



# Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

March 2020

## ESCV 'POP UP WALKS': *A new initiative to keep us moving thru winter*

The idea of a pop up walk is a walk which occurs without much advance notice. In other words the walk "Pops Up" on our schedule. These walks were created after some new members expressed an interest in doing more walks on a regular basis since temperatures of late have been mild and the sidewalks free of snow. Because we are used to a regular walk on a Wednesday from our Wednesday Walk Program which this year begins in May, it seemed like a good idea to extend the walks on a Wednesday to other months of the year.

***The walks chosen for the Pop Ups will be one of our Year Round Walks which means you will have many more opportunities to complete the current club incentive challenge of 20 walks in 2020.***

A site for lunch will be decided in advance and a count will be taken before the walk starts so that a reservation can be called in to the restaurant. We recently converted 3 Seasonal Walks (Clifton Park, Crossings, and Scotia) to Year Round Walks so we have the opportunity to use those walks as "Pop Ups" without having to repeat the current Year Round Walks (Albany, Albany Crossgates, Albany Pine Bush, Saratoga City, Saratoga Spa Park, Schenectady, Troy). We hope those participating in the Pop Ups are enjoying the additional walking opportunities and also enjoying the times after the walks to meet, socialize, and eat with their friends. ***(Come on we are Volkssporters...who doesn't like to eat?)***



So get out there, enjoy the winter months by doing what we do...WALK. Hope to see you on the Pop Up Trails!

— Teresa Kennedy, Louise Remillard, Chris Yost



ESCV will have a Pop Up Walk on National Walking Day, Wednesday April 1.  
We also have scheduled walks for Saturday and Sunday April 4 and 5 this year,  
to round out National Walking Week.

***Come Walk With Us! [www.walkescv.org](http://www.walkescv.org)***

Member of American Volkssport Association and International Federation of Popular Sports

## One Day Events 2020 Wednesday Guided Walks

WEEK	DATE	LOCATION
1	May 06	Saratoga Springs West Side
2	May 13	Albany-Albany Tulip Festival
3	May 20	Albany-Shaker Farms
4	May 27	Round Lake
5	June 03	Greenwich
6	June 10	Schenectady-Mohawk Harbor
7	June 17	Amsterdam
8	June 24	Niskayuna-Emily Koch Memorial Strawberry Ice Cream Social
9	July 01	Broadalbin
10	July 09	Schoharie Crossing
11	July 15	Ballston Spa
12	July 22	Malta Tec-Smart Park
13	July 29	Menands
14	Aug 05	Saratoga Springs East Side
15	Aug 12	Troy-Sacred Heart Church
16	Aug 19	Altamont
17	Aug 26	Fort Edward-Feeder Creek

### 2020 Traditional Traditional Walks

Apr 25	Cohoes
May 09	Hudson
May 30	Queensbury
June 06	Chatham
Sep 12	Schenectady
Oct 10	Moreau-Oktoberfest
Nov 01	Albany-Pizza Party
Dec 05	Schenectady-Holiday Party

### Year Round & Seasonal Group Walks

KICKOFF	2020	FALL
Jan 01	Schenectady	Nov 04
Feb 05	Albany Mall	Nov 16
Mar 21	Saratoga City	Nov 11
Apr 04	Clifton Park	Sep 16
Apr 05	Albany Capital	Sep 13
Apr 08	Saratoga Spa	Oct 28
Apr 11	Pine Bush	Oct 14
Apr 15	Williamstown	Sep 27
Apr 18	Lake George	Sep 20
Apr 19	Troy	Oct 18
Apr 22	Saratoga Nat'l Hist Park	Oct 24
Apr 26	Cooperstown	Oct 04
Apr 29	Scotia	Sep 30
May 03	Glens Falls	Oct 11
May 16	Johnstown	Oct 07
May 17	Albany Colonie	Oct 25
June 14	Bennington	Oct 17
June 20	Caroga Lake	Oct 03
June 28	Lake Placid	Sep 06



## FOOTPRINTS . . . by Wayne Knapp

Thank you Teresa Kennedy for leading this club over the past four and one half years, and volunteering for so many other past and present duties too numerous to count. And a special thanks for your mentorship to me and others in this organization.

