

# newsletter

June, July, August 2010

## Future Penn Dutch Pacer Walks

**B**ecause of both the timing of this publication and the scheduling of our walks this year this is the first newsletter in recent memory that doesn't feature our next walk predominately right here on the front page. So the question comes up as to what to feature in this space. Since we usually talk about a future walk, let's talk about what we are planning for the rest of 2010 and then what we are considering for 2011 and beyond and what you can do to help.

We already have had two great events this year, our first the second Saturday of January we repeated our successful walk in historic downtown Lancaster from Isaac's and then in early May we re-visited Willow Street with an exciting new trail to the south which visited Slippery Rock Woods which is part of the Lancaster County Conservancy. You can read all about the Willow Street walk starting on Page 2.

We will be doing a total of four walks in 2010 with one being a new venue for PDP in an area of the county where we have walked fairly recently in just about every adjoining town. If you reference the map above you can see our previous walking locations circled and you will see our 2010 walk location to the northwest. That's right, we will be walking in Bainbridge in the far western part of the county on Saturday and Sunday, October 2nd & 3rd. More information on this event is available now including the brochure and complete information on the PDP website at [www.penn dutch pacers.org](http://www.penn dutch pacers.org).

And of course there will be detailed information on this not to be missed event in this spot in the next edition of this newsletter.

The past two years for the holiday season we have been the second leg of the Hershey-Lancaster Walking weekend following on behind the Hershey Thanksgiving walk which is held Friday & Saturday with a Sunday walk in Lititz. The first year we did it we started from the Lititz Rec Center (the weather was abominable) and then last year we started from Freeze & Frizz on Broad Street and not only did we have a beautiful day weather wise, but we also had a phenomenal turnout for a one day walk as well. Since the holiday walk in Lititz seems to be working we are

again planning to hold our 2010 holiday walk on the Sunday following Thanksgiving which will be November 28th.

We will be starting from Freeze & Frizz with another enjoyable trail which will surely give us a delightful tour of the Lititz that we know with hopefully some surprises thrown in for good measure.



Now that you know what's planned for the rest of year you may think that we sit on our laurels and do nothing, but you'd be drastically mistaken. If you've attended monthly meetings (almost monthly, we meet every month but August and December) or perused the meeting agendas you know that we have what at this point is a very long list of possible future walk venues that have been thrown out there for consideration.

The List is where we first consider the possibility of a PDP walking event in a suggested location. So what has to happen to get a possible location on The List? A simple suggestion at a meeting and one or more folks chiming in with, "That's a possibility" is all it really takes. As you might expect, the suggestion of a location is but a scratch on the surface of what it takes to get that specific location to a full-blown sanctioned PDP event. In the last edition of this newsletter we put into a very graphical format, on page 6 & 7, all the elements that need to come together and all the work that needs to be done starting with a location suggestion to get to the final product.

Let's take a look at the list of possible walk venues for 2011 and beyond and then see if you can think of some additional possibilities to add to this list.

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*Haldeman Mansion which we will see on the Banbridge Trail and which also is shown on our patch.*

Muddy Run

We've walked Muddy Run before both as a weekend event and it was a YRE for several years as well. We have the trail which includes the wooded trail around the lake in hand. It was a popular event and may be worth doing again soon.

Mt Gretna

Mt. Gretna is in Lebanon County which we would normally not look at but with the demise of the Lebanon Baloney Stompers we can now consider it. Two of our members have a connection in Mt. Gretna and they are working on getting a startpoint and also on a trail that would include a portion of the rail trail.

## Willow Street Followup

Willow Street 2010	Award & Credit	Credit Only	Non-IVV	Totals
5K	2	12	5	19
10K	24	74	9	107
<b>Totals</b>	<b>26</b>	<b>86</b>	<b>14</b>	<b>126</b>

Photo by Inge Koenig

The wooded portion of the trail included a narrow, somewhat wobbly, foot bridge over a ravine with a cable handhold



Photo by Phil Allamong

Penn Dutch Pacer Marv Albert (right) meticulously stamps the books of finished walkers while Barry Weatherholz talks to Sherry Allamong



Photo by Phil Allamong

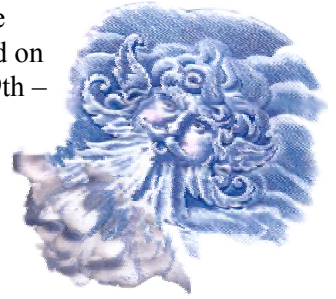
The Barber family was one of the many families that enjoyed the Willow Street Walk. (back) Monica & David, (front) Tiernan, Maura (in stroller)



Photo by Inge Koenig

This is proof that yes there was a tree down on the gorgeous trek that the trail took through Lancaster Conservancy's Shiprock Woods.

There is just one word to sum up the Willow Street Walk which we held on Saturday and Sunday May 8th & 9th – WINDY! All week prior to the walk they were calling for rain and once the front came through with the rain the weather was supposed to get unseasonably cool and windy. We started Saturday very cloudy and overcast looking and not too windy but looking like it could rain just about any minute. Around 8:15 it started raining and it probably lasted less than half an hour with the sky subsequently constantly changing between a total overcast and partly cloudy. The rain was over for the day but the wind was just getting started. Wind gusts up to 48 mph were reported in Lancaster County on Saturday and the 75 folks that did the walk on Saturday got to experience the walk with either the wind pushing them along from behind or adding further resistance as it came head on. Never-the-less we received great reviews on the trail and we were looking forward to a calmer, sunny Sunday.



