



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

MAY 2025

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

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

April showers bring *May's* Wednesday Walk Program.

From May 7 to August 27
ESCV has a walk scheduled
at 9:00 a.m. each Wednesday for 17 Walks.

More details are available in the Wednesday Walk Book.

If you would like to volunteer, please contact the
POCs directly to learn what you can do
to ensure the program's success.



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 ~ Louise Remillard
louiseremillard3@gmail.com

Vice President ~ Teresa Kennedy
forty6er3k@aol.com

Secretary ~ Barbara Nigro
barb.nigro@gmail.com

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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
1032 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/>

One of my Favorite Walks...

Charlene Campanelli



I have many favorite walks but the one I am writing about today takes place close to my home in the Pine Bush. There are many trails in the Pine Bush, and I began walking and exploring them during the Covid epidemic. The Pine Bush is home to a rich variety of plant and animal life, including the endangered Karner blue butterfly. As many of you know, the Pine Bush is globally rare and nationally significant. With its rolling sand dunes, scrub oak forests, and open pine woodlands, the Pine Bush offers far more than scenic beauty, provides a wealth of physical, mental, and emotional health benefits for those who take the time to explore it on foot.

I like to walk in the Pine Bush for several reasons. One being that it is so close to home and very convenient, yet I feel like I am far from home. The other reason being that it brings me closer to nature and at times seems magical. I can lose myself deep in thought and appreciate the solitude and splendor of nature. Every time I walk in the Pine Bush it is like a new walk and a new beginning and puts me in a meditative state. It allows me to reconnect with the natural world and develop a deeper appreciation for nature.

At times you can see a rabbit in the brush, a deer running by, and a hawk flying overhead. There are many new blooms and of course the Karner blue butterfly. The Pine Bush is quiet and encourages mindfulness and a break from the constant distractions

of daily life. There is no rush here. The air feels slower, like a time when people had fewer places to be and fewer things to do. The walk is not just a trail: it is a reset button. A reminder that the world still spins fine without phone screens, deadlines, or noise.

This is my favorite walk. Not just a trail, but a place that feels like a pause in time. A quiet connection to nature. A reminder that the beauty of nature often asks nothing more than to be noticed. If you are ever looking for that magical walk, or a time to reflect and connect with nature, check out the Pine Bush. ESCV has scheduled walks twice a year exploring various trails. It has something to offer everyone and may not be too far from home. It can be a refreshing experience for the body, mind, and spirit.



Wild blue lupine (lupinus perennis) is the only food for the Karner blue butterfly's caterpillar.

Words from the President Louise Remillard

Lace-up your sneakers and prepare to enjoy a month of walking with America's Walking Club during National Walking Month! ESCV will host a 10 and 5km walk every Wednesday at 9:00 AM.

Our next Traditional walk is in Kinderhook on Saturday May 31 to complete a successful National Walking Month. Join us to walk at your own pace and experience the excitement of the walking movement through fun, fitness, and friendship.

One fantastic opportunity to participate in walking activities is the upcoming NE Tri-State Lighthouse Weekend, scheduled for May 16-18, 2025.

According to the Spring newsletter from the Two Town Walking Club Volkssporters, ninety-nine participants have already registered, with more expected to join for this three-day event. The weekend will feature various activities, including three planned walks and several additional walking opportunities. There will also be a Friday night meet-and-greet. Please note that there is a waiting list for the Saturday dinner at the Weathervane Restaurant, underscoring this well-attended event's popularity. Participants will come from across the nation, including Nevada, Washington, Texas, Florida, and many ESCV members who are eager to join in.

We have some wonderful opportunities in 2025, see the article by Suzanne Daley on the Traditional Walk in Chatham on Saturday, July 19 along with the opportunity to sign up to see A Bronx Tale at the Mac-Haydn Theatre. This streetwise musical will take you to the stoops of the Bronx in the 1960s-where a young man is caught between the father he loves and the mob boss he'd love to be.

Make sure to read Wayne Knapp's article EAT, STINK, and BE MERRY on the Mohawk Valley Garlic and Herb Fest in Little Falls. Join us on September 13 when ESCV will have a Traditional Event in Little Falls to walk and try Garlic Ice Cream and Garlic Fudge at the Festival.

