



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



ESCV Gets Ready to Welcome the World

With less than 100 days to go until June 9 it seemed fitting to put out a special edition newsletter devoted exclusively to information about the convention. The convention committee has worked tirelessly for the past year designing nine days of opportunities for fun, social networking and learning. It is no small task. The logistics are complicated and the demands great. But it has been a real pleasure to work with all the committee chairs whose skills and talents mesh so well with one another. We are now in the last stage of finalizing all the plans yet know we will have to be prepared for the many "situations" that are bound to arise once the convention is underway.

I have attended the last two conventions and cannot describe how exciting it is to be part of the volkswalking world as it comes together to celebrate our sport. There's something special about walking with hundreds of people from all over the country that makes the event truly special. I remember thinking how nice it would be if everyone knew about volkssporting because it is so much fun. You will see this for yourself in June.

The 21st AVA Convention is going to be great!! *Happy walking everyone, Teresa*

Year Round/Seasonal Group Walks

- March 20 Schenectady
- April 3 Saratoga Spa
- April 6 Clifton Park
- April 7 Albany Colonie
- April 13 Lake George
- April 14 Albany Capital
- April 17 Scotia
- April 24 Williamstown
- April 28 Troy

2019 Convention Workers' Walks

- Start Times 9-10am
- March 27 Albany
- April 10 Cooperstown
- April 12 Cohoes/Waterford
- April 26 Schuylerville/Ft. Hardy

Contact Us At:

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

* * * * *

www.walkescv.org/



WHY???

Should I want to go to the 2019 AVA Convention in Albany, New York

- ✓ New and interesting walks, both convention and YRE/Seasonal
Meet new people with a common interest
- ✓ Get more involved with my state club & AVA by attending the General Meetings
- ✓ Attend informative workshops: How AVA functions, History of the area...and more
- ✓ Learn about the vision of Crazy Horse and Walk America
- ✓ Fun socials: Baseball Trivia, Northeast folk music, fabulous Celebratory Finishing Dinner, Speaker & Awards

✓ All of the Above



Empire State Capital Volkssporters

Proudly Hosting The

2019 AVA CONVENTION

★ ALBANY NY ★

WALK THRU HISTORY



Wednesday June 12, 2019 COHOES /WATERFORD, NY WALK

Start Point & Registration: across the street from the Cohoes Senior Center on Mohawk Street in the St. Peter's Health Partners' Parking Lot. Arrive anytime between 8 am & Noon to sign in and pay the \$3 fee. You will get a map to follow on your own or with friends. Walk distance choices: 7k,11k. All walks must be completed by 3 pm.



Thursday June 13, 2019 FORT HARDY, SCHUYLERVILLE, NY WALK

Start Point & Registration: Schuylerville Walk, Fort Hardy Park, Schuylerville, NY. Arrive anytime between 8:30 am & Noon to sign in and pay the \$3 fee. You will get a map to follow on your own or with friends. You must drive to the Battlefield to complete the 10k route. Walk distance choices 6k, 7k,10k. All walks must be completed by 3 pm.



Friday June 14, 2019 CONVENTION PRESIDENT'S WALK, ALBANY, NY

Start Point & Registration: President's Walk, Corning City Preserve, Albany NY. Arrive anytime between 8 am & Noon to sign in and pay the \$3 fee. You will get a map to follow on your own or with friends. Walk Distance choices 6k or 10k. All walks must be completed by 3 pm.



Saturday June 15, 2019 COOPERSTOWN, NY

Start Point & Registration: Clark Sportscenter, 124 County Highway 52, Cooperstown. Arrive anytime between 9 am & Noon to sign in and pay the \$3 fee. You will get a map to follow on your own or with friends. Walk Distance-Trail Ratings: 5k & 10k - 1A



Fun, Fitness, Friendship

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

ESCVers who do drive instead of riding the bus from the hotel MUST carpool to the Start Points. Parking is EXTREMELY limited.

Convention Workers Walks

It is very important that the walk directions be correct and easy to understand. With that in mind we plan to have pre-walks to try out the routes. Join us in this very important step to making the walking part of the convention a huge success. We are treating these walks as tryouts for the traditional events they will be in June. Therefore come to the walks with a pencil for writing down comments and corrections as you do the walk. Like any traditional event, the start time is a window of time

Date	Start times	Start Point
April 59 to 10 amAlbany, Corning Preserve
April 109 to 10 am Cooperstown, Clark Center
April 129 to 10 am Cohoes, St. Peter's Health Center
April 269 to 10 am Schuylerville, American Legion Clancy St

Calling All Volunteers

*It's not too late to help at the convention.
Here's where YOU are needed...*

- ★ Become "SAL" our mascot, mingle with attendees at the hotel, on the bus, at a meeting
- ★ Greeter at the hotel or at a walk
- ★ Crossing guard at a walk
- ★ Parking Ambassador
- ★ Hospitality table at the hotel
- ★ Crossing Walk activities at the hotel June 11
- ★ Cooperstown June 15

Go to www.walkescv.org,
Click on 2019 Convention,
Click on the Volunteer button,
Complete the form,
Click " I Volunteer "

—That's It! —

You will be notified of the job/date/time to which you have been assigned based on your volunteer preferences.

