



Empire State Capital Volkssporters

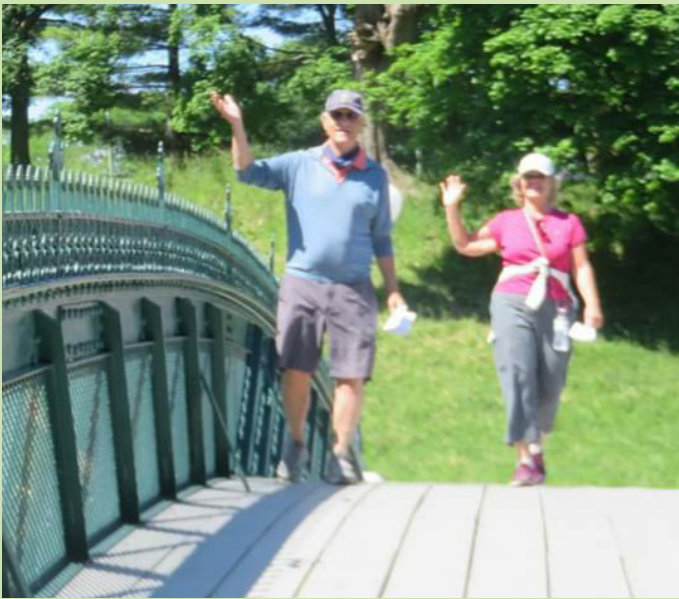
Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

July/August 2020

Hello, Goodbye...Hello again

~~~See Page 2 ~~~~



We're going to have a Club meeting on July 29  
after the walk in Menands, at the Ganser-Smith open air pavilion,  
or even out under the trees if it's nice out.

***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

|         |        |                             |
|---------|--------|-----------------------------|
| July 29 | 9AM    | Menands                     |
| Aug 5   | 9 AM   | Saratoga Springs, East Side |
| Aug 12  | 9AM    | Troy, Sacred Heart Church   |
| Aug 19  | 9AM    | Altamont, New Start Point   |
| Aug 26  | 9:30AM | South Glens Falls           |
| Sept 2  | 9AM    | Glenville, Indian Hills     |
| Sept 9  | 9AM    | Albany Shaker Farms         |
| Sept 16 | 10AM   | Clifton Park                |
| 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 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 | Aug 8  | 9AM    | Cohoes                     |
| Sat | Aug 22 | 10AM   | Hudson                     |
| Sat | Oct 10 | 10AM   | Moreau St. Pk. Oktoberfest |
| Sun | Nov 1  | 1:30PM | Albany Awards/Pizza        |
| Sat | Dec 5  | 10AM   | Location TBD Holiday Party |



How's that for a roller coaster first half of 2020?

The year started out gangbusters with great attendance at regularly scheduled and pop-up walks. There were minor sidetrack issues like a Democratic Primary and a presidential impeachment, but what could go wrong?

Just the biggest pandemic to hit our country in a century. We hunkered and distanced and did our best to keep safe. When we finally emerged, we did so making technology our friend. As bad as it was in the dark days, I'm glad we dealt with it earlier rather than later so we've had the better part of the spring and summer to get back on track. Seventeen people joined our club early in the year, and four more recently. In today's world, what could be better than volkssporting in the great outdoors with like minded people?

You just can't keep some people down. Do yourself a favor and take a look at Winnie Balz' delightful article and photos about what she and a few others did over the spring. One of the "others" is Ed Koch, who turns 90 this year. There's going to be a birthday gathering in his honor on August 1, and he looks forward to seeing you there. Details are in recent Hotmails.

Liz Walsh is beginning to gather information for the 2021 season of Year Round and Seasonal events. She needs to get updated information into the publisher's hands by early September, so they can appear in the annual Starting Point book. Please take a moment to consider whether your event should be Year Round or Seasonal. And if Seasonal, do you want it open one, two or three quarters of the year. And further, do you want a Physical Start Box (PSB), Online Start Box (OSB), or both (which you can do under the new rules).

