



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State



JULY 2019

Member American Volkssport Association and the International Federation of Popular Sports



ESCV **WOWS** AS HOST OF THE 2019 AVA CONVENTION

by Lea and Teresa

We did it. We really did it.

With a convention committee consisting of 18 people and over 140 volunteers (almost 120 from ESCV!), ESCV and all the clubs of the Northeast Region put on a convention that many said was the best ever. It wasn't perfect but it was pretty good. The weather cooperated too. Moderate temperatures and mostly sunny days made for perfect walking weather. It did rain in Saratoga/Schuylerville & Buffalo but it didn't stop walkers from having a good time.

What made the convention so special?

We had a great theme: Walk Thru History and picked walk sites that enabled that theme to come alive. Articles in TAW set the stage and videos on the bus further informed walkers about the significance of the walk sites. The two social evenings planned by ESCV further put people in the right mood. Our Meet and Greet Take Me Out to the Ballgame theme was a fun prep for the post convention walk in Cooperstown. Our Thursday musical evening provided a real sense of place listening to the folk music from the area. Workshops with topics related to the walks (Erie Canal, Saratoga Battlefield, Albany Architecture, Underground Railroad, Cooperstown) were other avenues for introducing our visitors to the history and significance of the area. How fitting that the table decorations at the Friday

night banquet were dutch shoes and American flags.

WE hope you were able to get your picture with Sal the Mule visiting from the Erie Canal in front of the hotel welcoming convention goers or at the American Legion in Schuylerville, or at the President's Walk in Albany or at the Desserts and Music dancing and rocking out when we all sang 400 Miles on the Erie Canal, or... Post your photos on America's Walking Club for all to enjoy. Our 2019 Convention Picture Frame was seen all over the hotel and at some of the walks getting plenty of shutter time as folks picked it up and took photos of themselves and with new friends.

One comment that sums it all up:

**"You finally got it!
Friendly happy volunteers
wearing bright yellow vests
proclaiming...
America's Walking Club,
...not the convention theme".**



We need to be flooding the newspapers, community newsletters, etc. about America's Walking Club, American Volkssport Association. We want the country to know about us and we want them to be part of this great personal physical exercise aware organization that we are all part of and want to share with one and all".

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

 www.walkescv.org

WEDNESDAY WALKS

9:00 AM

July 17 Ballston Spa – Carol Newhouse
July 24 Watervliet – Lil Julian
July 31 Ballston Spa/Woods Hollow – Sue Grey
August 7 Saratoga –East Side (our traditional walk through the track) – Barbara Kolapakka
August 14 Rensselaer – Kathy Mack

9:30AM ONLY

August 21 Oakwood Cemetery – Winnie Balz
August 28 Schodack State Park - Mary Sorell



An End of Summer Picnic at Schodack State Park

Our last Wednesday walk of the season on August 28 takes place at Schodack State Park.

A pavilion has been reserved for our annual rite of saying goodbye to summer and we invite you to bring a sandwich and maybe an appetizer or dessert to share with others after the walk.

The club will provide lemonade and PAPER products. Bring your own utensils as we continue to try and be green.



Walking for Fun, Fitness and Friendship Takes on New Meaning.

Who remembers when the only walk available on a Wednesday was a 10k walk at 6pm? If you do recall those days, you were a working and much younger person than you are now.

Once our members started retiring, a group lobbied for a morning walk but it was still a 10k route. As happens when time goes by, needs change and so do structures. Some members began needing shorter walk distances and the 5k option was born. It was only in the past four years that a relaxed 5k was added to the mix. But this year it was noted that the regular 5k was getting more and more stretched out, as was the 10k I might add, and the relaxed group was growing and growing.

To accommodate the continuing changing needs of our members, a discussion took place at the May meeting as to how best meet the new needs. It was decided that a 20 minute mile walker in the 10k group could identify themselves and lead that group. A second somewhat slower 10k group would follow. But this would only happen if a leader were available to take on the first group.

The 5kers required a more definitive arrangement. It was decided to adopt the AVA motto of Fun, Fitness and Friendship to denote the groups. The • **Fitness walkers** • would walk a 20 minute mile. The • **Fun walkers** • would walk at a slightly slower pace. The • **Friendship crowd** • would do a shorter walk at a much slower pace.

What this means is that we need identified leaders and sweeps who will be reliably available to make sure the groups are accommodated. Please think about volunteering to be a leader or a sweep at least once each season. It makes the POC's job much easier if you volunteer before the day of the walk. Volunteer for a group that you don't usually join and get to know other members of the club. A bonus is the privilege of wearing a yellow vest and cars will stop for you.

Fun, Fitness & Friendship



EMPIRE STATE CAPITAL VOLKSSPORTERS

Gratefully acknowledges its members for their tireless convention dedication and help.



Diane Allegro
 Dave Averill
 Marion Averill
 Winnie Balz
 Barbara Bilins
 Marge Bivona
 Amanda Bouchard
 Ellen Brown
 James Brown
 Kathy Brown
 Suzann Burke
 John Cairns
 Edie Christina
 Dawn Coleman
 Lois Colson
 Carla Conklin
 Denise Connelly
 Lea Darling
 Tad Darliing
 Deborah D'Arcangelis
 Dawn Desroches
 Linda Dunn
 Susan Duchnycz
 Cathy Edwards
 Frank Edwards
 Donna Farber
 Carol Farrar
 Bev Feltt
 Carly Feltt
 Rita Gavin
 Nellie Georgelos
 Bernie Geren
 Marylou Geren
 Patricia Gettings
 Terry Gitnick
 Kathy Gizzi
 Larry Godshalk
 Sandy Gordon
 Janice Golden
 Susan Grey
 Lucy Healy
 Diane Hughes
 Ginger Ireton
 David Janiga
 Lillian Julian
 Jim Kalohn

