



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

AUGUST 2025

MISSION ACCOMPLISHED!

By Suzann Burke

My 21-year Fifty State challenge began in 2004. Florida and Georgia were the first of six states that year. During the following years, there were many bus trips as well as trips by small groups of fellow members of the Empire State Capital Volkswalkers (ESCV). The goal was to travel to different states to walk and to continue to fill our books with stamps needed. I traveled to Hawaii, Arizona and Colorado for various family visits and occasions; I included plans to complete at least one Volkswalk as a part of the agendas. There was an Alaskan cruise which included a walk in that state. My thanks to Chris, my companion for state number 49, Alabama, as well as thanks to Chris, Louise and Nikki, my companions when walking in my final state, Kentucky! We celebrated with a toast at Olive Garden.

I've always felt that joining ESCV was one of the best things I have ever done!



Covington, KY site of my 50th state walk. (R) Posing by the statue of John Augustus Roebling, the designer of the prototype of the Brooklyn Bridge spanning the Ohio River.

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
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Secretary ~ Barbara Nigro
barb.nigro@gmail.com

Treasurer ~ Terry Gitnick
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Website / Hotmail
Eileen Skinner ~ Web Master
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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



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/>

Walking the USA A-Z

An AVA Sponsored Program with no end date

By Louise Remillard

From Altamont, NY 2018 to Zelienople, PA. May 2025 Embarking on the ****Walking the USA A-Z**** program is fun way to see the USA. This program requires participants to complete AVA sanctioned walks in American cities, one corresponding to each letter of the alphabet. As ambitious as it seems when you get started its fun to find a city where each letter unlocks a new adventure and even better when you get people to walk with you.

However, these obstacles often transform into cherished memories. The landscape of the United States becomes a mosaic of experiences, filled with the kindness of strangers in small towns and the laughter shared with companions on the road. These interactions enrich the trek, reminding you that the journey is just as important as the destination.

What inspired me to take on such a program you may ask? A bit of wanderlust, eager to explore towns I might never otherwise visit, one walk at a time. Walking with friends, meeting new friends, and experiencing first-hand the vast diversity of the American landscape.

A way to stay active, explore, and promote mental well-being. The program provides structure and motivation to keep moving. Each letter in the A-Z journey brings its own unique character and adventure; here are a few I completed over the eight years it took me to complete the challenge.



• **A is for Altamont, NY.** 2018 My first letter thanks to an ESCV walk and many friends.

Words from the President Louise Remillard

As summer unfolds in all its glory, take a moment to appreciate the beauty it brings—yes, even if it means breaking a bit of a sweat! Remember to stay hydrated during your outdoor activities, whether it's a walk with ESCV friends, or a thrilling bike event, remember to seek out the shade wherever you find it.

A Special congratulations to Suzann Burke for accomplishing the impressive feat of completing walks in all 50 states! Her final state was in Covington; KY and I was fortunate enough to join her as a fellow walker for that triumph.

It's hard to believe that the Wednesday Walk Program will be concluded on August 27th at Shenantaha Park; it feels like it just started! I encourage everyone to bring a lawn chair and a lunch so we can enjoy some post-walk camaraderie.

Looking ahead, there's plenty to be excited about! We have upcoming events including the Battlefield Bike, Little Falls Bike, and Lake George Bike rides, each promising fun, fitness, and friendship.

We have several Year Round and Seasonal walks to look forward to in hopefully cooler temperatures. Add in the Traditional walk events planned: the Little Falls Garlic Festival in September, Oktoberfest at Grafton State Park, the Annual Recognition Pizza Party in November, and December the Holiday Walk and Luncheon at the Turf Tavern in Scotia.

Lastly, I want to remind everyone that there are several opportunities left to complete your 2025 ESCV Incentive Program before the December 31st deadline. Don't miss out on the chance to earn free walk coupons!

Let's make the most of this beautiful summer together!
Walking together, Creating Memories!