Come Join Us...

Convention chairs: Lea Darling, Teresa Kennedy, Eileen Skinner, Barbara Kolapakka, Vera Weiss, Trudi Thun, Wayne Knapp, Kathy Mack, Linda Morzillo, Larry Godshalk, Arden Lawand, Bev Feltt, Louise Remillard, Chris Yost, Liz Walsh, Warren Lavery, Ginger Ireton and Pat Mahoney are inviting you to join them for all kinds of jobs available all day and everyday from June 11 through June 15.

We have jobs for people who like to sit, to stand, to talk, to guide, to bake, fix things, to organize, to drive, to give information, to stamp books, to collect money, to count money (and lots of it, we hope), to scoop ice cream, to greet, to run errands, to lend equipment, to sell merchandise, and to be a calm, smiling presence.

All volunteers will be wearing a yellow vest so will be very visible. You can't keep the vest but you can keep all the good feelings you will have from being a convention helper.



Silent Auction Information

This is a queen size (92X104") quilt that one of our members, Pat Mahoney, spent many months creating. She has donated this beautiful 100% cotton Batik quilt to our Silent Auction. It is Pat's wish to have this quilt be a raffle item. Its Fair Market value is \$1,000!

ESCV committee members have raffle tickets and are selling them for One for \$5 and Five for \$20. I have lots of raffle tickets and am so hoping we can sell a lot of these tickets. Checks can be made out to AVA. All money and checks will come back to me as I need to keep a record of these sells.

The drawing will be Thursday, June 13th during the Convention. You do not have to be present to win.

I will bring raffle tickets to our Wednesday walks that I can attend. Our first Wed. walk is on March 20th (First Day of Spring!) in Schenectady. Hope to see many of you there.

PLEASE consider buying some raffle tickets to support our ESCV/AVA Convention. You have a remarkable Convention team who have donated hundreds of hours to help make our Convention the best ever. This is one way you can help support ESCV and also your Committee Members!

Several ESCV members have already donated items for the Silent Auction.

- Mary Agars and Barbara Nigro made a beautiful quilt as well. Look for this picture in the April ESCV newsletter!
- Jim Shanley has donated three nights at his Myrtle Beach, Florida Condo (not July or August).
- Eileen Skinner has made a stunning afghan.

As Convention time gets closer, I know that many of you will be signing up to volunteer. I hope that a few of you might help me in the Silent Auction room to monitor and answer questions. I'll train you!!!

— Vera Weiss



Special Convention Raffle Quilt, Cotton Batik, 90" X 102

Pattern "Trip Around the World" by Eleanor Burns

One ticket for \$5 • 5 tickets for \$20





Convention Request

By Karen Watson — ESCV member



Just five months until the **21st AVA CONVENTION**
Let us bring something to your **ATTENTION**

Your ESCV HOST CLUB would like to ask
clubs or individuals to PLEASE TAKE ON A TASK

Start thinking right now and **CONTEMPLATE**
what items you or your club could **DONATE**

SILENT AUCTION... baskets and raffles will be great
but ...**WE NEED HELP** from you,
from each club, **from EVERY STATE**

What can you donate? **START THINKING NOW...**
I'll give you some ideas (**but please NOT a cow!**)

CRAFTS, FOODS or WINE from near where you live;
Gift certificates or cards **WOULD BE GOOD TO GIVE**

A weekend/week at your **VACATION PLACE**
ANYTHING TO PUT A SMILE ON ONE'S FACE!







Please come up with ideas before it's too late!
We want the 2019 AVA Convention to be truly first rate.



AVA 2019 Convention to begin "GOING GREEN PRACTICES"

In an effort to be environmentally responsible, we will begin to put into practice some small changes with this convention. Here are a few areas where our eco-friendly habits are a small step for the walking world.

-  **Badges and Lanyards:** Recycle/Save at the end of the convention. Look for Recycle Boxes at breakfast, hotel registration, socials and throughout the venue.
-  **Walk Information Signs:** Save for future AVA conventions.
-  **Volunteer Vests:** Turn in after each shift.
-  **Water:** At all the walks 5 gallon water jugs will be available for refilling water bottles.



We can be an initial force throughout our walking events and beyond helping, one step at a time.

Thank you for your "going green" cooperation

★ PUBLICITY EVENT ★ SOCIAL OPPORTUNITY ★ FUNDRAISER ★

Why this evening is important?

