



STEPPING OUT!

VOLKSPORT CLUB OF WEST POINT— JANUARY 2010

THE TRAVELING PATRICKS

NANCY PATRICK, PRESIDENT

A Thanksgiving trip to Kansas gave us the opportunity to do a YRE at one of our favorite places, Fort Leavenworth. This Army family spent a memorable year on this historic post and always enjoy returning. This year, adding to our enjoyment of the walk was being joined by the founder of the West Point club, Tom Tesch.

The walk offers history on every block. Pass by quarters where a young Dwight Eisenhower and his wife Mamie resided. Pause in the cemetery at the graves of Tom Custer (brother of George) and four fellow officers who were killed at the Battle of the Little Bighorn. Walk past an area where wagon wheel ruts are still visible where pioneers began their journey west on the Oregon Trail. The expanded Frontier Museum offers a fascinating look into the history of the old west and the role played by the U.S. Army. A statue of a mounted cavalry soldier represents the Buffalo Soldiers.

If you are traveling through Kansas, don't fail to include this historic walk on your itinerary. Tom Tesch will be happy to give you a personalized walk. His phone number can be found in the Starting Point as POC.

NEW MEMBERS!

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

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.

The latest of *STEPPING OUT!* is now available on our club website <http://www.ava.org/clubs/westpoint/newsletters/> as well as on the Yahoo! Group page <http://groups.yahoo.com/group/volkssportclubofwestpoint/>



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.



2010 Regional Calendar!

Our Northeast Regional Director Phil Hait has provided us with the current calendar of events updated as of **6 August 2009 and two 2010 Calendars** (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!

NEXT CLUB GROUP WALKS, EVENTS, AND ACTIVITIES!



NEXT GROUP WALK

West Point YRE, Sat 23 Jan (confirmed)

Our usual breakfast meeting will be held at 9 AM at the PARK Restaurant, 451 Main Street, in the Village of Highland Falls.

All are welcomed to the breakfast and meeting! Remember to bring government-issued photo ID for ALL walkers! You will not be allowed on the West Point Campus without it!!

Registration at 10:15 AM at the West Point Visitor's Center, walking at 10:30 AM.

NEXT GROUP EVENT

Goshen Event

This event is Sunday, 14 March— See <http://www.ava.org/clubs/westpoint/goshenWalk2010.html>.

NEXT ACTIVITY

Walk with Picnic, West Point, Sunday, 29 August

The club is tentatively planning a Group Walk of our West Point YRE, followed by a boat ride to Constitution Island.

We will then have a picnic on the island.

Details to be arranged in the next few months, so stay tuned for further details.



It's 2010! Check out the 2010 club calendar in this edition of STEPPING OUT!

Hold the weekend of May 15-16th for our big President's & Bridge Walk Events!



2010 DUES NOTICES COMING YOUR WAY SOON!

Members whose memberships expire in the first half of 2010 will be receiving dues notices in the upcoming weeks in the US Mail.

The club has not raised its dues in at least the past ten years. For those who do not supply the club with an email address and still wish to be mailed via US Mail a hardcopy of STEPPING OUT, you'll unfortunately notice an increase to \$15.00 / year. Otherwise, new memberships and renewals with supplied email addresses remain at \$10.00/year. The cost of mailing the hardcopies of the newsletter has become too much for us to be able to do without charging those who do not have an email ID supplied and wish to continue to receive the hardcopy issues by mail.

Of course, one can still join and support the club for \$10.00 if you do not wish to have the newsletter USPS mailed and you don't have an email ID. Your support is MOST WELCOMED in all cases!

With the availability of computers in public libraries and such...do let us know by checking the appropriate box (s) on your forms.



CANADIAN CONVENTION 2010

Our AVA Northeast Regional Director Phil Hait informs us that "the Canadian Volkssport Convention is scheduled for May 28-30, 2010.

This time it is scheduled in Nova Scotia, a mere 830 driving miles from Boston for those who have a hankering to see the Provinces." (That's 988 miles from West Point—Editor).

See the website at <http://www.walkcapebreton.com/> .

HOLIDAY PARTY 2009 WAS A HIT!