Don't miss out on these exciting walking events, come with us!

Louise
ESCV President



MILESTONES

Events: 200 Sandra Laity
600 Karen Watson
950 Chris Yost
1500 Linda Morzillo



2025 ESCV Chairpersons

Membership.....	Kate Walsh	Coordinators Year Round & Seasonal Walks	
Publicity.....	Kathy MackMarjorie 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		

July 19th - Chatham, New York: A Small Town with Big Charm - Save the Date

By Suzanne Daly

Come and walk with us on July 19th to Chatham, NY. Chatham is a small town in Colombia County that blends history, country roads and scenic vistas, with a charming downtown.

Chatham was officially incorporated in 1869 and was once a bustling railroad hub. The town played a significant role in regional transportation connecting the Berkshires to the Hudson Valley. Remnants of that era will be seen on our walk as you observe the town's architecture and Union Station which is presently used as a bank.

We will start our walk at the serene Crellin Park before heading to town. Despite its small size Chatham is home to a vibrant culture scene. You will pass by The Crandell Theatre, one of the oldest single screen movie theaters in the state. As of November 2024, the theater is temporarily closed as it undergoes a much-needed renovation and restoration project to return it to its original Spanish Renaissance splendor. It's expected to reopen in the Fall of 2025, in time for its 100th anniversary in 2026.

Just a short distance from there resides The Mac- Haydn Theatre. A local favorite, it has been producing Broadway-style musicals since 1969. Tickets to see the 4 pm show of *A Bronx Tale* will be available to purchase for a group discounted rate of \$46 per ticket for the first 20 people who complete an order form (see separate page in the newsletter). This critically acclaimed play will take you to the stoops of the Bronx in the late 1960's where a young man is caught between the father he loves and the mob boss he'd love to be.

If you are a "foodie" you will certainly enjoy all that Main Street has to offer. Top rated restaurants, cafes, and pubs such as Chatham Brewing, Fiesta Café, Fork and Whisk Café, and the People's Pub boast a varied menu to certainly satisfy everyone's tastes. Bimi's Cheese Shop has an impressive five star rating for their grilled cheese sandwiches.

The historic building that formerly housed the Blue Plate has been purchased by David Israelow. Israelow, the culinary director of Manhattan's

Michelin – starred One White Street will open Four Corners in the summer of 2025. He plans on creating a menu that evolves with the seasons using local produce and meats. Wishing David good luck with this endeavor. As of this writing there is no opening date set yet.

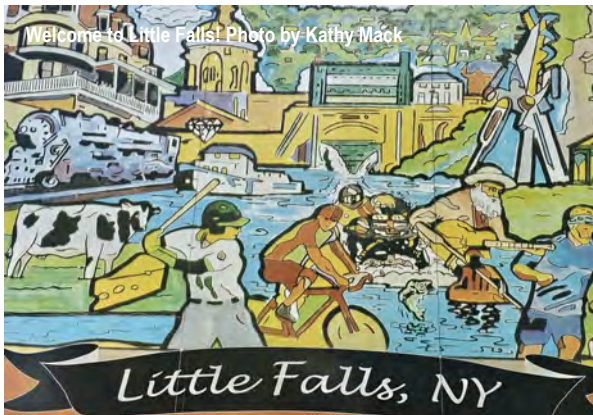
The Chatham Public Library, built in 1905, boasts an original Tiffany window that's magnificent to behold on a sunny day. Also make a point to walk by the striking clocktower at the top of Main Street. It dates back to 1872 and is a great photo op.

After a busy day of walking, exploring, and eating, return back to Crellin Park. Relax under a tree, the pavilion, or by the swimming pond before heading home. Volkssporting in Chatham, NY will certainly be a pleasant adventure.



September 13th - Eat, Stink and Be Merry! - Save the Date

By Wayne Knapp



That's the actual motto for the Mohawk Valley Garlic and Herb Fest (mvghf.com), to be held this year on Saturday, September 13, 2025. The festival began 23 years ago; eight local garlic farmers wanted to celebrate the harvest season with a modest gathering that resembled a small farmers' market in Canal Place, Little Falls, New York. Over the years the festival expanded with support from the local arts community. Now, there are 90 vendors and a variety of family-friendly activities. The Mohawk Valley in central New York offers an exceptional environment for cultivating garlic and herbs, thanks to a combination of favorable climate and fertile soil.

