

# newsletter

September, October, November 2010

## A Fall Trek in Bainbridge on October 2nd & 3rd

On October 2<sup>nd</sup> and 3<sup>rd</sup> we are venturing to a location north along the Susquehanna to what is a new walking venue for the Penn Dutch Pacers in Bainbridge, PA. For the last few years we have had walks in many of the surrounding communities which included Mount Joy and Maytown and also the Susquehanna River towns of Columbia and Marietta. Now we are moving upriver about 6 miles north of Marietta to experience what was once an Indian settlement and was eventually named for Commodore William Bainbridge, a hero in the War of 1812.



This quaint, unincorporated river town and its surrounding area offers a wealth of history and walking opportunities. The walk qualifies for seven Special Walking Programs. The start point for our walk is the Bainbridge Fire Company, located at 34 South

Second Street. This organization has a long history of community service to Bainbridge and the Conoy Township area. They are well known for their weekly bingo fund raiser which will follow our Saturday walk.

We begin our walking trail at the fire company and proceed north following Second Street. You will note that much of the town retains its colonial flavor. The walk continues through a rural area to River Road (Route 441). A short stretch north takes us to a left turn on Prescott Road. This lane leads us to our intersection with the Conoy Canal Trail. The 1st checkpoint will be located in this area.

The Conoy Canal was a portion of the Pennsylvania Canal that was constructed to bypass areas of the Susquehanna River that restricted navigation. The canal system was short lived, being replaced by the railroad that was located adjacent to the canal.

We continue our trek south on the Conoy Canal Trail. This narrow, dirt tow path currently exists from Falmouth south to Bainbridge. Eventually this trail will extend all the way down river to Columbia. This elevated path was used by mules as they pulled barges along the length of the canal. The trail offers many scenic views of the Susquehanna River as we journey back into downtown Bainbridge.

The walk continues south of town along lightly traveled Second Street. As we near the tiny community of Locust Grove, we will cross the pristine Conoy Creek. Conoy Creek has its origin near Elizabethtown, flows southwest and empties into the Susquehanna River near Locust Grove.

At Locust Grove we arrive at our 2nd checkpoint, the historic



*Cont'd in the next column*

Haldeman Mansion, the subject of our event award. This partially restored federal styled building dates back to 1782. The mansion is listed on the National Register of Historic Places. We return to our start/finish point at the fire company by way of country roads, having toured one of the most scenic and historic areas of Lancaster County. As usual, our outstanding crew of "kitchen folks" will be on hand to prepare and serve a variety of food for your eating pleasure.

As intimated above, Bainbridge is full of history so we'd like to further enlighten you about some of the history which took place in and around Bainbridge on the very land on which you will be walking. Just like Rocky and His Friends (for those old enough to remember) let's get into our way-back machine to take a look at how Conoy Township came to be.

In the eighteenth century, some Piscataway [Indians], as well as other fleeing Algonquian groups, migrated north of the Susquehanna River seeking relief from the European settlers. Then known as the "Conoy", they sought the protection of the powerful Haudenosaunee, their former enemies. Pennsylvania Colony also proved unsafe. Some Conoy continued to migrate north, finally settling in New France [Canada]. Today, their descendants live with the Six Nations at Grand River First Nation, Ontario, Canada. Prior to European settlement, Bainbridge was the

*From about 1718-1743, the Conoy Indian Tribe had its settlement slightly to the west of here. Closely related to the Nanticoke Tribe, with whom they eventually merged, the Conoy Indians gradually migrated into Pennsylvania from the area of Chesapeake Bay.*

site of a Conoy village in the first decades of the 18th century possibly called Conejoholo.

In the early 1700s, Pennsylvania's Susquehanna Valley became a place of refuge for several Indian nations uprooted by disease, warfare, and dispossession in other colonies. The Conoys and Nanticokes were closely related coastal Algonquin Indian tribes from the Chesapeake Bay. The Conoys inhabited a region between modern-day Washington, D.C. and Baltimore. The Nanticokes lived across

