



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

NOVEMBER/DECEMBER 2019

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*
Nov 6 / Wednesday.....Schenectady
Nov 10/ SundayBennington, VT
Jan 1 / Wednesday.....1:30, Schenectady

One-Day Traditional Events

Dec. 7Schenectady Holiday Party

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

**Send ideas for
new walk routes**

to Wayne at
waynecknapp@gmail.com

Request:

All POCs send a copy of their most current directions and maps to Wayne at waynecknapp@gmail.com for safekeeping

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

May I declare the convention year to be officially over? We celebrated ourselves at the annual recognition pizza party with a final pat on the back and some fun reminiscing and I think it's safe to say it's time to move on.

Thank you to Chris Yost for taking on the mantle of pizza party coordinator and her committee, Linda Dunn, Donna Farber, Linda Nowak, and Warren Lavery for an enjoyable and delicious afternoon. What would a pizza party be without the original event organizers Eileen Skinner and Father Jack stamping the books? Nice to carry on a tradition. Thank you also to Deborah D'Arcangelis for again acting as POC.

May I remind you to read your weekly hotmails as they contain important news about walks that take place during the week. We are very fortunate that Eileen Skinner is willing to disseminate information in such a timely way to the club membership. She reports that only 50% of people are opening the attachment so some of you are missing important messages.

See you at the holiday party and as always,
Happy walking everyone, Teresa!



AVA INTRODUCES NEW LOGO.

click on this link to see Henry unveiling the new design.
<https://www.facebook.com/Americaswalkingclub/videos/590966378310135/>



★★★ Important Notices ★★★

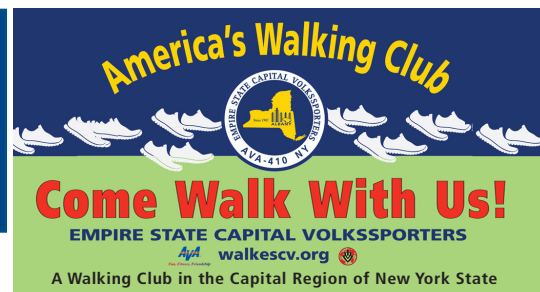
~ **Holiday Party Registration form page 3** ~

~ **Membership Renewal form page 5** ~

The next club meeting is November 19, 2019 We do not meet in the winter months. The first club meeting in 2020 will be in March 24 at 6:30 pm at the Latham Firehouse. 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.

AVA Bylaws Changes — ESCV Proposed Bylaws Changes



At the general membership meeting of the Biennial AVA convention held in June a number of by laws changes were proposed and accepted.

One included changing the AVA fiscal year from July 1- June 30 to a new fiscal year to run January 1- December 31. It was explained that this change will allow for the National Office to operate on a calendar year and will move the administrative work of preparing for audits and tax return preparation from the busy summer months when participation activity places more demands on staff time to the slower winter months. During convection years this change will ease the rush to prepare reports and budgets at the same time staff is involved in convention activity. The motion passed.

The Executive Council of ESCV is now proposing that our club align with the national club regarding the fiscal year. In order for this to happen we must amend our own constitution.

Article VIII - Finances

Current Wording:

Section 4: The organization's fiscal year shall run from July 1 – June 30 as with the AVA's fiscal year.

Proposed Wording:

The organization's fiscal year shall run from January 1- December 31 as with AVA's fiscal year.

Rationale:

ESCV would have the same fiscal year as the national club and all AVA events are planned on a calendar year.

Article V - Officers

Current Wording:

Section 2: The term of office is one year for officers and they shall be elected at the June meeting. Term of office begins at the beginning of the fiscal year.

Proposed Wording:

The term of office is one year for officers and they shall be elected at the last meeting of the year. Term of office begins at the beginning of the fiscal year.

Rationale:

They comply with the original constitutional bylaw of Article V, Section 2.

According to ARTICLE X – Constitutional Amendments

Amendments to this Constitution shall be by a two-thirds (2/3) vote at any scheduled or special meeting with 30 days prior notification.

In order to enact the proposed changes to the ESCV Constitution the announcement of said proposed changes will take place in the November/December issue of the newsletter to be electronically delivered to the membership on Monday, November 4, 2019. At a special business meeting to occur at the Holiday Luncheon on Saturday December 7, 2019, the membership will vote on said proposed changes.