We're going to have our first meeting of the year on Wednesday July 29 immediately after the Menands walk. It will be held outdoors under the trees, or under the Ganser-Smith pavilion if necessary. There will be a year's worth of items on the agenda because who knows if and when the next meeting will take place. So I hope you participate in the meeting, and bring a lawn chair and lunch for post-meeting camaraderie. Within this newsletter you'll find some articles that will have a bearing on the meeting.

*Stay well, and see you on the trail,  
Wayne Knapp*

# Membership

Louise Remillard email: lremillard@nycap.rr.com

## We currently have 245 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

## Event and Distance Milestones

### **EVENTS:**

- 50 Mary Brown
- 250 Louise Remillard
- 550 Kathy Piffat
- 750: Lea Darling
- 1200 Linda Morzillo
- 2200 Eileen Skinner

### **DISTANCE**

- 1500K Louise Remillard
- 2500K Chris Yost
- 7500K Lea Darling

# 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](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 \_\_\_\_\_**

## Starting Point Photo Contest

We have our mask, our phones, and our walks. Let us see those pictures of the "People", "Places" or "Things" you encounter! Can you capture Volkssporting at its best? Let's try! Please submit your entries for this year's photo contest.

The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2021 Starting Point book. Winners will also get a complimentary copy of the Starting Point!

Entries are due to AVA National office no later than August 15, 2020. Rules, guidelines and the official entry form are attached in link below. Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2019 – August 15, 2020. For more information contact Hector at [hector@ava.org](mailto:hector@ava.org)

[Contest rules link](#)

[http://cb.ava.org/Clubs\\_Only/2020\\_Forms/Submision\\_Form.pdf](http://cb.ava.org/Clubs_Only/2020_Forms/Submision_Form.pdf)

## Element3 Update

We have our mission and we are going to keep moving! Element3 Health & AVA: America's Walking Club Matching Program is on the move too! As we adjust our program based on current recommendations and health guidelines, I will be posting updates and new information to GroupWorks.

Also, clubs registered for this program, please check your email and/or GroupWorks for information on an upcoming conference call to check in with clubs and discuss program updates.

## AVA Convention Committee — Jerry Wilson, Chair

### 2021 AVA Biennial Convention - Tentative Schedule

Please [click here](#) for a tentative schedule of events leading up to and through the 2021 AVA Biennial Convention slated for Madison, Wisconsin. There may be changes, but things are firming up the more we talk through the process.



22<sup>ND</sup> AVA BIENNIAL CONVENTION  
MADISON, WI | JUNE 26 - JULY 3, 2021

Click image to view our new 2021 AVA Convention page for all your news, updates on events and registration information.

[Click here](#) for Convention survey.

## America's Walking Club

Those clubs that are not registered but would like more information, please email me at [Emily@ava.org](mailto:Emily@ava.org) and you will receive the conference call details as soon as a date and time are determined. Thank you!

### Opportunity to Serve

The 22nd AVA Biennial Convention in Madison, Wisconsin, is less than a year away. While we will enjoy great walks, see new and old friends, and gain knowledge at workshops, a critical activity at our convention is the election of the national officers for the term of office from July 3, 2021 – June 30, 2023. Those national officers are the President, Vice-President, Secretary, and Treasurer.

Think of AVA as a sailing ship. The clubs are the sails that give AVA its energy and move it forward. The Regional Directors are like the lines that set the sails and configure the ship to run at its most efficient. The National Officers are like the rudder that sets the direction that the ship is going to sail. You get the idea.

Good leadership is essential for AVA to keep moving forward. Think about what you have done for your club, your state association, your region, and AVA. You have ideas about how AVA could do things better. It is easy to sit back and criticize, but what does that accomplish. Now is the time to step up and make a difference. Run for national office!

The Nominating Committee is made up of experienced, dedicated AVA members who volunteer to encourage AVA members to volunteer to run for office, and assist the candidates seeking office to understand the timelines and procedures to seek office.

