



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

NOVEMBER 2024



POC Deborah



Linda



ESCVers present at the November 2, 2024 pizza party who have walked in all 50 states! Newest member Loueen (in orange)



ESCVers who attended the November 2, 2024 pizza party who have walked in all 51 capitals (includes Washington DC)

26th Annual
PIZZA PARTY
Walk

See page 8 for more Pizza party/Walk photos.



Come Walk With Us!

Member of American Volkssport Association and International Federation of Popular Sports



Empire State Capital Volkssporters

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



Club Officers

President ~ Christine Yost
cyost@nycap.rr.com

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

Secretary ~ Barbara Nigro
barb.nigro@gmail.com

Treasurer ~ Terry Gitnick
tgitnick@gmail.com

Newsletter

Arden Lawand ~ Editor
arden.lawand@verizon.net

Website / Hotmail
Eileen Skinner ~ Web Master
efskinner@aol.com

Please send all hotmails to Eileen by Sunday night for announcements related to the week. There will only be one hotmail per week to the membership



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



Northeast Region

Carol C. Giesecke - Northeast Regional Director
ne rd@gva.org
www.avacclubs.org/NE_RD/



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



ESCV Officer Slate for 2025

President - Louise Remillard

Vice President - Teresa Kennedy

Secretary- Barbara Nigro

Treasurer- Terry Gitnick

We will vote to elect these individuals
at our holiday party In December.

Thanks Louise and Teresa
for taking over these key positions.

Thanks Barbara and Terry
for continuing on in your positions.



Front Row: Terry Gitnick, Louise Remillard. Back Row: Teresa Kennedy, Barbara Nigro

December 7 Cookie Stop

The Schenectady walk route will be altered to include a stop at the cookie house to socialize and have cookies and drinks.

For those who would like to make cookies to share, please bring them to Stella Pasta Bar & Bistro by 9:15 am.

I will transport them to the Cookie House.
Thank you. Teresa Kennedy

Holiday Walk

Scotia, New York
Saturday December 7, 2024

2025 New Years Day Walk

Saratoga Springs, NY
1:30

Milestones

Events:

275	Donna Farber
750	Cameron Cox
750	Susan Cox
900	Andrew Schmidt
900	Chris Yost
2600	Eileen Skinner



Distance:

4500k	Barbara Bilins
7500k	Cameron Cox
7500k	Susan Cox

Chris's Corner... by Chris Yost

We've had some super walking weather over the past several months which included a first time Tri Park Traditional Walk, a bus trip and Traditional Walk in Lake Placid, and our annual Oktoberfest and Traditional Walk in Hadley.

Several of us traveled to Poughkeepsie to attend the 2024 Northeast Weekend September 6-8, 2024 and had a great time. Save the date for the 2025 Northeast weekend May 16-18, 2025. Details coming soon.

What a successful 2024 Wednesday Walk Program we had thanks to Chair - Deborah D'Arcangelis and all Wednesday Walk POCs. Those buttons are always a hit thanks to Eileen Skinner.

Make sure you read Louise Remillard's article on the Labyrinth Special Program. It's not too late to accomplish and you have until 2026 to do the walks.

The 2025 ESCV Incentive Program will focus on walks with Special Program (see the write up). Thanks Louise for creating and administering another interesting incentive program!

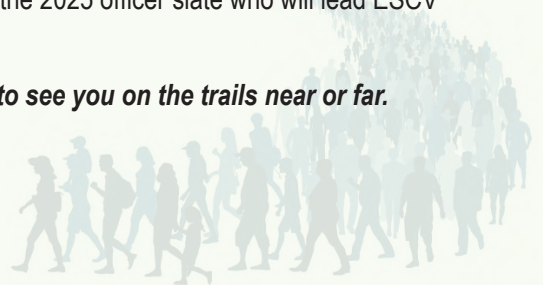
Carve 30 minutes out of your day and see what you can do (see pages 17-18).

It's been my honor to have been your president over the last 3 1/2 years and thank my fellow officers Larry Godshalk (Vice President), Barbara Nigro (Secretary), and Terry Ginick (Treasurer) for their dedication, service, and support. All the best to the 2025 officer slate who will lead ESCV into the future.

