



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website: www.geocities.com/walkescv

October, 2007

**"FROST ARRIVES & FLOWERS FADE, BUT BEAUTY
PREVAILS IN THE AUTUMN MIST "**

OCTOBER GROUP WALKS - 9:30 AM

Registration ½ hour before all walks

SANCTIONED

- Oct 3rd **Saratoga Battlefield*** Visitor Center-Stillwater
- Oct 10th **Cooperstown*** Clark Sportscenter-Susquehanna Ave
- Oct 24th **Scotia*** Glen Sanders Mansion- Glen Ave
- Oct 31st **Saratoga Spa Park*** Hilton Garden Inn-So Broadway
- Nov 7th **Schenectady*** Holiday Inn-Nott Terrace

INFORMAL

- Oct 3rd Scotia
- Oct 24th Huyck Preserve
- Oct 31st Dyken Pond

TRADITIONAL EVENTS

- Oct 6th **Schenectady*20th Anniversary Walk, Wine & Cheese Party** Schdy Historical Society- Washington Ave. Start **12:30-1:30PM** finish by **3:30PM**
- Oct 17th **Schuylerville*230th Anniversary of British Surrender to America Walk** Registration 8:30AM **9AM** Schuylerville House-Rt. 4
- Nov 4th **Clifton Park 9th Annual Walk/Pasta Party** St. Edward's Church-Clifton Park Center Rd. Start **1:30-2:00PM** finish by **4:30PM**

Connecticut Volkssporters Club**

- Oct 13th Hartford*

Walk "N Mass Volkssport Club***

- Oct 13th Roslindale*
- Oct 27th Vineyard Haven*

Vermont's Twin State Volkssport Association****

- Oct 6th Groton*

*denotes walk qualifies for AVA Special Program

**more info www.ava.org/clubs/CVVC/walkhome.html

***more info www.ava.org/clubs/walknmass

****more info <http://www.geocities.com/cpwalkvt2000>

BERNIE'S WORDS ...

We started the month with a drive up the Northway to Plattsburg. It was a beautiful day for a walk and the scenic drive. I noticed the changing of the leaves, which to our sad surprise, indicates that autumn is coming. Thanks to Loueen Whalen and her assistant Sue Grey, for putting on the walk, which introduced some of us to the city of Plattsburg and its significance in our country's history.

We had our first meeting at the West Crescent Fire House last Monday and thanks to Natalie Smith, we were introduced to Larry Arnold of the Saratoga Military Museum, who spoke about Burgoyne's surrender to General Gates during the Revolutionary War. (Eileen Skinner taped Larry's talk and has edited it for viewing, and if interested please contact Eileen.) We had a nice turn out for the meeting; but of course we missed the members who were on the TRAVELWALK trip. One note: Larry Arnold agreed to return and speak on a different subject pertaining to the Military Museum.

Of course Larry's talk was appropriately timed to initiate the Victory walk on October 17th. But first, on October 6th, we have the Historical Schenectady walk which will conclude with a Wine & Cheese party, hosted by Ellen McNett, Sandy Marshall and Emily Koch. The walk was designed by Beth Synder and Vera Weiss.

On Wednesday October 17th, we have the aforementioned Victory walk which is on the day that 230 years ago Burgoyne surrendered at Schuylerville (Old Saratoga). Doug and Jackie Reynolds have prepared an historical guided walk which will conclude with a visit to the site of the

Surrender of the British Troops.

October looks to be a busy month with two events; some of our members will also be headed to the Mid-west for a six State walking tour with TRAVELWALK.

Hope to see you at our next meeting on October 15th, at the West Crescent Fire House at 6:30 PM. Don't forget to sign up for the wine and cheese party in October and the pasta party coming in November.

FROM THE EDITORS

Articles for the November newsletter are due by Tuesday, October 16, 2007. Please send us any news items that you feel would be interesting to our membership. Your reflections on a past or upcoming volkswalk and/or trips are always welcome.

