



STEPPING OUT!



VOLKSSPORT CLUB OF WEST POINT — SEPTEMBER 2010



OKTOBERFEST AT WEST POINT!

Following a few years of absence, our club again will be participating in a West Point Oktoberfest this year! **BRING**

YOUR PHOTO ID!

1 -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!!

2- Group Walk of Highland Falls YRE - Registration and walking at 10:15 AM at the West Point Visitor's Center in Highland Falls.

3 - After the group walk, we will participate at the West Point OKTOBERFEST at the PX parking lot. Location is the Athletic field near the Commissary near Stoney Lonesome Gate. Our club plans to have a table at the OKTOBERFEST.

See you there!

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.

Gayton, Genn, Ciccone, Skinner, Basini, and Hughes

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 **20 Aug 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- Sep-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

WALKWAY OVER THE HUDSON

Club Group Walk on Sunday, 3 October. Our usual breakfast meeting will be held at 9:00 AM at the Gateway Diner in Highland, NY (3579 Us Highway 9W, Highland, NY 12528-1730 near the west side of the Mid-Hudson River Bridge). All are welcomed to the breakfast and meeting! Registration and walking at 10:15 AM at the Gateway Diner as well.

NEXT GROUP EVENTS

NYACK (SUNDAY, 12 SEPT) & OKTOBERFEST (SATURDAY, 25 SEPT)

- Nyack Street Fair See http://www.ava.org/gen3/data/event_details.asp?eventid=87210 for details
- Oktoberfest at West Point! See details above for the club breakfast/meeting, Highland Falls walk, and Oktoberfest!

NEXT ACTIVITY

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

We have **TWO** events this month of September! Nyack on 9/12—the annual Nyack Street Fair runs concurrently, and a new event, the West Point Oktoberfest on 9/25.

See details in this issue of *STEPPING OUT!*



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



HELP WANTED!

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.
- 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 re-alignment 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.



THE PATRICKS IN INDIANA

We recently returned to our "roots" with a trip to Indiana primarily to attend a family reunion. It was also a time to explore some parts of the state previously unvisited and do some volkswalks. We did three walks, each unique and completely different.

The first walk in southern Indiana, near the town of Mitchell, was Spring Mill State Park. The trail was a regular park trail through woods and very easy walking on natural surface. Very pleasant to be in complete shade on a very hot day. A large part of the walk is through acres of virgin forest. This forest was the gift from a man that required the trees never be cut. Of added interest are many sinkholes visible from the trail.

Following a sumptuous buffet lunch (\$5.99) featuring fresh local produce at Spring Mill Inn we drove to another part of the park to tour the Pioneer Village. The Grist Mill is the focal point and corn is ground every hour. Fresh cornmeal is for sale. All of the buildings in the Village were brought from other parts of the state but have been placed on foundations of original buildings. Crafts people are present to demonstrate such things as weaving, woodworking, pottery, needlework, etc. The Village is not on the walking trail but interesting enough that we spent the entire afternoon there.

Our second walk was in the city of Columbus. Much has been written about the city and the unusual architecture. The city recruited world famous architects to design 60 buildings as well as parks and playgrounds. Many of the buildings are on the volkswalk. The start/finish is at the Visitor's Center and walkers should view the short film which gives a history of the building project. The trail is completely on city sidewalks and provided almost no shade on a very hot day. A reward came as we stopped in for ice cream at a historic ice cream parlor dating from 1900.

The last walk took us to Fort Benjamin Harrison in Indianapolis. This is a fairly new walk around the grounds of the former Army post, now deactivated. Once the headquarters of the Army Finance Corps, family quarters are now privately owned, old World War II buildings are gone and new condos and apartments have been built and a state park established. There is a state park Inn for overnight stays. The trail goes past many historic buildings. Of particular interest to us was walking past the former Officer's Club where we spent several

New Year's Eve celebrations in the company of other West Point Cadets many years ago. The building now is part of the golf course club house with a pro shop and dining room. We lucked out on the "all you can eat catfish buffet" held each Friday and Saturday nights.

