



# Empire State Capital Volkssporters

*Walking Club in the Capital Region of New York State*

WWW.WALKESCV.ORG

MAY 2024



## **"The Capital Region's Best-Kept Secret"**

55+ Life Spring 2024 by Brianna Snyder

Alan Longshore guesses he's walked about 7,000 miles in the last 23 years. The 85-year-old Voorheesville resident has been a member of the Capital Region walking club, Empire State Capital Volkssporters, for that long and continues to meet with the group for their walks twice a week.

Before he joined the club, "I did quite a bit of walking," Longshore says. "Probably for roughly 10 years before that. I had bypass surgery in my 50s, so I had always walked a lot and (joining a walking club) intensified it and gave it more purpose as well."

The club is part of a national organization, the American Volkssport Association, whose mission is to "engage Americans in lifelong walking and other noncompetitive physical fitness activities."

Volkssport, from the German word "Volksmarsch" ("people's march"), was developed in Europe as a noncompetitive fitness-walking event in the 1960s. Since then, clubs and organizations across the world have instituted local versions of the

movement. The Capital Region chapter alone has been active for 37 years, according to its current president, Chris Yost.

Yost, who has been a member for 10 years, says right now the club has about 200 members, who are mainly in their 50s and older. (The oldest members are in their 90s.)

**"I have made a lot of friends through this club," she says. "It's funny. You join and then you immediately have 200 close, personal friends."**

The physical and mental benefits of walking and exercise are well-documented. Those benefits are even greater for people of a certain age. According to Harvard Medical School, walking can ease joint pain, soothe arthritis and boost immunity, among many other rewards. "Several studies have found that ... walking five to six miles a week can even prevent arthritis from forming in the first place," the school reports. "Walking protects the joints — especially the knees

and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them."

The Capital Region walking club offers walks for everybody at every fitness level. Yost says she pairs newcomers with walkers who match their pace so that no one feels rushed or bogged down. You can use maps provided by the organization and go on walks by yourself, or you can join them for their group walks, each of which includes a point of contact to guide the walkers along the routes. Walkers can choose between a 5K and a 10K route.

"We have people that walk at all speeds," Yost says. "When you first come we try to make sure that if it's your first walk you walk with somebody in the club, and if that person doesn't like that person's pace they can find someone else next time. We have people (who are) slow and fast and moderate." **(Continued on page 5)**

**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/](http://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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San Antonio, TX 78210  
210.659.2112 [AVAHQ@ava.org](mailto:AVAHQ@ava.org)



Northeast Region  
Carol C. Giesecke - Northeast Regional Director  
[ne rd@gva.org](mailto:ne rd@gva.org)  
[www.avacclubs.org/NE\\_RD/](http://www.avacclubs.org/NE_RD/)



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

## Try this Walk

### Try the Walk in Columbus, Indiana!

By Linda Morzillo

On a warm late December day, we walked in Columbus, Indiana, located 82 miles north of Louisville, KY and 44 miles south of Indianapolis, IN. According to the walk description, the city is a destination for architectural lovers. We were not disappointed as we walked in the downtown area, neighborhoods and on the People Trail.



The start point was at the Visitor Center which displayed several beautiful Chihuly glass sculptures and historical information. The gift shop featured local items as well as some small Chihuly decorative glass. There were historical pictures, handouts and great restrooms.

From historical markers we learned that Columbus was settled by pioneers who arrived in covered wagons. We walked in the downtown area and saw the beautiful county courthouse and the Commons, a community arts and events center. Several shops and restaurants were on the main street, including Zaharakos, an old-fashioned ice cream parlor and museum established in 1900.



The walk showcased several factories, the most visitor-friendly was Cummins. A huge display in the vast lobby highlighted the company's mission to "Making People's Lives Better By Powering A More Prosperous World."

