



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

NOVEMBER 2022

— Ed Koch *Artist* —

Donating his carvings to the Children's Museum at Saratoga



One of the newest exhibitions at the Children's Museum is a colorful display of over two hundred carved fish. A local man, Ed Koch, started carving fish 30 years ago as a kind gesture for one of his children. One of his son's was having trouble with his tropical fish tank and one of his fish died. Ed consoled his son by making him a fish out of wood that would "live" forever. Once his other son saw the fish, he too wanted one and so Ed began making multiple fish. Every time he found a new fish inspiration, he would create three fish, two for his boys and one for himself. The fish are amazing, but the connection between a father and his children is inspiring.



Each fish took Ed about a week to create. He is a self-taught artist and a renaissance man who enjoys writing poetry, photography, wood carving, weightlifting, hiking, and gardening. Now in his 90's Ed was looking for a way to share his love of nature, and art with children and he contacted us. We are thankful for his gift and humbled by the kindness and energy of the artist who still shares his artwork with his community and his friends. - Sara Smith - Children's Museum at Saratoga

— Continued on page 7.

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/

Smartphone viewing of OSB Walk Directions

By Mike Green, AVA IT Chair (from October 2022 AVA Checkpoint)

We all are anxiously awaiting the development of an AVA App to provide turn-by-turn directions (something like a car GPS does when directing us to a chosen location). Meanwhile, there is currently a free App available that will help you to more conveniently use/view OSB walk directions on your favorite mobile device (smartphone).

Liquid Mode - The free Adobe Acrobat Reader application (App), that you can download on your iPhone, iPad, or any Android device, now supports a feature known as a "liquid mode". Using the latest Adobe Acrobat Reader App to open/view an OSB directions PDF file, you may then choose to activate liquid mode (tap the tear drop icon at the top of the display). With liquid mode activated, the OSB directions file pdf, that is typically formatted for printing as an 8.5"x11" page, will be reformatted to fit on your device's screen. (Note, depending on the processing speed of your device, it can take a moment for the reformatting to finish completely.) Then to view the entire PDF contents, you simply scroll (swipe) up and down. Also, in liquid mode the 2 column walk directions are formatted into a single column preserving the order of the original 2 column directions. You may also choose to increase the size of zoom in) the displayed page to further enhance your view.

Note: Other PDF viewer Apps may also support this popular viewing feature.

Where is my downloaded directions PDF? - Smartphone users who manage to register and download OSB directions can lose track of the directions they just downloaded. Depending on the smartphone and Internet browser used when the OSB directions PDF file is originally downloaded, the PDF may or may not be displayed after the download is completed. Either way, one reliable way to arrange for later access to this PDF file is to email the PDF to yourself as a file attachment. Sending yourself an email with an attached PDF - If the PDF is currently displayed by your browser, tap the "Share" icon (Apple - , Android -) to share the PDF via an email to yourself. If the PDF is not currently displayed, create a new email then choose the option to attach a file (Apple - a long tap in the body of the email displays a menu bar that includes a file attachment option, after tapping the right arrow. Android/Gmail - tap the paperclip icon.) Upon activating the file attachment option, a file selection box will appear that lists files by their creation date, the most recent first. A recently downloaded OSB directions PDF file (having a file name of the form, Y####.pdf) should be near the top of the selection file list. Once the directions PDF is attached to the new email, send this email to yourself. Then in your email inbox, you will have this email with the PDF file attached. Assuming the free Adobe Acrobat Reader App is installed, open this email, then tap on attached PDF file. Apple users should then tap on "Share" icon then tap the Adobe Acrobat icon. Android/Gmail users should now be seeing an "Open with" screen, tap on Adobe Acrobat icon. (More experienced Android/Gmail users may wish to configure their device to make the Adobe Acrobat Reader the default application for displaying PDFs.)

Warning - Continuously using a phone during a "lengthy" walk may exhaust the battery charge before the end of the walk. Consider carrying a battery-based phone charger to re-charge your phone along the way.

