



STEPPING OUT!



VOLKSPORT CLUB OF WEST POINT — JULY 2010



NEW CLUB ON-LINE CALENDAR!

Our club events calendar is now located on GOOGLE! By having it online, we can make (and you can view) changes at any time.

Our club website (<http://www.ava.org/clubs/WestPoint/>) contains the calendar imbedded, with additional usage information at the bottom of the page, or you can directly view it:

<http://vcwp.nodegreen.com>

So you can now see online our events! If you also happen to have a Google account and use local calendaring software (like OUTLOOK) on your PC, you can subscribe to the calendar and when things change, you'll get an email notice right away that you can post/import/accept to your local calendar.

Thanks to Mike Green who wrote some customized software, we will still publish the 'paper version' in **STEPPING OUT!** (extracted from the online calendar) as we've listed in the past on the second to last page of **STEPPING OUT!**.

So - check it out and bookmark the page.

NEW MEMBERS!

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

- Foy

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.

Second half of 2010 Renewal letters are in the mail for those members whose membership renews in the second half of 2010. Please rejoin if you can and help support the club!

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

COLD SPRING YRE

Sat, July 17—Note summer hours! Our usual breakfast meeting will be held at 8 AM at the Cold Spring Cafe, 129 Main Street, Cold Spring, NY 10516. All are welcomed to the breakfast and meeting! Registration and walking at 9:15 AM at the Cold Spring Depot Restaurant, 1 Depot Square, Cold Spring NY 10516 (NOT the same location as the breakfast meeting!).

NEXT GROUP EVENT

BOAT RIDE! SUN AUG 22, 2010

Bring your own food and beverage.

No cost; no donation! What a deal! Bring family and friends.

MUST RSVP to the Club— All people must receive a note from us indicating event is a 'go' before assuming it is! **DO NOT SHOW UP WITHOUT SUCH A RECEIPT FROM THE CLUB!**

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 month, 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 JUNE 2010 CLUB MEETING

The Volkssport Club of West Point met for a pre-walk breakfast on 19 June 2010, at the Bright Star Diner, the start point for our new Central Valley Seasonal Walk.

Club member Betty Green volunteered to take minutes at the meeting.

Andrew Schmidt, Treasurer, gave his treasurer's report:

The balance was: \$1,542.94 (before end of month payments), also noting for the

last 12 months we've been \$318.92 in black.

The club calendar was discussed:

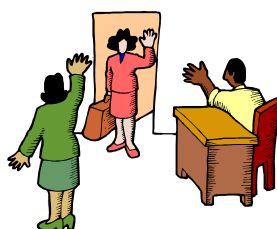
- Central Valley Walk: 6/19
- Dave Skinner Walk: 6/26
- C o l d S p r i n g : 7 / 1 7 -
A question was raised where to eat for Breakfast meeting at the Cold Spring date, as the Depot restaurant not open that early. Andrew will discuss with club President Nancy Patrick and club member Tom Scuccimarra, both of whom were unavailable for the meeting. (Editor's note: see front page for an update!)
- The Round Pond event, tentatively scheduled on some weekends in the end of July or August was taken off the calendar.
- River Boat Cruise 8/22 Free -bring own food (change from the past) - RSVP a MUST to the club! So far, not much interest has been shown.
- Tentative Boat Ride (to Constitution Island) & Picnic 8/29
- Nyack event walk (Ramble Event) 9/12
- Tentative Beacon event walk 10/10

Agreed: Bridge Walk should be YRE. Betty & Mike Green will work on getting starting point (diner 1st choice; gas station 2nd choice)

There was some discussion of electronic sign-up (registration) for walks. Some for / some against. It was agreed electronic registration only works with online payment & access to instructions. Club secretary Joan Kimmel had bad experience with a club that required receiving check by snail mail before sending instructions.

There being no other business the meeting was adjourned and club members and guest enjoyed the first group walk of the Central Valley event. (Andrew's comment: It was highlighted with a 'Volksbreak' with refreshments as we passed Mike and Betty Green's house. Thanks folks!)

Betty Green



GOOD
BYE TO
CONNIE!

Our AVA headquarters informs us that Connie Runkel, who processed the awards, has left the AVA Headquarters to move to Maryland. We will certainly miss her. Books will continue to be processed by other staff members and volunteers until the position is filled.