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

Chris Yost

Outgoing President ESCV



2024 ESCV Chairpersons

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

Labyrinths are now a Special Program!

By Louise Remillard

**The A-Maze-ing Labyrinths Special Program
is sponsored by the Liberty Bell Wanderers & AVA-IVV
and runs from Jan 1, 2024, to Dec 31, 2026.**



The Labyrinth is a sacred symbol that has been used by many cultures and religious traditions. Examples of different labyrinths have been found at ancient sites throughout the world.

The labyrinth can allow us to focus on the present moment and can enable us to see who and where we are, and can assist in providing the energy, the vision and courage to act on it.

I first became aware of a labyrinth at a walk in The Village of Altamont in 2018 before the Special Program began. Once I became aware of the Special Program, I knew I needed to purchase the book and complete the fourteen qualifying events to receive an embroidered patch of a classic unicursal (of an irreducible curve) labyrinth. Each A-Maze-ing labyrinth is unique and beautiful in and of itself.

It has been an amazing journey to complete the program.

My first official labyrinths were, thanks to ESCV, in January at Schenectady Unitarian Church, and during the Albany/Colonie walk. In February Teresa Kennedy created a Traveling Guided Walk (TGW) walk with a beautiful labyrinth at St. Stephens Episcopal Church. In March, Chris Yost found a walk sponsored by Princeton Area Walkers in Princeton NJ, which included a labyrinth, so off we went.

The next labyrinth stamp was added to my book in April when we traveled to Hopkinton MA to join the Walk N Mass Club at a

Soup Social. Besides walking on a labyrinth, we visited with many walkers and tasted some delicious soups.

Later in the month while on a Tater Tour Trip with my sister Nikki, our group walked in Santa Fe, NM where we discovered a beautiful example of a labyrinth at the Basilica of Saint Francis.

In May I revisited The Village of Altamont Labyrinth in Schelling Park – this time I was able to stamp my Special Program Book!

I was halfway to completing my journey in July when ESCV had walks in Hudson Crossing Park, Round Lake, and the Schoharie Lily Fest; each of these events included a unique & A-maze-ing Labyrinth.

August brought an opportunity to travel with Chris Yost to Myrtle Beach, SC to work on completing her 51 Capitals. Along the way we collected a few labyrinths, the first stop was Bethany Beach DE where my niece and her partner walked with us, and we had the opportunity to visit with them. Next up were Richmond VA, Durham NC, and Raleigh NC. Not only did Chris get a few capitals, but we managed to collect three labyrinths. Excellent Trip!

By September, I had one more labyrinth to complete my program.

In September Chris Yost, Linda Dunn, Gail Ostrander, and I traveled to the Hudson-Housatonic Northeast weekend and decided on the way home to stop in Branford CT to walk on the Stony Creek & Shoreline Greenway to complete the A-Maze-ing Labyrinth Special program. HURRAH!!! I did it!!

I am happy I decided to do the A-Maze-ing Labyrinth Special Program allowing me to walk with friends, visit new places and revisit a few places I had walked before. It was a fun adventure and a wonderful way to visit all these various parts of the country.



**It is all about Fun,
Fitness and Friendship.
And making memories.
Decide to try a Special
Program it will amaze
you what you will
accomplish and
discover.**

Happy Walking!!!

ESCV Holiday Party

Hope you have saved Saturday, December 7, 2024 for our annual Holiday Party this year at the Stella Pasta Bar & Bistro, Schenectady, NY. There will be a cash bar after the walk. A buffet luncheon will be served at approximately noon.

The luncheon will include appetizer, buffet, dessert, soft drink, coffee or tea.

All this for \$31.00 per member and \$36.00 for non members!

Saturday, December 7, 2024

Stella Pasta Bar & Bistro

237 Union Street, Schenectady, NY 12305



~ Buffet Luncheon ~



Appetizers: House Salad, Specialty Meatballs, Zucchini Fried

Buffet: Cavatelli with Meat Sauce, Chicken Marsalla, Eggplant Parmesan

Cost of \$31.00 per member or \$36.00 per non member must be received by November 29.

December 7 Holiday Walk - There is NO pre-registration for this walk.

