



# STEPPING OUT!

VOLKSSPORT CLUB OF WEST POINT — DECEMBER 2010

## NEW INTERIM AVA DIRECTOR FOR OUR NORTHEAST REGION ELECTED

The North East Region AVA clubs have completed their election for an interim regional director to replace Phil Hait who has re-located outside of the region. The clubs have elected Patty Proulx of the Granite State Trail Walkers to this position. She has served as regional director in the past and as secretary on the National Executive Council of AVA. She will fill the remaining portion of Phil's position through June 30, 2011. Another election will be held this spring to elect a regional director for the full two year period.

(Thanks to Empire State Capitol Volkssporters)



WHERE'S ALL THE GOOD  
STUFF THAT USED TO BE  
ON PAGE 1?

Due to some member's comments that they wished to see more NEWS stuff on the front page, we've moved a lot of the repetitious material that used to be on Page 1 inside the newsletter.

Hopefully, you'll be able to more quickly find the 'new stuff'!

Thanks for the comments—we always aim to please at **STEPPING OUT!**

## AVA AWARDS RECEIVED BY OUR MEMBERS

COMPILED AND REPORTED BY BETTY GREEN

Phil Hait - 1000 Events

Eileen Anderson - 125 Events & 1500 KM

Nancy Patrick - 575 Events

These awards were received by club members that participate in the American Volkssport Association's Achievement Awards Program. They were compiled from December/January 2010 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>



Web Page:

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

email:

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

Yahoo Group!:

<http://groups.yahoo.com/group/volkssportclubofwestpoint/>

Latest Newsletter:

<http://www.ava.org/clubs/westpoint/newsletters/>

Club Calendar of Events:

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

## NEXT CLUB GROUP WALKS, EVENTS, AND ACTIVITIES!

### NEXT GROUP WALK

**Jan 08 Sat 10:15AM—**  
Rhinebeck YRE  
Our usual breakfast meeting will be held at 8:45 AM at the Eveready Diner (540 Albany Post Rd, just north and across US Route 9 from the FDR Presidential Library) in Hyde Park. All are welcomed to the breakfast and meeting! Registration and walking at 10:15 AM at The Delamater House, at the end of Garden Street, Rhinebeck - very near the Beekman Arms.

### NEXT GROUP EVENT

**MAY 14 SAT -  
WEST POINT EVENT**

In concert with MWR's 5/10km run - TENTATIVE  
Details to be posted later.

### NEXT ACTIVITY

**Thursday, Oct 13 – Social  
with the Walking Adventures International—  
TENTATIVE**

Details to be posted at a later date as the activity draws near.

**2011 Schedules included in this issue  
of STEPPING OUT!**

### NEW MEMBERS!

**R**ecently, 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.

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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.



### 2011 Regional Calendar!

**O**ur former Northeast Regional Director Phil Hait has provided us with the current calendar of events updated as of **18 November 2010** events. Please

mark your calendars, and check with the Point of Contact or official AVA website to ensure the event is sanctioned.

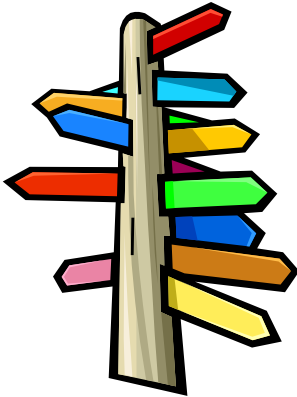
We have placed it in the Yahoo! Groups file section as **Northeast Regional Calendar 2010– Sep-Dec.xls**.

Every active walker should be a subscriber (or least check frequently) to our Yahoo! Group. No need to be a member. And thanks Phil!

### 2011 AVA CONVENTION

The 2011 AVA Convention in Des Moines, Iowa is taking shape beautifully. Check out their website at: <http://www.ava.org/clubs/ava2011convention/index.asp>. Here's the walking and event schedule to wet your appetite!

