



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

MAY 2022

Chris's Corner... by Chris Yost

Looking Back... ESCV turns 35

It was 35 years ago this June when a group of friends decided to form a walking club. As most people were still working, they met at 6:00 pm to do 10k walks in the area. The very first unofficial walk took place in Albany, NY in conjunction with Albany's tricentennial celebration and was associated with Blue Cross Blue Shield in promoting good health. The following year Empire State Capital Volkssporters was born and the club's initial sanctioned walk took place again in Albany with 150 in attendance drawing Volkssporters from other area clubs as well. After the initial walks in Albany, the club added Schenectady and Troy with walks always a 10k. Since that time the club has grown to 22 Year Round and Seasonal Walks, 18 Wednesday Walks, and 5 Bike Rides.

Although none of the original founding fathers are with us, I contacted several long-time members from the early days to tap their memories.

Jim Shanley recalled the medallion awards available at walks.

Sue Larson talked about the "Mystery Trips." Members would sign up for a multi-day bus with an undisclosed itinerary. Participants were given suggestions on what to pack

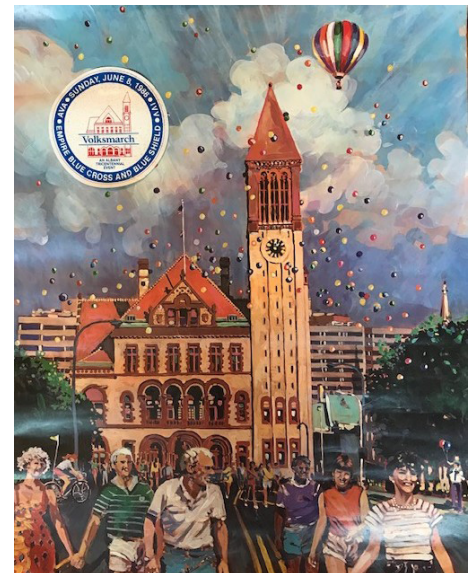
and the number of walks planned. The destinations were known only to the planners. One particular trip led them to walk in New Jersey, Delaware, Pennsylvania, Maryland, and New York (6 walks in 5 states).

Shirley Pingelski remembered having club meetings in a local diner and first hearing about the club in a radio advertisement.

Winnie Balz, who found out about the group through friends, created many walks, among them the popular Cooperstown walk. Her interest in history allowed us to learn interesting facts about the sights along the routes.

Linda Morzillo recalls reading in the newspaper about a walking club in 1991. She and **Jim Morzillo** met **Ron Hersh**, Winnie Balz and others at the start point and began their first walk around Saratoga Springs on a day when all the museums were open free to the public.

One of the club's longest tenured members, **Ed Koch**, shared his memories of the club's cook books, created by his wife, **Emmie Koch**. She also introduced our annual strawberry festival/walk, the cookie



The first Volksmarch in Albany was an event by Empire Blue Cross and Blue Shield and held on June 8, 1986. The Empire State Capital Volkssporters was founded a year later.

house stop in conjunction with our traditional holiday walk and party, and the wine and cheese walk which took place in the historic part of Schenectady, the Stockade. Ed remembered walking with Cadets at West Point and crossing the Bear Mountain Bridge in the Catskills followed by a delicious meal hosted by a local Fire Department's Axillary. He also touted the success of the Adult Education Classes hosted by club members in order to attract new walkers.

— Continued on page 3

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 ~ Barbara Nigro
barb.nigro@gmail.com

Treasurer ~ Terry Gitnick
tgitnick@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/>

2023 IVV Olympiad and IML

Texas Trail Roundup Walking Festival Updates

— Host hotel Confirmed —

LA QUINTA BY WYNDHAM SAN ANTONIO RIVERWALK HOTEL

The La Quinta San Antonio Riverwalk Hotel will be the host hotel for the 2023 IVV Olympiad/IML Texas Trail Roundup Walking Festival. The rate for a single, double, triple, or quad room is \$159.00 plus taxes. This rate includes breakfast. Parking is discounted at a rate of \$18.00/night for AVA hotel guests. The standard rate is \$26.00.



