



STEPPING OUT!

VOLKSPORT CLUB AT WEST POINT® — SUMMER 2013



VCWP 25th Anniversary Multi-Walk Weekend October 4-6, 2013

The 25th Anniversary Committee, chaired by Donna Sullivan, has been meeting monthly to plan the events for the weekend of October 4-6. Dinner plans on Oct 5th are for Steak & Stein, 935 Union Avenue, New Windsor, N.Y. Details and event brochure/pre-registration form are posted on the club website:

<http://www.avaclubs.org/WestPoint/VCWP25th.pdf>

Pre-registration for the walks is preferred, though not required. Pre-registration helps the committee plan on how many walk instructions, water, etc to have on hand. Pre-registration for Saturday evening's dinner is required, as seating is limited. The deadline for pre-registration is August 30, 2013.

A block of rooms has been reserved at the Days Inn, 915 Union Ave, New Windsor, New York 12553. Make your reservations by calling (845) 564-7550 and reference the event name. \$70.00 single/ \$75.00 double. Reservation must be made by August 30, 2013 in order to get the discounted group rate. There are several other motels available should the block of rooms book up.

Some club members are planning to eat together informally Friday evening, possibly at Billy Joe's Ribworks on the Newburgh waterfront. There are several good restaurants on the waterfront and also near the Days Inn in New Windsor.

EVENTS 2013

There are lots of events scheduled by the club for 2013. Most significantly are plans for a fall celebration of our club's 25th Anniversary. The actual Anniversary date was February 16, but special walks are planned for the fall when foliage & weather will hopefully be terrific.

Check out the calendar (<http://www.avaclubs.org/WestPoint/>) for more details about all of our planned 2013 events and group walks.

Web Page:

<http://www.avaclubs.org/WestPoint/>

email:

volkssportclubatwestpoint@hotmail.com

Yahoo Group!:

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

Latest Newsletter:

<http://www.avaclubs.org/WestPoint/newsletters/latest.pdf>

Club Calendar of Events:

<http://www.avaclubs.org/WestPoint/>

Latest Club Meeting Minutes:

<http://www.avaclubs.org/WestPoint/minutes/latest.pdf>

Latest AVA North East Region Calendar

http://www.ava.org/clubs/reg_northeast/events.html



NEXT CLUB GROUP WALKS, EVENTS, AND ACTIVITIES

NEXT GROUP WALK

Sunday, July 14 Cold Spring, NY

No Breakfast Meeting scheduled before the walk.

Registration **prior** to walk outside The Depot restaurant , 1 Depot Square, Cold Spring, NY 10516. Group walk starts at 9:15 am.

NEXT WALK EVENTS

Sunday, August 25, 2013

Storm King/Cornwall Route 218
Not the usual Cornwall-YRE

Registration 9am-10am.
Route 218 will be closed to vehicular traffic during the walk.

NEXT CLUB ACTIVITY

Sunday, August 25, 2013 — Annual

Hudson River Cruise

Board ferry boat at 5:30 p.m., return at 8:00 p.m. . No cost - bring your own food and drinks if you'd like. Reservations no later than Sat 17 August to volkssportclubatwestpoint@hotmail.com an absolute must. Open only to paid up club members and their guests. Provide name(s) of attendees in RSVP. You will receive an admission number to be used when checking in on the dock. Details on the location of the cruise will be provided upon the return email.

Member News



Volkssport Club of West Point is now the Volkssport Club at West Point !!

After a club wide vote it was decided by the majority of VCWP Members to leave the name almost the same. Many cited the tradition of Volkssporting and the importance of West Point to our area and our club. A big thank you to Andrew Schmidt & Mike Green for taking care of all the particulars that make the name change official with the AVA, the government, West Point, email, Yahoo Groups and so on.

Several members have suggested having a smaller club patch that would fit more easily on clothing. Because we need to also change the name on the patches, this is an ideal time to order smaller patches and take into consideration any ideas for changing the patch design. Please submit any ideas by email attachment to Betty Green (betty@nodegreen.com) or Joan Kimmel (jvk2357@gmail.com). We would like to get new patches by the end of summer, so please submit your ideas by July 20th.

Volkssport Club at West Point YRE Incentive Books



2013 Incentive Book Explanation:

Completion of the incentive book will earn a reward (probably 2013 gold star hat pin). Incentive books are free. Completion of the book encourages VCWP members to support the VCWP's local YRE walks. You do not have to be a VCWP member to complete the program.

