



Penn Dutch Pacers Volksmarch Club • Lancaster, Pa



newsletter

December 2009, January, February 2010

Walking in Lititz • November 29th

Here we are rapidly approaching the end of the first decade of the 21st century and we find the Penn Dutch Pacers back again in what has been resoundingly our most popular walking venue. Lititz is popular, we think, because of its rich history which of course is what lends the Lititz of 2009 its charm and community feeling. This SUNDAY ONLY walk on November 29th is for the second year the second stop on a fabulous Central Pennsylvania Walking Weekend which launches on Friday, November 27th and continues on Saturday, November 28th with the Susquehanna Rover's Walk in Hershey that has been held following Thanksgiving for more than 20 years.



Last year was our first attempt to provide a full weekend of walking for all those who came to Hershey to enjoy two wonderfully weather perfect days followed on Sunday by what had to be one of the worst days for walking weather-wise that the Penn Dutch Pacers have experienced in a long time. Despite the weather around one hundred brave souls endured to make our first attempt at least somewhat respectable.

Since it is unlikely from a statistical standpoint that we will repeat the unfortunate weather this year on Sunday, we therefore are looking for a fun Sunday of walking in Lititz with a large number of participants. Besides the much improved weather (we hope) you will also find other things that will make this Lititz trail new and different. The first very obvious change is our new startpoint on Route 501 (Broad St.) right in the middle of town. The former lumber yard directly across from Wilbur Chocolate now houses Freeze and Frizz (the name of our restaurant, not the weather forecast) who has graciously consented to host us for the day. With this new startpoint we will be venturing onto a mostly new trail exploring areas of Lititz that we haven't seen before but also including those areas that are popular as well.

With the new startpoint you won't see the Warwick High School campus which had always been obligatory with our walks that started at the Lititz Rec Center.

So we have a new startpoint, a new trail, new views of Lititz and at the same time we will be wrapping up something that started twelve years ago. For the past 11 years the Penn Dutch Pacer seasonal patch designs have contained imagery inspired by the holiday classic, *The Twelve Days of Christmas*. Christmas 2009 marks year 12 and the final Penn Dutch Pacer Twelve Days of Christmas patch. For those of you who have been collecting them and want this final patch we would strongly suggest that you use the pre-registration form on the event brochure or the pre-registration form that you will find on the website. Either way that you pre-register will get you a patch.

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Lancaster Walk – January 9th

The Penn Dutch Pacers are again leading off 2010 by repeating what was a very well received Saturday only walk in 2009 starting in Historic Downtown Lancaster. We are being enthusiastically welcomed back to Isaac's just north of Penn Square and will explore Lancaster on a new trail that takes in some new views of this very popular walking venue.



In order to make your walking exploration of Lancaster more interesting we have included here some historic information about Lancaster that you may or may not be aware of. Mark your calendars now and be sure to join us on January 9th.

Lancaster City began as a trading post at a small crossroads in the wilderness in the early 1700s. The trading post was named Hickorytown and was little more than a small roadhouse, tended by George Gibson.

Lancaster City got its name from John Wright, founder of Wright's Ferry, modern day Columbia, who named the growing city after Lancashire England as a tribute to his hometown. Its symbol, the red rose, is from the House of Lancaster. Lancaster was part of the 1681 Penn's Woods Charter of William Penn, and was laid out by James Hamilton in 1734. It was incorporated as a borough in 1742 and incorporated as a city in 1818. During the American Revolution, it was briefly the capital of the colonies on September 27, 1777, when the Continental Congress fled Philadelphia, which had been captured by the British. After meeting one day, they moved still farther away, to York, Pennsylvania. Lancaster was capital of Pennsylvania from 1799 to 1812, after which the capital was moved to Harrisburg.

As Lancaster City grew from its roots as a trading post, it became known as a frontier checkpoint for pioneers. Early pioneers stopped at the checkpoint seeking farm supplies and household goods. Many others needed to have their horses shod as well.

The Steinman Hardware store was founded in 1744 to provide supplies to westward settlers as well as various products to the Continental Army during the American Revolution. The Steinman Hardware store was the oldest operating hardware store in America when it closed in 1965. The brick Victorian building, which housed the store, was built in 1866 and has now been converted into the Pressroom Restaurant. The building is owned by a branch of the Steinman family that founded the hardware store more than 200 years ago. This family also operates the Lancaster Newspapers, founded in 1866.