There is a city parking lot across the street from the hotel. Reservations will be made by calling 800-753-3757.

Please use the information below when calling to make reservations.

Reservations Department #:

800-753-3757

Hotel: La Quinta by Wyndham San Antonio Riverwalk (property #53402)
303 Blum, San Antonio TX 78205

Group Name: American Volkssport Association

Group Code: CG8650 - Please be prepared to provide credit card information to guarantee reservations. The guest room block will be held until 1/19/2023 which is 30 days prior to arrival or until such time as the block

has been filled. Any sleeping rooms not reserved by the cut-off date shall be released by the HOTEL for sale to the public

The AVA is in the process of securing several additional hotels at a discounted rate for our guests. The prices will vary to accommodate most budgets. Information on these hotels will be released by May 1st and be posted on the AVA and Olympiad/IML website.

Event registration is scheduled to open May 1st. The registration link will be posted on the AVA website, or you can go to: Home - IVV Olympiad 2023. Note there will be an early bird discount so be sure to register early! The host hotel, La Quinta, will be the event registration and packet pickup site. This will be an incredible event that will require many volunteers. If you would like to volunteer, please contact Susan Pinneke at nc_rd@ava.org

— Published in the AVA Checkpoint April 2022



Awards available for purchase at walks in the 1990's.



2022 ESCV Chairpersons

Membership	Louise Remillard
Publicity	Kathy Mack
Event Brochures	Arden Lawand
Purchasing	Winnie Balz
Sunshine	Kathy LeRoux
Club Merchandise	Bev Feltt
Name Tag Orders	Gail Ostrander
Walk Development & Traditional Walks	Larry Godshalk
Coordinator Year Round & Seasonal Walks.....	Liz Walsh
Wednesday Walk Coordinator	Deborah D'Arcangelis
Trail Master	Linda Morzillo
Online Start Box Coordinator	Larry Godshalk
Web Master.....	Eileen Skinner
ESCV Historian	Teresa Kennedy



Continued from page 1

A few of our members, **(Linda Dunn, Teresa Kennedy, and John and Jean Van Vranken)**, learned about Volkssporting from their time in Germany. What a wonderful surprise to eventually find ESCV, a local Volkssporting club, when they returned to the states.

Many members I talked with spoke highly of fellow member **Marian Burns** who organized wonderful walking trips via bus (including a 3-week trip!) which over time and several trips afforded many members to achieve Walking in 50 States/51 Capitals among other Special Programs. Others recalled her trips to Niagara Falls and even a kazoo factory in Eden, NY, just to name a few.

The Wednesday Walk Program began in 1992. Initially, the club would hold weekend walks. In order to include additional "k's," a 10K walk was planned for a day after work. Over time new destinations were added beyond the club's Year-Round and Seasonal walk locations. This program expanded to beginning in May and added a 9:00 am walk to attract retirees. The program later incorporated a strawberry festival in Niskayuna, the Tulip Festival in Albany, the Altamont Fair, and always ends with a picnic after the final Wednesday walk in August. Wednesday Walk Buttons were created to reward those who completed 10 walks from the Wednesday Walk schedule. As the group aged, 5k walks were introduced to accommodate members who could no longer walk a 10k but still wanted to enjoy Fun, Friendship, Fitness (and food) after a walk.

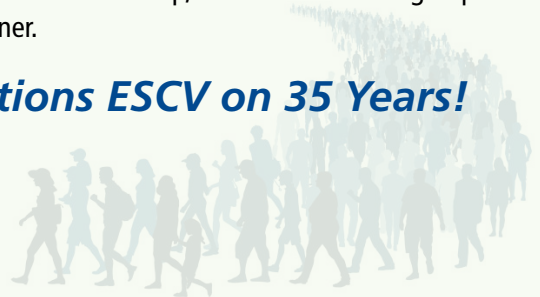


ESCV hosted the 2019 Bi Annual AVA Convention, the first in the Northeast. Teresa Kennedy and Lea Darling led the planning. The entire club along with support of the other Northeast clubs made the Convention an overwhelming success.