Please complete the reservation form and send check made out to ESCV by November 29 to:

Janice Golden, 4 Royal Oak Drive, Clifton Park NY 12065

Holiday Party Registration - Detach and Mail

Members Name & Phone Number

Member \$31.00
\$

Non-Members Name & Phone Number

Non-member \$36.00
\$

Deadline: Thursday, November 29, 2024

TOTAL \$

Thanks to all 2024 Wednesday Walk POCs...

And a big thanks to Wednesday Walk Coordinator Deborah D'Arcangelis.

Another thanks to Katharine Horn for stepping up to be the 2025 Wednesday Walk Coordinator



Katharine Horn
Incoming Wednesday
Walk Chair



Deborah D'Arcangelis
Outgoing Wednesday
Walk Chair



Thank you
Eileen Skinner
to 2024 Coordinator
& Welcome to 2025

2024 Wednesday Summer Walks- 10+ Walk Awards

Judy Arnold

Barbara Bilins

John Cairns

Linda Dunn

Sophia Palasz

Dave Averill

Jim Brown

Charline Campanelli

Cathy Edwards

Doug Reynolds

Marion Averill

John Bustza

Deborah D'Arcangelis

Barbara Feeney

Jackie Reynolds

Karin Berzins

Sue Burke

Lee Darling

Marjorie Geiger

Lynne Ross

Nellie Georgelos

Cathy Saracco

Larry Godshalk

Bernard Shatz

Wayne Knapp

Joan Shatz

Sue LaFountain

Eileen Skinner

Katharine Horn

Brenda Streed

Alan Longshore

Jill Thompson

Kathy Mack

Karen Watson

Linda Morzillo

Sue Wuerslin

Barbara Nigro

Marjorie Wytzka

Gail Ostrander

Chris Yost

2024 WEDNESDAY WALK PARTICIPATION CHART

WALK #	DATE	WALK	TOTAL	New Walker	Incentive	Youth	Grouper
1	1-May	Saratoga - West Side	50				1
2	8-May	Albany Corning Tulip	20				2
3	15-May	Greenwich	24				4
4	22-May	Albany Shaker Farms	44				
5	29-May	Malta- Shenentaha Park	55	2			1
6	5-Jun	Hudson Falls	44		1		2
7	12-Jun	Amsterdam - South Side	36	3	11		3
8	19-Jun	Niskayuna - Strawberry	57	2			3
9	26-Jun	Schenectady - Central Park	59				3
10	3-Jul	Schuylerville - Hudson Crossing	57	1		3	3
11	10-Jul	Round Lake	60				5
12	17-Jul	Ballston Spa	44	2			4
13	24-Jul	Troy Oakwood Cemetery	51	1		1	4
14	31-Jul	Old Niskayuna	57	1			3
15	7-Aug	SUNY - Albany	37				5
16	24-Aug	Saratoga - East Side	54	0			4
17	21-Aug	Fort Hunter - Schoharie Crossing	40	1			2
18	28-Aug	Wilton Gavin Park	54			1	6
		Totals 2024 Wed.	843	13	12	5	55



Wednesday Walk Buttons are created by Eileen Skinner. Thanks Eileen for the always interesting design.