WHEN SENDING ARTICLES FOR NEWSLETTERS

Please type messages and articles that you would like to appear in the ESCV Newsletter in either Microsoft Word or WordPerfect and attach to the email you are sending the editors (in other words, don't include the text in an email, pdf file, etc.). Also, send any pictures as "jpeg" files not exceeding about 200K in file size. This will minimize the work of reformatting and in some cases retyping various inputs to the newsletter. Your assistance here will help a lot. Thanks.

**Lea Darling, lea.darling@att.net
21 Van Vorst Dr., Burnt Hills, NY 12027
399-7229**

**Sue Godshalk, lgodshal@nycap.rr.com
9 Hillock Ct., Glenville, NY 12302, 399-6041**

SUNSHINE COMMITTEE

Please let our Sunshine Secretary Kathy LeRoux know if you hear of anyone in our club who is recovering from surgery, in the hospital or is sick as well as any individual achievements they may be celebrating. She can be reached at her home phone 438-1947 or by E-mail Kleroux1@nycap.rr.com.

You can also see her at the monthly ESCV club meetings.

2007 STARTING POINT BOOKS FOR SALE

Time is running out and we only have 4 Starting Books left. Act quickly and you could pick one up for only \$7.00. This is a 50% savings. Call, email, or find Winnie at the walks. She keeps them in her car and will gladly sell you as many as you'd like.

WANT TO SAVE MONEY AND GAS ?

If you're interested in saving both some money and gas in these high price times, then CAR POOLING is your answer! Our club is very fortunate in having a committee dedicated to arranging rides to and from our sanctioned walks. Give Sandy Gordon or Sue Gray a call or email them. You can find them listed under Other ESCV Positions in the back of the newsletter. This is a great way to save money, gas, and especially a fun time to meet other members and form some lifetime friendships. A win/win situation any way you want to look at it.

ESCV NAME TAGS

The following people have name tags ready for pickup from Winnie.

PAID

Mary Anderson
Nancy Deratzian
Sandy Haber
Hal Haber
Adrienne Levinthal
Mary McMahon

OWE \$3.00

Dan Ertel

She has them with her at all the walks. Find her (or give a call) to pick yours up today so everyone will know you at the walks, wine & cheese party, pasta party and Christmas party.

MEETINGS, MEETINGS, MEETINGS.....

***** MONTHLY MEETING: Next meeting Monday, October 15th, 2007, 6:30PM, at the Crescent Fire House, which is located off Vischer Ferry Road (East from Exit 8 of the Northway).

Come one...Come all...to Each and Every One... an invitation to attend our informative monthly meetings. Enjoy strengthening and cultivating new friendships off the trails!

NEW NEWSLETTER EDITORS WANTED by Jan. 1!!!!

After over 4 years at the helm of writing your ESCV monthly newsletter, it is time for Sue and Lea to sign off and hand over the reins of publishing (not including duplicating & mailing) this auspicious monthly to someone(s) new. Change is good and brings with it new insight and ideas to keep the readership interested and involved. Remember, this is your newsletter and your input and your articles are what keep it exciting.

So step up to the challenge and volunteer to steer us on towards our next 20 years of walking. If you are interested, please contact Bernie Geren. If you would like more information on what and how we do the newsletter, please contact Susie Godshalk or Lea Darling.

AMERICAN REVOLUTION WALKS

NEW WALKS ADDED THIS MONTH

YRE/Seasonal

Winston- Salem, NC YR 1792
New Hope, PA, YR 532

One Day events

10/28 Beacon, NY
11/10 Athens, PA
12/01 Manheim,PA

Additions/corrections for your Directory

Please put these additions and corrections with your directory for future references. The directory only comes out once a year. I will periodically put additions in the Newsletter.

