



WWW.WALKESCV.ORG

MAY 2018

Walk Schedule:

* Registration begins 30 minutes prior to start. All dates and times as of publication are subject to change. Walkers are encouraged to check the ESCV website.

Year Round / Seasonal Group Walks Start time:

Wed & Sat 10 am*; Sun 1:30 pm*
See Walk Book for complete schedule.

May 27Albany Colonie
June 2Caroga Lake
June 10Bennington
Jul 1Lake Placid

One-Day Traditional Events

May 19.....Stockbridge, MA
June 9Menands

Wednesday Walks

Scheduled May thru August.
See page _ for 2018 schedule

Please refer to Walk Booklet for directions.
Hint: Use Google Maps for directions from your home to starting point.

Contact Us At:
Empire State Capital Volkssporters
PO Box 5464
Clifton Park, NY 12065-5464

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www.walkescv.org/



Rambling Thoughts... by Teresa Kennedy

Our Wednesday Walk Series has gotten off to a fabulous start thanks to good locations, good weather and eager walkers. When participation numbers are high, it's nice to have helpers so please respond to the POC's request for volunteers.

In just over a year's time we will be hosting the National Convention. Committee Chairs are hard at work and it won't be long before we will open up the volunteer sign up pages. Get ready to sign up.

Congratulations to Donna Farber and Carol Puglisi on their successful traditional walk at Mohawk Harbor in Schenectady. Ninety seven walkers including 32 staff from the Rivers Casino enjoyed the new route in Schenectady. Thank you to Vera Weiss for her invaluable mentoring of our new POC's.

A great thank you to Tad Darling, Marv Weiss and Arden Lawand for the design and implementation of the Subaru ad we hope will win us a convention sponsorship.

About 50 people participated in the "commercial" which turned out to be lots of fun.



...and many members drive a comfortable, affordable, safe SUBARU

Empire State Capital Volkssporters had a walk in historic Saratoga Springs, NY, on May 2, 2018. Over 90 walkers walked either 10k or 5k and 20 of them drove their Subaru to this event. After the walk, the twenty Subaru owners (along with others in our club) drove to the nearby Saratoga Performing Arts Center (SPAC) where we positioned our Subaru's to form the letters AVA plus a smile below. Members grouped to form a heart shape showing our love for Subaru and Volkssporting.



Hope to see

everyone at the Menands picnic on June 9. see page 2

Happy walking everyone, Teresa

It is time to thank Ellen Brown for her five years of service as our ESCV newsletter editor. Every issue was a testament to Ellen's creative eye as well as her attention to detail. **Thank you Ellen for all you did for the club. Our newsletter was one of the best.**

Annual Club Picnic



Ganser-Smith Memorial Park, Menands, NY

Saturday, June 9, 2018

AVA Headquarters Staff and Officers of the National Executive Council will be meeting in Albany during this weekend and have been invited to join us for lunch.

<http://www.walkescv.org/18menands.pdf>

Bring your own sandwich and a snack or a dessert to share. The club will provide drinks.

The New Schenectady Walk April 21, 2018 a great success!

A group of hearty 5 and 10Kers braved the wind and cold during the walk on Friday April, 20.



★★★ Important Notices ★★★

- The Next Club meeting will be held on June 19th at 6:30 pm at the Latham Firehouse. •
- Our new newsletter editor is Arden Lawand. Thanks Arden for taking on this very important job.
Articles for the next newsletter are due June 22.

★ 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. ★

2018 WEDNESDAY WALK SCHEDULE

WEEK	DATE	STARTing Times & Location
		9:00AM & 6:00PM
1.....	May 2.....	Saratoga Springs West Side
2.....	May 9.....	Albany - Tulip Festival Walk
3.....	May 16.....	Albany – Shaker Farms
4.....	May 23.....	Ballston Spa (Milton) - Woods Hollow
5.....	May 30.....	Burnt Hills
6.....	June 6	Slingerlands
7.....	June 13	Malta – Shenantaha Creek Park Trail
8.....	June 20	Niskayuna - Ice Cream Social
9.....	June 27	Schenectady – Vale Cemetery & Central Park
10.....	July 4	***9:30AM ONLY*** – Greenwich
11.....	July 11	Waterford Village
12.....	July 18	Ballston Spa
13.....	July 25	Amsterdam
14.....	August 1 ...	Saratoga Springs – East Side
15.....	August 8 ...	Round Lake
16.....	August 15 .	Malta - Saratoga Tec-Smart Walk
17.....	August 22 .	Schenectady – River Walk-SCCC
18.....	August 29 .	** 9:30AM ONLY – Voorheesville – Thacher Park

Saratoga National Park
May 5, 2018



Event and Distance Milestones

Congratulations to all our members who completed event and/or distance milestones published in the American Wanderer. The achievements below are from the February/March and April/May issues. If your name was in the milestones listed in those issues and is not included below please email Barbara Kolapakka at bkola67@gmail.com and it will be noted in the next listing.