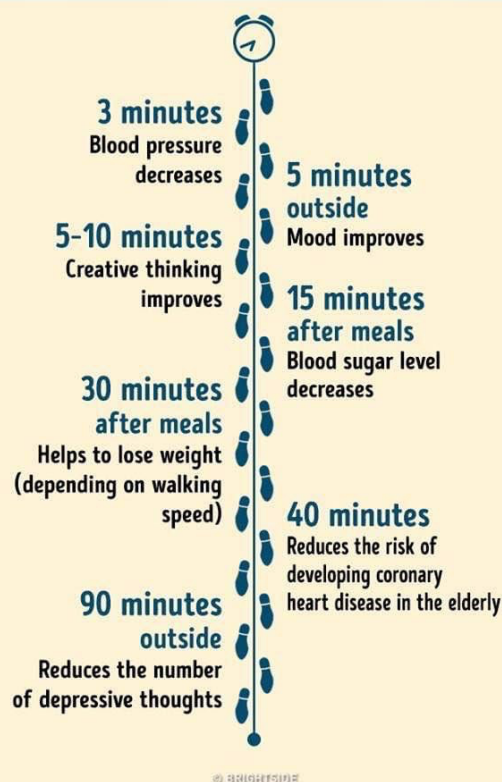


Architecturally interesting buildings were seen during the walk. The post office and many houses and churches were eye-catching. Bartholomew County Public Library lends books and the other usual library materials. In addition, there is a "Library of Things" where cardholders can borrow over 300 occasionally used items. Apparently, there are several libraries across the country that do the same thing and Wikipedia has details about "Library of Things." Very cool.

If you travel on I-65 in Indiana, this is a nice walk to consider!



## How walking affects the body



## Milestones

### Events:

50	Denise Connelly
100	Nikki Signoracci
150	Terry Gitnick
175	Sandra Laity
375	Carol Giesecke
500	Gail Ostrander
650	Kathryn Piffat
750	Louise Remillard
850	Chris Yost



### Distance:

500k	Denise Connelly
	Nikki Signoracci
1500k	Terry Gitnick
4500k	Gail Ostrander
	Louise Remillard
5000k	Chris Yost
5500k	Karen Watson
5500k	Kathleen Brown
6500k	Cathy Edwards
11000k	Alan Longshore

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

Welcome to Spring as we kick off the Wednesday Walk Program! May is National Physical Fitness month so get out and celebrate with a walk.

What great ESCV publicity we received in the 55+ Life magazine. Thanks to Alan Longshore and Debbie Hummel for their contributions to this article.

We had a fabulous experience with our first Traditional walk in Plattsburgh with a bus ride provided and a viewing of the solar eclipse on April 8. We have 3 upcoming Traditional walks over the next 2 months to anticipate: Cobleskill (June 1), Dolgeville (June 8), and Schoharie (July 13). See article "History, Violets, and Lilies Oh My" page 7 for more information.

Thanks to Linda Morzillo for her Try this Walk article. Please share a walk you have done for others to try! Who doesn't like to walk in new places.

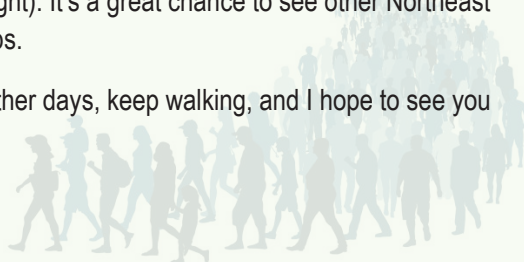
How interesting is Majorie Wytzka's life as a bee keeper. Thanks Majorie for sharing your world outside of Volkssporting.

How are you doing on your 2024 Incentive Program? There is still time to get going and complete this program. See Louise to get your 2024 ESCV Incentive Program book.

Please save the dates September 6-8, 2024 for the Northeast Weekend in the Poughkeepsie and Kent, CT areas. Blocks of rooms have been reserved and are going quickly so make your arrangements sooner than later. In addition to the walks there will be an Oktoberfest (Friday night) and an Italian dinner (Saturday night). It's a great chance to see other Northeast friends from our sister clubs.

Enjoy these beautiful weather days, keep walking, and I hope to see you on the trails near or far.