Eligibility: Complete all 12 VCWP 2013 YRE walks. You can print off your own copy of the reward book from the club website and they are available at most club group walks. If you completed any VCWP YRE walks in 2013 prior to receiving the book, you may write in the walk location and date for those walks. You must have registered (signed walk box log) for all walks. After you receive (or print) the book please record walks by imprinting event stamp on indicated numbered lines for each YRE and hand write the name and date of the walk on the location line. All awards will be ordered Feb 2014. To receive the 2013 award submit completed book (12 different VCWP YRE walks) no later than Jan 31, 2014.

Submit completed Incentive Books to:

Betty Green 22 Dogwood Drive Central Valley, NY 10917

2012 Incentive Books:

Six walkers completed the VCWP 2012 incentive book. Reward Eligibility required completion of all 11 VCWP 2012 YRE walks plus one remaining walk of a Traditional Event walk held by VCWP or repeat of one VCWP 2012 YRE (12 VCWP walks total).

Earning a 2012 gold star hat pin were: Wilma Reidy, Jennifer Reidy, Andrew Schmidt, Joan Kimmel, Mike Green and Betty Green

If you completed the 2012 book but did not get it submitted please contact Betty Green.

Member News



The American Wanderer (AVA Newsletter) – AVA Awards

(remember you receive copies of TAW with AVA Associate or Lifetime Membership!)

October—November 2012

Events

Michael Quinlan 1350 & 1400 Events

Distance

Maureen Penta 21000 KM

December 2012 — January 2013

Events

Betty Green 225 & 250 Events

Michael Green 225 & 250 Events

Nancy Patrick 750 Events

Maureen Penta 1450 Events

Andrew Schmidt 275 Events

Distance

Betty Green 2500 KM

Michael Green 2500 KM

Nancy Patrick 6500 KM

February — March 2013

No club members listed for TAW awards

April— May 2013

Events

Vera Weiss 375 & 400 Events

Distance

Vera Weiss 4500 KM

June— July 2013

Events

Joan Vorbach 200 Events

Carol Hollar 900, 950 & 1000 Events

Maureen Penta 1500 Events

Distance

Carol Hollar 10000 KM

Don't forget to submit your completed event and distance books to AVA headquarters to receive your awards and have them listed in TAW (The American Wanderer).

If anyone wants a May 2013 NPFSM patch you can still purchase one. The cost for individuals is \$5.00. There is no shipping charge or discounts. These one-of-a-kind patches make a nice gift for someone who took part in a May event but did not get one. At the same time, the sale of these patches helps support the AVA. Embroidered 4" x 2.5" patch. If you purchase a *New Walker Program* (for new participants only) there is a free coupon for this patch inside. Patch design courtesy of Dorm Batson, Northwest Region. Email Theresa@ava.org to order.



18th AVA Biennial Convention

April 29—May 3, 2013



Fun was had by all of our club members who were able to attend the Convention in Florida. Joan Kimmel was our club's official delegate.

Details on the AVA Convention Walks and Convention meeting details can be found at <http://www.ava.org/clubs/2013Convention/2013Convention/Welcome.html>

The daily newsletters posted by the AVA are very informative and give you a great picture of the Convention highlights. Over 300 walkers participated in each day's walks.

The June/July TAW (The American Wanderer-AVA newspaper) had articles and lots of pictures from the convention. Remember, you receive the TAW with your AVA Associate membership.

AVA Officials elected: President—Dennis Michele; Vice-President—Holly Pelking; Treasurer—Bob Morrison; Secretary—Bonnie Johnson. The overall dates, including all pre/post convention Volkssport events, were Saturday, April 27 through Sunday, May 5, 2013.

The 19th AVA Biennial Convention will be held June 13-21, 2015 in Salem Oregon at The Grand Hotel.

Starting Point 2014 \$20.00

Pre-Order deadline no later than midnight, August 1

Everyone can have their very own travel and reference copy of AVA Year Round and Seasonal Events at their fingertips. Volkssport Associate Members must provide their Volkssport Associate Member Number to receive a 10% discount for Individuals and Families, or 15% discount for Volkssport Lifetime Members.