Nominations Open for Regional Director and Deputy Regional Director

It is time to prepare to elect a new Northeast Regional Director (RD) and Deputy Regional Director (DRD). Wayne Knapp has opted not to run for reelection; Carol Giesecke (current DRD) will run for RD. Wayne has appointed a 3-member Northeast Regional Nominating Committee to nominate RD and DRD candidates. Results of a regional election held in spring 2023 will determine who will serve from July 1, 2023, through June 30, 2025.

Potential candidates may contact anyone on the nominating committee to express their interest or to ask questions so they can make an informed decision on whether or not to be a candidate. If you would like to nominate someone, please share that name with anyone on the RD/DRD Nominating Committee by mid-December.

Duties of RD and DRD include coordinating and promoting the program and activities within our Northeast Region; maintaining liaison between the clubs in our area, and the AVA. This is a very important and rewarding job for anyone wanting to get more involved in the operation of the AVA on the local, regional and national level.

RD and DRD expenses (including travel to national and regional meetings, club activities, etc.) are partially reimbursed by AVA. In addition to the time investment, expectations of the position include personal financial outlays.

Northeast RD/DRD Nominating Committee Members:

Beate Hait, Chair, beateh1@aol.com
Walk 'n Mass Volkssport Club

Teresa Kennedy forty6er3k@aol.com
Empire State Capitol Volkssporters

Barb Stafford barbstaff59@gmail.com
Niagara Frontier Volkssport Club

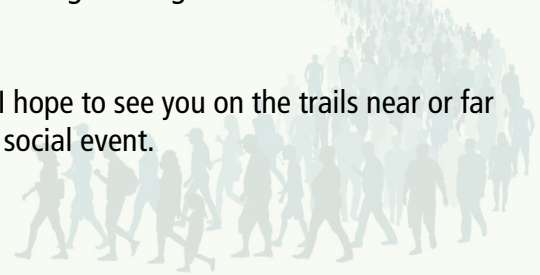


Now that the year is coming to a close I am thinking about everything ESCV has accomplished to date. Deborah D'Arcangelis assumed the role of Wednesday Walk Chair and led (with her POCs) a another successful 2022 Wednesday Walk season with 18 walks and almost 900 walkers. She will be leading the Wednesday Walk program again in 2023 and has tapped 5 new POCs! It was a great year for biking under POC Tad Darling with 9 rides. He will also be leading the bike program again for 2023. While will say good bye and thank you to Liz Walsh for being Coordinator of the Year Round and Seasonal Walks for 8 years, we welcome Karin Berzins and Marjorie Wytzka as new Coordinators. We certainly enjoyed some wonderful group walks to date and they will occur through December! The Travel Guided Walk Program continued in 2022 with 6 walks to date and 4 remaining in 2022, weather permitting. And how about those wonderful Traditional walks in Hudson, Saratoga Spa Park for our 35th Anniversary, North Bennington, Schodack Landing Oktoberfest, and Albany Pizza Walk/Party with the Holiday Walk/Party in Scotia coming soon. We are one busy club.

A thanks to all POCs who lead walks and rides this year and continue in 2023. Welcome to new POCs who have agreed to take on something new. It's great to get new ideas and fresh perspectives.

Happy Holidays to all. I hope to see you on the trails near or far or perhaps at our next social event.

Chris Yost
President, ESCV



2022 ESCV Chairpersons

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

Special Programs

— Is it for you? —

By Chris Yost

Many of our longer termed members are quite familiar with Special Programs. I look at them as a way to explore walks from a different perspective which can take you to new areas whether local or across the country. Some Special Programs are sponsored by AVA: Appalachian Trail, Centurian (100 walks in a year), Walking in All 50 States/Capitals, Walking the USA A-Z; others are sponsored by an individual volkssporting club: Border Crossings (Michigan Pathfinders), Great Lakes, Great Fun, Great Fitness, Great Friendships (Washtenaw Wanderers), Rails-to-Trails (Colorado Springs Walking Club), Town Halls/City Halls (Peninsula Pathfinders), or Walking With America's Veterans (US Freedom Walk Festival Club) to name a few.