WATCH OUT FOR A NEW YRE!

The club is in the planning process for a new **POUGHKEEPSIE/HIGHLAND YRE** to cover the new Walkway Over the Hudson and Mid-Hudson bridges. This route will be similar to the recently completed event we had in May on the bridges.



Elections for 2010– 2011—The nominating committee has proposed the slate of:

- President—Nancy Patrick
- Vice President— Farrell Patrick
- Secretary—Betty Green
- Treasurer—Andrew Schmidt

Elections as usual at the October club meeting; other nominations are allowed—email to our club email address if you wish to nominate others. All members in attendance in October eligible to vote.

NOTES FROM THE NERD

PHIL HAIT, AVA NORTHEAST REGION DIRECTOR

June 27, 2010

Good morning everyone!

Earlier this week the NEC had a conference call meeting primarily to review & approve the proposed AVA Budget for the upcoming fiscal year. The budget was based on a number of things including the current year trend for walk participation income. In reviewing the current year which concludes at the end of June, AVA has a budget shortfall of nearly \$40,000. A Certificate of Deposit was cashed in May to cover this deficit & put additional money toward next year's budget which shows a \$60,000 potential shortfall.

I know that many clubs have had to do similar acts to continue to pay the bills. A lot of discussion was had about various ways to increase income. The easiest way to correct the situation is to increase paid walkers at events & to increase AVA membership. Easier said than done! When potential national sponsors are approached about becoming a partner with AVA, their first question is about the size of membership in the organization. The only way to answer that is with the AVA membership & with the number of event books redeemed. Both categories have declined substantially in recent years. Any other ideas out there?

In IVV news, Joseph Gigl, IVV President died suddenly on June 12 of an apparent heart attack. Claude Raymond, one of three IVV Vice Presidents has taken over the duties of President on an interim basis.

Curt Myron & Wayne Holloway have been leading the search committee for the new AVA Executive Director to replace Jackie Wilson who is retiring at the end of August. They have concluded the interviews after numerous qualified candidates were put through the process. An offer has been made to the leading candidate & they expect that this person will join AVA full time on August 1, 2010. This allows for a month of overlap with Jackie which will be extremely helpful for a smooth transition. No name has been released & won't until the paperwork is complete.

The next NEC Meeting will be on October 1 & 2 in Colonie, NY at the Best Western Hotel on Wolf Road. Meeting times are being finalized so that the NEC can attend the ESCV Octoberfest walk in Menands on Saturday morning. It will be a great opportunity for the NEC & the ESCV members to meet mingle & share volkssporting ideas. If you want to see your elected officers in action, this will be an excellent opportunity. The new Executive Director will also be in attendance to see how one of AVA's largest clubs in action!

On the conference call, I asked the question about the policy/requirement for AVA Regional re-alignment. It seemed quite appropriate after reviewing the budget situation. Quite simply, the NEC can re-align, consolidate & change regions through a simple vote. This is how the Northeast Region was created in 1989. Club approval is not required nor is an AVA bi-law change required. The bi-laws indicate that a minimum of 6 regions but no more than ten are required. There are cost savings to AVA if less RDs are required to travel to the NEC Meetings & AVA biennial convention in addition to administrative costs. The discussion was referred to a study group. The topic will come up at the next NEC Meeting for further discussion and potential action.

The Northeast Region is the smallest in number of clubs & I do not expect the club count to increase in the near future. In fact I expect the count to decrease. Combine this with the inability to attract potential candidates for Region Director & region nominating committee, I can see the near term consolidation. If you want to see the Northeast Region continue intact, the time is now to take the next step. I am term limited and cannot continue.

Now is the time to start the process for renewing the YREs for 2011.

Finally, I saw an article (http://www.usatoday.com/news/health/painter/2010-06-21-yourhealth21_ST_N.htm) in a recent USA Today that might of interest for those of us who spend a good deal of time on our feet.

See you on the trails,

Phil

haitp@verizon.net



ANNUAL CLUB BOAT RIDE DE- TAILS!

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

Contact all of the region clubs to solicit candidates for region director. Forward the names of all candidates for northeast region director to national coordinator & later to poll the region clubs for their vote on the candidates.

