



STEPPING OUT!

VOLKSPORT CLUB OF WEST POINT—JULY 2009



SECURITY NOTICE

Any club activities listed (walks, events, cruises, social events, etc.) taking place on the US Military Academy (USMA; West Point campus) require ALL persons to provide government-issued photo IDs (e.g.: driver's license, Military ID) ; any automobiles passing through Thayer Gate will be searched by security.

Although unusual, note that access to the West Point campus may be revoked at any time due to security restrictions.



2009 Regional Calendar! Our Northeast

Regional Director Phil Hait has provided us with the current calendar of events updated as of **10 June 2009** (including tentative) events. Please mark your calendars, and check with the Point of Contact or official AVA website to ensure the event is sanctioned.

We have placed it in the Yahoo! Groups file section as "Northeast Regional Calendar.xls".

Every active walker should be a subscriber (or least check frequently) to our Yahoo! Group. No need to be a member. And thanks Phil!

AVA CONVENTION 2009 IN DALLAS IS HISTORY!

Club members Nancy and Patrick Farrell, Tom Nisonger, Eileen Skinner, Andrew Schmidt and Phil Hait (honorary) attended the 2009 AVA Convention in Richardson (just outside of Dallas), Texas the last week of June. Overlooking the heat (near 100 degree temps each day), it was a great time. We all thought that the trail directions were excellent, and the clubs provided people at all the checkpoints and start points to provide crowd control and directions.

The silent auction had a variety of items to bid on, including our club's donation of a West Point Cadet bear.

The post convention questionnaire had a question concerning perhaps moving the convention outside of June, thus making it more accessible to some members—so we'll see. See inside this issue of **STEPPING OUT** for more convention news and pix!

NEW MEMBERS!

Recently, we've received renewals and membership dues from the following people and/or families:

Dooley

Thank you all and welcome to the new and returning members above! Although we do maintain our email mailing list for free, and people are welcome to walk on our walks without charge, those people who voluntarily join the club do their part to help support our club. Dues provide needed funds for many of the activities that do not generate covering income and make up some of the shortfall for other events.

UPCOMING WALKS, EVENTS, AND ACTIVITIES!

NEXT GROUP WALK

18 JUL Sat West Point

Breakfast and club meeting at 8 AM at the PARK Restaurant, 451 Main Street, in the Village of Highland Falls.

Note these are summer hours! We'll move everything up one hour from normal—**So breakfast at 8!**

All are welcomed to the breakfast and meeting!

Walk starts with registration at 9 AM at the West Point Visitor's Center, walking at 9:15 AM.

NEXT GROUP EVENT

Nyack Street Fair

13 SEP - Sun

September Fest—A Quadracentennial Event - (tentative until sanctioned)

NEXT CLUB ACTIVITY

ANNUAL HUDSON RIVER CRUISE FOR FAMILY AND FRIEND — TENTATIVELY BEING SCHEDULED FOR 30 AUGUST

Watch for emails with more details in the summer!

HYDE PARK GROUP WALK—7 JUNE 2009

Members of the club enjoyed a June breakfast meeting at the Eveready Diner on Sunday, 7 June followed by the Group Walk of the Hyde Park Year Round event.



The first photo shows the group posing outside the relatively new Henry A. Wallace Visitor's Center of the FDR Presidential Library with statues of Eleanor and Franklin. The second photo shows the group outside 'Springwood', the home of Franklin Roosevelt.

The Hyde Park trail also covers the grounds of the Vanderbilt Estate in Hyde Park as well later during the walk.

Combining these two historic homes as well as the beautiful scenery of the Hudson River that is viewable creates a most enjoyable event. Hyde Park is up for a Group Walk again on 25 October later this year; check the calendar for details.

DUES NOTICES FOR SECOND HALF OF 2009 IN THE MAIL!

As is our usual custom, membership renewal notices for the 2nd half of 2009 (including those who didn't renew in the first half of 2009 and are receiving a second notice) were mailed out in June.

As postage increases have recently occurred, we really need to keep our hardcopy mailings to those who have actively paid up.

Regardless of when your membership expires in the second half of 2009, we extend it until the end of that month in 2010, so you never are penalized for paying 'early'. And if your membership HAD expired in the past, we simply reset your renewal date from a year from the end of the month we receive your latest check.

