



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

FEBRUARY 2025



2025 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
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
Little Falls 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	2025	Fall
Jan 01	Saratoga City	Feb 08
Feb 05	Albany Mall	Nov 19
Mar 08	Albany Capital	Nov 09
Mar 12	Scotia Northside	Oct 29
Mar 15	Clifton Park	Sep 10
Mar 22	Cohoes	Oct 15
Mar 26	Glenville	Nov 05
Apr 02	Schenectady	Dec 03
Apr 09	Albany/Colonie	Dec 10
Apr 16	Saratoga Spa	Nov 12
Apr 23	Scotia	Sep 17
Apr 30	Williamstown	Sep 27
May 03	Sar Nat'l Hist Pk	Oct 25
May 10	Altamont Village	N/A
May 24	Schenectady Bike	N/A
May 25	Lake George	Oct 22
Jun 07	Bennington	Oct 12
Jun 14	Albany Pine Bush	Nov 16
Jun 22	Troy	Oct 18
Jul 05	Johnstown	Oct 08
Jul 12	Zim Smith Bike	N/A
Jul 26	Albany Helderberg Bike	N/A
Aug 02	Pattersonville Bike	N/A
Aug 16	Battlefield Bike	N/A
Aug 31	Glens Falls	Oct 01
N/A	Little Falls Bike	Sep 20
N/A	Cooperstown	Sep 21
N/A	Lake George Bike	Oct 11

Group Walks start times:

JAN - APR/SEPT- DEC:

10am WED & SAT

MAY- AUG:

9am WED & SAT

Year-Round JAN-DEC:

1:30pm SUN

One Day Events- 2025 Wednesday Walks May – August 9 AM ONLY

May 07	Saratoga Westside
May 14	Albany Corning Preserve-Tulip
May 21	South Glens Falls
May 28	Albany Shaker Farms
Jun 04	Broadalbin
Jun 11	Waterford
Jun 18	Niskayuna Strawberry Festival
Jun 25	Schenectady Central Park Roses
Jul 02	Rensselaer
Jul 09	Schenectady Mohawk Harbor
Jul 16	Ballston Spa
Jul 23	Old Niskayuna
Jul 30	Amsterdam Northside
Aug 06	Northville
Aug 13	Altamont Fair
Aug 20	Saratoga Eastside
Aug 27	Malta Shenantaha Park

2025 Traditional Walks & Traveling Guided Walks

Jan 15	Albany Redux
Jan 22	Greenwich
Feb 12	Schenectady Central Park (from PC)
Apr 26	Albany Rural Cemetery
May 16-18	NE Tri-State Lighthouse Weekend
May 31	Kinderhook
Jun 28	Whitehall
Jul 19	Chatham
Sep 03	Amsterdam - Southside
Sep 06	Cohoes/Waterford Tugboat Fest
Sep 13	Little Falls, Garlic Festival
Oct 04	Grafton State Park Oktoberfest
Nov 1	Albany Member Recognition (Pizza Party)
Nov 15	Clifton Knolls
Nov 26	Colonie Hannaford
Dec 13	Scotia (Holiday Party)

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



25 for 25

Participation Incentive Program Highlighting Special Programs!

See page 16

Come Walk With Us!

Member of American Volkssport Association and International Federation of Popular Sports



Empire State Capital Volkssporters
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Clifton Park, NY 12065-5464
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
ne rd@gva.org
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International Federation of Popular Sports
<http://www.ivv-web.org/>

Try these Walks...

Save the Dates: April 26th ~ May 31st ~ June 28th

Albany Rural Cemetary April 26th

By John W. Buszta

The Empire State Capital Volkssporters (ESCV) will sponsor a walk at the Albany Rural Cemetery in Menands, NY on April 26th. Incorporated in 1841 the Albany Rural Cemetery is still a hidden secret of the Capital Region. It is composed of 467 acres of scenic beauty with 32 miles of roads and pathways. It is listed on the National Register of Historic Places and is one of the earliest examples of the rural cemetery movement. In the early 1800's, Albany was rapidly growing and there was limited space for burials within the city. It was decided that a rural cemetery should be established outside the city of Albany. This plan was similar to that of Mount Auburn Cemetery in Cambridge Mass. which influenced the start of the rural cemetery movement.