Sandy Gordon
Dorie McArthur
Toni Walsh

ewells001@nycap.rr.com
29 Onerdonk Rd. 399-9050
Toniwalsh@verizon.net

Club Officers:

President	Bernie Geren	tscbernie@hotmail.com
Vice President	Barbara Kolapakka	sisu07@earthlink.net
Recording Secretary	Kathy LeRoux	kleroux1@nycap.rr.com
Corresponding Secretary	Teresa Kennedy	Forty6er3K@aol.com
Treasurer	Joe Padula	ASPCAlbany@aol.com

Other ESCV Positions

Membership	Marie Klucina	mklucina@nycap.rr.com
Newsletter Editors	Lea Darling	lea.darling@att.net
	Sue Godshalk	lgodshal@nycap.rr.com
Purchaser	Winnie Balz	winneeb@yahoo.com
Sunshine	Kathy LeRoux	kleroux1@nycap.rr.com
Walk Development & Traditional Events Coordinator	Barbara Kolapakka	sisu07@earthlink.net
YRE & E Walks Coordinator	John Cairns	JLCairns@aol.com
Wednesday Walks Coordinator & Web Master	Eileen Skinner	EFSkinner@aol.com
Historian	Dan Schyver	DSchyver@aol.com
Publicity	Chase Pugliese	chasepugliese@hotmail.com
Carpooling Coordinators	Sandy Gordon	ewells001@nycap.rr.com
	Sue Grey	susanbg@earthlink.net

Other Contacts

Website	http://www.geocities.com/WalkESCV
ESCV E-Mail	WalkESCV@aol.com
American Volkssport Association	www.ava.org
American Revolution Walks	www.home.earthlink.net/~amrevwalks
Informal Wednesday Morning WALKS	EmnEdKoch@aol.com
Travelwalk (Marion Burns)	Volkssporter@aol.com

SANCTIONED vs INFORMAL WALKS

The Wednesday morning walk tradition – sanctioned walks, informal walks – why do we have two different walks scheduled for the same time?

In the Fall, we traditionally used the Wednesday morning time slot for checking out new walk routes, visiting sites that were 'old friends' and getting together for informal walks followed by a picnic. Then the AVA instituted a policy allowing a stamp for the second half of the year for Year-Round walks. It presented a chance for Wednesday morning walkers to do the Year-Round walks, earning two event credits for any Year-Round each year.

Rather than canceling informal walks, we decided to schedule both sanctioned walks and informal walks at the same time. You may make the choice!

20th ANNIVERSARY HISTORICAL SCHENECTADY WALK/WINE AND CHEESE PARTY- OCTOBER 6TH UPDATE

Since the Schenectady Historical Society unfortunately double-booked for October 6th, the wine and cheese party has been rescheduled for 3:30PM to 6:30PM instead of the publicized time.

The time for the walk has NOT BEEN AFFECTED. The good news is the Historical Society will give us a 50% rebate on our rental fees. If you have reserved for the wine and cheese party, plan to start walking a little later and return to the Historical Society at 3:30PM ... I hope this does not inconvenience anyone. We have a great party planned with wine, non-alcoholic punch, cheese and crackers PLUS some delicious appetizers included on the menu. We have some talented chefs among us, so look forward to an exciting afternoon.

If you have not made a reservation for the wine and cheese party, it's not too late ... call me on (518) 374-3588. **See reservation form on last page.**

Emmy Koch

NEWS FROM THE FIELD

2007 AVA NATIONAL CONVENTION

As many of you know I was planning to go to the AVA National Convention (I had never been to Ca) and had "bought the package" already when Dave Skinner asked me to be our club delegate. I agreed and the club paid for two days I had not signed up for {conferences and lunches} they gave me official credentials and I took with me our donation for the silent auction (3 bottles NY state wine, 2#NYcheeses and 2 boxes NY made crackers).

I set off on June 22nd and arrived at the Radisson Hotel in Sacramento Ca.(convention site) at about 11:30 pm and met my sister who had arrived from Fla. and had already claimed her bed and her side of the room. She quickly filled me in on what was what and told me the bus was picking us up at 6:15am for our first walk in Folsom Ca. We had reserved spaces on the buses which meant no driving or looking at road maps for us, this time, this was our third convention and we have learned a few things.

