



WWW.WALKESCV.ORG

NOVEMBER-DECEMBER 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.

Group walks:

Nov 11 Bennington
Nov, 14 Schenectady
Nov. 28 Albany Mall

2019 WEDNESDAY WALK Schedule

May 1 Saratoga Springs West Side
May 8 Albany – Albany Tulip Festival Walk
May 15 Round Lake
May 22 Ballston Lake
May 29 Malta - Saratoga TEC Smart Park
Jun 5 Amsterdam
Jun 12 AVA Convention
Jun 19 Niskayuna – Ice Cream Social
Jun 26 Schenectady – Vale Cemetery
Jul 3 Broadalbin
Jul 10 Slingerlands
Jul 17 Ballston Spa
Jul 24 Watervliet
Jul 31 Ballston Spa (Milton) Woods Hollow
Aug 7 Saratoga Springs East Side
Aug 14 Rensselaer
Aug 2 Oakwood Cemetery
Aug 28 Schodack State Park @ 9:30 AM ONLY

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

* * * * *
www.walkescv.org/



Rambling Thoughts... by Teresa Kennedy

This may be the last newsletter of the calendar year but its pages look forward to an exciting year in 2019.

The Wednesday walk schedule is posted for next summer and there is lots of information about the convention in June which is going to be fabulous thanks to the volunteer commitment many of you have already made.

As always happens at the end of a year, people decide to make changes and the same is true for ESCV. After five years Larry Godshalk, Dave Janiga and Pat Whalen are retiring from their positions. We thank them for the time and energy they have given ESCV. Lucky for us that we can welcome Lousie Remillard as our new membership chair and Chris Yost as our recognition / pizza party coordinator. Thanks for stepping up.

Be sure and sign up for the Holiday walk and party on December 1. Bernie Geren is accepting reservations and Janice Golden, who is chairperson of the lunch, has worked closely with the staff at the Stockade Inn to guarantee another fun and festive social event.

There is still time to do many of our YRE's and Seasonals so...

Happy walking everyone, Teresa

2018
2019

★★★ Important Notices ★★★ SEE PAGE 4

There are no club meetings during the winter months.

The next club meeting is November 20, 2018. We do not meet in the winter months.

The first club meeting in 2019 will be March 20.

The Holiday Party registration form is on page 2

Articles for the next newsletter are due February 20. Please send to arden.lawand@verizon.net.

★ 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.

ESCV Holiday Party

Hope you have saved Saturday, December 1, 2018 for our annual Holiday Party at the Stockade Inn in Schenectady, NY. There will be a cash bar after the walk. A hot and cold buffet will be served at approximately noon. The buffet will include a salad course, pasta, main entrees, vegetables, dessert, and coffee or tea. All this for \$30.00 per member and \$33.50 for non-members!



Saturday, December 1, 2018
The Stockade Inn

1 North Church Street Schenectady, NY 346-3400

Hot and Cold Buffet Luncheon – Cash Bar



Cost of \$30.00 per member or \$33.50 per non-member must be received by November 23rd.

Note: The Stockade Inn has limited us to 125 attendees.

December 1st Holiday Walk There is NO pre-registration for this walk.

**Please complete the reservation form
and send check made out to ESCV by November 23**

To: Bernie Geren, 19 Julia Circle, Mechanicville NY 12118

[Link to Holiday Party/Walk Brochure—](#)

Holiday Party Registration - Detach and Mail

Members Name & Phone Number

Member \$30.00

\$

Non-Members Name & Phone Number

Non-member \$33.50

\$

Deadline: Friday, November 23

TOTAL

\$

2019 AVA Convention COUNTDOWN

Convention Planning Committee excitement is building — we are eager to show the rest of the country some of what makes our region so special to us.



Ginger Ireton will be our chair for the Tuesday evening Colonie Crossings Operation at Ease (pairing/training service dogs with our veterans/others) fundraiser. **Beth Synder** is our POC for the 5k Guided walk that same evening for our ESCV club and community members who come to support this organization. All family members and their four legged friends on a leash are welcomed. We are having an ice cream social following the walk at the Crossings Gazebo to celebrate OAE and the opening of the 2019 Convention.



Thank you John Sowa the hard work and service to give the Silent Auction a start forward. **Pat Mahoney and Vera Weiss** have graciously stepped forward to lead SA through to the end. They have already visited the room at the Red Lion Hotel to size things up. Thank you Ladies for stepping up for the challenge.



Convention Publicity Chair, **Linda Morzillo**, has submitted a convention invitation article to our sister Canadian Volkssport Federation and IVV to come to the first Northeast Region's AVA National Convention in June, 2019. Check out their websites to see all that is happening around the globe.

— Convention Co Chairs Teresa Kennedy and Lea Darling



We need you —
Convention Planning Committee Chairs still needed:

- ▲ Sponsorships/Donations
- ▲ Tuesday Ice Cream Social
- ▲ Vendor Market

Keep checking the AVA website often for the Opening of Pre-registration within the month of November!

