



EMPIRE STATE CAPITAL VOLKSSPORTERS

Website Address
www.ava.org/clubs/escv

June 1, 2010

A Bit from Barb.....

There's an old saying about northeast weather: if you don't like it, wait a bit and it will change. If you view the photos attached to this month's newsletter, you'll notice a group in summer-like attire at Lake George, and then another photo of folks at our spring picnic dressed for snowshoeing! And the latter picture was taken six days AFTER the Lake George one. It was 88 and sunny on May 2 and in the forties with rain, high winds and fog on May 8. Nevertheless, 24 intrepid walkers showed up for our picnic at Grafton Lakes State Park. Many thanks to Mary and George Agars for still giving us all a nice walk with good food and fellowship afterwards.

As luck would have it, the original date of the picnic, May 15, turned out to be a lovely day. Many of us journeyed down to West Point for a great walk there and then back the next day for the walk across the new pedestrian bridge over the Hudson in Poughkeepsie. I think we all agree that the West Point club put on two quality events last weekend. They have asked us to partner with them on a weekend next year and we are actively pursuing that possibility with the Hudson River as the unifying theme.

The first week of May also saw the kickoff of our Wednesday walk series. These walks are by far our most popular events and we find that most of our new members have come to us through these walks. However, the vast majority of the walkers do the morning walk. Did you know there's also an evening walk? It seems like only a handful of people do. The evening walkers are by and large people who can't make the morning walks because of work schedules. I'm sure they sometimes feel they belong to a different club since they don't have the opportunity to socialize with the many members who do only the 9am outings. So I am encouraging you 9am regulars to step out of your routine from time to time and do an evening walk and get to know these folks. I've asked the club officers to make a point of doing some evening walks this summer and I hope many of the rest of you will follow suit.

See you on the trail!

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PICTURES FROM RECENT WALKS

<http://ava.org/clubs/escv/106NewsletterPictures.pdf>

WELCOME NEW MEMBERS! – Tad Darling

New Members: Please welcome the following new members to our great walking club:

Julia Newberry
Robert Sanden
Barbara Wallis

See you on the trail!

WANT A NAME TAG?

With our large membership, it's often difficult to put a name with a face. But it's a lot easier when the person is wearing a name tag. If you don't have one of the yellow tags you see a lot of us wearing, you, too, can choose to be anonymous no longer by ordering one. Send a check for \$4 made out to ESCV to Laura Sheldon, 228 Spring Road, Scotia, NY 12302.

Please PRINT your name as you wish it to appear on your tag.

MEMBERSHIP – Tad Darling

Hope everyone got the new Membership Directory mailed out April 12th. If you did not, please email or call Tad Darling, harrydarling@verizon.net or 399-7229. Here is a great idea – if any of your directory information changes during the year, drop me a line so the database can be updated and right people can be notified.

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, June 14th.

ELECTIONS - ELECTIONS - ELECTIONS

We have a slate for the June elections. It is as follows:

Barbara Kolapaka-President
Teresa Kennedy-Vice President
Sue Grey-Secretary
Beth Snyder-Treasurer

Elections will be at the June meeting at the Halfmoon Fire House on June 14.

WEDNESDAY, JUNE 16th WALK LOCATION CHANGED!! - Winnie Balz

The gates are locked at Thacher Park so we have a new location for the June 16th Wednesday walk. The walk will start at the Emma Treadwell Thacher Nature Center. The Nature Center is located near Thacher Park and is part of the Thompson's Lake State Park complex.

Directions from Albany: Take exit 4 (rte 85) off I - 90, continue on 85 West for approx. 12 mi. to route 157, bear right onto 157 and continue through Thacher Park. After leaving the park, turn right on Ketcham Road (route 256), drive 1 mile to Nature Center Way on left. The parking lot is located 0.4 mile down Nature Center Way.

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Directions from the Village of Altamont: Cross the railroad tracks, bear right on 156W. up the hill - stay on route 156 until you see a sign for Thacher Park - left on route 157 (Thompson Lake Rd.) drive on rte. 257 passing by route 157A (don't take it!) - watch for signs to Thacher Park again and take a left on route 256 (Ketcham Road) - then a right onto Nature Center Way - 0.4 mile to parking lot.

5K route - Will follow trails within the Thompson Lake State Park property.

10K route - Will be on trails that will also include connecting trails to the Long Path in and outside of the park boundary. The connecting trail is new, care must be taken for roots and mud.

The Nature Center Building will be available for the morning walk; there are bathrooms inside but the building closes at 5PM - So the evening walkers are encouraged to stop for a bathroom break perhaps in Altamont at the Stewart's place..

Any questions? Call Winnie, 372-3663.