Our first walk was Folsom Ca. we walked on the bike/hike trail along the American River with blackberry bushes everywhere. Mary Ann and I started eating them, they stained our fingers and mouths but we didn't care they were soooo good. Folsom was the site of the West's first railroad and yes we saw the prison too!

The theme of the Convention was "walk for the Gold" and all the walks had some gold connection. We walked in Coloma Ca. in Marshall Gold Discovery State Park the site of Sutter's Mill the first gold strike in Ca. and on the ninth day we walked across the Golden Gate Bridge and the crooked streets of San Francisco "the city on the bay" that all that gold help build.

Weather was perfect everyday when the buses left the hotel temp. was 50-60 degrees when we finished the walks it was in the 70's and by the time we got to the pool it was in the 80's. Perfect, no humidity either!

On Tues. evening the Convention started with a reception (Meet & Greet) and opening of the Exhibit Hall and the silent auction. The NorthEast Region had a booth with our brochures and flyers and Phil Hait and his wife manned the booth. Phil is our new NorthEast Regional Director, he is a very personable fellow along with his wife we have a good team to represent us.

Convention sessions are held in the afternoon after everyone has returned from the morning walk and we had three days of Sessions where Shirley Lindberg, AVA President gave a welcome and kept

everything moving, we finished on time every day which is always a good thing. Awards were given out, speeches made, distinguished guests were introduced and spoke, inviting us to come walk with them in new and exciting places. A new president was elected, Curt Myron, a likeable person, we had a lively pitch from the city of Des Moines, Iowa for the 2011 convention site, we voted and they got the job.

To end it all our Keynote Speaker gave a wonderful talk on John Muir "the walking explorer," always an interesting subject. Two more days of walks were scheduled and most of the people stayed for these, (walker totals averaged daily at about 650). Sat. it was off to Tiburn and a ferry ride across the bay to Angel Island (the West coast's Ellis Island) and then on Sunday the two walks in San Francisco one from the Presidio going back and forth across the Golden Gate Bridge and the other the streets and hills of San Francisco. Mary Ann and I had a wonderful time seeing old friends and making new ones, of course the beautiful weather and relaxed atmosphere poolside helped too!

Ellen McNett

LAKE PLACID WALK

After a year worrying about what the weather would be on August 11, 2007, Vera Weiss and I were elated to learn it was perfect walking weather in Lake Placid. A total of 140 walkers signed up, 136 of whom were there on that day. After completing the walk many of them took advantage of Lake Placid's other attractions such as the boat ride on Lake Placid and the stores and restaurants. The POC's had an enjoyable time meeting some new people such as the lady from Ontario who delayed a visit to Maine and Beryl Wolf so she could do this walk. And we also learned that our start point was the church in which our own Dick Welkley had been ordained into the Methodist ministry. Many thanks to Marion Burns whose two Travelwalk buses guaranteed a good turnout even if it had rained and to the Adirondack Community Church for their hospitality.

Barbara Kolapakka

LAKE PLACID TRIP

Lea Darling asked me to write up the Lake Placid Trip ... at first I denied taking the trip until she reminded me that she was with me. My memory is kind of like a ball point pen. You scratch around on paper until it writes ... then it goes blank again. My memory has lots of blanks ... but my brain suddenly comes alive with good memories.

The day started early in the morning ... how I got to the bus is one of those blanks, and so is most of the trip to Lake Placid. I do remember going through Keene Valley and loved the view from sitting high up in the bus. I could see deep into the ravines ... sure beats driving a car.

At Lake Placid two buses disembarked about 90 walkers; I got off with everyone else, but just stood there (as many 'old' people tend to do). When I finally came to, everyone had disappeared; Emmy just wanted to find the restroom. Naturally the line was long and discouraging, so we started walking. I told her the church would be open, so we could avoid the lines. Of course we were not bright enough to find the right church, but we did find a beautiful church on the hill. It was open and had a wonderful restroom, so Eileen Sowa and Emmy found a great pit stop.