Lancaster's convenient location along the east-west corridor greatly contributed to its development as a commercial hub and industrial center. The Industrial Revolution of the late 19th and early 20th centuries brought people from farms to many cities in record numbers, including Lancaster City. Country folks visited Lancaster City to buy goods at stores and food at local farmers'

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The folks listed below are the people that have stepped forward & given 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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Masonic Village • E-town Walk Recap

E-tonw 2009	Award & Credit	Credit Only	Non IVV	Totals
5K	1	16	5	22
10K	32	96	34	162
Total	33	112	39	184

The weekend consisting of September 19th & 20th was the epitome of early Fall weather each day starting slightly crisp but then blooming under clear blue skies into a beautiful sunny day with temperatures in the low to mid 70's.

We couldn't have ordered or programmed a more perfect weekend for being outside and walking what turned out to be another great Penn Dutch Pacer walk in a new venue. Yes we know we walked starting from Masonic Village into Elizabethtown before, but those of you who attended would have to admit that this walk and the last starting from Masonic Village were not even remotely similar.

The vistas from the ridge where our startpoint pavilion was located which could be really appreciated on the return trip to the finish were magnificent and were icing on the cake to the crystal blue skies and perfect weather.

113 walkers took to the trails on Saturday with an additional 71 walkers finishing up our two day event on this expansive campus. It goes without saying that this walk, as with all our events, does not just happen but is the result of diligent preparation many months in advance by a cadre of PDP volunteers.

Thanks to everyone who in any way contributed to the success of this event. Special kudos to our trailmasters who, of course, were responsible for our varying paths of exploration throughout the campus.



Photo by Inge Koenig

George Resh (seated, center) regales 2 walkers as Chris Resh (seated, right foreground) enjoys some delicious PDP food.



Photo by Inge Koenig

The pavilion at Masonic village was the perfect place from which to explore the campus. Here PDP volunteer checks in Linda Stroup from Harrisburg.



Photo by Inge Koenig

Walking the final few steps up the ramp to the finish and the end of another great walk is a great feeling.

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, Bob Cooney, George Resh, Inge Koenig, Roy & Joan Simmers, Sherry & Phil Allamong

President's Message

You may have noticed that this issue of your newsletter has



come to you early. This was done so that we could provide up-to-date information on our holiday walk in Lititz. Complete information of this exciting walk can be found on page 1. (You probably already read it, right?)

You probably have also read about our first walk of 2010 which will be the first of many exciting walks that we are planning for the New Year. As of now you will also see an event in Willow Street in the Spring starting from the Willow Street Fire Co. Although we have walked from the Willow Street Fire Co in the past this 2010 walking experience will be on an entirely new trail that includes urban housing, rural country roads and a walk through Lancaster Conservancy's Slippery Rock Woods. There are other great venues that we are working on for later in the year and as those finalize we'll let you know about them as well.

Speaking of other walking venues we of course always need new ideas of where to walk and those ideas come from members. If there is some place that you always walk that you think would be interesting, safe and a fun walking experience for other walkers, please share that information with one of your elected officers or come to a monthly meeting and let us know what you're thinking. Although we do occasionally walk previous venues we prefer and are always looking for new places to walk. Even though the Penn Dutch Pacers have been at this for more than 20 years there are still many possible walking venues in Lancaster County that we haven't explored. If you have an idea of a place to walk, please communicate your ideas with any of the officers.

And speaking of officers please take particular attention of the article which talks about our upcoming Annual Dinner Meeting where in 2010 we will be again electing officers for your organization. It is important that if you value the product that the Penn Dutch Pacers produces, i.e. walks for Health, Fun & Fitness that you consider taking your turn. It isn't fair to let a small group handle the majority of

Cont'd in the next column

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the work all the time. The big advantage of a group is that the work can be shared. Take your part of the load, make yourself available to serve your organization as one of the elected officers.

It's hard to believe that it is time again to wish everyone a joyous, healthy, bountiful, terrific, everything you want it to be Holiday Season. On behalf of all those who call themselves Penn Dutch Pacers I wish you the best the Season has to offer.