*Chris Yost*  
President, ESCV



## 2023 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		

# Honeybees are amazing creatures... ESCV Bee Keeper Marjorie Wytzka

We love to walk. Walking has so many health benefits and for those of us in ESCV we also have the added benefits of making friends and enjoying great conversations while we take in new sights and locations. There are times that we don't like walking quite as much, such as in the rain, excessive heat or cold or in the face of possible dangers. One danger that is identified by many people are flying insects that can sting! And I am one of those people who fear that danger!

## ***Wasps, yellow jackets and bees, oh my!***

However recently I've changed my perception on honeybees! Yes, they sting, but usually only in defense of their hive and queen! I became a beekeeper quite by accident. I was thinking about retirement while at work one day (who doesn't right?) and I saw an article about a former Army soldier who was offering free beekeeping training through Michigan State University. I've hated all things that sting, but the idea of learning something about bees was intriguing, and I love to learn, so I signed up. A few years later, we retired and had just moved to the Saratoga Springs area when we did a walk near Greenwich and passed "**BetterBee**", a store for beekeepers. My wife brought us back a few days later and I found myself leaving with a bee hive box and an order for a bee nuke (or nucleus, which is a queen bee and approximately 10,000 to 15,000 bees to start a hive) to arrive a few weeks later.

I've learned a lot about bees and have truly come to appreciate them. Here is an animal that can taste with its feet, give directions to their fellow bees through elaborate dance moves, and changes jobs throughout their lives with ease and the goal of ensuring survival of their hive.

A beehive can have anywhere from 20,000 to 60,000 bees! The majority of which are female workers, with about 10% male (who don't ever work in the hive, don't even feed themselves, and don't have a stinger). Leading the hive is a single queen.

When a female bee is born her first job is to clean the cell she just hatched from. From there she becomes a nurse and house bee, cleaning up around the hive and feeding the brood (collective term for honey-bee young, pupae and larvae). She'll also begin taking on the job of undertaker. Bees are real neat freaks! They like things to be in order, and dead bees in a hive are not to be tolerated, and the undertaker bees quickly remove their fellow bees and deposit them outside the hive.

As she gets a bit older her wax glands mature, and now she is an architect, building and designing comb. She'll make new wax to build cells for new brood, repair old parts of the hive and help

fill in cracks. Some females will now become responsible for cleaning off their sisters when they return to the hive after foraging trips. They collect the pollen and nectar from their foraging sisters and put them neatly in the appropriate cells.

One of the more prestigious jobs a female worker bee may get is assignment as the Queen's Attendant! A queen is so busy laying eggs that she doesn't have time to care for herself, so her workers feed her, clean her, and even remove her waste from the hive! ***Not necessarily a job I'd call prestigious, but....***



***This is a bee with "pollen pants"***

When a worker is finally mature, her working stinger is stocked with venom! She will take on the role of guard bee, diligently defending the hive. And the last job in her life will be that of forager. This is what most people see, the bee leisurely floating from one flower to another. But to find suitable nectar and pollen a bee might fly up to six miles. That's the equivalent of 800 miles for you and me!! Another way to consider the amount of work is to realize it would take one bee three full orbits around the earth to make one pound of honey!

By the time a worker bee becomes a forager she is near the end of her life, a life that lasts only 5-6 weeks in total. Now you know where that saying "**busy as a bee**" came from! Honeybees are amazing creatures that provide us with honey but more importantly we would not have three quarters of the fruits and vegetables we eat without pollinators. So next time you swat at a bee, maybe think twice and just calmly move on your way.





# Prepaid Walk Coupons



We, as a club, have always tried to make the job of the POC easier by showing up at the sign-in table with labels and exact change. But I am sure that I am not the only one to go searching for dollar bills the night before a walk. ATMs dispense 20's and larger denominations. So I have to ask at the bank for singles or hoard any that I get for change.

