

Registration begins 30 minutes before

Start 6:45, 9:00AM or 6:00PM

July 5th -Schenectady*Friendly's Rear Lot
July 12th -Clifton Park, St. Edward's Church Lot
July 19th -Saratoga*St. Peter's Church Lot
July 26th -Ballston Spa*County Parking Lot, Rt.67

Aug 2nd -Waterford*Waterford Hannaford Lot
Aug 9th -Saratoga*St. Peter's Church Lot-Museums
Aug 16th -Mechanicville* Park Plaza
Aug 23rd -Albany* La Salle Parking Lot

*******9AM ONLY*******

Aug 30th -Greenwich* McDonalds/KMart Lot

TRADITIONAL EVENT

TWO DAY ONLY with Twin States Volks of Vt.
Sponsored in cooperation with ESCV

July 22nd -Crown Pt., NY 9AM-1PM Start & 4PM Finish
July 23rd -Mt. Independence, Orwell, Vt. 9AM-1PM Start & 4PM Finish

More info: Charlotte (802)462-2019,

cpwalkvt@shoreham.net,

Or Barbara Kolapakka, sisu07@earlink.net

July 4th, Schodack Island State Park*, \$6/car parking fee
9AM-12 noon Start and 3PM Finish

*denotes walk qualifies for AVA Special Program

do the walk again right then at 9:00 (or take a break until 6:00 PM) for no extra fee and earn more distance credit!

majority of these events, I'll just note that the ESCV walking spirit wasn't deterred!

THANKS FOR GROUP WALKS go to POC's Linda Morzillo and Nellie Georgelos for kick-off events they oversaw at the Saratoga Battlefield and Johnstown on May 27th and June 10th. In between those walks POC Toni Walsh had some weather foresight to be away from Scotia on June 3rd for one of those rainy days I lamented about last month! In her stead Winnie Balz and Phyllis Boyd consoled the hardy walkers that braved the elements. At present, the last of our 15 kick-off walks for the first half of 2006 at Caroga Lake on June 24th hasn't been held. However, I'm writing this while looking at said lake and POC Eileen Skinner has assured me we'll be at Caroga Town Hall to greet walkers in sunshine!

YRE/SRE'S IN SECOND HALF OF 2006 will offer another opportunity for an event credit as the "+" from their stamps will be removed as of 7/1. All POC's of these walks are reminded to do this, but if they are unable to do it then make arrangements for someone else to help you by doing it at that time. Please notify me if there is any problem in meeting this request.

PRESIDENTIAL RAMBLINGS ...

WITH SUMMER'S ARRIVAL we enter the second half our walk schedule and July-August start the early Wednesday guided walks. So if you're an early riser or just want to beat the heat, register from 6:30-6:45 AM to walk at 6:45. Then - if you really liked the trail, ate your Wheaties or just want to join another group of Volkssporters - you can **WEDNESDAY GUIDED WALK**

THANKS go to POC's Marie Klucina, Eileen Skinner, Winnie Balz and Dan Schryver for their oversight of the Schenectady-Mohawk River, Siena College, Thacher Park and Voorheesville walks on May 24th, 31st, June 7th and June 14th. Rather than continue lamenting the lack of ideal weather for the

CATSKILL SEASONAL WALK appeal from last month's newsletter hasn't produced anyone

offering to take over as its POC yet. If anyone is interested please contact me as soon as possible since our decision to renew the walk for 2007 has to be made before the next (September) issue of this newsletter. Our esteemed editors have definitely earned a well deserved break after this combined July and August issue.

2006-07 ELECTION OF OFFICERS was held at the June club meeting so be sure and see the separate listing. The most significant change is that Barb Green is stepping down as recording secretary. We all thank her for taking on the job back when Lil & Mary became co-presidents, serving with them for their two years, and then continuing on with me in my first year. I sincerely appreciate Barb's service to the club and know that she'll be there as we ever need to call her for anything!

