



# 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

SEPTEMBER 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\*  
Sept. 8 ..... Albany  
Sept. 11 ..... Clifton Park  
Sept. 18 ..... Scotia  
Sept. 22 ..... Glens Falls  
Sept. 28 ..... Caroga Lake  
Sept. 29 ..... Colonie Crossings  
Oct. 6 ..... Williamstown  
Oct. 9 ..... Johnstown  
Oct. 13 ..... Lake George

### One-Day Traditional Events

Sept. 14 ..... Northville  
**Oct. 5 ..... Greenwich (Oktoberfest)**  
Nov. 3 ..... Albany (Pizza 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

Contact Us At:  
Empire State Capital Volkssporters  
PO Box 5464  
Clifton Park, NY 12065-5464  
\* \* \* \* \*  
[www.walkescv.org/](http://www.walkescv.org/)



### *Rambling Thoughts...* by Teresa Kennedy



The convention is behind us and we must now turn our thoughts to getting on with the business of developing new leaders for the coming years. **ESCV demonstrated to the nation that we are a vibrant, healthy club and we should want to remain so.** This will require new folks to begin to make their mark on keeping the club alive by taking on new duties with fresh insights and renewed purpose. Please say yes to one of the many jobs that will have ESCV remain the gold standard club it is.

The Northeast in the autumn is the place to be. Enjoy the camaraderie at the upcoming events and as always,

*Happy walking everyone, Teresa*

### Online Start Box Registration Instructions

Now that so many walks around the country have online start boxes, it is very important to get registered.

- To do so simply go to my.ava.org.
  - Click on the button for New Account.
- Next...** fill in basic information such as first and last name, email address and password.

**It is very important to write down your password for future reference because AVA does not store them.** You can register from your computer or your smartphone. In order to download the directions you must put money in your account. The prompts are easy to follow.

ESCV is going modern in 2020 with two online start boxes:  
One in Cooperstown and one in Lake Placid.  
We expect more to follow in subsequent years.

### ★★★ Important Notices ★★★

~ Oktoberfest registration form is on page 3 ~

Glens Falls is a new seasonal walk this year. The starting point at the Spot Cafe is a perfect place to grab lunch before the group walk on Sunday, September 22.

~ Support the West Point Club by walking in Kingston on September 28 ~

The Next Club meeting: September 17 at 6:30 pm at the Latham Firehouse.  
Articles for the next newsletter are due September 27. 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.



Summer is over, the SPAC season is done, the track is closed, it's too cool to lie on the beach. But there's no reason to feel glum for now Mother Nature decorates the natural world with a stunning display of color. There's no better place to see it than the Northeast and no better way to enjoy it than taking a walk through the woods and fields in autumn.

And you can do this in the company of your fellow walkers at the annual ESCV Oktoberfest at Christ the King Spiritual Retreat Center in Greenwich on October 5. The trails at the Center wind through woods and fields and past a pond. The 10k will take you to St. Mary's convent to view champion cashmere goats and their ever vigilant canine guards. And then finish the day sharing a picnic with brat and knockwursts or hot dogs grilled for you.

## Woods Hollow ★ July 31, 2019





# ESCV Oktoberfest Picnic

## Saturday, October 5, 2019

Christ the King Spiritual Life Center, St. Nicholas Pavilion, 575 Burton Rd. Greenwich, NY

~ Sue Grey is serving as chairperson ~

Hot dogs and Bratwursts will again be served along with rolls, soft drinks, and condiments. The cost remains at \$6.00 per person. Please bring your favorite dish to share with everyone.

**Make your check payable to ESCV. Note: There is NO pre-registration for this walk.**

Please send check made out to ESCV by October 2 to: Sue Grey, 134 Acorn Drive, Glenville, NY 12302

Name: \_\_\_\_\_

Phone \_\_\_\_\_

\$6 per person

### Mark your choice (X)

Hot Dog	Knockwurst	Bratwurst
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____



**Grand Total**

\$ \_\_\_\_\_

In order to be sure that enough selections of food are available to everyone, we ask that you note below the food you would like to bring. As always, sauerkraut is a favorite. If we are lacking in any group, we will contact people for needed contributions.

1. Appetizers ( )    2. Salads, Pasta dishes, etc ( )    3. Desserts ( )    4. Sauerkraut ( )

**Remember...** mail to Sue Grey by Wednesday, October 2, 2019

## Membership

Louise Remillard email: lremillard@nycapp.rr.com

One new member has joined the club over the last few months. That brings Our active Membership to 263 walkers.

**Please Welcome the following new member when you see her on the trail: Renee McNamara of Burnt Hills.**



## NEW SPECIAL PROGRAMS FOR 2020

There are three new special programs that begin on January 1, 2020. Special programs are an interesting incentive to walk in new places and also serve as a source of extra revenue for the hosting club. The new programs are:

### Airports - Celebrating American Flight

**Program runs January 1, 2020 – December 31, 2022. Redeem completed books by Dec 31, 2023.**

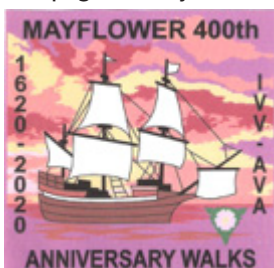
The program includes major Metropolitan and International Airports, smaller Regional Airports, Small Regional Airfields, and even Military Airfields if the walk criterion is met, but Heliports or Helipads do not count. The qualifier is meant to define that the walk must be near enough to see airport operations., The walk needs to be along a roadway or pathway adjacent to, abutting, or such similar terms to the Airport property line. — Cost of book is \$10. Qualifier is 12 different AVA sanctioned events (Same walk/different year = different walk event.) — Patch is 3 ½ x 4 1/2" multicolored embroidered patch. Make checks payable to Seneca Sugar Loafers Order books from POC: Michael Cannon, 13801 Wisteria Dr, Germantown, MD 20874 gamesterz@aol.com 301-540-0466.