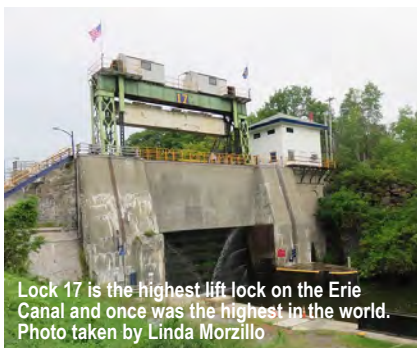


Little Falls, New York, boasts a rich history shaped by its strategic location along the Mohawk River and its dynamic role in early American industry and transportation. The area was first settled by European colonists around 1723 including land granted to German Palatine immigrants. The name "Little Falls" distinguishes it from the "great falls" in Cohoes, New York (second only to Niagara Falls), the site of a walk during the 2019 AVA Convention held in the Northeast Region. The necessity to portage around the Mohawk River's rapids made it a natural hub for trade and settlement. Even though Little Falls endured a series of attacks during both the French and Indian War and the Revolutionary War, it was rebuilt each time.



The completion of the Erie Canal in 1825 (two hundred years ago this year), significantly boosted Little Falls' economy by facilitating the transport of goods and attracting industries. The city became a center for cheese manufacturing in the 19th century, with products shipped to major markets like New York City. Textile and glove manufacturing also flourished, drawing immigrants from Eastern and Southern Europe.

Today, Little Falls honors its heritage through preserved historic districts and annual festivals. From its early days as a frontier settlement to its rise as an industrial hub, Little Falls embodies the resilience and innovation characteristic of many American towns.



Join us on September 13, 2025, when the Empire State Capital Volkssporters (ESCV) will have a Traditional Event in Little Falls to both walk and enjoy the Garlic and Herb Festival. We have redesigned the routes to take advantage of good parking and restroom facilities at the Little Falls Marina – Rotary Park, along the shores of the Mohawk River. A nearby shuttle bus stop will take participants directly to the festival and back. Walk options will include regular and alternate 5k and 10k routes. One route circumscribes a section of the Mohawk River via two bridges, one of them going over lock #17, the highest lift lock on the Erie Canal, and once the highest in the world. Both walks will go along the old towpath of the canal, now a walking and biking trail. The cliffs along the route are a popular site for rock climbing. Both 5k and 10k walkers can also walk through the town and residential neighborhoods.

Following the walk, the Mohawk Valley Garlic and Herb Festival will entice you to try garlic ice cream, garlic fudge and the opportunity to view and purchase more types of garlic than you ever knew existed. There will also be live music, food and other vendors – a fun way to end your day in Little Falls.

What makes walking so great for your health and what else you need to do

By Laura Ungar

LOUISVILLE, Ky. (AP) — Janet Rapp strode briskly down a paved path through the city zoo, waving at friends and stopping briefly to greet emus she knows by name.

The 71-year-old retiree starts each morning this way with a walking club. “I’m obsessed,” she said. Not only does it ease her joint pain, “it just gives me energy ... And then it calms me, too.”

Medical experts agree that walking is an easy way to improve physical and mental health, bolster fitness and prevent disease. While it’s not the only sort of exercise people should do, it’s a great first step toward a healthy life. “You don’t need equipment and you don’t need a gym membership,” said Dr. Sarah Eby, a sports medicine physician with Mass General Brigham. “And the benefits are so vast.”

What can walking do for you?

Walking can help meet the U.S. surgeon general’s recommendation that adults get at least 2 1/2 hours of moderate-intensity physical activity every week. This helps lower the risk of heart disease, high blood pressure, dementia, depression and many types of cancer.

Walking also improves blood sugar levels, is good for bone health and can help you lose weight and sleep better, added Julie Schmied, a nurse practitioner with Norton Healthcare, which runs the free Get Healthy Walking Club.