WALKER NAME TAGS

If you have noticed those attractive yellow name tags worn by most ESCV walkers, and have always yearned for your very own. Yearn no more. Winnie is looking to put in an order. For a nominal cost of \$3.00, you can have one. If you let her know, she'll be sure to add you to her list. Winnice@yahoo.com or give her a call at (518)372-3663.

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 Kathy30000@aol.com. You can also see her at the monthly ESCV club meetings

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MEETINGS, MEETINGS, MEETINGS.....

***** MONTHLY MEETING: **THERE WILL BE NO MEETING IN JULY OR AUGUST.** Next meeting Thursday, September 21st, 2006, 6:30PM, at the Latham Fire Department, 226 Old Loudon Road, Latham.

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!

FROM THE EDITORS

Articles for the September newsletter are due on Saturday, August 19th, 2006. 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.

Lea Darling lea.darling@att.net
Sue Godshalk lgodshal@nycap.rr.com

or call/mail then at HOME.

And now, a new monthly feature.....

“NEWS FROM THE FIELD”

Round Lake Wednesday Walk

Marie Klucina

I was the POC for the morning walk in Round Lake (filling in for Theresa Kennedy). Pat Reed was my helper, she did a great job of stamping the books. I think we had about 55 walkers that day, which was a sunny early spring day. We got to sit for a moment and hear a little history about Round Lake Theater and its famous Organ.

Schenectady River Walk

I was again the POC for the May 24th, Schenectady River Walk. Doug Reynolds helped me with the stamping in the morning and Sue Godshalk did the job in the evening. Bernie Geren was the leader for the evening walk. We had about 58 for the morning which was a breezy but sunny day. On the way back, we met a man who was waiting to give a history lesson to a group of school children. He graciously filled us in on the history of the canal. The evening walkers had to contend with a strong cool breeze, but I think the 15 or so walkers enjoyed their walk.

Saratoga Battlefield

Linda Morzillo

On Saturday, May 27th, the group walk at the Saratoga National Battlefield in Stillwater was attended by about 30 walkers. Most of the group did the Wilkinson Trail walking past the 6-10 stops. Thank you Natalie for leading this group. 2 Volkswalkers and 1 guest were accompanied by one of the knowledgeable and informative seasonal park rangers-John. John met us at several places to vividly paint in our minds certain events of the 1777 strategies and battles. He also gave us a brief history of the parks' beginning as a New York State Historic Preserve in 1927. The Battlefield was made part of the National Park System in 1938 when Saratoga National Historical Park was authorized by the United States Congress on the sesquicentennial of the Battles.

The weather started out cool and humid and walkers finished when it was hotter and humid. According to eyewitness reports, the trail through the woods was muddy and slippery, as it is after a rain. Enjoy this walk, but please choose your route according to conditions and know your limitations!!!

Scotia Group Walk

Winnie Baltz

Saturday, June 4th - A very rainy day. Now, who do you think would show up for a group walk when the weather is cold, rainy and miserable? Maybe the stalwart, the hale and hearty people? Guess who did show up; the maimed, the frail, the recovering and the legally blind folks. Toni Walsh was away on a trip and Phyllis Boyd and I were sharing walk responsibilities. Phyllis and Jack already had the walk box out, but weren't signing in, in case no one else but us three showed up - we'd cancel the walk to a later date. In came the Shanleys, then the Koches with Marie Klucina and finally, the Longshores. So off we went into the elements. We weren't completely daft, we decided on a 5K route. Within a minute of leaving the Glen Sanders Mansion, a few cars sped up Glen Ave. and sprayed us completely with road water. What a rag tag group! All we needed was a banner, a snare drum and a piccolo and we'd look just like that famous painting of the Revolutionary War. Well three cheers and a great hurrah for those who went out on a walk that day sometimes you got to do what you have to do.