### Mayflower - 400th Anniversary Walk

**Program runs January 1, 2020 – December 31, 2022. Redeem completed books by Dec 31, 2023.**

This program ties into Plymouth, MA, with its iconic Mayflower, site of a large 400th Anniversary in 2020, with events leading up to it and celebrated throughout the country. It also ties into the pilgrim story and Native Americans. Qualifiers may include an Indian Museum or statue (any tribe) on route, a full list of surnames of Mayflower Passengers, will be sent out with the booklet. Examples include: Mayflower, Cape Cod, Thanksgiving (any walk done on that day), Surnames: Brewster, Rogers and many more. Walkers are encouraged

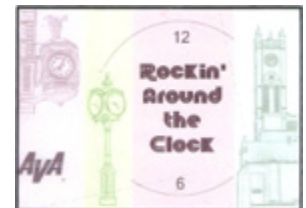


to walk in Plymouth or by a Mayflower Hotel, or street, monument or sign with some connection will qualify. Passing a Mayflower moving truck or a Plymouth car do not qualify but a building with Mayflower or Plymouth name on it will qualify. — Cost of book is \$10. Qualifier of 12 sanctioned events(one time per event per year). — Patch is 4 X 4" embroidered of the Mayflower in Plymouth Harbor, MA. Make checks payable to Twin State Volkssport Asso. Order books from Carolyn Adams, 23 Terry Hill Rd, South Ryegate VT 05069 carri757@gmail.com 802-757-2500.

### Rockin' Around the Clock

**Program runs from January 1, 2020 –December 31, 2022. Redeem completed books by Dec 31, 2023.**

This program is intended to challenge participants to find public clocks while out enjoying volkssporting events. A clock tower is a tower specifically built with one or more clock faces. Clock towers can be either freestanding or part of a church or municipal building such as a town hall. Astronomical clocks that show astronomical information, as well as the time, can be so classified. Town clocks or Public clocks are intended to be seen and of use by the general public in town squares, plazas, city halls, courthouses, train and bus stations, parks and more. Qualifiers are 24 different AVA sanctioned events that include a public clock, clock & repair shop (if clocks are the primary business) or clock museum. Only one use of the IVV Stamp is allowed for each qualifier per year. Non qualifiers: garden sundials, no billboard advertising sign count, clocks in other museums other than a clock museum, clocks inside buildings or seen through windows do NOT qualify unless the clock or clocks are the primary focus of the building or the clock has particular special or historical significance. Make note of the style of clock and/or where the clock is located. EX: St Peter's Church, tower or Bryan Town Square or Daily News Building, etc. — Cost of book is \$10. — Patch is 3 X 4 " patch depicting a variety of public clocks. Make checks to Maumee Valley Volkssporters. Order the books from POC: Vivian Lijewski, 4710 Glendale Ave. Suite 201, Toledo OH 43614. Phone - 419-385-3904



# Watervliet ★ July 24, 2019



# Saratoga Springs East Side ★ August 7, 2019



## ESCV 2019 — 10 Walks Award — Wednesday Guided Walks

35 Buttons given out. - 1 perfect attendance. A few buttons were given for only 9 walks, because they participated in the convention walks, especially Waterford/Cohoes which was held on a Wednesday.

Arden Lawand	Jean Padula	Linda Nowak
Beth Snyder	Jim Brown	Lisa VanAvery
Carol Kobuskie	John Cairns	Louise Remillard
Chris Yost	John Sowa	Marion Averill
Dave Averill	Karen Watson	Marylou Geren
Deb D'Arcangeli	Kathy Brown	Pat Reed
Donna Farber	Kathy Mack	Sue Grey
Doug Reynolds	Larry Godshalk	Suzann Burke
Eileen Skinner	Lee Darling	Teresa Kennedy
Eileen Sowa	Lil Julian	Wayne Knapp
Gail Ostrander	Linda Dunn	Winnie Balz
Jackie Reynolds	Linda Morzillo	

WALK	TOTAL WALKERS	CREDIT	NONCREDIT	NWC
Saratoga - Museum	36	28	8	0
Corning Tulip Albany	42	34	8	0
Round Lake	58	47	11	0
Ballston Lake	69	54	15	0
Malta - Tech Park	40	42	8	1
Amsterdam	45	31	14	0
Convention Walk Cohoes/Waterford		x	x	x
Niskayuna/ Blatnik Pk.	77	57	20	0
Schenectady /Vale	66	40	26	3
Broadalbin	47	34	13	1
Slingerlands	41	31	10	2
Ballston Spa	37	29	9	0
Watervliet	58	35	13	0
Milton - Woods Hollow	49	45	4	1
Saratoga East Side	59	38	20	1
Rensselaer	55	39	1	6
Oakwood Cemetery	23	20	3	
Schodack Island State PK	51	37	14	1
<b>Total 2019 Wed.</b>	<b>853</b>	<b>641</b>	<b>212</b>	<b>11</b>

## Schodack State Park ★ August 28, 2019



# Schodack State Park ★ August 28, 2019



**Fun, Fitness, Friendship**

[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/)



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



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