Next summer we hope to explore more of northern Indiana and the volkswalks in that area.

Nancy & Farrell Patrick



GREENS GET THEIR "Z" AND MORE IN THE MIDWEST

Whenever we travel now, we try fit in a Volkswalk.

On a recent trip to Ohio & Indiana to attend a wedding and visit family we managed to fit in 4 walks!

Our first walk enabled us to complete our "Z" in our A-Z book. Harmony / Zelenople, PA is Northeast of Pittsburgh. The Harmony / Zelenople walk begins in Harmony, but the majority of the walk is in Zelenople. We began our walk about 4pm with temperature about 94°F. The walk began with a look at a Harmonist cemetery. It was surrounded by a stone wall with a large stone revolving door. Inside was only grass. The Harmonists did not mark graves with headstones. The walk continued on to the Mennonite Meeting House and Cemetery (with gravestones). (continued on page 4)

WALKWAY OVER THE HUDSON
SEASONAL WALK OPENS IN OCTOBER
 View http://www.ava.org/clubs/WestPoint/yre_WOTH.html; we do a group walk next month on October 3rd!



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.

MEETING MINUTES FROM THE AUGUST 2010 CLUB MEETING

Volkssport Club of West Point met for a breakfast meeting at Park Restaurant, Highland Falls, on Sunday, 29 August 2010. Nine members and two visitors were present.

Treasurer's Report: Present balance is \$1079.42; \$.86 in the trail fund. Expenditures were \$2682.78 with income of \$2559.17.

Old Business: Joan Kimmel has received the five patches ordered for October Volkssport Month. Cost was \$1.25; the club will sell them for \$2.00. Four members have asked for a patch to be reserved with one remaining for sale.

The calendar of events for walks through the month of December was reviewed. On 12 September we will have the annual walk in the villages of upper and lower Nyack. This is the same day as the street fair and designated as our Hudson Valley Ramble event. On 25 September members are invited to walk in Highland Falls starting at 9:00 followed by the MWR Oktoberfest at West Point. There will not be a pre-walk breakfast meeting.

New Business: Andrew read the proposals to change some AVA walk rules/ requirements. There were negative responses to three proposals and no decision on one. Our responses will be forwarded to the NERD.

Joan Kimmel proposed that adding Astor Court to the Rhinebeck trail might generate interest as it was the site of Chelsea Clinton's wedding. It may not be visible from the street so might not be a good addition. Patrick's have friends that live in the area and will inquire.

Ideas for future walks were discussed: Perkins Drive at Bear Mountain; Newburgh-Beacon Bridge; event featuring several area bridges. Joan suggested that we issue an invitation to members who have event proposals to attend a special meeting with the executive officers. Patrick's will host the meeting at their home, date to be determined.

Andrew related that Mike Green can post photos of our walks on our web page. Judge Tom will do the photos.

The meeting was adjourned. New walkers from West Point and Cortland joined us for the walk for a total of 18.

Nancy Patrick
President

GREENS GET THEIR "Z" AND MORE IN THE MIDWEST (CONTINUED FROM PAGE 3)

Next was the square in Harmony with older homes & churches. The Borough of Zelienople was formed in 1840. We walked around the borough park, with cute lion's head water fountains sponsored by the local Lion's Club. Some older homes and several churches from the 1800's were highlights of the walk.

Our second walk was the Indianapolis - White River State Park / Canal walk. This is an urban park. Maybe we are just proud Hoosiers, but this walk was very cool!! This walk has everything: architecture, history, culture, museums, monuments, memorials, fountains, gardens, eateries, & more. Special note for Andrew: there was even a replica of the radio room of the USS Indianapolis inside the World War Memorial building. It's well worth walking through the memorial museum, and on a hot day, it's a great place to cool off. The walk qualifies for 13 different special programs! You really have to see it to believe it!!