Sunday was forecast to be sunny and cooler and according to the wind advisory that was posted for Saturday, the wind was supposed to subside around 11 PM Saturday night. We all awoke to temperatures that were 20 degrees cooler than the same time on Saturday, about 47 degrees, and to a mostly cloudy sky and to more WIND. Upon checking the forecast the temperatures were supposed to be in the mid-fifties and with winds 10 – 20 mph and gusts to 30 mph. Even with the wind and cooler temperatures there was no precipitation on Sunday and the 51 walkers that came out on Mother's Day enjoyed the trail that included the Lancaster County Conservancy's Shiprock Woods. We received lots of comments like "Great Trail and Great Walk" and we were thankful that the walkers only had to cope with the short spat of rain on Saturday.

The other thing that was very fortunate with our Willow Street walk was that we were in an enclosed building, the Al Starr building behind the Willow Street Fire Co. Many of the walks we have done in the past in the Spring we have started in an open pavilion. Thank goodness those working the start, finish, sales and food didn't have to be outside for two days in the wind. It wouldn't have been fun and fortunately we didn't have to find out.

This trail was a totally different trial than our previous escapade in Willow Street so everything about this walk was from scratch which meant that there was a lot of work as usual to bring this walk to fruition. We would be remiss if we didn't thank everyone involved in making this walk a success. So if you were involved in any way in the success of our Willow Street adventure, consider this your personal THANK YOU.



## President's Message



I can't say it often enough....

The Penn Dutch Pacers is your club and this is your club's newsletter.

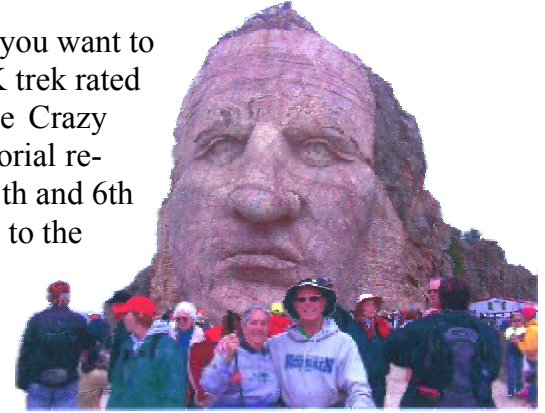
I and the rest of the folks who have made a decision to spend considerable time on PDP 'stuff' for your benefit do so because we feel the Penn Dutch Pacers is a worthy endeavor. And also we can easily get behind the Penn Dutch credo which basically is "Walking for Health, Fun and Fitness". What's not to like, PDP is an organization which promotes getting "off your butt" and getting outside to walk. Who could possibly disagree with that? That's why it amazes me that we don't have a line of folks a mile long at our walks just chomping at the bit to participate. We don't have that long line and that's why we continue to explore ways of gaining more participation not only at our actual walking events but also in the back of the house so to speak where the real work happens. So should you have any ideas to share or you feel so inclined to shoulder some of the load please do not hesitate to contact myself or any of the other officers with your ideas.

And when it comes to this newsletter your help is also needed. The club newsletter that you are now reading is one of the primary benefits of membership and although I most certainly am prejudice I think one of the better newsletters produced by any club in the AVA. The fact that we can repeatedly fill 12 pages every 3 months is in no small part due to the contributions made by members. That's not to say that contributions from members are always up to the level that is ideal and that I don't have to pull content out of my hat on a regular basis. Contributions from members are always better. Ideally the newsletter should be full of articles written and contributed by the members. So you say, "How can I help with this newsletter?" That question has a very easy answer. WRITE SOMETHING!! I know you can do it.

Since all our walks for the rest of the year are sanctioned we are now working on walks for 2011 and from the article on the front page entitled *Future Penn Dutch Pacer Walks* you can get a feel for how the selection process works for upcoming walking venues and how YOU are a vital element in that process. PDP works because we have people who take the bull by the horns and don't look back. They know what needs to get done and they do it. We need more people like that. We also need people who may not be the 'bull by the horns' type person but who are willing to take direction and pitch in. Show your support. Show up 'horns in hand' or ready to work. Our next meeting is the 3rd Thursday of June. See you there. - Phil

## A Crazy Horse Memory

This year if you want to take the 10K trek rated 4+ up to the Crazy Horse Memorial reserve June 5th and 6th for your trip to the Black Hills in South Dakota. If you want



some inspiration here is Barbara Mable's recollection of their June 2009 adventure.

"Saturday, June 6, 2009, was foggy, low cloud cover, 41 degrees and drizzling. Three day before we had flown into Denver, Colorado, then drove to Spearfish, South Dakota to visit with a couple we had met during our yearly wintering in Florida. Saturday the four of us drove to join 4,910 other people, to realize a dream of ours – to walk up to the face of Chief Crazy Horse. Memorial Day, May 30, 2009, had been our 50th Wedding Anniversary so this was going to be our chosen celebration. The other couple had done this volksmarch

before and invited us to "come on out and do it.

Our first visit to the Black Hills and Chief Crazy Horse



had been in 1971 with our 2 children. We visited the studio of Ziolkouski, the sculptor. 1997 Ron and I returned and gave our children a piece of the mountain in their Christmas stocking. Now our Third visit.