We send notices to people TWICE in case they missed it the first time around. Members who no longer renew have their emails added to our "email only" list after two attempts at mailing the dues notices.

Your annual dues help the club run events and such that are not covered by the normal YRE fees. Do you know we have to pay \$94 a year for our PO Box, \$50 annual AVA dues, \$60 to maintain our website annually, etc?

So although all our walks can be done for free, this is why we really appreciate your supporting the club as a dues paying member!

MINUTES FROM JUNE 2009 CLUB MEETING

The Volkssport Club of West Point met at the Eveready Diner, Hyde Park, NY on Sunday, 7 June 2009.

Seven members were present. Two other members joined us for the walk in addition to two new walkers from West Point.

Treasurer, Andrew Schmidt, reported a bank balance of \$1224.02 as of 31 May. He will be sending dues notices for expiring memberships.

Old Business: There was no old business.

New Business: There was a short discussion regarding the cost of mailing our monthly newsletter. It was reported that some clubs have resorted to email only. Members without email would not receive news from their club. There was no decision on what our club will do in that regard. It should be noted that it costs our club over \$5.00 per year to mail to members.

Mike Green proposed that we include a third trail for our Cornwall walk in addition to the 5 and 10 kms. He showed the proposed trail on a map, which would be termed "strenuous" and go up to a higher elevation than our current walks. There is a new road now available to get to the trail. None of the members present had any objection to this proposal.

There being no further business, the meeting was adjourned.

Nancy Patrick

President

DID YOU KNOW?



This is our club's "mission" statement?
"To share the spirit of walking with the clubs and walkers of the American Volkssport Association. Meet friends, walk scenic trails and improve your physical and mental health with a natural, accessible, and low-stress activity."



CLUB BADGES SENT OUT—YOU GOT YOURS?

Our club badge coordinator, Peggy Goetz, recently completed the most recent club order of badges for the new members we've received. If you are a relatively new member and you haven't received your badge, let us know! For older club members, a reminder that replacement badges (in case you lost yours, like our newsletter editor has done twice!) are available at cost.

Remember, new members get one or two badges (depending on how many people they listed on their club application) when they first joined. Additional badges if you list more than two family members can also be purchased at cost. For example, you don't want those kids left out!

The badges are a great way of showing who you are at walking events.

We believe we're all caught up with everyone at this stage of the game.

NEW CLUB WEBMASTER!

In July, Mike Green volunteered to become our new club webmaster taking over the reigns from Joan Kimmel. Joan was 'acting' webmaster for the past several years, pending a person who would step up permanently—we thank Joan for the years of doing the web 'part-time' in addition to her other duties as official club secretary.

Contact Mike at the club email address if you have any ideas or suggestions about our web pages! And check out the updates pages at our website!

**REPORT TO THE NORTHEAST REGION
– PHIL HAIT, NORTHEAST REGION
DIRECTOR**

2009 AVA CONVENTION & NEC MEETING

RICHARDSON, TEXAS - JUNE 24-26, 2009

On all three days of the convention business meetings, the combined total of officers, RDs & clubs represented a quorum.

Minutes from the 2007 AVA Convention were approved.

After a brief discussion on the “lag time” between the meeting & approval two years later, it was agreed that a committee should be formed to review & approve the convention minutes in a timelier manner. Following this review & approval, the minutes will be available to be posted on the AVA web site.

Curt Myron gave a brief addendum to the President’s Message printed in the AVA Biennial Report.

He is going to have the Bylaws committee review AVA policies & procedures to consider staggering Officer & RDs terms, term length, term limits, & convention dates (current bylaws state that the convention must be held in June).

Website redesign & reorganization to try to appeal to new users and make it easier to navigate for existing users.

Promotion within the Americas. There are currently three countries (USA, Canada, Brazil) in the combined North & South America that are IVV members. There are two additional direct member countries, Argentina & Paraguay (1 club each).

Attract new members/clubs – focus on schools.

The 2009 AVA Biennial Report was available as a handout at the first business meeting. (VCWP Editor’s note: We will have a copy of this at our next few club meetings if you’re interested in seeing it.)

The majority of officer & region director reports are in this document. Look for it on the AVA web site shortly. (It is much too large to include in my minutes.)

