



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

AUGUST 2024



Oakwood Cemetary, Troy, NY. 50 humans, 3 dogs!

Thank you POC Larry for hosting the ESCV Wednesday, July 24 walk in Oakwood Cemetery, Troy, NY, the fourth rural Cemetery in New York, which was landscaped by the first African American graduate of RPI. Many local business people and professionals are interred there, including Uncle Sam Wilson, Russell Sage and Emma Willard.



Come Walk With Us!

Member of American Volkssport Association and International Federation of Popular Sports



Empire State Capital Volkssporters
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www.walkescv.org/



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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



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Northeast Region
Carol C. Giesecke - Northeast Regional Director
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International Federation of Popular Sports
<http://www.ivv-web.org/>

Try this Walk Stony Creek, Connecticut

A Personal Story - by Tad Darling

On Saturday, June 8, 2024, Lea and I did a traditional walk hosted by Connecticut Valley Volkssporters Club in the cute coastal village of Stony Creek, Connecticut. The walkable town features many beautiful historic seaside homes and is famous for the pink granite quarry. Stone was mined there for the Statute of Liberty foundation, Brooklyn Bridge tower piers, and many other notable projects.



It is also worthy to note that Stony Creek was my home town in the early 50's between age 4 and 8. The first house we lived in was rented. As I walked by, I noticed the bumpy sidewalk was still there that I used to push my younger sister back and forth in an old fashioned stroller. It is also the house where some boys tied me up to a tree in the back yard and left. For breakfast one morning, I had a bowl of Cheerios with what was probably bad milk. I didn't eat Cheerios for the next twenty years! Probably most memorable at that first house was me wanting to be a vacuum cleaner of all things. Other boys wanted to be firemen but not me. I even gave it a try by sucking on the floor nozzle and promptly getting a wad of dust in my mouth!

We then moved to a house right on Long Island Sound in full view of the Thimble Islands about a half mile off shore. Our house included a pier and a small beach. The location of the house is memorable as we owned a small dingy and at the age of six, my mother would put a life jacket on me and along with a picnic lunch, let me row the dingy out all around the Thimble Islands for the day! Occasionally, the oyster men would tow me back in at the end of the day. Their docks were a few hundred yards from our house. The walk went past many memorable locations. In kindergarten through second grade, I walked about a mile to and from school. It was a small town so not likely I could get away with any trouble thus trusted to walk to school. We walked around the old school house where I remembered one of the boys on the playground didn't like how I was standing in the circle and pulled my leg out from under me and thus crashing to the gravel yard having to get stitches under my chin. We walked past the general store where, on the way home from school, the owner would give me a nickel to go down the street and buy him a newspaper. Upon my return, he would let me pick out a piece of penny candy. We walked by the park where in the summer I would be signed up to do various crafts. We walked by the Legacy Theater where a friend of mine in later years used to run a puppet theater with the large Italian marionettes. Further down the road was the place along the sidewalk with all the thistle bushes that I would pick to make baskets. Next door to our house, when his parents were not at home, my friend Jimmy, saddled up the horse but no reins. He got me on it and the horse took off completely out of control. I tried to get off a few houses up the hill and got caught in the stirrup thus getting dragged through two flower beds and almost over a stone wall. I woke up on a neighbor's porch with Doctor Wilson, who lived nearby, in attendance. My mouth was filled with dirt and had many scratches on the back of my head - I survived!

Going up the same hill, we came across a woman that has lived there for 60 years. We stopped to chat and I shared with her the names I could remember and she knew all of them and their whereabouts! I almost think that was the highlight of the walk.



The Home Owners Association at Barbara Kopacka's home "Summer Wind" erected this sign in appreciation to honor her work and dedication for planting flowers and maintaining the gardens located at the main entry of her street for many years. Barbara was a long time member of ESCV who is now no longer able to walk with us.



Milestones

Events:

550 Linda Dunn
400 Carol Giesecke
950 Teresa Kennedy
1450 Linda Morzillo

Distance:

2000 KM John Watson
2500 KM Carol Giesecke
4500 KM Linda Dunn



Chris's Corner... by Chris Yost

What a hot summer it's been but not enough to deter us from walking or biking!

We had some great Traditional Walks in June (Cobleskill and Dolgeville) and July (Schoharie). Check out the article on the new Tri Park Traditional walk coming up in August. Our Wednesday Walk program provided us with many weekly walking options. You will note we have several Wednesday walks remaining to help with your ESCV Incentive Program. We kicked off the bike program in Schenectady and Albany-Helderberg and bikers can look forward to rides in Pattersonville and a new ride in Lake George among others.

If you missed the 2024 Canadian Walking Festival please refer to Linda Morzillo's recap article. Thanks Linda for sharing your adventure!

Have you ever wanted to walk in Charleston, South Carolina or Stony Creek, Connecticut? Enjoy first hand experiences from Katharine Horn and Tad Darling respectively.

A big congratulations again to Loueen Whalen for Walking in All 50 States. Read how her journey evolved.

Curious about the Appalachian Trail Special Program? Learn about Linda Dunn's multi year successful completion.

Please consider the Sunday September 29 Bus trip to Lake Placid where you can walk, shop, dine, and tour on your own. See Wayne Knapp's suggestions for the day.

We are certainly a busy club and it cannot happen without your involvement! Thank you! When asked please consider a bigger role in the club: officer position, committee chair, walk POC, event hospitality coordinator, or other help. New people bring new ideas so please volunteer.

Keep walking and I hope to see you on the trails near or far.

Chris Yost
President, ESCV

2024 ESCV Chairpersons

Membership.....	Louise Remillard	Coordinators Year Round & Seasonal Walks	
Publicity.....	Kathy Mack	Marjorie Wytzka and Karin Berzins
Event Brochures	Arden Lawand	Wednesday Walk Coordinator	
Purchasing	OPEN	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		



8 Surprising Health Benefits of Ice Cream

Angela Guzman is a Writer at Large and a Huffington Post contributor



You scream, I scream, we all scream, for ice cream! That beloved saying will be around forever because let's face it, who doesn't love the delicious treat? Vanilla, chocolate, strawberry or maybe rocky road – yes, to all of them!

If you're on a diet and counting calories, you're probably not interested. But, what if I told you there are actually surprising health benefits to eating ice cream? Do I have your attention yet? Well, before you sit on the couch with a tub of ice cream and begin your next Netflix binge, get educated on what those health benefits actually are.

Daily Dairy Serving - The American Journal of Clinical Nutrition found that women who ate at least one daily serving of full-fat dairy products, like ice cream, actually gained less weight than those who did not include the serving in their daily diet. What does that all mean? A half cup serving of vanilla or chocolate ice cream is approximately 140 calories – 7g fat and 14g sugar. If you want to make it healthier, check out the slow-churned options because they are even better for you.