I once heard a sentence that began with “*While floating down the Amazon . . .*” Well, I haven’t made it there yet. But because of AVA I have walked all over this country. And because of ESCV I have walked many local cities, towns and villages that I wouldn’t have otherwise seen. How nice it is to explore these areas with a friendly group of people, enjoy great conversation and sit down for a meal together afterwards.

We’ll have plenty of walking, talking and eating opportunities in 2020, with 65 published events, plus our new Pop Up walks and bike rides, pushing us over 70 for the year. How did we get to such a remarkable place? There are probably many sage members who can account for our success. All I can say is that while walking in Jacksonville recently, a Regional Director told me that we are among the most active clubs in the nation. Thank you to all the enthusiastic new members and all the dedicated long-time members who make this such an enriching experience.

The Latham Firehouse is undergoing renovations, so we’re going to try something different this month. We will hold a daytime meeting on Monday afternoon, March 16, 2 p.m., at the Clifton Park - Halfmoon Library, 475 Moe Road, Clifton Park, NY 12065. Please send me your ideas so we can put them on the agenda.

***See you on the trail,  
or maybe floating down the Amazon!***

**Wayne**



## Membership

Louise Remillard email: lremillard@nycap.rr.com

**17 new Members  
have joined the club since January 1,  
please welcome them when  
you see them on the trails:**

The membership database has been updated with all renewals received through February 15th and we currently have 228 active members starting out in 2020.

***If you haven't sent in your 2020 Membership  
Renewal, please send it in as soon  
as you are able to.***

Print out a copy of the membership form located on page 4 of the Newsletter, fill it out, write a check, and mail it in. You are also able to print out the Membership form from our website.

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 Tunny, Colonie  
Marjorie Pass, Glenmont



## 20 for 20 Incentive Program

***Incentive Books will be available At January 1 New Year's Day Walk,  
all ESCV YRE/SE group walks, and in YRE/SE walk boxes.***

**Objective:** To encourage participation in multiple Year Round & Seasonal Walks sponsored by ESCV & 1 walk by another Club.

**Eligibility:** Any participant paying the \$3.00 fee as an "Award/Credit or Credit only Walker."

**Options:** Book 1; Participate in 15-19 ESCV YRE/SE walks + 1 non ESCV walk from January – June.  
Choice of Foldable Water Bottle or 2 walk coupons for 2021.  
Book 2; Participate in 15–19 ESCV FALL YRE/SE walks + 1 non ESCV walk from July- December.  
Choice of Foldable Water Bottle or Water Bottle Shoulder strap or 2 walk coupons for 2021.

***You may choose to take all year to complete a single book. Come Walk with Us!***

**Rewards:** Complete all 19 ESCV YRE/SE walks + 1 non-ESCV walk; Choice of Foldable Water Bottle + shoulder strap or 4 YRE/SE walk coupons for 2021 or 1 AVA Book + 2 YRE/SE walk coupons for 2021.



If you do all 40 Walks; Choice of Paid 2021 Single Membership fee or 2 AVA Books or 6 walk coupons for 2021.

**Upon completing Incentive Book:** Mail to ESCV Incentive Program, P.O. Box 5464, Clifton Park, NY 12065.

Any additional questions please contact Chris Yost, cyost@nycap.rr.com or Louise Remillard, lremillard@nycap.rr.com

***Come Walk With Us! [www.walkescv.org](http://www.walkescv.org)***

# 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 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 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 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](http://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.) "New Walker Program" packet \$10 (optional)

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

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

**2019 ESCV Participation in Year Round Seasonal Walks**

Albany - Downtown	1	46	21	3	71
Albany - Crossgates Mall	24	18	2	23	67
Albany/Colonie Crossings		271	26	1	298
Bennington,		82	10	12	104
Caroga Lake		17	9	0	26
Clifton Park		27	34	11	66
Glens Falls		23	28	1	52
Johnstown		21	2	10	33
Lake George		35	9	12	55
Lake Placid		10	9	0	19
Saratoga Spa Park	4	44	17	31	96
Saratoga Springs - City	54	27	8	26	115
Saratoga Battlefield	1	17	6	26	50
Schenectady	42	26	4	32	104
Scotia		38	45	3	86
Troy	1	52	3	17	73
Williamstown, MA		32	3	4	39
Albany Pine Bush			29	29	

