



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

August 2021



2021 Traditional One Day Events

- Sept 11 Schenectady Walk - Fall Fests
- Oct 16 Oktober Fest Colonie Town Park
- Nov 7 Albany Walk - Pizza Party
- Dec 4.....Scotia Walk - Holiday Party

Save the Date

- Oct 9, 2021 Turner Falls, MA
- Oct 10, 2021 Middlebury, VT
- Feb 19-23, 2023 IVV Olympiad
- Feb 24-26, 2023 IML



ESCV 2021 Biennial Convention ~ Award Winners ~

Distinguished Achievement Awards

Teresa Kennedy Eileen Skinner Lea Darling

Continued on page 2

Come Walk With Us!

Member of American Volkssport Association and International Federation of Popular Sports



Empire State Capital Volkssporters

PO Box 5464
Clifton Park, NY 12065-5464
www.walkescv.org/



Club Officers

President ~ Christine Yost
cyost@nycap.rr.com

Vice President ~ Larry Godshalk
lgodshal@nycap.rr.com

Secretary ~ Terry Gitnick
tgitnick@gmail.com

Treasurer ~ Warren Lavery
warrenlavery@gmail.com

Newsletter

Arden Lawand ~ Editor
arden.lawand@verizon.net

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
1008 S. Alamo St.
San Antonio, TX 78210
210.659.2112 AVAHQ@ava.org



Northeast Region

Wayne Knapp ~ Northeast Regional Director
wayneknapp@gmail.com
www.avaclubs.org/NE_RD/



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



Continued from page 1

ESCV 2021 Biennial Convention ~ Award Winners ~

Meritorious Service Awards

Larry Godshalk Barbara Kolapakka Warren Lavery
Arden Lawand Linda Morzillo Laverne Stiles Elizabeth Walsh
Marv Weiss Vera Weiss Christine Yost

Commendable Service Awards

Marion Averill Barbara Bilins Kathleen Brown Suzann Burke
Deborah D'Arcangelis Tad Darling Linda Dunn
Donna Farber Bernie Geren Terry Gitnick Lillian Jullian
Barbara Nigro Louise Remillard Beth Snyder Jan Golden
Susan Grey Mary Sorell Carol Sorensen

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**Distinguished Service Award** - The Distinguished Achievement Award recognizes individuals who have given at least eight years of extraordinary, unequalled, and exemplary service to AVA. Personal contributions must have been made at an exemplary level at several stages of service, including at the national level.

**Meritorious Service Award** - The Meritorious Service Award recognizes individuals who have given at least five years of outstanding service to AVA.

**Commendable Service** - The Commendable Service award recognizes individuals who have given a significant amount of service, regardless of the amount of time they have been a member.



## Chris's Corner . . . by Chris Yost

Now that the 2021 AVA Convention in Madison, Wisconsin is in the books I can reflect on things about the convention that I enjoyed. One was signing in to walks and another was getting my book stamped. As we are now returning to this practice at ESCV I feel a sense of normalcy which sure feels good. We took the necessary precautions when needed but now that COVID restrictions have been lifted we can resume our usual practices.

What else do we have to look forward to in a return to normal? *Food "events": the Oktoberfest, the Pizza Party and Recognition, and the Holiday Party. The cardinal rules of AVA... fun, fitness, friendship and FOOD.*

Won't it be nice to enjoy the festive aspects of our club in addition to welcoming back members who may not be able to walk but still enjoy the socialization of these fourth quarter events.

Walking and talking with fellow walkers without masks is also a treat. Catching up with old and new friends on a walk is certainly enjoyable. You look forward to a walk when you know your friends will be there or have the opportunity to make new friends. Walking and talking with folks outside of your club can provide new ideas and perspectives in addition to more friendship opportunities.