Welcome



**Welcome
Kate Walsh
as Membership Chair
beginning 2025**



**Welcome
Charlene Campanelli
as POC for
Altamont Seasonal Walk
beginning 2025**



**Welcome
Donna Farber
as POC for the
Albany/Colonie
Year Round Walk
beginning 2025**

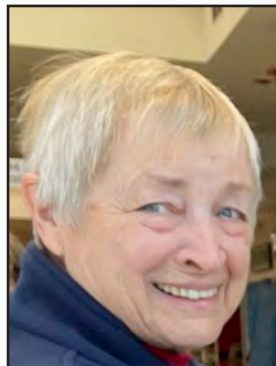
Thank You



**Thank you
Larry Godshalk
for serving as
Vice President for
the past three years.**



**Thank you
Louise Remillard
for being Membership
Chair for many years.**

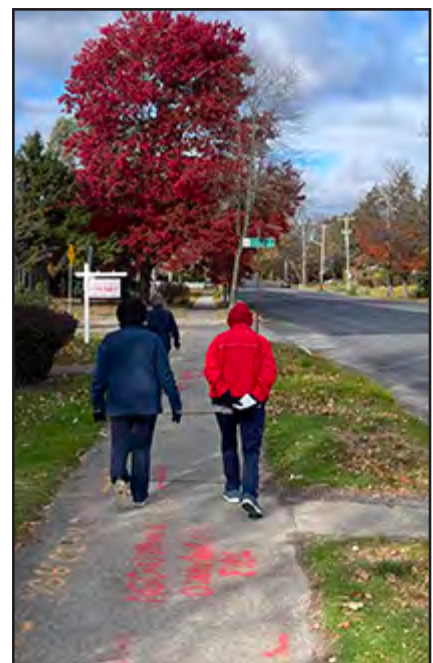
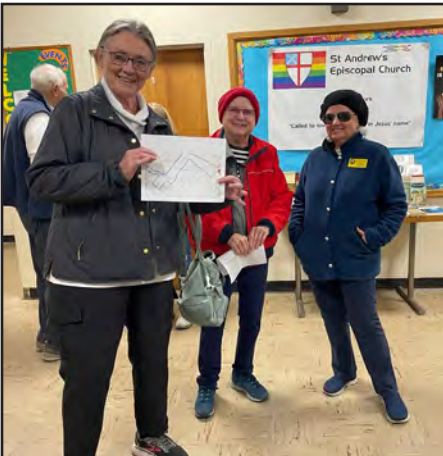


**Thank you
Beth Snyder
for being the POC for
the Albany/Colonie
Year Round Walk**



**Thank you
Kathy Mack
for being POC
for the Altamont
Seasonal Walk.**





ESCV WALKS ...photo ops galore!

2024



Scotia, Northside - October 30, 2024



ESCV WALKS ...photo ops galore!

2024



Oktoberfest

October 5, 2024 - Hadley New York



ESCV WALKS ...photo ops galore!

2024



Lake Placid Bus Trip - September 29, 2024



ESCV WALKS ...photo ops galore!

2024



Lake Placid Bus Trip - September 29, 2024



ESCV WALKS ...photo ops galore!

2024

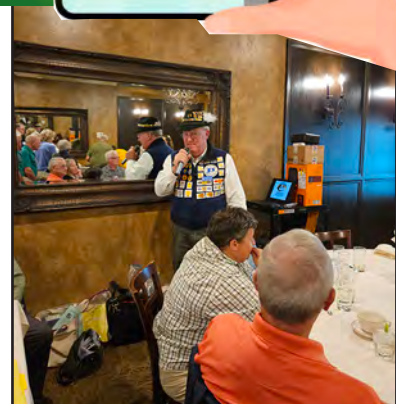


Northeast Weekend September 6-8, 2024



ESCV WALKS ...photo ops galore!

2024



Northeast Weekend September , 6-8, 2024



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 September 2024:

Barbara O'Brien, Loudonville

New Members October 2024:

Maggie Mattice, Cobleskill

Jeff Mattice, Cobleskill



2024 Incentive Program - 2024 is quickly coming to an end!

REMINDER: Everyone has till December 31, 2024, to complete the 2024 Incentive Program. I have to date received 26 completed 2024 Incentive Program Books. Congratulations to everyone who has completed the challenge. To those still working on the challenge: Keep walking, you will get it done!! 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.

Any Questions, email or give me a call. Louise Remillard email:lousieremillard3@gmail.com 518 496-1879

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. Clifton Knolls, Malta Tech Park,.

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.



2025 Incentive Program

25 for 25 Participation Incentive Program highlighting Special Programs!

Louise Remillard email: louiseremillard3@gmail.com

For 2025 we are offering an Incentive Program to encourage participation to learn more about Special Programs.

All walks MUST be sponsored by Empire State Capital Volkssporter Walking Club.

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

Below is a list of all the AVA Special Programs:

Appalachian Trails	IVV – Americas	Town Halls/City Halls
A-MAZE-ing Labyrinths	Lighthouses II	Walking with America's Veterans
Border Crossing	Par for the Course	Walking the USA A-to-Z
Centurian	Rails to Trails	Walking the United States
Grain Elevators: Monarchs of the Plains	Step to the Beat	Walking with the Wild Things

The listing of the Special Programs for each walk ESCV sponsors are always included in the Hotmail with the walk information in blue.

