



# Empire State Capital Volkssporters



Walking Club in the Capital Region of New York State

Member of the American Volkssport Association and the International Federation of Popular Sports

WWW.WALKESCV.ORG

JULY/AUGUST 2017

## 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.**

### Wednesday Walks

**Registration begins 30 minutes prior to start.**

Start time: 6:45am, 9 am & 6 pm

Jul 5 – Schenectady, River Walk

Jul 12 – Round Lake

Jul 19 – Ballston Spa

Jul 26 – Ballston Lake, Rail Trail

Aug 2 – Albany/Washington Park

Aug 9 – Saratoga, East Side

Aug 16 – Malta, Tech Park

Aug 23 – Troy

Aug 30 – Glens Falls, 9:30am Only

### One-Day Traditional Events

Sat- Starts at 9-11:30am. Finish by 2:30

Sun- Reg. 1:00pm; group walk at 1:30

Aug 5 – Rockport, MA

Oct 7 (Sat) – Moreau (Oktoberfest)

Oct 17 (Tue) - Schuylerville

Nov 5 (Sun) – Albany (Pizza Party)

Dec 2(Sat)–Schenectady (Holiday Party)

### Year Round / Seasonal Group Walks

Start time:

Wed & Sat 10 am\*; Sun 1:30 pm\*

See Walk Book for complete schedule.

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

\* \* \* \* \*

## Rambling Thoughts . . . by Teresa Kennedy

June has been a special month for ESCV. We won the bid to host the 21st biennial AVA National Convention for 2019 and we celebrated the 30th anniversary of the founding of our club. It seems safe to say that we are going strong. Both events are a testament to our strength and commitment to the sport of volkssporting. While so many clubs in the country have gotten smaller and/or have folded, our club continues to attract new members and remain vibrant. I am proud that we will be showing off our area to the national membership in two years time but I am especially excited that those who come to the northeast will be meeting our hard working, fun and gracious members.

*As always, happy walking everyone!*

## *Important Notices:*

- **Publicity Chairperson** – We welcome Kathy Mack as our new publicity chairperson. Thank Kathy when you see her on a walk.
- **Finger Lakes Trip** – There is still time to register for the Finger Lakes trip in September. The registration form is at the back of the newsletter.
- **Volunteers Needed at Walks**– Check out the Wednesday Walk Schedule, Call the POC and volunteer to work the registration table, lead or sweep. We need lots of helpers to make the program the success it is. <http://www.walkescv.org/> Click on “Wednesday Guided Walks” tab
- **Hotmail** – 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.

### Contact Us At:

Empire State Capital Volkssporters

PO Box 5464

Clifton Park, NY 12065-5464

\* \* \* \* \*

[www.walkescv.org/](http://www.walkescv.org/)



**Congratulations to Liz Walsh for completing her 50 State quest by walking in Hawaii on June 20.**



### **Fantastic News!!! Drum roll please...**

**The 2019 AVA National Biennial Convention is coming to the NORTHEAST REGION for the First Time!**

Earlier this month in Billings, Montana, our club made a presentation on “Why Albany” was the best place to hold the next National Convention. Our theme is Walking Thru History which will showcase our regions rich history in the forming of the United States. When the vote was finalized, they announced there was a unanimous decision among the voting delegates to award the next convention to the Northeast Region. I wish you could have been there for the HIGH that followed as folks came up to congratulate us, to say they really loved the PowerPoint, couldn’t wait to come to the Northeast to do walks in all of our states, etc.

Our N.E.R.D., Chris Mellen, put out a plea for volunteers and already has a list with over 40 names! So this shows there is great interest in the Northeast. I asked for volunteers to wear our mascot costume and we had three volunteers! FYI, our mascot is Sal the Mule who pulled all those barges along the amazing Erie Canal which opened up travel to the great western frontier.

So, for these next two years, hop on the train for a great ride into Albany for our National Convention, June 12, 13, and 14, 2019. – *By Lea Darling*



We are pleased to be collaborating with other clubs in the Northeast Region for our pre and post convention walks. The clubs hosting the pre and post convention walks are Twin State Volkssport Association., Two Town Walking Club, Walk 'N Mass Volkssport Club, and the Volkssport Club at West Point. Additionally the Finger Lakes Volkssport Club and the Niagara Volkssport Club have offered to help during the convention.