About twenty years ago, Emmy and I did the Lake Placid walk with our son and his

wife. The walk route was different; at that time we took a back road behind the town that came out across from Howard Johnson's – then the trail proceeded around Mirror Lake. The new trail took us up the main street to a point just before Howard Johnson's, up a hill and down a dirt road. The gorgeous trail through the woods followed a creek up to the dam. What a beautiful view of the lake! The trail followed the lake for a while; it seems to me the roots and branches were grabbing at me, like the forest in 'Snow White' during the storm, just before she met the seven dwarfs. I looked for the dwarfs, but none appeared ... they were probably all in a nursing home. The trail to the lake went in a loop, so it was lunch time by the time we returned to the main road. We stopped at McDonald's for a fish sandwich ... John and Eileen brought a lunch and ate with us.

Eileen wanted to visit a bookstore downtown, so that was our next diversion. On the way we met more walkers, who influenced us to head for the boat ride on Lake Placid. There was a discussion as to the distance, but we were game ... it wasn't long before we saw the sign. We had plenty of time to catch the next tour. I did have thoughts of the 'Ethan Allen' sinking on Lake George, but our Captain and tour guide were very reassuring. We learned some history of Lake Placid, drank in the beautiful scenery and thoroughly enjoyed the boat tour.

After the boat ride people were waiting for a ride back to town on the free trolley ... it did not take much persuasion to join them. While waiting, Emmy and I accidentally 'rearranged' some of the fencing ... now it was time to high-tail it back to town, so we started trekking. On the way back, we wandered past a crowded outdoor restaurant patio ... luckily George and Mary Agars had 2 extra places at their table. We gratefully accepted their offer; it gave us the opportunity to meet their old friends, while drinking some libations, eating our 'supper' and soaking up the scenery. The good companions, along with views of Mirror Lake surrounded by the mountains, were superior. What a perfect day!

We can't thank everyone enough for making such memories possible ... thanks to Barb Kolapakka, Vera Weiss and all the planners involved in designing the walk. Most of all, thanks to Marion Burns, who made the trip so easy and enjoyable!

Ed Koch

PLATTSBURGH WALK

On Saturday, September 8th, 62 walkers traveled to Plattsburgh for the Special Event Walk that was timed to coincide with the War of 1812's Battle of Plattsburgh Commemoration celebration. Special "Thank You" to Marion Burns and Travelwalk for sponsoring the bus trip. My apologies to everyone looking for the first checkpoint as the historical marker, designating the location of Israel Green's Tavern and President Monroe's visit, has been taken down. The majority of the historical information came from the Boy Scout Battle of Plattsburgh Historic Trail brochure. Hopefully everyone also enjoyed the battle re-enactment, parade, and marching band "Beat Retreat" demonstration. The year 2009 will mark the 400th Anniversary of Samuel de Champlain discovering the lake for the French - maybe we can do the walk again!

Loueen Whalen

Travelwalk Trip to Our Nation's Capitol

On Saturday September 15, 53 Travelwalk members boarded a Primer Bus to Walk, Sight (Site) See, and enjoy each other's friendship. All this was accomplished by Wednesday September 19 at 10:30 PM when we arrived back in Albany.

New Castle, Delaware proved to be the gentle inviting pre-Revolutionary war village that some of us had visited a few years ago. To walk the streets and talk to the locals was an incredible experience. Cobblestone streets are still part of the ambiance of the village. Our evening repast was at the Arsenal Tavern, where we had dined at our last visit. We ate our meal in the Tavern section of the building as 2 wedding receptions were housed in the 2 larger dinning rooms.