Pre-Order Form :

http://www2.ava.org/blog.php?_link=http://blog.ava.org/2013/05/pre-order-your-copy-of-starting-point.html

Volkssport Club at West Point Membership Form

Name: _____

Other Family Members: _____

Street Address: _____

City, State, Zip: _____

Home Phone: _____

Work Phone: _____

E-Mail Address: _____

Complete form and mail, along with a check for \$10 to:

Volkssport Club of West Point
P.O. Box 30
West Point, NY 10996-0030

For 2013, we've received renewals and membership dues from the following people and/or families:

Budzin -John Casper- Maureen & Joseph Ciccone- Lisa Genn- Ann, Alex Chaney, Cassidy Chaney
Green- Michael & Betty Heuberger- James, Lorraine, Caitlin, Jeremy, Emily Kanner- Barbara, Brian, Elsa, Karl
Nisonger- Tom Orr III- John C. Patrick- Nancy & Farrell Penta- Maureen Rogers- Doris
Schmidt- Andrew, Carol, Michelle Scuccimarra- Thomas & Barbara Seats- Cora Lea
Sheffler- Carol, Christopher, & Susan Skinner- Eileen Skow- Neil

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 2013 Renewal letters were mailed for those members whose membership renews in the second half of 2013. Please rejoin if you can and help support the club!



Volkssporters Walk The Canadian Rockies

Traveling to Great Falls, Montana was the first challenge for four members of the Volkssport Club at West Point. Nancy and Farrell Patrick of Fort Montgomery and Doris Rogers and Dorothy Basini both of New Windsor, gathered with walkers from 19 states for a twelve day walking trip with Tater Tours. Introducing ourselves at the “meet and greet” we learned our oldest walker was



87 and finishing her goal of walking all 50 states for the second time. The youngest walker was 23, a recent college graduate, who was joining his mother as a first time volkswalker. A mother-daughter team joined us and the Patrick’s were the only mother-daughter-dad group.

We traveled to Helena, Montana for our first walk. Along the city trail we saw the original governor’s mansion, the state capitol and Last Chance Gulch, a restored miner’s village, where gold was discovered in 1864. Most of the afternoon was spent at the Charles M. Russell Museum which houses more of Russell’s work than any other museum in the world. Russell is one of America’s best known western artists who was a cowboy, advocate of the Northern Plains Indians, environmentalist and conservationist. This was truly one of the highlights of our tour.

Crossing the border into Canada took us to the historic city of Medicine Hat. The downtown area still has gas lit street lamps. In the 1880’s natural gas and local clays were so abundant that “Gas City” became one of the earliest brick manufacturing centers in Western Canada. On the outskirts of town is the world’s largest teepee. Rising many feet high this is not a structure used for housing, it is a symbol of Indians and showcases paintings of tribal life. Continuing on into Alberta we enjoyed the beautiful city of Calgary. Nowhere did we see more beautiful flowers than in this city. Wherever we walked there were pocket parks, pedestrian walkways and baskets of brilliant flowers. Our trail took us along the Bow River where a music festival was providing entertainment in many areas of a lovely park.

We walked through the area where Olympic medals were presented, posed with a city policeman wearing a cowboy style hat, visited a multi-million dollar garden in a mall and lunched in Chinatown. This is a city worthy of another visit!

Our next day of walking was in Johnson’s Canyon, a mostly paved trail took us along rapids and finally to a beautiful waterfall. Ground squirrels, native to this area, entertained walkers and provided lots of photo opportunities. As our bus was leaving the area a large black bear ambled across the road and just a short distance ahead traffic was at a standstill for a herd of bighorn sheep standing in the road. In Banff we followed a river path to the Banff Springs Hotel. This was an alternate trail and resulted in climbing over a hundred steps up and up! Banff Springs Hotel is one of the magnificent historic hotels now part of the Fairmount group. A display of old correspondence showed letters of credit for \$50,000 which the wealthy brought for 3—4 month stays in the 1920’s. At Lake Louise we enjoyed an entire day of sightseeing and walking at leisure. A trail took us along Lake Moraine to the end where glacier waterfalls come into the Lake.

Highlight #2 was driving along the Icefields Parkway heading to Jasper, Alberta. The Canadian Rockies are breathtaking. We boarded a special bus that transported us to another bus with gigantic tires that could get us to the glacier icefield. Where we were walking the ice is 1,000 feet thick. The glacier is always melting and one could fill a water bottle with pure glacier water.