**QUARTERLY TOTALS**      **127   780   236   236   1379**

<b>WEDNESDAY WALKS</b>	<b>Total Walkers</b>	<b>Credit</b>	<b>Non Credit</b>	<b>NWC</b>
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	x	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	16	1
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>

**Event and Distance Milestones**

**Congratulations!**

Members below completed event and/or distance milestones as published in the American Wanderer.\* from the Dec/Jan issues. If your name was in the milestones listed in those issues and is not included below please e-mail Barbara Kolapakka at bkola67@gmail.com and it will be noted in the next listing.

**EVENTS:**

Donna Farber .....	150
Chris Yost .....	400
Mike Popolizi.....	500
Kathy Brown .....	575
Marion Averill .....	750
Dave Averill.....	750
Barbara Piffat .....	1800
Joe Piffat.....	1800

**DISTANCE**

Mike Popolizio .....	5000K
Nellie Georgelos.....	5500K
Linda Morzillo .....	17000K

**Next awards update will be in June.**

We reach out on



**Walk for fun, fitness and friendship**

ESCV site Hosted by Kathy

An invitation to join the local chapter of America's Walking Club ESCV, www.walkescv.org for 5k or 10k walks, and learn about the 66 group walks planned for 2020 in and around the Capital District.

**..and have received many positive comments**

**"Thanks for making us new members - we're looking forward to future walks!"**

**"Great turnout!"**

**"Happy walkers!"**


**www.walkescv.org**

# From the Publicity Department

By now you may have noticed many new faces and interesting people enjoying our walks. How did they find us? Here's how! We are connecting via social media as well as more traditional advertising venues.

Our Meetup group, was founded by Liz and is named Walk for Fun, Fitness and Friendship. If you are not familiar with meetup, it asks you to establish an account, generally just your first name, and insert a photo. There is no charge for this. You can then enter your city and state, and your interest, and the site will suggest groups that do what you like. We use these when we travel, as well as in the Albany area, to meet people with common interests. Try it. If you are a member of Walk for Fun, Fitness and Friendship, say yes, that you are coming. People are always surprised to see such a large group gathering. There is no obligation, and you can leave groups as easily as you join them.



 Facebook allows us to post events within the Empire State Capital Volkssporters (ESCV) website. You will receive an event notification if you have "liked" ESCV's



**January 1, 2020, Schenectady 61 hearty walkers.**

page, or if you go to the page. Please tell us you are going or interested. It's fun to look forward to who we will see on our walks. If you see the event on Facebook, please share it with your friends. Just hit the share button.

We also share our walk information with more traditional media, local newspapers, the ECOS newsletter, other clubs, and the ESCV newsletter, and the Hotmail sent by Eileen each week.

— Kathy Mack

***Come Walk With Us!***



**February 5, 2020 Walk at Crossgates Mall 51 walkers, including 10 new people.**

## America's Walking Club leads the way for "NATIONAL WALKING WEEK"

The AVA Board of Directors voted and declared the first seven days of April "National Walking Week" to coincide with "National Walking Day" sponsored by the American



Heart Association for the last twelve years and takes place on the first Wednesday of April. This year, National Walking Day occurs on Wednesday, April 1, and National Walking Week includes the days of the first through the seventh. The creation of National Walking Week allows the focus to be on all the reasons we walk in AVA and in the country, and it will give greater flexibility for everyone to be included in activities since there will always be weekend days to participate. The first National Walking Week gives AVA and its member clubs and individuals the ability to do several things. First, it will create a "critical mass" of activity leading to visibility and publicity for our work in the areas of fitness, fellowship and fun. Second, it gives the AVA and its clubs the ability to create alliances and coalitions to promote walking together for all the reasons mentioned in the declaration. Partnerships will be the key to AVA exposure and growth in the future.

