont;
Joseph and Kathryn Gerbino of Ballston Lake;
Barbara Feeney, James Tschinkel, Irene and Michael Hawkins of Delmar; Carolyn O'Donnell of Rensselaer;
Mary Ann Arcesi, Lyn Cochrane, Carolyn and Peter Pfaffenbach of Scotia.



2018-2019 ESCV Officers

Elected at the June Club Meeting

PresidentTeresa Kennedy
Vice President..... Wayne Knapp
SecretaryChris Yost
Treasurer Warren Lavery

The POCs for upcoming walks should have these New Walker packets available. If you have anyone, neighbor, relative, reluctant spouse, that might be interested in volkssporting this would be a great time to invite them along for a walk. Just make sure if they purchase the New Walker packet that they fill out a ESCV membership form, write **COMPLEMENTARY** on it and turn it in to the POC of the walk or mail it to the club PO BOX. **If you have any question contact Larry Godshalk, Membership Chairman at 518-399-6041**

Convention Notes...

One year down and one year to go! We are now getting into the meat of things as we finalize various budgets, decide on awards, complete bike routes, pick out menus, select presenters for our workshops, gear up for the Silent Auction & 50/50, continue to put attention getting and informative articles in our bimonthly TAW, firm up our Erie Canal barge Fund Raiser, trimming our bus transportation costs, assess volunteer needs and responsibilities, working on getting local and national sponsorships to help decrease the overall cost of our registration, deciding on convention merchandise, etc.

At our June 8 Meet & Greet with the AVA/NEC members, we had about 30 of our club members present for an enjoyable early evening get together with food, drink, and camaraderie.

During the NEC meeting, Liz Walsh promoted her Erie Canal Barge fund raiser idea and showed the assembled members the moving barges with graphics. All were impressed and gave their blessings to go ahead.

Teresa and I gave a presentation of trying to get National Sponsorship with Subaru. We showed them the pictures and how we did it. Everyone seemed impressed and we handed everything over to Henry Rosales (Executive Director of AVA) to do his magic with putting together a plan. Thanks to everyone who had any part in our Subaru execution: drone pilot, Subaru owners and their cars, graphic designer, layout consultants, etc.

Dutch Shoes



In our plea for Dutch shoes, we are looking to use them for prizes and they will not be returned. Lastly, we are looking for Donations-not buying them.

We still have a need for leadership with the following convention jobs:

- Run a Community AVA Introductory 5k Walk Local Sponsorships
- Photo Downloader of daily convention photos to a thumb drive then show on screen
- Vendor Market during 3 days in Colonie (Please see May Newsletter for description of jobs)

If you have questions or could help us in any of these areas, call Lea Darling at 518 399-7229 or email, lead-arling@verizon.net

Pens! Pens! We Need Your Pens!

We will need many, many pens for the June 2019 Convention. The Convention Committee is trying very hard to minimize expenses. Instead of purchasing boxes of pens, please look around your home for pens not in use (which still write).

Going on a trip and staying at a motel? There is usually a pen with the motel name near the telephone. Signing a check at the bank? Use a pen from the little cup by the teller window. Think of where else pens are distributed. Businesses expect you to take their pens! (The names imprinted on pens is one way they advertise their goods or services.)

Bring your stash of pens to a walk. We will have a collection box for your pens. THANK YOU!



Part of the AVA brand is in our nomenclature.

New walkers, and others who come to us from their European military connection have some trouble with these terms. In fact, some of our faithful club members do not use AVA terminology correctly. It is easy to translate our terms into more generic ones, and indeed the generic is permitted in publicity, to attract new members. However, we should encourage members to use AVA terminology. For example, within the clubs we may be saying live walk or day walk when our term of art is traditional event. Using the AVA terms is essential so that we do not dilute our brand. Here follow some basic terms that we need to use appropriately, and teach our club members to use.

Traditional Event: This is a planned one (or two) day walking event, that has been advertised with a specific window of start and end times. It is manned by volunteers, who meet the walkers at a Start Point and stamp their books at the Finish. Typically there are Checkpoints along the route that may be manned and may provide the walkers with water and hard candy. These are both athletic events and social events, and require good organization and active volunteerism. This is how we began, hence the name. See Volksmarch.

Year Round Event (YRE): This is a self directed walk which individuals can come to any day they choose. Details are found under Events online at www.ava.org and in the publication Starting Point. Here walkers will find a Walkbox (or Start Box) where they register, obtain instructions and stamp their books. A newer development is the On Line Start Box which allows a virtual alternative for some designated walks. Not all climates allow YREs, but many walks, including Capital walks are available nearly every day of the year to accommodate traveling volkssporters.

WWW.WALKESCV.ORG

Seasonal Event: Same as the Year Round Event, but available for only part of the year. Sometimes all self directed walks are referred to as seasonals to be inclusive, and to differentiate from traditionals.

Typically a locally organized planned walk of a seasonal, with an appointed start time. Less restrictive than a Traditional, this allows a club to make a social event out of a well established route with minimal administrative requirements.

Guided Walk: A simpler form of volkssporting, allowing a club to streamline with just the essentials of a group leader and a sweep. (A sweep is someone at the end of group, ensuring everyone who starts is accounted for.) Here trail marking and written instructions are not required. Ideal for small groups and flexibility. Can be done as a traditional without the frills, or as a group walk of a seasonal.