The planning begins in earnest when on July 17, when our AVA Executive Director, Henry Rosales, and our newly elected AVA President, David Bonewitz, will be flying to Albany for a site visit. They will be met at the airport by Chris Mellen, our current NERD, and Doug Reynolds, our ESCV Representative. A full day planning meeting with committee chairs will take place on July 18.

#### **2019 Convention Chairpersons**

Co-Chairs	Lea Darling and Teresa Kennedy
Finances	Warren Lavery
Fund Raising	Vacant
Publicity	Linda Morzillo
Programs	Barbara Kolapakka and Trudi Thun
Registration	Vacant
Silent Auction	Vacant
Transportation	Deborah D'Arcangelis
Volunteer Coordinator	Chris Yost
Walks	Doug Reynolds and Rachel Trier
Walks Equipment	Kathy Mack and Wayne Knapp
Web Master	Eileen Skinner



## **ESCV Celebrates an Anniversary**

*By Teresa Kennedy*

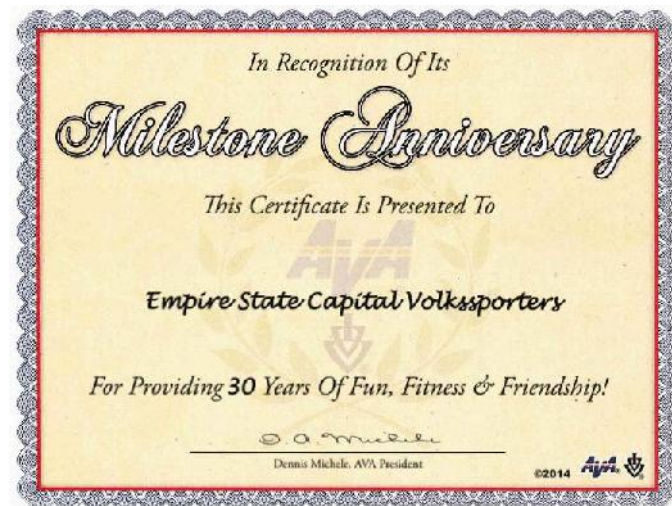
On what turned out to be a picture perfect day on June 24, ESCV marked the 30<sup>th</sup> anniversary of its founding with a walk in Thacher Park and a catered barbecue lunch. There was cake too! Winnie Balz, our POC for the day, was keen to commemorate our club anniversary in a place where we have walked many times previously. This year's special walk route went by the new Visitor Center which everyone greatly admired for its architecture, its exhibits and for the amazing views from the various windows and porches.

Over one hundred people attended the lunch and the Paint Mine Pavilion where we sat comfortably and patiently waiting for the food to be served. It was delicious and there was even enough for seconds. It was great to see so many come out for a celebration. Thank you Mary Sorell for being our event registrar.

Following lunch the official announcement was made that the bid for the 21<sup>st</sup> biennial AVA Convention in 2019 was awarded to ESCV and the Northeast Region. If we could bottle the enthusiasm of the day, we could absolutely guarantee our club will put on a great convention and will be around to celebrate many more anniversaries.



*Photo by Arden Lawand*



The following article was submitted to *The American Wanderer* for the August/September 2017 issue:

## **It's Official! You Will Walk Through History!**

*By Linda Morzillo*

The nearly 300 members of the Empire State Capital Volkssporters (ESCV), are absolutely delighted and excited that the 21<sup>st</sup> American Volkssport Association Biennial Convention will be held in the Great Northeast June 9-16, 2019. This is the first time a biennial convention will be held in this region, which is one filled with history, scenery and culture. The convention itself will officially take place in Albany; the exact location is in the Town of Colonie, just outside the city limits of Albany, the capital of the Empire State. A detailed description of the hotel and nearby amenities will appear in a future issue of *The American Wanderer*.

Our theme, "Walk Through History," was chosen because of the historically themed walks being planned for your enjoyment. We will highlight some of the history of New York and the New England states; the site of many historic events, beginning in the 1600's, important to the history of this country. As walkers learn about history, they will enjoy lovely scenery and learn about regional culture.