Another advantage? It’s a low-impact exercise that puts less pressure on joints as it strengthens your heart and lungs.

James Blankenship, 68, said joining the walking club at the Louisville Zoo last year helped him bounce back after a heart

attack and triple bypass in 2022. “My cardiologist says I’m doing great,” he said.

For all its benefits, however, walking “is not enough for overall health and well-being” because it doesn’t provide resistance training that builds muscle strength and endurance, said Anita Gust, who teaches exercise science at the University of Minnesota Crookston. That’s especially important for women’s bone health as they age. Experts recommend adding such activities at least twice weekly — using weights, gym equipment or your own body as resistance — and doing exercises that improve flexibility like yoga or stretching.

Do you really need 10,000 steps a day? Nearly everyone has heard about this walking goal, which dates back to a 1960s marketing campaign in Japan. But experts stress that it’s just a guideline. The average American walks about 3,000 to 4,000 steps a day and it’s fine to gradually work up to 10,000, Shmied said.

Setting a time goal can also be useful. Shmied suggests breaking the recommended 150 minutes per week into 30 minutes a day, or 10 minutes three times a day, for five days. During inclement weather, people can walk in malls or on treadmills. As they become seasoned walkers, they can speed up the pace or

challenge themselves with hills while still keeping the activity level moderate. “If you can talk but not sing,” Eby said, “that’s what we consider moderate-intensity exercise.”

How do you stay motivated? Walking with friends — including dogs — is one way. Walking clubs have popped up across the nation. In 2022, New York personal trainer Brianna Joye Kohn, 31, started City Girls Who Walk with a TikTok post inviting others to walk with her. “We had 250 girls show up,” she said. Since then, the group has walked every Sunday for around 40 minutes, with some meeting afterward for brunch or coffee.

The Louisville Zoo launched its walking club in 1987, partnered with Norton in 2004 to expand it, and now boasts more than 15,000 registered members. Every day from March 1 through Oct. 31, people walk around and around the 1.4-mile loop before the zoo officially opens.

Tony Weiter meets two of his siblings every Friday. On a recent morning, they caught up on each other’s lives as they zipped past zebras in a fenced field and a seal sunning itself. “I enjoy the serenity of it. It’s cold but the sun is shining. You get to see the animals,” said Weiter, 63. “It’s a great way to start the morning.”

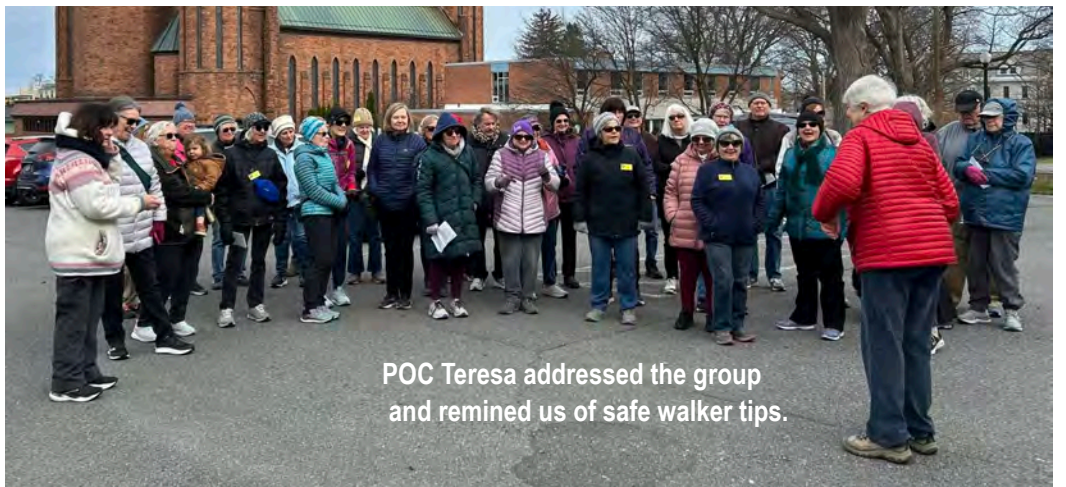


ESCV WALKS ...photo ops galore!

