



STEPPING OUT!



VOLKSPORT CLUB OF WEST POINT — AUGUST 2010

EVENTS COMING UP SHORTLY!

The next few months have two interesting and events....so let's do the roll call so you don't miss any of these!

- On Aug 22nd (Sun), we have our annual West Point/Hudson River Cruise. This year it is free but we do want RSVPS! Why free? Because this year you bring your own food and drinks, but the river and the boat ride is supplied! See details on page 4 for more information.
- Sep 12—(Sun) 9:00AM is our annual Nyack Street Fair walk, but this year it is part of the Hudson River Valley Ramble! See the website http://www.ava.org/gen3/data/event_details.asp?eventid=87210 for details of the walk, and the website <http://hudsonrivervalleyramble.com/home.aspx> for more details on the Ramble.

This walk is always one of our favorites, and the Nyack street fair that the walk always routes through is a great way to end the summer in one of the Hudson Valley's neat towns.

NEW MEMBERS!

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

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.

- McNelly
- Dooley

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

Aug 29 Sun 8:00 AM

West Point Year-Round Event

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! Registration and walking at 9:15 AM at the West Point Visitor's Center.

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

Annual Holiday Party, Sun 12 December— Location and date/time TBD.

Note that the previously tentatively scheduled picnic on Constitution Island that was on 29 August has been cancelled as we found out that no boats leave for the island on the weekend. But we are having our usual club meeting and walk on that day.



Save This Date
June 18 - 26, 2011
17th Biennial Convention
of the
American Volkssport Association
Des Moines, Iowa
www.ava.org
2011 convention link

AVA AWARDS—COMPILED BY BETTY GREEN

Event Awards: 30 Events - Shirin Pagels; 125, 150 Events - Joan Vorbach

Distance Awards: 1000 KM—Joan Vorbach; 2500 KM —Andrew Schmidt

These awards were received by club members that participate in the American Volkssport Association's Achievement Awards Program. They were compiled from the recent 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>

CLUB TREASURER ANDREW “DOES” LONDON!



Club Treasurer Andrew Schmidt and his son-in-law Giles Matthews “did” the London Volkswalk event sponsored by the British Walking Federation in July on a visit to Giles’s native city. The walk starts at Big Ben/Westminster and hits many of the scenic highlights of the cities of Westminster and London. Andrew has put up a FACEBOOK album page of the walk for those interested in seeing and reading about it. You need NOT have a Facebook ID to view—simply point your browser to:

<http://www.facebook.com/album.php?aid=2048619&id=1282426800&l=809dc89bbf>

MINUTES OF THE JULY 2010 CLUB MEETING

The Volkssport Club of West Point met for a breakfast meeting at The Cold Spring Cafe in Cold Spring, NY on 17 July 2010. Six members were present plus a new walker who joined the club.

Club treasurer, Andrew Schmidt, is on vacation and did not provide a treasurer's report. (26 July update from Andrew: I was in London, and did the London Volksswalk—pictures on Facebook. The club balance as of 30 June was \$1204.68, in keeping with past quarterly balances. Over the past 12 months, we have been in the black by \$158.82, with expenses being \$2618.60 and income of \$2777.42. Since this fiscal year ended 30 June, I will be double checking our records for submission to the auditor and AVA over the next few months when all checks clear. Second half year dues' notices went out in the US mail to all people whose memberships expire in the second half of 2010, along with the Nyack event brochure and the club's 2010 walk brochure created by Mike Green.)

Old Business: The club received a thank you letter from Tom Tesch who had received our club coin.

Mike Green reported that sanctions for all of our YRE's have been submitted for 2011.

New Business: The West Point Community Fair will be 5 August, 6-8 p.m. Farrell and Nancy will set up a display table in the Eisenhower Hall ballroom.

MWR has invited us to have a display table at the West Point Octoberfest on 25 Sept. Location will be in the PX parking lot. Mike suggested that we change the date of our Highland Falls group walk to that date. Walkers could do the walk and proceed to the Octoberfest. MWR will provide tables and chairs for the club.

Joan Kimmel has requested a sanction for a walk in Beacon on 10 October.

There was a discussion about the purchase of patches for the Walkway Over The Hudson. Greens had investigated cost and found that a minimum order of 100 is required and cost would be approximately \$2.75 each. There was a question of using the same logo as the Walkway organization. Another consideration is how much of a demand there is for patches. Joan showed the patch from the Farmington, CT walk.

There being no other business the meeting was adjourned. Seven members participated in the YRE at Cold Spring.

Nancy Patrick, President

WEST POINT COMMUNITY FAIR BOOTH



On Thursday, 5 August, the VCWP had a booth at the annual West Point Community Fair. The fair is held each summer to welcome new members of the West Point community to the area and is designed to introduce them to the local businesses and clubs in the area. As usual, our club had a booth with a display of Volkssporting paraphernalia, along with membership and walking information.

Attending this year were President and VP Nancy and Farrell Patrick, Treasurer Andrew Schmidt, club webmaster Mike Green and club member Betty Green (who took the picture above) of Nancy, Mike, Andrew, and Farrell at the fair, left-to-right.