Louise

Louise Remillaerd
ESCV President



MILESTONES

In June TAW

Events:

125 Nikki Signoracci
700 Barbara Nigro

Distance:

7000k Barbarb Nigro
20,000k Linda Morzillo
25,000k John Cairns



2025 ESCV Chairpersons

Membership.....Kate Walsh
Publicity.....Kathy Mack
Event BrochuresArden Lawand
PurchasingOPEN
SunshineKathy LeRoux
Club MerchandiseBev Feltt
Name Tag OrdersGail Ostrander
Walk Development & Traditional Walks
.....Teresa Kennedy

Coordinators Year Round & Seasonal Walks
.....Marjorie Wytzka and Karin Berzins
Wednesday Walk CoordinatorKathy Horn
Trail MasterLinda Morzillo
Online Start Box CoordinatorLarry Godshalk
Web MasterEileen Skinner
ESCV Historian.....Teresa Kennedy



Walking the USA A-Z

Continued from page 2

- **D is for Dalonega, GA.** 2019 Visiting my Niece Tara in Georgia. I also got to do Helen, Atlanta, Gainesville, Athens with Tara.
- **O is for Oswego, NY** 2020 Road trip with friends Linda Nowak, Chris Yost, Linda Dunn and Donna Farber.
- **Q is for Quechee, VT.** 2018 On the way home from Thundering Falls, VT. And Hanover, NH. Appalachian Trail Walk, with Donna Farber.
- **U is for University City, MO.** 2021 On a Tator Tour Trip
- **X is for Xenia, OH.** 2025 My final letter with Chris Yost, Suzann Burke, and Nikki Signoracci.
- **Z is for Zelienople, PA.** 2022. A road trip with Teresa Kennedy, Linda Dunn, Chris Yost.

Walking the USA A-Z is more than a Special Program; it is an odyssey that transforms each step into a story, each town into a chapter.

For those who dare to lace up their sneakers and set out—whether for the first walk or the final Z—there awaits a country full of surprises, and a journey that, once completed, endures in the heart forever. In the end, this ambitious program is more than a series of walks; it is an invitation to embark on a journey that shapes perspectives and fosters a deeper appreciation for the tapestry of American life.



2025 AVA Biennial Convention in Las Cruces, New Mexico

By Catherine Saracco

The Convention offered 9 days of events from Saturday April 26 through Sunday May 4. I wasn't there for the first Saturday and Sunday pre-walks nor the post-walks of the following Saturday and Sunday. I was traveling with ESCV member, Alison Zoske.

We began our journey by flying into Tucson, AZ where we walked the downtown Tucson walk and shopped at Old Town Artisans. We viewed historic sites and enjoyed the nice weather. On Monday morning we took Route 10 east for 4 hours then arrived in Las Cruces. It was interesting to watch the landscape change along the route. At the beginning it was rocky then it we saw open fields with fences and cattle. On the north side we saw distant mountain ranges.

When we arrived at the Convention Center I thought it was a perfect place for our group. The parking lot was spacious. Inside, the wide hallway allowed for exhibit tables to be set up for promoting walks to many different areas. Rooms were allocated for optional talks, book stamping, silent auction, lunches and the AVA gala. For those who signed up there were buses in the parking lot to drive walkers to their designated walks.

Our first walk was to Organ Mountain Dripping Springs. It was hot and we walked uphill along a well defined trail. We saw desert mule deer resting in the shade under a tree in the distance. Further along we saw the former Boyd's Sanatorium and remnants of old cabins. The views of rocks, trees, desert and mountains were beautiful. The Dripping Springs weren't dripping due to the dry conditions. Later that day we took the bus to the Welcome Reception at NM Farms and Ranch Heritage Museum. We viewed items from the past that were used in the local farming industry and in cattle drives. On display was a statue of Billy the Kid and the story of his short violent life. Afterward we sat in a large courtyard with a beautiful view of the Organ Mountains in the not so far distance. We had a buffet style meal with limited choices. The mashed potatoes had lots of hot peppers in them and I think that was a surprise to most of us. By the way, I ate mine!

Wednesday morning we took the bus south to El Paso, TX and from there walked across the border into Juarez in Chihuahua, Mexico. We followed a guide on a walking tour past many businesses, churches, museums and statues and inside a few places too. Close to the border there are several dental offices where Americans have easy access to get their dental work done. Mexico was a busy place with many people walking around.



