



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

DECEMBER 2019

A SUMMER PREVIEW 2020 GUIDED WEDNESDAY WALK SCHEDULE

Please note that for next summer all walks will only occur at 9am. There will not be a walk at 6pm due to lack of interest.

WEEK	DATE	LOCATION
1	May 6	Saratoga Springs West Side
2	May 13	Albany-Albany Tulip Festival Walk
3	May 20	Albany-Shaker Farms
4	May 27	Round Lake
5	June 3	Greenwich
6	June 10	Schenectady-Mohawk Harbor
7	June 17	Amsterdam
8	June 24	Niskayuna-Emily Koch Memorial Strawberry Ice Cream Social
9	July 1	Broadalbin
10	July 9	Schoharie Crossing
11	July 15	Ballston Spa
12	July 22	Malta Tec-Smart Park
13	July 29	Menands
14	Aug 5	Saratoga Springs East Side
15	Aug 12	Troy-Sacred Heart Church
16	Aug 19	Altamont
17	Aug 26	Fort Edward-Feeder Creek

Mark your calendars now for next year's traditional walks.

2020 Traditional One Day Events

April 25	Cohoes
May 9	Hudson
May 30	Queensbury
June 6	Chatham
Sept 12	Schenectady
Oct 1	Moreau-Oktoberfest
Nov 1	Albany-Pizza Party
Dec 5	Schenectady-Holiday Party

Contact Us At:
Empire State Capital Volkssporters
PO Box 5464

Clifton Park, NY 12065-5464
* * * * *

www.walkescv.org/



Rambling Thoughts... by Teresa Kennedy

I present to you my final "Rambling Thoughts" as ESCV President. Wayne Knapp will assume the role come January first and I know the club will be in good hands. When I joined ESCV in the early nineties I had no idea it would one day become such an important part of my life, socially, physically and even mentally. It has been a privilege to act as chair for the past 4 1/2 years and I am especially proud of our successful hosting of the 2019 AVA Biennial Convention.



No club succeeds without good members and ours are some of the most helpful and generous people in the world. I am particularly grateful for your support. So many times have people said yes to a job when asked and it for this reason that ESCV remains the vibrant club it is. I am eternally grateful for your contributions as officers, POCs, committee chairs, party organizers, stampers, walk leaders and sweeps, photographers, map makers and walk participants. I am especially thankful for your friendship.

2019
2019
2019
2020

I wish you all a Happy New Year in 2020 and, as always,

Happy walking everyone, Teresa

★★★ Important Notices ★★★



New Year's Day Walk

Schenectady 1:30 pm.

Sign in at Apostrophe Cafe, Proctors



There are no club meetings during the winter months.
We do not meet in the winter months.

The first club meeting in 2019 will be Monday, March 16, 2020

Articles for the next newsletter are due February 20. Please send to arden.lawand@verizon.net

★ 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.

New Officers Elected to begin serving January 1, 2020

President ~ Wayne Knapp

Vice President ~ Christine Yost

Secretary ~ Terry Gitnick

Treasurer ~ Warren Lavery



November 3, 2019

PIZZA PARTY



COOKIES



25th Annual Holiday Walk & Party

SNOW covered
check points



COOKIES



A little snow didn't stop Malcolm Stiles from finding and uncovering the checkpoint on Saturday December 7, 2019

Dave Janiga
aka the Cookie Monster?



Many thanks to Janice Golden for her hard work planning this wonderful event (above) and let's all participate in the incentive program Chris Yost & Lousie Remillard have planned for 2020 (below).









*25th Annual
Holiday Walk & Party*



Thank you Kathy Gizzi for photographing our smiling faces.



EMPIRE STATE CAPITAL VOLKSSPORTERS

MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year

Membership Type:	
<input type="checkbox"/> Single (\$12)	<input type="checkbox"/> Family (\$20) 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.