Nomination Letters of Intent and Candidate Packages will be due in October in time for inclusion in the December 2020 TAW. Further details and precise schedule will be provided in upcoming TAWs and Checkpoint.

For more information, contact Tom Jackson at [nominations@ava.org](mailto:nominations@ava.org)

Sunday, May 17, 2020

Dear Kathy and Wayne,

You asked ESCV members what we've been doing since COVID-19 has put an end to big group gatherings since early March. So here goes.


Ed Koch, Annalisa VanAvery and I have been doing walks on Wed. mornings for many weeks now. The last three weeks, we've been joined by Eileen and John Sowa. Sue Gray has also joined us these last 2 weeks. So now we're a group of 6. The walks are any where from 1.5 miles to 2.5 miles. So far, we are well within the recommended number for outdoor gatherings and we are practicing social distancing (for the most part). Of course, most of this group are over 80 so we're out for a leisurely walk and social visiting, catching up and having a good time.

We have walked a section of the bike path to reach a trail that leads down to the Mohawk River where a lovely waterfall enters the river. We have walk in the Anchor-diamond at Hawkwood preserve that's in the Ballston Lake area. Nice picturesque trail, old foundations of a mansion, and lovely spring flowers – we did this trail twice. Also we have done a section of the Vischer Ferry Preserve. The trailhead parking is usually very crowded but since we get there by 10 AM, we have been able to find a parking spot. The Ann Lee Pond, part of the Shaker area over by the airport is a nice trail and the bridge that crosses the pond is new. And last Wednesday we walked along the escarpment at Thacher Park and enjoyed having lunch together after the walk. My absolute favorite. Wish I could invite many more people but since the rule is up to 10, we'll have to abide.

Hope you are staying well. Thanks so much for your updates. Also passing on info on fellow members. Keeping people in prayers. Shocking news about Pat Reed, so sorry to read that she has passed on.

Happy Trails..

Winnie Balz



# THACHER PARK

Wed. 5/13/20 -Escarpment Trail - We  
Reached our destination -The entrance  
To the portal leading down to the lower level.



You must be able to squeeze through this  
Box to enter. Ed couldn't, neither could  
Anyone else



Fissure -AKA "Fat Man's Misery" - Approx 1 ft. wide  
Perhaps 50 ft drop to lower level - (mavbe more)



Back to the playground area where we ate  
Lunch - note social distancing. Due to COVID-19  
We couldn't use the slides..



**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

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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/

★★★ **Important Notices** ★★★

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

**Are you an online shopper at amazon.com?**

Did you know that Amazon has a program called AmazonSmile where you can support your favorite charitable organization every time you shop, at no cost to you? You can use your existing Amazon account on AmazonSmile by logging into smile.amazon.com on your web browser or activate AmazonSmile on your Amazon Shopping app on your iOS or Android phone. Tens of millions of products on AmazonSmile are eligible for donations. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.



For more information see link

[https://smile.amazon.com/gp/chpf/about/ref=smi\\_se\\_rspo\\_laas\\_aas](https://smile.amazon.com/gp/chpf/about/ref=smi_se_rspo_laas_aas)

If you decide to participate in the AmazonSmile Program, you have over one million eligible 501(c)(3) public charitable organizations to choose from. Would you consider selecting American Volkssport Association Headquarters as your charity designation? If you search American Volkssport Association, several clubs appear under their own name or under American Volkssport Association. You'll know that you are donating to the national office by selecting the option of American Volkssport Association Headquarters, Universal City, Incorporation year 1976. The AVA is listed under the following categories: Other Recreation, Sports, or Leisure.

American Volkssport Association Headquarters recently received a quarterly donation of \$59.35 thanks to customers shopping at smile.amazon.com. To date, AmazonSmile has donated a total of \$789.72 to American Volkssport Association Headquarters, and \$183,120,221.33 to all charities.

Thank you for taking the time to learn more about AmazonSmile Charity Program & for considering American Volkssport Association Headquarters, Universal City, Inc 1976 as your charity designation.

Linda Dunn

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