The Albany Rural Cemetery began to thrive in the Victorian Era and is adorned by many beautiful statues, monuments and mausoleums. It is also the resting place for 55 Mayors of Albany, 5 Governors, 8 Presidential Cabinet Members, 5 Ambassadors, 5 US Senators, 34 Congressmen and 1 President, Chester A.



Arthur the 21st President of the United States. In addition to the politicians there are many other people of local and national importance.

Our 6K and 10K walks will give you an overall picture of the cemetery and you will walk by some of its most important residents. They would include: The GAR (Grand Army of the Republic) burial site. John Boyd Thatcher, State Senator and Mayor of Albany. Major General Philip Schuyler was the first of two United States Senators from New York, Co-founder of the Federalist Party and Major General in the Revolutionary War. Erastus Corning was the founder and President of the New York Central Railroad. Chester A. Arthur, was the 21st President of the United States and Quartermaster General of the United States Militia during the Civil War. Stephen Van Rensselaer was the last Dutch Patroon and founder of Rensselaer Polytechnic Institute. William Patterson was a signer of the United States Constitution, United States Senator, Governor of New Jersey and Assistant Justice of the Supreme Court. For more information visit our website at walkescv.org and enjoy a walk through Albany Rural Cemetery. **(Continued on page 9)**



I would like to take a moment to express my heartfelt gratitude to Chris Yost for her incredible leadership over the past three and a half years. Your dedication and unwavering support for our club and its members have been invaluable. Personally, I am especially appreciative of the assistance you provide me with.

On New Year's Day 2025, Saratoga City launched the kickoff walk schedule for our Year-Round and Seasonal events. Before beginning our walk, we held a moment of silence to honor and remember the club members we lost in 2024.

Thus far, we have successfully completed two Traveling Guided walks in January and three in February.

Looking ahead, we have numerous walking opportunities to look forward to in 2025, including Year-Round and Seasonal walks, traditional walks, the Tri-State Lighthouse Weekend, and the AVA Las Cruces Convention.

Additionally, several new Points of Contact (POCs) will be leading walks, so I encourage you to offer them support and guidance whenever possible.

Please be sure to check your 2025 Bookmarks for the complete walk schedule. You will soon receive the Year-Round/Seasonal booklet, the Wednesday booklet, and the Membership Directory.

I look forward to seeing you at our upcoming walks!

Louise
ESCV President



Milestones

Events:

125	Terry Gitnick
250	John Watson
450	Carol Giesecke
800	Cameron Cox
800	Susan Cox
900	Louise Remillard
1000	Lea Darling
1300	Alan Longshore
2400	John Cairns



Distance:

5500k	Chris Yost
8000k	Cameron Cox
8000k	Susan Cox
10000k	Lea Darling
12000k	Alan Longshore

2025 ESCV Chairpersons

Membership.....	Kate Walsh	Coordinators Year Round & Seasonal Walks	
Publicity.....	Kathy Mack	Marjorie Wytzka and Karin Berzins
Event Brochures	Arden Lawand	Wednesday Walk Coordinator	Kathy Horn
Purchasing	OPEN	Trail Master	Linda Morzillo
Sunshine	Kathy LeRoux	Online Start Box Coordinator	Larry Godshalk
Club Merchandise	Bev Feltt	Web Master	Eileen Skinner
Name Tag Orders	Gail Ostrander	ESCV Historian.....	Teresa Kennedy
Walk Development & Traditional Walks			
.....	Teresa Kennedy		



Top: Gloucester (5k/10k) lighthouses (l-r); Dog Bar Breakwater Lighthouse; Ten Pound Island Lighthouse; Eastern Point Lighthouse. B. Piffat, Copyright 2024. Bottom: Portsmouth (5k/10k) lighthouse: Portsmouth Harbor Lighthouse. D. Macaronas, Copyright 2024. All used with permission.

TRI-STATE LIGHTHOUSE WALKING WEEKEND

By Denise Macaronas and Kathryn Piffat

Mark your calendars!
2025 AVA Northeast Tri-State
Lighthouse Walking Weekend
will take place from May 16-18, 2025.

Hosted by Southern Maine Volkssport Association (SMVA),
 Two Town Walking Club (TTWC),
 and Twin State Volkssport Association (TSVA),
 this weekend will offer plenty of opportunities for
 Fun, Fitness and Friendship!