We ESCVers can experience these opportunities by supporting the vision of our NERD, Wayne Knapp, by participating in walks with our sister clubs in the Northeast Region. I had the opportunity to do this recently in Dryden (Finger Lakes Club) and Seneca Falls (Niagara Frontier Club) where some ESCV members were greeted by sister club members who welcomed us to walk with them. Not only do you gain new walking friends but you share ideas and learn about what other clubs are experiencing. It's a win win for all.

***I hope to see you on the trails near or far and/or at social events later in the year.***

*Chris Yost*  
President, ESCV

## Milestones

The American Wanderer June 2021

### EVENTS:

- 300 ..... Annalisa Van Avery
- 350 ..... Linda Dunn
- 525 ..... Chris Yost
- 750 ..... Teresa Kennedy
- 1200 ..... Dave Janiga
- 1250 ..... Linda Morzillo

### DISTANCE:

- 2000KM ..... Annalisa Van Avery
- 3000KM ..... Linda Dunn
- 3500KM ..... Barbara Bilins
- 7000KM ..... Andrew Schmidt
- 22000KM ..... Barbara Piffat

# Join Us On A Special Walk in Manchester, Vermont

by La Verne Stiles

Autumn in Vermont is special. Leaf-peepers travel from all parts of the country and the world to see the explosion of colors that blanket the mountains. Take advantage of the season with the Empire State Capital Volkssporters (ESCV), who are planning to host a 10K/6K event in Manchester, Vermont, on Saturday, October 2, 2021. It is also the 20-year anniversary of this event that was co-hosted with Twin State Volkssport Association in 2001.

Manchester is located in the Battenkill Valley of the Green Mountains of Southwestern Vermont. It is a charming small New England village that boasts gracious homes, many eateries and boutique stores. Walkers will enjoy Manchester's attractive streetscaping. The route will begin in the area of Manchester Village, a National Register Historic District. Walkers will pass the Orvis Flagship Store and world-class Fly-Fishing School. The Burr and Burton Academy, which opened in 1828, is also along the walk route. It was founded as an institution preparing young men for the ministry and later became the first coeducational school in Vermont. Walkers will also pass by the stately Equinox Resort and Spa, which first opened in 1769 and has always "catered to the highest classes of society," including several presidents. The north wing of the building was the original Orvis family's homestead. The Equinox golf course boasts beautiful fairways with spectacular views of the surrounding mountains.

The route includes Manchester Center which showcases an impressive mix of eateries, designer outlets and locally owned specialty shops, many of which are housed in repurposed structures that have been authentically restored.

For example, Colburn House, one of the area's longest continuously operating inns, is now the Northshire Bookstore, one of the best independent bookstores in the United States. The area known as Factory Point is where several mills, tanneries and blacksmith shops drew power from the Battenkill. Today, the Battenkill is a 60-mile premier catch-and-release river known for brown trout as well as for rafting, canoeing and kayaking adventures as the river widens just a short way downstream.

The Start Point will be at the Orvis Outlet, 4382 Main St, Manchester VT (802-366-9134). Walkers may start between 10:00 AM and noon and finish by 3:00 PM. It is advised that walkers plan ahead as there are no restroom facilities at the start point; however, there is a Stewart's across the street, a market next door and a McDonald's on Depot St, a short distance into the walk.

For special dining with fantastic views, the Marsh Tavern is housed inside the original historic Equinox hotel and offers seasonal New England dining for lunch or dinner (802-362-7838 or reserve online). Mulligans of Manchester (3912 Route 7A), housed in a converted 19th Century Victorian, is also a delightful place for lunch. It serves classic American fare in bountiful portions, great service, and a super-comfortable atmosphere. For reservations, call [802-362-3663](tel:802-362-3663). There are other restaurants as well as many motels, inns and resorts in and around Manchester for overnight accommodations. Reservations for both dining and accommodations should be made as well in advance as possible during this busy foliage weekend. For a list or for further information, you may contact POC LaVerne Stiles: 518-223-3750 or [lavernestiles@msn.com](mailto:lavernestiles@msn.com).