The Northeast region is home to Connecticut Valley Volkssport Club, Southern Maine Volkssport Association, Walk 'N Mass Volkssport Club, Two Town Walking Club, Niagara Frontier Volkssport Club, The Finger Lakes Volkssports Club, Volkssport Club at West Point, NH Patriot Pathfinders, Twin State Volkssport Association and, of course, the Empire State Capital Volkssporters, celebrating their 30<sup>th</sup> anniversary as this is written. We will all be proud to show off the wonderful things you will be seeing during your visit.

It is never too early to start your bucket list of walks to do, and places to see. Future issues of *The American Wanderer* will highlight outstanding features of walks that one can enjoy before, during, after or along with the pre-convention and post-convention walks!

### **Wednesday Walk Schedule**

WALK WEEK	DATE	START/FINISH
<b>6:45 AM, 9:00 AM &amp; 6:00 PM Walks for July-August</b>		
10	July 5	Schenectady – River Walk-SCCC
11	July 12	Round Lake
12	July 19	Ballston Spa
13	July 26	Ballston Lake – Rail Trail
14	August 2	Saratoga East Side
15	August 9	Albany – Washington Park Walk
16	August 16	Malta – Saratoga Tec-Smart Walk Troy
17	August 23	Troy – Sacred Heart Church
<b>9:30 AM ONLY</b>		
18	August 30	Glens Falls – Crandall Park

The walks will again this year will have leaders and sweeps for a 10 km at 6:45 AM during the months of July and August. The 9:00 AM walks will have leaders and sweeps for a 10 km, a 5 km, and a slower 5 km. The 6:00 PM walk will have a leader and sweep for either the 10 km or the 5 km route depending on the wishes of the group.

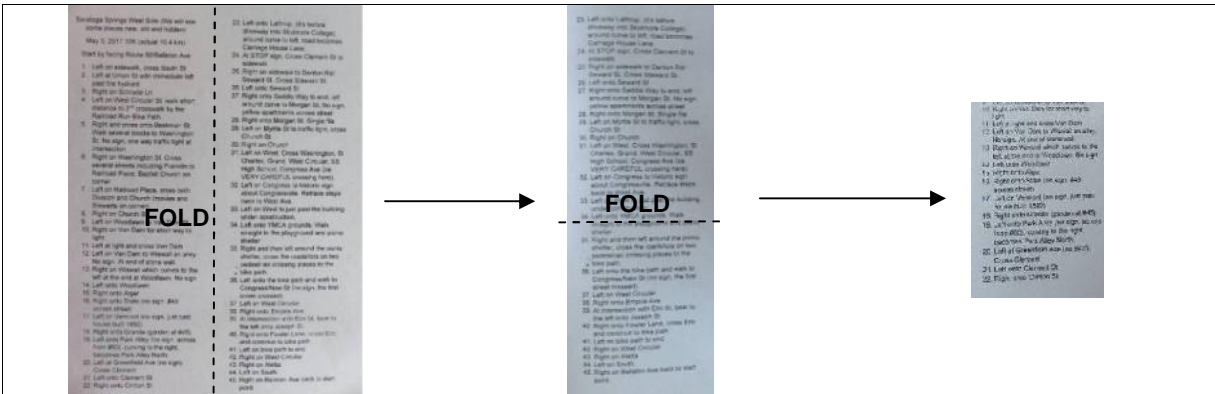
Volunteers are the key to the success of this program. We need leaders, sweeps, people to register walkers and greeters. Everyone can help at least once. Please contact the POC and offer your services.