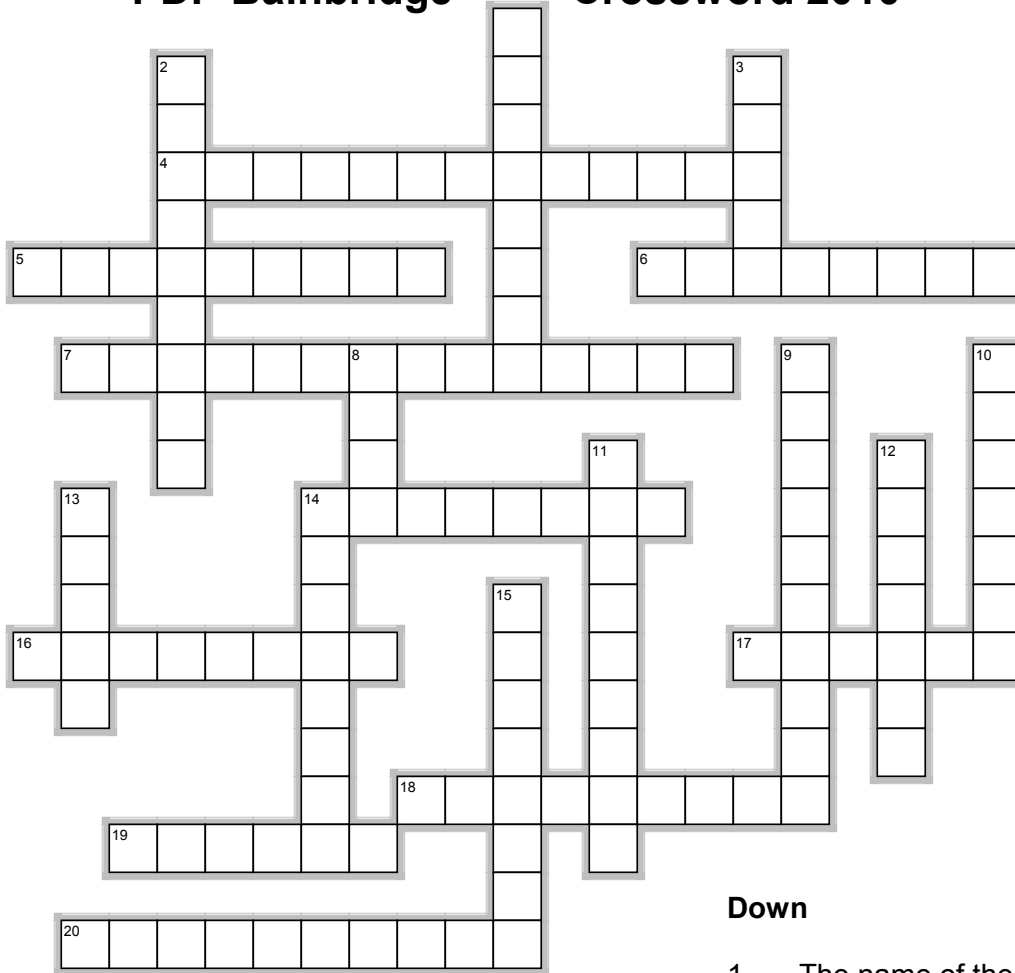
the Bay from the Conoys on Maryland's Eastern Shore and present-day Delaware. Both were caught up in the rapid transformations unleashed on this region by the English colonization of Maryland in the 1630s. Colonists seeking their fortunes in the booming trans-Atlantic tobacco market wanted to turn native homelands into plantations. At the same time, Susquehannock and Iroquois Indians were pushing south from the Susquehanna Valley seeking new sources for furs and new markets for selling them to European traders.

Caught in this vise, the Conoys and Nanticokes were also struck by epidemic diseases brought by the Europeans. Historians estimate that the Conoys' population dropped from about 2,500 in 1632 to about 300 by 1697. The Nanticokes experienced similar

*Cont'd on Page 7, column 1*

# PDP Bainbridge

# Crossword 2010



### Across

4. The British scientist that corresponded with Samuel Haldeman.
5. The modern name for what Haldeman learned from a traveling Methodist Minister.
6. The canal trail runs from Bainbridge to \_\_\_\_\_.
7. The Indian tribe named after the river that flows near Bainbridge.
14. One of the four previous towns we have walked in that's near Bainbridge.
16. One of the four previous towns we have walked in that's near Bainbridge known for its clock museum.
17. Bainbridge was once an \_\_\_\_\_ settlement.
18. What was the original name for Canada.
19. The correct spelling of Samuel Haldeman's middle name.
20. What was a possible name of the early Conoy Village.

### Down

1. The name of the mansion where our checkpoint will be located.
2. The name of the college Samuel Haldeman attended.
3. An artificial waterway for navigation or for draining or irrigating land.
8. Commodore William Bainbridge was a War of 1812 \_\_\_\_\_.
9. Who was Rocky the Squirrels, best friend.
10. One of the four previous towns we have walked in that's near Bainbridge that is named after a month.
11. William Bainbridge's military title.
12. Commodore \_\_\_\_\_ Bainbridge.
13. The name of both the township in which Bainbridge is located and also the name of the Indian tribe that once inhabited the area.
14. One of the four previous towns we have walked in that's near Bainbridge.
15. Both the name of a canal and the falls on the Susquehanna River.

## A Short Story

A little bird was flying south for the Winter. It was so cold the bird froze and fell to the ground into a large field.

While he was lying there, a cow came by and dropped some dung on him. As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was.

The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy.

A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him.

Morals of the story:

- (1) Not everyone who shits on you is your enemy.
- (2) Not everyone who gets you out of shit is your friend.
- (3) And when you're in deep shit, it's best to keep your mouth shut!

## President's Message

It's hard to believe its September already! But after the summer of heat and humidity, one of the hottest on record, most people are grateful that cooler weather is ahead. The cooler weather sure makes walking more pleasant and we can all appreciate that. Speaking of cooler weather and walking you probably have already seen information on the front page on our next walking adventure in Bainbridge and I encourage everyone to put the date on their calendar so that you can come out and enjoy all that the trailmasters and everyone else involved in planning our Bainbridge adventure have prepared for you.



The next edition of the newsletter will be coming out about 7 -10 days early since we will be including all the information you need to know on our November 28th event in Lititz which again will serve as the second leg of the Thanksgiving Walking Weekend in Central Pennsylvania. It stands to reason that since we are publishing early we will need your contributions early as well. We'll remind you with an e-mail as usual.

We have a lot of irons in the fire regarding upcoming walks in 2011 and lots of work to be done and that means we need people like you to do the work. Please consider stepping forward to help.

I hope to see you soon at a PDP meeting or PDP walking event.