What I have learned is whether you heard about ESCV from a member, friend, radio, newspaper, adult education class, Volkssporting in Germany or more recently from Facebook or Meetup, this is a wonderful group I only wish I had found sooner.

Congratulations ESCV on 35 Years!

Chris Yost
President, ESCV



ESCV - *Back in the day*



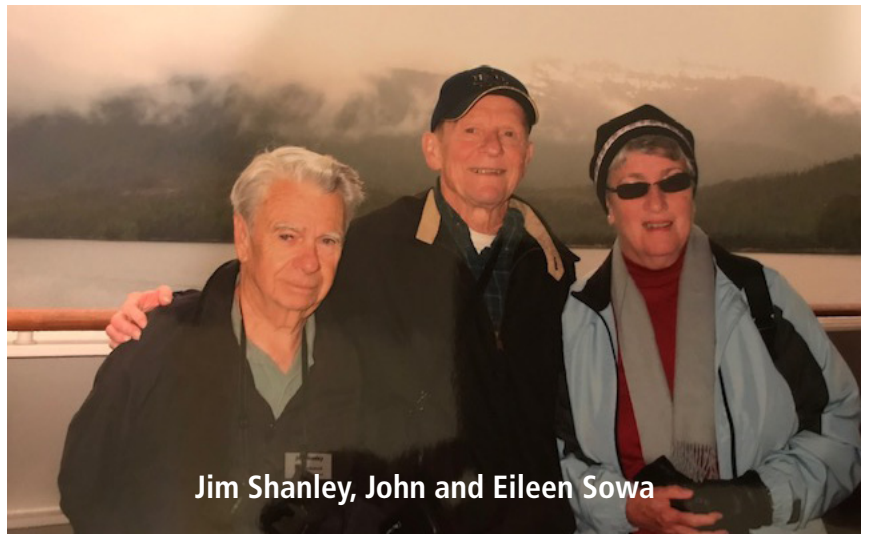
Ed and Emmie Koch



Joe Padula, Ed Koch and Bernie Geren



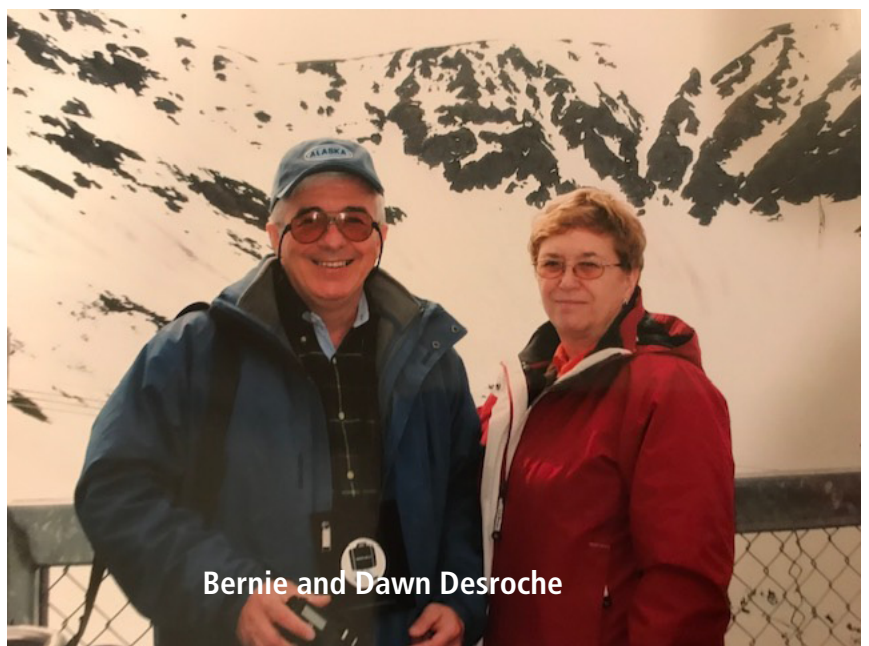
Sue Burke



Jim Shanley, John and Eileen Sowa



Mary Sorrel



Bernie and Dawn Desroche

ESCV - *Back in the day*



ESCV 2007 trip to Alaska



John and Karen Watson



Bernie and MaryLou Geren, Barbara Kolapaca, Rita Gavin



Jean Padula and Kathy LeRoux



ESCV - *Back in the day*



Double Take
Broadalbin 2015



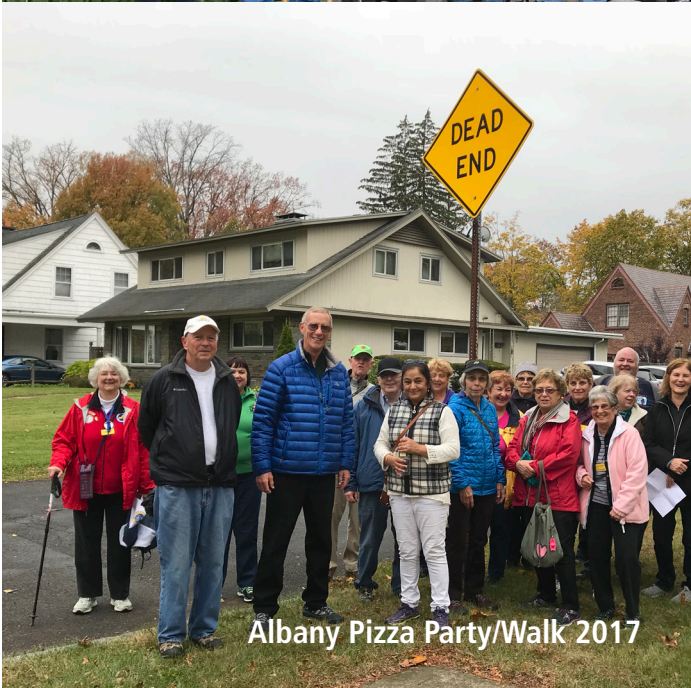
Schenectady 2015



Williamstown 2015



Albany Tulip Walk 2017



Albany Pizza Party/Walk 2017



Waterford 20??



Saratoga National Historic Park 2017

ESCV - *Back in the day*



Central Park Rose Garden, Schenectady



Cooperstown, Otesaga, 2017



SPAC - AWA Loves Subaru PITCH 2018

———— Holiday Party , Stockade Inn, Schenectady, 2017 ————



Santa and Jean Van Vranken



The Ladies



Lea Darling



Emmie Koch and Joe Padula, 2017



Warren Lavery

ESCV - *Back in the day*



Albany Shaker Heritage Village, Ann Lee Pond, 2018



Milton, Woods Hollow Nature Preserve, 2018

—— Strawberry Festival, Niskayuna, Jeff Blatnick Park, 2018 ——



Part of the AVA brand is in our nomenclature.

New walkers, and others who come to us from their European military connection have some trouble with these terms. In fact, some of our faithful club members do not use AVA terminology correctly. It is easy to translate our terms into more generic ones, and indeed the generic is permitted in publicity, to attract new members. However, we should encourage members to use AVA terminology. For example, within the clubs we may be saying live walk or day walk when our term of art is traditional event. Using the AVA terms is essential so that we do not dilute our brand. Here follow some basic terms that we need to use appropriately, and teach our club members to use.

Traditional Event: This is a planned one (or two) day walking event, that has been advertised with a specific window of start and end times. It is manned by volunteers, who meet the walkers at a Start Point and stamp their books at the Finish. Typically there are Checkpoints along the route that may be manned and may provide the walkers with water and hard candy. These are both athletic events and social events, and require good organization and active volunteerism. This is how we began, hence the name. See Volksmarch.

