



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address
www.ava.org/clubs/escv

April 1, 2010

A Bit from Barb.....

It's been a gorgeous week and, although it's only the middle of March, you feel like spring is truly here. And with spring our walking season gears up. We have three group walks of seasonals in April: Williamstown, Colonie and Bennington. And we have our first traditional event of the season April 17, the March for Parks at Olana in Hudson. If you've never been to Olana, you owe it to yourself to see this beautiful spot, and, if you've been there before, you know it's a place you want to return to. The Olana staff has been working with POC Pat Rush to publicize this event so let's get a great turnout from our membership. Make a day of it by touring the house (there's a group tour price if you say you're there for the volkswalk) and bringing a picnic lunch. Go to our website and click on "traditional events" to view the brochure.

The booklet for the Wednesday walks will be out in April. These are always our most popular events but don't forget, if you can't make a Wednesday walk you can always go out and do one of the year round/seasonal events any day of the week. And while we hope you support our walks, look into some of the great seasonals our neighboring clubs sponsor, too. The West Point Club has a seasonal at the Military Academy that is considered one of the top walks in the country. Their scenic Hyde Park walk connects two historic homes: Hyde Park and the Vanderbilt Mansion. The Middlebury, Vt. walk, sponsored by Twin States Volkssport Association, includes Middlebury College's attractive campus and a unique chance to view both the Adirondacks and the Green Mountains from a single vantage point. And speaking of TSVA, they will be hosting a one day event near the NY border in Manchester on June 19.

There's no excuse: GET WALKING!

WELCOME NEW MEMBERS!

Frederick and Kathryn Bleser, Scotia, NY

Mary Ellen Deagan, Slingerlands, NY

Diane Doring, Rensselaer, NY

Dean and Bonnie Durst, Scotia, NY

Joyce Farrell, Waterford, NY

Lou and Cheryl Farrington, Ballston Lake, NY

Maureen Kennedy-Ragule, Albany, NY

Jay Meketansky, Bayside, NY

Dorothy Mullooly, Albany, NY

Tom Nisonger, Wappingers Falls, NY

Donald Rubin, Clifton Park, NY

Carol Tousignant, Cohoes, NY

Cynthia Viola, Waterford, NY

Jack and Sandy Vohr, Northville, NY

See you on the trail!

ESCV MONTHLY MEETING

Monthly meetings start at 7pm, at the Crescent Firehouse, off Vischer Ferry Road (East from Exit 8 of the Northway). Next meeting is Tuesday, April 13th.

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PROGRAM – Alan Longshore

Please join us at our Tuesday, April 13th meeting for an interesting program about Costa Rica. Rita Gavin and Edrie Pregent will present pictures and insights into their recent trip to Costa Rica. This will be a great opportunity to experience the beauty of this Central American country.

HELP WANTED

Jack Cairns is retiring from his duties as the YRE/seasonal walk coordinator. He and Eileen Skinner have done a great job in organizing this function and doing all the paperwork and walk booklet production that was required. Eileen has also asked to step down from her responsibilities related to sanctioning, reporting and book preparation. Our thanks to both for the many hours they have put in on behalf of the club over the past few years.

Unlike most of our functions, which run on a calendar year basis, the year for this function starts in July when we have to sanction all our YRE and seasonal walks for the coming year. Therefore they will be handing over their duties this coming June. Barbara Kolapakka will assume coordinator duties for the time being and do the sanctioning and reporting to AVA. However she needs help from at least two other people. We would like to get a volunteer with good typing skills and the ability to organize information on a page to prepare it for printing to do the booklet and the bookmark listing all our walks. We also need someone to be a liaison with the POCs for stamp distribution and to provide them with necessary supplies. The latter duty requires that the person be in this area in December and March to do the stamp distribution. We will probably also need help with labeling and mailing the booklets although this call for volunteers will be done on an as needed basis.

If you are interested and/or want more information, please call Barbara at 583-9038 or e-mail bkola67@gmail.com.

VOLUNTEERS NEEDED FOR EMS CLUB DAYS

The Eastern Mountain Sports store in Niskayuna has invited us to have a table at their Club Days event on April 23 and 24th. The event time is from 10-9 on both days. Pat Rush will be coordinating the event for us, but we need volunteers to staff the table. We don't necessarily have to fill every hour but we would particularly like to have volunteers Friday evening and during the day Saturday. You just need to pass out a flyer and bookmark and answer questions about our club. No experience needed!

If you can come for an hour or two, please give Pat a call at 374-6995 or e-mail her at PatRush1@verizon.net.

During club days members can receive 25% off EMS branded merchandise and 20% off all other merchandise.