The duration of a program can be from 2-3 years to complete to however long it takes you to complete. Each program is defined with a specific length and person/group to contact to get you started. You purchase a Special Program book for the program you wish to complete using the designated contact, and complete the required number of walks in that walk book, walking on a trail specific to that program. Once you complete your Special Program book and submit to the designated contact you are usually rewarded with a patch specifically designed for the program. In the case of the Veterans Program you are rewarded with military "challenge" coins which honor the six military services.

Many ESCV members have completed Walking in All 50 States and/or Capitals which take many years to achieve and is a great accomplishment. These members are recognized each year at our annual Pizza Party. What a way to see the USA while getting fit too!

Some members join walking tour groups (i.e. Tater Tours, Walking Adventures International) to help achieve completion of their Special Programs. Others may plan their vacations to certain locations to achieve completion. While others plan day trips or multi day trips with friends who are working on mutual Special Programs. However you complete your program goal is up to you!

Please refer to ava.org and look under Events to find Special Programs. You will see how each program is defined, the length of the program, and who to contact to obtain a book. By using my.ava.org and defining your sort criteria you can find walks which have been sanctioned for that program you wish to do, and where they are, to get you started.

(Pictured top right) Linda Dunn, Walking the USA and Louise Remillard, Centurian (bottom right).

More Special Programs — Page 5



Special Programs

— Is it for you? —



The champions of Special Programs in ESCV are John (Father Jack) Cairns and Eileen Skinner (pictured at left) as they frequently have done, not only AVA sponsored programs, but the individual club sponsored programs as well. So if you find a Special Program you would like to do, seek out these resources and they will be happy to help get you started.

Set yourself a goal for 2023 if you wish, and try out a Special Program as a self-challenge. See walking in a new light. My goal for 2023 is to start the Lighthouse Special Program* which begins 1/1/23.



I am hoping to take advantage of the Northeast Weekend in 2023 to get me started as I understand it may include walks with Lighthouses on the trails. Anyone else wanting to try this Special Program can talk with me and I will be happy to help you.



*Lighthouses II Program runs January 1, 2023 - December 31, 2025. Redeem completed books by December 31, 2026. Beacons from coast to coast, lighthouses are linked historically to the development of maritime expertise and used to warn of dangerous conditions so as to secure safe passage. The US Lighthouse Society has listed under the J. Candace Clifford Lighthouse Catalog page after page of descriptions taken from the National Park Service Inventory. With approximately 700 lighthouses in the United States the Qualifier must include any sanctioned IVV event (traditional, seasonal or YRE) that passes or is in view of a lighthouse. One stamp per event per year. Cost of book is \$12 USD.

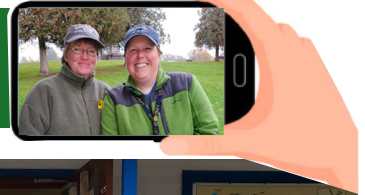
Find more information on AVA.org: AVA Future Special Programs



(Pictured top left) John Cairns (Father Jack) and Eileen Skinner complete the Town Halls/City Halls Program 2022 and Walking With America's Veterans... 1 book per Military Branch. 4 Branches completed.

Kathy Mack and Wayne Knapp (bottom left) complete the Appalachian Trail Program 2022.

ESCV WALKS ...photo ops galore!