As long as you're being mindful of portions and checking out the specifics, having a scoop or two of ice cream is a great option.

Weight Loss - You may not have known it, but your body burns more calories when you consume something cold. Now remember, you can't eat an entire tub of ice cream and expect to shed 10 pounds, but you can definitely encourage your body to shed a few more pounds with the cold treat. Sometimes, it's super encouraging to be knowledgeable on the "rewards" that you can eat when you're adhering to a diet and trying to lose weight. Perhaps knowing that ice cream can be an option will give you the extra perk you need to reach your weight loss goal.

Infertility - The Human Reproduction, a Harvard published journal, suggested that consuming whole milk or ice cream could potentially improve the chances of a woman

having a baby. The study observed 18,000 women between the ages of 24 and 42. Researchers tracked each woman's eating habits and the women who ate full-fat ice cream, two or more times a week, were said to have a 38 percent lower risk of ovulation related infertility than the women who ate full-fat ice cream less than once a week.

There have even been reports that pregnant women, experiencing nausea in early stages of pregnancy, have combated nausea by eating a scoop or two of ice cream. The calcium, from ice cream, can actually help the bone growth of the fetus as well.

Nutrients - While ice cream is definitely not showcased on the nutritional food pyramid, there are key nutrients in the ice cream that help your body. You probably already know that ice cream contains bone strengthening calcium and phosphorus, potassium that lowers your blood pressure and B vitamins that provide energy are all found in ice cream. B vitamins are important because they are your body's resource for tissue repair and cell growth.

Ice cream also contains Vitamin K which is a vital element of the blood clotting pathway. If you do even more research, you'll find a ton of other vitamins in ice cream.

Energy Boost - Do you ever use ice cream as a treat to reward your kids or maybe even yourself after a rough day or week? Since the treat is rich in carbohydrates, fats, and proteins, ice cream serves well as a pick-me-up. No matter if you're feeling tired or just having a rough patch, turn to ice cream for an energy transformation. And if it boosts your energy, it must perk up your mood.

According to the US Department of Agriculture, there are 137 kilo calories of energy in one half cup of vanilla ice cream, which is about twice the number of kilo calories in one half cup of milk.

Immunity - Not only does ice cream give you energy, but it also enhances your immunity. Ice cream contains lactoferrin and cytokines

– both of those items combat the influenza virus and help people get over the flu.

You may have heard, from various old wives tales, that you're supposed to stay away from dairy if you're sick; however, these two elements found in ice cream are definitely reasons why you can enjoy a scoop or two of ice cream when you're fighting a virus.

Increased Sex Drive - A study of Chicago Smell and Taste Treatment and Research Foundation found that when men smell the scent of vanilla, that their sense of passion was increased. The study also found that because ice cream has high levels of calcium and phosphorus that it helps to build your muscle energy reserves and boost your libido.

Your Mood - Think about it, have you ever seen someone looking upset or angry as they're eating an ice cream cone? No way – there's even science to prove that ice cream puts you in a good mood. Researchers from the Institute of Psychiatry in London tracked the brain activity of people eating vanilla ice cream. As soon as the subjects swallowed their ice cream, researchers identified an instantaneous effect on their brain – specifically the orbitofrontal cortex. This part of your brain is often referred to as the pleasure center because this area is activated when people are happy.

It's important to do your research and understand the true nutritional facts of everything that you put into your body. Oftentimes, as a society, we become bogged down by the click bait articles and other assumptions – just because something tastes delicious and is deemed as a treat, doesn't necessarily mean it's not good for you.

Keep in mind that we're not suggesting that you can or should eat ice cream all day or in large serving sizes, we're just stating the facts that are backed by research, and finding ways you can enjoy delicious desserts like ice cream.

Try these Walks: Enjoy 2 walks in Charleston, South Carolina

By Katharine Horn

Charleston SC has been on my bucket list for years ever since I first watched "Gone with the Wind". We planned to travel late April into May and I mentioned to Larry Godshalk we were planning a trip and wanted to include a walk and he offered to forward the trip information for 2 walks, downtown Charleston Historic Rated 1A, 5K and 10K and the Ravenel Bridge Walk Rated 2A, with 6K and a 12K. Both walks are sponsored by the Asheville Amblers. We had chosen a hotel right near this bridge and were excited to include the walk over it in our plans.

Charleston is the oldest town in South Carolina, founded in 1670. It's defined by its cobblestone streets, horse-drawn carriages and pastel antebellum houses, particularly in the elegant French Quarter and Battery districts. The Battery promenade and Waterfront Park both overlook Charleston Harbor, while Fort Sumter, a federal stronghold where the first shots of the Civil War rang out, lies across the water.

We spent our first day getting our bearings, heading toward the visitor center for maps, information, and to ride the free hop on and off for an overview of downtown. We found parking not difficult and very reasonable- in fact there is one right next to the Visitor Center. Parking on the street would be a challenge and not worth the cost of a tow.

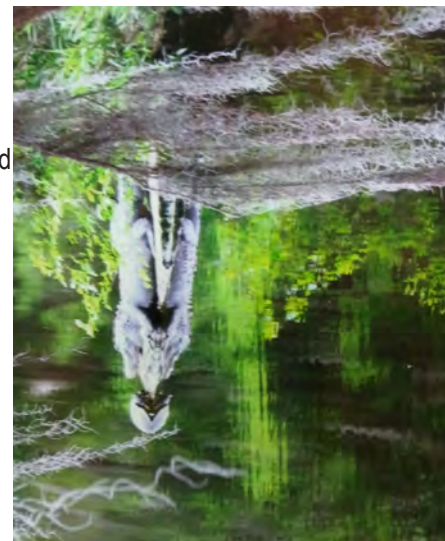
The Physical Start Box (PSB) for the downtown Charleston Walk and Ravenel Bridge is at the Hampton Inn across the street from the visitor center. The walk includes the Historic District, a waterfront park, White Point Gardens which in the summer becomes the rookery for the Black Crowned Night Herons, (we found them fascinating and amazing to watch, coming back another day to watch them), also the Market area and college of Charleston. Charleston is known for its many beautiful churches, and we stopped in to visit many of them, we passed by the Rainbow Row houses and made a point to stop and peek over/through wrought iron gates to admire the gardens within. We were unable to see all the points of interest listed but enjoyed the walk and returned again another day to see more of the city and make frequent stops for photos and a lunch break on the pier.

Arthur Ravenel Jr. Bridge is a cable-stayed bridge over the Cooper River, connecting downtown Charleston to Mount Pleasant. The bridge has a main span of 1,546 feet (471 m), the third longest among cable-stayed bridges in the Western Hemisphere. It has a dedicated walkway with spectacular views of Charleston, and waterfront Mt. Pleasant and the ships at Patriot Point. The 6k option goes to the middle while the 12k goes over the entire bridge and back. It's a steady climb up but frequent stops to savor the views makes it worthwhile.