The following are the elected officers & RDs for the upcoming two years:

- President: Curt Myron
- Vice President: Wayne Holloway
- Secretary: Pat Lucero
- Treasurer: Marvin Stokes
- Northwest: Sam Korff
- South Central: Glen Conyers*
- Pacific: Bruce McDevitt
- Mid America: David Bradley
- Rocky Mountain: Mike Nelson*
- Northeast: Phil Hait*
- Southwest: Heinz Johnson*
- Atlantic: Sam Tollet
- North Central: Bonnie Johnson*
- Southeast: Dennis Michele

* returning region director

Bylaws Committee Report

The Intellectual Property bylaw proposal sent to clubs in Checkpoint was discussed and amended twice before being approved. The revised language for sections a and b is illustrated in bold.

Any individual or AVA member that submits to the Association for the purpose of the Association’s use or publication intangible property that he or she prepares, creates, or authors shall grant the Association unlimited, non-exclusive and perpetual license to use that intangible property.

Any intangible property prepared, created or authored by an Association officer, director, committee or commission member, or paid staff member in the performance of their duties belongs solely to the association.

Sponsors and Partnerships Committees

Curt is Committee Chair for both & is seeking more committee members.

Yamax has agreed to continue to be a sponsor for the next 4 years.

The Walking Company has again funded the printing of start cards.

Foot Matters and AVA have agreed to a licensing agreement. Foot Matters is a distributor of insoles and other related products but not shoes.

Curt has finalized an agreement with AVA & the Washington State Volkssport Association to split the cost of printing 2,000 New Walker Packets for distribution in the state of Washington to AARP members. Discussions continue with AARP for a national program.

The Necrology report is attached in a separate PDF.
(VCWP Editor's note: We have placed this PDF in our Yahoo! Group website)

2011 AVA Convention in Des Moines, Iowa.

A fun filled presentation was made by "Suzy Belle the Holstein cow" highlighting the proposed walks. Everyone in the audience seemed interested in attending the next convention.

There was not a convention presentation made for 2013 for AVA to review.

Guest Speakers

Jeff Crilley, former TV reporter and author of the book "*Free Publicity*" gave a lively talk and examples of how to get free publicity notices in local newspapers.

David Bezanson of The Nature Conservancy delivered a short presentation featuring properties in Texas owned by The Nature Conservancy & invited clubs to use them in conjunction with their events.

Publicity Contest Awards (Northeast clubs only)

- Year Round / Seasonal Brochure: First Place – Walk 'n Mass Volkssport Club
- Regular Event Brochure: First Place – Walk 'n Mass Volkssport Club

AVA President's Award (Northeast Region only)

- John McClellan – "*For setting a positive example through leadership and coordination of local support for AVA's AARP Convention booth, and for attention to detail in drafting a thorough report of AVA's convention appearance. John's insights led to improvements in AVA's ability to market itself to the American public*"
- Empire State Capitol Volkssporters – "*For sustained achievement in serving their neighborhood with weekly traditional Volkssport walks. The ESCV held 27 traditional events in 2008, mostly weekly guided walks – and they have done so for 18 years.*"

Distinguished Achievement Award (Northeast Region only)

- Beryl Wolf- This award is in recognition of her many years of service to the Empire State Capitol Volkssporters, Patrick Pacers, and Southern Maine Volkssport Club. As a former Northeast Region Director, Beryl was involved as club representative to AVA conventions and as a year round event point of contact for many events in multiple states.
- Patty Proulx- For over 20 years the AVA has benefited from her creativity and leadership. Serving on five National Executive Councils as Southeast Region Director, Northeast Region Director, and AVA National Secretary and now as POC for the very successful American Authors & Literary Landmarks Special Event.

National Executive Council Meeting – June 24, 2009

The proposed AVA budget was reviewed, discussed and approved as presented.

The NEC has been challenged to increase their region club count by one (each) during this two year term. Looking into partnering with a school to create a club was discussed. There is a school in Iowa that has become an AVA Club.

At the recent IVV World Congress a rule change was announced which AVA has agreed to adopt. This involves the use of the EVENT STAMP. Beginning immediately, participants at events which are held on more than one day may pay a fee, complete the event and receive an event stamp on each day of the event. A separate start card & paid credit is required each day.

