



STEPPING OUT!

VOLKSPORT CLUB OF WEST POINT — OCTOBER 2010



CLUB OFFICER ELECTIONS FOR 2010– 2011 UPCOMING!

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 3 October club meeting at the Gateway Diner in Highland NY (see below).

Other write in nominations are allowed in person if the person is in attendance at the meeting and wishes to run. No e-mail nominations were received.

All fully paid up club members in attendance in October are eligible to vote at the club meeting.

(And don't worry, we haven't changed the technology in our ballot procedure like NY State did in the September primaries!)

NEW MEMBERS!

Recently, we've received renewals and membership dues from the following people and/or families: (none since last report)

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!

AVA National Executive Council Meeting in Albany 1-2 October; see page 2 for the agenda and other details; open to the public



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

• OCTOBERFEST 2010!

Saturday, 25 September—See page 3 for the details – Meet and Highland Falls Group Walk . Then! The Ocktoberfest after our group Walk!

• WALKWAY OVER THE HUDSON

Sunday, 3 October. Our usual breakfast meeting will be held at 9:00 AM at the Gateway Diner at 3579 Us Highway 9W, Highland, NY

12528 (note: NOT Highland Falls!) , NY (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 EVENT

Beacon Walking Event!

Sunday, 10 October — Register 9 AM to Noon

See <http://www.ava.org/clubs/WestPoint/events/BeaconWalk2010.html> for

all the other details. A great walk through an interesting Hudson valley city, especially if you have not done this one with us in the past.

NEXT ACTIVITY

Annual Holiday Party, Sunday 12 December (tentative date at the moment) —

NATIONAL EXECUTIVE COUNCIL MEETING DETAILS

The Agenda for the upcoming NEC Meeting is attached. The meeting is scheduled to commence at 6:00pm at the Best Western Hotel on Wolf Road in Colonie, NY. The adjournment time for Friday night is typically somewhere between 9 & 10 o'clock & where we are in the agenda will dictate the specifics. The meeting is open to the public unless executive session is called.

On 2 October, it is expected that the meeting will resume around 2:00 pm & continue until everything is done.

OCTOBER 1 – 2, 2010; ALBANY, NY

1. Call to Order
2. Introductions
3. Approval of Agenda
4. Consent Agenda (a. Approval of Minutes (NEC meeting on March 12-13, 2010; NEC conference call on June 23, 2010); b. Recognition of Donations; c. Acceptance of New and Reactivated Clubs; d. Declaration of Inactive Clubs
5. Audience Comments
6. Reports of Officers (a. President, b. Vice President, c. Secretary, d. Treasurer) !
7. Report of Executive Director
8. Reports of Standing Committees (a. Audit, Fred Sheets, Chair; Dennis Michele Liaison ; b. AVA Biennial Convention (2011 Convention, Susan Pinneke Chair; Bonnie Johnson, Liaison); c. Publicity, Joan Lampart, Chair ; d. Standards and Evaluation, Heinz Johnson, Chair)
9. Reports of Special Committees (a. AVA Website, No current Chair, Curt Myron, Liaison; b. Awards & Recognition, Wayne, Holloway, Chair; c. Bylaws, Dennis Michele, Chair ; d. History, David Toth, Chair; Curt Myron, Liaison; e. Marketing, Becky Forsythe, Chair, Nicole Rogers, Liaison; f. Nominating, No current Chair, Pat Lucero, Liaison; g. Office Systems, Mike Nelson, Chair; Nicole Rogers, Liaison; h. Partners and Sponsors, Chuck Head, Chair, Curt Myron Liaison; i. Special Programs, Phil Hait, Chair; j. Strategic Planning, Marvin Stokes, Chair; k. Training Development, Sam Korff, Chair; l. Youth Program, Nancy Wittenberg, Chair; Sam Tollett, Liaison; m. AVA Structure Review, Phil & Bev Jones, Chair, Wayne Holloway, Liaison; n. Liaison to Global, Heinz Johnson, Chair
10. Unfinished Business
11. New Business
 - Paragraph 4.12.II.D of the AVA Policy Manual be changed: Would allow the same event stamp to be used multiple times upon completion of a Year Round or Seasonal event in both the distance and event record books.
 - Special Events Awards: Would allow for individuals, who had previously paid for their special events book, to receive special event award and motivational letter without completing the special event.
 - Paragraph 4.07IIB1 and Paragraph 4.07II.B.2: Would require a sanction for each route when offering multiple walk routes for a single sanctioned event.
 - Paragraph 4.02.II.B: Would allow the minimum distance for bicycling events to be decreased.
12. Audience Comments
13. Executive Council Comments
14. Adjournment



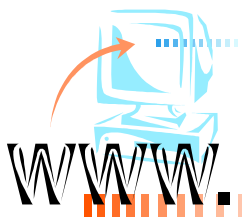
NYACK IN THE MIST!