Thanks to everyone who works so hard to keep PDP among the best.  
- Phil

## RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2011

**Ralph Greenawalt  
Stephen Schell  
Barbara Shafer  
Aubry & Irene Steffy**

2013

**Mary & Rosalie Angeline  
Tresa & Bill Gross  
Fran & Bob Patterson**

### CLUB MEMBERS ACHIEVEMENT AWARDS

#### KILOMETER MILESTONES

**4500 Km**

**Rose Grumbling  
James Wellenreiter**

**7000 Km**

**Catherine Glass**

**10,000 Km**

**Brian Grumbling**

**11,000 Km**

**Brian Grumbling**

Records as of July 30, 2010  
**Pete Byrne, Membership**

### CLUB MEMBERS ACHIEVEMENT AWARDS

#### EVENT MILESTONES

**10 Events**

**Lilly Sipe**

**30 Events**

**Carmelita Keiser**

**250 Events  
Jeanne Schopf**

## National Parks Offer Free Admission Days!

by Annette Tollett, VVA President

To mark the 40th Anniversary of Earth Day and to celebrate the launch of the Obama Administration's America's Great Outdoors initiative, Secretary of the Interior Ken Salazar has announced a schedule of free admission days to many of the lands managed by the Department of the Interior, including our national parks!



There are still free days remaining in 2010! All national parks offer free admission on these dates:

- September 25th
- November 11th, in honor of Veterans Day

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**"Never insult an alligator until after you have crossed the river."**

**-Cordel Hull**

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**425 Events**

**Rose Grumbling  
James Wellenreiter**

**450 Events**

**Rose Grumbling**

**600 Events**

**Catherine Glass**

**1000 Events**

**Brian Grumbling**

Source: *The American Wanderer*  
**June/July and  
August/September 2010**

## Common Words Uncommon Definitions

UNCOMMON DEFINITIONS  
COMMON WORDS

We thought it would be interesting to take a look at a few words that are common English words that have meanings that maybe we aren't aware of. Do you know the other meanings of these two common words below.

### CASHIER

PRONUNCIATION:  
(ka-SHEER)

MEANING:

verb tr.: To dismiss from service, especially with disgrace.  
noun: An employee who handles payments and receipts in a store, bank, or business.

### TABBY

PRONUNCIATION:  
(TAB-ee)

MEANING:

noun:  
1. A spinster.  
2. A spiteful or gossipy woman.  
3. A fabric of plain weave.  
4. A watered silk fabric.  
5. A building material made of lime, oyster shells, and gravel.

### Correction!!

We had reported in the last issue, based on information in the KSVa agenda, that the next AT Conference will be held in 2011 in Fredericksburg VA. We had made an inquiry questioning the 2011 date but did not receive a response until after the last issue went to press. In fact the next AT Conference will be in **2012** not 2011. Sorry for the error.



## Atlantic Region Clubs Disband

It seems we almost need a permanent column here to announce the demise of clubs in the Atlantic Region.

The Baloney Stompers folded the end of 2009 and divvied up their remaining funds between the Susquehanna Rovers (who are taking over a couple of their YRE events) and KSVa. In addition as their final donation to the Lebanon Rail Trail they sponsored another bench.

The end of June marked the end for two more clubs that provided many walking opportunities to all of us in the Atlantic Region and beyond.

Sam Tollett announced, "I am sad to report the Riverfront Ramblers, our only club in West Virginia, has notified me that they will be seeking dissolution of membership from the American Volkssport Association effective June 30, 2010.

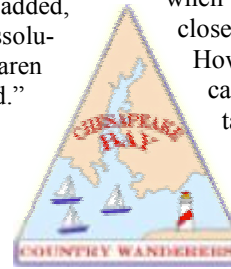
Age and physical condition of the club's members is the primary reason this club is folding. The Riverfront Ramblers have been active in the AVA and have a twenty year history of having excellent walks."

Joan Lampart KSVa president added, "I truly am saddened by the dissolution of this club. I know that Karen tried her best to make it succeed."

The Chesapeake Bay County Wanderers formerly based in Bowie, Maryland also announced they were disbanding the end of June.

It is sad seeing 3 clubs in the Atlantic Region close their doors since the beginning of 2010. It is a trend we would rather not see continue but if you look at when most of the clubs were formed which was 20 to 25 years ago and consider that most of the clubs are still run primarily by founding members who are now in there late 60's, early 70's and beyond or folks that have been involved for 10 or more years it doesn't take a crystal ball to see where all the clubs are heading with generally no new folks getting involved to take over for those that don't want to be involved or can't be involved to the extent that they once were.

What's the answer? That's the \$64,000 question and one that the AVA as well as the state associations as well as the local clubs and the Penn Dutch Pacers are going to have to ponder and find a solution to if Volksmarching is going to survive.



## 7 Special Walking Programs at the end of 2010

If you are participating in any Special Walking Programs then you will want to check the list below so that you are sure to complete your books for the programs listed before the end of 2010 since all the programs on this list are due to expire. Clubs planning walks beginning January 1, 2011 need to make sure that clubs do not include any of these events in the walk description when requesting ESR approval of events or list them in walk brochures or other event publicity.

Here's the list:

- American Authors & Literary Landmarks
- Cemetery Stroll
- Islands
- Native American Culture
- RailRoad Heritage
- RiverWalk America
- Spirit of Walking Cemetery Stroll

## Cemetery Stroll Confusion

Hi all - there is some confusion about when this program will end. It officially closed for new participants July 1, 2010.