This 2009 Saturday there were children, families who return each year, people with canes and a lot of determination. It's a gradual uphill climb and the air is thin. Halfway up we still couldn't see the head, but only a cloud where it was supposed to be. We reached the top, walked across his arm, rounded the corner, the sun came out and there was the chief. What a thrill!! We shared this moment the only way we could with our children – by cell phone. We were able to enjoy the view of the Black Hills and cross off another item on our 'bucket list'. Since the walks inception, it only took us 24 years to get it done."

**CLUB MEMBERS  
ACHIEVEMENT AWARDS**

KILOMETER MILESTONES

**3500 Km**  
**Robert Cooney**

EVENT MILESTONES

**150 Events**  
**Ralph Greenawalt**

**225 Events**  
**Terry Haugh**

**Source: *The American Wanderer*  
April/May 2010**

**RENEWED FOOTPRINTS  
KEEP ON WALKING THE  
TRAILS**

**2011**  
**Kitty Glass**  
**R. Michael & Susan Snyder**

**2012**  
**Terry Brown**  
**John & Cheryl Cooney**  
**Leroy & Janice Copenhaver**

**2013**  
**Elaine Bornstein**  
**Charles & Joanne Coombs**  
**Elizabeth Schott**  
Records as of May 20, 2010



**Dates To Remember**

**Thursday, June 17th**

PDP Membership Meeting - 7 PM •  
LGH Health Campus Diagnostic  
Imaging Center - Patient & Family  
Education Conference Room

**Thursday, July 15th**

PDP Membership Picnic/Meeting - 7  
PM • Pavilion - Warwick Township  
Municipal Campus Park, 315 Clay  
Road, Lititz (see article on Page 5  
for more info)

# Renew

## It's Membership Renewal Time Again

Why not renew now, while you're thinking about it? A one-year renewal for the entire family is only \$10. A two-year renewal is only \$18. Your best value, however, is a three-year renewal for only \$25. That's only \$8.33 a year . . . less than the cost of two lattes at Starbucks!

Your newsletter mailing label shows the date your membership will expire. Annual memberships which expire 6/1/2010 must be renewed by June 1. If your membership is not renewed you will not receive the September newsletter! Use the membership application form on the last page of this newsletter. Do it now, while the form is in your hand!! Don't make me send that dreaded "You've Expired!" letter.

**Pete Byrne - Membership**

## ALZHEIMER'S EYE TEST

Count every 'F' in the following text:

*FINISHED FILES ARE THE RESULT OF  
YEARS OF SCIENTIFIC STUDY  
COMBINED WITH THE EXPERIENCE  
OF YEARS...*

HOW MANY ?

WRONG, THERE ARE 6 -- no joke.  
READ IT AGAIN !

Really, go back and try to find the 6 F's before you go to the bottom page 10 to find the answer.

**Remember there is NO  
PDP meeting in August!**

## 8 Minute Awesome Strawberry Jam

*Editor's Note: This is the perfect recipe for this time of the year when strawberries are plentiful. Keep in mind also that you can combine, say strawberries and blueberries. Use this recipe as a base and let your imagination run wild. Enjoy.*



### Ingredients

2 cups very ripe strawberries  
1/2-3/4 cup sugar (depends on how sweet you like it)  
1 tablespoon cornstarch  
1 tablespoon water

### Directions:

- 1) Mash strawberries to desired consistency in a pot. Less mashing for chunky jam and more mashing for smooth jam. Add sugar, and stir.
- 2) In a separate container, combine cornstarch & water, and stir until cornstarch dissolves.
- 3) Add cornstarch mixture to strawberries, and bring to heavy boil. Let boil for at least a minute, then reduce heat to low boil, and stir every 30 seconds or so for at least 6 minutes.
- 4) Pour into container of choice and refrigerate.

This is so easy & so incredibly delicious!

Makes: depends  
Preparation time: 5 minutes  
Cooking time: 10 minutes

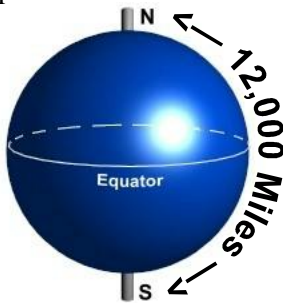
## A Very Long Walk

**D**id you realize that the distance between the North Pole and the South Pole is 20,001 KM. That is 12,000 miles as shown on

Google Maps.

If you walk at a pace of 4 KM per hour it would take you 5,000 hours (just over 208 days) to walk from the North Pole to the South Pole.

It is extremely difficult to believe that an individual in the Atlantic Region has walked this distance 4 ½ times or over 90,000 KM (54,000 miles). That is 20,000 hours at 4 KM per hour or 833.3 days or 2.28 years of constant walking.



*Ken Wilson, the guy who wore out all those shoes!*

I can not even envision how many pairs of walking shoes this volk-marcher has worn out walking over 90,000 KM.

This advocate of our great sport is a past National Treasurer of the American Volkssport Association. He was presented the AVA Distinguished Service Award in 1993.