Our holiday party held at *Shadows on the Hudson* in Poughkeepsie on Sunday, 13 December was a big hit despite the snow. About 17 members attended hailing from Albany to the North to Central Valley to the south. Shown here are two views of the table of attendees, along with a view of what we were looking at from the



windows on the snowy morning of the party. But our spirits, despite the weather, remained high! Thanks to club member Joan Vorbach for her usual great job in organizing the event.





CHAIN MEDAL SETS FOR SALE!

Club President Nancy Patrick informs us that former club President Tom Tesch has five complete sets of the “chain walks” medals for sale. He would be glad to sell them at \$5.00 per set to any one who wants one. Pictured is one of the

sets; they have a very nice, heavy metal set. Let Nancy know via our club newsletter if you are interested.



**NEWS FROM THE GREENS
MIKE AND BETTY GREEN**

The Goshen walk in March 2010— see the calendar in this issue of **STEPPING OUT!**

walk will be changed to include more of the Rail Trail in place of the portion of the walk that went to the 7 Columns building over the rather un-even (dangerous when wet) sidewalks.

The renovations on the Central Valley Dinner are expected to be complete by the end of February 2010 in time for the opening of the new Central Valley YRE on April 15. The starting point (location of the Walk Box) will be at the Central Valley Diner. Walkers will have a choice to start (and end) a 10 Km walk either from the diner or drive to Woodbury Common Premium Outlets to start (and end) either a 10 Km or 5 Km walk. Both the Diner and Outlet center 10 Km walks will cover the same path through the Village of Central Valley and the Outlet center.

The 10 and 5 Km walks starting from the Outlet center will have the Outlet portion of the walk at the end, such that any accumulated Outlet purchases do not have to be carried while walking in village of the Central Valley.

For the Fort Montgomery YRE, Betty and I investigated the use of a loop trail starting from and ending at the visitor center (that goes around Brooks Lake) to replace the portion of the previous event walk between the Visitor center and the Holiday Express Inn. This loop includes remains of the fort redoubts on both sides of 9W.

Perhaps club members would like to join us sometime to further document this route for the YRE.



**NEWS FROM THE
NEWS FROM THE ALBANY
CLUB**

The Empire State Capital Volkssporters club informs us that their March for Parks event at Olana is on April 17. They have been working with the Olana staff on this and believe it's an outstanding setting for a walk.

As our club has no activity on that date scheduled, why not join the ESCV on this one?



Club member Betty Green reminds us that the 2010 Idita-Walk registration is now open. The Idita-Walk is an event to promote physical fitness in the spirit of the Iditarod Sled Dog Race. The Iditarod Sled dog race is 1049 miles long from Anchorage to Nome, Alaska. To complete the Idita-Walk, simply walk 30 minutes a day for 35 days between February 1, 2010 to March 31, 2010 for a total of 1049 minutes (any combination of minutes will work - just reach 1049 during the 59 day event!). See the website <http://www.idita-walk.com/idw/Index.asp> for details if you'd like to participate.



Fun, Fitness, Friendship

THE AMERICAN WANDERER

The American Wanderer (T A W) is the official newspaper publication of the American Volkssport Association (AVA) and is published six times a year. In addition to articles about health, fitness and regional events, you'll find features of people who have walked all 50 states, -lists of clubs and volkssport events nationwide, IVV achievement awards lists, what's happening at the national A VA, and advertisements for bus tours traveling throughout the USA and abroad to combine sight-seeing with volkswalking.

You can receive a subscription to TAW by supporting the AVA through an annual Volkssport Associate membership (\$25 individual; \$30 family) or a subscription only (\$20). Send a check made payable to AVA to:

Volkssports Associate, AVA National Headquarters, 1001 Pat Booker Rd., Suite 101, Universal City, TX 78148

Lifetime membership is also available and fees are based on age; see- the membership form at www.ava.org/forms/AssociateMembershipForm.pdf

(If you'd like a sample issue of *TAW*, contact our Northeast Regional Director Phil Hait at 508-429-3564 or haitp@verizon.net)

- Walk N' Mass Newsletter "**Footnotes**", Jan 2010

STRAYS

- 2010 **Starting Point** books are now available for \$17.50 each; we'll have some at the upcoming club events
- The "Cold Spring" YRE is now officially open for business. Tom Scuccimarra was instrumental in obtaining walk box location at the Cold Spring Depot Restaurant, and it has now been placed there. See the AVA website http://www.ava.org/gen3/data/event_details.asp?eventid=85793 and our own website <http://www.ava.org/clubs/WestPoint/coldspringyre.html> for details

MINUTES OF THE DECEMBER 2009 CLUB MEETING

Volkssport Club of West Point met on 19 December 2009 at the Eveready Diner in Hyde Park prior to a group walk of the Rhinebeck YRE. Four members were present.