However, all who entered the program can still redeem their books and obtain a patch until December 31, 2010 or patches run out whichever comes latest. So, keep walking those cemeteries and get your books in

Dennis Michele, POC Cemetery

## Walking Downtown Lancaster 2011

For those of you who like walking in downtown Lancaster you will be glad to know that we will be reprising our early January Walk from Isaac's Restaurant in the Fulton Bank complex on Saturday, January 8th. As in the past this is a one day only walk.

You will find information on this walk as we get closer and all PDP walks are on the PDP web site at

[www.penndutchpacers.org](http://www.penndutchpacers.org)

# 2010 & 2011 Atlantic Region Calendar

From the Atlantic Region website

## September 2010

Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Freestate Happy Wanderers	Laurel MD (Montpelier Arts Cntr & Montpelier Mansion)	301-717-3604
11-12	W	Germanna Volkssport Association	Fredericksburg VA (Central Park)	540-786-6550
13	NW	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elementary School)	703-455-1878
16	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>		
16	W	Gator Volksmarsch Club	Norfolk VA (402 Pembroke Ave)	757-490-9324
18	W	Northern Virginia Volksmarchers	Burke VA (Accotink Unitarian Universalist Church)	(703)455-1878
21	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
25	W	Virginia Vagabonds	Newport News VA	757-766-3065
25	W	Loudoun Walking & Volkssport Club	Lovettsville VA (Game Preservation Association)	703-737-2175
25	W	Baltimore Walking Club	Owings Mills MD (Soldier's Delight)	410-825-4008
25	W	Liberty Bell Wanderers	Philadelphia PA (Pennypack Park)	215-442-1337

## October 2010

Date	Type	Sponsoring Club	Event Location	Contact Phone
02-03	W	Fort Belvoir Outdoor Rec	Fort Belvoir VA (Oktoberfest Freemont Field)	703-805-1488
02-03	W	<b>Penn Dutch Pacers</b>	<b>Bainbridge PA (Bainbridge Fire Company)</b>	<b>717-625-3533</b>
03	2W	Liberty Bell Wanderers	Perkasie PA (Menlo Park)	215-529-5686
03	W	Annapolis Amblers	Annapolis MD (20th Annual W Annapolis Oktoberfest)	410-224-0907
09	W	Peninsula Pathfinders	Hampton VA (Fort Monroe)	757-890-9220
09	W	Washington DC Area Volksmarching Club	Clarksburg MD (Little Bennett Regional Park)	301-588-1913
09	W	Gator Volksmarsch Club	Hampton VA (Fort Monroe)	757-490-9324
15-17	3W	Nittany Nomads	State College PA (Super 8 Motel)	814-234-1368
16	W	Lee Lepus Volkssverband	Amelia VA (Hardee's Restaurant)	804-768-0055
16	W	Columbia Volksmarsch Club	Odenton MD (Premier Health & Fitness Clubs)	410-290-6510
21	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>		
22	W	US Freedom Walk Festival Club	Arlington VA (Residence Inn)	703-209-0174
23	W	Loudoun Walking & Volkssport Club	Lucketts VA (Tarara Winery)	703-737-2175
24	W	US Freedom Walk Festival Club	Arlington VA (Residence Inn)	703-209-0174
30	W	Seneca Valley Sugarloafers	Derwood MD (Agricultural History Farm Park)	301-869-0698
30-31	W	First State Webfooters	Rehoboth Beach DE (Henlopen Hotel)	302-697-1191
31	W	Virginia Vagabonds	Chincoteague VA (McDonalds)	757-766-3065

## November 2010

Date	Type	Sponsoring Club	Event Location	Contact Phone
06	W	Peninsular Pathfinders	Newport News VA (Newport News Park)	757-890-9220
13	W	Gator Volksmarsch Club	Norfolk VA (Van Wyck Branch Library)	757-490-9324
13	W	Piedmont Pacers	Sykesville MD	410-795-7855
18	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>		
20	W	Virginia Vagabonds	Newport News VA (Deer Park)	757-766-3065
20	W	Seneca Valley Sugar Loafers	Gaithersburg MD (Seneca Creek State Park)	301-926-8580
20	W	Baltimore Walking Club	Darlington MD (Conowingo Dam Fishing Pavilion)	410-638-7043
27	M	<b>Keystone State Volkssport Assn Meeting - 2:00 p.m. Hershey PA (Hershey Library)</b>		
26-27	2W	Susquehanna Rovers	Hershey PA (Hershey Recreation Center)	717-761-1338
28	W	<b>Penn Dutch Pacers</b>	<b>Lititz, PA (Freeze &amp; Frizz)</b>	<b>717-625-3533</b>

## December 2010

Date	Type	Sponsoring Club	Event Location	Contact Phone
04	W	Washington DC Area Volksmarching Club	Alexandria VA (Barret Branch Library)	703-765-3128
10-11	NW	Peninsula Pathfinders	Williamsburg VA (Clarion Hotel)	757-766-3065
10-12	S	Peninsula Pathfinders	Williamsburg VA (Clarion Hotel)	757-766-3065
11-12	W	Peninsula Pathfinders	Williamsburg VA (Clarion Hotel)	757-766-3065
13	NW	Columbia Volksmarsch Club	Columbia MD (Dye Home)	410-290-6510
18	NW	Germanna Volkssport Association	Fredericksburg VA (Fredericksburg Visitor Center)	540-786-6550
31	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
31	W	Freestate Happy Wanderers	Columbia MD (Owen Brown Community Center)	410-437-2164