The achievements below are from the Oct/Nov and Dec/Jan issues. If your name was in the milestones listed in those issues and is not included below please email Barbara Kolapakka at bkola67@gmail.com and it will be noted in the next listing.

EVENTS

10: Cynthia Berard, Joyce Lavery	300: Jim Brown
30: Arden Lawand	475: Kathy Brown
500: Carol Sorensen	600: Lea Darling
100: Rachel Trier, Thad Trier	525: Frank Edwards
125: Linda Dunn	850: Barbara Kolapakka
150: John Watson	1050: Dave Janig
200: Annalisa Van Avery	1700: John Cairns

DISTANCE

1000K:	Chris Yost
6000K:	Lea Darling
11,000K:	Dave Janiga



Upcoming Traditional Events in the Northeast Region

May 19, Stockbridge, MA. — Stockbridge, a charming village located in the Berkshires, has always been a favorite place for a volkswalk. If we are lucky we will have picked the right date to coincide with the blooming, fragrant lilacs. Two places worthy of a visit following the walk are the Norman Rockwell Museum and Chesterwood, the home of the Daniel Chester French, the Lincoln Memorial sculptor.



<http://walkescv.org/18Stockbridge.pdf>



Membership

Larry Godshalk email: lgodshalk@nycap.rr.com

Eleven new members have joined the club over the last month or so. Our active membership is now 264 walkers. Please welcome the new members when you see them on the trail:

- Joseph and Kathryn Gerbino, Vera Prosper, Ballston Lake
- Sue Garrett, Burnt Hills
- Dale and Kirk Gleason, Jack and Rochelle Treiber, Clifton Park
- Richard Golding, Evelyn King, Mechanicville
- Mary Ann Van Alstyne, Schenectady
- Kerry Lawson, South Glens Falls
- Deborah Lyman, Troy
- Carolyn and Peter Pfaffenbach, Scotia



April 21, 2018
ESCV
members
on the
sunnyside
of Scotia's
Mohawk
Avenue



Convention Notes...

Convention Chairs needed...

Local Sponsorships people to go out and get donations, or In Kind Donation (instead of money they will supply trinkets for the registration bags, pay for the volunteer shirts, put free ads in the newspaper, give food, paper products, hardware supplies, water, etc. Spend some quality time with a friend visiting businesses and helping to defray convention costs to the attendees so we will have 500+ visiting and walking our area.

Vendor Market at the Red Lion Hotel during the days of Convention from June 11-14, 2019. This could be businesses that compliment our sport, New York State Crafters/Brewers/Wine Makers/Food Products, neck massages, Good Feet, Nutritionist, sun-hat, tee shirts, AVA booth with literature/merchandise, club booths, etc. Let your creativity juices flow as you create a fair that convention attendees and the community, with advertising, don't want to miss.

email to Lea: leadarling@verizon.net, 518-399-7229

or Teresa: 46er3k@aol.com, 518-370-058

AVA Introduction to the Community

Let's have a community Introductory Walk and Carnival

on the day before our convention starts on June 11

5-7:30 pm, at The Crossings, Colonie

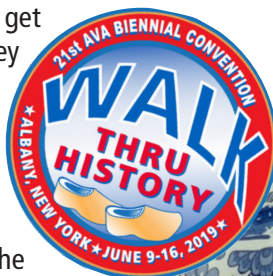
We are hoping to advertise this as a way to introduce the public to AVA, America's Walking Club, with a guided 5k walk and to raise funds for the Not-for-Profit, Operation at Ease (Operation At Ease takes dogs from shelters and rescues, pairs them with veterans, then trains them to become PTSD service dogs through a guided training program.

Real Heroes Carry Leashes, our pick to receive a \$1000.00 convention donation. We would invite the families to bring their children and dogs along for a 5k walk. Food vendors would be invited for the public to buy food after the walk. Balloons, cotton candy, popcorn, ice cream, water, etc.

Looking for one or two ESCV animal lovers to step forward to be the Chair/s. These are some ideas, but certainly not set in concrete. Let your fun side go wild. Get a friend or two or three and make this happen! Contact Lea.