The NEC has opted not to have a meeting in San Antonio this summer. This was previously the orientation & training site for new officers & RDs. A session was held at the convention for the new RDs on sanction review & approval in lieu of a separate meeting. An informal get together with the new RDs was held following the meeting to brainstorm. This gave the existing RDs an opportunity to get to know the incoming NEC members.

The next scheduled meeting of the NEC will be held during November in Orlando, FL.

The proposed dates are November 13-14. The public is welcome to attend the meeting.

Misc.

In the 10 days while Bea & I were away we did all 5 of the pre & post convention walks, the 5 convention

events & found time to get 2 YREs in as well. This covered 6 states.

The Meet & Greet, Texas BBQ & AVA Closing Banquet were all fun filled as well.

We were also pleased to see Walk 'n Mass members John & Sheila McClellan now living in Missouri (John is stationed at Fort Leonard Wood) at the Joplin, MO pre convention walk. We also had a nice visit with Clara Petrosky, now living in California, at the convention & post convention walk events.

VCWP TO PARTICIPANT IN ANNUAL WEST POINT COMMUNITY AND WELLNESS FAIR

On Wednesday evening, 29 July, officers of the club will participate in the annual West Point Community and Wellness Fair. Located in the Eisenhower Ballroom from 5 to 7 PM, we are one of many community organizations that extend welcomes to the West Point Community. If you're on base and at the event, please look us up!



VCWP CLUB MEMBERS IN AVA CONVENTION AWARDS BOOKLET

The AVA Recognition Awards booklet contained several club members, and our club has provided all those members with a copy of the booklet even if they did not attend the convention. The awards were as follows:

Meritorious Service Award:

- Andrew Schmidt
- David Skinner (Posthumous)
- Eileen Skinner

Certificate of Service Award:

- Betty Green
- Michael Green
- Valerie Kirley
- Maureen Penta
- Thomas Scucimarra

A copy of the AVA Service Award booklet will be available at our next club meeting at breakfast on July 18th.

AVA CLUBS IN NEW YORK

- Clarence:
Niagara Frontier Volkssport Club
www.ava.org/clubs/Niagara/
- Clifton Park/Albany:
Empire State Capital Volkssporters
www.ava.org/clubs/escv
- Niagara Falls:
Niagara Escarpment Volkssport Assn.
www.ava.org/clubs/Niagara/
- Slingerlands:
Travelwalk
email: volkssporter@aol.com
- Windsor:
The Finger Lakes Volkssports Club
bingweb.binghamton.edu/~chailey/flrvc.html

AVA CONVENTION PIX—DALLAS JUNE 2009—1 OF 2



Our Convention Hotel, the Richardson Texas Renaissance. This hotel is located right across the plaza from a Dallas Area Rapid Transit (DART) station, and most of the walk's Start Points were located at other DART stations. Made for a very easy and enjoyable transit from the hotel to the walks, since one didn't need to worry about missing a single bus or car ride!

Registration at the AVA desk at the Renaissance Hotel. Each of the 5 walks during the week had over 325 walkers! The walks were Downtown Dallas, Fort Worth, White Rock Lake (17 km!), Uptown Dallas, and the President's Walk located right from our hotel in Richardson.



AVA 2009 Convention banner hung at the DART station outside the convention hotel in Richardson.



A DART train of AVA walkers going to the Downtown Dallas walk the first day. A very strange site for most of the commuters to work seeing a bunch of people wearing lots of water bottles and funny hats!

AVA CONVENTION PIX —DALLAS JUNE 2009—2 OF 2



Club member Tom Nisonger waiting to board the Trinity Rail Express, the train that took us from Dallas to Fort Worth for the Tuesday Walk. The convention fee covered the rail tickets for both the Dallas Area Rapid Transit subway cars (DART) as well as the Trinity Rail Express (TRE) between Dallas and Fort Worth.

Club Treasurer Andrew and Tom on the Trinity Rail Express on the way to Fort Worth. Tom also did the Irving Texas YRE on the way back, while Andrew spent more time walking about historic downtown Fort Worth, and sampling some of the local beers.