## January 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
01	W	Freestate Happy Wanderers	Columbia MD (Owen Brown community Center)	410-437-2164
08	W	<b>Penn Dutch Pacers</b>	<b>Lancaster PA (Isaac's Restaurant - Downtown)</b>	<b>717-625-3533</b>
08	W	Virginia Vagabonds	Hampton VA (TBD)	757-766-3065
15	W	Seneca Valley Sugarloafers	Cabin John MD (Carderock Recreation Area/C&O Canal)	301-385-0054
20	M	<b>Penn Dutch Pacer Annual Dinner Meeting :: Isaac's Restaurant, Manheim Pike • Dinner @ 5:30 • Meeting @ 7:00 PM</b>		

**Legend:** W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim  
Sk=Ski, XSk = Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe M=Meeting

# 2010 & 2011 Atlantic Region Calendar

From the Atlantic Region website

## February 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
17	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>	Lancaster Health Campus @ 7:00 PM	
19	W	Freestate Happy Wanderers	Beltsville MD (Vansville Community Center)	301-572-5574

## March 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
17	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>	Lancaster Health Campus @ 7:00 PM	
26	W	Freestate Happy Wanderers	Laurel MD (Pallotti High School)	301-717-3604
26	W	Virginia Vagabonds	Gloucester VA (Walter Reed Hospital)	757-766-3065

## April 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
02	W	Virginia Vagabonds	Yorktown VA	757-766-3065
09-10	W	First State Webfooters	Smyrna DE (Blackbird State Forest)	302-697-1191
16	—	<b>Atlantic Region Meeting - Region Director Election :: TBD</b>	TBD	<b>757-766-3065</b>
16-17	W	Germanna Volkssport Association	Fredericksburg VA (Dorothy Hart Community Center)	540-786-6550
21	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>	Lancaster Health Campus @ 7:00 PM	
23	W	Washington DC Area Volksmarching Club	Alexandria VA (Baerwald Residence)	703-765-3128
25	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
30	W	Seneca Valley Sugarloafers	Takoma Park MD (Wayne Avenue Garage)	301-946-5496
30	W	Peninsula Pathfinders	Williamsburg VA (New Quarter Park)	757-890-9220

## May 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
07	W	Virginia Vagabonds	York County VA	757-766-3065
19	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>	Lancaster Health Campus @ 7:00 PM	
23	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128

## June 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
16	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>	Lancaster Health Campus @ 7:00 PM	
18-26	—	<b>AVA 17th Biennial Convention</b>	Des Moines IA	

## July 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
21	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>	Lancaster Health Campus @ 7:00 PM	
25	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128

## August 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
22	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128

## September 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Freestate Happy Wanderers	Laurel MD (Montpelier Arts Center)	301-717-3604
15	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>	Lancaster Health Campus @ 7:00 PM	
24	W	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library-Wilson Bridge)	703-765-3128
26	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128

## October 2011

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Virginia Vagabonds	Williamsburg VA	757-766-3065
01-02	W	Piedmont Pacers	Frederick MD (Frederick Fairgrounds - Oktoberfest)	410-795-7855
20	M	<b>Penn Dutch Pacer Monthly Membership Meeting :: Lancaster Health Campus @ 7:00 PM</b>	Lancaster Health Campus @ 7:00 PM	
21-23	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
22	W	Virginia Vagabonds	Portsmouth VA	757-766-3065

Events are added to this calendar all the time. Please check either or both the AVA Walk Calendar or the Atlantic Region Calendar. Both links are available from the Penn Dutch website at [www.penndutchpacers.org](http://www.penndutchpacers.org)

**Legend:** W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim  
Sk=Ski, XSk= Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe M=Meeting

*Cont'd from Page 1 • Bainbridge . . .*

demographic disaster. During the early decades of the 1700s, the remnants of both groups migrated north into Pennsylvania's Susquehanna Valley.

When they did so, the Conoys and Nanticokes were moving on to land that had belonged to the Susquehannocks a century earlier. In 1608, Captain John Smith of the Jamestown colony had described the Susquehannocks as a powerful people, but warfare and economic competition unleashed by the fur trade had ultimately spelled their ruin. During the mid-1600s, the Susquehannocks warred with the Iroquois - a confederacy of five Indian nations to the north - and with Maryland and Virginia colonists from the south. By 1700, most Susquehannocks had died, been assimilated as captives into other Indian nations, or become part of the small, fractured Indian populations, like the Conoys and Nanticokes, who were gradually repopulating the Susquehanna Valley.

The demise of the Susquehannocks left the Iroquois with new power in the region. While there is no evidence that the Iroquois ever struck a decisive blow against the Susquehannocks in the seventeenth century, colonial agents were willing to believe the fiction of an Iroquois "conquest" of the Susquehanna Valley because it helped establish order along a much fractured frontier. Too weak to challenge Iroquois authority, small refugee groups like the Conoys and Nanticokes became, in effect, tributaries of the Iroquois Confederacy. Generally speaking, this tributary status did not weigh heavily on the Conoys and Nanticokes. Continuing to manage their own internal politics, they showed their submission chiefly by deferring to the Iroquois at treaty conferences. However, as the advancing edge of colonial settlement pushed toward the Susquehanna River, they realized their vulnerability when the Iroquois assumed the power to sell their lands to colonial agents.