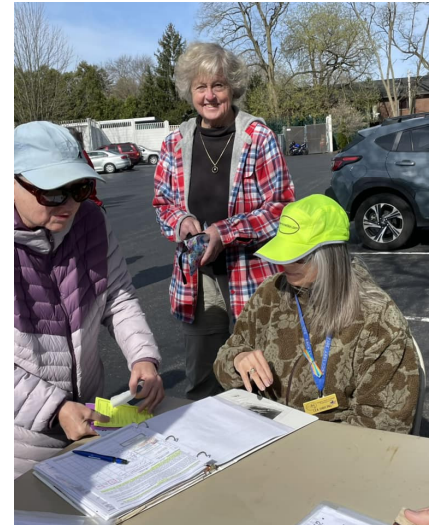


We are now prepared to offer you a solution to this problem, Prepaid walk coupons. These coupons will be available 5 for \$20. That same \$20 bill that is dispensed by your ATM. This is not a discount. It is not required. It is simply a convenience.

Louise will be selling them. They are to be used exactly like the, much loved, incentive coupons, except you pay full price for them. Write your name on them, mark yourself as a paid walker and the POC turns them in just like the incentive coupons.

If you like this idea, thank Karin, who articulated the problem. If you have any complaints or suggestions, talk to me.

Respectfully submitted, Terry Gitnick



(Continued from page 1) Friendship is a major motivator for the walkers.

**“Fun, fitness, friendship. Those are the three F’s,” Yost says. “And some clubs add a fourth F: fermented beverage.”**

Debbie Hummel is a new member. At 62, she is newly retired and keen to enjoy her free time productively. “I wanted to fill my time staying moving and doing more walking,” Hummel says. “It’s just nice to get to know somebody and just make friends like that. You get to know so many new people by talking as you walk.”

Everyone’s out for the same reason, Hummel adds. “They want to get their workout in.”

“There was one walk where we were walking along the Mohawk River. It was a winter day and it was windy and it was

cold,” she says, laughing at the memory. “Somebody was asking, ‘Do we turn here or do we turn there? If we go down this street we’ll be protected from the wind.’ But nobody wanted to cut the distance. People want to get their full three miles or 5K in and don’t want to lose an inch. That’s their goal or purpose. For the health, aerobics, distance.”

Members each get a little passport-like book that’s stamped after each walk. At the national level, these stamps can span whole regions. One stamp challenge is the Appalachian Trail (hiked in sections across states). Another is a 50-states challenge (Yost just finished that one). Yet another is a lighthouse walk.

**“We’re the region’s best-kept secret,” Yost says. “We like to think we’re seeing the world, one step at a time.”**

How to join the Empire State Capital Volkssporters: A yearlong membership for an individual is \$12; for a family, it’s \$20. To join a walk without becoming a member, it’s \$4 for entry. See <https://www.walkescv.org/> for membership forms and more information.

According to the website, a typical walk is 6.2 miles (10K) and lasts about two hours. The club also sponsors five- to six-kilometer walks. Many walks take place on weekends and are designed to maximize the area’s scenic beauty.

The group also hosts four events per year for members, a strawberry fest, an Oktoberfest, a pizza party and a holiday party. Of course, each event also features a walk.

# Save these Dates...

## History, Violets, and Lilies Oh My!

By Lea Darling, Vera Weiss, and Chris Yost., Edited by Linda Morzillo

***For the Empire State Capital Walksporters (ESCV), stepping into spring and summer means plans are in place for three Traditional Walks!***