Favorite nearby attractions include the Hildene, a handsome Georgian Revival mansion with extensive gardens that was the summer home of Todd Lincoln and family, the Mount Equinox Skyline Drive (a breathtaking panoramic view at the summit, especially during Autumn), and the Southern Vermont Arts Center (multidisciplinary art).

The members of ESCV look forward to greeting you in Manchester!





# ESCV Oktoberfest Picnic Saturday, October 16, 2021

Colonie Mohawk River Park, Pavilion #2 in park, 71 Schermerhorn Rd Cohoes, NY 12047  
~ 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 mail check made out to ESCV by October 8 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 Friday, October 8, 2021

# Traveling Guided Walks By Wayne Knapp, Edited by Linda Morzillo

Was your club looking to continue your healthy outdoor walks last winter? We were. Our club, the Empire State Capital Volkswalkers (ESCV), has enjoyed weekly Wednesday Walks for many years during the snow-free months and members were interested in continuing to do the same throughout the entire winter. Our biggest concern was the expense incurred when "what if we sanction a walk that has to be canceled because of weather?"

Bingo! Last spring Tim Miner posted an article on the AVA Programs and Policies Facebook page. There is a Traveling Guided Walk (TGW) stamp that could be used for an unlimited number of individually sanctioned walks throughout the year. The one-time stamp cost \$75, but once it was obtained, additional walks could be sanctioned in a very short time frame, and at no additional cost to our club.

The TGW program served our needs well. We began by scheduling seven TGWs on Wednesdays in January and February, leaving open some late winter dates for postponements. It turned out that we did, indeed, need to reschedule three of those walks. The beauty of the TGW program became evident when our RD Chris Mellen and AVA's Hector Hernandez were able to immediately slide those same walks ahead to our next open calendar dates

at no additional cost to our club. As an added bonus - the stamp continues to be available throughout the rest of the calendar year.

The accompanying picture (credit Linda Morzillo) shows how the stamp can be designated for a particular walk by stating the date and the sanction number of that walk. Adhering to the COVID-19 protocols set by our club, the directions and stamps are emailed to members. Enough stamps are provided to ensure documentation in members' walk, distance and special program books.

Attendance at our TGWs has been great! Walkers can now look forward to walking with others all year round in underutilized and previously undiscovered places.

I would highly recommend the Traveling Guided Walk program as a flexible tool for certain applications. If you have any questions, please contact me at [waynecknapp@gmail.com](mailto:waynecknapp@gmail.com).



***Some Tater Tour "Tots" enjoying a walk in Fridley, Minnesota along the Mississippi River.***



# Membership

Louise Remillard email: lremillard@nycap.rr.com

## We have **294** Members

### New Members in February 2021:

Miroslav Cec, Albany  
Terrence Gettings, Watervliet  
Deborah Spicer, Troy  
Nancy Valley, Wynantskill  
Charleen Blanchard, Glenville  
Janice Fontanella, Albany

### New Member in March 2021:

Debra Moskowitz, Albany  
Mary Ann Randall, Albany  
Patricia Serpenti, Malta  
Sue Cassidy, Williamstown  
Laura Silver-Khune, Albany  
Dinah Crossway, Albany

### New Members in April 2021:

Brea Barthel, Albany  
Kathy Crumb, Malta  
Ray C. Henrikson, Slingerlands  
Katie Henrikson, Slingerlands  
Carolyn O'Donnell, Rensselaer

Annie Kubizne, Latham  
Margaret Ida, Sarasota, FL  
Doreen Russo, Cobleskill

### New Members in May 2021:

Fred Boreali, Scotia  
Joanne Brundige, Ballston Spa  
Paul Roerig, Ballston Spa  
Gail Secunda, Clifton Park  
Pamela Weis, Cohoes  
Blanche M. Fisher, Glenville  
Judy Moffitt, S. Glens Falls  
Susan Podgorski, Schenectady  
Mary Tedisco, Glenville