Some highlights for us: a walk around the harbor area and promenade, enjoying lovely sunny weather and comfortable



temperatures. Fort Sumter is in the harbor and reachable by a tour boat that drops you off for a self-guided tour and returns to pick you up in 90 minutes. We instead chose to visit and tour Patriots Point Naval and Maritime Museum, home of the USS Yorktown, which was commissioned in April 1943, and participated in several campaigns in the Pacific Theater of Operations, earning 11 battle stars and the Presidential Unit Citation.



A few additional day trips included Middleton Place, a historic site containing America's oldest landscaped gardens, encompassing 125 acres started in 1741. This was a lovely day trip and spectacular to see and experience, also Magnolia Plantation and gardens. We visited beaches, spent a day in Georgetown, about an hour's ride up the coast, a hidden gem. It is an historic town with lots of older homes, churches, a visitor center, and the best recommendation for happy hour drinks and appetizers. We did enjoy some great food, we love seafood and have learned to check out where the shrimp boats arrive in Mount Pleasant, we were not disappointed. We also had "Viscious Biscuits" for breakfast and a lunch place "Chicken Salad Chick" that serves all types of Chicken Salad, and of course we had to try pimento cheese, and Sweet Tea.

My 50 State Walk Summary By Loueen Whalen

Wow! Doing a volkswalk in all 50 states, not something I thought I'd do 30 years ago when I did my first walk. A friend invited me to join Travelwalk on a trip to Acadian National Park in Maine. Travelwalk was a travel group run by ESCV member Marion Burns. Upon returning from that trip, I joined the ESCV club. The ESCV walks in New York, Vermont, and Massachusetts made it easy to do those states.

And so the challenge began! With Travelwalk, I was fortunate to get to know many members of the club better and able to do states from Connecticut to California. Some events were day trips, some long weekends, and the Lincoln trip was about a week long. I was still working so traveling was limited by my available vacation time.

Once I retired, my time was my own. I did a road trip with a friend to the mid-Atlantic states.

With Road Scholar, I sought locations where I could combine their educational programs with volkswalks. For example, I went early to do walks along the Gulf Coast in Louisiana and Mississippi before joining the Road Scholar city program in Mobile, Alabama. Road Scholar also has a program that combines Charleston, SC and Savannah, GA with scheduled free time in both cities, 2 more states done!

My older son joined me to do walks in Salem, Oregon; Olympia, Washington; and then we took the Marine Highway to Alaska and included a walk in Juneau – so 3 states and 3 Capitals! Although I'm not doing the state capitals, when it works out geographically I enjoy doing them. A year ago, my younger son joined me for Idaho and Montana.

I did some states when visiting extended family. When doing states by myself, I tried to include something related to American history – President Eisenhower's boyhood home in Kansas and The Truman Presidential Library in Missouri.

My final walk was in Newport, Rhode Island and a few ESCV members walked with me that day to celebrate my accomplishment. Marion Burns was in Newport as well that day but unable to do the walk.



Congratulations to all the others who have done their 50 states and GOOD LUCK to those still in the process – it's great to see all the different parts of this great country.

Tri Park Walk

Traditional ESCV Event, August 24, 2024

by Larry Godshalk, Louise Remillard, and Chris Yost

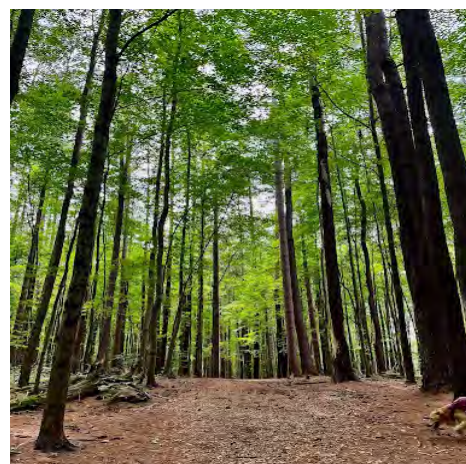
A unique plan for a short walk in not one, not two, but three local parks: Indian Meadows in Glenville, Anchor Diamond in Ballston, and Kinns Road Park in Clifton Park. What a great opportunity to try out these local parks if you have not already done so. You may wish to bring hiking boots/shoes and a walking stick as trails could be muddy and rugged.

You will start the day by checking in and registering at the Playground Pavilion at Indian Meadows. Your adventure will begin with a short travel to Kinns Road Park where you will walk 1 2/3-3k enjoying the shade of the trail on a summer day. You will next travel to Anchor Diamond, where you will walk another 1 2/3-3k on a lovely wooded path following the Hawkwood Trail (white arrows) and Hemlock Trail (yellow arrows). Again after punching your start card you will conclude your journey by returning to Indian Meadows to complete your 5k or 10k walking adventure amongst the trees, and check back in. Celebrate your morning accomplishment of this travel walk with a picnic lunch from home to savor at the Playground Pavilion and enjoy the camaraderie of fellow members and friends and swap stories from the day's activities. Dessert will be provided

Indian Meadows - This 186-acre Town of Glenville Park is the Town's largest and most popular day use facility. A number of recreational facilities are located within the park, offering a variety of year-round activities including: cross-country skiing and snowshoe trails, two ice skating rinks, sledding hill, tennis and basketball courts, baseball, softball and soccer fields, park pavilion, playground, story trail and restroom facilities. Large tracts of open field within the park are managed for wildlife preservation and bird habitat. The [Greenway Trail](#) connects Indian Meadows to Andersen Park. Participants can hike, snow shoe or cross-country ski the trail

Kinns Road Park – This park is about 64 acres of Saratoga County Forest, maintained by the Town of Clifton Park, with another 32 acres of adjoining lands owned by the Town of Clifton Park. The park offers beautiful wooded trails — many of which connect to the adjoining communities — used year-round by walkers, hikers, and orienteers. The trail distances have been mapped as part of an Eagle Scout Project and displayed at the entrance. During the winter, trails are groomed for cross-country skiing. This is a dog-friendly park, but all dogs must have a current dog permit obtained from the Town of Clifton Park Town Clerk. A stream is located south of the park on the trail that leads to Sherwood Forest.

Anchor Diamond Park – This park at Hawkwood is located at the corner of Route 50 and Middleline Road. This 246-acre property was purchased in 2015 through the generosity of Mr. Frank Schidzick in his will. You can read about the Hawkwood Mansion on the history interpretive signs along the trail. The property, with a conservation easement from [Saratoga PLAN \(Preserving Land and Nature\)](#), is now a passive park for all Town residents, with multiple trails and historic remains of the mansion and its many outbuildings. This forever-wild preserve is open to the public for nature study, walking, snowshoeing, and cross-country skiing.



Save these Dates...