On to Washington, DC area where we "lived" for 3 days. We enjoyed our walk, stopping and viewing the Capitol scenery wherever we wished. The walk was one that some of us had walked before, so we were able to see what we missed before and visit some of the old familiar places. A step-on guide gave us a tour for over 8 hours. We walked 2 miles in Arlington Cemetery, road along Embassy Row, and stopped at the FDR Memorial. Have you ever encountered a seafood buffet (a first for me)? After the evening repast our guide took us to the illuminated Jefferson Monument, Lincoln Memorial, and JFK Center. How Washington glows in the evening. At 9:30 PM our guide debarked the bus to take the subway home. What a delightful day; with more to come.

Monday's walk in Old Alexandria was a new one for us all. Another old town, but this one had many new buildings amongst the old refurbished ones. We started and ended at the Masonic Lodge where George Washington had been Master. Then we bussed down to Mount Vernon. Having been to Mount Vernon back in the 50's, I was absolutely amazed by the beautiful refurbishing of George Washington's home, the new buildings for exhibits and films, and the Inn where we enjoyed another repast. Shorter day!

Even though our tour of the White House was cancelled at the last minute, we received a fabulous tour of the Library of Congress, fabulous because of the great guides and the beauty of the building. Trivia moment: Did you know that Thomas Jefferson owned a copy of the Koran and that it was used recently for the swearing-in of a new member of Congress who happens to be Muslim? It is in the Library of Congress, along with billions of other books and materials. A guided tour of the Capitol building was cut short for some of us as Miss America upstaged us. Side bar: We also saw Vice President Cheney entouraged to the Capitol. In the afternoon we had a guided tour of The National Cathedral. We were informed that though it is called The Washington National Cathedral, it receives no money from government to operate; it survives only on private contributions. It is the 6th largest Cathedral in the world and the 2nd largest Cathedral in America; St. John the Divine in NYC is slightly larger {blessed New York State}.

Wednesday, we walked in Philadelphia, PA in the AM. We got started so early that the Betsy Ross museum was closed as were other interesting places. However, a walk down along the Delaware River waterfront one could get a tour of an old sailing ship

and a couple of retired naval vessels. But our trip to Philadelphia was to view the King Tut Exhibit, with an IMAX film by National Geographic in the afternoon. So this is what our trip was all about. Thanks, Marion! We had a great time.

Richard Welkley

OTHER NEWS....

November 4th – Clifton Park Pasta Walk/Party.

We have already received 22 reservations for this year's Pasta Party and Walk to be held at St. Edward the Confessor Catholic Church on November 4th. Send in your reservation and payment now. You may also pre-register for the walk.

Deadline is Friday, October 26th. If the weather is dry, we plan using the Summer Walk Route which we had to forego in July, due to the torrential Rain that fell that day.

A 5Km Route will also be offered.

ESCV Electronic Survey

The survey is no longer available online. Thank you to all who took the time to answer the questions and submit them. The results will be tabulated and published in a future newsletter. We had **118 Surveys returned**, 5 with no name and 6 were done by couples.

Wednesday Walks for 2008

The Wednesday Walk Committee has met and scheduled 18 Walks for 2008. These walks will begin on April 30th and end on August 27th with a 9AM walk only on that last Wednesday. We are still awaiting confirmation on a couple of the walks. As a result, we will not be releasing the list until next month. We are also in the process of scheduling the YRE/SRE Walks for the fall Wednesdays. The Group Walks for the First Half year are almost in place. We hope to have the Year Round/Seasonal Walk Booklets and the Bookmark available at the Holiday Party.

North East Regional Director's Report by Phil Hait

The next meeting of the AVA Executive Council is December 1, 2007 in Middletown, Ohio. The volkssporting public is welcome to attend. Please contact me for further information. If anyone has a proposed agenda item, it must reach me **by October 2** for consideration. The October / November TAW has arrived. Congrats to all who achieved recent milestones. Keep submitting articles for the TAW. It is a great way to let the country know what a fabulous region we have. I am planning to attend the following upcoming events:

September 29 – Wareham, MA
October 6 – Groton, VT
October 13 – Roslindale, MA
October 20 – Hamilton, MA
October 27 – Vineyard Haven, MA
November 3 – Seabrook, NH
November 4 – Clifton Park, NY

Please let me know your thoughts on how we can continue to grow our sport. On the last two events highlighted, it would be a great time to let me know what your respective clubs are planning walk wise for 2008. Working together we can avoid schedule conflicts and have more fun!