**ONLY 1 SPECIAL PROGRAM can be used
PER WALK in Incentive book.**

Some BUT not all the Special Programs AVA sponsors apply on ESCV walks.

In 2025 ESCV has walks that includes A-MAZ-ing labyrinths, Grain Elevators: Monarchs of the Plains, IVV-Americas (All ESCV walks), Par for the Course, Step to the Beat, Town Halls/City Hall, Walking with America's Veterans, Walking the United States, Walking with the USA A-to-Z, and Walking with the Wild Things.

For a total of 25 walk/bike events between January 1 and December 31, 2025.

**The reward for completing this challenge will be
5 free ESCV walk coupons to be used in 2026.**

25 for 25 Participation Incentive Program book will be available at NO CHARGE

Starting January 1, 2025. Please see Louise Remillard to get your free Incentive Program Book.



The Power of 30 Minutes

By Elizabeth Millard

Got half an hour?

It can change your whole day.

Stress is hard to avoid — Too many bills arrive on the same day. You run a few minutes behind in the morning. An on-going health problem saps your energy level.

Whatever the source of your stress, it's important to have a few quick and easy strategies for handling it. That's because unmanaged stress puts wear and tear on the body, according to the American Psychological Association. In fact, chronic stress is tied to conditions such as depression, diabetes, and heart disease.

The good news is that you can take a big step toward a necessary downshift, and it doesn't require clearing a whole day. Just 30 minutes can be a crucial reset, experts suggest, with strategies like these.

1. Take a Walk: Although it may seem like a simple activity walking is a powerhouse when it comes to health benefits, according to personal trainer and running coach Kourtney Thomas, C.S.C.S. Not only do you burn calories, especially if you walk briskly, but you also gain strength in every muscle group, improve your alignment — which helps with joint function — increase your breathing capacity, streamline your digestion, and boost your mood. It may even lengthen your life.

A 2019 study in JAMA Internal Medicine on older women found that as few as 4,400 steps daily was associated with lower mortality rates, compared with those who were more sedentary—and that the higher the step count, the greater the mortality decrease, until the trend leveled off at 7,500 steps.

Also, says Thomas, it's often a welcome break from a hectic day, and it can also be a way to connect with a friend or family member too.

"Making this a regular habit can be something you look forward to doing, and maybe sharing with others," she adds. "You can just appreciate that feeling of moving. That, in itself, can be very joyful."

2. Be Social

When we're feeling stressed, it can be easy to pull away from others. But it turns out that loneliness and social isolation are themselves drivers of stress, according to the National Institute on Aging.

Making and keeping plans with others is a powerful way to keep stress in check, says Tanya Dalton, author of 'The Joy of Missing Out: Live More by Doing Less.

Having time away from your daily routines and tasks can be incredibly valuable as a way to connect with your partner, friends, or other loved ones. It helps to have a few rules, like no talking about health issues, or to-do list items. Remember, it's a not a meeting.

Try doing an activity together, even if it's just window shopping or taking walk. Maybe even go for a meandering half-hour drive and get a little lost. "The point is to get away from news, and from all your everyday stressors, and to just be together," says Dalton. "Talk about bigger things, like your dreams for the future, or tiny things, like something that made you laugh. Just be together for that time. You'll likely find moments of surprise and delight, which is what date night is all about."

3. Do a Crossword, Put Together a Puzzle, Read a Novel:

Engaging in more complex activities during downtime — rather than passive ones like watching TV or scrolling social media — can offer a major boost in terms of building important pathways in your brain that help with productivity and focus, says Dalton.

For example, a 2019 study of older adults who regularly do crosswords and number puzzles found that those activities led to better brain function, including sharper memory, stronger reasoning, and more sustained attention.

Continued on page 18



Continued from page 17.

Plus, it can be a boon for your emotional health. Taking just 30 minutes to bolster your brain health can make you feel calmer, more resilient, and better adept at problem solving. “When you’re truly engaged in a task and enjoying it, that lights up all the parts of your brain related to pleasure and reward, and that can carry over into your work and everyday tasks as well,” Dalton notes.