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Walk Around Florida



WAF33



SAVE THE DATES!

1-3 NOVEMBER 2024

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in
Palm Coast, FL



4 walks, a swim and a bike ride

An AVA multi-event weekend brought to you by the Happy Wanderers,
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REGISTER FOR HOTEL:

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\$102.00 per night inc. taxes

Group Rate up to 4 nights: THURS 31 OCT to MON 4 NOV

CONTACT: johnmc82@cfl.rr.com

Facebook:

<https://www.facebook.com/WalkaroundFlorida33>



Hike the appalachian trail?

Linda Dunn AKA Sherlock

January 1, 2018 a new AVA Special Program was born called the Appalachian Trail (AT) with a run date to December 31, 2028. Books can be redeemed by December 31, 2029. Fellow walker and friend Donna Farber discussed her ambition to participate in the program, as she was also a hiker. The idea of hiking the AT seemed daunting and I questioned whether I physically could meet the challenge. Donna encouraged several of us and cited the AVA description of the program: "The Appalachian National Scenic Trail is a famous hiking trail in the eastern United States from Springer Mountain in Georgia to Mount Katahdin in Maine. The trail is roughly 3,500 km long & goes through 14 states. Walkers are required to hike/walk a section of the trail in each state. A qualifying AVA walk is one that goes on the AT or a blue-blazed trail for at least 4km." Four km per state sounded doable & the timeframe was generous to complete the program.

We're off!! Chris Yost, Donna Farber, Louise Remillard, and I decided to hike the AT in our backyard at Fort Montgomery Battle Site/Bear Mountain State Park, NY in October 2018. Part of the trail had storm damage, but we persevered and managed to bypass the fallen trees and witness an October 6, 1777 Battle Reenactment on the way. We were all excited that we were able to accomplish our first state. We were committed to completing the program. I took a Hudson Valley Community College course: Hiking for the Inexperienced and Newly Retired in the Fall of 2019. It was excellent instruction about safety in hiking and suggested gear to get, mainly a good back pack, hiking boots, & hiking poles, with 3 actual hike experiences.

In the Fall of 2019 Chris Yost and I did day trips to hike the AT in VT by Thundering

Falls and in New Hampshire around Dartmouth College. Chris then organized a plan for a group of us, Donna Farber, Linda Nowak, Louise Remillard, and me, to stay 2 overnights to hike along the Housatonic River, on part of the longest level section of the AT in Connecticut. And then to the rocky perch of The Cobbles which offered spectacular views of Massachusetts and beyond. In the Fall of 2020 the same team ventured out for another overnight to hike Pennsylvania where poles were needed for the rocky trail to overlook the Delaware River and then New Jersey which was flatter, though included a walk over a scary suspension bridge.

Halfway through the states with only 7 more to go! For our next trip in May of 2022 Chris, Linda N, Louise, and myself headed south to hike Harpers Ferry West Virginia which was very steep and rocky, and then past the Bears Den Overlook on another steep and rocky trail in Virginia. For Maryland we were pleased to be able to walk the Chesapeake and Ohio Canal Towpath which was flat.

In April 2023 for Chris' last state to complete the program, Chris, Donna, and I flew into the Atlanta Airport and rented a car to drive to our first start point in Georgia. We hiked a moderate difficulty trail in Amicaloia Falls State Park. We met a lot of through and section hikers and learned their trail names. On this trip we chose our AT hiker names: Chris=Wanderlust, as she avidly organizes and plans adventures for us, Donna=Mapster, as she skillfully analyzes elevation gain over distance, as well as other topography for us to consider for our best route by studying the AllTrails website, and for myself=Sherlock, for solving problems like car features, equipment malfunction and power switches, and the path to take over hog gates in Tennessee. We hiked in



Linda Dunn in Maine her last AT state.



Cobbles in Kent CT



Linda's first AT walk in New York

the Great Smoky Mountains National Park in Tennessee, and witnessed the most beautiful spring floral display! We closed out this trip in North Carolina walking in Hot Springs, an AT community where the trail is intertwined (Continued on page 10)

(Continued from page 9) with the town. We celebrated Wanderlust's completion of the AT from Georgia to Maine with ice cream and later dinner at a local Mexican Restaurant!

So, I had just one more state to go! Maine! Donna still needed Maine and so in June 2024 we teamed up to drive to Bethel where we had one lovely overnight stay

at the Holiday House Bed and Breakfast. We chose an easy to moderate difficulty trail for Dunn Notch and Falls. The creek was high due to rains and the falls were amazing! We celebrated Sherlock's, my last state, at the Sugar Shack with lunch and of course ice cream!

Hiking the Appalachian Trail was filled with so much fun and wonderful memories! It afforded opportunities for me to see other

parts of the country, to experience new challenges with friends, to get exercise, and most of all to grow relationships with fellow adventurers! It feels good to have accomplished the Special Program that I first thought would be out of my reach. It wasn't so much physical ability, but the 6 yrs of perseverance & dedication that yielded the satisfaction and pride of being an AT hiker! There's still time for you to give it a go! You can do it!

Lake Placid Leaf-Peeping Walk, Sunday September 29, 2024

Wayne C. Knapp, POC

Imagine a cool fall day in the Adirondacks soaking up the brilliant colors of leaf-peeping season in Lake Placid, home of the 1932 and 1980 Winter Olympics. Although it's hot and steamy now, our getaway is only a few weeks away and Wade Tours needs our numbers a month before the event. Here's the schedule:

- 7:00 a.m. Wade Tours first pickup at the terminal.
- 7:30 a.m. Exit 8 Park & Ride.
- 8:00 a.m. Dicks Sporting Goods, Exit 15, Wilton Mall Pole C2.
- 10:00 a.m. Arrive Lake Placid Visitors Bureau.
Plenty of time to walk a 5k or 10k, shop, eat and enjoy the spectacular scenery.
- 2:00 p.m. Depart Lake Placid, returning to your parking areas between 4 – 5 p.m.

For those who haven't walked Lake Placid in a while, Trailmaster Linda Morzillo suggested that we reverse the direction. So, you'll find new instructions that take us counterclockwise around Mirror Lake, ending our stroll along Main Street where dozens of shops and restaurants are located. A full listing of these establish-

ments can be found at www.LakePlacid.com or you can pick up a brochure at the Visitors Bureau. But here are three possible lunch spots to consider: The Cottage at Mirror Lake Inn; Big Mountain Deli & Creperie and Smoke Signals.

The cost is \$36 that includes the round-trip bus ride, driver's tip and \$4 walk fee. Taking the bus saves wear and tear on you and your vehicle, and you won't need to pay for metered parking in town. More importantly, you get to socialize with your walking friends while someone else does the driving.