Our third walk was in Anderson, Indiana (hometown). Truthfully, we liked the route of last year's 10K walk better. This year the walk was mostly on gravel paths around Shady-Side Park, a portion of the White River Trail and an optional 1K addition to the walk through the Anderson Government Center (where a plaque commemorates Anderson's namesake, Chief Anderson, whose Indian name was Kikthawenund). Last year, the 10k walk included the campus of Anderson University. This the year, the 5K walk does the campus & in our opinion would be a better choice. Next time we can fit in a walk in Anderson, we want to do the Mounds State Park walk and/or the Muncie walk which includes Ball State University campus.

Our last walk was on our way home: the Columbus, Ohio – German Village walk. This was a great walk: architecture, a community park, memorials, old neighborhoods and great German food at Schmidt's Sausage Haus. There's even a bookstore with 32 rooms to wander through! We highly recommend this walk!

If you need an "X", it isn't terribly far to Xenia, OH to do their walk and close to Xenia you can get your "Y" at Yellow Springs. We walked Xenia last year in the pouring rain, but stopped at 5K because of thunderstorms before getting to the downtown portion of the walk. So, we can't say much about that walk.

(See photos of the Greens on the 'z' on page 5!)

MORE WALKINGS WITH THE GREENS

In early August, we did the Princeton Historic walk.

This walk was, of course, filled with lots of great Princeton architecture. Occasionally the instructions seemed to assume we knew the route. But still, it was very enjoyable walk.

The following day, we walked the New Hope, PA / Lambertville, NJ with family and grand-dog. This is a very cool walk: with lots of quaint houses, little shops and eateries, & is dog-friendly. It includes walking on the tow path of the Delaware-Raritan canal. We happened to also be there the weekend of the annual car show with over 400 classic cars on display!

August 26: Bellefonte, PA: Quaint Victorian houses, old buildings with European architecture & old match factory that now also has a Philatelic Museum / Post Office and quiet neighborhoods. We did the 10K because we thought the 5K route would miss some of the historic area. If in a pinch for time, we would recommend starting the 10K walk mid-way, where High Street starts to go into town and walk the last 6K of the 10K. Nice walk, but instructions could use a few more historical notes. This was one of the few walks we did this summer when the temperature/humidity was really pleasant!

August 30: Harrisburg, PA: A great state capital walk. We did the 5K as a car break, instead of taking time for the 10K. Harrisburg is a great river city. The state capital building is beautiful on the outside and the rotunda inside is incredible! The walk includes great architecture, interesting bridges, a beautiful fountain and ended on a nice path along the river overlooking City Island. A great way to end the walk.



BETTY GREEN IN FRONT OF THE LIBRARY AT ZELIENOPLE



MIKE GREEN IN ZELIENOPLE



LATEST AVA NEWS

NEC MEETING

The next meeting of your National Executive Council is October 1-2, 2010, in Albany, NY. The meeting will take place at the Albany Airport Inn, 200 Wolf Road, Albany, NY 12205. Everyone is invited to attend. For details, send us an e-mail to our club address,

volkssportclubofwestpoint@hotmail.com

NEW EXECUTIVE DIRECTOR IS IN THE HOUSE

The new AVA Executive Director, Nicole Rogers, was officially handed the reigns of leadership from Jackie Wilson on August 30, 2010. (We wish you the best Jackie!) Stop by, call, or email Nicole a friendly "hello" and let her know why Volkssporting is so important to you!

NEW STAFF MEMBER

Karen Winkle has joined our the AVA staff and will be processing your event and distance books. Please join us in making her feel welcome and a part of the AVA family.

