



STEPPING OUT!

VOLKSPORT CLUB OF WEST POINT — MAY/JUNE 2010

PRESIDENTS DAY / WALKWAY WEEK A HUGE SUCCESS!

Over the weekend of 15-16 May, the club ran it's much anticipated Presidents Day (West Point) / Bridges (Poughkeepsie and Highland) . On Saturday the 15th, 125 walkers started from the Bowling Alley at West Point on a special trail that hit many different locations than usual. We thank Thane Kelley and MWR staff for providing canopy, tables, chairs, trail maps and duplication of directions for both day's events.

The next day, Sunday, we walked the new Poughkeepsie/Highland "Walkway Over the Hudson" bridge with 145 walkers. We thank the NY State Bridge Authority for their cooperation for our trek across the southern span of the Mid-Hudson Bridge, and the NY State Parks office (specifically Tim Otty) for their cooperation and assistance for the northern Walkway span. They set up our tent, tables, and helped with publicity.

This was a great event! Club members the Patricks, the Greens, Joan Kimmel, Tom Nisonger, Judy Polczer, Joan Vorbach, and Andrew Schmidt assisted in the logistics, planning, and staffing of this multi-day event.

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

- Andersons
- Vorbach
- Mowery
- Polczer

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 (unlike some other clubs), those people who voluntarily join the club do their part to help support us.

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.



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 **19 May 2010** 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 2010- June-Dec.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

Central Valley Seasonal Walk

Club Group Walk on Sat, 19-June 2010. Note these are summer hours! We'll move everything up one hour from normal.

Our usual breakfast meeting will be held at **8 AM** at the Bright Star on Route 32 in Central Valley. All are welcomed to the breakfast and meeting! Registration and walking at **9:15 AM** at the Bright Star Diner.

NEXT GROUP EVENT

West Point Round Pond Event

We're tentatively planning some kind of group event (walk) at the Round Pond Recreation area. Potential dates are shown in the calendar in the back of this issue of STEPPING OUT.

This is a combined month of May and June issue of STEPPING OUT. With the Bridges and Presidents walk in May, Andrew just got too busy! Sorry!

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.

2011 Convention



Save This Date

June 18 - 26, 2011

17th Biennial Convention
of the
American Volkssport Association
Des Moines, Iowa

**www.ava.org
2011 convention link**

MINUTES OF THE APRIL 2010 CLUB MEETING

Volkssport Club of West Point met for a brief business meeting on 10 April 2010. Six members were present plus guest, Phil Hait the NE Regional Director.

The treasurer's report was \$781.19 as of 28 February. The bank statement for March has not been received as of this date.

There was no old business.

New Business: Joan Vorbach volunteered to work at the checkpoint on the Poughkeepsie side of the bridge at the event in May.

AVA Convention 2013: Phil Hait reported that clubs in Washington State and Nebraska have expressed interest in hosting a convention. There is not much support for Nebraska as the 2011 convention will be in Iowa.

Phil also commented on some of the new Special Programs as well as some of the proposed and rejected programs. He is the coordinator for the Special Programs for AVA.

There being no other business the meeting was adjourned. Members went to the West Point Visitor's Center to register for the Cornwall YRE. Ten walkers participated.



Walkers at Cornwall on The Hudson group YRE

Nancy Patrick, President

MINUTES OF THE MAY 2010 CLUB MEETING

The Volkssport Club of West Point met for a pre-walk breakfast on 23 May 2010, at Foodies deli in Fort Montgomery.

The business meeting was conducted at the Fort Montgomery Visitor's Center with eleven members present plus one guest. Following the meeting we watched the short film about the battle fought here.

Treasurer's Report: The current balance is \$852.16.

Andrew commented on the difficulty AVA is having with paper coupons being sent without being reported first.

Old Business: (Judge) Tom S. complimented everyone who worked on the President's Walk and Bridge Walk weekend. All present agreed it was a great success with 125 registered walkers at West Point and 145 registered walkers at the Bridge.

The club received email from Thane Kelley at MWR (West Point) regarding the event. He asked if we would like to have a table again next year as part of the 10km run. Club president answered in the affirmative.

There was a discussion of the Hudson Valley Ramble and what our club participation would be. Andrew stated that in the past we have done some walks twice. Thus, he is seeking approval for us to repeat the walk on Vassar campus.