**June 1, 2024**  
**COBLESKILL, NY**

A walk has been planned to take place on June 1st in the historic village of Cobleskill, NY, once known as the "Pancake Flour Capital of the World." Settled in 1721 on land bought from the Iroquois by German Palatine settlers, its name came from the first Dutch mill owner, Kobell and the Dutch name for stream, kill. Built in 1802, the Bulls Head Inn is the center of the Cobleskill Historic District. Walkers will pass through the small village park with a veterans' memorial, cross over the millpond on a bridge at the Cobleskill Creek, see the commercial area, several residential streets, churches, an old school, a railroad depot and the first county fairground buildings. The Battle of Cobleskill/Cobleskill Massacre in 1778 took place during the American Revolution in nearby Warnersville. The British and their allies, the Iroquois, burned the settlement. The fertile Schoharie Valley, the Breadbasket of the Revolution, provided much of the sustenance for General Washington's army. Starting in the 1830's, mills produced materials such as fulling (cleaning woolen cloth), lumber, grist, and cider. Several stone quarries began operation in the late nineteenth century. With the opening of the railroad, the community became prosperous, the population quadrupled and the number of enterprises increased. Today with 6,500 residents, Cobleskill is home to SUNY Cobleskill, New York State's premier public agricultural state-funded college and the largest village employer.



*The Bulls Head Inn, established in 1802, is at the center of the Cobleskill Historic District.*

**July 8, 2024**  
**DOLGEVILLE, NY**

On June 8th, a new walk in Dolgeville will be in conjunction with the village's annual Violet Festival! The village was founded in 1794 by Samuel Low. First, around 1795, a grist mill and later a saw mill were built by Captain John Favill on Ransom Creek. A blacksmith shop, tannery and schoolhouse were added with the arrival of more settlers. Dolgeville was known as Green's Bridge and later Brockett's Bridge before 1881. Thomas Edison's first water-powered dynamo was installed in Alfred Dolge's factory which produced parts and materials for pianos. The Daniel Green shoe company partnered with Dolge after finding that the factory's piano felt was also well-suited for slippers. Dolge failed financially in 1899, and the Dolge Company Factory Complex became property of the Daniel Green Company, the largest employer in the village until 1999, when it shuttered its operations. The factory complex, now called the Graystone, is used as an antique, second hand, and crafts shops hosting the annual flower show and art shows for the Violet Festival. Lyndon Lyon, who lived in Dolgeville until his death in 1999, developed about 800 hybrid varieties of African violets. The Violet Festival commemorates Lyon; his greenhouse in Dolgeville is still known for violets and orchids. The entire village gets into the spirit with 75 craft and food vendors participate and is also a wonderful way to support the small businesses in town.



*Dolgeville's old factory complex is now the Graystone, home to antique, second hand, and crafts shops.*

*Continued on page 7*



## Save these Dates...

# History, Violets, and Lilies Oh My!

**July 13, 2024 , SCHOHARIE, NY**

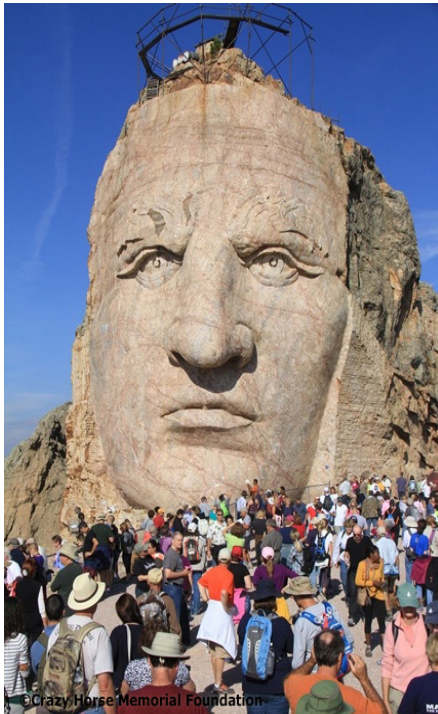
July 13th, walkers will travel to Schoharie to enjoy a walk in the village and its parks to see the lilies and enjoy the Lily Fest following the walk. The name Schoharie is derived from the Mohawk native-American name for river and valley meaning driftwood or floodwood. The Mohawk people, one of the Five Nations of the Haudenosaunee, or Iroquois Confederacy, dominated this territory, ranging up to the St. Lawrence River and east to the Hudson. The first white settlers (Palantines) called this area Brunnendorf, meaning place of springs. Springs are located throughout Schoharie. The Palantines settled in the Schoharie valley starting in 1712 and dealt with the local Indians for land ownership which later proved to be invalid. Adam Vrooman, from Schenectady. Had purchased land near Vrooman's Nose in 1711 and used the fertile land for farming. He dealt with Gov. Hunter and the Mohawks and was considered the rightful owner of the lands. Many of the Palantines left for Pennsylvania or New Jersey due to the problem of ownership but some stayed and their descendants are part of today's Schoharie population. Schoharie Valley is about 25 miles long, with the width ranging from 300' to 1½ mi. The Schoharie River originates on the side of Indian Head Mtn in the Catskills, flows northward and empties into the Mohawk River at Fort Hunter.

