



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

September 2020



*I like to thank everybody for the party.
I felt blessed by all the lovely cards.
Ed Koch*



August 1, 2020

Empire State Capital Volkssporters helped Ed Koch have a memorable birthday at a special place. Thank you Winnie, Vera, Marv, Lea, Sue and Annelisa for making sure the day was a special one.

★★★ An Awards Presentation, brief Club Meeting and an Election of 2021 Officers ★★★
will take place immediately following the Oktoberfest

Come Walk With Us! www.walkescv.org
Member of American Volkssport Association and International Federation of Popular Sports

Year Round & Seasonal Wednesday Group Walks

Sept 9	9AM	Albany Shaker Farms
Sept 16	10AM	Clifton Park
Sept 23	9AM	Scotia Northside
Sept 30	10AM	Scotia
Oct 7	10AM	Johnstown
Oct 14	10AM	Albany Pine Bush
Oct 28	10AM	Saratoga Spa Park
Nov 4	10AM	Schenectady
Nov 11	10AM	Saratoga Springs City
Nov 18	10AM	Crossgates Mall

Year Round & Seasonal Saturday or Sunday Group Walks

Sun	Sept 6	1:30PM	Lake Placid
Sun	Sept 13	1:30PM	Albany
Sun	Sept 20	1:30PM	Lake George
Sun	Sept 27	1:30PM	Williamstown, MA
Sat	Oct 3	10AM	Caroga Lake
Sun	Oct 4	1:30PM	Cooperstown
Sun	Oct 11	1:30PM	Glens Falls
Sat	Oct 17	10AM	Bennington, VT
Sun	Oct 18	1:30PM	Troy, NY
Sat	Oct 24	10AM	Saratoga Battlefield
Sun	Oct 25	1:30PM	Colonie Crossings

2020 Traditional Walks

Sat	Oct 10	10AM	Moreau St. Pk. Oktoberfest
Sun	Nov 1	1:30PM	Albany
Sat	Dec 5	10AM	

2020 Bike Rides

Sat	Sept 26	9AM	Saratoga Battlefield
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FOOTPRINTS . . . by Wayne Knapp

It seems that January was a lifetime ago, but here we are speeding our way towards the end of another year at ESCV. Of course, this year is different and we had to react to our changed circumstances.

The September issue of The American Wanderer (TAW) contained an interesting column by AVA's President David Bonewitz. The column seems to strongly condone our club's response and encourages our continued innovations to meet our ever changing needs. **(See page 5 for excerpts from Davids column).** Speaking of the TAW, Linda Morzillo has advised that ESCV has had an article published in every issue for the past several years. The next article deadline is October 25 for the December/January/February issue.

Would budding authors please submit articles to Linda and she would be happy to assist you with editing and submission to AVA.

So we've adapted, we're walking (and biking) and our membership has actually increased during these times. Thanks to each and every one of you who have done your part to maintain and increase this club's presence. Note the attached list about the benefits of walking.

Because we've limited our club meetings to outdoors this year, the Oktoberfest may be our last formal gathering. As such, we're going to combine some aspects of our usual October, November and December meetings. Immediately following the Oktoberfest we'll have our annual awards presentation, a brief meeting and an election of 2021 officers.



Is our cup half empty or half full? I believe it's the latter. Change isn't ever easy, although that's how growth occurs. But I truly look forward to the day when we have the luxury of discussing whether to continue as we are, or return to our legacy ways of conducting activities.

In the meantime, stay healthy and we'll see you on the trail!

Wayne Knapp

Membership

Louise Remillard email: lremillard@nycap.rr.com

We currently have 259 Active Members

New Members since January 2020:

- Peter Aldino, Voorheesville
- Lauretta Carroll, Melrose
- Pat Hoffman, Clifton Park
- Mary Parks, Scotia
- Beverly Relyea, Wilton
- Diane Diamond, Schenectady
- Patricia Woods Johnson, Schenectady
- Cynthia Shultz, Schenectady
- Gene & Cindy Myers, Albany
- Sophia Palasz, Albany
- James Walsh, Albany
- Lynn Nagengast, Rensselaer
- Heidi & Chris Underwood, Saratoga Springs
- Eleanor Tunney, Colonie
- Marjorie Pass, Glenmont