- Phil

CLUB MEMBERS ACHIEVEMENT AWARDS

KILOMETER MILESTONES

4000 K

Jim Wellenreiter

7,000 K

**Charles Halsey
Muriel Halsey**

EVENT MILESTONES

175 Events

Becky Sipe

225 Events

Donna Bashaw

300 Events

Bob Cooney

375 Events

Jim Wellenreiter

400 Events

Jim Wellenreiter

525 Events

John Cooney

700 Events

**Charles Halsey
Muriel Halsey**

900 Events

Brian Grumbling

**Source: American Wanderer
October/November 2009**

NEW MEMBERS WELCOME

**Ida Miller
Don & Vee Berner**

RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2010

**Ernie & Nancy Kiser
Edward & Kathy Schoenberger**

2011

Mimi & Bruce Kegerize

LIFE

Judy Stevens

Records as of October 28, 2009

The Simmers Keep on Walking

By Joan & Roy Simmers

Joan & Roy Simmers completed their 51st Capital Program at Hartford Connecticut on September 5th on a Tater Tours trip to Boston for a great weekend of walks over Labor Day weekend.

After Hartford we did walks in Boston, Concord, Lexington and Wellesley Massachusetts. We had completed the 50 States Special Walking Program in July of 2004 and had started the states over again. We started the 51 Capital Program at Harrisburg in 1998. The memorable capitals that we saw were in Louisiana (Tall), New Mexico (Southwestern Style), Hawaii (Modern) and Connecticut (Gothic).

Joan added 4 museum stamps for her Museum Walk America program. In Hartford there was the Wadsworth Antheneum Museum of Art, in Boston, the Paul Revere Home Museum, in Concord the Concord Museum and in Wellesley the Davis Museum.



Cont'd from Page 1 • Walking in Lititz . . .

Since we have walked in Lititz many times before we have talked previously about much of its history but have not explored Mr. Sutter whose name adorns the historic inn on the Lititz square. After reading the information below you will know Mr. Sutter much more intimately.

John Augustus Sutter was born on February 15 of 1803 in Kandern,



The General Sutter Inn

Baden, a few miles from the Swiss border. He came to America in search of fortune leaving his wife, four children and creditors behind. Upon arriving in New York, John Sutter headed west to Missouri where he worked as a merchant, trader and innkeeper for several years. All the while dreaming of establishing his own empire in the West.

In April of 1838 he joined a trapping party on their way to the Pacific Coast.

Unhappy with the progress the party was making, John Sutter set off for California before winter. When this goal could not be reached, John Sutter set off on the Hudson Bay Company ship *Columbia* heading for Honolulu. After wintering in Hawaii, Sutter set sails on the *Clementine* heading to a Russian colony, in present day Sitka, Alaska. The *Clementine* would then travel to Yerba Buena where on July 1, 1839 Sutter would finally reach California.

In August of 1839 Sutter chartered four boats and made his way up the Sacramento River to the point where it is joined by the American River. It is here, with Hawaiian and Indian labor, he established some grass huts. Later a more substantial adobe building was erected and soon Sutter's Fort began to emerge from the primitive land.

In order to qualify for a land grant Sutter, on August 29th 1840, became a naturalized Mexican citizen. The following year, Governor Alvarado of Monterey granted him eleven leagues of land or some 48,000 acres. He named the grant New Helvetia or New Switzerland.

Sutter was industrious; he began to farm, trap, raise livestock, fish and manufacture goods. In order to better supply his outpost he also established Hock Farm on the West bank of the Feather City. Hock Farm would later become Sutter's refuge.

By 1844 his fort was well established and he characteristically welcomed all who came through his fort which by now had become a trading post and point of entry

for all those arriving from the East via the Sierras. Simultaneously however bad luck, poor business dealings and Mexican-American politics began to take its toll on Sutter and his resources. He once again found himself in a mire of debt which had gnawed at his whole career.

In early January 1848, James Wilson Marshall, working at Sutter's saw mill at Coloma discovered some tiny nuggets of gold in the tailrace beyond the mill. As

the news of the discovery spread, the '49's as they would later be called, eventually overran Sutter's holdings, trampled his crops, stole his horses and equipment and slaughtered his livestock for food. Sutter was helpless to turn back this tide of reckless immigration spurred by gold fever. In 1849 Sutter, recognized as the founding pioneer of California, was asked to help frame the California State Constitution as a member of the Monterey Convention. In 1850 John Sutter's family came to join him in America. Life however had become intolerable at the Fort and they retired to Hock Farm.