Milestones

EVENTS	DISTANCE
50: Louise Remillard	500K: Louise Remillard
100: Donna Farber	500K: Frank Stutts
175: John Watson	2500K: Dave Golden
300: Dave Golden	3500K: Janice Golden
350: Janice Golden	
475: Mike Popolizio	

Cookie Stop

Once again Pat Rush will welcome the Volkssporters into her home for the cookie stop.

Halfway though the walk we stop at Pat's home to socialize and have cookies and cider.

For those who would like to make cookies to share, please bring them to the Stockade Inn by 9:15.

I will transport them to Pat's home. Thank you. Carol Sorensen



★★★ Important Notices ★★★

CONGRATULATIONS to Barbara Kolapakka for completing the 51 State Capital Walk Program.

STAY TUNED to announcements in the hotmail regarding the impromptu scheduling of group walks during the winter months. Should the forecast prove favorable, the POC's of the YRE's and Seasonals may schedule a Wednesday 5k walk in time for a Sunday night hotmail announcement.

EILEEN SKINNER sends out weekly notices to the membership with news about upcoming events, and it's been a very successful way of keeping us all updated with club information. It's a huge job and Eileen is to be commended for all she does as our Hotmail director. *Thank you Eileen for all the time you put into this invaluable service.*

✓ Sign up for the
December 1 HOLIDAY PARTY

Membership

Louise Remillard
email: lremillard@nycapp.rr.com

Two new members joined the club in October and our club membership now stands at **284** walkers. Please welcome Lisa and Mark Irvine of Clifton Park when you meet them on the trail.

After years **Larry Godshalk** is stepping down as our membership chair. Larry did a fabulous job providing all new members with club materials so they would immediately be part of our information loop. Thank you Larry for managing this crucial club job for so many years. Announcing **Louise Remillard** as our new Membership Chairperson starting in 2019. *Please continue to give her the support you have given me over the last five years.*



2018-2019 ESCV Officers

PresidentTeresa Kennedy
Vice President..... Wayne Knapp
SecretaryChris Yost
Treasurer Warren Lavery

THANK YOU DAVE JANIGA...for coordinating the annual recognition pizza party. After five years and a job well done you are now stepping down. You have a talent for picking out good pizza toppings. **CHRIS YOST** has volunteered to take on the job for 2019.

Ride the Bus... In much of the publicity regarding the convention we are requesting that conventioners sign up to ride the bus from the hotel to the walk sites. We will be needing volunteers to ride the bus to answer questions and to keep the day organized. With this in mind the volunteers will need to be familiar with the walk route. Please consider signing up for this very important job. We will be scheduling pre walks soon so volunteers can learn the routes and understand how the day will go.

We want our walk routes to be as perfect as possible so will need to test them out.

Convention registration will be live soon.

2019 Membership renewal begins November 1, 2018

*Please renew your 2019 membership
starting November 1st and before
January 31st of 2019.*

- ◆ The Membership Renewal form is on page 5. You can print out a copy; fill it out, write a check, and mail it in to the club PO Box listed on the form.
- ◆ You can also bring your 2019 membership form and check to either of two upcoming events and save the postage. There will be a 2019 Membership collection container at the Holiday Party scheduled for Saturday December 1st.
- ◆ Membership renewal **MUST** be done by January 31st otherwise you will not be included in the Directory nor will you receive any hotmail notifications.
- ◆ You can also print out a copy of the membership form from our website.



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 Directory so you can each have your own email address and 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: _____

What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer?** 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: _____

What Month is Your Birthday (Optional): _____ Do you receive **The American Wanderer?** Yes / No

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

Louise Remillard, Membership Chairman – Questions? 518-496-1879; lremillard@nycap.rr.com



PLEASE READ:

New Members:

- **New** memberships after September 1st are one half the annual fee through the end of the year.
- “New Walker Program” packets are an **additional** \$10. (New Walker Program packets include EVENT and DISTANCE booklets, walk coupons, etc.)
- 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.

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.** ☐ 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: Circle areas you would like to help out:

Registration at walks, Developing new walks,
Programs, Spring Picnic, Oktoberfest,
Pizza Party, AVA Convention, Christmas 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.)

“New Walker Program” packet \$10 (optional)

\$ _____

Total Enclosed: \$

Mail this form and check to:

ESCV Membership
PO Box 5464
Clifton Park, NY 12065-5464

Date Submitted:

OKTOBERFEST 2018 - Schodack State Park



70 Walkers
96 Eaters



Rainy Days & ESCV Oktoberfest's always well attended. Nothing but smiles at the sign-in table, gourmet appetizers rapidly devoured, salads, kraut, baked beans, pumpkin corn bread, etc. expertly topped off with Larry's grilling skills and then.... **A BIRTHDAY CELEBRATION!**

PIZZA Party - Albany - November 4, 2019



The Silent Auction Button is up and running on the Convention website at:

www.walkescv.org/ava2019convention/welcome.html

PLEASE check it out!