The focus of this weekend is Lighthouses. These walks qualify for the following AVA Special Program: Lighthouse II. Individual walks may qualify for other programs.

On Friday, May 16, enjoy a morning walk with TTWC in the Massachusetts coastal city of Gloucester, America's oldest seaport and still an authentic working waterfront community. Along the new route (without the big hill!), you will enjoy many scenic vistas, three lighthouses (Ten Pound Island Lighthouse, Eastern Point Lighthouse, and Dog Bar Breakwater Lighthouse), the Gloucester Fishermen's Memorial, the Gloucester Fishermen's Wives' Memorial, shops and restaurants, Stage Fort Park, and a view of the famous Hammond Castle (short drive - for tickets, see <https://www.hammondcastle.org/>), built by eccentric inventor John Hays Hammond, the "Father of Radio Control." The 10k route also passes the headquarters of Gorton's, the church of Our Lady of Good Voyage, and the home of the artist Fitz Henry (Fitz Hugh) Lane. In honor of Armed Forces Weekend, the trails pass numerous armed forces and war memorials, including the beautiful World War I Memorial sculpted by Anna Hyatt Huntington. For a

second walk, try the neighboring Rockport SE, where you can view another lighthouse (5k) or three (10k)! Or for other lighthouses, try the Beverly YRE (6k – one unique church steeple-lighthouse/10k – one unique church steeple-lighthouse, plus up to four additional lighthouses depending on the weather), the Salem YRE (5k/10k – one lighthouse), or the Gloucester YRE (6k/11k – see above). Other nearby walks are the Danvers YRE and the Ipswich YRE.

On Saturday, May 17, explore Portsmouth, New Hampshire, which was first settled as "Strawberry Banke" in 1630. Portsmouth was the capital of the English province of New Hampshire before the Revolution. Learn the role Portsmouth played in the War for Independence and the Civil War as well as its current role as one of New Hampshire's few seaports. Portsmouth Harbor Lighthouse (also known as Fort Point Lighthouse, New Castle Lighthouse and Fort Constitution Lighthouse) was first established in June 1771. This Lighthouse was the first light station north of Boston in the American colonies. Today's 48-foot tower was built in 1878. An additional nearby lighthouse walk is the Portsmouth SE (5k/10k). Other nearby walks include the Dover SE (5k/10k), the Exeter SE (5k/10k), and the SE capital walk in Concord (5k/10k/20k).



On Sunday, May 18, travel to Cape Elizabeth, Maine, which is home to Portland Head Light and Fort Williams Park. Maine's oldest lighthouse and one of the most photographed, Portland Head Light was commissioned by President George Washington and first lit

(Continued on page 5)



Top: Portland (5k/10k) lighthouses (l-r): Portland Head Light; Ram Island Ledge Lighthouse; Spring Point Ledge Lighthouse. D. Macaronas, Copyright 2024. Used with permission.

TRI-STATE LIGHTHOUSE WALKING WEEKEND

(Continued on from page 4) in 1791; the original fuel was whale oil. From Portland Head Light, you can see the Ram Island Ledge Lighthouse offshore. The 11k route takes you to Spring Point Ledge Lighthouse on the campus of Southern Maine Community College. Additional nearby coastal walks include the Portland SE (5k/10k), the Falmouth SE (5k/10k), and the Kennebunk SE (5k/10k). Portland Head Light can be seen from afar on the 10k routes of the Portland SE and the Falmouth SE. The Saco SE (6k/10k) routes are on a tidal river. Other interesting walks farther afield include the Brunswick SE (5k/10k; home to Bowdoin College and Bowdoin College Museum of Art) and the YRE capital walk in Augusta (5k/11k).

Each club has additional walks to enjoy in the area so come early and stay longer to explore the area.