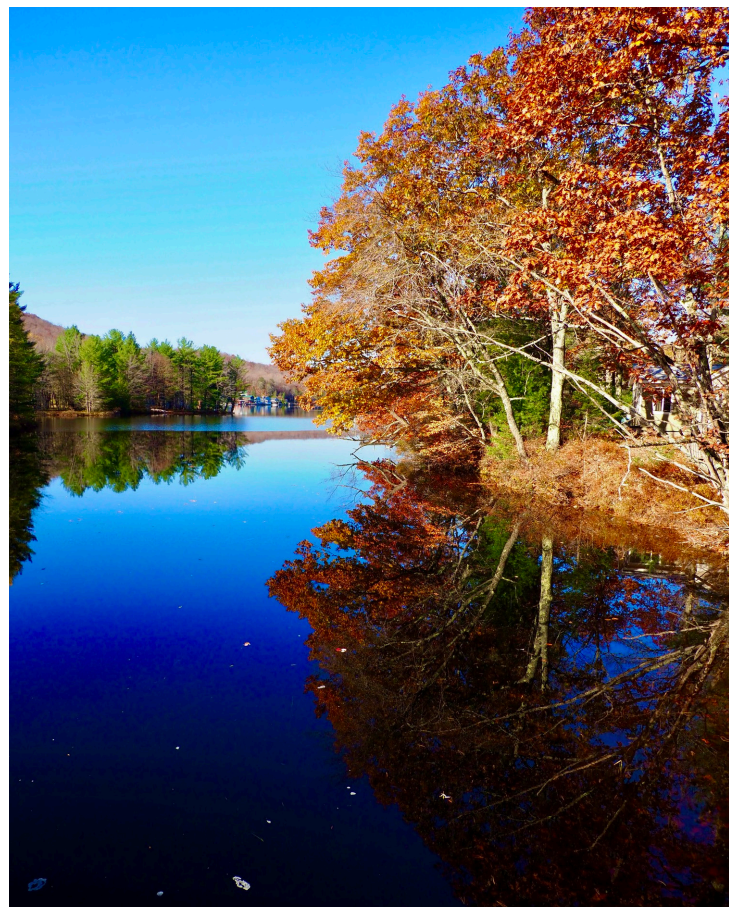
Indian Ladder, Thacher State Park, Voorheesville, NY



Schuyerville, NY— Reenactment of the surrender



Gavin Town Park, Wilton, NY



Caroga Lake NY

—Continued from page 1

— Ed Koch Artist —



Many ESCV's members know longtime member, Ed Koch is an artist

Ed has been carving for most of his 92 years and fish, specifically, for nearly 40. Each fish is fastidiously hand carved out of bass wood and meticulously painted by the artist. Each is a one of a kind creation, yet for many, they were created in triplicate and gifted to his two sons. Some are birthed from the artist's imagination while most are based upon actual fish that are "bright as a circus wagon."

Each fish carving has a "life history" written by Mr. Koch and catalogued. He was featured in the Daily Gazette in June 28, 2020 - Stacey Lauren

On Sunday November, 6, 2022 Ed's 200 plus carvings were on display for the first time at the Children's Museum. Several ESVC members and friends joined Ed for the unveiling. Congratulations Ed!



December 4 Cookie Stop

Louise Remillard who lives 6th Street has offered her home as the new cookie stop this year. The Scotia walk route will therefore be slightly altered but will still go through the village

Halfway though the walk we stop at the cookie house to socialize and have cookies and cider. For those who would like to make cookies to share, please bring them to the Glen Sanders by 9:15. I will transport them to

Louise's home. — Thank you. Carol Sorensen

**Holiday Walk
Scotia, New York
Sunday November 4, 2022**



**2023
NEW YEARS DAY
Schenectady NY
1:30**

ESCV Holiday Party

Hope you have saved Sunday, December 4, 2022 for our annual Holiday Party this year at the Turf Tavern, Scotia, NY. There will be a cash bar after the walk. A plated luncheon will be served at approximately noon. The luncheon will include a salad course, main entree, vegetables, dessert, and coffee or tea. All this for \$26.00 per member and \$29.00 for non members!



Sunday, December 4, 2022



Turf Tavern

40 Mohawk Avenue, Scotia, NY 12302

Plated Luncheon

Choice of entree: • Prime Rib • Citrus Salmon • Chicken Marsala •

Cost of \$26.00 per member or \$29.00 per non member must be received by November 23.

Note: Turf Tavern has limited us to 100 attendees — FIRM

December 4 Holiday Walk There is NO pre-registration for this walk.

**Please complete the reservation form and send check made out to ESCV by November 23 to:
Janice Golden, 4 Royal Oak Drive, Clifton Park NY 12065**

Link to Holiday Party/WalkReservation Form — <http://www.walkescv.org/22holidaypartyreservation.pdf>