All candidates for either category need to be identified by the beginning of 2011 to allow for the proper time to have their individual qualifications reviewed. Candidates will be asked to prepare a short biographical sketch for publication in *The American Wanderer*.

If you have interest in any of the available positions, please contact Phil Hait at haitp@verizon.net

The AVA is currently looking at ways to cut costs. One of those is to reduce overhead by a regional realignment to have fewer regions. Without candidates from the Northeast Region, AVA might interpret that as a reason to include the northeast into a neighboring region.

HELP WANTED!

FROM PHIL HAIT, AVA NORTHEAST REGION DIRECTOR

The AVA biennial convention of 2011 will be held in Des Moines, Iowa. At that time a new slate of national officers will be elected & the newly elected region directors will be introduced.

AVA bylaws require that each region have a nominating committee 9 months prior to the convention which means that this October at least

one person from the Northeast Region needs to be identified who will coordinate information to the national nominating committee.

There are two components to this position.

Contact all of the region clubs to determine if anyone is interested in being a national officer. Forward the names of any individual interested in running for one of the four national officer positions to the national coordinator.

ADDITIONAL CLUB COINS PRE- SENTED!

Club President Nancy Patrick presented additional Volkssport Club of West Point appreciation coins to:

- Mary Ptacek of Tater Tours. Presentation made at "meet and greet" prior to start of Columbia River Gorge event.
- Tom Tesch, founder and past president of our club.

Thanks to these two folks for the assistance, now and in the past, to the Volkssport Club of West Point.

Nancy also reports that she, Vice President Farrell Patrick, and VCWP badge coordinator Peggy Goetz recently returned from the bi-annual Columbia River Gorge event. This event drew over 600 walkers.



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
- **Firehouses** – Central Valley (11K), , Cold Spring, Cornwall, Hyde Park, Rhinebeck, West Point (11k)
- **Forts of the United States** – Fort Montgomery, Highland Falls, West Point
- **Historic Churches** — Cold Spring, 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** – Cold Spring, Cornwall, Highland Falls, Hyde Park, West Point
- **Railroad Heritage**– Central Valley (11K), , Cold Spring, Cornwall, Hyde Park (both 13K routes)
- **Riverwalk** - Cold Spring, 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
26-Jun	Sat	Event	David Skinner Memorial Walk, sponsored by the Albany AVA Club http://www.ava.org/clubs/escv/10gloversville.pdf
17-Jul	Sat 8:00AM	Group Walk	Cold Spring Group YRE - CONFIRMED Details on page 1.
22-Aug	Sun	Activity	West Point/Hudson River Cruise - TENTATIVE 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! Times and location TBD
29-Aug	Sun	Event	West Point Group YRE CONFIRMED + BOAT RIDE (TENTATIVE) afterwards for picnic - CONFIRMED!
12-Sep	Sun 9:00AM	Event	Nyack Street Fair - CONFIRMED! See http://www.ava.org/gen3/data/event_details.asp?eventid=87210 for details (Peggy Goetz, POC); this is also the club's 2010 Hudson Valley Ramble submission
1 to 2 -Oct	Fri , Sat	Informational Item	AVA National Executive Council Meeting - Albany, NY - CONFIRMED!
3-Oct	Sun 9:00AM	Group Walk	Highland Falls Group YRE - 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 and walking at 10:15 AM at the West Point Visitor's Center.
10-Oct	Sun	Tentative Event	Beacon Details to be posted.
22-Oct	Fri	Informational Item	US FreedomWalk Festival 2010, Arlington VA & Washington DC - CONFIRMED but check with sponsor
6-Nov	Sat	Group Walk	New York City Greenwich Village Group YRE - CONFIRMED! details to be posted later
4-Dec	Sat	Group Walk	New York City Central Park Group YRE - TENTATIVE (Andrew soliciting opinions) Details to be posted later.
12-Dec	Sun	Activity	Annual Holiday Party at Shadows on the Hudson - TENTATIVE (Date TBD) Details to be posted later.

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@hotmail.com)

[@hotmail.com](mailto:volkssportclubofwestpoint@hotmail.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/](http://www.ava.org/clubs/westpoint/newsletters/)

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

Club Calendar of Events:

[http://www.tinyurl.com/](http://www.tinyurl.com/VCWP-Calendar)

VCWP-Calendar



our privacy is important to us!



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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 camaraderie.

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.