In addition to the town identified on this marker, some Conoys and Nanticokes established new homes at the mouth of the Juniata River, and others lived in Shamokin (modern Sunbury), at the confluence of the west and north branches of the Susquehanna. The violence on the Pennsylvania frontier during the Revolutionary Era caused the Conoys and Nanticokes to continue their migrations, some into western New York, some into Ohio, and some eventually to Oklahoma in the 1800s.

The experience of the Conoys and Nanticokes is indicative of how life constantly changed for Indians during the colonial era. While their homelands were actually in Maryland, they became identified with Pennsylvania because by the time European colonizers showed up on the Susquehanna, these Indians were already living there for at least a generation. Indian refugee groups, in turn, added to the diversity of interests and cultures that defined colonial Pennsylvania.

So obviously Bainbridge and Conoy Township has been influenced by the Indians that populated the area and who were then forced to migrate in response primarily to the English "invasion".

This area was also influenced by the old Conewago Canal which first opened in 1797 to bypass the Conewago Falls on the Susquehanna River. A trail that follows the route of the canal runs from Bainbridge, south of the Watershed, to Falmouth. Our

Bainbridge Walk traces a portion of this historic canal that allowed ships to skirt the steep drop in the river at Conewago Falls. A walk in Bainbridge wouldn't be complete without a visit to the Haldeman Mansion (which is on our patch and where a check-point will be located) and with some background on this astounding individual.

**Samuel Steman Haldeman (1812 - 1880) (Commonly Misspelled Samuel Stehman Haldeman)**

Samuel Steman Haldeman, born at the mansion in Bainbridge on August 12, 1812, was the oldest of seven children of Henry Haldeman (1787-1849) and his wife, Frances Steman (1794-1826). His father, who appreciated culture, endeavored to foster a love of learning in his children. His mother, an accomplished musician, died when Samuel was fourteen years of age.

Samuel was educated in the public schools, at the classical academy in Harrisburg and at Dickinson College, Carlisle, PA. He found college routine irksome and left after two years at the age of eighteen saying, "I cannot learn from others, I must see for myself." Thereafter he educated himself by attending lectures, recording observations of bird habits, learning to stuff

birds and mammals from a traveling Methodist minister, resulting in a large collection of specimens in natural history and also a scientific and linguistic library.

As a child Haldeman had a penchant for collecting specimens from nature and Native American stone implements found on and near the mansion site, keeping them in his own museum. His collection included skeletons of rabbits, opossums, muskrats, and field mice, which he prepared by boiling the carcasses. It also included fresh-water shells from both banks of the Susquehanna River and its islands. A letter from Samuel to

a friend, dated 1844, says, "I collected shells on the banks of the Susquehanna long before I knew the meaning of genus and species." We'll see later what an influence these early shell-collecting days on the Susquehanna River had on Haldeman's scientific scholarship. After his marriage in 1835 to Mary A. Hough of Bainbridge, he moved to a new residence at the base of Chickies Rock, Marietta. Not only did he design the stately home built by his father, he laid out the grounds with native specimens of trees and shrubs gathered from the surrounding woods, and some foreign varieties, all of which were planted with his own hands. Not having a particular fondness for business, he continued his studies of nature, but did assist his father in a saw mill and later became a silent partner in the iron business with his brothers. He wrote articles on anthracite furnaces for Silliman's Journal, and contributed sound and practical suggestions for improvements to both the mill business and construction of the blast furnace.

At the age of twenty-three, Samuel contributed to the Lancaster Journal an article refuting Locke's "Moon Hoax". From then on, his life was devoted to science. For forty-five years he spent most of the time in his library, many times working sixteen hours a day. In 1836, Professor Haldeman became an assistant on the State geological survey of New Jersey, and was later transferred to a similar position in Pennsylvania. During extensive geological work, he discovered a new genus and species of fossil plant. Geology did not engross his whole attention, as he was now busy collecting and studying shells, and made substantial contributions in this field through an expertly illustrated mas-



*Samuel Steman Haldeman*

*Cont'd in the next column*

*Cont'd on Page 8, column 1*

Cont'd from Page 7 • Bainbridge . . .

sive work of copperplate engravings, drawn and colored from the original shells and living animals. This was finished in 1845.

One professional association of Samuel Haldeman during this period of 1840 to 1850 is particularly significant for his scientific development as well as for the development of American science. In 1844 he became a member of the American Association for the Advancement of Science, a fledgling organization just beginning to function. At the request of this organization, he prepared a paper entitled "Enumeration of the Recent Freshwater Mollusk Which are Common to North America and Europe, with Observations on Species and their Distribution." Fifteen years later, an obscure British scientist had the following to say about this paper, "In 1843-44 Professor Haldeman (Boston Journal of Natural History, United States, Vol. IV, pg. 468) has ably given the arguments for and against the hypothesis of the development and modification of species: he seems to lean towards the side of change." This scientist was Charles Darwin and he was writing in the preface to his Origin of Species, one of the most influential and controversial science books ever published. Samuel was said to have been the only American Naturalist with whom Charles-Darwin corresponded, and whose opinion Darwin regarded as authoritative."

Samuel continued to write important and prize-winning essays and articles in philology, phonography, ethnology, natural history, and archaeology. His writings in all fields of science are literally innumerable, with well over one hundred articles on such scientific subjects as conchology and crustacea (the study of mollusks and shells), entomology (the study of insects), arachnidae (the study of spiders), annelids (the study of earthworms, leeches and related animals), geology, chemistry and archeology.