WALKWAY OVER THE HUDSON

SEASONAL WALK OPENS IN OCTOBER

Details in September—get a peek at: http://www.ava.org/clubs/WestPoint/yre_WOTH.html



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.



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**



PATRICKS OUT WEST!

Having read previous accounts of the Columbia River Gorge event, it was with great anticipation that

we joined the Tater Tour group for a new adventure in the northwest. Leaving hot NY weather behind we arrived in Portland, OR. An old friend took us on a driving trip through the Gorge and up to Mount Hood where skiing is a year round sport. Lunch was at one of those marvelous 1930's Lodges built by the WPA.

The next day, as we waited for the Taters to gather, we did a walk along the Columbia River, basically an out and back. Starting in bright sunshine that quickly turned to rain showers made us realize that rain gear was a necessity. Our tour began with a capitol walk in Salem and beautiful section of Portland. We were then ready to start the Gorge Event.

The start/finish for all of the walks was in a park. The over 600 participants were invited to indicate their home state on a map of the USA with 35 states represented. This year the Event was compressed to three days instead of four. Each event involved very strenuous walking on natural trails taking us past, and in some cases, under and around waterfalls. There were switchbacks, rocky trails, safety railings to hold, high elevation, but most of all, breathtaking scenery.

Continuing our Tater trip we revisited some cities but walked new trails in WA (Olympia, Seattle and Bellevue) and Coeur D'Alene, ID with an interesting farmer's market and excellent lamb sausage samples from a lamb rancher. There was a boat ride on Lake McDonald, the largest lake in Glacier National Park. Again we started in beautiful sunny weather and a fierce rain squall hit just as we returned to the dock. We took refuge in another of those marvelous old Lodges.

In Kalispell, MT we paused on the trail to tour the Mansion Museum which had many unusual features and original furnishings. The owner's cashmere wedding dress (for a winter ceremony) was on display. Our walk in Boise, ID went through a beautiful rose garden and we had to bypass a wedding in a gazebo. The trip was coming to an end as we arrived in Salt Lake City. Those of us that had been here last year enjoyed a return trip to a well known ice cream destination, "Iceberg", for gigantic frozen milkshakes. Our final walk was in Park City, a winter ski destination. Very hot weather caught up with us here and we were happy to finish our trail which offered very little shade. We bid farewell to the 52 other Taters who joined us as we covered over 2000 miles. Two young ladies in many photos (<http://gallery.me.com/fpat1234#100016&bgcolor=black&view=grid>) are our daughter Nancy, who lives in Boca Raton, FL and goes on walking trips with us, and her college friend Julie.



OCTOBER IS NATIONAL VOLKSS- PORTING MONTH!

Did you know that October is AVA National Volkssport Month?

Our club will have some of these patches at our October events that you can purchase if you walk with us during an October event. **Let us know if you want one and we'll do our best to get one for you.**

First come, first serve in October, so we hope you come early and take advantage to this beautifully designed patch!

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. HIGHLAND—WALKWAY OVER THE HUDSON

Y0797, RATING 2, 5k/10k,
10/3/2010 to 12/31/2010

Start Point: The Gateway Diner,
3579 Rt. 9W, Highland

6. 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),), 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

**Special Programs for Highland—
Walkway Over the Hudson TBD**

EAST OF THE HUDSON

7. COLD SPRING

Y1633, RATING 2+, 5k/10k,
1/2/2010 to 12/31/2010

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

8. 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

9. 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	Changed Since: Jul 12, 2010		
Date	Day	Type	Venue or Details
Aug 22	Sun	Group Walk	West Point/Hudson River Cruise –CONFIRMED! 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
Aug 29	Sun	Group Walk	West Point Group YRE- CONFIRMED (Volkswalk)
Sep 12	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 (Volkswalk)
Sep 25	Sat 9:00AM	Event	Oktoberfest at West Point with Highland Falls YRE Group Walk - CONFIRMED! (Volkswalk)
Oct 01	Fri	Informational Item	AVA National Executive Council (NEC) Meeting - Albany, NY - CONFIRMED! Details to be posted later. - Andrew (Volkswalk)
Oct 01	Fri	Informational Item	AVA National Executive Council Meeting - Albany, NY - CONFIRMED! Details to be posted later. - Andrew (Volkswalk)
Oct 03	Sun 9:00AM	Group Walk	Walkway over the Hudson - CONFIRMED! details to be posted later. (Volkswalk)
Oct 10	Sun	Event	Beacon—CONFIRMED! See http://www.ava.org/gen3/data/event_details.asp?eventid=87964 for details. (Volkswalk)
Oct 22	Fri	Informational Item	US FreedomWalk Festival 2010, Arlington VA & Washington DC - CONFIRMED but check with sponsor (Volkswalk)
Nov 06	Sat	Group Walk	New York City Greenwich Village Group YRE - CONFIRMED! details to be posted later (Volkswalk)
Dec 04	Sat	Group Walk	New York City Central Park Group YRE - TENTATIVE (Andrew soliciting opinions) Details to be posted later. (Volkswalk)
Dec 12	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)

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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!



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 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.