Social events being planned include a Meet & Greet and a group dinner. The host hotel is the Microtel Hotel and Suites in York, Maine. Hotel reservations began on December 1 at a special group rate. Check our website at <https://www.walkescv.org/25NEWeekend/home.html> for information about hotel reservations, registration forms, brochures, other walks in the area, local attractions, etc. For questions, please contact infotristate25@aol.com

***We look forward to seeing you in May 2025
- a beautiful time of year in the Tri-State area!***



**AVA Northeast Region
May 16-18, 2025**



Armed Forces Weekend 

Tri-State Lighthouse Walking Event



• **Gloucester,
Massachusetts**

• **Portsmouth,
New Hampshire**

• **Cape Elizabeth,
Maine**

A Weekend of Walking Past Beautiful New England Lighthouses!

https://www.walkescv.org/25NEWeekend/tri_state25Brochure.pdf

February is Heart Health Month...

**Treat your sweetheart, friend, family member, or yourself
to a present that cultivates cardiovascular health**

By Julie Corliss Executive Editor, Harvard Heart Letter

February 14 — a day symbolized by hearts and dedicated to love — give that special someone a present that shows you care. Or treat yourself to one (or more) of these five gift suggestions, all of which are designed to make it easier and more enjoyable to follow the cornerstones of a heart-healthy lifestyle: eating well, getting regular exercise, sleeping soundly, and managing stress.

1. A cooking class

Making home-cooked meals is one of the best things you can do for your cardiovascular health. Research suggests that people who eat more meals made at home tend to weigh less and have healthier cholesterol and blood sugar values compared with people who eat out frequently. “You can control the amount of saturated fat, salt, and sugar in food you make yourself. You’ll also avoid the preservatives, additives, and dyes found in convenience foods like frozen dinners and other processed foods,” says Dr. Frates.

For people who feel they don’t have the time or skills to prepare healthy food, a cooking class can help. A great place to start is a single class or series of classes about Mediterranean cooking or a similar cuisine that highlights heart-healthy ingredients: vegetables, fruits, whole grains, healthy fats like extra-virgin olive oil or canola oil, and plant-based proteins like nuts, seeds, legumes, and tofu (or fish or chicken for those who choose animal proteins).

2. Strawberries dipped in dark chocolate

Both strawberries and dark chocolate contain beneficial plant compounds called flavonoids, which are thought to improve cardiovascular health by relaxing blood vessels, improving blood sugar and cholesterol levels, and discouraging blood clots. Studies have linked diets rich in flavonoids to a lower risk of heart attacks and related problems.

“Chocolate-dipped strawberries are a classic Valentine’s Day gift, and they’re also delectable,” says Dr. Frates. Look for those made with dark chocolate, which tends to have a higher flavonoid

content than milk chocolate. Better yet, buy your own high-quality dark chocolate and berries and make them yourself — or maybe even together with your valentine, she suggests.

3. Custom-fit sneakers

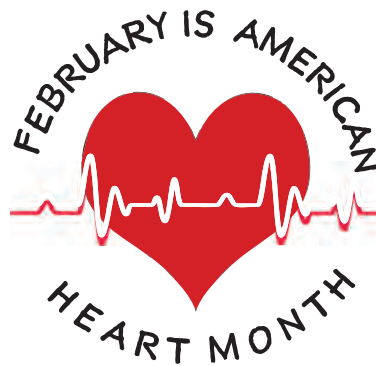
If people walk, jog, or hike in shoes that don’t fit properly, they can run into problems, says Dr. Frates. For example, ill-fitting shoes can cause blisters, put pressure on bunions, or leave you vulnerable to plantar fasciitis (inflammation of the fibrous band of tissue on the bottom of the foot) and Achilles tendinitis (inflammation of the tendon connecting the calf muscle to the heel). Some experts recommend replacing your walking shoes at least every 300 to 500 miles, which translates to a new pair every six to 12 months if you regularly walk about three miles per day.

Treat your valentine to an outing to your local specialty running store, where you’ll find the best selection and expert advice about footwear options. Many running stores sell walking shoes, and you can even wear running shoes for walking. Outdoor equipment stores may be your best bet for hiking boots. It’s well worth the investment of time (and the possibly higher price tag) to have a knowledgeable staff member help you select a well-fitting shoe to suit your needs. Be sure to try on several different brands and styles, and take them for a test walk or jog around the store.

4. Luxury sleep products

Getting at least seven hours of sleep each night is vital for cardiovascular health, says Dr. Frates. Insufficient sleep can raise your risk for weight gain, diabetes, high blood pressure, and heart disease. Creating a sleep sanctuary that’s quiet, dark, and comfortable can make it easier to fall and stay asleep.