Walking tour in Juarez, Chihuahua, Mexico



Welcome reception, outdoor buffet at New Mexico Farm and Ranch Heritage Museum, Las Cruces (Organ Mountains in the background)

Our last stop was at a restaurant where we had good Mexican food, courtesy of Juarez Visitor Center. They provided music and a buffet. Our guide told me their homes and businesses get their water from two underground aquifers. That was interesting because they are on the Rio Grande and I saw no other rivers or lakes nearby on the map I looked at. We had a good view of "the wall" on our way out. It was made of brick and aesthetically not as bad as I had envisioned. There was a long line waiting to leave Mexico. Our group was split into 3 lines and mine barely moved. I was afraid I was not going to make it back to the bus on time but the bus leave time was changed so all was well. **Continued on page 5**

2025 AVA Biennial Convention

Continued from page 4

Our next stop was in Memorial Park, El Paso, TX and began with a walk through a beautiful rose garden. We zig zagged through residential streets then back to the bus. The neighborhood was very peaceful and interesting. Most houses were stucco. It was a hilly area so some houses had many steps. There were more border walls made of stone than we normally see in the Northeast. The trees and flowers were interesting, some the same and others different than ones we usually see.

On Thursday our bus brought us to White Sands National Park. What a place! As far as you can see the sand is white like snow. Bugs and caterpillars leave patterns in the sand as they move along. It was very different and pretty too! In the evening we went to the pre-gala social then the gala and hall of fame awards presentation. At the gala the room was full. The food was served buffet style and was Mexican. In addition to awards being disbursed there were 3 presentations offered for consideration as potential locations for the 2027 AVA Convention. Rogers Arkansas, Norman Oklahoma, and Springfield Missouri. All looked good.

On our last day we walked and shopped in Mesilla. That evening we drove to El Paso to be near the airport for an early morning flight. We checked into our hotel then drove around. The sky darkened then we saw a fire truck with its siren on and thought there was a fire nearby only it seemed dark everywhere and we didn't smell smoke. The mountains we saw earlier were barely visible. We began thinking it was a dust storm and that was confirmed once we got back to the hotel.



Organ Mountains Dripping Springs Trail, Las Cruces

We needed to eat and decided to take a walk to a restaurant two blocks away. I wore my rain jacket with a hood to keep my clothes and hair intact in the high winds. We noticed a coating of fine dust on parked vehicles. This year El Paso's frequent dust storms are being compared to the 1936 Dust Bowl. The high winds and low visibility are creating dangerous driving conditions. Over 90 dust storm warnings have been issued so far this year. They are suffering drought conditions and believe that to be the cause. Up until the dust storm the skies were blue and sun was hot daily like I expected but there was a steady coolish breeze that made the heat not so bad. A pleasant surprise.

Every place we went everyone was very nice and ready to talk if we had a question or just felt like chatting. I had multiple unexpected health issues and was so grateful Alison was there! She did most of our planning and driving and I was able to enjoy being there!

White Sands National Park, we were on a walk



ESCV WALKS ...photo ops galore!



ESCV WALKS ...photo ops galore!

2025



ESCV WALKS ...photo ops galore!



Walk Farther, Faster and Pain-Free

These simple tweaks will add energy and power to your stride, so you can get where you're going with ease

By Myatt Murphy AARP.ORG/BULLETIN OCTOBER 2024

You already know that walking burns calories, boosts stamina, improves heart health, reduces stress and lowers inflammation -- and that the more you can do it, the better. But sometimes walking is a pain in the butt ... and the legs, the back and the feet. But with a few tweaks to your posture and stride, you can walk stronger, longer and without pain.

"Maintaining the best posture possible allows your body to distribute its weight more evenly and move more efficiently. That keeps muscles pain-free by preventing them from becoming overstressed and overworked," says Mike Mancias, longtime personal athletic trainer to LeBron James and author of Game Plan. "Better still, watching your form can also allow your lungs to expand further and take in more energy-rich oxygen, so you're less likely to fatigue as quickly?" Here's his head-to-toe (literally!) checklist on how to step up your game the next time you take a stroll.

Journalist Myatt Murphy has written nearly two dozen books on health and fitness.

HEAD: Tilting your head down causes your shoulders to roll forward, preventing your from breathing as deeply as possible. "Remember, oxygen equals energy!" Mancias says. Instead, look straight ahead (about 10 feet or so in front of you) with your chin lifted. Try to keep your ears in line with your shoulders, which will prevent you from leaning too far backward or forward.

SHOULDERS: Gently roll your shoulders upward then back. Then down and keep them there. You want your shoulder blades to nearly touch each other at the middle of your back. This prevents slouching and reduces tension on the upper back and neck.

ARMS: "Keep your arms bent at 30- to 40-degree angles and close to your rib cage.; swing them forward and backward in a motion that's in line with your body." Mancias says. Moving them at an angle across your body not only wastes energy, but it can affect your steadiness he explains.