It's a tradition that a local club schedule a Wednesday night walk near the convention site. In this case, it was the Plano Walking Club, and the walk was the 5km downtown Plano Texas walk. Although we started with some 50 walkers, VCWP Club Treasurer Andrew ended up being the group leader of the last 6 or so finishers after most people bailed out for dinner after 2.5 kilometers as Andrew was the only one with trail directions in hand!

Club member Tom, Treasurer Andrew, President Nancy Patrick, and Vice President Farrell Patrick at the Friday evening AVA semi-formal banquet at the hotel. It's a perfect way to end the week of walking!

Hope to see other club members at the AVA Convention in 2011 in Iowa!

2009 YEAR ROUND EVENTS SCHEDULE AND INFORMATION

This is the club's 2009 schedule of Year Round Events as listed on the AVA Website and the special programs that are to be available for these walks in 2009. Many thanks to Joan Kimmel and the other club members who helped compile the information on the events

1.Cornwall

Y0252 10km

<http://www.ava.org/clubs/WestPoint/cornwallyre.html>

- Authors and Literary Landmarks
- Europe in the USA
- Firehouses
- Historic Churches
- Museums
- Railroad Heritage
- Riverwalk America

2.Highland Falls

Y1145 10km

<http://www.ava.org/clubs/WestPoint/hfyre.html>

- Authors and Literary Landmarks
- Cemetery Stroll
- Courthouses
- Historic Churches
- Museums
- Riverwalk America
- US Presidents
- Veteran Memorials
- Walkin' Waterfalls
- Firehouses

3.Hyde Park

Y1108 6km/13km

<http://www.ava.org/clubs/WestPoint/hydeparkyre.html>

- America's Gardens
- Authors and Literary Landmarks
- Cemetery Stroll
- Courthouses
- Europe in the USA
- Firehouses
- Historic Churches
- Museums
- Railroad Heritage
- Riverwalk America
- US Presidents
- Walkin' Waterfalls

4.Rhinebeck

Y1094 5km/10km

<http://www.ava.org/clubs/WestPoint/rhinebeckyre.html>

- Artistic Heritage
- Authors and Literary Landmarks
- Cemetery Stroll
- Courthouses
- Firehouses
- Historic Churches
- Veteran Memorials

5.West Point

Y0037 7km/11km

<http://www.ava.org/clubs/WestPoint/usmayre.html>

- Artistic Heritage
- Authors and Literary Landmarks
- Cemetery Stroll
- Firehouses
- Historic Churches
- Museums
- Riverwalk America
- US Presidents
- Veteran Memorials

Information on all of these YREs can be found on our club's website—

<http://www.ava.org/clubs/WestPoint/>



2009 Calendar of Club Events

We are sometime asked what a “Group Walk” (as opposed to a Year Round Event, or YRE) is. “Group Walk” * means all meet and signup together at the same time, get a map and start together, then you proceed at your own pace. There are NO GUIDES for this kind of walk, nor does a group have to stay together. We usually have fast walkers, slow walkers, and medium walkers, there’s almost always someone you can walk with if you join us for your first time in a GROUP WALK! ; “Event’s” are single walks especially sanctioned by the club. AVA credit is provided, and these are usually a one-time deal ; perhaps repeated yearly. Items in **BOLD RED** are updates from the previous newsletter.

CONFIRMED events are in bold face; TENTATIVE (planning dates) are listed in plain

text—usually they’ll become “confirmed” in a month or so. Due to unforeseen circumstances, we always reserve the right to cancel ANY event, but try very hard not to do so with CONFIRMED events.

Date	Day	Type	Venue or Details
11 JAN	Sun	Group Walk	West Point Group YRE – was cancelled due to snow
21 FEB	Sat	Group Walk	Rhinebeck Group YRE – was held
7 MAR	Sat	Group Walk	Highland Falls Group YRE – was held
15 MAR	Sun	Event	Goshen / Girl Scouts—was held See http://www.ava.org/gen3/data/event_details.asp?eventid=83530
29 MAR	Sun	Group Walk	West Point Group YRE— was held (This is the 11 Jan 2009 reschedule that was cancelled)
19 APR	Sun	Group Walk	Cornwall Group YRE – was held
25 APR	Sat	Event	Fort Montgomery — was held
9 MAY	Sat	Group Walk	New York City Group YRE— was held
17 MAY	Sun	Event	Central Valley—was held
7 JUN	Sun	Group Walk	Hyde Park Group YRE — was held