On February 16th 1853 Sutter was again recognized by his fellow citizens as he was granted, by concurrent resolution the title of Major General commanding the California Militia.

The final blow to Sutter's California career came on June 21, 1865 when a vagrant, ex-soldier who had been staying on at Hock Farm, burned it to the ground. Following the fire at Hock Farm, Sutter went to Washington, D.C. where he repeatedly petitioned Congress for restitution for the loss of his lands and for the thousands of dollars which he had expended on arriving immigrants.

John Augustus Sutter chose Lititz, Pennsylvania to build his home. The proximity to Washington, D.C. along with the reputed healing qualities of Lititz Springs appealed to the aging Sutter. He also wanted his three grandchildren to have the benefits of the fine private and Moravian Schools. Sutter built his home across from the Lititz Springs Hotel, the present day General Sutter Inn.

For more than fifteen years, John Sutter, the undisputed founder of California, petitioned Congress for restitution but little was done. On June 16 of 1880, Congress



Dates To Remember

Thursday, November 19th

PDP Membership Meeting - 7 PM •
LGH Health Campus Wellness
Center - 1st Diagnostic Conference
Rm

Sunday, November 22nd

Lititz Pre-walk from the Freeze &
Frizz Startpoint at 1 PM

Sunday, November 29th

PDP Walking Event :: Freeze & Frizz
• Lititz - Start 8 AM until 1 PM -
finish by 4 PM

Sunday, January 3rd

Lancaster Downtown Pre-walk from
the Startpoint at 1 PM

Cont'd on Page 5 • Dates to . . .

adjourned, once again, without action on a bill which would have given Sutter \$50,000. Two days later John Augustus Sutter died in a Washington D.C. hotel. He was returned to Lititz and is buried in the Moravian Cemetery. Mrs. Sutter died the following January and is buried with him.

The moment you step into the lobby of The General Sutter Inn, you will get a feeling of stepping back in time. Throughout 200 years of constant activity, and in the hands of caring innkeepers, the inn continues to operate much the same as it did so many years ago. It's an amazing treasure in the heart of a small Lancaster County town named Lititz. In the new millennium, we look to more technological advancements in our fast paced world, but we must also recognize and enjoy treasures which have been maintained within our society such as The General Sutter Inn.

Be sure to explore the General Sutter along with all the other intriguing history of Lititz on Sunday, November 29th.

Information on General Sutter is from the General Sutter Inn website at www.generalsutterinn.com.



Lititz 2010 Word Search

A C A D E M Y K M X I I W S R O N F D L I T I T Z
 F C P R A S A Z G C N A B E T T N N R X K U Y V E
 J A L I N D E N H A L L T C K E N H Z E L D O O L
 D R T B R O A D W K Y T Y X Q I I W T I E L J O W
 U G Y X M Z H S Z I U H Y C P C L G C R K Z A A R
 C I T E F R I Z Z S L P T L H D Z O E S U G E K C
 K L H S K H S T Q E E B N N G E N E M L X O Y Q O
 S L O S E N L G R T T B U E B K C A U E K E F K K
 O C V A J L O G N K X R N R J A R K I F T F H K S
 E M L L U U D I O I K E A Z O C R K P V I E D J T
 K T J E L S G N T N R T J I H U Q O T O A S R K U
 H W E Z Y C W H A A A P K C L Y D Z N P I R R X R
 J A K T J J S S L C N D S D N M A F I Q G N O T G
 Q I C E L A X S W S P I C F U D A L O T T C T M I
 B H I R X E Y I E C Q J M W F D G S P C Y Y W R S
 P Y W P P Q S E U N M C I U N B F Q T V O P T C I
 A C R C H O C O L A T E S M L F J K R E C W E K U
 Y S A Q B S Z X R B J I F A G L K D A G R Z E E X
 Y P W A R E A W A R D C F I C P I G T J A Q E G L
 Y D D G F H C T A P S I T N T H C C S O I E L H D

Cont'd from Page 4 • Dates to . . .