CORE: To pull in your belly and support your spine, gently squeeze your abdominal muscles and keep them that way while walking. "Think about using your stomach muscles to pull your belly button towards your spine," Mancias says. "This trick re-

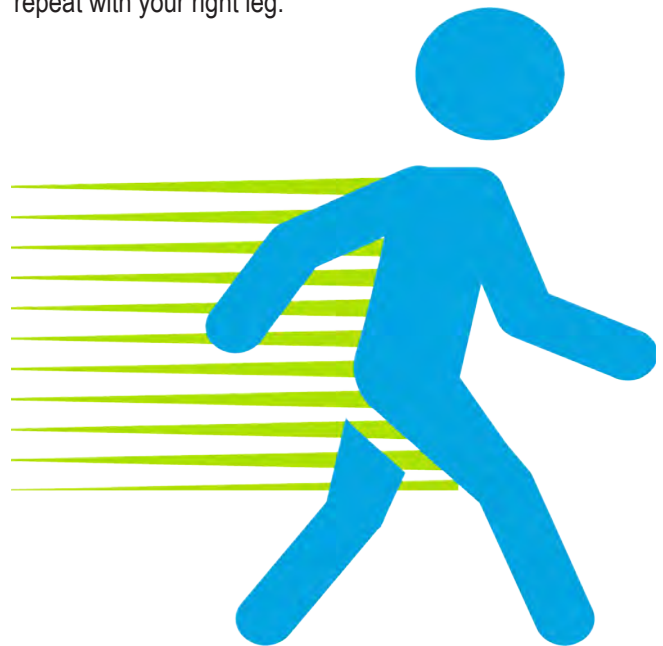
moves stress from your lower back by keeping your body weight centered and provides more stability so you're less likely to lose your balance."

FEET: Your heels are meant to absorb the shock of each step as you stride. With every step, land on your feet, then push off with your toes. "This three-part motion leaves your legs and feet feeling less tired and can help to minimize blisters," Mancias says.

STOP THE WADDLE

Hip pain can make walking so uncomfortable that we start to alter our gait by waddling. To build strength and flexibility in the hips, try this.

1. Stand with a sturdy chair at your right. Rest your right hand on the chair for support.
2. Face forward and make sure your toes are pointed forward as well.
3. Shift your weight onto your right foot. Make sure you're steady and balanced.
4. Slowly lift your left leg out to the side as far as you can, hold a moment, and return.
5. Perform 10 lifts, then move to the other side of the chair and repeat with your right leg.



NORTHEAST *Weekend*



My 2025 AVA Northeast Region Tri State Lighthouse Walking Weekend Experience

By Chris Yost

I look forward to the yearly Northeast Region Weekends (an idea of Wayne Knapp, former Northeast Region Director), since the wonderful experience of the first Northeast weekend in 2022. And the Tri State Lighthouse Weekend May 16-18 was another fun filled weekend as well with 30+ ESCV members, Northeast Region sister club members, a few other members outside the Northeast Region, and even the newly elected AVA Chairman, Carl Cordes. The host clubs this year were: Two Town, Twin States, and Southern Maine Volkssporting Clubs and they did a wonderful job showcasing their part of the Northeast. What I learned from prior Northeast Region Weekends is that the journey begins prior to the weekend itself. My travel mates (Cindy Berard, Linda Dunn, and Donna Farber) and I decided to start the weekend on Thursday, on route to the host hotel, in York, Maine, with a stop in the charming town of Exeter, New Hampshire, former state capital, walking along the Squamscott River and, through this historic town. After completing our walk it was on to Maine to check in, grab dinner and rest up for a weekend of Lighthouse Walks!

Friday began with a wonderful walk in Gloucester, MA, America's oldest seaport, hosted by the Two Town Club. Not only did we experience super walking weather (always a treat on a walk) but three Lighthouse sightings, many museums, scenic vistas, me-



morials, and a view of Hammond Castle, walking along the water with lovely ocean breezes. (Any chance to walk along water is always a plus for me.) The check in table located at scenic Stage Fort Park included tasty homemade treats (even cookies in the shape of a lighthouse!) Thank you to Joe Piffat for creating this alternative to the standard year round hilly Gloucester walk. Friday night was the Meet and Greet at the Microtel, host hotel where we enjoyed an easy dinner of pizza slices, veggies, and fruit, with the camaraderie of known and new walking friends. We played an ice breaker game matching a sheet of questions such as current or past POC? Regional Director? Officer? Walked in All 50 States and/or Capitals? Walked in Europe, Asia? etc. with a name for each question of someone at the Meet and Greet. It was a clever way to find out about people you did not know or know well by interviewing them.