Bus seats are available on a first-come first-served basis. There will be a waiting list - If you register and cannot go, a refund will be available only if you are replaced from the waiting list or find your own replacement. To reserve a seat on the bus, fill out the Lake Placid Bus Trip Registration Form and send it along with your \$36 check payable to ESCV, by August 15, 2024. Mail it to: Irene Hawkins, 801 Catlyn Ct., Delmar, NY 12054

I'm looking forward to seeing you on a Lake Placid adventure!





Save the Date Sunday, September 29, 2024



ESCV is sponsoring a bus to Lake Placid for a Seasonal Group Walk that day

The cost is \$36 per person which includes: the bus ride, tip for the driver, and walk registration fee.

There will be three pick up locations:

- Wade Tours Terminal Schenectady •
- Northway Exit 8 Park and Ride - Clifton Park •
- Northway Exit 15 - Wilton Mall at the north end of Dick's near parking lot Pole C2 •

Specific departure and return times: Departure time from Wade Tours Schenectady 7:00 am, pick up at Exit 8 Park and Ride, Clifton Park 7:30 am, and pick up at Exit 15 next to Dick's at Wilton Mall Pole C2 8:00 am. We will arrive in Lake Placid around 10:00 am. We will be leaving Lake Placid around 2:00 pm and arrive at Exit 15 around 4:00 pm, Exit 8 around 4:30, and Wade Terminal 5:00 pm.

This schedule should give everyone plenty of time to walk, eat, and shop (4 hrs).

Seats are available on a first-come first-served basis. There will be a waiting list, If you sign up and cannot go you will be able to get a refund only if you are replaced from the waiting list or find your own replacement.

To reserve a seat on the bus, fill out the form below and send it, with your check made out to
ESCV (Empire State Capital Volkssporters) by August 15, 2024 to:
Irene Hawkins, 801 Catlyn Ct., Delmar, NY 12054

ESCV Sponsored Bus Trip to Lake Placid 9/29/2024

Name _____

Address _____

Cell Phone Number _____

E-mail Address _____

Pick up location (please circle)

Wade Terminal Exit 8 Exit 15

Fill out this form and send it, with your check made out to ESCV
(Empire State Capital Volkssporters) by August 15, 2024 to:
Irene Hawkins, 801 Catlyn Ct., Delmar, NY 12054



ESCV Oktoberfest Picnic

Saturday, October 5, 2024

Hadley Park, Hadley, NY ~ Sue Grey is serving as chairperson ~

Hot dogs, Knockwurts and Bratwursts will again be served along with rolls, water, 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 September 30 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 Monday, September 30, 2024

EMPIRE STATE CAPITAL VOLKSSPORTERS

26th Annual Walk & Pizza Party

Saturday, November 2, 2024

10 km (6.2 miles) –or– 6 km (3.7 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:** 9:30-9:55 am **WALK:** Starts promptly at 10:00 am**Walk Brochure:** <http://walkescv.org/>

Our annual Pizza Party* will take place
immediately after the group walk around 12:30 pm

RESERVATION is necessary for the Pizza Party.

Cost per person is \$12.00 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 BY OCTOBER 28th