NEWS FROM AVA

At the recent meeting of the AVA Executive Council, President Curt Myron reported a 2% nationwide decline in the number of walkers participating in AVA events in 2009. In the northeast region, numbers were down 3.5% but there were five fewer seasonal/YRE events. Per event participation was down an average of .6%.

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Approved at the meeting were three new special event programs. All will begin Jan. 1, 2011 and end Dec. 31, 2013:

Grist Mills: The walk must pass by a current or former grist mill.

Baseball Walks: Qualifying walks will be any that pass by a stadium or field used by a baseball team from college to major league levels.

Walking America's Trails: Walks must have 50% of their length on a long distance American trail. (We only have two trails in our region which currently meet this definition: the Appalachian Trail and the Long Path.)

WILLIAMSTOWN WALKBOX COMMENTS – Shirley Pingelski, POC

I've been reading the comments from the past years in the box and thought it would be nice for our members to see what other Volkssporters have been writing in the comment book.

1. I've done this walk before, but I really enjoy doing it. I hope you will keep it for a few more years.
2. A wonderful route. You have one of the best Starting Point walk boxes we have seen.
3. As above -- did it 5 years ago. Still nice.
4. I did the 10K. A very nice walk. Found some changes the need to be made in the route instructions. (They were listed & have been changed. smp)
5. What a coincidence that our tour group stayed at the Williams Inn!! We belong to the San Diego Rockhoppers since 1986. Come visit us.
We only had time for the 5K walk which we completed in the dark (8 pm). Cool, crisp autumn temperature. Enjoyable.
ps. Your organization is awesome.
6. Lovely walk in a great college town! Thank you for your hard work and attention to detail as evidenced by the most organized box I've seen to date. Made for an even more enjoyable tour of the town. We look forward to returning to the area next spring.

So.....many, many thanks to the box preparation committee. As you can see - other Volkssporters think it's great, too. WE know it is and appreciate all that goes into this particular job our club members do. Of course, that is in addition to appreciation of all the hard-working members.

LOOKING FOR METEORITES – YOUR HELP IS REQUESTED! -

Phyllis Budka

My favorite walks include piles of stones or rock walls! Why? I am hoping to find my first meteorite. I'm writing this with the hopes that, perhaps, my ESCV buddies will help me in my quest?!

"Meteorite" you say? Yes! I got hooked on nickel-iron and stony iron meteorites in the late 1970s and ended up doing a masters thesis on the topic. There's a third, more common, type of meteorite that I've pretty much ignored in my studies, stony meteorites – except for purposes of this quest.

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What does a meteorite look like? It varies. But for walking at 3 miles an hour purposes, here's what I look for:

- A black exterior with some "thumb print" like indentations on the surface.
- In a rock wall, a nickel-iron meteorite will be at the base of the wall because it heavier than a plain old stone.

That's it!

Next steps: Whip out a magnet. Is it magnetic? If "YES," it COULD be a meteorite - or hematite or magnetite. The latter 2 are very common in our area! People who hunt for meteorites in Arizona dry lake beds and the Bedouins of northwest Africa have it easy by comparison with our Adirondack and Catskill landscapes!

Then WHAT? For starters, check out Arizona State University's Center for Meteorite Studies website at

<http://meteorites.asu.edu/>

And click "Do you have a meteorite?"

From there, well, fair warning, there's a vast amount of information on the internet and you COULD become hooked on meteorites!

Through my meteorite interests, I've learned a lot about both meteorites and people and made friends from different parts of the world. My point of view on meteorites can be found on my website at

<http://meteormetals.com>

For a quick summary of my radical meteorite ideas, click "[Learn more.](#)"

Fair warning! My head is full of meteorite trivia and I can do a full 10k walk on the topic!

ECOS WALKING GREEN PROJECT UPDATE AND THE GOOGLE PEDOMETER – Phyllis Budka

Recently I attended a meeting at the Environmental Clearinghouse of Schenectady (ECOS) to learn more about the Walking Green project and volunteer ESCV help. The goal of the project is to make a walking map of the downtown Schenectady area, including the Stockade and the GE Realty Plot. After the meeting, I e-mailed several other ESCVers saying:

Our ESCV contribution would be to "micro measure" distances in the area roughly bounded by the Stockade/Mohawk on the west side, GE Realty Plot on the east side, Nott St on the north side, and the intersection of State / Broadway and Millard St / Veeder Ave on the south.

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QUESTIONS TO YOU ALL: How shall we go about this? I have no experience with map measurements and I don't own a GPS. ESCV has a wheel.....etc.