- Saturday, June 18 Walks in Omaha / Council Bluffs & Loess Hills
- Sunday, June 19 Walk at Whiterock Conservancy
- Monday, June 20 Walks in Clear Lake & Mason City
- Tuesday, June 21 Walk at Living History Farms & Meet and Greet Social
- Wednesday, June 22 Walk in Winterset & Convention Meetings (Free evening in Des Moines)
- Thursday, June 23 Walk in Ames & Convention Meetings & Fun Social
- Friday, June 24 Walk in Des Moines & Convention Meetings & Banquet
- Saturday, June 25 Walk in Cedar Rapids & Optional River Boat Cruise on the Mississippi River
- Sunday, June 26 Walk in Davenport



## REPORT OF THE RECENT TATER TOUR—PART II

(Editor's Note—Nancy Patrick wrote Part I of this story in the November 2010 newsletter. This is club member Doris Roger's account— Part II.

My expectations for the South West Park & Capital Trip was not as great as it was for last years park trip. What a wonderful surprise I had in store.

Friday night was always double feature night at our local movie theater and one film always seemed to be a western. I got to see in person so many of the things from my childhood movie westerns: the Santa Fe trail, the Rio Grande, the forest of Cactus, the red buttes and the vast open spaces. Only Roy Rogers and John Wayne were missing.

We walked the famed Rt. 66 and I have a picture of one of the original route signs which was on the wall of a NM restaurant. The tour director was looking to make a pit stop on the lonesome highway leading to Santa Fe. We stopped in a little town, with only a dozen or so buildings, at the local restaurant that looked like something out of a 1930's movie (It Happened One Night). While we were inside a local rancher and his wife pulled up in front of the bus. They said they had heard a bus was in town and wanted to know if we would like to visit their ranch. Is that great or not? We had a schedule to keep so we did not take them up on the offer but I would have loved to visit the ranch.

Santa Fe was another unexpected adventure. Throughout the city and along the art colony of Canyon Road were outdoor sculptures ranging from early explorers to modern art. Most of the cities we visited had an abundance of these sculptures. PS at lunch in a New Mexican Restaurant I ordered a Margarita with lunch. They asked for ID which I had neglected to bring that day. I had to settle for water.

There were small but unexpected things about the South West which I learned on this trip. NM grows cotton and has pistachio groves. El Paso has the biggest car lots I have ever seen. Santa Fe had both Union and Confederate troops viewing for control of the city during the Civil War. It is cold in many locations in the SW in the fall.

Two of my favorite stops on the trip were Bandelier National Monument where we got to explore the Pueblo cliff dwellings and White Sands National Monument where we walked thru the dunes with a park ranger. The dune walk was a new and beautiful experience.

The trip was exciting, surprising and altogether a great adventure.

Doris Rogers

## 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 Res-  
taurant, 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 Con-  
ference, Rhinebeck

**This is for 2010—  
and is the final page  
for the year!!  
See next page for  
2011 events!**

**2011 YEAR ROUND EVENTS SCHEDULE AND INFORMATION**

**WEST OF THE HUDSON**

**1. CENTRAL VALLEY**

Y1958, RATING 3, 5k/11k, 1/1/2011 - 12/31/2011 - [http://www.ava.org/clubs/WestPoint/yre\\_centralvalley.html](http://www.ava.org/clubs/WestPoint/yre_centralvalley.html)

**Start Point:** Bright Star Diner, 220 Rte 32, Central Valley, NY

**2. CORNWALL**

Y0252, RATING 3, 10k, 1/2/2011 to 12/31/2011—[http://www.ava.org/clubs/WestPoint/yre\\_coldspring.html](http://www.ava.org/clubs/WestPoint/yre_coldspring.html)