Pizza Party Reservation Form

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

Name and Phone Number

Pizza Party

\$12.00 per person

\$

TOTAL SUBMITTED: \$

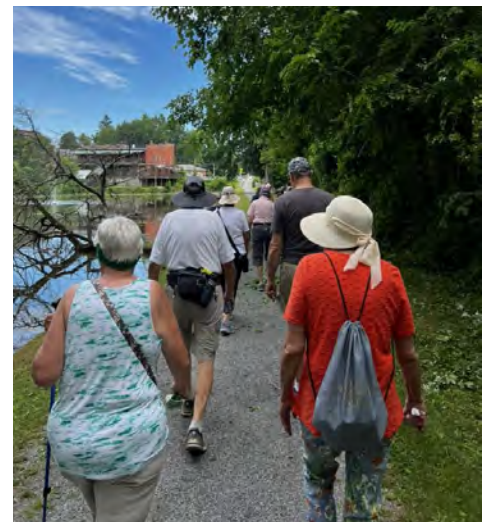
~~~~~ Deadline is Monday October 28th ~~~~~



# ESCV WALKS ...photo ops galore!



Schuylerville/Hudson Crossing  
July 3, 2024





## Canadian Walking Festival ...photo ops galore!


 2024


### A Holiday at the Canadian Walking Festival, Eh?

By Linda Morzillo

***It is true! Canadians are very friendly and upbeat, which about 30 ESCVers discovered (or reexperienced) on May 24-26, 2024.***

Those who traveled to Kingston, Ontario for the May 24-26 weekend participated in the five planned walks of the Canadian Walking Festival, the theme of which was Walking Through History.

All of the walks started from Battery Park where the organizers and walk leaders wore vests and held signs for 5K and 10K routes. As soon as about 15-20 people gathered for each group, they left and newcomers formed new groups.

The walk leaders of these group walks varied in style; we learned to look for George, who enjoyed telling us about the historical and social aspects of places and buildings along the walk routes. On Saturday, we were led by a bagpiper from the Princess of Wales' Own Regiment.

Each walk was named for its chief attribute: Festival Walk, Historical Walk, Doug Fluhrer Walk,

**(Continued on next page)**





## Canadian Walking Festival ...*photo ops galore!*



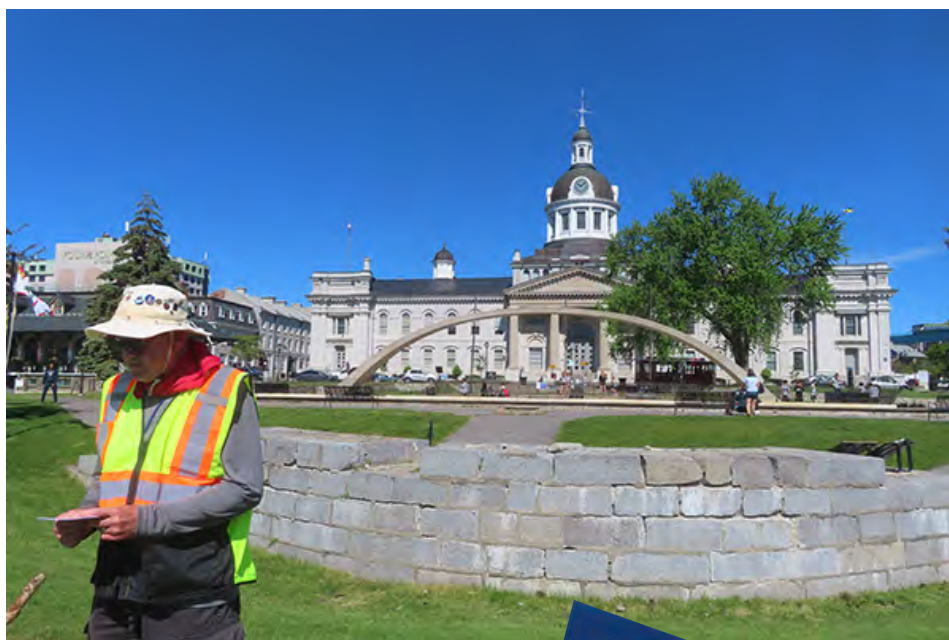
### (Continued from page ?)

University Walk and the Gord Downie Walk. (Continued on next page) The Doug Fluhrer Walk honored a past Commissioner of Parks and Recreation for the City of Kingston and Gord Downie was a Canadian rock singer, songwriter, musician and activist as well as the founder of the Canadian rock band Tragically Hip. The Festival Walk was a general tour of the area, the Historical Walk emphasized places important to Kingston's past and the University Walk highlighted Queen's University. We crisscrossed the waterfront area and streets up to 3 miles inland where, in addition to the themed points of interest, we viewed lovely well-kept buildings and parks.

Kingston is a charming city at the beginning of the St. Lawrence River and is known as "The Limestone City." Many of the buildings are constructed of local limestone. We learned that Kingston was originally inhabited by indigenous First People, became a part of New France, was later conquered by the English, became the first capital of Canada and had military importance. The Martello Towers in the harbor, built in response to the Oregon Crisis in the 1840's, were pointed out several times. There were very brief references relating to the War of 1812.

Before arriving in Kingston, several ESCVers Volkswalked in places on Lake Ontario. Three walks done with my fellow travelers were in Sodus Point, Sackets Harbor and Cape Vincent. Each was on the shore of Lake Ontario and conducive to

those doing the Lighthouse Special Program. We walked by places listed on the National Register of Historic Places and all were involved in the War of 1812. Sodus Point was an important port during the 1800's. Cape Vincent was an armed camp founded to oppose the British in Kingston and was later developed as a vacation village adjacent to Thousand Islands in the late 1800's. Sackets Harbor was the site of a major shipyard and the Naval Headquarters on the Great Lakes during the War of 1812. The Madison Barracks area has been called a "living museum of military architecture." The Volkswalk route highlighted this historic part of the



village, we saw General Grant's quarters and noted that the buildings in the area are in constant use.

Lake Ontario was an integral part of every walk done by my fellow travelers and me!





# Membership

Louise Remillard lousieremillard3@gmail.com

## 2024 Membership Renewal

There is still plenty of time to renew your  
2024 ESCV Membership.

Print a copy of the Membership form 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. Thank You!

**We currently have 199 active paid members in ESCV**

### New Members May 2024:

Gloria Russo, Albany  
Debbie Rous, Mechanicville  
Tami Brown, Midway, UT  
Jane Catalano, Latham  
Kordelia Hutans, Albany  
Nancy Roberts, Waterford  
Darrell A. Way, Schenectady

### New Members June 2024:

Olga Ashline, Averill Park  
Paul Ashline, Averill Park

### New Members July 2024:

Ruth S. Russell, Halfmoon  
Judy Kenny, Wynanskill



## 2024 Incentive Program

### 2024 a new and different Walking Incentive Program!

Louise Remillard email:lousieremillard3@gmail.com

For 2024 we are offering an Incentive Program to encourage participation in a specific combination  
of Year-Round & Seasonal walk/bike, Wednesday walks, Traveling Guided walks, and Traditional walks sponsored by the  
Empire State Capital Volkssporters Walking Club

You must pay the \$4.00 walk fee to receive the stamp in the Incentive Book.

*The challenge this year requires you to complete:*

**3 different ESCV Year-Round Walk Events.** Albany Capital, Albany-Colonie, Albany Mall, Pine Bush, Cohoes, Clifton Park, Glenville, Saratoga Battlefield, Spa Park, Saratoga Springs City, Schenectady, Scotia, Scotia Northside, Troy

**3 different ESCV Seasonal Events (walk or bike).** Altamont, Bennington, Cooperstown, Glens Falls, Johnstown, Lake George, Lake Placid, Williamstown, and any Bike Event.

**3 Wednesday ESCV Walk Events.** (Walks listed in the Wednesday Walk Booklet ONLY). Old Niskayuna, Albany Suny, Saratoga Eastside, Fort Hunter, and Wilton Town Gavin Park.

**3 ESCV Traditional/ESCV Traveling Guided walk Events.** Tri-Park Walk, Oktoberfest, Pizza Party, Clifton Knolls, Malta Tech Park, Colonie Hannaford, Holiday Party.

**12 additional ESCV walks of your choosing! Any Combinations of ESCV Walks.**

**For a total of 24 walk/bike events between January 1 and December 31, 2024.**

The reward for completing this challenge will be 5 free ESCV walk coupons to be used in 2025. If anyone has suggestions for other rewards that should be offered, please let Louise know.

**24 for 24 Participation Incentive Program book will be available at NO CHARGE at all upcoming walks.**

**Please see Louise Remillard to get your free Incentive Program Book.**







# ESCV Bike Events ...photo ops galore!



A group of bikers for the Albany-Helderberg 23 mile bike ride. The weather was perfect and after inflating what seemed like a half dozen tires, we were all set to go. The special treat after some frolicking around on the wooden train at the far end of the ride, we made a very short detour into Voorheesville and stopped for snacks at the new Blackbeard's Bike Cafe. The cafe was doing a nice business with a good crowd of bikes parked outside. After our refreshments, we headed back to the Corning Preserve in Albany. On August 10th, we will do the Pattersonville to Amsterdam ride. The walking bridge should be in full bloom. And coming up the Saturday after that we will be doing a new ride added this year from Queensbury to Lake George where we might have a short picnic overlooking the village of Lake George lake front. Many thanks to John Watson for hosting today's bike ride.



# 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: _____                                                                                                                         |  | <input type="checkbox"/> New Member | <input type="checkbox"/> Renewal |
| Address: _____                                                                                                                      |  | City: _____                         | State: _____ Zip: _____          |