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Dutch Shoes



Dutch Shoes wanted... any size, color, or material for the 21st Biennial Convention. Find them cheap: at garage sales, Salvation Army, City Mission, Rummage Sales, Church Sales, etc. Those of you who already donated, thanks fo much. Keep them coming. email Lea: leadarling@verizon.net

★★★ Local ★★★

PARLIAMENTARIAN NEEDED

for the General Meetings at our

2019 Convention on June 12-14, 2019.

If you or someone you know is one, please contact Lea Darling

email: leadarling@verizon.net

or phone: 518-399-7229.

ATTENTION ALL 23 ESCV SUBARU car owners and club members

Grab your friend who owns a Subaru, take a picture of them and the car in front of a local landmark or with other friends and send to Lea Darling in a jpeg file with the name of the local landmark.

We are trying to inundate Subaru with individual photos showing your devotion to Subaru as dependable and able to get you to places to walk your thousands of kilometers over the years. The photos will be sent to the National Subaru Corp. in an attempt to seek their Sponsorship for our 2019 Convention.

***We need them by June 6.
Thanks in advance***

Invitation

AVA and the National Executive Council
extend a heartfelt invitation to all
ESCV members
and spouse/partner to attend a

Meet & Greet at the Red Lion Hotel

(the former Raddison Hotel)

Friday, June 8

4-6 pm in the Lounge

205 Wolf Road, Colonie, NY.

We are being hosted as the convention club to a casual meet, talk and snack with the Regional Directors from all regions of the US, Henry Rosales, Executive Director and Erin Grosso, Financial Director, from the National Office. If interested, please RSVP Lea know so she can give them a count for the food.



**May 2, 2018 - Saratoga Springs
National Museum of Racing and Hall of Fame**

**...after the walk Tad Darling rounded up
a herd of ESCV members and their Subaru's
for a Marv Weiss drone photo shoot.**



Regifting: give away that unwanted gift.

Now that the holiday season is long past and months of birthdays have occurred since the first of the year, consider donating to ESCV your unwanted or unneeded gifts.

These will be used in our scavenger hunts, Silent Auction and other games during convention to make money to defer some convention costs.

We are a not for profit organization and you can deduct your donation on your taxes. Send Lea Darling an email with questions or donations.



5K Group • May 2, 2018 - Saratoga Springs • National Museum of Racing and Hall of Fame



10K Group • May 2, 2018 • Saratoga Springs • National Museum of Racing and Hall of Fame

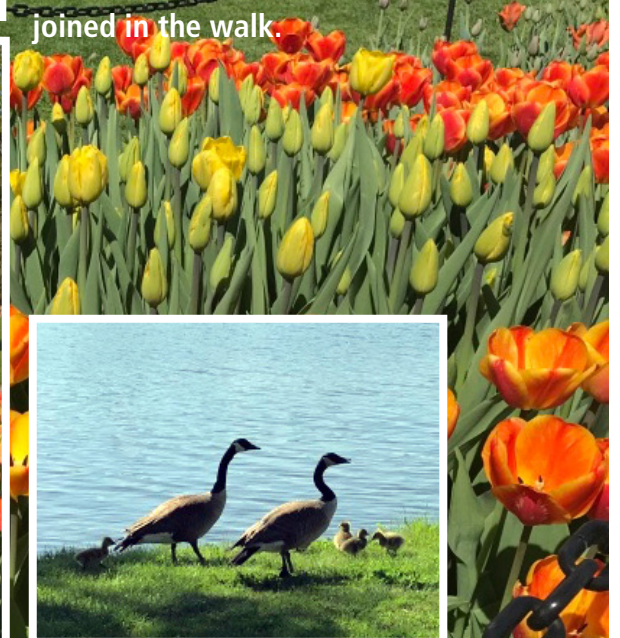


May 9, 2018 ~ Albany Corning Preserve - Washington Park



Top, 5K group,
bottom left, 6pm group.

The weather was perfect, the tulips
did not disappoint and along the
the Hudson River the Canada Geese
joined in the walk.

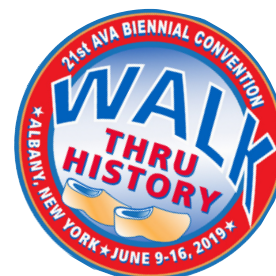


ESCV Club Contacts



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2019 CONVENTION — *Walk Thru History*



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21st Biennial AVA Convention

- ★ Portsmouth NH ★ Danvers MA
- ★ Springfield MA ★ Saratoga NY
- ★ Cohoes/Waterford NY ★ Albany NY
- ★ Cooperstown NY ★ Buffalo NY



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Northeast Region

Chris Mellen – Northeast Regional Director

www.avaclubs.org/NE_RD/



International Federation of Popular Sports

<http://www.ivv-web.org/>



Empire State Capital Volkssporters

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