**Start Point:** USMA Visitors Center, West Point Highway, Highland Falls

**3. FORT MONTGOMERY (SEASONAL WALK)**

Y1740, RATING 3+. 5k/10k, 4/1/2011 to 10/31/2011

**Start Point:** Fort Montgomery State Historic Site Visitor Center, 690 Route 9W, Fort Montgomery

**4. HIGHLAND FALLS**

Y1145, RATING 1, 10k, 1/2/2011 to 12/31/2011

**Start Point:** USMA Visitors Center, West Point Highway. Highland Falls

**5. HIGHLAND—WALKWAY OVER THE HUDSON**

Y0797, RATING 2, 7k/12k, 1/1/2011 to 12/31/2011

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

**6. WEST POINT**

Y0037, RATING 2+, 7k/11k, 1/2/2011 to 12/31/2011

**Start Point:** USMA Visitor's Center, West Point Highway, Highland Falls

**AVA SPECIAL PROGRAMS**

- **Central Valley** - Firehouses, Veterans Memorials

- **Cold Spring** - Firehouses, Historic Churches, Honoring Law Enforcement, Museums, Veterans Memorials

- **Cornwall** - Firehouses, Historic Churches, Honoring Law Enforcement, Museums, Veterans Memorials, Waterfalls

- **Fort Montgomery** - Forts of the United States, Museums

- **Highland Falls** - America's Baseball Walks, Firehouses, Forts of the United States, Historic Churches, Honoring Law Enforcement, Museums, Veterans Memorial, Waterfalls

- **Hyde Park**—America's Gardens, Firehouses, Historic Churches, Hooray for Hollywood, Museums, Waterfalls

- **Highland (Walkway over the Hudson)** — Artistic Heritage, Historic Churches, Honoring Law Enforcement, Hooray for Hollywood, Veterans Memorials

- **Rhinebeck** - Artistic Heritage, Firehouses, Historic Churches, Honoring Law Enforcement, Veterans Memorials, Waterfalls

- **West Point** - America's Baseball Walks, Artistic Heritage, Firehouses, Forts of the United States, Historic Churches, Honoring Law Enforcement, Hooray for Hollywood, Museums, Veterans Memorials

**Note: Not all trails on all walks qualify for all events! Each walkbox has a matrix of what programs are for which events**

**EAST OF THE HUDSON**

**7. COLD SPRING**

Y1633, RATING 2+, 5k/10k, 1/2/2011 to 12/31/2011

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

**8. HYDE PARK**

Y1108, RATING 3, 6k/13k, 1/2/2011 to 12/31/2011

**Start Point:** The Eveready Diner, 540 Albany Post Rd. (Route 9), Hyde Park

**9. RHINEBECK**

Y1094, RATING 1, 5k/10k, 1/2/2011 to 12/31/2011

**Start Point:** The Delamater House, The Delamater House Inn and Conference, Rhinebeck

**This is for 2011!!**

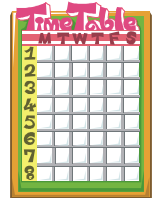
**See previous page for 2010 events!**

**- and see the next page for the 2011 schedule of group walks and other club events!**

## 2011 CLUB SCHEDULE OF GROUP WALKS AND EVENTS

This is the 2011 club schedule—the online calendar (<http://www.ava.org/clubs/WestPoint/>) is the official source of club information that also appears in the tables at the end of **STEPPING OUT!** But, this is for your planning purposes in 2011. Note we generally will do TWO group walks a month ; one of them is a club meeting.