A variety of accessories and products may help improve slumber. But it’s important to know the preferences of your intended recipient, so ask questions or drop hints to gather clues. Some people might like a sleep machine that provides white noise or a recording of soothing sounds, such as falling rain, croaking frogs, (Continued on page 7)



2024 Participation in Traditional & Traveling Guided Walks				Participation in 2024 Year Round and Seasonal Walks/Bikes						
Date	Location	Total Walkers	New Walker	Walk/Bike	QTR 1	QTR2	QTR 3	QTR 4	YEAR TOTALS	New Walker Coupons
17-Jan	Mohawk Harbor	13		Albany Pine Bush	0	10	27	0	37	
21-Jan	Albany Redux	14		Albany/Colonie Crossings	36	2	9	35	82	
21-Feb	Schenectady	39		Albany - Captial	31	5	2	22	60	1
8-Apr	Plattsburgh *	59		Albany-Crossgates Mall	23	0	0	23	46	
1-Jun	Cobleskill *	40	1	Altamont		33	39	0	72	
8-Jun	Dolgeville *	31	1	Bennington, VT		7	4	19	30	
13-Jul	Schoharie *	42	1	Clifton Park	39	2	31	0	72	1
24-Aug	GlenvilleTri-Park*	32		Cohoes Neighborhoods	0	0	0	7	7	
5-Oct	Hadley/Luzerne*	54	1	Cooperstown		10	2	17	29	
3-Nov	Albany – Pizza*	49		Glens Falls		17	19	19	55	1
6-Nov	Clifton Knolls	48		Glenville Indian Hills	26	0	7	71	105	2
16-Nov	Malta Tech Park	26		Johnstown		18	0	22	40	
27-Nov	Colonie Hannaford	34		Lake George		22	8	8	38	1
7-Dec	Stdy – Holiday*	64		Lake Placid		1	46	0	47	
				Saratoga Spa Park	0	0	36	50	38	1
				Saratoga Springs - City	42	3	3	40	88	
				Saratoga Battlefield	0	23	0	0	23	1
				Schenectady	1	39	0	30	70	
				Scotia	1	37	49	0	87	1
				Scotia - Northside	41	2	3	46	92	1
				Troy	58	0	14	0	72	1
				Williamstown, MA		15	24	0	39	1
				BIKES						
				Schenectady - Bike		11	0	0	11	
				Battlefield - Bike		0	0	10	10	
				Pattersonville BIKE		0	12	0	12	
				Albany-Helderberg -BIKE		0	10	0	10	
				Zim Smith - RoundLake		0	11	0	21	
					298	257	356	449	11322	12
	Total - Traditionals & TGWs	545	4							

(Continued from page 6)

or chirping crickets. Other might appreciate luxurious high-thread-count sheets, a silk pillowcase, or lavender-scented bath salts for a pre-slumber soak.

If outside lights or early morning sunlight curtails sleep time, consider light-blocking curtains or shades. An eye mask made of soft, breathable material (such as cotton or silk) is another option.

5. A subscription to a meditation app

Meditation and mindfulness have been shown to lower blood pressure, decrease levels of the stress hormone cortisol, and increase heart rate variability (microsecond time differences from

one heartbeat to the next), all of which are linked to better heart health. “A regular meditation practice can help you to better manage stress, which is an unavoidable part of life,” says Dr. Frates. Because meditation doesn’t come naturally to most people, guidance and coaching from an in-person or online class really helps. A more convenient option is a subscription to a meditation app that you can listen to on your smartphone at your leisure.

Popular meditation apps include Headspace, Calm, Insight Timer, and Happier. Most offer a free trial period, so you could send sign-up links to a few that you think your valentine might enjoy, and then offer to treat them to a yearlong subscription.



April 29 – May 2, 2025

Las Cruces, NM



Walk With Us In Three Cities, Three States, and Two Countries!

Join us for the AVA 2025 Biennial Convention—a celebration of walking, fun, fitness, and friendship!

Register Now



Save the Date!