LITITZ	LINDENHALL	FITNESS
WILBUR	ACADEMY	GENERAL
CHOCOLATE	STARTPOINT	SUTTER
FREEZE	CHECKPOINT	ILLUMINATION
FRIZZ	TRAILMASTER	CANDLES
BARON	CARGILL	
STEIGEL	SPRINGS	
STURGIS	DUCKS	
PRETZEL	MORAVIAN	
WARWICK	FOURTH	
MAIN	JULY	
BROAD	AWARD	
WALK	PATCH	
VOLKSMARCH	HEALTH	
KILOMETER	FUN	

All the words in this word search puzzle relate somehow to either Volksmarching or Lititz or both. See if you can find them all. If you have ideas or clues for future crossword or word search puzzle submit them and see you puzzle in the next edition of this newsletter. And thanks in advance for your submission.

Saturday, January 9th

PDP Walking Event :: Isaac's Deli •
 Downtown Lancaster - Start 8 AM
 until 1 PM - finish by 4 PM

Thursday, January 21st

PDP Dinner/Membership Meeting - 7
 PM • Isaac's Restaurant, Granite Run
 Lacnaster PA

Thursday, February 18th

PDP Membership Meeting - 7 PM •
 LGH Health Campus Wellness
 Center - 1st Diagnostic Conference
 Rm

**This is just a reminder
 that there is NO PDP
 Member Meeting in
 December.**

2009/2010 Atlantic Region Calendar

From the Atlantic Region website

November 2009

<i>Date</i>	<i>Type</i>	<i>Sponsoring Club</i>	<i>Location</i>	<i>Phone</i>
27-28	4W	Susquehanna Rovers Volksmarch Club	Hershey PA (Hershey Recreation Center)	717-761-1338
29	W	Penn Dutch Pacers	Lititz PA (Freeze & Frizz)	717-625-3533

December 2009

<i>Date</i>	<i>Type</i>	<i>Sponsoring Club</i>	<i>Location</i>	<i>Phone</i>
05	W	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
05	GPW	Gator Volksmarsch Club	VA - Suffolk YRE - 9 a.m.	
11-12	NW	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
12-13	W	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
11-13	S	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
12	W	Annapolis Amblers	Eastport MD (Annapolis Athletic Club)	410-867-7511
16	NW	Great Greenbelt Volksmarchers	Greenbelt MD (Generous Joe's Deli)	301-937-3549
19	W	Baltimore Walking Club	Baltimore MD (Rotunda)	410-252-3165
19	NW	Germanna Volkssport Association	Fredericksburg VA (Fredericksburg Visitor Center)	540-786-6550
19	W	Virginia Volkssport Association	Washington DC	757-766-3065
19	NW	Virginia Volkssport Association	Washington DC	757-766-3065
20	W	Northern Virginia Volksmarchers	Springfield VA (Asian Grill)	703-455-1878
26	W	Virginia Vagabonds	Hampton VA	757-766-3065
31	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
31	2W	Freestate Happy Wanderers	Columbia MD (Owen Brown Community Center)	410-437-2164

January 2010

<i>Date</i>	<i>Type</i>	<i>Sponsoring Club</i>	<i>Location</i>	<i>Phone</i>
01	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
01	2W	Freestate Happy Wanderers	Columbia MD (Owen Brown Community Center)	410-437-2164
02	GPW	York White Rose Wanderers	Littlestown PA YRE - 9:30 a.m.	717-633-7644
09	W	Penn Dutch Pacers	Lancaster PA (Isaac's Restaurant & Deli)	717-625-3533
16	W	Seneca Valley Sugarloafers	Cabin John MD (C&O Canal Towpath)	301-385-0054
21	M	PDP Annual Dinner Meeting – Isaac's Restaurant, Manheim Pk, Lancaster PA :: Dinner @ 6; Meeting @ 7		

February 2010

<i>Date</i>	<i>Type</i>	<i>Sponsoring Club</i>	<i>Location</i>	<i>Phone</i>
06-07	2W	York White Rose Wanderers	York PA (York City Ice Arena)	717-292-3777
18	M	Penn Dutch Pacer Monthly Membership Meeting, 1st Fl Diagnostic Conf. Rm. Lanc. Health Campus, Hbg Pk @ 7 PM		
20	W	Freestate Happy Wanderers	Vansville MD (Vansville Community Center)	301-572-5574
27-28	W	Baltimore Walking Club	Baltimore MD (DuBurns Arena)	410-592-3171
27-28	W	Baltimore Walking Club	Baltimore MD (DuBurns Arena)	410-592-3171