**20/20: Focused On Walking** Every club is encouraged to hold a walking activity sometime during the first seven days in April. Traditional events are great. Coming together to do a year-round in a group walk is great. Please look at the benefits of owning and using a "Traveling Guided Walk" stamp. This stamp allows the club to hold multiple events during the seven days that are not already sanctioned. It gives greater flexibility to reach out to new communities and activities that would be ripe to co-host a walking event with you.

Because this week is the AVA's opportunity to show the benefits of walking to a wide range of activities and causes, there will be "neutral" sites created on the internet and in social media to allow collaborations. These links will be on the AVA's new website and shared throughout the internet world and in our traditional media. During the seven days, please ask yourself the question,

***"How does my walking benefit my community?"  
Go out and tell the story!***

### ***Dear AVA Family,***

We are counting down the days to our annual fundraiser, the Big Give. On March 26, please keep us in mind and help us reach our goal of \$80,000! Share with friends and family members about the important work we do and ask them to join us in making a difference. Walk long, stay strong with America's Walking Club!

### ***How You Can Participate***

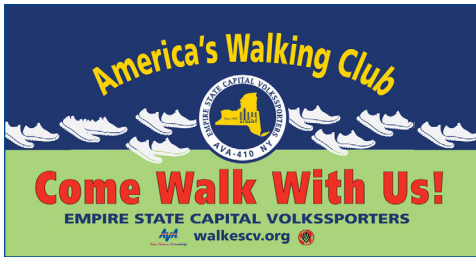
1. Share the attached Big Give Flyer with family & friends.
2. Mail your donation checks to the AVA National Office before April 30, 2020. Mail checks to: American Volkssport Association 1001 Pat Booker Road, Ste 101, Universal City, TX 78148.
3. Make an early online contribution anytime from March 19 to March 25, 2020. To donate online visit <https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>

4. Make an online contribution the day of March 26, 2020 to help us leverage additional cash prizes. To donate online visit: <https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>
5. Donors can now make bank to bank transfer donations. Minimum donation amount for a bank transfer is \$100. \*Fee for bank transfer donations is \$3.00 per transaction. Fee for all other online donations is 6.2% + \$0.30.
6. Fundraise on behalf of the AVA by creating a Peer to Peer page. If you need assistance creating or personalizing your page, please send an email to [emily@ava.org](mailto:emily@ava.org) (note on subject line Peer to Peer Help) or you can reach her at 210-659-2112.



***For more information on the Big Give,  
feel free to reach me at [samanta@ava.org](mailto:samanta@ava.org)***

***Thank you for your support!***



### 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 Sunday 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/

## ★★★ Important Notices ★★★

# Upcoming Traditional Events

### Saturday April 25 - Cohoes & Van Schaick Island Walk.

This is a fresh route to encompass Cohoes Falls and Van Schaick Island. Highlights include the Van Schaick Mansion; Historic Boyden Turbine, showing the mechanics that ran the textile industry back in the day; Harmony Mills; Replica Cohoes Mastodon and excavation site; Cohoes Falls, 2nd largest in NYS; and the Brookfield Power Plant.



**Saturday May 9 - Hudson Walk.** Come see the rejuvenated Hudson, which has become a modern hotbed of the arts and café scene. Highlights will include the historic Hudson River Lighthouse and Riverfront Park; beautifully restored homes; exciting Warren Street with all of its restaurants and galleries (Kate Winslet and Jennifer Lawrence were recently spotted at Le Perch); Hudson City Cemetery where surviving sisters of the Titanic are buried; the old armory, now library; the historic Alms House aka Lunatic Asylum / Orphan Relief building. And if you're still in town, the 2nd annual Mad Hatter's Parade ([www.madhattersparade.org](http://www.madhattersparade.org)) will begin at 2 p.m. If you like quirky, stick around.

**Saturday June 6 - Chatham Walk & Mac-Haydn Theatre Event.** Walk beautiful Chatham and stay for an optional theater-in-the-round performance.

## Neighboring Club Walks

March 28 - Hopkinton Soup Social [www.walknmass.org](http://www.walknmass.org)

[www.walkescv.org](http://www.walkescv.org)