Year Round Event (YRE): This is a self-directed walk which individuals can come to any day they choose. Details are found under Events online at www.ava.org and in the publication Starting Point. Here walkers will find a Walkbox (or Start Box) where they register, obtain instructions and stamp their books. A newer development is the On Line Start Box which allows a virtual alternative for some designated walks. Not all climates allow YREs, but many walks including Capital walks are available nearly every day of the year to accommodate traveling volkssporters.

Seasonal Event: Same as the Year Round Event, but available for only part of the year. Sometimes all self-directed walks are referred to as seasonals to be inclusive, and to differentiate from traditional. Typically a locally organized planned walk of a seasonal, with an appointed start time. Less restrictive than a Traditional, this allows a club to make a social event out of a well established route with minimal administrative requirements.

Guided Walk: A simpler form of volkssporting, allowing a club to streamline with just the essentials of a group leader and a sweep. (A sweep is someone at the end of group, ensuring everyone who starts is accounted for.) Here trail marking and written instructions are not required. Ideal for small groups and flexibility. Can be done as a traditional without the frills, or as a group walk of a seasonal.

Volkssporting, Volkswalk: Volk is the German word for people. It is the origin of the English word folk and in fact, the V' in German is pronounced much like an F in English. The use of the prefix volk or volks is an homage to our German origin. Volkssporting is the more universal word, as not all out events are walks. A volkssporter is someone participating in volkssporting.

Volksmarch: We now call this a Traditional Event. This is a German word that translates to people's walk. This term was used by the AVA in the 20th century, and is still used internationally. It went out of official usage in the AVA by membership vote. The word march in English has a political connotation that is not intended in the German, We are not marching anywhere. Many who started in the AVA years ago have a nostalgia for this word, but it is moribund in the AVA.

(This article originally appeared in the February 2018 Issue of The Checkpoint, AVA's digital newsletter.)

The "Sunshine Lady"

has a new e-mail:
lerouxk215@gmail.com
 if anyone needs a card for any reason.
 Thank you. **Kathleen LeRoux**



Milestones

EVENTS

DISTANCE

30	Denise Connelly	3000k	Louise Remillard
	John Shaw	3500k	Chris Yost
375	Janice Golden	4000k	Janice Golden
525	Louise Remillard	7500k	Andrew Schmidt
750	Andrew Schmidt	9000k	Alan Longshore
800	Teresa Kennedy	22000k	John Cairns
1000	Alan Longshore		



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

American Volkssport Association

1008 S. Alamo St.
San Antonio Texas 78210
210.659.2112 ▲ 210.659.1212 Fax
▲ www.ava.org

February 21, 2022

Christine Yost, President
Empire State Capital Volkssporters
P.O. Box 5464
Clifton Park, NY 12065-5464

Empire State Capital Volkssporters 35th Milestone Anniversary

Dear Christine Yost:

Congratulations on your club reaching its 35th year of membership in the American Volkssport Association (AVA). Through your leadership, your club members have contributed their time, talents, and resources to encourage the public to participate in health and wellness through non-competitive exercise and positive social interaction. It takes many hours of planning for your members to offer such memorable and special activities for everyone.

As you celebrate this achievement, I hope to learn more about the great things your club is and has been doing to make you a successful AVA club. Sharing your successes will help AVA support other clubs! On behalf of AVA and the NE Region, may you successfully continue to provide fun, fitness, and friendship to all your participants through outstanding Volkssporting experiences.

Thank you for all you do, and again, congratulations!

Sincerely,

Nancy Wittenberg
AVA Board Chair

Membership Louise Remillard louiseremillard3@gmail.com

New Members January 2022:

Sue Ellen Bart, Albany
 Denis P. Meadows, Delmar
 Gayle Ellis, West Coxsackie
 Jodi Ellis, Hannacroix
 Barbara Zanella, Albany
 Abby Imaino, Cohoes
 Mary Beth Blinn, Albany
 Cathy Fleming, Saratoga Springs

New Members February 2022:

Morris L. Stilson, Schenectady
 Michele Ruland, Greenwich

Anuradha Bheemini, Latham
 Judy Kendall, East Greenbush
 Mary Clifford, Bolton Landing
 Nils Knutzen, Bolton Landing
 Debra Tice, Rensselaer

New Members March 2022:

Betsy Seeley, Castleton

New Members April 2022:

Karin Berzins, Greenfield Center
 Marjorie Wytzka, Greenfield Center
 Rosemary Contompasis, Clifton Park



Cheryl Gauthier, Scotia
 Rhonda King, Saratoga Springs
 Lillian Spost, Saratoga Springs
 Joan Van Alphen, Halfmoon
 Joe Van Alphen, Halfmoon
 Molly Schwartz, Clifton Park
 Ellen Adams, Queensbury
 Wayne MacFarran, Fort Ann

A Short History of our Guided Wednesday Walks

By Eileen Skinner

1992: Ron Hersh had an idea. "How about getting together one night during the week and get some extra K's?", as he used to call it. Thus was born the Wednesday walk program.

In the First Year there were 13 Walks Scheduled on Wednesday evenings beginning at 6PM from June 3rd – Aug. 19th. Of these 13 walks only 6 were newly sanctioned walks. The other 7 walks were the Albany and Saratoga Year Rounds each done 2X and the Schenectady walk 3X. Total walkers were between 15-20 walkers for each of the walks.

1993: Ron's idea grew to 15 events, starting in mid-May, again repeating our YREs for 7 of the walks. A club picnic was added at the end of the walks in late August. The first picnic/walk was held at Clermont State Park in Columbia County.

1996: The Wednesday night walks were increased to 15 all new sanctioned

walks, including the Niskayuna/Blatnik Park walk for our 1st Strawberry/Ice Cream Social. This continues today and is one of the most popular Wednesday walks.

1998: The walks grew to a total of 17. By now these Wednesday GUIDED walks were growing with newly retired walkers. It was decided to add another walk at 9AM to go along with the 6PM walk. Our walk groups had grown to 40-60. The AM group had around 15-20 walkers for the first few years.

2002: A 3rd walk time was added in July & August at 6:45AM for those who wanted to beat the heat. This was a very popular time, especially on those hot/humid days. These 3 walk times stayed in place until 2019. Today 2022 we are offering only 1 walk a day @9AM.

We have had many different walk locations over the past 30 years. Some

we have outgrown (not enough parking, narrow roads, busy traffic, no restrooms, etc) which was OK when we had a small group of 15-20. Some walks we revisit year after year. Many past Wednesday walks have become year round or seasonal walks.

*As we enter
 the 2022 walk
 season, we look
 for more new
 and interesting
 places for our
 guided walks.
 Ideas are always
 welcome.*

35th ESCV Anniversary Party

Hope you have saved Saturday, June 18, 2022, for the celebration of our club's 35th Anniversary at the Columbia Pavilion in Saratoga Spa State Park. There will be a BBQ after the walk from Dinosaur BBQ in Troy. A choice of meats and side dishes will be served at approximately noon. Water and lemonade will be provided. Yes, there will be a cake. All this for \$20 per member and \$25 for non-members!



Saturday, June 18, 2022

Saratoga Spa State Park

Columbia Pavilion, Saratoga Springs, NY

Cost of \$20 per member or \$25 per non-member payment must be received by June 10.

Please complete the reservation form and send it to Teresa Kennedy along with your check made out to "ESCV".

June 18 Anniversary Walk There is NO pre-registration for this walk.

DETACH AND RETURN -----><



ESCV Anniversary Party Reservation Form



Send Total \$ via check made out to ESCV by Friday, June 10, 2022 to:
Teresa Kennedy, 1469 Dean St., Schenectady, NY 12309

Member's Name & Phone Number

Member \$20

\$

Non-Member's Name & Phone Number

Non-Member \$25

\$

Deadline: Friday, June 10

Total

\$

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; lousieremillard3@gmail.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** _____

Waynes World

WHERE'S WALDO . . .