4. Prep Dinner for a Few Nights: Setting aside time to chop, peel, prep, and cook can be a great mindfulness break, according to dietitian Erin Kenney, R.D., owner of Nutrition Rewired and author of *Rewire Your Gut*. Rather than viewing meal planning prep as a rush to get dinner on the table, it can serve as a de-stressing opportunity, she believes.

“Take some time to focus on what you’re doing—and how it’s nourishing you on multiple levels,” she says. “Best of all, you can make enough for a few nights, which means you’ll have a healthy grab-and-go option.”

5. Carve Out Some Alone Time: When it comes to “self-care,” the term can conjure images of self-indulgence instead of true compassion for yourself, says Christine Carter, Ph.D., sociologist and senior fellow at the Greater Good Science Center at the University of California, Berkeley.

There’s an apt phrase that applies here: “You can’t pour from an empty cup.” But taking some alone time will give you a chance to replenish and reset, believes Carter. Giving yourself 30 minutes every day to take a walk, do a creative activity you love, meditate and/or do yoga, read an engaging novel, or just daydream isn’t an indulgence — it’s a major step toward better mental, emotional, and physical health.

“Self-care is not selfish,” she says.

“Think of it as an opportunity to take care of yourself in a meaningful way. And through that, [you’re] building a stronger foundation for your family and your community.

Putting 30 minutes aside for you, and what you need, isn’t a luxury. It’s a way to care for yourself in a meaningful way.”



Save the Date!
AVA: America's Walking Club
2025 Biennial Convention
April 28-May 2, 2025

Las Cruces, NM
The Real New Mexico
3 Cities, 3 States,
Two Countries

Come Walk WITH US!

For more information and registration visit AVA.org or call (210) 659-2112

Visit **LAS CRUCES**
The Real New Mexico

AMERICA'S WALKING CLUB
ESTABLISHED 1979




EMPIRE STATE CAPITAL VOLKSSPORTERS MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year



Membership Type: ☐ Single (\$12) ☐ Family (\$20) family memberships will be recorded as individual memberships in the Membership Directory to allow individual email address / phone number if desired. **Please fill out both sections below.**

PLEASE PRINT CLEARLY

Name: _____ ☐ New Member ☐ Renewal

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

Are you an AVA member ☐ Yes ☐ No Lifetime Member ☐ Yes ☐ No Individual Family, Friend ☐ Yes ☐ No

NEW members choose which type of ESCV Car Window Decal you'd like: ☐ Inside ☐ Outside

Name: _____ ☐ New Member ☐ Renewal

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

Are you an AVA member ☐ Yes ☐ No Lifetime Member ☐ Yes ☐ No Individual Family, Friend ☐ Yes ☐ No

NEW members choose which type of ESCV Car Window Decal you'd like: ☐ Inside ☐ Outside

Membership Chairman – Questions? Kate Walsh ptwriter@icloud.com 603-801-2743**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 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 _____

NERD News



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

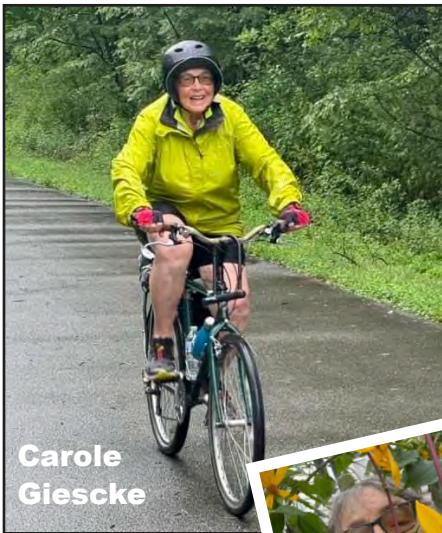
Eileen Skinner
Northeast Deputy Regional Director
ne_drd@ava.org • 518 221-1696

The AVA National Office has moved! ...but only a few buildings down from their previous San Antonio location.

This is important to you if you participate in the AVA national awards program and you mail your walking books to be processed!

The new address is: American Volkssport Association, 1032 S Alamo Street, San Antonio, TX 78210

Save the Date - Northeast Weekend May 16-18, 2025 — Further details will be coming soon!



Carol Giesecke



Eileen Skinner