2025



April 2, 2025: Year round walk in Schenectady, N Y.



POC Teresa addressed the group and reminded us of safe walker tips.



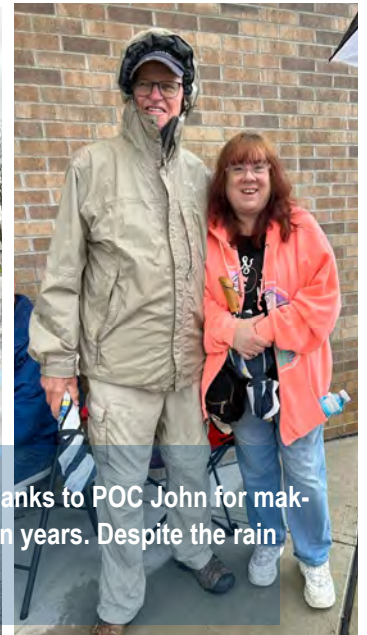
ESCV WALKS ...photo ops galore!



POC Liz and assistant Brian



Cohoes neighborhood walk in on a sunny March 22, 2025 Saturday morning



No rain can keep determined Empire State Capital Volkssporters (ESCV) from walking! Thanks to POC John for making today's walk available at the Albany Rural Cemetery, a walk the group has not done in years. Despite the rain drops over 20 walkers braved this peaceful walk.

ESCV WALKS ...photo ops galore!



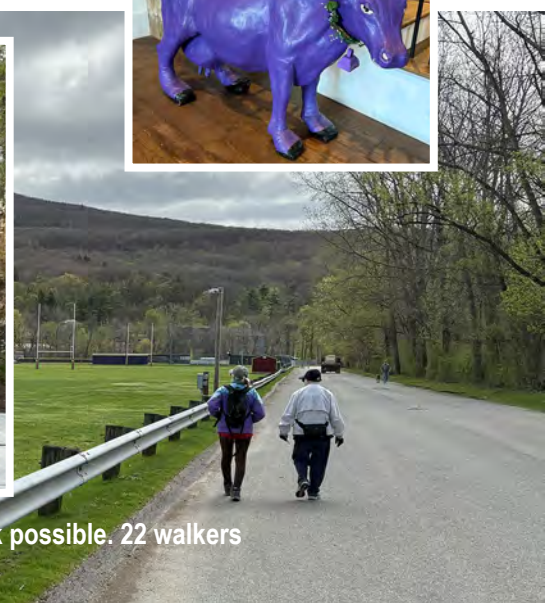
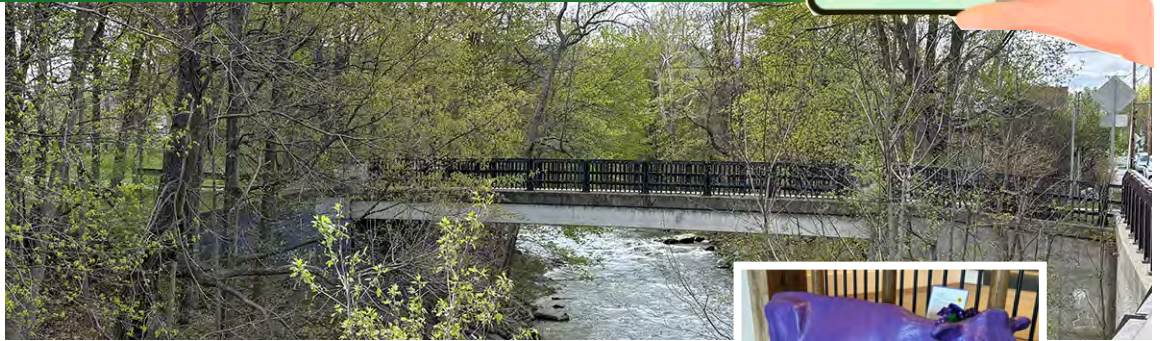
First time walkers
Jean and Roxie



Scotia walk April 23,
2025 thanks to POC Vera.
Great turnout, gorgeous
weather, and 2 first time
walkers!



ESCV WALKS ...photo ops galore!