We continued on to the city of Jasper for a historic city walk. In the afternoon those not fearful of heights boarded a tramway for a seven minute ride up 7500 feet on the mountain. Although that is above the tree line it was interesting to see tiny pockets of vegetation tucked into the rocks. Another dirt trail went up to 10,000 feet for hardier walkers.

Departing the Canadian Rockies we headed into British Columbia for a walk in the city of Kamloops. Miles of trees replaced the beautiful snow topped Rockies. This is the area of cherries and blueberries which we bought at a roadside stand. Kamloops is a sister city of a city in Japan and has a lovely Japanese garden and a Rotary rose garden. We were introduced to “Italian Sodas” at the end of the trail. Vancouver was our last walk in Canada. This was a city we had enjoyed some years ago as our cruise ship returned from Alaska. The waterfront area is a bustling area where travelers board and depart cruise ships. A member of the local walking club acted as guide giving us an interesting perspective on her adopted city.

Alas, our trip was coming to an end with our final walk in Seattle. Olympic Sculpture Park, Space Needle and Pike Place Market where fish throwing is a tourist favorite, all contribute to a city worth visiting. Our group of 48 enthusiastic volkswalkers traveled far, recorded many kilometers, made new friends, renewed friendships and enjoyed the AVA mantra of “Fun, Fitness and Friendship”.

2013 YEAR ROUND EVENTS SCHEDULE AND INFORMATION

WEST OF THE HUDSON AVA SPECIAL PROGRAMS

1. CENTRAL VALLEY

Y1958, RATING 3A, 5k/11k, 1/2/2013 to 12/31/2013

Start Point: Bright Star Diner, 220 Rte 32, Central Valley, NY 10917

2. CORNWALL

Y0252, RATING 3B, 10k, 1/2/2013 to 12/31/2013

Start Point: DeCicco's Family Market, 21 Quaker Ave., Cornwall, NY 12518

3. FORT MONTGOMERY (SEASONAL WALK)

Y1740, RATING 3C, 5k/10k, 4/1/2013 to 10/31/2013

Start Point: Fort Montgomery State Historic Site Visitor Center, 690 Route 9W, Fort Montgomery, NY 10922

4. HIGHLAND FALLS

Y1145, RATING 2A, 10k, 1/2/2013 to 12/31/2013

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

5. HIGHLAND—WALKWAY OVER THE HUDSON

Y0797, RATING 2A, 7k/12k, 1/2/2013 to 12/31/2013

Start Point: The Gateway Diner, 3579 Rt. 9W, Highland, NY 12528

6. NYACK

Y1152, RATING 2B, 5k/10k, 1/2/2013 to 12/31/2013

Start Point: Nyack Hospital, 160 North Midland Avenue, Nyack

7. New Paltz

Y1497, RATING 2B, 5k/10k, 1/2/2013 to 12/31/2013

Start Point: The Bakery, 13 North Front Street, New Paltz, NY 12561

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Beacon: Bakeries, Celebrating Golden Cinemas, Diners, Fraternal Organizations, Main Street, Murals, Works Project Admin.

Central Valley: Bakeries, Diners, Fraternal Organizations, Rainbows

Cold Spring: Fraternal Organizations, Main Street, Murals

Cornwall: Celebrating Golden Cinemas, Fraternal Organizations, Main Street, Rainbows

Fort Montgomery: Murals, Rainbows, Walking America's Trails

Highland Falls: America's Baseball Walks, Diners, Fraternal Organizations, Main Street, Rainbows

Hyde Park: Celebrating Golden Cinemas, Diners, Fraternal Organizations, Main Street, Murals, Walking America's Trails, Works Project Admin.

Highland - Walkway over the Hudson: Celebrating Golden Cinemas, Diners, Fraternal Organizations, Main Street, Murals, Walking America's Trails, Works Project Admin.

Nyack: Bakeries, Fraternal Organizations, Main Street, Murals

Rhinebeck: Bakeries, Celebrating Cinemas, Diners, Fraternal Organizations, Murals, Works Project Admin.