Saturday morning we traveled to Portsmouth, New Hampshire, the scheduled walk of the day. Although there were no lighthouses visible on this particular walk I did enjoy revisiting this city, another former capital and seaport town, **Continued on page 9**

NORTHEAST Weekend


 2025

Continued from page 8

along paved streets, in parks, and along waterways, viewing interesting murals, memorials, experiencing the downtown flavor. Thank you to Twin States for providing another nice weekend walk.

In the afternoon we traveled to Saco, Maine, an optional weekend walk. Donning our rain gear we walked between the rain drops on historic Main St with its interesting architecture and many shops, heading to the Laurel Hill Cemetery where daffodils can be seen in abundance on the river bank in the spring. (Unfortunately, for us it was past daffodil peak.) It was recommended that we get a bite to eat at Rapid Ray's following the walk. This is a traditional lunch stop for the Southern Maine Club when they do this seasonal walk each spring and it certainly did not disappoint!

Saturday evening we enjoyed more a delicious group meal at The Weathervane Restaurant. (I had the best haddock dinner I have ever tasted!) Following dinner, NERD, Carol Giesiecke, complemented all those responsible for the weekend and presented 2025 AVA awards to those recipients in attendance at the dinner.

Our last walk of the weekend on Sunday was on another beautiful day in picturesque Cape Elizabeth, Maine, hosted by the Southern Maine Club and starting out at Fort Williams Park with the Portland Head Light, the oldest lighthouse in Maine. The walk took you around the lighthouse with gorgeous costal views, out of the park



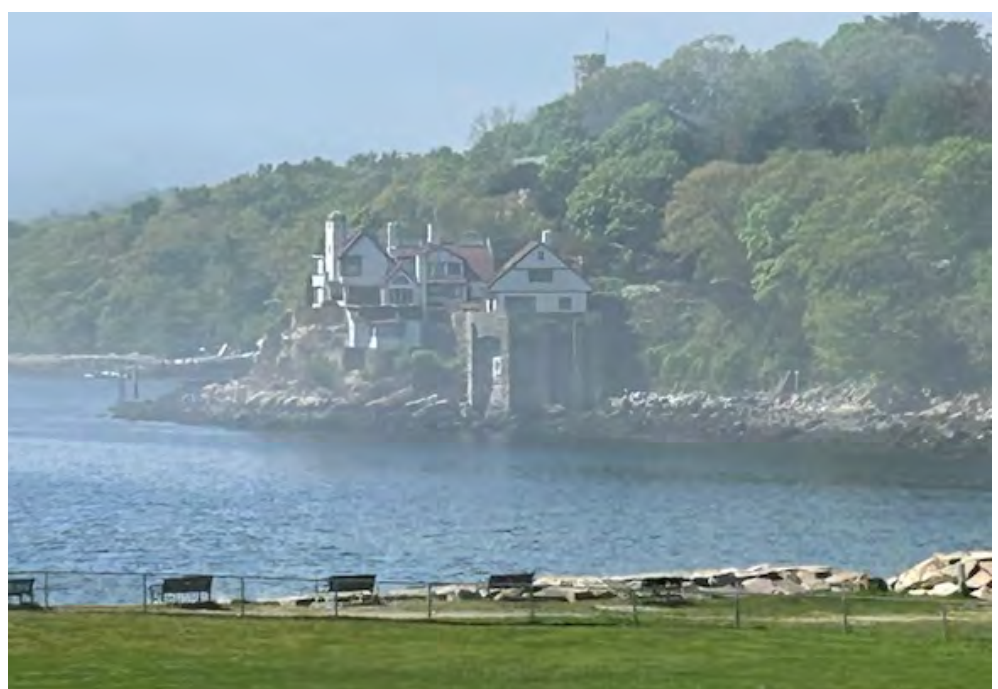
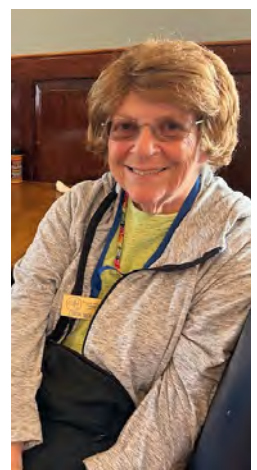
and into town, passing many lovely homes and the Cookie Jar Pastry Shop (where many walkers could be found enjoying yummy treats). Thank you to Denise Macaronas for providing this lovely walk to conclude the scheduled weekend walk activities.