I am referring to our exceptionally polite, humble in demeanor, and always well dressed Gentleman from the state of Maryland - - Ken Wilson. Well done!  
- Sam Tollett, Atlantic Region Director

## July 15<sup>th</sup> Picnic/Meeting

**I**t's picnic time again.

We will continue to incorporate our annual picnic and our July Membership meeting into one event and this year will be the same with an exact repeat of last years picnic meeting in the pavilion beside the Warwick Township building in the Warwick Township Municipal Campus Park at 315 Clay Road, Lititz. The picnic will start at about 5:30 PM with the intention of starting the meeting on time at its usual time of 7:00 PM.



Please bring two selections of food to share. You could bring a salad and a dessert or a casserole and a salad. You get the idea. If you'd like please also bring copies of your recipe to share with others.

We can also share favorite recipes in future issues of the newsletter. You will also need to bring your plates, utensils, cups and serving utensils for your food contributions. Drinks along with Dogs by Don and/or Weiners by Wetherholtz (we're not quite sure who yet) will be provided. There is electricity in the pavilion if you need electricity for a crock pot, electric fry pan, roaster, etc.

An evening picnic will spare us from the heat of the day, allow us the camaraderie of a picnic and allow us to take care of business at the same time. We hope that you will plan to join us on July 15th. Our picnic like all our meetings is open to all our members and interested parties and this is your personal invitation to attend our picnic even if you don't regularly attend our other meetings. Please come and join us for this casual picnic/meeting.



This is probably one of the larger groups that PDP has hosted at one of our seasonal events. There were 37 folks from the Rovers and York White Rose Wanderers at Middle Creek. As you can see from the picture, the weather was sunny and a little chilly. They did not see the large number of snow geese that they had in the past. There were only several thousand snow geese and a few tundra swans. The larger number were there the next weekend, but it was pouring so they were glad that they chose to walk the first weekend in March.

- from the April-May 2010 Issue of the Rover Reporter

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### Note from a Member

*Editor's Note: We always like feedback and we like to share it when we get it. Everyone needs a pat on the back once in a while. It's a good feeling.*

Dear Kitty,

Enclosed please find my cheque in the amount of \$25.00 for a 3-year membership renewal to the Penn Dutch Pacers. Thank you, Kitty, for all you do as club treasurer.

The *Penn Dutch Pacers Newsletter* is something I look forward to reading. I read Phil's "President's Message" and wholeheartedly agree with it.

In the short time I have been a member, I see much that you and all members of the board accomplish and know that there is much more "behind the scenes".

It's a "labor of love".

Thank you, each and everyone. Special kudos to Phil! See you in May.

Sincerely - Elaine Bornstein

*Thanks Elaine we appreciate your willingness to continue to volunteer your time during our walking events.*



*American Volkssport Association*  
**Atlantic Region Director Award**



**Don Young**  
**Barry Weatherholtz**

Penn-Dutch Pacers Volksmarch Club

are recognized as  
**Very Important Persons....**  
.... Volunteers

Atlantic Region Conference  
Annapolis, Maryland  
March 20, 2010




Atlantic Region Director  
L. Sam Tollett



Trailmaster Barry Weatherholtz (left), PDP President, Phil Allamong (center) & Asst. Trailmaster, Don Young (right)

## PDP Members Recognized

It is always great when we can tell you about some of our members being recognized by AVA. Most people involved in Volkssporting do not do it for the recognition, they do it because it is rewarding in some way deeper to them personally and they generally abhor the recognition. Our two trailmasters Barry Weatherholtz and Don Young were honored at the recent Atlantic Region Conference that was held in Annapolis MD in March with the presentation of the Atlantic Region Director Award.



All of the Penn Dutch Pacers already know that Don and Barry are Very Important Persons, but now it's official. They both were surprised to be presented the award (shown in the upper left corner of the page) at the Willow Street walk. CONGRATULATIONS guys you deserve it. Without you there would be no PDP walks.

The KVSVA (Keystone State Volkssport Association, our state organization) meeting was held at 2 o'clock at our Willow Street startpoint and during the meeting our President, Phil Allamong was surprised when KVSVA President Joan Lampart announced, "I've had this for a year." and then presented him with the AVA Certificate of Service Award for "15 years (now a year later 16 years) of dedicated service to and contributions in support of Volkssporting." The certificate that is duplicated at left is signed by then Atlantic Region Director Skip Coburn.

So to everyone who was recently honored congratulations and keep up the good work.


*Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.*

- Helen Keller

**American Volkssport Association**


*Certificate of Service*



Presented to **Phil Allamong**

*For 15 years of dedicated service to, and contributions in support of, Volkssporting*

June 14, 2009



Skip Coburn  
Regional Director, Atlantic Region

## Tidbits!!

Are you interested in serving the KVSVA? The KVSVA is looking for officer nominees for their next elections. If you feel so inclined. Please contact Joan Lampart. Her contact info is on page 11.

If you like to plan ahead we can tell you that the next Atlantic Region Conference will be held in 2011 and it will be in Fredericksburg VA probably in March. Watch for specifics as we get closer.

Long time AVA Executive Director Jackie Wilson will be retiring from

that position 08/31/2010. If you would like to wish her well, now would be the time.