Developed for agriculture, the Schoharie Valley was considered a bread basket of the colony because of the amount of wheat produced even during the American Revolutionary War. Old Stone Fort located near Fox Creek. Built in 1772 as a Dutch Church it was enclosed by a stockade in 1778 and used during the Revolutionary War. After the war a Dutch Church was built elsewhere and the Ford was used as an arsenal. Eventually the State presented the forty to the county for historical purposes.



## 38th ANNUAL SPRING VOLKSMARCH JUNE 1, 2024

The Crazy Horse  
Volksmarch is the most  
popular organized hike in  
the United States (15,000  
walkers in a record year).  
This family event is spon-  
sored by the Black Hills  
Chapter of the American  
Volkssport Association  
(AVA) and hosted by Crazy  
Horse Memorial®.



©Crazy Horse Memorial Foundation



Join us May 24-26, 2024 for  
a walk through history in Canada's  
First Capital and surrounding areas.  
Registration includes 5 Event Walks,  
a Meet & Greet, and a Dinner.

Rejoignez-nous les 24-26 mai 2024  
pour une marche à travers l'histoire  
dans la première capitale du Canada  
et les environs. L'inscription comprend  
5 marches événementielles, un  
Meet & Greet et un dîner.

The King's Town Trekkers Volkssport Club  
CVF Festival

Come join us May 24-26, 2024

Kingston Ontario Canada welcomes you for a great weekend of fun,  
friendship and food, oops I mean fitness.

Registration, hotel info and the schedule will be on the website:  
[www.walks.ca](http://www.walks.ca)

Monday, June 5th, 2023.

Save your spot, sign up early.





# ESCV WALKS ...photo ops galore!

2024



Solar Eclipse Plattsburgh, NY  
April 8, 2024





# ESCV WALKS ...photo ops galore!

2024



*What a wonderful eclipse adventure for the Empire State Capital Volkssporters (ESCV) with a traditional walk in Plattsburgh followed by an eclipse viewing! Many chose the bus ride experience while others drove up and walked. Either way it was a day to remember! Thanks POC Sue Grey for making the walk possible and to Teresa Kennedy for the idea to charter a bus. — Chris Yost*





# ESCV WALKS ...photo ops galore!

2024



Saratoga National Historic Park  
May 4, 2024



# Membership

Louise Remillard louseremillard3@gmail.com

## New Members January 2024:

Joyce Boewe Wiczulis, Schenectady

## New Members February 2024:

Francine M. Greenfield, Delmar  
Niki Burton, Albany

## New Members April 2024:

Christy Carton, Clifton Park  
Betty Giugno, East Greenbush  
Lela Katzmzn, Loudonville  
Iris Rabideau, Clifton Park



## 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!

## 2024 Incentive Program

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

Louise Remillard  
email:louseremillard3@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).

**3 ESCV Traditional/ESCV Traveling Guided walk Events.**

**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** starting January 1, 2024, at the New Years Day Troy Walk. Please see Louise Remillard to get your free Incentive Program Book.