 2025


Williamstown, MA, April 30, 2025. Thanks to POC Sue G for making this walk possible. 22 walkers including 1 new member, Mary Ann enjoyed a perfect walking weather day.



Basking in the sun at the Williamstown Inn after walk

Membership

Kate Walsh ptwriter@icloud.com

New Members: February – April 2025

Patricia Dunworth, Cohoes
 Carl Kinlan, Albany
 Francine Lombardi, East Greenbush
 Margorette Shelley, Schenectady
 Dolores Touchy, Guilderland
 William Sheehan, Guilderland
 Mary Ann Randall, Albany

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

<https://walkescv.org/forms/2025MembershipForm.pdf> or ask
Kate Walsh for a form
at the next walk you attend.



Prepaid Walk Coupons ~ Reminder ~

These Pink Prepaid Walk 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. Barbara Feeney will now 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.

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.**

We currently have 164 active paid members in ESCV

Exciting new ESCV bike ride planned for September 20, 2025

Hey there ESCV Bikers! This year, we are adding a new group bike ride to the existing six we have. On Saturday, September 20th, we will meet at the lock in Mindenville and head west on the Erie Canal Bike Path. Specific directions to the Start Point will be provided as part of the ESCV Hotmail.

This path goes from Buffalo to Albany and if one is ambitious enough, you can now continue to Battery Park in NYC! How exciting. But, we are only going to do about ten miles of the trail taking us to Little Falls.

Along the way, we will see the Herkimer House, the gorge that was created for

the railroad, scoot down to the Erie Canal historic area in Little Falls, and then see the largest lock on the whole Erie Canal with a 40.5 foot lift. Yes, that is a lift. Being such a large elevation change, the traditional gates are not practical so a lift was created. Boats traversing the lock go under the massive lift. Before we return, we will stop at a nice little cafe adjacent to the canal in the historic area.

This is an out and back ride so if desired, you may turn around at any point, you will not want to miss the fun!

Questions? Contact Tad Darling, POC, 518-275-6220.



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 _____

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 designed to encourage participation and help you learn more about our Special Programs. All walks must be sponsored by the Empire State Capital Volkssporter Walking Club (ESCV).

A \$4.00 walk fee is required 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.



In 2025, ESCV has the following offerings:

- **Walks with A-MAZ-ing Labyrinths:** 6 walks
(Saratoga West Side, Albany Pizza Walk, Clifton Knolls, Altamont, Colonie Crossings, Schenectady)
- **Grain Elevators:** 3 walks (Monarchs of the Plains, Saratoga West Side, South Glens Falls, Kinderhook)
- **IVV-Americas:** All ESCV walks • **Par for the Course:** 39 walks
- **Rails to Trails:** 17 walks • **Step to the Beat:** 35 walks • **Town Halls/City Halls:** 23 walks
- **Walking with America's Veterans:** 31 walks
- **Walking the United States:** Including Walking with the USA A-to-Z •
- Walking with the Wild Things:** 10 walks (in Glensville, 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.**
Please see Louise Remillard to get your free Incentive Program Book.

Thank you for your participation and enthusiasm for our walks!

We look forward to another fantastic year of exploration and community building.

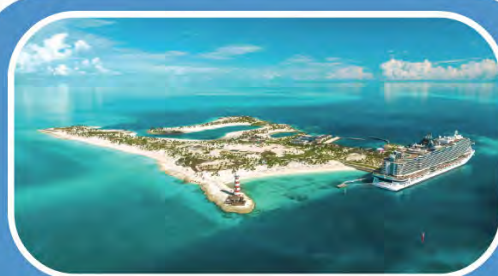


Safety Harbor
Florida
February 19
2025



Venice
Florida
February 26
2025





7 DAY WALKING CRUISE - WESTERN CARRIBBEAN NOVEMBER 15 - 22, 2025

Walk with us in 5 ports and on ship, as we discover Belize, Honduras, Cozumel, Costa Maya, and New Orleans. Special AVA rates available from \$763.50 per person (double occupancy). Get info: rob@nwztravel.com



AVA: AMERICA'S WALKING CLUB
1008 S. ALAMO ST.
(210) 659-2112

AVA.ORG



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —



Fun, Fitness, Friendship