Treasurer's Report:

- The balance on hand is \$1443.51, which Andrew noted was the highest balance reported in a meeting for the past 8 quarters for quarterly end periods.
- It was noted that at the January meeting Andrew will have a report on the 2009 walking activities of all the club events and YREs.

Old Business:

- Andrew was in touch with various people concerning the closing of our check in tables for group walks. It was determined that as a policy we need to ensure we are there for at least 3 hours past the scheduled check in closing time OR after the last person leaves the check in desk, whichever is earlier.

New Business:

- Andrew noted that in the January 2010 newsletter he has a shout out to the Albany ESCV club to promote their event on March for Parks event at Olana on April 17 2010. They have been working with the Olana staff on this and believe it's an outstanding setting for a walk.
- The club voted to give out 2009 charitable donations for \$25 each to the Trailside Museum (Fort Montgomery walk relationship for our access to the Zoo), \$25 for Scenic Hudson (for their cooperation in allowing us use of the Foundry Dock park for Cold Spring), and the Museum of Hudson Highlands (for the use of their facilities on our Cornwall YRE walk).

There being no further business, the meeting was adjourned. The four members then proceeded to walk the 5K (Short) Rhinebeck YRE due to the cold (18 degrees).

Andrew Schmidt, Treasurer

2010 YEAR ROUND EVENTS SCHEDULE AND INFORMATION

WEST OF THE HUDSON

1. CENTRAL VALLEY (SEASONAL WALK)

Y1958, RATING 3, 5k/10k,
4/15/2010 to 12/31/2010

Start Point: Bright Star Diner,
220 Rte 32, Central Valley, NY

2. CORNWALL

Y0252, RATING 3, 10k, 1/2/2010 to
12/31/2010

Start Point: USMA Visitors Center,
West Point Highway, Highland Falls

3. FORT MONTGOMERY (SEASONAL WALK)

Y1740, RATING 3+. 10k, 4/1/2010
to 10/31/2010

Start Point: Fort Montgomery State
Historic Site Visitor Center, 690
Route 9W, Fort Montgomery

4. HIGHLAND FALLS

Y1145, RATING 1, 10k, 1/2/2010 to
12/31/2010

Start Point: USMA Visitors Center,
West Point Highway. Highland Falls

5. WEST POINT

Y0037, RATING 2, 5k/11k, 1/2/2010
to 12/31/2010

Start Point: USMA Visitor's Center,
West Point Highway, Highland Falls

AVA SPECIAL PROGRAMS

- **America's Gardens** - Hyde Park

- **American Authors and Literary Landmarks** - Central Valley*, Cornwall, Highland Falls, Hyde Park, Rhinebeck, West Point

- **Artistic Heritage** – Rhinebeck, West Point

- **Cemetery Stroll** - Central Valley (10K)*, Highland Falls, Hyde Park, Rhinebeck, West Point (11K)

- **Firehouses** – Central Valley (10K), Cornwall, Hyde Park, Rhinebeck, West Point (11k)

- **Forts of the United States** – Fort Montgomery, Highland Falls, West Point

- **Historic Churches** - Cornwall, Highland Falls, Hyde Park, Rhinebeck, West Point

- **Honoring Law Enforcement** – Cornwall, Fort Montgomery, Highland Falls, Rhinebeck, West Point

- **Hooray for Hollywood** - West Point

- **Museums** – Cornwall, Highland Falls, Hyde Park, West Point

- **Railroad Heritage**– Central Valley (10K)*, Cornwall, Hyde Park (both 13K routes)

- **Riverwalk** - Cornwall, Highland Falls, Hyde Park (only 6K “wood” route and both 13K routes), West Point

- **Veteran's Memorials** – Central Valley (10K)*, Highland Falls, Rhinebeck, West Point