**AVA: America's Walking Club
2025 Biennial Convention**

April 29-May 2, 2025

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



**BRITISH WALKING FEDERATION
SPECIAL PROGRAMMES**



39th Annual Spring Volksmarch
June 7, 2025



**TRI-STATE LIGHTHOUSE
WALKING EVENT**



**Come and join us for the 24th
US FreedomWalk**
17-19 October 2025



Walk in Arlington USFreedomWalk.org
An International Walking Experience

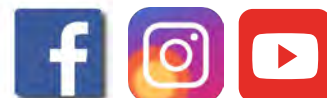
Checkpoint Available Via Email to All Club Members Who Request It

To receive an electronic copy of the Checkpoint send your request to Hector at hector@ava.org. Please note on the subject line: Request for Checkpoint.



The American Volkssport Association

The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



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AVA NATIONAL OFFICE - 1032 S. ALAMO ST, SAN ANTONIO, TX 78210

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(Continued from page 2)

Try these Walks...

ESCV will be returning to Kinderhook on Saturday, May 31st after 10+ years

By Chris Yost

The Village of Kinderhook is an old Dutch village that was settled in the 1600's. Early inhabitants settled around what is now Stuyvesant landing and gradually moved inland. Kinderhook means "Children's Corner" in Dutch and still retains its colonial Dutch atmosphere.

During the Revolutionary War the Kinderhook area was the site of several events. Benedict Arnold convalesced in Kinderhook in the fall of 1777 from wounds received during the victory of Bemis Heights. After being captured by the redcoat army in 1777, English General Burgoyne was entertained in the village. Washington Irving, tutor to the children of a local family based the principal characters of *The Legend of Sleepy Hollow* on people in the village.

Kinderhook's most famous native son is Martin Van Buren who was elected as the eighth President of the United States. The expression "OK" was coined by Van Buren's supporters during the campaign of 1836 when their rallying cry was "OK" or "Old Kinderhook". After his tenure as president, Van Buren retired to Lindenwald, a country estate south of the village. He died there in 1862 and was buried in the village cemetery.



Today the Village of Kinderhook retains a 19th century ambience with its great collection of well preserved older homes and buildings. The Kinderhook Village on both sides of Route 9 is listed on the National Register of Historic Places.

Plan to enjoy some time at the village Farmer's Market following the walk and/or check out some of the local restaurants, Saisonier, Morningbird, or homemade ice cream at Samascott's Garden Market.

ESCV will be revisiting Whitehall NY on June 28th, a walk we have not done in more than ten years.

By Larry Godshalk

Whitehall was known as Skenesborough, after its founder Captain Philip Skene, until 1786. Whitehall is considered the birthplace of the US Navy because in 1776 Benedict Arnold under the direction General Philip Schuyler built a number of vessels to confront the British forces on Lake Champlain during the beginning of the American revolution.

Although defeated, Arnold's small fleet was able to delay the British advance south from Quebec until the American forces were able to mount an offense that ultimately defeated the British Army under General Burgoyne near Saratoga. This decisive victory led France to support the American Revolution and ultimately won America her independence. Naval ships were also constructed in Whitehall during the war of 1812 to protect American interests in Lake Champlain and the North Country.

Volkssporters will also walk along what's considered the southern end of Lake Champlain and the beginning (north end) of the Champlain Barge Canal, including Lock C12. Skene Manor, a



majestic, Victorian, Gothic-style mansion built in 1874 is also on the walk route and has a tea room open for light lunch. You may wish to consider Skene Manor, Bottoms Up Bar and Grill, or The Railroad Taproom and Restaurant, for lunch following the walk.

Holiday Party ...photo ops galore!

2024



Holiday Party ...photo ops galore!

2024



ESCV WALKS ...photo ops galore!

2025



January 1, 2025 - Saratoga NY, Happy New Year!



January 1, Saratoga NY



January 22, Greenwich NY



January 22, Greenwich NY



January 1, Saratoga NY

Membership

Kate Walsh ptwriter@icloud.com

New Members

December 2024

Veerabhadra Rao Bheemineni, Latham
Donald Streed, Saratoga Springs
Ed Bonapartian, Albany

January 2024

Greg Howland, Delmar
Thomas Pile, Hudson
Cynthia Conway, Schenectady
Kathy Brousseau, Ballston Lake

2025 Membership Renewal

Please renew your 2025 ESCV Membership, if you have not already done so. Print a copy of the Membership form on the next page of this newsletter or print from the ESCV website walkescv.org, or ask Kate Walsh for a form at the next walk you attend.