So, a little mist, what the heck? 22 intrepid walkers from New York, Connecticut, Virginia, and Kentucky did the annual Nyack walk. Major rain held off until near the very end. The event, coinciding with our club's entry into the 2010 Hudson River Ramble, was held on Sunday, 12 September. Thanks to Peggy Goetz, our Point Of Contact, for her time and energy for producing this event for us each year.

Not only do we do a fine walk, but we also partake in the annual Nyack Street fair. Vendors provide food and other activities on the streets. I know more than one of us also had some fine food and spirits as well. We also had the Greens' "grand-doggy" walk the 10K. Way to go "Neko"! Thanks to Tom Nisonger, Andrew Schmidt and Betty & Mike Green for helping with the day event logistics as well.

These events that the club puts on annual do not happen by themselves! We'd be happy to explain to any member who wishes to nominate a location for an event how they can become the Point of Contact for it, prepare the walk (That's actually the fun part!) and work with the club officers to make it happen. Now more than ever, new events are what it seems to take to keep membership's interest up to date! Please consider volunteering to create one.

NEW LINKS ON OUR WEBPAGE!



Our webmaster Mike Green has put two commonly referred to links on our webpage. Remember that our main webpage is at: <http://www.ava.org/clubs/WestPoint/>. Now at the bottom of this main page, right below our own club's calendar, is a link to the latest Northeast Region calendar that our Region Director Phil Hait supplies us (and we always point out on lower right on page 1 of *STEPPING OUT!*).

On the club news page (<http://www.ava.org/clubs/WestPoint/clubnews.html>) is a link to the latest club meeting minutes.

Thanks Mike!



OCKTOBERFEST!

Following our September 25th Group Walk of Highland Falls, we invite you to participate in the Ocktoberfest!

Saturday, September 25th

H-Lot Field (Adjacent to the AAFES parking lot)

Celebrating

- 200 Years of Oktoberfest
- LIVE MUSIC EATING CONTEST
- CHILDREN'S VILLAGE AND MORE
- Traditional German Food & Drink with American Flair
- 9 AM—Regular Club Breakfast Meeting at the Park Restaurant in Highland Falls
- 1015 AM - Group Walk of Highland Falls; Register at the West Point Visitor's Center in Highland Falls
- 12 noonish—after group walk ends at your pace, drive and partake of the Ocktoberfest! Open until 10 PM!

To drive, enter Stony Lonesome Gate (from Route 9W) and turn left for commissary and PX. Ensure you have government issued photo IDs for all people in your car; be prepared to have your car searched as well

WALKWAY OVER THE HUDSON

SEASONAL WALK OPENS IN OCTOBER

View http://www.ava.org/clubs/WestPoint/yre_WOTH.html.

We do a group walk this month on October 3rd!



ON THE ROAD AGAIN!

“On The Road Again” is the Willie Nelson song sung lustily by the touring Tater “tots” each morning as their bus pulls out of the parking lot. We were again part of the Tater group that went volksmarching in parts of the Smoky Mountains in September. This was our 14th trip with this group and we rarely repeat previous locations.

We drove to Baltimore to board the big white bus with our ever cheerful driver, Dennis. The group of 24 included many old friends from previous tours as well as brand new walkers. They came from as far as California, Michigan, Iowa, Kansas and Kentucky joining those from states near to Maryland.

The first walk was in Staunton, VA with a trail that passed the President Woodrow Wilson birthplace and Library. The campus of Mary Baldwin College made us realize you have to be young and fit to climb the hills and stairs of this terraced campus. The heat and humidity didn't make it any easier.

The site of the 1982 World's Fair with fountains, waterway, waterfalls and Sunsphere with observation deck was on the trail in Knoxville, TN. The campus of the University of Tennessee was interesting as we strolled through crowds of students. A promenade along the Tennessee River provided recordings of Knoxville history.

Walking in Gatlinburg, TN you are technically in the Great Smoky Mountains National Park. However, most of the trail is on the main thoroughfare of a typical tourist town. If you like souvenir shops, candy/taffy/fudge shops, etc., you might enjoy this walk which is primarily an out and back. I must note, however, that I had a fine dinner of fresh Rocky Mountain trout!

The next full day was a real highlight of this tour: Biltmore Estate in Asheville, NC. The walk through the house is 3 km and through the gardens another 5 km. Walkers should be forewarned that admission to the estate is pricey, but the fee includes a self-guided tour of the mansion and acres of grounds, gardens and walking paths. We were in luck to view the “Floral Carpet” which is a large area planted with colorful flowers. This year the “Carpet” was patterned after a stained glass window. It was to be taken out the next day.

Extending our stay in Asheville another day we enjoyed a beautiful and interesting walk at the Asheville Arboretum. A member of the Asheville Amblers was on hand to guide us through formal and informal gardens, an outdoor bonsai display and on forest trails. Just as we finished our walk and ducked into the Visitor's Center a heavy rainstorm descended. It was obvious that the rain would continue through the afternoon so our planned walk of the Asheville downtown was canceled. Instead we headed to the North Carolina Folk Art Center where beautiful arts and crafts made by NC residents are displayed and sold.