Holiday Party Registration - Detach and Mail

Members Name & Phone Number	Entree Choice (Check selection below)	Member \$26.00
_____	__ Prime Rib __ Citrus Salmon __ Chicken Marsala	\$ _____
_____	__ Prime Rib __ Citrus Salmon __ Chicken Marsala	_____
_____	__ Prime Rib __ Citrus Salmon __ Chicken Marsala	_____
_____	__ Prime Rib __ Citrus Salmon __ Chicken Marsala	_____
Non-Members Name & Phone Number	Entree Choice (Check selection below)	Non-member \$29.00
_____	__ Prime Rib __ Citrus Salmon __ Chicken Marsala	\$ _____
_____	__ Prime Rib __ Citrus Salmon __ Chicken Marsala	_____
_____	__ Prime Rib __ Citrus Salmon __ Chicken Marsala	_____
_____	__ Prime Rib __ Citrus Salmon __ Chicken Marsala	_____
Deadline: Wednesday, November 23		TOTAL \$ _____

Members who completed 10 Wednesday Walks

John Cairns
Wayne Knapp
Kathy Mack
Alan Longshore

Barbara Nigro
Judy Arnold
Marian Averill
Dave Averill

Deb D'Arcangelis
Lea Darling
Linda Morzillo
Louise Remillard

Jim Brown
Cathy Brown
Teresa Kennedy
Gail Ostrander
Eileen Skinner
Jill Tompson
Barbara Feeny
Susan LaFountain
Majorie Wytzka
Karin Berzins
Sophia Palasz
Linda Dunn
Nellie Georgelois
Doug Reynolds
Beth Snyder
Winnie Balz
Barbara Billins
Larry Godshalk
Laverne Stiles



Jackie Reynolds
Bob Suss
Harley McDivitt
Sue Burke
Cathy Edwards
Frank Edwards
Rita Gavin
Karen Watson
Mary Sorrell

WALK #	DATE	WALK	TOTAL WALKERS		NWC
1	4-May	Saratoga - Museum	36		1
2	11-May	Corning Tulip Albany	56		1
3	18-May	Schenectady - Vale Cem	45		0
4	25-May	Ballston Spa	52		0
5	1-Jun	Amsterdam - North Side	39		0
6	8-Jun	Broadalbin	39		1
7	15-Jun	Shenataha Park	39		0
8	22-Jun	Niskayuna/ Blatnik Pk.	63		1
9	29-Jun	Mohawk Harbor	56		2
10	6-Jul	Rensselaer	52		2
11	13-Jul	Waterford	42		0
12	20-Jul	Round Lake	55		0
13	27-Jul	South Glens Falls	43		
14	3-Aug	Oakwood Cemetery	54		2
15	10-Aug	Old Niskayuna	52		1
16	17-Aug	Altamont	50		2
17	24-Aug	Saratoga East Side	62		
18	31-Aug	Thacher Park	53		

Total 2022 Wednesday Walks 888 13

Thanks to ...

Deborah D'Arcangelis for coordinating the 2022 Wednesday Walk Program and Eileen Skinner for designing and producing the buttons once again.



Rose Marie McLean Walks in all 50 States and Capitals.

Volkswalking with friends is the perfect way to spend time and having a goal to walk in all 50 states and capitals with friends is even better. It began at a planning meeting with Rose, Chris Morrone, and Liz Walsh at Teresa Kennedy's home in March, 1999. Since all four worked at the same elementary school in Schenectady, the first trip was scheduled for the April recess. Harrisburg, PA on April 17 was the first stop and before the week was out the group had walked in Richmond, VA, Annapolis, MD. and Dover, DE. Many trips followed and the group was made bigger with the addition of Sue Grey and Jen Paley other staff members at the school. Thank goodness for those February and April breaks as they provided just enough time to fly to a different region of the country and walk in neighboring states. Travel Walk bus trips with Marion Burns were also a way to get to more far away places while having fun with other volkswalking enthusiasts.

Rose finished her adventure on September 22, 2022 in Concord, NH. While everyone else in the group had finished at varying times many years before, Rose will be the first to tell you that her feet became her enemy. She persisted, however, doing shorter distances but always touring the capital building wherever we went. With the



encouragement of new club walkers, Rose agreed in late summer to complete her goal and travel to Concord, NH her last capital. Liz Walsh and I were there at the start and the finish. Newer club members Chris Yost, Louise Remillard and Linda Dunn, who had never met Rose, came along to walk and help celebrate a 50 state finisher. Spirits were high despite a torrential downpour but bad weather never deters a determined Volkssporter.