West Point: America's Baseball Walks, Rainbow

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

8. WEST POINT

Y0037, RATING 2B, 7k/11k, 1/2/2013 to 12/31/2013

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

EAST OF THE HUDSON

9. BEACON

Y1150, RATING 2A, 5k/12k, 1/2/2013 to 12/31/2013

Start Point: Yankee Clipper Diner, 397 Main Street, Beacon, NY 12508

10. COLD SPRING

Y1633, RATING 2B, 5k/10k, 1/2/2013 to 12/31/2013

Start Point: Cold Spring Depot Restaurant, 1 Depot Square, Cold Spring, NY 10516

11. HYDE PARK

Y1108, RATING 3C, 6k/13k, 1/2/2013 to 12/31/2013

Start Point: The Eveready Diner, 540 Albany Post Rd. (Route 9), Hyde Park, NY 12538

12. RHINEBECK

Y1094, RATING 1A, 5k/10k, 1/2/2013 to 12/31/2013

Start Point: The Delamater House, The Delamater House Inn and Conference, 25 Garden Street, Rhinebeck, NY 12572

The AVA changed the ratings system in 2012—Ratings are now a combination of both difficulty and terrain.



Upcoming 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 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! “Traditional Events” are one-time only walks. AVA credit is provided, and these are usually a one-time deal, perhaps repeated.

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|-----------------------------|--|--------------------------------------|
| Sunday, July 14 | WP-GW - 9:15 AM - Cold Spring YRE Group Walk (summer hours) - CONFIRMED! | WP= Volkssport Club
at West Point |
| Monday, July 22 | WP-INFO - 6:30 PM - 25th Anniversary Committee Meeting | GW= Group Walk |
| Saturday, July 27 | WP-CM - 8:00 AM - Club Breakfast and Meeting (summer hours) - CONFIRMED! | CM= Club Meeting |
| | WP-GW - 9:15 AM - New Paltz YRE Group Walk (summer hours) - CONFIRMED! | CP= Club Party |
| Sunday, August 11 | WP-GW - 9:15 AM - Beacon YRE Group Walk (summer hours) - tentative | TE= Traditional Event |
| Sunday, August 25 | WP-CP - 5:30 PM to 8:00 PM - Annual Hudson River Cruise - CONFIRMED! | INFO= information
of interest |
| | WP-TE - 9:00 - 10:00 AM registration, finish by 1 PM - Storm King Mountain Rt 218 Event - CONFIRMED! | |
| Saturday, August 31 | WP-INFO - Time TBD - Pre-walk of 25th Club Anniversary Event - Hyde Park Trails | |
| Sunday, September 1 | WP-INFO - Time TBD - Pre-walk of 25th Club Anniversary Event - West Point Redoubt | |
| Saturday, September 7 | WP-INFO - Time TBD - Pre-walk of 25th Club Anniversary Event - West Point Cemetery | |
| Sunday, September 8 | WP-TE - 10 AM to noon registration, finish by 2 PM - Hudson River Valley Ramble 2013 - Wappingers Falls Trail - CONFIRMED! | |
| Sunday, September 22 | WP-CM - 8:00 AM - Club Breakfast and Meeting (summer hours) - tentative | |
| | WP-GW - 9:15 AM - Central Valley YRE Group Walk (summer hours) - tentative | |
| Friday, October 4 | WP-INFO - Time TBD - Volkssport Club at West Point 25th Anniversary Event Weekend (Fri-Sun) | |
| Saturday, October 5 | WP-INFO - Time TBD - Volkssport Club at West Point 25th Anniversary Event Weekend (Fri-Sun) | |
| Sunday, October 6 | WP-INFO - Time TBD - Volkssport Club at West Point 25th Anniversary Event Weekend (Fri-Sun) | |
| Sunday, October 27 | WP-GW - 10:15 AM - Cornwall YRE Group Walk - tentative | |
| Saturday, November 2, 2013 | WP-GW - 10:15 AM - Hyde Park YRE Group Walk - tentative | |
| Sunday, November 17, 2013 | WP-CM - 9:00 AM - Club Breakfast and Meeting - tentative | |
| | WP-GW - 10:15 AM - Beacon YRE Group Walk - tentative | |
| Sunday, December 8, 2013 | WP-CP - Time TBD - Annual December (2013 Version) Holiday Party - | |
| Saturday, December 14, 2013 | | |

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

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



Volkssport Club at West Point's QR
Code—scan with your smart phone!



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 at 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 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 at 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 at 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.