# 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

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 \_\_\_\_\_

## 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).



**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
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**Vermont**

Bennington .....	Apr 1 – Dec 31
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**YRE & SEASONAL WALKS**

Kickoff	2024	Fall
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 & SAT

**MAY- AUG: 9am WED & SAT**

**Year-Round JAN – DEC: JAN-DEC: 1:30pm SUN**

## Walk ESCV



**ONE DAY EVENTS – 2024**  
**WEDNESDAY WALKS**  
**May – August 9 AM ONLY**

May 01 .....	Saratoga Springs Museum
May 08 .....	Albany Corning Preserve-Tulip
May 15 .....	Greenwich Village
May 22 .....	Albany Shaker Farms
May 29 .....	Malta Shenantaha Creek
Jun 05 .....	Hudson Falls
Jun 12 .....	Amsterdam Southside
Jun 19 .....	Niskayuna Strawberry Festival
Jun 26 .....	Schenectady Central Park Roses
Jul 03 .....	Schuylerville
Jul 10 .....	Round Lake
Jul 17 .....	Ballston Spa
Jul 24 .....	Troy Oakwood Cemetery
Jul 31 .....	Old Niskayuna
Aug 07 .....	SUNY Albany
Aug 14 .....	Saratoga Springs Eastside
Aug 21 .....	Schoharie Crossing
Aug 28 .....	Wilton Gavin Park

**2024 Traveling Guided Walks & TRADITIONAL WALKS**

Jan 17 .....	Schenectady Mohawk Harbor
Jan 21 .....	Albany Redux
Apr 08 .....	Plattsburgh, Total Solar Eclipse, Bus Trip
Jun 01 .....	Cobleskill
Jun 08 .....	Dolgeville, Violet Festival
Jul 13 .....	Schoharie, Lily Festival
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* .....	Scotia (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 – May, 2024

## Good day, Club leaders in the Northeast!

I hope you have been enjoying the beautiful spring weather and especially the flowers and flowering trees this year! Here is another edition of the NERD News to keep you up to date on happenings of the AVA Board and other clubs. If you have news that you would like to region to know about, I'm always happy to include it here.

The AVA Board met via Zoom on May 14, 2024. Here are some of the major points that may be of special interest to Northeast Club members:

- Convention News – if you read the Checkpoint you will know that “the 2025 AVA Biennial Convention dates are actually April 29 (Tuesday) - May 2 (Friday), however there will be pre-convention events beginning April 26 - 28, Saturday - Monday; and post-convention events Saturday, May 3 through Sunday, May 4.

For your visit to Las Cruces in 2025: Plan to get to Las Cruces by Saturday, April 26, 2025 to join in a local festival to get the flavor of the “Real New Mexico”. The recently completed 2024 festival ran 2:00 -9:00pm, which, if the same timeline is used, in 2025 will allow travelers to walk the Saturday pre-convention event (still to be planned) and drive to Las Cruces on Saturday, April 26, 2025, in time for the festival. Traveling out to the pre-convention events on Sunday and Monday from Las Cruces should not be a problem. [Then you can return to Las Cruces for the] 2025 Convention which officially begins on April 29.” May, 2024 Checkpoint

- Operational Committee Updates
  - Publicity- TAW has received positive feedback from those receiving the February issue. The June issue will be out soon. Deadlines for the next three issues—July 25 for September; October 25 for December

and January 25 for March. In the second half of the monthly AVA Webinar on May 15, Hector Hernandez did an overview of the TAW and the updated AVA website. If you have any difficulties accessing TAW or finding what you need on the AVA website, please let me or Hector know.

Producing TAW internally is estimated to save AVA over \$12,000 annually! Also this first issue reached almost 2000 additional walkers over December, 2023 issue (the last traditional paper issue)! The email address for TAW submissions is still the same: TAW@ava.org

- Program Committee – A new special program was approved for 2025 – Walking with the Wild Things: Trolls, Gargoyles, Fairies and Gnomes. The committee made special note of the Dambo Trolls which have been appearing around the world since 2017 including a number currently in the US. In the Northeast, there are several in the Coastal Maine Botanical Garden in Boothbay, Maine and at least one in South Londonderry, VT. In my opinion this will be a very fun special program for the child in all of us!

- Information and Technology – The ability of RDs to now be able to approve updates to OSB events that have already been approved has helped reduce the work of the IT staff. Mike Green in particular has been very helpful to this RD in providing answers to situations involving my.ava.org. The tutorials on that site are numerous and very helpful. I hope you will take a tour through the improvements to my.ava.org, especially the tutorials.