He became professor of zoology at Franklin Institute of Philadelphia in 1841; chemist and geologist of the Pennsylvania Agricultural Society in 1852; professor of natural history at the University of Pennsylvania from 1850-1853; and the same position at Delaware College at Newark, Delaware from 1855-1858; and professor of comparative philology at the University of Pennsylvania from 1876 until the time of his death. This university conferred upon him the degree of Doctor of Laws. Professor Haldeman was among the first to undertake the spelling reform of English words. He corresponded with Noah Webster, who credited him with many words and definitions in his dictionary, also contributing to Worcester's Dictionary, the National Dictionary, and Johnson's Cyclopedia. He studied the languages of our Indian tribes, and of various nations and tribes of other parts of the world. He considered his most outstanding accomplishments to have been his investigations in philology (the study of the evolution of speech sounds).

Dr. Haldeman was elected to twenty-eight honorary scientific societies, both in this country and abroad. With others, he formed the Entomological Society of Pennsylvania and was president of the American Philological Association. Letters of inquiry from all parts of the world came across his desk; publishers asking opinions of books; writers begging information; teachers with a pronunciation to be settled; naturalists forwarding packages of shells, insects, or minerals for identification; farmers and others sending clays to be analyzed; requests for lectures; requests for data from scientific newspaper articles; request for reviews from editors, and so on.

Samuel Steman Haldeman died on September 10, 1880 at the age of sixty-eight, at his study table, of heart paralysis. He left a wife, two sons, and two daughters. He is buried beside his wife in the Haldeman family plot in the Marietta Cemetery. At a meeting of scientists following his death, this remark was made of him, "He was no ordinary man whom you might compliment with a passing respectful obituary notice - in science and letters he was a great man." - HMPS Records.

As you can see Samuel Haldeman was a very interesting individual. Who knew such an individual lives in Lancaster County. Our Walk in and around Bainbridge will be an adventure tinged with a bit of the history that we have touched on here. Please mark your calendars now so that you don't miss this incredible walking experience brought to you by the Penn Dutch Pacers.

*Don Young & Phil Allamong both contributed to this article. Some information on the Conoy Indians is from [www.ExplorePAHistory.com](http://www.ExplorePAHistory.com) Information on Samuel Haldeman is from [www.haldemanmansion.org](http://www.haldemanmansion.org)*

## AVA Names Nicole Rogers New Executive Director

*Editor's Note: Most of you are aware of the departure/retirement of Jackie Wilson from the post of Executive Director of AVA. The following is the official announcement of Jackie's replacement along with a bio of our new Executive Director. With the continuing decline in participation and fewer and fewer clubs all the time, she has a big and important job ahead of her. Wish her luck at every opportunity.*

*Fellow National Executive Council Members [and all AVA members & clubs],*

*It is with a deep sense of privilege that I announce Nicole Rogers as the next Executive Director of the American Volkssport Association.*

*Nicole's biography is below...*

*The Selection Committee of Curt Myron, Wayne Holloway and Heinz Johnson determined that Nicole is the right person for the position; and that determination was confirmed by unanimous vote of the Executive Committee.*

Cont'd on Page 9, column 1

Answer Key to the Crossword Puzzle on Page 6	
15.	CONDWAG — Both the name of a canal we have walked in that's near Bainbridge.
14.	MARIETTA — One of the four previous towns the area.
13.	CONOY — The name of both the township in which Bainbridge is located and also the name of the Indian tribe that once inhabited the area.
12.	WILLIAM — Commodore
11.	COMMODORE — William Bainbridge's military title.
10.	MAYTOWN — One of the four previous towns we have walked in that's near Bainbridge that is named after a month.
9.	BULLWINKLE — Who was Rocky, The Squirrels, best friend.
8.	HERO — Commodore William Bainbridge was a War of 1812 war.
3.	CANAL — An artificial waterway for navigation or for draining or irrigating land.
2.	DICKINSON — The name of the college Samuel Haldeman attended.
1.	HALDEMAN — The name of the mansion where our checkpoint will be located.
20.	CONEJOLO — What was a possible name of the early Conoy Village.
19.	STEMAN — The correct spelling of Samuel Haldeman's middle name.
18.	NEWRANCE — What was the original name for Canada.
17.	INDIAN — Bainbridge was once an settlement known for it's clock museum.
16.	COLUMBIA — One of the four previous towns we have walked in that's near Bainbridge.
14.	MOUNTOY — One of the four previous towns we have walked in that's near Bainbridge.
7.	SUSQUHANNOCKS — The Indian tribe named after the river that flows near Bainbridge to.
6.	FALMOUTH — The canal trail runs from Minister.
5.	TAXIDERM — The modern name for what Haldeman learned from a traveling Methodist that corresponded with Samuel Haldeman.
4.	CHARLES DARWIN — The British scientist

ACROSS



Cont'd from Page 8 • AVA Names . . .

Cont'd from Previous Column . . .

Please feel free to share this announcement with the Headquarters Staff and Member Clubs; it is official!