KVSVA is talking about sponsoring a Special Walking Event program that would encourage walking in Pennsylvania. It would require 20 events from Pennsylvania residents and 10 events from folks out of state in a years time. Watch for more as this develops

Remaining KVSVA 2010 Meetings:

**State College • October 16th**  
**Hershey • November 27th**

# NEW SPECIAL WALKING EVENTS COMING!!

*Editor's Note: For those that are interested in the Special Walking Programs there continues to be new ones coming on line. Here are three new ones that will start beginning January 1, 2011. Fortunately we should be able to offer walks including all three of these special walking programs during their run.*

## Grist Mills

The Susquehanna Rovers of Harrisburg, Pennsylvania are proposing this Special Event. Grist Mills were built near streams and rivers in an early period of American history. The power generated from the rushing water was utilized for the production of many types of flour and for grinding different types of feed for livestock. Some of these early construction wonders are still functioning for this same purpose. Many others have evolved into homes, restaurants, museums, etc., and are listed on the National Registry of Historic Places. Examples from many regions of the country exist, thereby allowing for a national walking audience. Qualifications are to participate in 12 events that pass by a Grist Mill. A more complete list of the rules will be on the AVA approved book. The program is proposed to start on January 1, 2011 and end December 31, 2013.



This is the John Herr Mill in Lancaster County. Various sources indicate that this fine old stone mill dates from the 18th century, with dates between 1738 and 1760 found (it ceased operations in 1924); however, it does not appear to be on the National Register of Historic Places, even though the adjacent covered bridge is. The mill is on the grounds of Mill Bridge Village Camp resort west of the town of Paradise (on South Ronks Road at Soudersburg Road). It is open (admission is charged) and demonstrates both water-wheel and turbine technologies for powering the milling process. Pequea Creek is in the foreground, and Herr's Mill covered bridge is out of sight, to the right.

intriguing special event. Baseball fields used for Little League and diamonds in community parks are not included unless a college or minor league team uses them as well. Examples exist in all 50 states, thereby allowing for a national audience.

Qualifications are to participate in 18 events that pass a baseball stadium. A more complete list of rules will be on the AVA approved book. The program is proposed to start on January 1, 2011 and end December 31, 2013.

## Walking America's Trails

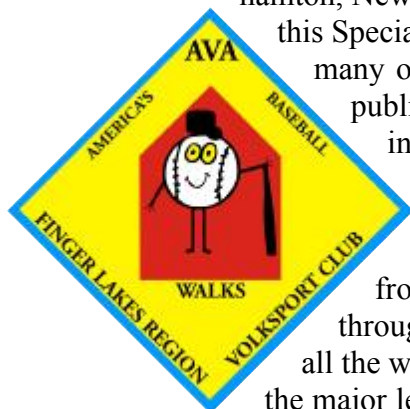
Volkssport USA of Oak Harbor, Washington is proposing this Special Event to encourage the creation of events located along hundreds of long distance American Trails, including State trails and approved National trails. These trails are located in all 50 US States, thereby allowing for a national walking audience. A State-by-State listing of American Long Distance Trails can be found at [www.americantrails.org](http://www.americantrails.org).

Qualifications are to participate in 14 different AVA events whose route is at least 50% located along an approved trail on the list. A more complete list of rules will be on the AVA approved book.

The program is proposed to start on January 1, 2011 and end December 31, 2013.

## Baseball Walks

The Finger Lakes Region Volkssport Club of Binghamton, New York is proposing this Special Event. Knowing that many of the volkssporting public has a wide variety of interests and hobbies, they feel that including baseball fields/parks/stadiums from college level through the minor leagues all the way up to and including the major leagues would be an



## The new YRE for 2011

By Barry Weatherholtz

Since the deadline is fast approaching and we have been discussing for the past several months the addition of another YRE event, we are pleased to announce that we are adding Manheim as our brand new YRE event for 2011.



All we really know right now is that the startpoint will be at the The Country Inn & Suites which is located at 1475 Lancaster Rd. (Rt 72), south of Manheim right across from the Manheim Auto Auction. Walkers will have to drive from the Inn after registering to the actual start point in Manheim which is yet to be determined. Thanks Marv for agreeing to be the P.O.C. You will see a complete description of this brand new YRE in a future edition of this very newsletter.

# 2010 Atlantic Region Calendar

From the Atlantic Region website

## JUNE

Date	Type	Sponsoring Club	Event Location	Contact Phone
05	W	Loudoun Walking & Volkssport Club	Sterling VA (Claude More Park)	703-737-2175
05	W	Great Greenvelt Volksmarchers	Beltsville MD (Agricultural Research Center-BARC)	301-937-3549
12	W	Seneca Valley Sugarloafers	Silver Spring MD (Safeway)	301-946-5496
12	W	Virginia Vagabonds	James City County (Freedom Park)	757-766-3065
14	NW	Northern Virginia Volksmarchers	Fairfax Station VA (Fairview Elementary School)	703-455-1878
15	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
17	M	<b>Penn Dutch Pacer Membership Meeting :: Lancaster Health Campus, Harrisburg Pk, Lancaster @ 7 PM</b>		
18-19	W	York White Rose Wanderers	York PA (Vo-Tech High School)	717-757-3350
19	W	Freestate Happy Wanderers	Solomons MD (Visitor Center)	301-490-7338
26	W	Virginia Vagabonds	Hampton VA	757-766-3065
26	W	Baltimore Walking Club	Towson MD (Notre Dame Preparatory School)	410-252-3165