Date	Day	Type	Venue or Details
18 JUL	Sat	Group Walk	West Point—confirmed! NOTE SUMMER HOURS! Breakfast club meeting at 8 AM, Register at 9 AM, walk at 915 AM!
16 AUG	Sun	Group Walk	Highland Falls (Farmer's Market)—confirmed! NOTE SUMMER HOURS! Breakfast club meeting at 8 AM, Register at 9 AM, walk at 915 AM!
30 AUG	Sun	Activity	Annual Hudson River Cruise — tentative until scheduled
5 SEPT	Sat	Group Walk	Greenwich Village—confirmed!
13 SEP	Sun	Event	Nyack Street Fair— September Fest—A Quadricentennial Event — (tentative until sanctioned)
26 SEP	Sat	Event	City of Hudson Event—CONFIRMED! See http://www.ava.org/gen3/data/event_details.asp?eventid=83839 for the details—This is a new event presented for the first time by the Volkssport Club of West Point. We've had very nice dealings with the City of Hudson in setting this one up, and it promises to be fun!
4 OCT	Sun	Event	Beacon—tentative until sanctioned Farmer's Market also will be held this day — We start at the dock
17 OCT??	Sat??	Event	Hudson River 400th anniversary—(tentative until sanctioned) Cornwall Rotary Club is sponsoring a 10 km run/ walk from West Point to Cornwall on Hudson. Route 218 will be closed for this event. Our club will participate. Plans currently are for the runners to get the head start and walkers come behind in the next hour. Stay tuned!
25 OCT	Sun	Group Walk	Hyde Park—confirmed!
Oct	tbd	Event	Event in lieu of Round Pond— (VERY tentative until sanctioned) West Point MWR office might schedule a walk with a start point at the athletic field adjacent to the Post Exchange. Stay tuned!
8 NOV	Sun	Event	COLD SPRING—tentative until sanctioned Start at Metro North parking lot / Scenic Hudson Park
21 NOV	Sat	Group Walk	Cornwall—confirmed!
19 DEC	Sat	Group Walk	Rhinebeck—confirmed!
13 Dec	Sun	Activity	Holiday Party at the West Point Club —date, time, and venue to be determined

STEPPING OUT!

Volkssport Club of West Point
PO Box 30
West Point, NY 10996-0030

CLUB OFFICERS:

OFFICERS:

- Nancy Patrick, President
- Farrell Patrick, Vice President
- Joan Kimmel, Secretary
- Andrew Schmidt, Treasurer & Newsletter Editor
- Thomas Scuccimarra, Trailmaster
- **Mike Green, Webpage Master**

Web Page:

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

email:

[volkssportclubofwestpoint
@hotmail.com](mailto:volkssportclubofwestpoint@hotmail.com)

Yahoo Group!:

[http://groups.yahoo.com/group/
volkssportclubofwestpoint/](http://groups.yahoo.com/group/volkssportclubofwestpoint/)



Your privacy is important to us!

If you received this email from us and you do not wish to receive electronic mail from the Volkssport Club of West Point, please send us a note to the email address to the left, let us know, and we will remove your name from our email list immediately.

The club ONLY uses the email lists for club business, and does not provide them to other organizations or people without specific individual authorizations.

We hate SPAM just as much as you do!

DISCLAIMER:

The Volkssport Club of West Point is an officially registered private organization operating on the installation of the US Military Academy at West Point. Membership and participation in all activities is open to all, regardless of military affiliation. We welcome all who wish to participate in our programs and comradely!

The Volkssport Club of West Point's website is privately owned and operated. The contents of the site, including words, images, and opinions, are unofficial and not to be considered as the official views of the United States Military Academy, United States Army, or Department of Defense. The site is not endorsed by the United States Military Academy, United States Army, or Department of Defense. Users accept and agree to this disclaimer in the use of any information obtained from this website.

We wish to thank the Garrison Commander and the Directorate of Morale, Welfare, and Recreation (MWR) Office of West Point for their support, as well as saluting all the men and women of the Army and other branches of the Armed Forces of the United States serving on our behalf.