## Trail Tips

By Linda Morzillo

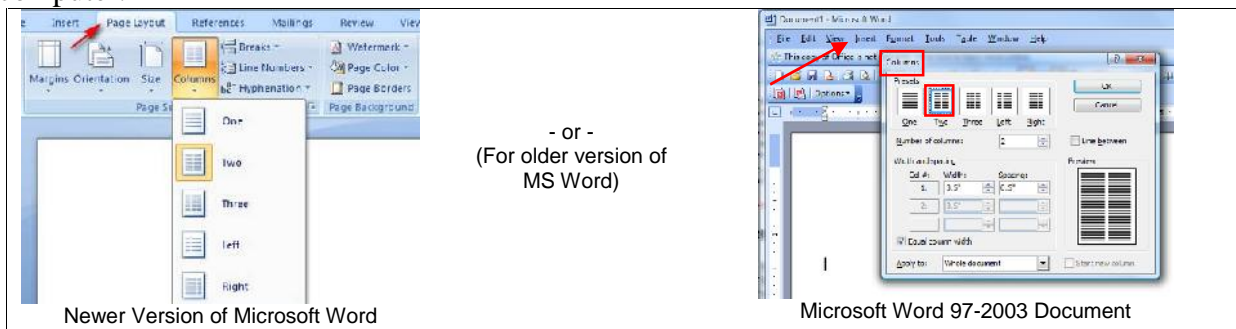
Here is the fifth article in the Trail Tips series! We previously discussed: thinking about where one might stage a walk, choosing a route, measuring the distance and writing directions. Once the directions are written, certain formatting can make the POC's excellent directions easy to carry-in-hand as the designated route is followed!

It is recommended that the directions be written in two columns. The paper then can be folded twice; this allows for a more compact item to hold as one walks along. The paper can be turned/refolded as each section is completed. See below:



How does a POC write the directions in a two-column format? New directions can be written in one or two columns. If they are written in one column, as with old directions, they can be reformatted to be in two columns using the word processing tool bar at the top of a word document. PC and Apple both have this “magic” feature, the one shown here (below), is on a PC. Under the Layout tab are several choices for various features of a document. Go to and click on Columns; a window will open, and click on Two.

When writing new directions and this is done first, the directions will automatically appear in two columns. Each version/update of a word processing application is slightly different, as there are differences between PCs and Apples, therefore it is recommended that the author of directions experiment to find out how it works on his/her computer.



## MONTHLY MEETINGS

6:30 PM

**July Meeting – none**  
**August Meeting – none**  
**September Meeting – September 18, 2017**

Latham Firehouse  
226 Old Loudon Road, Latham  
*All are welcome!*



## **Membership**

by Larry Godshalk – email: [lgodshal@nycap.rr.com](mailto:lgodshal@nycap.rr.com)

Twenty-one new members have joined the club over the last couple months. That brings our active membership to 285 members. Please welcome the following new members when you see them on the trail: **Larry Walley** of Albany; **Paula Dewald** and **Susette May** of Clifton Park; **Gregg Anderson**, **Colleen Benson**, **Terry Gitnick** and **Lorraine Gorton** of Cohoes; **Craig** and **Lisa Rounds** of East Greenbush; **Mary D'Alessandro** of Latham; **David Zdunczyk** of Malta; **Lois** and **John Pflomm** of Mechanicville; **Judi Woodruff** of Rensselaer; **Barbara Mullen**, **Charles** and **Gail Lumenello** of Schenectady; **Diane Miller** of Troy; **Margaret Bivona** and **Peter Aldino** of Voorheesville; and **Hanne Bloomfield** of Wynantskill.

## **Birthday Wishes**

### **Happy July Birthday to . . .**

Gregg Anderson  
Cindy Berard  
James Brown  
James Burke  
Robert Elie  
Beverly Feltt

Carely Feltt  
Jeffrey Ferrucci  
Bernie Geren  
Kathryn Gizzi  
Lorraine Groton  
Warren Lavery

Kathy LeRoux  
Gail Livingston  
Gail Ostrander  
Madeline Santulli  
Mary Saratora  
John Shaw

Alice Slingerland  
Pat Steadman  
Eleanor Tunny  
Toni Walsh  
Patricia Whalen  
Judi Woodruff

### **Happy August Birthday to . . .**

Herb Alfasso  
Anne Cavosie  
Edith Christina  
Roger Clark  
Carla Conklin  
Denise Connelly

Patty Costa  
Patrick Frament  
Edward Koch  
Kaylee Marrano  
Ann Misener  
Linda Morzillo

Barbara Nigro  
Jean Padula  
Carol Reid  
Patricia Ross  
Sandra Rybaltowski  
Natalie Smith

John Sowa  
Eunice Stritsman  
Joan Van Slyke  
Vera Weiss



## **Sunshine and Cards of Care**

Please let our **Sunshine Secretary Kathy LeRoux** know if you hear of anyone in our club who is recovering from illness or surgery, Kathy will also send congratulations to club members for individual achievements they may be celebrating. Kathy can be reached at home by phone 438-1947 or email [kleroux1@nycap.rr.com](mailto:kleroux1@nycap.rr.com).