See you on the trails.

Phil

2007 Wednesday Walk Summaries:

Thank you to all who participated in our 17 Summer Walk Wednesday Program this year. A HUGE Thank You to those who were our POCs and their helpers. With your willingness to help, our walks continue to run smoothly. If you are a regular Wednesday Walker, **WE WANT YOU** (as Uncle Sam says). We are always in need of volunteers to help in many capacities. Contact a walk POC or Committee member to volunteer.

10 Walk Award Buttons not listed in the last newsletter:

August 22 - Cynthia Burkee, Bernie Geren, Barbara Kolapakka, Jane Pattison, Ed Koch, Emily Koch, Mary Sorell, Dave Averill

	2007 Breakdown of ESCV Walker's Participation							
SOME 2007 WALK STATISTICS	All 17 WALKS	14-16	10-14	5-9	LESS THAN 5	1-4	NONE	BUTTONS GIVEN OUT 07
PARTICIPATION	5	3	32	44	62	50	177	40
1142 TOTAL Walkers for 17 walks								
This year we had 140 less walkers in total than in 2006 with 1 less walk being offered.								

2007 WEDNESDAY GUIDED WALKS					
Participation by Walk Times					
-----9:00AM & 6:00 PM -----					
DATE	WALK SITE	TOTAL WALKERS	6:45	9am	6pm
<i>May 2</i>	Colonie - Loudonville	95	-	59	36
<i>May 9</i>	Round Lake	103	-	79	24
<i>May 16</i>	Schenectady – River Walk	70	-	59	11
<i>May 23</i>	Voorheesville	52	-	41	11
<i>May 30</i>	Loudonville-Albany Rural	71	-	41	30
<i>June 6</i>	Troy - RPI Environs	70	-	53	17
<i>June 13</i>	Voorheesville -Thacher Park	48	-	42	6
<i>June 20</i>	Cohoes - VanSchaik	73	-	50	23
<i>June 27</i>	Niskayuna – Blatnik/IceCream Social	71	-	60	11
-----9:00AM WALK ONLY-----HOLIDAY WALK-----					
<i>July 4</i>	Ballston Spa		-	60	-
-----ADD 6:45 AM; 9:00AM & 6:00PM WALK-----					
<i>July 11</i>	Schenectady/Vale Cem/Central Park	44	21	21	2
<i>July 18</i>	Clifton Park	38	9	15	14
<i>July 25</i>	Malta	84	14	59	11
<i>August 1</i>	Albany - Collegiate	64	26	29	9
<i>August 8</i>	Saratoga – Museums	66	11	45	10
<i>August 15</i>	Waterford	67	16	40	11
<i>August 22</i>	Saratoga – West Side	66	14	42	10

RESERVATION FORM - WINE AND CHEESE PARTY, Sponsored by ESCV, Saturday afternoon, October 6th, 3:30 to 6:30 PM (after the walk), at the Schenectady County Historical Society, 32 Washington Ave., Schenectady, NY. \$5 per person includes wine, non-alcoholic punch, cheese and crackers.

Last Name	First Name	Middle Initial	Amount (\$5 per person)
Total Enclosed:			

Your Phone Number _____

Your Email Address _____

Optional:

I would like to bring an appetizer to share (yes/no): _____ Name of appetizer: _____

Please call Sandy Marshall (370-1623) if you have any questions about appetizers, or call Emmy Koch (374-3588) for any other questions.

Please send your reservation form and check (made out to ESCV) to Emmy Koch, 2061 Lexington Pky, Niskayuna, NY, 12309 as soon as possible.

Empire State Capital Volkssporters
PO Box 5464
Clifton Park, NY 12065-5464