Walking with Rose was always an adventure in itself. An outgoing people person par excellence, Rose had a way of engaging people wherever we went. Be is a Governor, (she had her picture taken with Nikki Haley), other capitol staff, a police officer, a



town historian, store owners, and lots of residents, visits to new cities and states were made much more fun hearing stories of local interest.

*Congratulations
Rose...It was fun sharing the
adventure with you.
Teresa*

Milestones

EVENTS

- 100Terry Gitnick
- 550.....Nellie Georgelos
- 575Cameron Cox
- 575Susan Cox
- 900Lea Darling
- 1350 ...Linda Morzillo
- 2200 ...John Cairns

DISTANCE

- 1000k.....Terry Gitnick|
- 9000k.....Lea Darling



A big thank you...
Warren, Chris, Linda, Donna and Louise for another wonderful Pizza Party /Walk on November 5, 2022

VOLKS SOUTH (VS)

Winter satellite center of The Empire State Capital Volkssporters (ESCV)

By Doug Reynolds

Will you be heading to some southern states for all, or any part of this upcoming winter season – 2023? If Florida could fit into your plans, consider spending some time with a group of Volkssporters, predominately those from east of Mississippi who are also “snow-birds”, or now permanent transplants, or life-long residents. Using the area’s Suncoast Sandpipers club’s walks sanctioned by AVA, weekly we have arranged a series of sites (and sights) of different communities and water fronts that we change every week for “hump-day” (Wednesday). Our Volks South satellite region is in Greater Tampa Bay area (largest bay in Florida) that stretches from Tarpon Springs in our territory’s north end to Charlotte Harbor at south end (state’s 2nd largest bay) Our region follows along that beautiful Gulf of Mexico coastline, as well as its interior (on maps, it’s called “left-side coast”).

As in past years, in early December we will have created and posted on ESCV web site the up-coming “2023-Walk Schedule”, replacing an older version. To get a flavor of where we did walks last season, and what will be upcoming, see “2022-Schedule”. Go to web site “walkescv.org”; at opening page, move to extreme right, and scroll down to outline map of Florida; click Map of Florida. In addition to a Walk-Schedule, there is also a “Format” section providing additional information on how you can be included within our weekly gatherings. There is no rush at this time but, if you decide to participate, in early January, please contact Marion Averill (www.WalkingAverills@aol.com) & provide her will your active e-mail address.



This will place you on Volks South’s “Listservs” so you will automatically receive each Sunday afternoon, before the next Wednesday’s walk, specific information such as: driving directions to upcoming walk’s Start Point; highlights of past Wednesday walk including pictures; brief heads-up info on Wednesday walk that will be coming up in 1 ½ weeks; and information on other walking events beside our activities, usually weekend gatherings organized by other Florida clubs.

Typically, each season, the number of gatherings have varied from 11 to 16 weekly gatherings, depending upon a number of variables. In 2020 we had scheduled 13-walks, but then the unimaginable happened; Covid-19 hit so state/local government regulations took over that shut us down for remainder of season. However, with that termination, we did complete 9-walks of that season’s series of 13-gatherings. For that next season,

2021, we developed, or implemented ideas of others that allowed us to complete a full schedule of 11-walks.

This coming year will be Volks South’s 20th Season. As in past, at each gathering we will provide a group leader for both 5K/10K distances for participant’s selection. To minimize time for registrations, we request exact change, and those sticky address labels. It has become tradition that we suggest to participants a range of eating establishments nearby for lunch so they can extend friendship beyond the walking period to be with those whom they may have missed on the trail; you may well want to reserve some extra time to take advantage of those special relaxing periods. We look forward to having you join us for any, or all these upcoming wonder walking experiences where that white-stuff being blown is beach sand, not snow. - **Continued on page 12**



Welcome...

**Karin Berzins and Majorie Wytzka
New Coordinators Year Round and Seasonal Walks**

Thank you ...