Wayne Holloway, Vice President, American Volkssport Association

Biography: Nicole Rogers, MPH, CHES:

Nicole Rogers has fifteen years experience as a Public Health professional, working in both the international and domestic realms. In 1993, she graduated magna cum laude from Texas Woman's University with a bachelors of Science in Nutrition and Dietetics. In 1999, she received her Masters in Public Health (MPH) from Tulane University's School of International Public Health and Tropical Medicine with an emphasis on community health, child survival, and complex emergencies. In addition, Ms. Rogers is a Returned Peace Corps Volunteer (94-96), where she served as a Health Volunteer in the Ivory Coast of West Africa. After graduating from Tulane, she began managing Maternal and Child Health and HIV/AIDS programs in Guinea, West Africa and Immunization and Polio Eradication programs in Bangla-

Cont'd in the next column

desh. She has been a proud member of the San Antonio community for the past 8 years. Before coming to the American Volkssport Association, she served for four years as the Executive Director of The Health Collaborative, a non-profit organization dedicated to improving community health through collaborative means in Bexar County. Ms. Rogers substantially propelled the growth and financial security of the organization by increasing their unrestricted holdings by 55% each year, as well as raising \$705,000 in grant funds to support public health programs. She was also very successful in bringing the mission of The Health Collaborative to a large diverse audience resulting in greater collaborative partnerships, which increased volunteerism, membership, and media exposure. Ms. Rogers has also worked for the San Antonio Metropolitan Health District as a Special Projects Coordinator in the Director's Office and as adjunct faculty to the School of Aerospace Medicine for the U.S. Air Force. Ms. Rogers is a Certified Health Education Specialist (CHES), a credentialing that she achieved in 2006. Overall, her background includes strategic management, building community infrastructure and partnerships, and developing resources for improving community health. Ms. Rogers is excited and enthusiastic about providing leadership to the American Volkssport Association, while working in collaboration with the NEC, in propelling AVA forward through diversifying and increasing membership, creating a stronger national presence by building national strategic partnerships, and ensuring a strong supportive national headquarters that will be dedicated to effectively meeting the needs of the AVA membership during this exciting time of growth for the organization.

The folks listed below are the people that have stepped forward & give their time & talents to make PDP work for you. An encouraging word & a Thank You occasionally is a small price to pay for what they do.

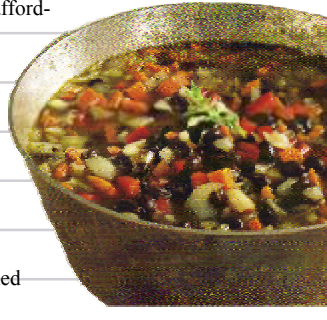
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\*Trailmaster

**Basic Black Bean Soup**

Nutritious, delicious and versatile as it is affordable, black bean soup is like a little black dress for the dinner table. Serve as is, or check out the tips below and embellish with abandon. Serves 4



**Ingredients:**

- 2 Tbsp olive oil
- 1 clove garlic, crushed
- 2 carrots, finely chopped
- 1 medium onion, finely chopped
- 2 15.5 oz cans Goya black beans, un-drained
- 1 cup vegetable broth
- 1 Tbsp brown sugar
- 1 tsp each ground cumin & oregano
- 2 bay leaves
- Goya Adobo seasoning to taste
- 1 Tbsp white vinegar
- black pepper

**Preparation:**

1. Heat oil in pan over medium-high heat. Add garlic and all seasonings except adobo and cook about 30 seconds.
2. Add vegetables and saute, stirring frequently, about 10 minutes or until tender.
3. Add vegetable broth, beans, brown sugar and vinegar and bring to a boil.
4. Reduce heat to low and simmer, uncovered, about 15 minutes or until soup thickens.
5. Remove bay leaves and season with adobo before serving.

Make it special: Having dinner guests? Offer mix-and-match toppings for a personalized soup experience. Here a few classics: toasted sunflower seeds, raisins, guacamole, chopped pepper or let your imagination run wild. Enjoy.

**PENN DUTCH PACERS NEWSLETTER**

The PDP Newsletter is published for the membership and friends of PDP and is produced 4 times a year with the intention of keeping everyone up-to-date with what is happening within the club and also within the world of Volksmarching. We encourage contributions from members and non-members alike. Our deadlines are November 1 for Dec/Jan/Feb edition, February 1 for the Mar/Apr/May edition, May 1 for the Jun/Jul/Aug edition and August 1 for the Sep/Oct/Nov edition. We prefer that articles for inclusion be submitted via e-mail either as a Word attachment or as native e-mail. We also accept articles typed or in long hand. All submissions will be included on a first-come first-included space available basis. Thanks in advance for your submissions.

Editor.....Phil Allamong

Contributors.....: Pete Byrne, Don Young, Sherry & Phil Allamong

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## Contents

- A Fall Trek in Bainbridge  
^ *page 1*
- Bainbridge Crossword Puzzle  
^ *Page 2*
- President's Message
- Members & Milestones
- National Parks Offer...  
^ *Page 3*
- Common Words...
- Correction!!
- Atlantic Region Clubs Disband
- 7 Special Walking Programs End
- Cemetary Stroll Confusion
- Walking Downtown Lancaster  
^ *page 4*
- Atlantic Region Calendar  
^ *page 5*
- Atlantic Region Calendar cont'd  
^ *page 6*
- AVA Names Nicole Rogers
- Crossword Puzzle Answers  
^ *Page 8*
- Black Bean Soup  
^ *Page 9*
- Membership/Renewal Form  
^ *Page 10*

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I hereby make application for membership in, and agree to conform to the bylaws or any amendment thereof in the PENN DUTCH PACERS VOLKSMARCH CLUB, INC., and with the rules and regulations of the AVA in the IVV and in application I certify the above.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_  
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