I would co-ordinate the effort to completely map / measure the entire area with GPSes and even our walking wheel, hoping to complete the entire task within 2 weeks – and soon. And I ended with “I need YOUR HELP!”

And thus ensued our own bit of March Madness!

First, I got a message on my answering machine from suggesting I check out something called a “Google Pedometer.” I thought, ok, I'll do an internet search and buy one to support the project. Before heading for the Search button, I checked my e-mail. Barbara Kolapakka and Marv Weiss suggested I check out www.gmap-pedometer.com

What? A WEBSITE!?

So I checked it out and wrote the following message to the ESCVers:

I think there won't be a need to WALK any streets. The Google Pedometer will do the trick, believe it or not, from a computer screen!

Regards,
Phyllis

It was a grey day and folks must have been sitting at their computers because the responses began to fly in! The “flow” went something like this:

Just amazing! We will probably get even greener by not wasting the energy to walk nor drive to the starting point. We will just all click on Google "I walked it" map and move the mouse around our walking path making sure we don't get too far ahead of the group. We can catch up on conversations and mingle by using the conference call feature of Skype at the same time. Our booklets will be stamped and turned in all on-line! How is that for looking ahead? Yes, and all from a computer screen.

Yes, and with laptops we can do all of this from the restaurant where we're having our appetizers before our hearty lunch. After all, not everything can be done on line so we'd still have to gather to eat.

Gosh, I forgot all about the food – there is no way that can be computerized! We will need some spray bottles of water during the summer so we can “mist” ourselves so it looks like we did some “real” work while viewing the laptops and just after our cyber walk while ordering our lunch.

Since people appear to have virtual farms on Facebook, I suppose we could have virtual walks. We could all agree to meet online at one time and follow a route on gmaps pedometer, then meet for a virtual lunch afterwards. AVA could issue us virtual books and, when we complete them, virtual pins and patches.

Despite the virtual ideas of this group, does everyone realize how antiquated an email

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conversation is? The kids would be communicating on facebook and laughing at this exchange.But then the kids don't know much about fresh air so let's keep walking for real, right?

Want to do your own virtual walk? Check out
<http://www.gmap-pedometer.com/>

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**Wednesday, March 3rd, Central Park.
Courtesy of Dave Huggins**



**Saratoga YRE Feb. 20, Charles Dowd Memorial,
developer of standard time.
Courtesy of Linda Morzillo**

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**EMPIRE STATE CAPITAL VOLKSSPORTERS TREASURER'S
REPORT – Beth Snyder**

Mar. 1, 2010

Feb. 1, 2009 Beginning Balance:		\$7,335.79
Income:		
Albany Tiles	132.00	
T-Shirt	16.00	
Membership	369.00	
Starting Books	<u>297.00</u>	
Total Income	\$814.00	
Expenses:		
AVA	120.00	
Walk Expense	55.00	
Office Supplies	<u>71.20</u>	
Total Expenses	246.20	
Feb. 28, 2010 Ending Balance:		\$7,903.59

ESCV CALENDAR OF EVENTS

GROUP SANCTIONED WALKS

Wednesday and Saturday walks start at 9:30; registration is from 9 – 9:30.

Sunday walks start at 1:30; registration is from 1 – 1:30.

April 10 Saturday – Williamstown; start The Williams Inn, Junction of Routes 2 and 7

April 24 Saturday – Albany / Colonie Crossings; start Fleet Feet of Colonie, 155 Wolf Road

April 25 Sunday – Bennington; start Jay's Cards & Gifts, 113 South St. (Rte. 7)

May 1 Saturday – DATE CHANGE – Cooperstown; start The Clark Sportscenter is on Susquehanna Ave.

May 2 Sunday DATE CHANGE – Lake George; start Fort William Henry Resorts & Conference Center, 48 Canada St.

May 22 Saturday - Saratoga Spa State Park; start Hilton Garden Inn, 125 South Broadway (Rte 9)

May 29 Saturday – Saratoga Battlefield, Stillwater; start Saratoga Battlefield Visitor Center Route 32

June 5 Saturday – Johnstown; start Johnstown City Hall 42 E. Main St.