I'm certain that everyone who attended the 2025 Northeast Weekend had similar wonderful experiences. If you have not yet attended a Northeast Weekend consider doing so next year.

Watch for upcoming news on the location for the 2026 Northeast Weekend and start making your plans to attend.



NORTHEAST *Weekend*



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.



Grafton Lakes State Park is a picturesque park with multiple walking trails, several ponds, and a sandy beach area for swimming.

Grafton was initially inhabited by the Mohawks, and later the European explorers came. It officially became a state park in 1971. It is a year round park, with opportunities to hike, kayak, fish and swim in the summer, and snowshoe and cross country ski in the winter. The park service often offers free guided hikes or snowshoeing around some of the ponds.

Sign in for the walk will be from 9:30 am until 11:00 am at the Deerfield Pavilion. The 6K walk will be a combination of roads and gentle trails in the woods. There will also be some gentle hills. You will pass several ponds and the beach along the way. The 10K walk will start on the same route, with some additional trails in the woods also with pond views. There will be some roots and uneven terrain on the 10K walk so you may wish to bring some walking poles or sticks. After the walk, please stay for our annual Oktoberfest fall picnic. (See the signup form in this newsletter.) Our pavilion has a horseshoe pit, and also a volleyball net.

The park is very large, so we will see a large portion of it on the walks, but it will definitely be worth another visit to see the historic Dickinson fire tower, a 60 foot structure with great views of the area, and Dunham Reservoir, which is part of the park but located outside of park boundaries. Dunham Reservoir was once a main source of water for Troy. It was built before WW11 in 1912. There are currently efforts being made to save the reservoir. The dam is in need of repair, so you may see signs along the road to save the Dunham. It is a very popular recreation area.

Please come and enjoy the day!



ESCV Oktoberfest Picnic

Saturday, October 4, 2025

Grafton Lakes State Park, Grafton NY ~ Sue Grey is serving as chairperson ~

Hot dogs, Knockwurts and Bratwursts will again be served along with rolls, water, and condiments.

The cost remains at \$6.00 per person. Please bring your favorite dish to share with everyone.

Make your check payable to ESCV. Note: There is NO pre-registration for this walk.

Please mail check made out to ESCV by September 29 to: Sue Grey, 134 Acorn Drive, Glenville, NY 12302

Name: _____

Phone _____

\$6 per person

Mark your choice (X)

Hot Dog	Knockwurst	Bratwurst
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____



Grand Total

\$ _____

In order to be sure that enough selections of food are available to everyone, we ask that you note below the food you would like to bring. As always, sauerkraut is a favorite. If we are lacking in any group, we will contact people for needed contributions.

1. Appetizers () 2. Salads, Pasta dishes, etc () 3. Desserts () 4. Sauerkraut ()

Remember... mail to Sue Grey by Monday, September 29, 2025

Membership

Kate Walsh ptwriter@icloud.com

New Members: May - July 2025

May: Jeanne Haubrich, Waterford, NY

June: Luiza McDougall, Glaston, CT
Sam Stallone Cohoes, NY
Deborah Tuttle, Ballston Lake, NY

July: Linda Davern, Cohoes, NY
Christina McCue, Sloansville, NY
Virginia Woodard, Slingerlands, NY

Welcome to all new members!

If you haven't received your "new member" packet, see Kate at the next walk or contact her at ptwriter@icloud.com. Happy walking!



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 2026 directory.

You will also receive the weekly Hotmail notifications. *Thank You.*

We currently have 177 active paid members in ESCV

2025 AVA Biennial Convention Awards

Every two years AVA recognizes those individuals who have supported or advanced the ideals and aspirations of Volkssporting. ESCV members from the following categories were recognized at the AVA Biennial Convention in Las Cruces in May.