## JULY

Date	Type	Sponsoring Club	Event Location	Contact Phone
10	W	Peninsula Pathfinders	Hampton VA (Hampton Main Library)	757-890-9220
10	W	Baltimore Walking Club	Baltimore MD (Digital Harbor High School)	410-383-2722
15	M	<b>Penn Dutch Pacer Membership Meeting/Picnic :: Warwick Municipal Park (see article on page 5)</b>		
17	W	Seneca Valley Sugarloafers	Potomac MD (C&O Towpath/Blockhouse Point)	571-217-9851
24	W	Annapolis Amblers	St Michaels MD (St Michaels Elementary School)	410-224-0907
31	W	York White Rose Wanderers	Hanover PA (Yesteryear Antique Center )	717-632-4589
31	W	Columbia Volksmarch Club	Columbia MD (Nightmare Graphics Oops Sale)	410-290-6510

## AUGUST

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	York Rose White Wanderers	Hanover PA (Yesteryear Antique Center )	717-632-4589
07	W/S	Liberty Bell Wanderers	Hatboro PA (YMCA)	215-674-9064
07-08	W	Susquehanna Rovers	Port Royal PA (Lions Club Park)	717-527-4798
14	W	Columbia Volksmarch Club	Catonsville MD (St Paul Lutheran Church)	443-612-9956
17	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
21	W	Piedmont Pacers	Hagerstown MD (Augustoberfest Fest Tent)	410-795-7855
21	W	Virginia Vagabonds	Smithfield VA (Smithfield Station)	757-766-3065
28	W	Annapolis Amblers	Severna Park MD (Severna Park & Ride)	410-960-6226

## SEPTEMBER

Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Freestate Happy Wanderers	Laurel MD (Montpelier Arts Center & 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 Membership Meeting :: Lancaster Health Campus, Harrisburg Pk, Lancaster @ 7 PM</b>		
16	W	Gator Volksmarsch Club	Norfolk VA (402 Pembroke Ave)	757-490-9324
18	W	Piedmont Pacers	Sykesville MD	410-795-7855
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

Date	Type	Sponsoring Club	Event Location	Contact Phone
02-03	W	Penn Dutch Pacers	Bainbridge PA (Bainbridge Fire Co.)	717-625-3533
02-03	W	Fort Belvoir Outdoor Rec	Fort Belvoir VA (Oktoberfest Freemont Field)	703-805-1488
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 Volksverband	Amelia VA (Hardee's Restaurant)	804-768-0055

**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 • Future PDP Walks . . .

- Enola Low Grade Trail  
It looks like this rail trail is finally taking shape. We'll have more than 20 miles of trail to explore from Atglen to the river. A great opportunity for a lot of walks. We currently have a 10.2K trail and a startpoint lined up. We just need to decide when we want to do our inaugural walk on this historic rail trail.
- Mountville
- Lake Grubb, near Silver Spring
- Denver
- Brunnerville
- Lancaster Township –  
Checkpoint :: Windolph Landing Park which is a park on Wilderness Road with one First Come First Served Pavilion
- Creswell/Turkey Point  
Using the 4.8 KM Lancaster Conservancy trail and surrounding area roads for possibly an 11k walk.
- Silver Mine Park  
This park is awesome and has a variety of trails. It has not been measured, but it is doubtful that we can get a 10k wholly within the park and because of the terrain near impossible to use any roads adjoining the park for additional distance.
- Buchmiller Park  
Buchmiller Park is small and could serve as a startpoint if the Lancaster County Parks pavilion rental is reasonable. There is a short wooded trail that joins the park to the housing development to the south and another short wooded trail that could also be used. It has been measured and has come up well short. Here again the problem is where to go to get the additional distance to get 10k.
- Speedwell Forge
- Farmingdale Trails
- Oxford - Chester County  
There is no club in Chester County thus it's entirely open territory. Oxford is certainly a large enough community in which to do a 10k event with no problem.
- East Lampeter Township Park

Now understand that the above list is just

Cont'd in the next column

speculative and probably just a small percentage of the suggestions that you see above will ever see the light of day as a sanctioned PDP walk. The point of sharing this list is that we are constantly adding to the list and meeting after meeting folks have more information about certain venues that either leads us closer to considering the venue or in many cases moves us further away.

It is only with the participation of members that are willing to do the leg work, who are willing to make the phone calls, who are willing to drive a potential route or who are willing to walk a potential route and do the myriad of other things that are required that we move closer and closer to defining the places that are possible to hold an enjoyable and dynamic PDP walking event.

## News from the AVA



When recording distance in record books, please remember to use whole numbers. Decimals and fractions of kilometers are not honored when book totals are added.

Any Volkssporters who do not wish to keep their event and distance IVV award pins and patches may donate them back to Headquarters, as long as they are in good condition. However, other club awards, foreign awards, old jackets with patches attached, and any other medal or trophy for Volkssporting cannot be accepted. Please check with local youth groups or *Special Olympics* as they sometimes use such awards for their events and appreciate the donation of such items.

Please remind everyone that postage must be added to all orders made to Headquarters except when you present a free shipping card. Only four books are allowed to be ordered on a free shipping card, if you order more, please include \$1.00 postage for each event, dis-

Cont'd in the next column

tance, or special program book ordered.

Please, please attend to new walkers at your events by explaining the awards program. This gives them an incentive and be sure to invite them to future events. You might want to print out the *Practical Guide to the IVV Awards Program* to hand out to new people. This handout can be found under *Publications* link, then *AVA Club Forms*.