Our next walk was an out and back on a paved trail along the

Catawba River. It was pleasant to have a fairly level trail with lots of shade trees. The heat and humidity continued to be a factor.

Arriving in Winston-Salem we learned about Bethabara Park, the site of the first Moravian settlement in NC. This historic area has ruins of 18th century “refrigerators” which are dry cellars that allowed Moravians to grow food in summer, butcher animals and store them in the cellars during the winter. The cellars are the underground portion of the foundations of large homes. The excavations were done in the 1960's. The homes were built in the 1700's. Our walking trail was very hilly, on paved and unpaved greenway. We were happy to have a guide from the Asheville Amblers to keep us on the right paths.

The walk in Old Salem is through a reconstructed early Moravian town. It was a charming area with few people on the streets. This might have been because the several stores were closed that day. A working bakery and the Old Salem Tavern were open and provided excellent baked goodies and hearty lunch for hungry walkers. In the afternoon we walked around Salem Lake. It was another out and back on a wooded trail.

Nearing the end of our trip we had two walks in Greensboro, NC. The first was in Tannenbaum Park which was the site of the Revolutionary War battle fought at Guilford Courthouse in 1781. The trail is on park roads and greenways. At the end of the walk are many monuments commemorating the battle. The afternoon walk was in downtown Greensboro. The trail went through parks, residential neighborhoods and passed the site of the former Woolworth Building. In 1960 a sit-in at the lunch counter helped to launch the civil rights movement.

Our final walk was in Durham, NC on the campus of Duke University. The campus is very large, divided into east and west campuses. Students ride bikes or take shuttle buses between the two. There were two highlights here, the Gothic chapel and the Sarah Duke Gardens. We could have lingered in the gardens for many more hours. Alas, it was time to climb on the big white bus and return home.

Nancy & Farrell Patrick

NEWS FROM PENN DUTCH PACERS

NEWSLETTER OF INTEREST:

Three Atlantic Region clubs have closed:

(1) Baloney Stompers, (2) Riverfront Ramblers (only club in WVA), (3) Chesapeake Bay County Wanderers

Special Programs ending in Dec 2010:

American Authors & Literary Landmarks, Cemetery Stroll, Islands, Native American Culture, Railroad Heritage, RiverWalk America, and Spirit of Walking Cemetery Stroll (thanks to Nancy Patrick for submission)

2010 YEAR ROUND EVENTS SCHEDULE AND INFORMATION

WEST OF THE HUDSON

AVA SPECIAL PROGRAMS

EAST 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

- **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!

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

2011 UPDATES

(*"SO, WHERE ARE THEY?"*)

We did promise that we'd have the 2011 listing of events in THIS edition of **STEPPING OUT!** . (These events are the same as you see here; we are updating all of the information however for 2011).

However, since we said that, we found out a section of the new Walkway of the Hudson was opening extending its path somewhat, so we are in the process of making late minutes parking, route length, and special program changes to that event, along with double checking others.

So the 2011 listing will appear in the next edition instead.



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: Aug 10, 2010		
Date	Day	Type	Venue or Details
Sep 25	Sat 9:00AM	Event	<p>Oktoberfest at West Point with Highland Falls YRE Group Walk - CONFIRMED! Three Part Event!</p> <p>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!!</p> <p>2- Group Walk of Highland Falls YRE - Registration and walking at 10:15 AM at the West Point Visitor's Center.</p> <p>3 - After the group walk, you can participate at the West Point OKTOBERFEST at the PX parking lot. Location is the athletic field adjacent to the PX/Commissary parking lot.. Our club plans to have a table at the OKTOBERFEST—see page 3 of this issue of <i>STEPPING OUT!</i> for more details! (Volkswalk)</p>
Oct 01	Fri	Informational Item	AVA National Executive Council (NEC) Meeting - Albany, NY - CONFIRMED! - see page 2 for details (Volkswalk)
Oct 01	Fri	Informational Item	AVA National Executive Council Meeting - Albany, NY - CONFIRMED!- see page 2 for details (Volkswalk)
Oct 03	Sun 9:00AM	Group Walk	<p>Walkway over the Hudson - CONFIRMED! Club Group Walk on Sunday.</p> <p>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!</p> <p>Registration at 10:15 AM at the Gateway Diner as well. (Volkswalk)</p>
Oct 10	Sun	Event	<p>Beacon - CONFIRMED!</p> <p>See http://www.ava.org/gen3/data/event_details.asp?eventid=87964 for details. (Volkswalk)</p>
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	<p>New York City Central Park Group YRE - CONFIRMED!</p> <p>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)</p>
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
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Officers:

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

Latest Newsletter:

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

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



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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!

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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.