| Phone: (h) _____ (c) _____                                                                                                          |  | Email: _____                        |                                  |
| Do you receive The American Wanderer? <input type="checkbox"/> Yes <input type="checkbox"/> No                                      |  |                                     |                                  |
| NEW members choose which type of ESCV Car Window Decal you'd like: <input type="checkbox"/> Inside <input type="checkbox"/> Outside |  |                                     |                                  |

|                                                                                                                                                      |  |                                     |                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------|----------------------------------|
| Name: _____                                                                                                                                          |  | <input type="checkbox"/> New Member | <input type="checkbox"/> Renewal |
| Address: _____                                                                                                                                       |  | City: _____                         | State: _____ Zip: _____          |
| Phone: (h) _____ (c) _____                                                                                                                           |  | Email: _____                        |                                  |
| Are you an AVA member <input type="checkbox"/> Yes <input type="checkbox"/> No    Lifetime? <input type="checkbox"/> Yes <input type="checkbox"/> No |  |                                     |                                  |
| NEW members choose which type of ESCV Car Window Decal you'd like: <input type="checkbox"/> Inside <input type="checkbox"/> 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. I 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 \_\_\_\_\_

**2024 YRE & Seasonal Walks****New York**

|                              |                |
|------------------------------|----------------|
| Albany Capital .....         | Jan 1 – Dec 31 |
| Albany Mall Walk .....       | Jan 1 – Dec 31 |
| Albany/Colonie .....         | Jan 1 – Dec 31 |
| Albany Pine Bush .....       | Jan 1 – Dec 31 |
| Altamont Village .....       | Apr 1 – Dec 31 |
| Clifton Park .....           | Jan 1 – Dec 31 |
| Cohoes .....                 | Jan 1 – Dec 31 |
| Cooperstown .....            | Apr 1 – Dec 31 |
| Glens Falls .....            | Apr 1 – Dec 31 |
| Glenville .....              | Jan 1 – Dec 31 |
| Johnstown .....              | Apr 1 – Dec 31 |
| Lake George .....            | Apr 1 – Dec 31 |
| Lake Placid .....            | Apr 1 – Dec 31 |
| Sar Nat'l Hist Pk .....      | Jan 1 – Dec 31 |
| Saratoga Spa Pk .....        | Jan 1 – Dec 31 |
| Saratoga Springs .....       | Jan 1 – Dec 31 |
| Schenectady .....            | Jan 1 – Dec 31 |
| Scotia .....                 | Jan 1 – Dec 31 |
| Scotia Northside .....       | Jan 1 – Dec 31 |
| Troy .....                   | Jan 1 – Dec 31 |
| Albany-Helderberg Bike ..... | Apr 1 – Dec 31 |
| Lake George Bike .....       | Apr 1 – Dec 31 |
| Pattersonville Bike .....    | Apr 1 – Dec 31 |
| Schenectady Bike .....       | Apr 1 – Dec 31 |
| Stillwater Bike .....        | Apr 1 – Dec 31 |
| Zim Smith Bike .....         | Apr 1 – Dec 31 |

**Massachusetts**

|                    |                |
|--------------------|----------------|
| Williamstown ..... | Apr 1 – Dec 31 |
|--------------------|----------------|

**Vermont**

|                  |                |
|------------------|----------------|
| Bennington ..... | Apr 1 – Dec 31 |
|------------------|----------------|

**YRE & SEASONAL WALKS**

|                                     |             |
|-------------------------------------|-------------|
| <b>Kickoff 2024 .....</b>           | <b>Fall</b> |
| Jan 01 Troy .....                   | Aug 31      |
| Feb 07 Albany Mall .....            | Nov 20      |
| Feb 10 Saratoga City .....          | Oct 23      |
| Mar 09 Albany Capita .....          | Oct 12      |
| Mar 13 Scotia Northside .....       | Oct 30      |
| Mar 20 Glenville .....              | Oct 16      |
| Mar 27 Cohoes .....                 | Dec 11      |
| Apr 03 Clifton Park .....           | Sep 25      |
| Apr 07 Schenectady .....            | Nov 24      |
| Apr 14 Glens Falls .....            | Aug 18      |
| Apr 17 Scotia .....                 | Sep 18      |
| Apr 20 Albany/Colonie .....         | Nov 09      |
| Apr 24 Saratoga Spa .....           | Nov 13      |
| Apr 28 Cooperstown .....            | Oct 20      |
| May 04 Sar Nat'l Hist Pk .....      | N/A         |
| May 11 Altamont Village .....       | Sep 04      |
| May 18 Zim Smith Bike .....         | Sep 28      |
| May 19 Lake George .....            | Oct 09      |
| May 25 Williamstown .....           | Sep 15      |
| Jun 15 Johnstown .....              | Oct 02      |
| Jun 22 Schenectady Bike .....       | N/A         |
| Jun 23 Bennington .....             | Oct 26      |
| Jun 29 Albany Pine Bush .....       | Sep 21      |
| Jul 27 Albany Helderberg Bike ..... | N/A         |
| Aug 10 Pattersonville Bike .....    | N/A         |
| Aug 17 Lake George Bike .....       | N/A         |
| Sep 29 Lake Placid .....            | N/A         |
| Oct 19 Battlefield Bike .....       | N/A         |

**Group Walks start times:**

JAN - APR/SEPT- DEC: 10am WED &amp; SAT

**MAY- AUG: 9am WED & SAT****Year-Round JAN – DEC: JAN-DEC: 1:30pm SUN****Walk ESCV**

## ONE DAY EVENTS – 2024

### WEDNESDAY WALKS REMAINING

**May – August 9 AM ONLY**

|              |                           |
|--------------|---------------------------|
| Aug 07 ..... | SUNY Albany               |
| Aug 14 ..... | Saratoga Springs Eastside |
| Aug 21 ..... | Schoharie Crossing        |
| Aug 28 ..... | Wilton Gavin Park         |

## 2024 Traveling Guided Walks & TRADITIONAL WALKS REMAINING

|                      |                                    |
|----------------------|------------------------------------|
| Aug 24 .....         | Glenville Tri-Park Walk and Picnic |
| Sep 06, 07, 08 ..... | Poughkeepsie Northeast Weekend     |
| Oct 05 .....         | Hadley/ Luzerne (Ocktoberfest)     |

|               |                             |
|---------------|-----------------------------|
| Nov 02* ..... | Albany (Pizza Party)        |
| Nov 06 .....  | Clifton Knolls              |
| Nov 16 .....  | Malta Tech Park             |
| Nov 27 .....  | Colonie Hannaford           |
| Dec 7* .....  | Schenectady (Holiday Party) |

\*Updated dates

Refer to ESCV Webpage  
for more information**www.walkescv.org**

## Help wanted Purchasing Chair

This position primarily orders walk books (event and distance) and new walker packets when needed. It's an email request to AVA (Marian Deval) who automatically bills ESCV, and a delivery of materials to Membership Chair Louise Remillard.

Please contact Louise:

[louiseremillard3@gmail.com](mailto:louiseremillard3@gmail.com)

if you can help out.

**~ Reminder ~****Effective 1/1/24****all walk fees****are now \$4.00**

Children under 13 walk for free so bring your kids/grandkids, nieces/nephews, and neighbors to introduce them to walking.







## AVA Northeast Region Event

**September 6 ~ 8, 2024**

**HUDSON to HOUSATONIC  
Walking Weekend**

**Hyde Park, NY**  
Fri.

**Poughkeepsie, NY**  
Sat.

**Kent, CT**  
Sun.

### *Chat and Chew Opportunities*

**Fri. eve.** Meet & Greet - Germania of  
Poughkeepsie's "Oktoberfest"

**Sat. eve.** Dinner – Poughkeepsie-area  
Restaurant