TATER TOUR NEWS FROM MARY

To All—I hope you are all having a great Labor Day Weekend! I will be on the East Coast for the start of my VA/TN/NC trip. My website has been updated with just a glimpse of the 2011 trips. (More are being planned) Hope I get to see some of you in 2011! I still have openings on the Southwest Parks trip in late October of this year. The trips for 2011 have yet to be priced, but that is forth coming Am very busy these days with 4 remaining trips for 2010. The website is:

<http://www.tatertours.com>

Mary Ptacek (Head Tater)

YAHOO! GROUPS

Our Yahoo Group page (<http://groups.yahoo.com/group/volkssportclubofwestpoint/>) continues to grow with new material. We recently placed the new 2011 sanction spreadsheets that our Northeast Region Director (NERD) Phil Hait sent us so that you can get a jump on planning your 2011 trips and events.

Also, every month of so, we also place the current EVENTS calendar on the page as well that lists the non-YREs in our region.

Club minutes of the meetings are always posted there quicker than receiving them in our *STEP-PING OUT!* Newsletter.

Finally, items of general walking interest from other clubs and organizations that are sent to us are also placed on this page as well over the course of the month.

So, feel free to 'subscribe' to this group by pointing your browser to the above URL. You'll automatically receive updates in your e-mail. If you have any questions, let us know!

BOTTOM LINE: It behooves all active VCWP walkers to subscribe to the Yahoo! Group to join the almost 50 people already who have done so!

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, **Highland-Walkway Over the Hudson**, Hyde Park, Rhinebeck, West Point
- Artistic Heritage - Rhinebeck, West Point, **Highland-Walkway Over the Hudson**
- Cemetery Stroll (Program closed for walkers); Central Valley, Highland Falls, Hyde Park, Rhinebeck, West Point **Firehouses** - Central Valley, Cold Spring, Cornwall, Hyde Park, Rhinebeck, West Point
- Forts of the United States - Fort Montgomery, Highland Falls, West Point
- Historic Churches - Cold Spring, Cornwall, **Highland-Walkway Over the Hudson**, Highland Falls, Hyde Park, Rhinebeck, West Point
- Honoring Law Enforcement - Cornwall, **Highland-Walkway Over the Hudson**, Highland Falls, Rhinebeck, West Point
- Hooray for Hollywood - West Point, Hyde Park
- Museums - Cold Spring, Cornwall, Highland Falls, Hyde Park, West Point
- Railroad Heritage- Central Valley, Cold Spring, Cornwall, **Highland-Walkway Over the Hudson**, Hyde Park
- Riverwalk - Cold Spring, Cornwall, **Highland-Walkway Over the Hudson**, Highland Falls, Hyde Park, West Point
- Veteran's Memorials - Central Valley Central Valley, Highland Falls, Rhinebeck, West Point
- Walkin' Waterfalls - Highland Falls, Rhinebeck, Hyde Park

Note: Not all trails on all walks qualify for all events!

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

NEXT MONTH!

The 2011 Calendar makes its appearance!



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.

Date	Day	Type	Venue or Details
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! Three Part Event! See page 1.
Oct 01	Fri	Informational Item	AVA National Executive Council (NEC) Meeting - Albany, NY - CONFIRMED! (Volkswalk)
Oct 01	Fri	Informational Item	AVA National Executive Council Meeting - Albany, NY - CONFIRMED! (Volkswalk)
Oct 03	Sun 9:00AM	Group Walk	Walkway over the Hudson - CONFIRMED! Club Group Walk on Sunday. Our usual breakfast meeting will be held at 9:00 AM at the Gateway Diner in Highland, NY
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. We will announce a train that many of us can take from Poughkeepsie into Grand Central; meet at the Asics store. Time TBD.
Dec 04	Sat	Group Walk	New York City Central Park Group YRE - CONFIRMED! Details to be posted later. We will announce a train that many of us can take from Poughkeepsie into Grand Central; meet at the Asics store. Time TBD. (Volkswalk)
Dec 12	Sun	Activity	Annual Holiday Party at Shadows on the Hudson - TENTATIVE (Date TBD) Details to be posted later. (Volkswalk)

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

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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!



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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.