Volkssporting, Volkswalk: Volk is the German word for people. It is the origin of the English word folk and in fact, the V' in German is pronounced much like an F in English. The use of the prefix volk or volks is an homage to our German origin. Volkssporting is the more universal word, as not all out events are walks. A volkssporter is someone participating in volkssporting.

Volksmarch: We now call this a Traditional Event. This is a German word that translates to people's walk. This term was used by the AVA in the 20th century, and is still used internationally. It went out of official usage in the AVA by membership vote. The word march in English has a political connotation that is not intended in the German, We are not marching anywhere. Many who started in the AVA years ago have a nostalgia for this word, but it is moribund in the AVA.

(This article originally appeared in the February Issue of The Checkpoint, AVA's digital newsletter.)

AVA Introduction to the Community

Let's have a community Introductory Walk and Ice Cream Social on the day before our convention starts on June 11 5-7:30 pm, at The Crossings, Colonic

We plan to advertise this as a way to introduce the public to AVA, America's Walking Club, with a guided 5k walk and to raise funds for the Not-for-Profit, Operation at Ease. Operation At Ease takes dogs from shelters and rescues, pairs them with veterans, then trains them to become PTSD service dogs through a guided training program. We would like to present a check in the amount of \$1000 to this organization during one of the convention general assembly meetings.

This event will be open to the public and families will be encouraged to bring their children and dogs to participate in the 5k walk. The event will end with an ice cream social. Ice cream and sundae fixings will be sold.

Right now we are looking for one or two ESCV animal lovers to step forward to be the Chair/s. The chair(s) will be contacting Operation at Ease to work with them and doing all the publicity to the Community to come support our Veterans and learn about Volkssporting! Get a friend or two or three and make this happen! Contact Lea.



Stockbridge - May 19, 2018 -



Albany-Shaker - May 16 2018



Springfield



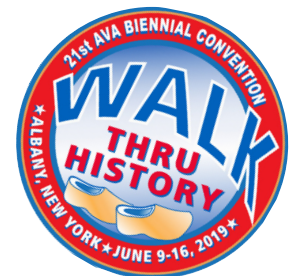
Albany-Shaker - May 16 2018

ESCV Club Contacts



Office / Committee	Name	email
President.....	Teresa Kennedy.....	Forty6er3K@aol.com
Vice President	Wayne Knapp	wayneknapp@gmail.com
Secretary	Chris Yost.....	cyost@nycap.rr.com
Treasurer	Warren Lavery.....	warrenlavery@gmail.com
Historian	Dan Schryver.....	Dschryver@aol.com
Membership & Email Updates.....	Larry Godshalk.....	Lgodshal@nycap.rr.com
Name Tag Orders.....	Laura Sheldon	Cost is \$8 & must be prepaid with a check; add \$1 for mailing; Laura can be reached at 886-1841 or E-mail at sheldon.laura1@gmail.com
Newsletter Editor	Arden Lawand	arden.lawand@verizon.net
Publicity	Kathy Mack.....	kmack1952@gmail.com
Purchasing	Winnie Balz.....	winnieeb@yahoo.com
Sunshine Secretary.....	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com
Trail Master.....	Linda Morzillo.....	morzillolinda@gmail.com
Traditional Events Coordinator.....	Rachel Trier	racheltrier@yahoo.com
Wednesday Walk Coordinator.....	Sue Burke	svburke@nycap.rr.com
YRE/Seasonal Walks Chairperson	Liz Walsh.....	lizwalsh48@gmail.com
Webmaster.....	Eileen Skinner	EFSkinner@aol.com

2019 CONVENTION — Walk Thru History



Co-Chairs	Lea Darling	leadarling@verizon.net
	Teresa Kennedy.....	Forty6er3K@aol.com
Finance.....	Warren Lavery.....	warrenlavery@gmail.com
Graphic Design.....	Arden Lawand	arden.lawand@verizon.net
Merchandise Chair	Bev Feltt.....	AuntBev9@aol.com
Publicity	Linda Morzillo.....	morzillolinda@gmail.com
Programs.....	Barbara Kolapakka	bkola67@gmail.com
	Trudi Thun	trudi248@gmail.com
Registrar	Louise Remillard	lremillard@nycap.rr.com
Silent Auction Room.....	John Sowa	sowaj@union.edu
Local Sponsorship		
Transportation.....	Larry Godshalk.....	godshalk@nycap.rr.com
Volunteer Coordinator.....	Chris Yost.....	cyost@nycap.rr.com
Walks	Barbara Kolapakka	bkola672gmail.com
Walks Equipment	Kathy Mack.....	kmack1952@gmail.com
	Wayne Knapp	wayneknapp@gmail.com
Web Master	Eileen Skinner	EFSkinner@aol.com



21st Biennial AVA Convention

- ★ Portsmouth NH
- ★ Danvers MA
- ★ Springfield MA
- ★ Saratoga NY
- ★ Cohoes/Waterford NY
- ★ Albany NY
- ★ Cooperstown NY
- ★ Buffalo NY



Fun, Fitness, Friendship

www.ava.org



Northeast Region

Chris Mellen – Northeast Regional Director
www.avaclubs.org/NE_RD/



International Federation of Popular Sports

<http://www.ivv-web.org/>



Empire State Capital Volkssporters
PO Box 5464
Clifton Park, NY 12065-5464