Your Silent Auction Committee was sad to hear that John Sowa needed to step down as our chair because of health issues. We wish to thank John for his patience, hard work and guidance as he served as Silent Auction chair these last 6 months.

I decided to step in with Pat Mahoney to co-chair this committee. We have a lot of work ahead of us but know that we will have your support as you are the best AVA club members in the country!!! I sincerely believe that!

—Vera Weiss

There is a "Volunteer" button on the Convention web page....

One of the areas at which to volunteer is our Silent Auction. Complete the sheet with your information, "check" the days and times you would like to help, and be sure to "check" the Silent Auction box!!! Sign up with friends for 2, 3 or however many hours you can give us. We will explain your volunteer activities in the Silent Auction Room or at the raffle table. It should be fun to meet walkers from other states. You can also contact one of the committee members and tell them the day(s) and time you are available. Wednesday and Thursday, June 12th and 13th we would need help in the Silent Auction Room from 9 a.m. to however long it is decided by the Convention committee to keep the room open. We would also need help with the raffles June 10th through the 13th. Not sure of these times yet.

PLEASE save your tissue paper (small rips in it are OK) that come in your paper bag gifts. We can use your tissue paper when we set up the S.A. items in the S.A. Room on Monday and Tuesday, June 10th and 11th. You can give the tissue paper to one of the S.A. members.



We have over 25 donated baskets in which to hold the Silent Auction items. Thank you so much to those people who donated them. Our committee decided that these baskets will go along with its contents to the winning bidder so you will not be receiving the basket(s) back.

Thank you for supporting your 2019 AVA Convention Silent Auction Committee.

Most Sincerely,

Co-Chairs:

Vera Weiss and Pat Mahoney

Committee Members:

Sue Grey

Cathy & Frank Edwards

Carol Kobuskie

Ellen Brown

YOU are all the best and are very supportive of ESCV. Your committee is hoping to have the most successful Silent Auction money maker of all the other conventions!

PLEASE help us to make this come true!!!!

October 17, 2018 - Saratoga National Park



ESCV Club Contacts



Office / Committee	Name	email
President.....	Teresa Kennedy.....	Forty6er3K@aol.com
Vice President	Wayne Knapp	wayneknapp@gmail.com
Secretary	Chris Yost.....	cyost@nycap.rr.com
Treasurer	Warren Lavery.....	warrenlavery@gmail.com
Historian	Dan Schryver.....	Dschryver@aol.com
Membership & Email Updates.....	Louise Remillard	Lremillard@nycap.rr.com
Name Tag Orders.....	Laura Sheldon	Cost is \$8 & must be prepaid with a check; add \$1 for mailing; Laura can be reached at 886-1841 or E-mail at sheldon.laura1@gmail.com
Newsletter Editor	Arden Lawand	arden.lawand@verizon.net
Publicity	Kathy Mack.....	kmack1952@gmail.com
Purchasing	Winnie Balz.....	winnieeb@yahoo.com
Sunshine Secretary.....	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com
Trail Master	Linda Morzillo.....	morzillolinda@gmail.com
Traditional Events Coordinator.....	Rachel Trier	racheltrier@yahoo.com
Wednesday Walk Coordinator	Sue Burke	svburke@nycap.rr.com
YRE/Seasonal Walks Chairperson	Liz Walsh.....	lizwalsh48@gmail.com
Webmaster.....	Eileen Skinner	EFSkinner@aol.com

AVA 21st Biennial Convention

June 9-16, 2019

Albany NY

★ Empire State Capital Volkssporters ★ Northeast Region ★



21st AVA CONVENTION • ALBANY, NEW YORK
WALK THRU HISTORY
JUNE 9-16, 2019

AVA
 Fun, Fitness, Friendship
 America's Walking Club

— Pre-Convention Walks —
 June 9th Portsmouth NH
 June 10th Danvers MA
 June 11th Springfield MA

— Convention Walks —
 June 12th Cohoes/Waterford NY
 June 13th Saratoga National
 Historical Park & Schuylerville NY
 June 14th Presidents Walk Albany NY

— Post-Convention Walks —
 June 15th Cooperstown NY
 June 16th Buffalo NY

<http://www.walkescv.org/>



21st AVA CONVENTION • ALBANY, NEW YORK
WALK THRU HISTORY
JUNE 9-16, 2019

**Calling all
CONVENTIONEERS!**

The convention website is live.

Go to the ESCV home website and click on the link for convention.

Check back often as this site is still a work in progress.

<http://www.walkescv.org/ava2019convention/welcome.html>

Volunteer information, Chris Yost
cyost@nycapp.rr.com



www.ava.org



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
 PO Box 5464
 Clifton Park, NY 12065-5464