Fill out the form and send it, with your \$12 check, to:

ESCV

P.O. Box 5464, Clifton Park, NY 12065

or bring it to a walk and give it to Kate. Membership renewals done by the end of January will be included in the 2025 directory. You will also receive the weekly Hotmail notifications.

Thank You. <https://walkescv.org/forms/2025MembershipForm.pdf>



Albany,
Wednesday January 15



Crossgates Mall,
Wednesday February 5

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 _____

ESCV 24 for 24 Participation Incentive Program

24 Walk/Bike Events



Louise Remillard email: louiseremillard3@gmail.com



40 ESCV members completed the 24 for 24 Incentive Program challenge.

The Thank You reward for completing the 24 for 24 challenge was five (5) Free ESCV walk coupons to be redeemed at any 2025 walk/bike event.

Judy Arnold	Charlene Campanelli	Terry Gitnick	Barbara Nigro	Joan Schatz
Marian Averill	Deborah D'Arcangelis	Larry Godshalk	Gail Ostrander	Eileen Skinner
Dave Averill	Lea Darling	Teresa Kennedy	Sophia Palaz	Brenda Streed
Karin Berzins	Suzanne Daly	Wayne Knapp	Louise Remillard	Jill Thomson
Barbara Bilins	Linda Dunn	Susan LaFountain	Doug Reynolds	Kate Walsh
Jim Brown	Cathy Edwards	Alan Longshore	Jackie Reynolds	Marjorie Wytzka
Suzann Burke	Barbara Feeney	Kathy Mack	Catherine Saracco	Chris Yost
John Cairns	Nellie Georgelos	Linda Morzillo	Bernie Schatz	Alison Zoske

*Thank you for participating in the 24 for 24 Incentive Program and
Congratulations to all those who completed the challenge and received five Free ESCV walk coupons.*



February 5, Crossgates Mall, Albany NY
(Above) Great turnout!
(Left) POC Cathy McGuire and helper stamping books
(Far left) Better late than never

2025 Incentive Program UPDATE!

Louise Remillard email: louiseremillard3@gmail.com

25 for 25

Participation Incentive Program highlighting Special Programs!

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.

A big Thank You to Brenda Streed who compiled a list of walks sponsored by ESCV with the number of Special Programs available to help planning which Special Program to choose on your next walk.

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.

For example, in 2025 ESCV has walks that include:

- 6 with an A-MAZ-ing Labyrinths,
Saratoga West Side, Albany Pizza Walk, Clifton Knolls, Altamont, Colonie Crossings, Schenectady •
- 3 with Grain Elevators: Monarchs of the Plains, Saratoga West Side, South Glens Falls, Kinderhook •
- All ESCV walks have IVV-Americas •
- 39 with Par for the Course •
- 17 with Rails to Trails •
- 35 with Step to the Beat •
- 23 with Town Halls/City Hall •
- 31 Walking with America's Veterans •
- Walking the United States, Walking with the USA A-to-Z •
- 10 Walking with the Wild Things, Glenville, Saratoga City, Troy, Saratoga West Side,
Ballston Spa, Old Niskayuna, Shenantaha, Scotia, Glens Falls, Scotia Northside •



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.

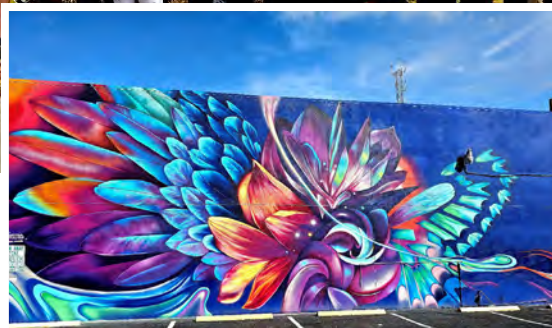
Starting January 1, 2025. Please see Louise Remillard to get your free Incentive Program Book.

VOLKS SOUTH (VS)



Jan 22, Sarasota Lido Key

Volks South is a satellite organization where several ESCV "snowbirds" or members passing through Florida and other AVA club members meet and walk. You can find more about where these walks take place each week on the escv.org website on the main page. Each walk is paired with a place to eat following the walk.



Feb 5 2025,
St Petersburg
Mural Walk