New Members since March 2020

- Colleen Fischer, Scotia
- Anne McCoy, Schenectady
- Marilyn Gannon, Schenectady
- Cheryl Ives, Glenville

New Members July & August 2020

- Kathryn Harter, Niskayuna
- Ladan Nikravan, Albany
- Raymond Essiembre, Troy
- Susan Sheridan, Voorheesville
- Michael Ellis, Glenmont
- Beth Babcock, Glenmont
- Jackie Hoops, Albany
- Kathy Kemenash, Rensselaer
- Kathy Kemenash



New Members September 2020

- Barbara Schlesier, Clifton Park
- Walter Schlesier, Clifton Park
- Ann Lamb, Schenectady
- Wen Ma, Niskayuna
- Ruth Senchyna, Albany
- Rita Marie Bookhop, Latham

Awards & Certificates

Sandy Laity

Finished 100 events.
 Received IVV Event Award certificate
 July 28, 2020 and patch plus pin.

JOHN CAIRNS

has done 2,000 events
 and 20,000 k.

Karen Watson

5000 K award on 7/21.

John Watson

got 1500 K on 4/21.

Publicity

Kathy Mack email: kmack1952@gmail.com

We are now posting our walks on

Facebook Events

Please help share the word

Respond to the post, saying that you are going,

SHARE the post on your Facebook page.

There are **three buttons** at the bottom.

You can **like or comment** about the post,
 but that doesn't share it.

The **SHARE** button is on the lower right.

Just **tap it**, and your Facebook friends
 will learn about the event.

You can comment on the post
 and invite them along, or just **SHARE**.

Come Walk With Us! www.walkescv.org

Proposed Officer Slate for 2021

President: Wayne Knapp
 Vice President Chris Yost
 Secretary Terry Gitnik
 Treasurer Warren Lavery

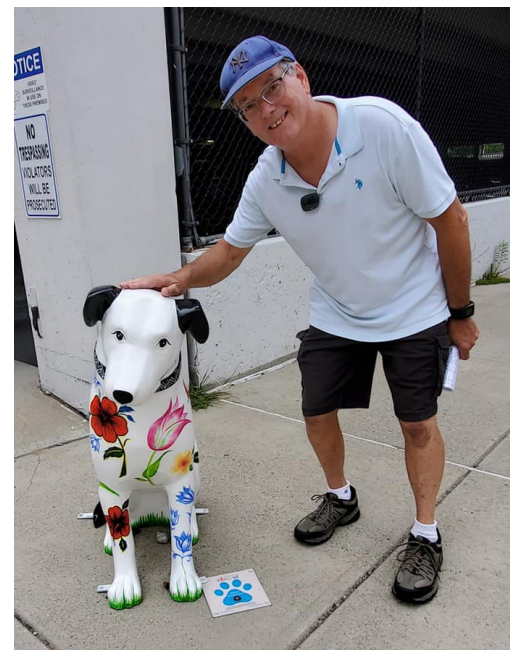
Nominating Committee Chair Teresa Kennedy
 A vote will take place during a short business meeting at the October 10 Moreau Oktoberfest.
 Nominations will also be accepted from the floor.



Wednesday Walk Awards

*** Perfect Attendance**

Peter Aldino	Barbara Feeney	Barb Nigro
Winnie Balz	Larry Godshalk	Louise Remillard*
Barbara Bilins	Sue Grey	Eileen Skinner*
Marge Bivona	Carol Kennedy	Beth Snyder
Sue Burke	Teresa Kennedy	Mary Sorell
John Cairns*	Wayne Knapp*	LaVerne Stiles
Patty Costa	Sandy Laity	Malcolm Stiles
Deborah D'Arcangelis	Alan Longshore	Bob Suss
Lea Darling	Kathy Mack*	Joann Szot
Linda Dunn*	Cathy McGuire	Analisa VanAvery
Donna Farber	Linda Morzillo*	Liz Walsh
Terri Gitnik	Gail Ostrander	Vera Weiss
Rita Gavin	Sohpia Palasz	Chris Yost*