ESCV TO HOLD DAVE SKINNER MEMORIAL WALK IN GLOVERSVILLE, NY SATURDAY, JUNE 26 – Eileen Skinner

On June 26, in Gloversville, NY a walk to honor Dave Skinner (1947-2007). Gloversville (once called "Glove Capital of the World") is about 40 miles west and north of Albany, NY in Fulton County. David was born and is buried in Gloversville.

David served as President of Empire State Capital Volkssporters from 2004-2006 and also served as Vice President for many years. He was always willing to help out with any aspect of club activities and he held memberships in many nearby volkssport clubs.

I've laid out this trail to explore many areas of the city, from the historic downtown, a rail trail, old churches, a museum, unique veteran memorials, a Carnegie Library and old neighborhoods with a stop in Prospect Cemetery to pay respects to David before returning to Holy Spirit Catholic Church, 149 S. Main St., our Start/Finish for this Walk.

Starting times are 9-10:30 a.m. We hope to have a restaurant to gather after the walk for lunch on your own.

Please refer to our website for more information and directions or click the walk brochure link below:

<http://www.ava.org/clubs/escv\10gloversville.pdf>

FROM THE ESCV HISTORIAN'S DESK - Dan Schryver

Hi Everyone. Thanks for all the positive comments on the "Back In Time" series from the 20 year old ESCV newsletters. As many of you have noticed, it has been absent from the last couple of newsletters. That's because there was nothing of real interest in the corresponding 20 years ago news. And now I have a dilemma! The archives do not contain the newsletters from June 1990 through July 1991. If anyone out there has copies that they would like to donate or loan to me it would be appreciated. Thanks.

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VOLKSPORT CLUB OF WEST POINT - Nancy Patrick

Just wanted to mention an error in the "A Bit from Barb" section of the April newsletter:
The West Point walk is a YRE not a seasonal.

We do, however, have a brand new seasonal which opened 1 April. It will be listed as "Fort Montgomery" and starts at the historic battle site and continues into Bear Mountain State Park.

Additionally we have added two other YREs: Cold Spring which is open and Central Valley which opened 15 April. The Central Valley walk goes through Woodbury Common Outlet Center (over 200 stores!).

EMPIRE STATE CAPITAL VOLKSSPORTERS TREASURER'S REPORT
– Beth Snyder

**Empire State Capital Volkssporters
TREASURER'S REPORT**

	May 1, 2010	
Apri. 1, 2010 Beginning Balance:	\$7,466.58	
Income:		
Donations	7.00	
Walk Box Quarterly	<u>489.00</u>	
Total Income	\$ 496.00	
Expenses:		
AVA	65.00	
Walk Expense		<u>86.05</u>
Total Expenses	151.05	
May 1, 2010 Ending Balance:	\$7,811.53	

Submitted by,
Beth Snyder
Treasurer

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ESCV CALENDAR OF EVENTS

GROUP SANCTIONED WALKS of Year Round and Seasonal WALKS

FALL 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.

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

TRADITIONAL EVENTS

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

June 26 Sunday – Dave Skinner Memorial Walk – Gloversville

Wednesday Guided Walks May/June 9AM & 6PM

Date	Location	Start
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 16	Start at the Emma Treadwell Thacher Nature Center.	See directions above
June 23	Niskayuna	Blatnik Park (Ice Cream Social)
June 30	Colonie Town Park	Town Park

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NORTHEAST REGIONAL CALENDAR – Phil Hait, Regional Director

Date	Day	AVA Club	Walk Location	Point of Contact	E - Mail	Telephone
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
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
21-Aug	Saturday	Walk 'n Mass	Bristol, RI	Margo Craven	magoo249@comcast.net	508-222-1152
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
October						
3-Oct	Sunday	Finger Lakes	Montour Fall, NY	Colleen Hailey	chailey@binghamton.edu	607-754-1979
9-Oct	Saturday	Walk 'n Mass	South Yarmouth, MA	Karen Kolaczyk	kkolaczyk@comcast.net	508-481-7389
23-Oct	Saturday	Twin State	Wilder, VT	Pat Stark	pstark@hartford-vt.org	
November						
6-Nov	Saturday	Walk 'n Mass	Bedford, MA	Sue & Dave Robertson	susdave@comcast.net	978-774-6449
December						
4-Dec	Saturday	Walk 'n Mass	Attleboro, MA	Margo Craven	magoo249@comcast.net	508-222-1152

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CLUB CONTACTS

CLUB OFFICERS		
President	Barbara Kolapakka	Bkola67@gmail.com
Vice President	Teresa Kennedy	Forty6er3K@aol.com
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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	EF Skinner@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
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