## **Name Tags**

Name tags can be ordered at any time by contacting Laura Sheldon at [sheldon.laural@gmail.com](mailto:sheldon.laural@gmail.com). They are available with either a magnet or pin back for \$8.00. If you would like it mailed to you, please add \$1.00.

## **From the Editor**

Articles for the August newsletter are **due on Friday, August 18, 2017**. 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 trip are always welcome. ☺ Ellen Brown - [gorow1010-escv@yahoo.com](mailto:gorow1010-escv@yahoo.com) - 384-0015

## **MRC Public Health Spotlight: Tick-borne Disease**

*Submitted by Pat Reed*

### **Background**

Tick-borne diseases are an increasingly pressing public health issue in the United States. In 2014, 94% of all vector born diseases reported in the US were tick-borne diseases. Furthermore, infections from tick-borne diseases in the US are steadily increasing as the geographic ranges of ticks expand.<sup>1</sup> New York and New Jersey carry a significant burden of tick-borne illnesses, especially Lyme disease.

1 CDC Public Health Grand Rounds; *Emerging Tick-borne Diseases*; March 2017

2 <http://www.caryinstitute.org/newsroom/forbidding-forecast-lyme-disease-northeast>

3 CDC; <https://www.cdc.gov/lyme/index.html>

### **2017 Outlook**

Scientists are predicting an uptick in tick-borne diseases in 2017. A bumper crop of acorns from 2015 has driven an increase in mice populations (who feed on acorns) in 2016. More mice on the move in 2016 means more infected ticks transmitting diseases, such as Lyme disease. In the northeast, white-footed mouse numbers are of particular concern. These mice play a major role in infecting blacklegged ticks with the agents that cause Lyme disease, Babesiosis, and Anaplasmosis.<sup>2</sup>

### **Lyme Disease**

Lyme disease is the most common tick-borne disease in the United States. The CDC estimates that around 300,000 people are infected each year. Many of these individuals go undiagnosed.<sup>3</sup>

### **Prevention**

Reducing exposure to ticks is the best defense against Lyme disease and other tick-borne infections. Individuals should be extra vigilant in warmer months (April-September) when ticks are most active. You and your family can take several steps to prevent and control Lyme disease:

- 1) Reduce direct exposure to ticks by avoiding wooded and brushy areas with high grass and leaf litter.
- 2) Repel ticks on skin and clothing using a repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours. Always follow product instructions.
- 3) Find and remove ticks from your body as soon as possible.

Dogs are also very susceptible to tick bites and tick-borne diseases. Vaccines are not available for all the tick-borne diseases that dogs can get, and they don't keep the dogs from bringing ticks into your home. For these reasons, it's important to use a tick preventive product on your dog. Furthermore, always check your pets for ticks daily, especially after they spend time outdoors.

Finally, you also may want to explore measures to help reduce tick populations in your yard. The Connecticut Agricultural Experiment Station has developed a comprehensive Tick Management Handbook to help create tick-safe zones around homes.

For more information on prevention measures visit: <https://www.cdc.gov/lyme/prev/>

### **Symptoms, Treatment and Care**

The most common symptoms of tick-related illnesses are fever/chills, headache, fatigue, and muscle aches, as well as rash.<sup>4</sup> Since the early signs and symptoms of tick-borne illnesses are nonspecific patients are often misdiagnosed. To increase the likelihood of an early, accurate diagnosis, health care providers should be familiar with risk factors, signs, and symptoms consistent with tick-borne diseases and their geographic distribution. To help health care providers, the CDC has created a reference manual on Tick-borne Diseases of the United States.

1 CDC Public Health Grand Rounds; *Emerging Tick-borne Diseases*; March 2017

2 <http://www.caryinstitute.org/newsroom/forbidding-forecast-lyme-disease-northeast>

3 CDC; <https://www.cdc.gov/lyme/index.html>

4 CDC; *Symptoms of Tick-borne Illness*

**Hotmail** – 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.

## **A Summer Walk by the Sea in Rockport, Massachusetts – Saturday, August 5**

See May newsletter for additional information or Walk Brochure.