Meritorious Service Awards

Deborah D' Arcangelis
Tad Darling
Terry Gitnick
Larry Godshalk
Chris Yost

Commendable Service Awards

Karen Berzins
Arden Lawand
Linda Morzillo
Louise Remillard

Kathryn Piffat
Brenda Streed
Marjorie Wytzka

Certificates of Appreciation

Lilani Asmara
Anu Bheemineni
Donna Farber
Lea Darling
Tad Darling
Marjorie Geiger
Terry Gitnick
Teresa Kennedy
Wayne Knapp
Kathy Mack
Linda Morzillo
Celia Murray
Eileen Skinner
Chris Yost

- The Meritorious Service Award recognizes individuals who have given at least five years of service to AVA.
- The Commendable Service Award recognizes individuals who have given a significant amount of service regardless of the amount of time they have been a member.
- Certificate of Appreciation Award recognizes individuals, organizations, and businesses for service to AVA on a regional, state, or club level. These awardees were nominated by the 2024 Northeast Convention Co Chairs, Andrew Schmidt and Carol West.

Congratulations to all!



27th Annual Empire State Capital Volkssporters Walk and Pizza Party



Saturday, November 1, 2025

10 km (6.2 miles) –or– 6 km (3.7 miles)

START/FINISH: St. Andrew's Episcopal Church, 10 N. Main Avenue, Albany, New York 12203

PARKING: Going north on N. Main to intersection of N. Main & Western Ave.
take a right on Western Ave (going East) to 1st traffic light.

WALK REGISTRATION: 9:30-9:55 am **WALK:** Starts promptly at 10:00 am

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

RESERVATION is necessary for the Pizza Party.

Cost per person is \$12.00 which includes hors d'oeuvres, pizza, wings, salad, beverage, & dessert.

Make check payable to: ESCV and mail along with
Reservation Form to:
Chris Yost, 28 Gould Dr., Scotia, NY 12302.

DETACH AND RETURN BY OCTOBER 27th

Pizza Party Reservation Form

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

Name and Phone Number

Pizza Party
\$12.00 per person

TOTAL SUBMITTED: \$

~~~~ Deadline is Monday October 27th ~~~~



**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](http://www.walkescv.org) and select the ORDER NAME TAG tab for more information or click <http://www.walkescv.org/nametag.html>

**Volunteer:** Select areas you would like to help out

- ☐ Registration at walks    ☐ Developing new walks  
☐ Programs    ☐ Spring Picnic    ☐ Oktoberfest  
☐ Pizza Party    ☐ Holiday Party  
☐ Where Needed (there are many other jobs).

Payment: Make check payable to ESCV

- Single Membership \$12    • Family Membership \$20 (New members joining Sept. 1st to Dec. 31st are one half the annual fee through the end of the year.)

Mail this form and check to: ESCV Membership, PO Box 5464, Clifton Park, NY 12065-5464

Total Enclosed: \$ \_\_\_\_\_ Date Submitted \_\_\_\_\_



## INTERNATIONAL



## NATIONAL EVENTS



**SAVE THE DATE**  
September 17-18, 2025

Take the first step; your impact starts here.




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




*Fun, Fitness, Friendship*

### First State Webfooters Walking Club 35<sup>th</sup> Annual Sea Witch Triathlon

Saturday, October 25<sup>th</sup> - 8 am

Events 5K/10K Walk

Bike 10.6K-43.6K +

300 meter Swim

Start/finish Sussex YMCA, 20080 Church St.,  
Rehoboth Beach Delaware



This traditional event is in conjunction with the Sea Witch Festival in Rehoboth a three day Halloween festival featuring a costume parade, pet parade, live music, games and more

Join us for the weekend



Friday, Oct 24<sup>th</sup> at the Milton YRE  
walk on the Broadkill River - Online

Start Box

Sunday, Oct 26<sup>th</sup>

teaming up with

Freestate Happy Wanderers  
a short distance to Boardwalk  
on Atlantic Ocean  
OC Convention Center  
4001 Coastal Hwy,  
Ocean City, Maryland

Contact: Karen Fernandez  
fdezjuankaren@comcast.net  
410-802-6106

### CVF/FCV 2026 Festival

<https://walks.ca/cvf-fcv-2026-festival/>



Yellowknife, NWT, Canada

June/June 12-14, 2026



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





Walk to  
Arlington **USFreedomWalk.org**

**An International Walking Experience**



Volksmarching at its Best

### 13th Annual Fall Volksmarch September 28, 2025



<https://crazyhorsememorial.org/event/volksmarch>