- 2026 50th Anniversary of AVA – AVA President reminded Board 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

- AVA Mobile Walk Application – A large portion of the Board meeting concerned the development of a Mobile Walk App. Because much of this topic was introduced during Executive Session and was a great deal of material to take in, we Board members are asked not to share details until the Board has an opportunity to discuss it at length during a special session to be held in early June. So there will be more to come on this topic.

**Northeast News** – Our next Northeast multi-club gathering is September 6-8. As I mentioned in the last NERD News, this will be a collaboration between Connecticut Valley Volkssport Club, the Volkssport Club at West Point with the Friday night Meet and Greet to be held at the Germania of Poughkeepsie Volkssport Club headquarters. Details and registration materials are on the AVA website, TAW and several recent Checkpoints. If you have not accessed the brochure which provides all the details, please visit the website <http://nodegreen.com/hudtohou/> or email [hudtohou@gmail.com](mailto:hudtohou@gmail.com)

In addition, representatives of three other clubs in the Northeast: Two Town, Southern Maine and Twin State and other interested parties met via Zoom in April to discuss preliminary ideas for a New England Lighthouse weekend to be held, tentatively, in late September, 2025. More details and a “Save the Date” message coming soon. This would be a great time to order a Lighthouse Special Program book, if you don't already have one!

Parts of the Northeast were favored by the April solar eclipse. I hope you **(Continued on page 16)**



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Northeast Deputy Regional Director  
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## NERD News (Continued from page 15)

were fortunate enough to see it. For my part, it was delightful to enjoy the “total” experience with members of the Empire State Capital Volkssporters (ESCV).

We walked the Plattsburgh, NY walk in the morning, partially along the shores of Lake Champlain and then were treated to a wonderful eclipse viewing in the afternoon. I can truly say that it was a once-in-a-lifetime experience! The amazing traffic jam we experienced after the eclipse was also memorable, but I believe it was mainly the bus driver who suffered the most!

**In other Northeast News,** several Northeast club members (from ESCV, Twin State and Walk 'N Mass) joined Mary Ptacek on her bus and walking tour of New Mexico in April. It was an amazingly beautiful time to visit New Mexico. One of the celebratory aspects of the trip was that Carolyn Adams of Twin State Volkssport Club walked her 51st capital on that trip. Those of us from the Northeast had a celebratory luncheon in Santa Fe, and Mary later bought a cake for us to further honor Carolyn's achievement. It would be nice to continue to recognize our Northeast club members who have reached this milestone. Carolyn told us it took her 17 years, a long cross-country trip and several Tater Tours for her to achieve this. I still have a long way to go. But my hat is off to anyone who has achieved this. Please remember 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@sbcglobal.net. I happily completed this series of walks and am looking forward to using my cooling scarf this summer.



Carolyn Adams' 51st Capital celebration — Photo by Mary Ptacek

I want to close by using my NERD status to shamelessly promote my home club, and I want to publically thank Marianne Marshall and Joanne Izbicki, who spent a Sunday morning reviewing the Walk 'N Mass Freedom Trail 11k in order to include the labyrinth that has been built on the Rose Kennedy Greenway downtown. It is a lovely park with a beautiful old carousel and I invite everyone to walk with us, especially on this one.

We will be holding a Traditional walk there on a Sunday this summer. I also hope I get a chance to see more of you on some of the beautifully diverse walks all over the Northeast this summer.

I hope to see some of you in Kingston for the Canadian Volkssport Federation Festival May 24-26. And I hope you have lots of other great opportunities to walk as spring gradually turns to summer.

### Carol Giesecke

Director, Northeast Region, AVA

**Next Issue:** How is it working for you with Grouper and Strider walkers? I think some folks are handling it better than others. I will be happy to post your comments here!! Also have you been using Meet Up or other programs to increase attendance at your walks? Let's use this as a forum for clubs helping each other with difficulties and solutions!