**Walk Brochure:** <http://www.walkescv.org/17RockportBrochure.pdf>



### **- American Volkssporters Association**

[www.ava.org](http://www.ava.org)



### **- Northeast Region**

*Chris Mellen – Northeast Regional Director* [www.avaclubs.org/NE\\_RD/](http://www.avaclubs.org/NE_RD/)



### **- International Federation of Popular Sports**

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

## **ESCV Want Ads**

**POCs:** Learn how to administer a Traditional, Year Round (YRE) or Seasonal walk. Shadow a present POC to learn the necessary tasks to be completed as the POC of one of our walks. Many of our POCs have been administering certain walks for years and would like to “retire.” Working with a present POC of a YRE or Seasonal walk for several months is a great opportunity for new members to learn about how our walk system works. New POCs are needed for traditional walks in 2017 and next summer’s Wednesday walk schedule

## **ESCV Club Contacts**

<b>Office / Committee</b>	<b>Name</b>	<b>e-mail</b>
President	Teresa Kennedy	<a href="mailto:Forty6er3K@aol.com">Forty6er3K@aol.com</a>
Vice President	Rachel Trier	<a href="mailto:racheltrier@yahoo.com">racheltrier@yahoo.com</a>
Secretary	Chris Yost	<a href="mailto:cyost@nycap.rr.com">cyost@nycap.rr.com</a>
Treasurer	Warren Lavery	<a href="mailto:warrenlavery@gmail.com">warrenlavery@gmail.com</a>
Historian	Dan Schryver	<a href="mailto:Dschryver@aol.com">Dschryver@aol.com</a>
Membership & Email Updates	Larry Godshalk	<a href="mailto:Lgodshal@nycap.rr.com">Lgodshal@nycap.rr.com</a>
Name Tag Orders	Laura Sheldon	Cost is \$8 and must be prepaid with a check; add \$1 for mailing; Laura can be reached at 886-1841 or by E-mail at <a href="mailto:sheldon.laura1@gmail.com">sheldon.laura1@gmail.com</a>
Newsletter Editor	Ellen Brown	<a href="mailto:gorow1010-escv@yahoo.com">gorow1010-escv@yahoo.com</a>
Publicity	Kathy Mack	<a href="mailto:kmack1952@gmail.com">kmack1952@gmail.com</a>
Purchasing	Winnie Balz	<a href="mailto:winnieeb@yahoo.com">winnieeb@yahoo.com</a>
Sunshine Secretary	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail <a href="mailto:kleroux1@nycap.rr.com">kleroux1@nycap.rr.com</a> .
Trail Master	Linda Morzillo	<a href="mailto:lindaf.morzillo@nycap.rr.com">lindaf.morzillo@nycap.rr.com</a>
Traditional Events Coordinator	Rachel Trier	<a href="mailto:racheltrier@yahoo.com">racheltrier@yahoo.com</a>
Wednesday Walk Coordinator	Sue Burke	<a href="mailto:svburke@nycap.rr.com">svburke@nycap.rr.com</a>
YRE/Seasonal Walks Chairperson	Liz Walsh	<a href="mailto:lizwalsh48@gmail.com">lizwalsh48@gmail.com</a>
Webmaster	Eileen Skinner	<a href="mailto:EFSkinner@aol.com">EFSkinner@aol.com</a>



## Walking the USA Shirts

For those who are walking the 50 States/51 Capitals, Linda Kipnes from WalknMass has offered to take care of the new shirt order forms. Thanks Linda. There are a number of new ESCVers who are interested in this special program.