New Business: Purchasing supplies: Betty Green suggested that when we repurchase AVA marking tape that it be a bright color. The blue tape we used for President's walk was more difficult to see than the red.

Nancy suggested that we purchase event book covers to sell. It was agreed that an order of 12 would be sufficient. We will order them in a gold color.

Lisa said she would purchase the remaining copy of "Starting Point".

Members purchased all but one of the remaining National Physical Fitness patches. One dozen were ordered and eleven sold.

(Judge) Tom S. reported that he has placed copies of the Cold Spring map in the walking box at The Depot restaurant.

The next walk will be our first group walk at Central Valley since it has been officially sanctioned as a YRE.

Pre-walk breakfast will be at Bright Star Diner at 0800 on 19 June.

There being no other business the meeting was adjourned.

Nancy Patrick, President

President

CLUB WALKERS WALK WITH THE ALBANY CLUB AT OLANA



Mike and Betty Green and Farrell and Nancy Patrick represented the club at the recent "March For Parks" walk at Olana near Hudson, NY. The event was sponsored by the Empire State club.

The day began with early rain but cleared for a chilly, brisk walk. The magnificent estate was named Olana by the owner, Frederick Church, one of the Hudson River School of landscape painters. The well marked route followed paved roads as well as woodland trails. The 5 km trail went up moderate hills into the woods where you could see a distant view of the Moorish style home. The 10 km trail was a more strenuous walk with steeper hills. From atop one hill you look below to see a large pond that was designed to mimic the Hudson River. Mr. Church used his artistic talent when carefully planning the design of the property. Walkers at this event were rewarded with beautiful and scenic vistas.

The small Visitor's Center has a film about the history of the estate. Tours of the Church home are given hourly. I hope the Empire State club will make this walk a yearly event as it is well worth the trip.

Nancy Patrick

ANNUAL CLUB BOAT RIDE DETAILS!



Once again, with the cooperation of the Rotary, our club will participate in an annual August boat ride of the Hudson. We'll leave the West Point dock on Sunday, 22 August. Reservations

are required; this year, we will bring our own food and attendance is free, but limited reservations space is required.

If you'd like to attend, please send the club a query to our e-mail address

volkssportclubofwestpoint@hotmail.com—we will contact you shortly once we receive your note



NEW SEASONAL GROUP WALKS!

The club is in full swing on our new

Seasonal Group Walk schedule. That means that as a club, we walk the newly sanctioned (2010) events. On 23 May, we did the Fort Montgomery group walk, also eating at a new location! Thanks to club President Nancy Patrick for the new breakfast meeting location, and club Webmaster Michael Green for updating the walking directions to accommodate our new starting point at the New York State Historical Site.

On 19 June, we will walk the new Central Valley Seasonal Walk for our first time as a club. See the details on the front page for the breakfast meeting and walk details. NOTE! Summer hours will be in effect for this walk, so that means the breakfast is at 8 AM, and walking at 9:15 AM from the new start point at the Bright Star diner.

Pictured on the Fort Montgomery walk over the Popolopen Creek are club members Mike Green, Tom Nisonger, Betty Green, Andrew Schmidt, Irene Jansky, and Ed Choma. Photo by Tom Scuccimarra.



AVA AWARDS RECEIVED BY OUR MEMBERS

COMPILED AND REPORTED BY BETTY AND MIKE GREEN

Distance Awards

- 5000 KM Nancy Patrick
- 10000 KM Phil Hait

Event Awards

- 175 Events Sand (from April/ May 2010)
- 200 Events Andrew Schmidt
- 950 Events Phil Hait

These awards were received by club members that participate in the American Volkssport Association's Achievement Awards Program. They were compiled from the June/July issue of the AVA's national magazine, *The American Wanderer*. If we missed any club member, please let us know so we can make a correction next issue! For more details, see <http://www.ava.org/What We Are About/vmfaq.htm#IVV Awards>



CONGRATS TO CLUB MEMBER TOM SCUCCIMARRA!

At the West Point Presidents Walk held on 15 May, not only did the club participate in a specially planned group walk (see page 1), but there was also a car show that club member Tom Scuccimarra entered with two of his show cars, his Edsel and a Ford Mustang. It is our pleasure to report that he won a first place trophy for the Edsel which was in a class of cars from 1950 to 1959!

Tom reports "They gave out a real nice trophy which was unusual. It was a plaque with the America flag on it and had the date of show, class, location and that it was Armed Forces Day."