ESCV Holiday Party

Hope you have saved Saturday, December 7, 2019 for our annual Holiday Party at the Stockade Inn in Schenectady, NY. There will be a cash bar after the walk. A hot and cold buffet will be served at approximately noon. The buffet will include a salad course, pasta, main entrees, vegetables, dessert, and coffee or tea. All this for \$30.00 per member and \$33.50 for non-members!



Saturday, December 7, 2019
The Stockade Inn



1 North Church Street Schenectady, NY 346-3400

Hot and Cold Buffet Luncheon – Cash Bar

Cost of \$30.00 per member or \$33.50 per non-member must be received by November 29th.

Note: The Stockade Inn has limited us to 110 attendees.

December 7th Holiday Walk There is NO pre-registration for this walk.

**Please complete the reservation form
 and send check made out to ESCV by November 29**

To: Bernie Geren, 19 Julia Circle, Mechanicville NY 12118

Link to Holiday Party/Walk Brochure— <http://www.walkescv.org/19HolidayParty%20.pdf>

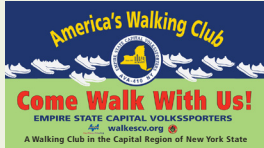
Holiday Party Registration - Detach and Mail

Members Name & Phone Number	Member \$30.00
_____	\$

Non-Members Name & Phone Number	Non-member \$33.50
_____	\$

Deadline: Friday, November 29	TOTAL \$

Louise Remillard is the latest ESCVer to become a centurion walker which she did in six months.



Good job, Louise
That's a lot of walking



Thank you Dan Schryver for 30 plus years as the club historian. ESCV has a truly rich history which has been well documented by Dan's careful archiving of all our accomplishments. Thank you Dan for your many years of service.

Congratulations

Barbara and Joe Piffat for walking the 51 capitals.

December 7 Cookie Stop

Margaret Novak and John Mishanec who live on Randolph Road have offered their home as the new cookie stop this year. The walk route will therefore be slightly altered but will still go up Union Street and through the Union College Campus. Margaret and John are not members of the club but they will hopefully join after meeting so many friendly and wonderful ESCVers.

Halfway though the walk we stop at the cookie house to socialize and have cookies and cider. For those who would like to make cookies to share, please bring them to the Stockade Inn by 9:15. I will transport them to Pat's home.

— Thank you. Carol Sorensen



**Schenectady, NY
Holiday Party Walk
10k/5k Walk
Saturday, December 7, 2019**
Sponsored By
Empire State Capital Volkssporters



**2020
New Years Day
Walk in
Schenectady
at 1:30**



EMPIRE STATE CAPITAL VOLKSSPORTERS

MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year

Membership Type:

Single (\$12)

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) \$ _____

Total Enclosed: \$

Mail this form and check to:

**ESCV Membership
PO Box 5464
Clifton Park, NY 12065-5464**

Date Submitted:

Rev. 10/18

Proposed Officer Slate for 2020

President..... Wayne Knapp
 Vice President..... Chris Yost
 Secretary..... Terry Gitnick
 Treasurer..... Warren Lavery



A vote will take place during a short business meeting at the holiday luncheon.
 Nominations will also be accepted from the floor.

Milestones

EVENTS

30: David Gosda, Patricia Gosda
 200: Louise Remillard
 225: Linda Dunn
 250: Barbara Nigro
 350: James Brown
 525: Kathy Brown
 750: Marie Klucina
 800: Alan Longshore
 1150: Dave Janiga
 1900: John Cairns

DISTANCE

500K: Sandra Laity
 1000K: Susan Forster
 Louise Remillard
 2000K: Barb Nigro, Chris Yost
 2500K: Dave Golden
 3500K: Janice Golden
 4500K: Kathy Brown
 5500K: Kathryn Piffat
 7000K: Dave Averill, Marion Averill
 7500K: Marie Klucina, Alan Longshore
 12000K: Dave Janiga
 20000K: John Cairns
 21000K: Barbara Piffat

These achievements have been taken from the June and September issues of the American Wanderer. The Wanderer is now published on a quarterly basis so the next listing will be from the December issue.

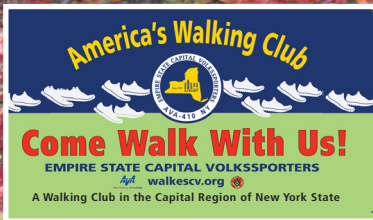


Saratoga Springs



Oktober Fest - Greenwich

CELEBRATING Autumn continued..



Saratoga State Park



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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