Wednesday Walks Participation

WALK #	DATE	WALK	TOTAL WALKERS	CREDIT	NONCREDIT	NWC
1	6-May	Saratoga - Museum	44	33	11	0
2	13-May	Corning Tulip Albany	34	30	4	1
3	9-Sep	Albany Shaker Farms	73	73		1
4	27-May	Round Lake	40	31	9	0
5	3-Jun	Greenwich	34	27	7	0
6	10-Jun	Schen. Mohawk Harbor	51	36	15	1
7	17-Jun	Amsterdam	39	30	9	0
8	24-Jun	Niskayuna/ Blatnik Pk.	34	27	7	0
9	1-Jul	Schenectady /Vale	52	40	12	0
10	8-Jul	Schoharie Crossing	39	30	9	0
11	15-Jul	Ballston Spa	63	50	13	0
12	22-Jul	Malta - tech park	50	42	8	0
13	29-Jul	Menands	70	46	24	0
14	5-Aug	Saratoga East Side	55	55		0
15	12-Aug	Troy - Sacred Heart	49	49		0
16	19-Aug	Altamont	67	67		1
17	26-Aug	South Glens Falls	58	58		1
		Total 2020 Wed.	852	724	128	2



EMPIRE STATE CAPITAL VOLKSPORTERS 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 Membership Directory to allow individual email address / 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: _____

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: _____

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

New Members PLEASE READ

- ◆ New memberships after September 1st are one half the annual fee through the end of the year.
- ◆ New Walker Program™ packets are free to new members, and are valued more than the first year's dues. They include three walk coupons, starter stamp books, our yearly pamphlets of walks, our membership roster booklet, as well as further information about the national AVA organization and international IVV organization.
- ◆ 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 in form above.

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: Select areas you would like to help out
__Registration at walks __Developing new walks
__Programs __Spring Picnic __Oktoberfest
__Pizza Party __Holiday 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.)

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

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

*Excerpt from AVA President
David Bonewitz in the eptember TAW*

President's Message

Also, under the heading of change are the efforts of your National Leadership Team (board and staff) to encourage and support clubs, to find new ways to do business, to become more agile in adapting to a changing world and to adopt technology to help accomplish our mission. We are following our road map, the Strategic Plan, but tweaking it as necessary. We are allowing committee chairs and clubs the flexibility to be creative with programming and services, and once we figure out what those best products and services are, then and only then are we going to worry about rewriting the policy. We can no longer allow our outdated policies to restrict creativity and growth. It is apparent that many of our policies no longer work in the best interest of our clubs or the AVA. Policy should be the recipe book on how we standardize quality and programming across the country. It is the glue that keeps it all together upon completion, not the fabric. Policies have to be changed to reflect what is new and what works.

But first we have to experiment and explore to find what works. Remember the curves I showed at the Albany Convention. Their trajectory clearly shows that doing business as we always have is not working. Some may prefer to continue to do things as we have always done them, but that option can only result in our riding that curve into the ground, and AVA will be no more. So, be flexible and be excited about trying new things. If you have ideas or suggestions, be sure to share them with your RD or appropriate committee chair. Don't let outdated policy deter you from trying new things. Want to try something new that will enhance club growth that isn't addressed in the current Policy Manual, be sure to run it by your RD first.



August 18, 2020

Warren Lavery
Empire State Capital Volkssport
420 Sand Creek Rd. Apt. 508
Albany, NY 12205

big
give

Dear Warren Lavery,

On behalf of the AVA Board of Directors and the Big Give planning team, thank you and your club for your donation of \$379.00 to the American Volkssport Association's annual fundraising campaign, The Big Give S.A. 2020. Your donation will be used to continue the mission of the AVA.

Each year, AVA: America's Walking Club, continues to advance its mission through supporters like you. Your commitment to help bring health and wellness to our communities is sincerely appreciated.

Last year with your support, we raised over \$81,000 and surpassed all previous fundraising goals! The online contributions helped us raise an additional \$1,000 in prize money! Special thanks to all our club members and individuals who helped us get the message out and responded even in these difficult times.

Again, thank you for supporting AVA: America's Walking Club!

Sincerely,

David Bonewitz
President, AVA

Henry Rosales
Executive Director

Special Thanks to the Big Give Committee

Nancy Wittenberg - Chair, Big Give Committee | Henry Rosales | Susan Medlin | Phyllis Olson
Bob Hall | Charlotte Phillips | Hector Hernandez | Samanta Sanchez | Emily Chetwood

The American Volkssport is recognized by the Internal Revenue Service Center as a charitable organization, and as such, donations are tax-deductible from your personal income taxes, within current applicable IRS tax codes. The tax ID number of the American Volkssport Association is **74-2164037**.