PLEASE PRINT CLEARLY

Name: _____ New Member / Renewal
 Address: _____ City: _____ State: ____ Zip: _____
 Phone: (h) _____ (c) _____ Email: _____
 What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer?** Yes / No
NEW members choose which type of ESCV Car Window Decal **you'd like:** Inside / Outside

Name: _____ New Member / Renewal
 Address: _____ City: _____ State: ____ Zip: _____
 Phone: (h) _____ (c) _____ Email: _____
 What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer?** Yes / No
NEW members choose which type of ESCV Car Window Decal **you'd like:** Inside / Outside

Louise Remillard, Membership Chairman – Questions? 518-496-1879; lremillard@nycap.rr.com

PLEASE READ:

New Members:

- New memberships after September 1st are one half the annual fee through the end of the year.
- “New Walker Program” packets are an **additional** \$10. (New Walker Program packets include EVENT and DISTANCE booklets, walk coupons, etc.)
- 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.

Renewal: Renewal starts November 1st. Renewals received after **January 31st** will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the “Hotmail” (email) list.

Snowbirds:
If you have a winter mailing address, please identify on the back of this form and the approximate dates this mailing address is effective **to ensure you receive mailed club booklets.** Winter address on back

Order Name Tag:
 Custom-made club name tags are available for purchase. Go to the ESCV club website at www.walkescv.org and select the ORDER NAME TAG tab for more information or click <http://www.walkescv.org/nametag.html>

Volunteer: *Circle areas you would like to help out:*
 Registration at walks, Developing new walks,
 Programs, Spring Picnic, Oktoberfest,
 Pizza Party, AVA Convention, Christmas 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.)
 “New Walker Program” packet \$10 (optional) \$ _____

Mail this form and check to:
ESCV Membership
PO Box 5464
Clifton Park, NY 12065-5464

Total Enclosed: \$ _____ **Date Submitted:** _____

Rev. 10/18

2020 Membership Renewal

~~~~~Please renew your membership for 2020 by January 31st ~~~~~

to be included in the Membership Directory to receive Hotmail notifications.

A pdf copy of the membership form was included in the December HOTMAIL. You can also print a copy of membership form from ESCV website. <http://walkescv.org/2020ESCVMEMBERSHIPFORM.pdf> or from page 8 of this newsletter.

Fill it out, write a check, and mail it to: ESCV Membership, PO BOX 5464, Clifton Park, NY 12065-5464

## 20 for 20 Incentive Program

**Incentive Books will be available At January 1 New Year's Day Walk, all ESCV YRE/SE group walks, and in YRE/SE walk boxes.**

**Objective:** To encourage participation in multiple Round & Seasonal Walks sponsored by ESCV & 1 walk by another Club.

**Eligibility:** Any participant paying the \$3.00 fee as a "Award/Credit or Credit only Walker."

**Options:** Book 1; Participate in 15-19 ESCV YRE/SE walks + 1 non ESCV walk from January – June.  
Choice of Foldable Water Bottle or 2 walk coupons for 2021.

Book 2; Participate in 15–19 ESCV FALL YRE/SE walks + 1 non ESCV walk from July- December.  
Choice of Foldable Water Bottle or Water Bottle Shoulder strap or 2 walk coupons for 2021.

**You may choose to take all year to complete a single book. Come Walk with Us!**

**Rewards:** Complete all 19 ESCV YRE/SE walks + 1 non-ESCV walk; Choice of Foldable Water Bottle + shoulder strap or 4 YRE/SE walk coupons for 2021 or 1 AVA Book + 2 YRE/SE walk coupons for 2021.

If you do all 40 Walks; Choice of Paid 2021 Single Membership fee or 2 AVA Books or 6 walk coupons for 2021.

**Upon completing Incentive Book:**

Mail to ESCV Incentive Program, P.O. Box 5464, Clifton Park, NY 12065.

Any additional questions please contact Chris Yost, [cyost@nycap.rr.com](mailto:cyost@nycap.rr.com) or Louise Remillard, [lremillard@nycap.rr.com](mailto:lremillard@nycap.rr.com)



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ESTABLISHED 1974  
[www.ava.org](http://www.ava.org)



Northeast Region  
Chris Mellen

Northeast Regional Director  
[www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)



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