Date	Day	Venue or Details
01/08/11	Sat	Rhinebeck Group Walk + <b>Club Meeting</b>
01/23/11	Sun	West Point Group Walk (Changed since November newsletter)
02/13/11	Sun	Central Valley Group Walk + <b>Club Meeting</b>
02/26/11	Sat	New York City Mid Town Group Walk
03/12/11	Sat	Cold Spring Group Walk+ <b>Club Meeting</b>
03/20/11	Sun	Group Walk (location TBD) (Changed since November newsletter)
04/03/11	Sun	Highland (Walkway Over The Hudson) Group Walk + <b>Club Meeting</b>
04/16/11	Sat	Cornwall Group Walk
05/14/11	Sat	Event at West Point
05/15/11	Sun	Event at Newburgh/Beacon
05/22/11	Sun	Fort Montgomery Group Walk + <b>Club Meeting</b>
06/04/11	Sat	Hyde Park Group Walk + <b>Club Meeting</b>
06/12/11	Sun	Highland Falls Group Walk
07/16/11	Sat	Rhinebeck Group Walk + <b>Club Meeting</b>
07/23/11	Sat	Event Mills Norrie
07/31/11	Sun	Nyack Group Walk
08/14/11	Sun	West Point Group Walk + <b>Club Meeting</b>
08/27/11	Sat	Cold Spring Group Walk
09/11/11	Sun	Fort Montgomery Group Walk + <b>Club Meeting</b>
09/17/11	Sat	Event New Paltz/Highland Falls Event (Ramble Walk)
09/18/11	Sun	Event (to make a weekend)
09/24/11	Sat	Highland (Walkway Over The Hudson) Group Walk
10/02/11	Sun	Event TBD (Tarrytown, Manitoba, Beacon, ? )
10/13/11	Thu	Social with the WAI
10/14/11	Fri	Guide Walking Adventures International at West Point
10/15/11	Sat	Highland Falls Group Walk + <b>Club Meeting</b>
10/30/11	Sun	Hyde Park Group Walk
11/06/11	Sun	Central Valley Group Walk + <b>Club Meeting</b>
11/19/11	Sat	Cornwall Group Walk
12/04/11	Sun	Holiday Party
12/17/11	Sat	New York City Lower Manhattan Group Walk





### First Quarter 2011 Calendar of Club

We are sometimes asked what a “**Events**” (as opposed to a **Year Round Event**, or YRE) is. A "Group Walk" \* means all meet and sign up 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
Jan 08	Sat 10:15 AM	Group Walk/ Club Meeting before	Rhinebeck YRE - CONFIRMED Our usual breakfast meeting will be held at 8:45 AM at the Eveready Diner (540 Albany Post Rd, just north and across US Route 9 from the FDR Presidential Library) in Hyde Park. All are welcomed to the breakfast and meeting!(Note the 8:45 AM start since the breakfast is a little distance from the starting point!)
Jan 23	Sun 10:15 AM	Group Walk	West Point YRE - CONFIRMED Registration and walking at 10:15 AM at the West Point Visitor's Center. No breakfast/club meeting.
Feb 13	Sun 10:15 AM	Group Walk/ Club Meeting before	Central Valley YRE - CONFIRMED Our usual breakfast meeting will be held at 9 AM at the Bright Star on Route 32 in Central Valley. All are welcomed to the breakfast and meeting! Registration and walking at 10:15 AM at the Bright Star Diner.
Feb 26	Sat 11:00	Group Walk	New York City Mid_Town YRE - Date CONFIRMED, Time TBD
Mar 12	Sat 10:15 AM	Group Walk- Club Meeting before	Cold Spring YRE - CONFIRMED Our usual breakfast meeting will be held at 9 AM at restaurant location to be determined. All are welcomed to the breakfast and meeting!
Mar 20	Sun 10:15	GROUP WALK	Location TBD - TENTATIVE Details to be posted at a later time.
Apr 03	Sun	Group Walk/ Club Meeting	Highland (Walkway Over The Hudson) Group Walk + Club Meeting - TENTATIVE
Apr	Sat	GROUP WALK	Cornwall Group Walk - TENTATIVE

STEPPING OUT!  
VOLKSSPORT CLUB OF WEST  
POINT  
PO BOX 30  
WEST POINT, NY 10996-



Officers:  
Nancy Patrick, President  
Farrell Patrick, Vice President  
Betty Green, Secretary  
Andrew Schmidt, Treasurer &  
Newsletter Editor  
Thomas Scuccimarra, Trailmaster  
Mike Green, Webpage Master

### PRIVACY NOTICE

Your 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!

### 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.

### 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.