Thacher Park Walk**Winnie Baltz**

Wednesday, June 7th - Let me repeat myself, a rainy day. I was so surprised to see nearly 60 people show up for the 9AM walk. This is the biggest group yet and the day wasn't great. This is a good walk and it shows off Thacher Park in all its grandeur. The waterfalls along the Indian Ladder Trail were magnificent and even the views were pretty good in spite of the light rain. Again, most of the group did the full 10k with the 270' ascent across the road. The walk back down was along another beautiful gorge with delightful waterfall views. By this time, the rain got heavier. The 6 K walkers found us a pavilion that we had all to ourselves for those who brought picnic lunches. It rained heavily all afternoon, I finally decided the trails would be too treacherous to walk in the evening. Sorry to have to cancel but it was the right choice given the trail conditions. Winnie

Connecticut & Block Island Trip**Marie Klucina**

On a sunny Friday, we left Crossgates Mall about 10 minutes early due to all of Marion's good training. We arrived in New Haven, Ct. about 10ish. We started our walk that took us around and thru the Yale campus and Peabody Museum of Natural Science. Along the way some of us stopped to have lunch, which we bought from sidewalk vendors. Nothing special, but different. Cold drinks were the best. After cooling off and resting at the Peabody Museum, we boarded our bus continuing on to Old Saybrook where we had a wonderful dinner by the water. Very relaxing to look out and see the boats. Then onward to New London where we had our lodging for the night. Some of us relaxed in the hot tub before turning in for the night.

Day 2 was Block Island-a short hour ferry ride from New London. My sister, Pat, was traveling with me, so she and I rented bicycles and did the 27K bike ride around the island. This was the highlight of the trip for me. My sister is younger and lives in Fl., does a spinning class 3 times a week so was in better shape than me, but I managed to keep up with her. I only had to stop 2 or 3 times to catch my breath and walk the bike a little. For a small island it does have hills, both were gradual inclines, but they were long. I was pleased that I could keep up with my little sister. We had a great dinner from the front porch of the National Hotel, which gave us a nice view of the harbor. A great end to the day. After relaxing again in the hot tub, we all slept very well.

Sunday, we had a nice Steam train and steamboat excursion along the Connecticut River in Essex, Ct. We continued on to Portland, Ct. For our walk of the day. This was a test of our endurance because it had gotten to 95 degrees and was humid. My sister and I only did about 7K, but there were a few hardy souls who did the 10K. A great weekend full of lots of memories. **THANKS MARION!!**

Strawberries Walk 2006-Niskayuna(Blatnik Park)**Marie Klucina**

We had a glorious day for this walk, beautiful sun, no humidity, and 75 walkers enjoyed it along with the strawberries and ice cream for the morning walk. We had 25 walkers for the evening walk, who also enjoyed the evening breeze and great berries and ice cream. As chairperson for this years' event, I want to thank Emily and Ed Koch for all their good instructions, Midge Bonazquist and Carol Kobuskie for helping me slice and bag the strawberries. Marion and John Burns for helping me with the cooler, Kathy Le Roux and Barbara Kolapakka for helping to clean up after the morning walk. My evening helpers were Phyllis Budka, Paula and Chase Pugliese, Barbara Green and Ed King. Thank you all for your help, I could not have done it without your help.

Siena College/Albany Rural Cemtery Walk 2006 - Eileen Skinner

This picture photo was taken in front of President Arthur's grave in Albany Rural Cemetery during the morning guided walk on May 31 which started at Siena College. This is always a popular walk. After meandering through the Siena Campus we then walked to the 2 cemeteries on our route. The Beth Emeth Cemetery was the first and has a Holocaust Memorial with a brick from the death camp at Auschwitz, Poland. This had a deep impact on 5 of us who went to Poland last fall and toured this horrific site. Then onto the Albany Rural Cemetery where we wandered among the many different monuments and famous people who are buried there ending up at President Chester A. Arthur's Grave before returning to the Siena Campus.



*****AMERICAN REVOLUTION WALKS*****

NEW WALKS ADDED THIS MONTH

Year round/seasonals

Carlisle, PA YR1598
Chambersburg, PA YR012

One day events

9/17 Cold Spring, NY