June 12 Saturday - Caroga Lake; start Caroga Lake Town Offices, 1840 State hwy. #10

June 27 Sunday – Scotia; start The Glen Sanders Mansion 1 Glen Ave

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TRADITIONAL EVENTS

Start any time between 9AM and 12 noon; finish by 3:00 PM

April 17 Saturday March for Parks Olana

May 8 Saturday DATE CHANGE – Grafton Lakes State Park – Club Picnic

June 26 Sunday – Dave Skinner Memorial Walk – Gloversville

Wednesday Guided Walks May/June 9AM & 6PM

Date	Location	Start
May 5	Westside Saratoga Springs	Price Chopper Lot Rt. 50
May 12	Albany - Anniversary Walk	Parking Lot for Corning Preserve
May 19	Cohoes	Visitor Center (next to Cohoes Music Hall)
May 26	Ballston Spa Town Of Milton	Milton Community Center
June 2	Broadalbin	Fulton Cty Visitor's Ctr. - Rts 29 & 30
June 9	Albany - Pinebush	Pinebush Discovery Ctr Rt. 155
June 16	Voorheesville - Thacher Park	Thacher Park - Halles Cave Parking
June 23	Niskayuna	Blatnik Park (Ice Cream Social)
June 30	Colonie Town Park	Town Park

NORTHEAST REGIONAL CALENDAR – Phil Hait, Regional Director

Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
	April					
10-Apr	Saturday	Finger Lakes	Binghamton, NY	Vicki Darrow	vdarrow@twcny.rr.com	607-662-0109
25-Apr	Sunday	Walk 'n Mass	Waltham, MA	Marianne Marshall	MRBWalker@verizon.net	781-899-5975
	May					
11-May	Tuesday	Walk 'n Mass	Milford, MA	Beate Hait	beateh1@aol.com	508-429-3564
15-May	Saturday	West Point	West Point, NY	Nancy Patrick	volkssportclubofwestpoint@hctmail.com	845-446-4709
16-May	Sunday	West Point	Highland, NY	Andrew Schmidt	volkssportclubofwestpoint@hctmail.com	845-462-7539
22-May	Saturday	Finger Lakes	Chenango Forks, NY	Steve Thomas	stis@juno.com	607-775-9060
	June					
8-Jun	Tuesday	Walk 'n Mass	Lancaster, MA	Joy Peach	joypeach@verizon.net	978-365-5021
18-19-Jun	Fri-Sat	Southern Maine	Falmouth, ME	Carroll Tiernan	crrllt@maine.rr.com	207-781-2330
19-Jun	Saturday	Finger Lakes	Manlius, NY	Colleen Hailey	chailey@binghamton.edu	607-754-1979
19-Jun	Saturday	Twin State	Manchester, VT	Cindy Gray	cwgray@comcast.net	802-244-6265

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	July					
10-Jul	Saturday	Walk 'n Mass	Marlborough, MA	Karen Kolaczyk	kkolaczyk@comcast.net	508-481-7389
11-Jul	Sunday	Finger Lakes	Endicott, NY	Doug Gausman	dougs4it@aol.com	607-757-0164
13-Jul	Tuesday	Walk 'n Mass	Sudbury, MA	Betty Foley	betfoley@ix.netcom.com	978-443-4857
	August					
10-Aug	Tuesday	Walk 'n Mass	Saxonville, MA	Betty Foley	betfoley@ix.netcom.com	978-443-4857
	September					
4-Sep	Saturday	Walk 'n Mass	Orange, MA	Karen Kolaczyk	kkolaczyk@comcast.net	508-481-7389
25-Sep	Saturday	Twin State	Lyndonville, VT	Kerry Brinkerhoff	ranger_kerry@yahoo.com	802-626-8939

CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
Secretary	Kathy LeRoux	kleroux1@nycap.rr.com
Treasurer	Beth Snyder	Easnyder@nycap.rr.com
NEWSLETTER EDITOR	Phyllis Budka	abudka@nycap.rr.com 377-8734
MEMBERSHIP AND EMAIL UPDATES	Tad Darling	harrydarling@verizon.net
SUNSHINE SECRETARY	Kathy LeRoux	Kathy can be reached at 438-1947 or by E-mail kleroux1@nycap.rr.com .
WEBMASTER	Eileen Skinner	EFSkinner@aol.com
NAME TAG ORDERS	Laura Sheldon	Cost is \$4 and must be prepaid with a check ; Laura can be reached at 384-0143 or by E-mail at sewshel@aol.com
WEDNESDAY WALK COORDINATOR	Bernie Geren	tscbernie@hotmail.com
WALK DEVELOPMENT COMM. CHAIR	Teresa Kennedy	Forty6er3k@aol.com
YEAR ROUND SEASONAL WALKS	John Cairns	JLCairns@aol.com
HISTORIAN	Dan Schryver	Dschryver@aol.com
PROGRAMS	Alan Longshore	lynnj@nycap.rr.com
PUBLICITY	Pat Rush	PatRush1@verizon.net
PURCHASING	Winnie Balz	winnieeb@yahoo.com