One of the fun things about this job is traveling around the Northeast and meeting with our clubs. Last Friday, Kathy and I met with Carolyn Adams and Cindy Gray of the Twin States Volkssport Association, in West Lebanon, New Hampshire, where we had a pleasant lunch and conversation. We then proceeded to our last Appalachian Trails Special Program stop in Maine.

On Saturday Morning we continued to Saco for a group walk the Southern Maine Volkssport Association, where it was great to see Denise Macaronas and friends from the host club, as well as Deputy Regional Director Carol Giesecke, the Piffats of the Two Town Walking Club, and Mary Frink of the Walk 'N Mass Volkssport Club. The daffodils beside the Saco River were more spectacular than advertised, and a fun lunch was had at Rapid Rays!

That afternoon, we walked the quaint town of Ipswich. And on Sunday, we walked Bennington in the morning and Williamstown in the afternoon. This Saturday we're headed to Windsor for a walk with the Connecticut Valley Volkssport Club.

On June 18, we'll attend Empire State Capital Volkssporters' 35th Anniversary celebration at the Saratoga Spa Park.

In August, we plan on attending the Volkssport Club at West Point's Rhinebeck walk on the 14th, and on Saturday the 20th we look forward to the Walk 'N Mass picnic at Lincoln Woods, Rhode Island. The Fingerlakes Region Volkssport Club has revived a beautiful seasonal walk in Skaneateles that we hope to do on Friday September 16, while on our way to the Northeast Weekend 2022

hosted by the Niagara Frontier Volkssport Club.

We have a beautiful region with wonderful walking venues. We look forward to seeing you over the next few months, and I especially hope you're making plans for the Buffalo/Niagara Falls Northeast Weekend on September 17 & 18. People will attend from not only the Northeast, but from all over the country and Canada. We know Volkssporters who will be coming from Ohio, Kansas City and Washington State, including your national AVA President, Nancy Wittenberg.

You can find all of NFVC's nearby walks by accessing the my.ava.org website. Tap the "Find a ..." bar, then "Multi-Day (Fests)" and scroll down to the September Northeast Weekend. Tap "Details" and the local walks will appear. The official walks are in Buffalo on Saturday and a new Niagara Falls Riverwalk on Sunday. But if there are fireworks Friday night, you won't want to miss the "See the Falls" walk. Other highly recommended walks going to and fro are Lewiston and Youngstown, up the Niagara River.

AVA BOARD MEETINGS . . . Regular meetings are being held quarterly, along with occasional special meetings. A meeting was held last night, and the next ones are scheduled for August 10 and November 9. I'm sure there will be another meeting or two before the Olympiad in February of 2023.

In addition to normal business, the topic of the Olympiad was of utmost importance. Registration has opened and 50% of the 900 rooms at the host hotel LaQuinta Riverwalk have already been sold out. We're staying there, where all of the



walks will begin. AVA has also negotiated with other hotel brands to accommodate walkers' individual preferences. We have opted to register online for the full IVV Olympiad and IML – San Antonio Combined package of events for the week. We haven't heard any updated discussion about volunteers but there is a space that can be checked on the registration form. Susan Pinnecke, North Central Regional Director, is in charge of volunteers, so I expect more information will be offered as time goes on.

Another topic was AVA's vote to become a member of the IVV - Americas group that includes Canada, the USA and Australia. Future members may include New Zealand and other parts of Oceania.

Because of the February 2023 IVV/IML event, the AVA biennial conference will be bifurcated next year. Only a couple of hours will be devoted to in-person AVA business in February. The rest will occur via a Teams meeting at the end of June 2023.

A new Board of Directors Handbook was presented at the meeting, and it should be published soon. A committee of five, including me, is working on an updated AVA Policy Manual, and we are targeting August for presentation to the Board.

NORTHEAST TEAMS (ZOOM) MEETING . . . I have heard there might be some interest in another Northeast Region electronic meeting. If that sounds good to you, please let me know and suggest an agenda topic or two.

***That's all I have for now.
See you on the trail!***
—Wayne Knapp Director