- **Walkin' Waterfalls** – Highland Falls, Rhinebeck, Hyde Park

EAST OF THE HUDSON

6. COLD SPRING

Y1633, RATING 2+, 10k, 1/2/2010
to 12/31/2010

Start Point: Cold Spring Depot
Restaurant, Depot Square, Cold
Spring

7. HYDE PARK

Y1108, RATING 3, 6k/13k,
1/2/2010 to 12/31/2010

Start Point: The Eveready Diner,
540 Albany Post Rd. (Route 9),
Hyde Park

8. RHINEBECK

Y1094, RATING 1, 5k/10k,
1/2/2010 to 12/31/2010

Start Point: The Delamater
House, The Delamater House Inn
and Conference, Rhinebeck



2010 Calendar of Club Events

We are sometimes asked what a "Group Walk" (as opposed to a Year Round Event, or YRE) is. A "Group Walk" * means all meet and signup together at the same time, get the trail directions 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! ; "Events" are one-time only walks. AVA credit is provided, and these are usually a one-time deal ; perhaps repeated yearly.

RED items are items updated from our last issue; CONFIRMED events still to be held are in **BOLD** face; TENTATIVE (planning dates) are listed in plain text—Due to unforeseen circumstances, we always reserve the right to cancel ANY event, but try very hard not to do so with CONFIRMED events. (*-Thanks to ESCV for this!)

2010

Date	Day	Type	Venue or Details
2-Jan	Sat	Informational Item	Cold Spring YRE - Permanent Trail Opened
23-Jan	Sat	Group Walk	West Point Group YRE - CONFIRMED!
21-Feb	Sun	Group Walk	Hyde Park Group YRE - CONFIRMED!
6-Mar	Sat	Group Walk	Rhinebeck Group YRE - CONFIRMED!
14-Mar	Sun	Event	Goshen St. Patrick's Day Celebration - CONFIRMED! (Greens, POC) See http://www.ava.org/gen3/data/event_details.asp?eventid=86690 for details!
1-Apr	Sat	Informational Item	Fort Montgomery Group YRE - Permanent YRE trail opens
10-Apr	Sat	Group Walk	Cornwall Group YRE - CONFIRMED! (with new 'extreme' route option!)
15-Apr	Thur	Informational Item	Central Valley YRE - Permanent Trail Opens
15-May	Sat	Event	West Point President's Event - WEEKEND - CONFIRMED! (Patricks, POC) See http://www.ava.org/gen3/data/event_details.asp?eventid=86709 for details!
16-May	Sun	Event	Poughkeepsie Bridges Event - WEEKEND - CONFIRMED! (Andrew, POC) See http://www.ava.org/gen3/data/event_details.asp?eventid=86710 for details!
23-May	Sun	Group Walk	Fort Montgomery YRE - tentative
12-Jun	Sat	Event	(open date for an event, perhaps Manitoga in Garrison) - tentative (Patricks, POC)
19-Jun	Sat	Group Walk	Central Valley Group YRE - CONFIRMED!
26-Jun	Sat	Event	David Skinner Memorial Walk, sponsored by the Albany AVA Club
17-Jul	Sat	Group Walk	Cold Spring Group YRE -CONFIRMED
31-Jul	Sat	Event	Mills-Norrie - tentative (Joan, POC)
14 or 21 Aug	Sat	Event	West Point Round Pond Event - tentative (Patricks, POC)
29-Aug	Sun	Group Walk + Activity	West Point Group YRE + tentative BOAT RIDE afterwards for picnic - CONFIRMED!
12-Sep	Sun	Event	Nyack Street Fair - tentative (Peggy, POC)
25-Sep	Sat	Event	Hudson River Valley Ramble (Location TBD) (Andrew, POC)
1-2 Oct	Fri-Sat	Informational Item	AVA National Executive Council Meeting - Albany, NY
3-Oct	Sun	Group Walk	Highland Falls Group YRE - CONFIRMED!
10-Oct	Sun	Event	Beacon - tentative (Joan, POC) (changed date to 10/10/2010 to avoid Freedom Festival walks)
6-Nov	Sat	Group Walk	New York City Greenwich Village Group YRE - CONFIRMED!
4-Dec	Sat	Group Walk	New York City Central Park Group YRE - tentative (Andrew soliciting opinions)
12-Dec	Sun	Activity	Annual Holiday Party - Tentative (Date and Venue TBD)

STEPPING OUT!
VOLKSSPORT CLUB OF WEST
POINT
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WEST POINT, NY 10996-

Officers:

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

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Yahoo Group!:

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

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



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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!

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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.