### AVA Publicity Committee

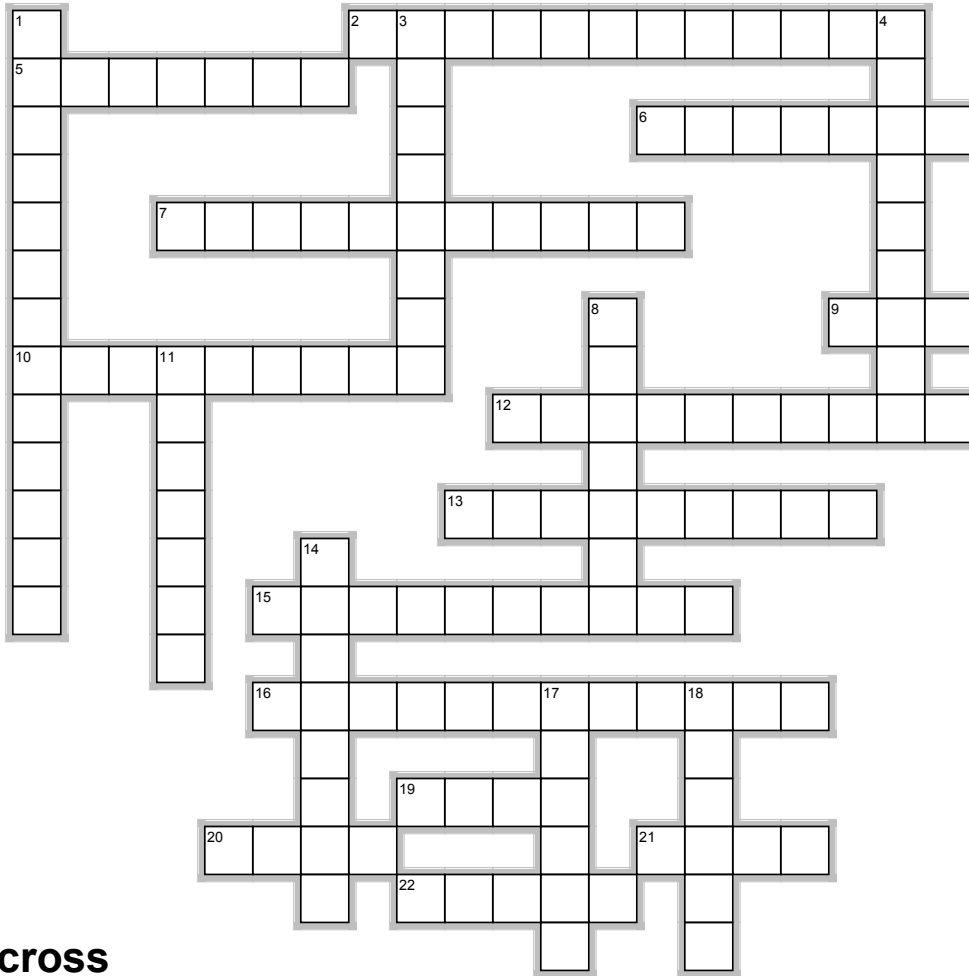
Welcome to Joan Lampart, who will assume duties as the Chair of AVA's Publicity Committee. Among Joan's duties is the biennial publicity contest for photos, brochures, event publicity and community projects done by AVA clubs. If you are interested in helping Joan, please contact her. AVA committee information is at the AVA website at <http://www.ava.org/membership/ava.com.htm>.

As of January 1, 2010 AVA took one additional step toward moving more and more things into the virtual realm by requiring that all clubs enter after action reports electronically instead of submitting them on paper via snailmail as has been done ever since the AVA was born.

### More Brain Stuff . . . from Cambridge University

Olly smat poelpe can raed tihs. I cdnuolt blveiee taht I cluod aulacty uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdnrig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttar in waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh? yaeh and I awlyas tghuhot speling was ipmoranttl! if you can raed tihs psas it on!!

# June, July, August PDP Crossword Puzzle



We haven't included a crossword puzzle for a while and in the past when we did included a puzzle it has been themed so that the clues have to centered around our upcoming walk usually featured on the front page.

However since we don't have a featured walk this issue we decided to design a crossword puzzle whose clues are answered within all the articles of this newsletter. So if you don't know the answer to a particular clue simply re-read the newsletter for the answer. The answers are all in this issue of the newsletter somewhere. Have fun solving the puzzle. Good Luck!

## Across

2. What weekend in November do we have our Christmas/Holiday walk?
5. In what city is the walk held immediately previous to our Thanksgiving Weekend Walk.
6. The Location of the new PDP YRE for 2011.
7. Where the Rovers walked.
9. An abbreviation for a very important person.
10. A very long walker.
12. Where Crazy Horse is located.
13. To acknowledge formally.
15. We have a walk in what northwest Lancaster county community in October.
16. The last name of PDP's Trailmaster.
19. Our Manheim YRE POCs (Point of Contact) first name.
20. The month that the PDP picnic is held in.

21. What we had an excess of at our Willow Street Walk.
22. If you're not old you're \_\_\_\_\_.

## Down

1. The name of the Lancaster Conservancy property that the Willow Street trail went through.
3. This mansion is a main feature on our Bainbridge walk.
4. In the olden times a place that grinds grain.
8. The shape of a baseball playing field or the shape of the Baseball Walks Special Programs Patch.
11. The township in which the PDP meeting will be held.
14. A game with 9 players that is played in a stadium.
17. small narrow steep-sided valley that is larger than a gully and smaller than a canyon.
18. In what city will PDP be holding their holiday walk in 2010.