Clubs that host the AVA convention are charged with many missions. One is to bring awareness of our sport to the general public with the hope that people will learn about volkssporting and want to join a club. Secondly, historically AVA asks the hosting club to select a local service organization to which a donation will be made. Thirdly, and it might go without saying, we are also expected to make all conventioners welcome. It is our hope that we can accomplish all these things on the evening of June 11.



More Convention Updates....

Operation At Ease Fund Raiser

Capital District Service Dog Walk
The Crossings Park, Colonie, NY

Tuesday, June 11, 2019 • 6 pm to 8 pm

Sponsored by The Empire State Capital Volkssporters

Join us for a fun family evening to raise money for this worthy Not for Profit organization, **Operation At Ease**. All monies collected will help Operation at Ease fund their training facility which provides service dogs for veterans. A service dog and his handler will be present to speak with about their training together.

Make a donation and receive a Free ice cream.

Bring yourself, family, friends and dogs to walk with you. Learn what the American Volkssport Association is all about with volkssporters from all around the country who are in town for their national convention. We are "America's best kept secret" which is walking with friends for fun and fitness.



Information about Operation At Ease and the American Volkssport Association will be available.

- Most conventioners will be arriving and checking in at their hotel in the afternoon. In order to provide them with an opportunity to stretch their legs after what might be a long journey and to begin to meet other people, we will be offering a 5k guided walk of the Colonie/ Crossings Seasonal walk starting at 6:30. The route has been modified to begin right from the Red Lion Hotel.
- The walk will go by the South Pavilion in the park which we have rented and where we will be hosting our fund raiser event for Operation at Ease. Anyone who makes a donation will be invited to make their own sundae. Through newspaper ads, facebook announcements and hopefully TV spots we hope the public will come to event. At the pavilion will be information about volkssporting as well and lots of volkssporters who can invite members of the public to walk with us. Be sure to wear your name tag that night and come and join the fun.

[LINK to Daily Gazette](#)

[article about Operation At Ease](#)

<https://dailygazette.com/article/2019/03/02/freddy-gets-a-new-friend>

AVA Biennial Publicity Contest – 2019

As the excitement builds for the 2019 Convention in Albany, New York so grows the anticipation for all the interesting and unique entries in our Biennial Publicity Contest! Winners of our 2019 national competition will be recognized at the 22nd AVA Biennial Convention, June 9-16, in Albany, New York. All entries must have been created or occurred during the time-period from January 1, 2017 to April 1, 2019. Specific rules and submission category guidelines are attached. A separate Official Entry Form must be submitted with each entry and this form may be reproduced as needed. Submit your form in an envelope and attach it to the items submitted for judging. All photography category entries must include the Photo Release Form.

Competition in the AVA contest is open to AVA members, clubs and state organizations. Names of the winners will be published in the American Wanderer newspaper, the AVA website, and other promotional outlets. Winning photographs or other images may be used on our website or for other purposes such as the cover photo on the "Starting Point" book.

AVA cannot be responsible for any late, damaged or incomplete entries. All entries submitted to the contest will become the property of AVA and may not be returned.

All submitted entries must arrive at AVA National Office no later than April 15, 2019. Mail them to the American Volkssport Association, 1001 Pat Booker Road, Ste. 101, Universal City, Texas 78148, Attention: Publicity Contest or email with the subject line "Publicity Contest Entry" to hector@ava.org.

Entry submission deadline is April 15, 2019 Midnight/Central Time

Photo Release Form

http://www.ava.org/checkpoint/2018/Dec/3._Rules_and_Guidelines_2019.pdf

Categories/Guidelines

http://www.ava.org/checkpoint/2018/Dec/4._Rules_and_Guidelines_2019.pdf

Official Entry Form

http://www.ava.org/checkpoint/2018/Dec/2._OFFICIAL_ENTRY_FORM_2019.pdf

AVA 21st Biennial Convention

June 9-16, 2019

Albany NY

★ Empire State Capital Volkssporters ★ Northeast Region ★



– Pre-Convention Walks –
 June 9th Portsmouth NH
 June 10th Danvers MA
 June 11th Springfield MA

– Convention Walks –
 June 12th Cohoes/Waterford NY
 June 13th Saratoga National
 Historical Park & Schuylerville NY
 June 14th Presidents Walk Albany NY

– Post-Convention Walks –
 June 15th Cooperstown NY
 June 16th Buffalo NY

<http://www.walkescv.org/>



Calling all
CONVENTIONEERS!

Volunteer information, Chris Yost
cyost@nycapp.rr.com



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

The convention website is live.

Go to the ESCV home website and click on the link for convention.
Check back often as this site is still a work in progress.
<http://www.walkescv.org/ava2019convention/welcome.html>



Fun, Fitness, Friendship

www.ava.org



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



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