More details later:

[hudtohou@gmail.com](mailto:hudtohou@gmail.com)

<https://nodegreen.com/hudtohou/>

### *Event Lodging*

**\$159/night Fri. & Sat.**

**Hampton Inn & Suites Poughkeepsie**

2361 South Rd. (Rt. 9)

Poughkeepsie, NY 12601

<https://www.hilton.com/en/attend-my-event/september2024weekendwalkinggroup/>

845-463-7500 Our Discount Code: WWG



**NERD News-** The next AVA Board meeting will be on August 22, 2024 via Zoom, but I didn't want to wait until September to remind you of some upcoming events of interest to us in the Northeast.



Carol C. Giesecke  
Northeast Regional Director  
ne rd@ava.org • 304 399-6334

Eileen Skinner  
Northeast Deputy Regional Director  
ne drd@ava.org • 518 221-1696

Big Give is Big News right now! From 6 PM on Wednesday, September 18 to 6 PM on Thursday, September 19, this is when your contribution will make the biggest impact for AVA. However, any time in September is a good time to give. Please be as generous as possible. And if you want to ask friends and relatives to join in, please look into the Peer to Peer option. Visit the AVA website – AVA.org – for more information on this.

June TAW featured the April Tater Tour to New Mexico! Are you receiving the digital version of the American Wanderer? I think it was such a great idea to get away from paper! So much more can be done with a digital publication! The photos in the June issue are stunning! And what I wrote in the last newsletter bears repeating: Producing TAW internally is estimated to save AVA over \$12,000 annually! And the first issue reached almost 2000 additional walkers over the December, 2023 issue (the last traditional paper issue)!

The email address for TAW submissions is still the same: TAW@ava.org. Deadlines for photos and articles can also be found at that web address.

2026 50th Anniversary of AVA – AVA President Henry Rosales continues to remind us that AVA will be 50 in 2026 and we should be considering how we want to celebrate this event. Do you have any ideas? Send them to Henry@ava.org

#### **Grouper and Strider – Are your clubs benefiting from Strider participants?**

I thought the June Checkpoint made the distinctions between the two programs very clear: “The AVA has a new agreement with Grouper (formerly known as ‘Element3 Health’) to promote their new referred participants called Strider participants (walkers) to our events. This program is for Strider participants who use a physical start box and/or attend any of our other non-competitive sporting events to include Traditional events. Please note: Strider participants are NEW walk participants who are referred by Grouper. NEW walk participants are individuals who are new to our organization. Someone who has been walking with the AVA prior to June 1, 2024, does NOT qualify for this program.

Grouper will sponsor these participants by paying their \$2.00 event participation fee that the clubs would normally pay to AVA and their \$2.00 event participation fee that goes to clubs. Note: these are not free walkers. Their walk fee is paid by

Grouper and the AVA reimburses the clubs for the \$2.00 fee.

What this means is that Grouper will pay the AVA the \$2.00 club portion of participation fees for all Strider participants who attend any of their YRE/Seasonal Events or a Traditional Event and have physically signed an AVA Athletic Waiver (Registration Log or Start Card) for the event. Clubs will receive a \$2.00 credit for each Strider participant who has attended any of these Events. The credit will be applied quarterly to their event participation invoices. This participation credit program does not apply to ACE Weekday Guided (ACE-WG) events. What this means is that all Strider participants are sponsored by Grouper and should not be charged a club participation fee when they attend any of our Events. However, to credit clubs \$2.00 per Strider participant, clubs must record the number of Strider participants in their traditional and quarterly event participation reports (TE and YRE/SE). The event (TE and YRE/SE) participation reports will have a NEW category labeled Strider. This is where clubs will enter the Strider participant count beginning the second quarter of 2024 for YREs and Seasonals and starting 6/1/2024 for Traditionals. There is currently no support for the club to get a \$2 credit for a Strider participant who has registered and completed an OSB Year-Round/Seasonal online. A separate process will be developed for Strider participants who use the online start box. Strider participants must pay for any/all additional fees beyond the exempted \$4.00 participation fee such as awards, park fees and special events. This program went into effect June 1, 2024.”

**Northeast News** – A reminder that Hud to Hou – the 2024 Northeast multi-club gathering is right around the corner: September 6-8. I am very much looking forward to seeing many of you at this series of events. Registration closed August 1 for the event gathering, so I hope you have already registered!

Those of you who fondly remember the Tri-State gatherings of 20 or so years ago will be really pleased to know that representatives from Southern Maine, Twin State in Vermont and New Hampshire and Two Town on Massachusetts' North Shore, have been meeting to plan a Lighthouse tour in 2025! We've been meeting via Zoom, courtesy of Walk'N Mass Club President Mary Frink, and have come up with dates and a venue. The Northeast 2025 Tri-State Lighthouse Tour will be held May 16-18, 2025, based at the Microtel in

York, Maine. Registration will be open in January. I have been happy to sit in on the planning meetings and am very impressed with the commitment and cooperation these clubs are demonstrating. Congratulations to West Point Volkssport Club and Connecticut Valley Volkssport Club (CVVC) for their creativity and incredible energy in developing Hud to Hou and now to three more of our New England Clubs for their hard work in bringing us closer together!

Please remember time is running out for participating in the Rhode Island County Challenge Special Program in Rhode Island, co-sponsored by Walk 'n Mass and CVVC. Order a book by December 31, 2024 and turn in your completed book by December 31, 2025 and you will receive the award which is a 40" blue cooling towel/scarf, which can keep you cool on those summer walks. For more information or an order form, please send an email to Carol West – carol.west@sb-cglobal.net. I happily completed this series of walks and have been using my cooling scarf this summer.

I want to close by using my NERD status to shamelessly promote my home club, and encourage you to come to Boston and walk the Freedom Trail or the Back Bay walks. Parking is free on Sundays so if you arrive early enough, you can easily park downtown on many streets, including even Boylston Street! We are holding both the Freedom Trail and Back Bay walks on the same time on a Sunday in the fall so those people who are not as comfortable with the On-line Start Box (OSB) can get a stamp in their books in person. Also we are holding the Boston Special Places walk again this fall, which starts at the Prudential Building on Boylston St. Check out the Walk'N Mass website at [www.walkinmass.org](http://www.walkinmass.org) for dates and details. I hope I get to see you in Boston!! Of course, any time you are visiting the city, you can always walk by registering via my.ava.org using the OSB. It's my goal also to rejuvenate the Cambridge walk, and to see if we can grow Boston and Cambridge membership the way that ESCV has done so admirably in the Albany area. Please enjoy the rest of your summer. Stay cool, stay hydrated and walk early or walk late!!

**Carol Giesecke**  
Director, Northeast Region, AVA  
August 1, 2024