**Liz Walsh for 8 years as
Coordinator Year Round and Seasonal Walks.**



VOLKS SOUTH
Continued from page 11

**Walkway along Tampa Bay
in Safety Harbor**



Walkers pause at a greater-than-life statue version of the photo "Unconditional Surrender." The original photo entitled "V-J Day in Times Square" was taken by Alfred Eisenstaedt. The sailor, George Medonza, was caught up in the spirit of the celebration that day and had grabbed Greta Zimmer Friedman, a woman he didn't know who was walking past him at the time and kissed her before moving on in the crowd. Photo by Dave Averill.



**Administration Building at
University of Tampa that was a
hotel with minarets in the late
1800s. Photo by Dave Averill**

Membership

Louise Remillard louiseremillard3@gmail.com



New Members August 2022

- Janet Snyder, Schoharie
- Lauri Schumaker, Esperance
- Heidi Bruce, Altamont
- Deborah Ritzko, Altamont
- Cathy Gillen, Tarpon Springs

New Members September 2022

- Myrna Bernstein, Albany
- Lisa Gill, Troy
- Shannon E. Johnson, Albany
- Lynne Shultis, Wynanskill
- Tim Gage, Wynanskill

New Members October 2022

- Ann Christoffel, Clifton Park
- Tom Christoffel, Clifton Park
- John Karwatowski, Clifton Park
- Patricia Karwatowski, Clifton Park

New Members November 2022

- Linda Klompas, Ballston Lake
- Mark Klompas, Ballston Lake
- Eliza Oursler, Cooperstown

— 2023 — Membership Renewal

Please renew your 2023 Membership as soon as you are able, and before January 31, 2023, if possible.

Print a copy of the Membership form from page 14 of this newsletter, from the ESCV website or ask Louise Remillard for a copy at the next walk you attend.

Fill it out, write a check, and mail to **ESCV P.O. BOX 5464, Clifton Park, NY 12065** or give the completed form, with a check or cash to Louise at the next walk you attend. You can also bring your 2023 Membership form and cash or check to the Holiday Party on December 4th at the Turf Tavern.

Membership renewal should be done by January 31st otherwise your information may not be included in the 2023 Directory, nor will you receive Hotmail notifications.



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** _____

ESCV WALKS ...photo ops galore!



Pizza Party/Walk POC Deborah with Beth and Karen enjoying a chat before heading out to walk.



5 K group - Pizza Party/Walk November 5, 2022



Fr. Jack & Eileen manning the start table.



6 K group - Pizza Party/Walk November 5, 2022



Linda signing in folks for the pizza party.



10 K group - Pizza Party/Walk November 5, 2022



1. AVA Biennial Convention, San Antonio, Texas
 - a. IVV Olympiad/IML – February 19-26, 2023
 - i. Project 800 attendees – “Once in a lifetime event”
 1. 37 states, 21 countries so far. Need more USA participants.
 - ii. Free tables for clubs at Olympiad Village
 - iii. Volunteers – Group? See Checkpoint & TAW
 - iv. Three-hour Special Board Meeting Friday p.m., February 24
 - b. Regular Board Meeting – Late June 2023, electronic meeting - TBA
2. Canadian Volkssporting Federation Convention
 - a. Kingston, Ontario, May 24-26, 2024
3. AVA 2025 Biennial Convention – TBD
4. Northeast Weekend 2022 – Buffalo/Niagara Falls
5. Next Northeast Regional Event
 - a. Cape Cod Weekend, May 19-21, 2023 – WalkNMass
6. Future Northeast Regional Events
 - a. Tri-State Lighthouse Weekend – SMVA, TSVA, TTWC
 - b. CT/MA Weekend – CVVC, WnM
 - i. New CVVC Walks
 - c. Hudson Valley Weekend – VCWP, Germania of Poughkeepsie
 - d. Finger Lakes Weekend – FLRVC
7. RD/DRD Nominating Committee – Bea Hait
8. Membership
9. Orphan Walks
10. Special Programs Update
 - a. 2023 – Lighthouses, Par for the Course, IVV Americas, Washington-Rochambeau Trail
 - b. 2024 – Labyrinths
11. Northeast Calendar – Andrew Schmidt
 - a. Websites
 - b. Google Calendar
12. my.ava.org
 - a. Location Tile (“Go” buttons)
 - b. “Not OSB Approved” flag
 - c. “Missing Items” yellow flag