---

*Alzheimer Eye Test Solution from Page 4*

The brain cannot process 'OF'. Incredible or what? Go back and look again!! Anyone who counts all 6 'F's' on the first go is a genius. Three is normal, four is quite rare.

---

*The greatest obstacle in life is simply this: "The belief that we cannot change because we are dependent on what is wrong. That is the addict's excuse."*



# How to Check for Ticks By Benjamin Williams

Ticks are nasty little critters that can carry diseases such as Lyme disease, Rocky Mountain spotted fever and ehrlichiosis. Unfortunately, ticks are common across the US. This brief article will help you locate ticks, and remove them from the body.



### Know what to look for

Things You'll Need: Privacy Mirror, Handheld mirror, Tweezers (to remove ticks)

Step 1 - Know your ticks. Ticks are parasitic arthropods, members of the subgroup acarid, of the class arachnid.

They are not insects. Ticks are more closely related to spiders.

There are at least 889 species of tick in the world. In the US these are usually broken into two categories: Dog ticks and deer ticks. Dog ticks are larger, hard ticks (from about 1/8 inch to 1/2 inch when engorged), and are easily identified on the body.

Deer ticks are much smaller, and can be hard to spot. They are little bigger than a period, until engorged.

Step 2 - Act quickly. Some diseases can only be transmitted after 24 hours of the tick feeding.

Step 3 - Check yourself immediately after hiking if you're in an area where ticks are common.

### Checking for Ticks: Check From the Ground Up

Step 1 - Find a private place, preferably a bathroom, with a mirror.

Step 2 - Check the legs and ankles first, before moving up the body. A systematic way of checking yourself helps eliminate the chance of missing ticks, especially the smaller deer ticks. (Ticks do not jump, they are picked up in passing. The majority of ticks will be on the lower half of your body.)

Step 3 - Check beneath the top few inches of your socks. Men should roll the leg hair back slowly, and check at the hair roots for deer ticks.

Step 4 - Check up the legs, on the backside of your knees, around the waist of your pants or shorts, before checking the arms.

Step 5 - Check other visible areas of skin before undressing.

### A Thorough Once Over

Step 1 - Undress and start again from the ground up.

Step 2 - Check everywhere you can see, inside the thighs right up to the pelvis. Men should check under the scrotum and on the underside of the penis. Woman should check around the labia majoris. Check the pubic region thoroughly.

Step 3 - Check the armpits. Ticks are fond of warm areas on the body. Men should check through the hair thoroughly.

Step 4 - Check around the neck and hairline. Use the mirror, and feel with your fingertips. Check behind your ears. You should also check through your hair. If on the scalp, ticks will usually engorge a few inches within the hairline, so give particular attention to these areas.

### Those Hard to See Spots

Step 1 - Use the handheld mirror to view between the buttocks and on the underside of the groin.

Step 2 - Use the handheld mirror and the a wall mirror to see along your back.

Step 3 - Use your fingers to feel in all the crevices of your body.

### Removing Ticks

Step 1 - Remove ticks by pulling them out of the skin with the tweezers.

Step 2 - Be careful to pull slowly, firmly, and in the direction of the hind quarters. Larger ticks are harder to remove, but easier to grip with the tweezers.

Step 3 - Try to remove the entire tick. It's always best to remove the whole tick. Most diseases are passed in the tick's saliva. This is particularly the case with deer ticks.

### Check Again in a Few Days.

Step 1 - Check yourself again next time you're in the shower, or a few days later.

Step 2 - Look for any inflamed or sensitive areas on the skin. Gorged ticks will be swollen with blood and easier to find, especially in the hairline, if you missed them the first time round.

Step 3 - Look for marks on the skin. Lyme disease is sometimes preceded by a large red bull's eye mark, known as erythema migrans. If you see this mark, whether or not you find a tick, you should call a doctor immediately.

*This article was originally published on [www.trails.com](http://www.trails.com)*

*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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### **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, George Resh, Inge Koenig, Barry Weatherholtz, Sherry & Phil Allamong

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**Return Service Requested!**



Check us out at [www.penn dutchpacers.org](http://www.penn dutchpacers.org)

### MEMBERSHIP APPLICATION

FAMILY NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ SPOUSE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_  
 TELEPHONE ( ) \_\_\_\_\_ - \_\_\_\_\_ CHILDREN'S NAMES \_\_\_\_\_  
 E-MAIL ADDRESS (Please) \_\_\_\_\_

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 \_\_\_\_\_  
 \_\_\_ NEW \_\_\_ RENEWAL *All membership fees are renewable in June.*  
 \_\_\_ \$10.00 • 1 year \_\_\_ \$18.00 • 2 years \_\_\_ \$25.00 • 3 years

CHECKS TO: PENN DUTCH PACERS VOLKSMARCH CLUB, INC. ATTN.: MEMBERSHIP  
 P. O. BOX 7445, LANCASTER, PA. 17604-7445

Check where you would like to help: \_\_\_ AWARDS TABLE \_\_\_ REGISTRATION \_\_\_ TRAIL \_\_\_ REFRESHMENTS  
 \_\_\_ PUBLICITY \_\_\_ CHECKPOINTS \_\_\_ NEWSLETTER \_\_\_ WHERE NEEDED