### New Members in June 2021:

Charles Ceresia, Niskayuna  
Susan Moore-Palumbo, Wilton  
Frank Palumbo, Wilton  
Bernd Schatz, Albany  
Joan Schatz, Albany  
Jackie Goldberger, Florida

Judy Arnold, Albany  
Diane Tilden, Austerlitz  
Lee Tilden, Austerlitz  
Charlotte White, Rensselaer  
Mary Vogel, Glenmont  
Jackie Goldberger, Schuylerville  
Sue Mills, Glens Falls  
Beatrice Kovaszny, Albany

### New Members In July 2021:

Maureen Adamek, Schenectady  
Denise DiGiovanni, East Berne  
Barbara Glaser-Sanchez,  
Saratoga Springs  
David Sanchez, Saratoga Springs



\*As of July 2021



# VOP: What is a Virtual Walking Program

Virtual Walking Programs/Virtual Online Programs use computer-generated maps to create routes in many far and exciting places allowing you to convert your steps to move along a route. The routes may take you through jungles or over mountains, or even across oceans – places you couldn't actually walk. By signing up you get instructions on setting up your walking account. You then either sync your pedometer, Apple Watch, Fitbit, SmartPhone, etc., or enter your steps manually. You can then follow your place on the route, learn interesting facts along the way and see others that are either ahead of you or behind you on the route.

Registration also includes being able to join your regional team to help them win the current year's Regional Traveling Trophy Challenge. What steps count? Every step you take, whether a Volkswalk, a walk in the park or in your neighborhood, shopping for groceries or at the mall, even walking in your living room with an exercise program or while rooting for your favorite team during a ballgame. Any walking, anywhere counts!

Since the inception of this idea there have been 4 AVA programs: 2018 401K, 2019 Walkin' Canada, 2020 Appalachian Trail, and 2021 A New Adventure Every Quarter (1Q Kindness Round the Globe, 2Q National Parks of America, 3Q Global Cuisine, 4Q Get Fit on Route 66). In 2018 Louise Remillard jumped into the initial VOP 401k program with both feet and was the only ESCV member to participate. In 2019 Donna Farber joined Louise Walkin' Canada. In 2020 Linda Dunn and Chris Yost joined Louise and Donna on the Appalachian Trail.

In 2021 ESCV member Linda Morzillo joined Louise and Chris on the Quarterly Adventure Program on the Northeast Regional team. **Has this gotten your interest?** Will you be next to join the ESCV members on the Northeast team in 2022? **Watch for news towards the end of the year on the next AVA Virtual Online Program.**





# 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 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](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.)

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

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

EMPIRE STATE CAPITAL VOLKSSPORTERS

# 22nd Annual Walk & Pizza Party

## Sunday, November 7, 2021

10 km (6.2 miles) –or– 5 km (3.1 miles)

**START/FINISH:** St. Andrew’s Episcopal Church, 10 N. Main Avenue, Albany, New York 12203

**Parking:** Going north on N. Main to intersection of N. Main & Western Ave. take a right on Western Ave (going East) to 1st traffic light. Take right into St. Rose College parking lot.

**WALK REGISTRATION:** 1:00 – 1:25 PM. **WALK:** Starts promptly at 1:30 PM.

**Walk Brochure:** <http://walkescv.org/>



Our annual Pizza Party\* will take place immediately after the group walk around 4:00 PM.

**RESERVATION is necessary for the Pizza Party.** Cost per person is \$15.00 which includes hors d’oeuvres, pizza, wings, salad, beverage, & dessert.

Make check payable to: ESCV and mail along with Reservation Form to:  
Chris Yost, 28 Gould Dr., Scotia, NY 12302.

DETACH AND RETURN

### Pizza Party Reservation Form

Send to: Chris Yost, 28 Gould Drive, Scotia, NY 12302

Name and Phone Number

Pizza Party  
\$15.00 per person

\$

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TOTAL SUBMITTED: \$

~~~~ Deadline is Thursday, October 28th ~~~~~