2011 AVA CONVENTION IN JUNE— START PLANNING!

The AVA holds its bi-annual convention every other year, and in the past decade, many of our club members have attended. The next AVA Convention will be held on 18-26 June 2011 in Des Moines, Iowa.



Suzy Belle, the convention mascot, reminds us that the AVA has a website devoted to the convention, and we urge club members who have never participated in one of these conventions to consider attending. There are a lot of walks, a lot of social activities, and marketplace, meetings of walking and AVA interest, and so-on.

Club President Nancy Patrick reports that Tater Tours already has 30 people signed up for the their trip.

If you have any interest, look at the AVA webpage <http://www.ava.org/clubs/ava2011convention/index.asp>



MAKE A CLUB SWEAT-SHIRT!

Club VP Farrell Patrick and Club

President Nancy Patrick proudly show off their club sweatshirts! If you'd like to create one, the club has the patches for sale (\$5), and with a good sewing job on a black sweatshirt, they look great!



NEW CLUB BANNER!

The new club banner debuted at the recent

Presidents and Bridge walks in May. Thanks to Betty and Mike Green for doing the design and ordering of our spiffy addition to our club image!

2010 YEAR ROUND EVENTS SCHEDULE AND INFORMATION

WEST OF THE HUDSON

1. CENTRAL VALLEY (SEASONAL WALK)

Y1958, RATING 3, 5k/11k,
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+. 5k/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 (11K), Highland Falls, Hyde Park, Rhinebeck, West Point (11K)
- **Firehouses** – Central Valley (11K), 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, Highland Falls, Rhinebeck, West Point
- **Hooray for Hollywood** - West Point, Hyde Park (both 13K routes)
- **Museums** – Cornwall, Highland Falls, Hyde Park, West Point
- **Railroad Heritage**– Central Valley (11K), 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 Central Valley (only 5K “village” route that starts/ends from/at the Diner and both 11K routes), Highland Falls, Rhinebeck, West Point
- **Walkin’ Waterfalls** – Highland Falls, Rhinebeck, Hyde Park

EAST OF THE HUDSON

6. COLD SPRING

Y1633, RATING 2+, 5k/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.

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 - was held
21-Feb	Sun	Group Walk	Hyde Park Group YRE - was held
6-Mar	Sat	Group Walk	Rhinebeck Group YRE - was held
14-Mar	Sun	Event	Goshen St. Patrick's Day Celebration - was held
1-Apr	Sat	Informational Item	Fort Montgomery Group YRE - Permanent YRE trail opened
10-Apr	Sat	Group Walk	Cornwall Group YRE - was held
15-Apr	Thur	Informational Item	Central Valley YRE - Permanent Trail Opens
15-May	Sat	Event	West Point President's Event - WEEKEND - was held
16-May	Sun	Event	Poughkeepsie Bridges Event - WEEKEND - was held
23-May	Sun	Group Walk	Fort Montgomery Group YRE - was held
6-Jun	Sun		open date, no event or activity planned - was TENTATIVE earlier
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 or 14 Aug or 21 Aug	Sat	Event	West Point Round Pond Event - tentative (Patricks, POC)
22-Aug	Sun	Activity	West Point/Hudson River Cruise - Contact volkssportclubofwestpoint@hotmail.com if interested in attending our annual cruise - You MUST have a confirmation from the club if you wish to attend as we need to ensure the boat is not overbooked!
29-Aug	Sun	Group Walk + Activity	West Point Group YRE + tentative BOAT RIDE afterwards for picnic - CONFIRMED!
12-Sep	Sun	Event	Nyack Street Fair - CONFIRMED! See http://www.ava.org/gen3/data/event_details.asp?eventid=87210 for details (Peggy, POC); this is also the club's 2010 Hudson Valley Ramble submission
25-Sep	Sat		open date; previously was being held for the Ramble
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)
22-24 Oct	Fri-Sun	Informational Item	US FreedomWalk Festival 2010, Arlington VA & Washington DC
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 at Shadows on the Hudson - Tentative (Date TBD)

STEPPING OUT!
VOLKSSPORT CLUB OF WEST
POINT
PO BOX 30
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

Web Page:

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

email:

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

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

Yahoo Group!:

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

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

Latest Newsletter:

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



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We hate SPAM just as much as you do!

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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.