Carol Kennedy
 Teresa Kennedy
 Wayne Knapp
 Carol Kobuski
 Barbara Kolapakka
 Sandy Laity
 Arden Lawand
 Warren Lavery
 Kathleen LeRoux
 Alan Longshore
 Debbie Lotito
 Kathy Mack
 Patricia Mahoney
 Cathy McGuire
 Rose Marie McLean
 Ralph Misener
 Jim Morzillo
 Linda Morzillo
 Barbara Nigro
 Linda Nowak
 Jean Padula
 Joseph Padula
 Pamela Pearlman

Barbara Piffat
 Joseph Piffat
 Kathryn Piffat
 Shirley Pingelski
 Barbara Popolizio
 Mike Popolizio
 Kendra Pratt
 Carol Puglisi
 Pat Reed
 Doug Reynolds
 Jackie Reynolds
 Louise Remillard
 Laura Sheldon
 Rick Sheldon
 Eleanor Shutter
 Eileen Skinner
 Beth Snyder
 Mary Sorell
 Carol Sorensen
 Eileen Sowa
 John Sowa
 Pat Steadman
 Laverne Stiles

Malcolm Stiles
 Elaine Suss
 Robert Suss
 Joanne Sztot
 Trudi Thun
 Jean Van Vranken
 John Van Vranken
 Brian Walsh
 Liz Walsh
 Toni Walsh
 Karen Watson
 Marv Weiss
 Vera Weiss
 Loueen Whalen
 Pat Whalen
 Merrilee Wygant
 Ron Wygant
 Chris Yost
 Holly Yost
 Martha Zibro
 Joe Zoske
 Mark Zwinak

Northeast Region  *Fun, Fitness, Friendship*

New York
 Empire State Capital Volkssporters
 Finger Lakes Region Volkssport Club
 Niagara Frontier Volkssport Club
 Volkssport Club at West Point

Vermont & New Hampshire
 Twin State Volkssport Association

Massachusetts & Rhode Island
 Two Town Walking Club
 Walk 'n Mass Volkssport Club)

Connecticut
 Connecticut Valley Volkssport Club

Maine
 Southern Maine Volkssport Association



AVA - America's Walking Club

Additionally ESCV is deeply grateful for the assistance provided by the members of all the clubs of the Northeast Region whose assistance played a huge part in the success of the 2019 Biennial AVA Convention.

Important notices!

- ✓ A reminder that the last two Wednesday walks in August at Oakwood Cemetery and Schodack State Park begin at 9:30 am and not the usual 9am.
- ✓ We need a new POC for the Wednesday Tulip walk held every year in May. Contact Sue Burke at sburke@nycap.rr.com if you are willing to be the new POC for a yearly favorite walk.

Have you noticed the new look of the Hotmails?

Eileen is using an email program called Mailchimp and will make delivery to all easier. We can now track the online usage. Only 68% of recipients opened the hotmail last time. Our hope is that you will open your updates so that you will know what is going on.

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Save the Date

SEPTEMBER 14, 2019

NORTHVILLE

Our first traditional event of the autumn

Come and walk in Northville, a historic village located on the shores of Great Sacandaga Lake in the foothills of the Adirondacks. The village was first settled in 1786 but became a more flourishing community during the 19th century when the FJ&G Railroad brought visitors to the newly created Sacandaga Park resort where hundreds of summer cottages and large hotels were built from 1875.

The region changed greatly when the Valley was flooded to create the Sacandaga Lake Reservoir to control the flood waters of the Hudson River. Today much of the Northville's historic residential architecture remains and the Main Street was added to the National Register of Historic Places in 2014. It is said that the Northville Five and Dime is the oldest operating 5 and 10 cent store in America.

<http://www.walkescv.org/19northville.pdf>



After The Convention still smiling

Five years ago this month Lea Darling suggested ESCV host the National Convention since the convention had never been held in the Northeast. Our bid to do so was accepted on the second try thus ushering in two years of intense planning. It is due to Lea's vision, energy and devotion that ESCV did indeed host in 2019 and by all accounts it was a job well done.

(ESCV WOWS...Continued from page 1)

For those of you who like numbers here they are.

- Our convention participant statistics listed 41 states and the District of Columbia represented, England (2), Canada (12) representing 3 Provinces, Norway (1). The three states with the most attendance were NY (71), TX (56), and WA (50).
- **Convention Walks:**
 - Portsmouth (418)
 - Danvers (409)
 - Springfield (426)
 - Cohoes/Waterford-Erie Canal (643)
 - Saratoga Nat'l Historic Park/Schuylerville (604)
 - President's/Albany (602)
 - Cooperstown (422)
 - Buffalo (261)

- The Silent Auction in only two days raised \$12,000 and Our Operation at Ease Fundraiser took in \$901. 85.
- Convention History Workshop Totals: Erie Canal-134, Saratoga Battlefield History-125, Albany-94, Underground Railroad-198, Cooperstown-102
- Socials Attendance Numbers: Meet & Greet (Take Me Out to the Ballgame)-377, Desserts & Traditional Music-343, Banquet-364

Facebook at ESCV abounds with photos and comments as does America's Walking Club, AVA. Check them out. You will even see the clip from Channel 6 coverage. While ESCV is receiving very nice feedback, much credit must also go to all the clubs of the Northeast Region. We should be proud to be part of a collaboration that proved so rewarding. Twin States, Two Town, Walk n Mass, Niagara put on wonderful walks and we were all assisted by members of the Southern Maine, Connecticut and Finger Lakes clubs. Additionally there were many people from around the country who pitched in resulting in a most successful convention that we hope was deeply appreciated by all our fellow volkssporters.

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ESCV Club Contacts



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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
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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/>



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