ESCV's 11 Seasonal and 13 Year Round walks and bikes for 2021

At the time of this writing, 9 out of 11 seasonals are in the Online Start Box, with the remaining two to be completed within days.

Four out of our thirteen Year Round events are in the Online Start Box, with four more in the queue.

The current rules are such that a POC has the option of having a Physical Start Box (PSB - formerly known as the Walk Box) and/or an Online Start Box (OSB).

The Lake George PSB is currently at the legacy Fort William Henry location, and there will also be an OSB, so it's the best of both worlds.

Other POCs may be considering both PSBs and OSBs when

their host sites reopen, such as Caroga Lake, Glens Falls, Saratoga Battlefield and Scotia.

Some POC's that contemplate OSBs only include Bennington, Cooperstown, Lake Placid, the three bike events, Williamstown, Albany Pine Bush, and Crossgates Mall.

Others are up in the air, and they can all be changed at the discretion of the POC. I don't know of any downside to having an OSB.

If you're considering that for your walk, the first step is to email your current directions in Word to Linda Morzillo morzillolinda@gmail.com

2021 YEAR ROUND EVENTS

Albany, NY - Albany Pine Bush Preserve

Albany, NY - Capital - Historical

Albany, NY - Colonie

Albany, NY - Mall Walk

Clifton Park, NY - CLIFTON PARK

Glenville, NY - Glenville Indian Hills

Saratoga Springs, NY - Saratoga Springs City Walk

Saratoga Springs, NY - Spa Park

Saratoga/Stillwater, NY - Saratoga National Historical Park

Schenectady, NY - SCHENECTADY

Scotia, NY - SCOTIA

Scotia, NY - Scotia Northside Walk

Troy, NY - Downtown

2021 SEASONAL EVENTS

Apr 1st, 2021 to Dec 31st, 2021

Bennington, VT - Bennington Seasonal Walk

Apr 1st, 2021 to Sep 30th, 2021

Caroga Lake, NY - CAROGA LAKE

Apr 1st, 2021 to Dec 31st, 2021

Cooperstown, NY - Cooperstown

Apr 1st, 2021 to Sep 30th, 2021

GLENS FALLS, NY - GLENS FALLS

Apr 1st, 2021 to Sep 30th, 2021

Johnstown, NY - JOHNSTOWN

Apr 1st, 2021 to Sep 30th, 2021

Lake George, NY - LAKE GEORGE

Apr 1st, 2021 to Sep 30th, 2021

Lake Placid, NY - Lake Placid Seasonal Walk

Apr 1st, 2021 to Sep 30th, 2021

Pattersonville, NY - Erie Canal Bike Ride - Pattersonville to ...

Apr 1st, 2021 to Sep 30th, 2021

Schenectady, NY - Seasonal Schenectady Recreational Bike

Apr 1st, 2021 to Sep 30th, 2021

Stillwater, NY - Seasonal Bike - Saratoga Battlefield and Nat...

Apr 1st, 2021 to Sep 30th, 2021

Williamstown, MA - WILLIAMSTOWN



★★★ **Important Notices** ★★★

Please send all hotmails to Eileen by Saturday night for announcements related to the week.
efskinner@aol.com

Empire State Capital Volkssporters

PO Box 5464
 Clifton Park, NY 12065-5464
WWW.WALKESCV.ORG



Club Officers
 President ~ Wayne Knapp
 waynecknapp@gmail.com
 Vice President ~ Christine Yost
 cyost@nycap.rr.com
 Secretary ~ Terry Gitnick
 tgitnick@gmail.com

Treasurer ~ Warren Lavery
 warrenlavery@gmail.com

Newsletter
 Arden Lawand ~ Editor
 arden.lawand@verizon.net

Publicity
 Kathy Mack
 kmack1952@gmail.com

Website / Hotmail
 Eileen Skinner ~ Web Master
 efskinner@aol.com

Please send all hotmails to Eileen by Saturday night for announcements related to the week. There will only be one hotmail per week to the membership



American Volkssport Association
 1001 Pat Booker Road, Suite 101,
 Universal City, TX 78148
 210.659.2112 AVAHQ@ava.org



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



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

W
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20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue

www.walkescv.org