### Order WALKING the USA shirts



**Mail to:**  
Linda Kipnes  
Walk 'n Mass Volkssport Club  
23 Nathaniel Drive  
Hudson, NH 03051

S, M, L, XL @ \$10.00      XXL @ \$12.00

**Postage:** 1 shirt \$4.00    each additional shirt \$2.50

Indicate quantity and sizes:

\_\_\_ S    \_\_\_ M    \_\_\_ L    \_\_\_ XL    \_\_\_ XXL

Make check payable to Walk 'n Mass Volkssport Club

Total enclosed: \$ \_\_\_\_\_

**Please PRINT legibly. This will be your mailing label.**

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, ZIP \_\_\_\_\_



#### Front of shirt shows map of 50 states

#### Back of shirt lists state capitals & DC

These short-sleeved, natural-colored t-shirts are 100% cotton. View at: [www.walknmass.org/products](http://www.walknmass.org/products)

A guide to coloring in the states using 5 fabric marker colors will be sent with the shirt.

Shirts will be shipped when check and order form are received.

## Volkssporters on the go . . .



### Lake George – April 26

Photos by Linda Morzillo



## Saratoga Springs, West Side – May 3

Photos by Linda Morzillo



## Deerfield, MA – May 6

Photos by Linda Morzillo



## Saratoga National Historical Park – May 7

Photos by Linda Morzillo



## Albany Tulip Walk – May 10

Photos by Linda Morzillo



Photo by Christine Yost





**Rensselear – May 24**

*Photo by Cathy McGuire*



**Broadalbin – May 31**

*Photos by Linda Morzillo*



**Schenectady – June 7**

*Photos by Linda Morzillo*



**Lake Placid – June 17**

*Photos by Linda Morzillo*



**Niskayuna – June 21**

*Photos by Linda Morzillo*





## ESCV's 30<sup>th</sup> Anniversary @ Thacher Park – June 24

Photos by Linda Morzillo



Photo by Deborah D'Arcangelis







## FINGER LAKES BUS TRIP

**September 10, 11 and 12, 2017**

Our three day, two night trip to the Finger Lakes region starts at 7:15 a.m. from **Yankee Trails** and will make a stop at **Latham Farms**. Yankee Trails is located at 569 Third Avenue Ext., Rensselaer, NY 12144 and they have plenty of long-term parking.

The cost is \$460 per person, double occupancy and will include:

- Transportation;
- Luggage porter;
- Yankee Trails escort;
- Hotel for 2 nights (Best Western Inn, Seneca Falls and Hampton Inn, Horseheads);
- 2 breakfasts;
- 1 cocktail dinner cruise on Lake Seneca;
- 3 walks (Geneva, Ithaca and Watkins Glen);
- Seneca Falls Women's Rights museum;
- 2 wineries for wine tastings – coupons included (Lakewood Winery and Fox Run Vineyards),
- Driver and escort tips (does not include hotel maid tips).

Please let me know if you'd be willing to be in charge of a walk.

Further inquiries, please contact Marion Averill 941-761-0029, email [walkingaverills@aol.com](mailto:walkingaverills@aol.com)

**Deposit of \$100 per person. ... Final payment of \$360 p.p due July 12.**

(check made out to YANKEE TRAILS) should be sent to:

**Marion Averill, 17 N. Lyons Ave., Menands, NY 12204**

NOTE: A minimum of thirty-three (33) people is needed for the tour to proceed. Seats are available on a first-come first-served basis. There will be a waiting list. If you sign up and cannot go, you will be able to get a refund only if you are replaced from the waiting list or you find your own replacement.

✂-----✂  
Please reserve \_\_\_\_ seat(s) on the **FINGER LAKES BUS TRIP – September 10, 11 and 12, 2017**

Name\_\_\_\_\_

Address\_\_\_\_\_

Cell Number\_\_\_\_\_ E-mail address\_\_\_\_\_

Roommate name: \_\_\_\_\_

(Please indicate if roommate is sending deposit with separate reservation application: YES\_\_\_\_ NO\_\_\_\_

Address\_\_\_\_\_

Cell Number\_\_\_\_\_ E-mail address\_\_\_\_\_

Pick up location (check one): Yankee Trails \_\_\_\_\_ Latham Farms \_\_\_\_\_

I will be in charge of a walk. \_\_\_\_\_

I would like to help with a walk. \_\_\_\_\_

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



## MONTHLY MEETINGS

**6:30 PM**

**July Meeting – No Meeting**  
**August Meeting – No Meeting**  
**September Meeting – September 18, 2017**

Latham Firehouse  
226 Old Loudon Road, Latham  
*All are welcome!*