March 2010

<i>Date</i>	<i>Type</i>	<i>Sponsoring Club</i>	<i>Location</i>	<i>Phone</i>
18	M	Penn Dutch Pacer Monthly Membership Meeting, 1st Fl Diagnostic Conf. Rm. Lanc. Health Campus, Hbg Pk @ 7 PM		
19-21	—	Atlantic Region Conference	Annapolis MD	410-960-6226
27	W	Virginia Vagabonds	Gloucester VA (Riverside Walter Reed Hospital)	757-766-3065
27	W	Piedmont Pacers	Manchester MD	410-795-7855

April 2010

<i>Date</i>	<i>Type</i>	<i>Sponsoring Club</i>	<i>Location</i>	<i>Phone</i>
03	W	Virginia Vagabonds	Williamsburg VA	757-766-3065
10	W	Lee Lepus Volksverband	Richmond VA (Deep Run Picnic Shelter)	804-768-0055
10-11	2W	Susquehanna Rovers	Newport PA (Chez Louise)	717-567-9537
15	M	Penn Dutch Pacer Monthly Membership Meeting, 1st Fl Diagnostic Conf. Rm. Lanc. Health Campus, Hbg Pk @ 7 PM		
17	W	Germanna Volkssport Association	Warrenton VA (Warrenton Visitor Center)	540-786-6550
24	W	Peninsula Pathfinders	Hampton VA (Sandy Bottom Nature Park)	757-851-9252
24	W	Loudoun Walking & Volkssport club	Leesburg VA (St John the Apostle Parish Center)	703-737-2175

There are events added all the time, please check the AVA website for up to the minute walk information!

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 • Lancaster Walk . . .
 markets. Central Market, or "market" as local residents refer to it, is the oldest publicly owned, continuously operated farmer's market in the country! It also enjoys a spot on the National Register of Historic Places. Each Tuesday, Friday and Saturday, farmers still sell their produce and merchants offer regional food and hospitality.

In 1737, the Lancaster County Prison was built in the city, styled after Lancaster Castle in England. The prison remains in use, and was used for public hangings until 1912.

The first paved road in the United States was the former Philadelphia and Lancaster Turnpike, which makes up part of the present-day U.S.

Route 30. Opened in 1795, the Turnpike connected the cities of Lancaster and Philadelphia, and was designed by a Scottish engineer named John Loudon MacAdam. Lancaster residents are known to use the word, "macadam", in lieu of pavement or asphalt. This name is a reference to the paving process named by MacAdam.

Southern Market, a former farmer's market of Lancaster, was built in 1888 and stands as one of the largest Queen Anne style structures in Central Pa. Today this building is home to the Lancaster Visitor's Center, the Lancaster Chamber of Commerce and the Lancaster Historic Walking Tours.

After the American Revolution, the city of Lancaster became an iron-foundry center. Two of the most common products needed by pioneers to settle the Frontier were manufactured in Lancaster: the Conestoga wagon and the Pennsylvania long rifle. The Conestoga wagon was named after the Conestoga River, which runs through the city.

In the 1800s, Lancaster served as an industrial powerhouse that boasted silk mills, iron foundries, machine shops and furniture plants, brought by the easy access of the railroad. In addition, the late 1800s established Lancaster City as the 2nd largest tobacco market, 2nd only to New York City. Lancaster County's fertile land provided an abundance of tobacco from hard working farmers. This tobacco was stored in warehouses after harvesting.

By 1883 there were over 100 county firms specializing in the buying and selling of tobacco in warehouses. 75 of these warehouses were located in Lancaster City. Many of these brick warehouses survive today and can be seen in Lancaster's Tobacco Warehouse District, recognized by the National Register of Historic Places. Many of these warehouses have been converted into modern apartment buildings. A small cluster still fulfill their original purpose and are still being used today by the tobacco industry.

In the 1900s, industrial companies such as Hamilton Watch, RCA and Armstrong Cork Co. grew and prospered. These companies and many like them provided employment to the influx of European immigrants that would arrive in Lancaster City during this time.

In fact many historic neighborhoods that still exist today in Lancaster City trace their roots back to the ethnic diversity of immigrants that settled there.

Lancaster City continued to evolve and grow through the mid 20th century. However in the latter half of the 20th century its industries began to slow and downtown business was weakened by the emergence of suburban strip malls in the 1960s and 1970s. Like many towns across the country, Lancaster began to move away from its blue collar roots and evolve into the service oriented city it is today. Still, much of

Lancaster City's rich culture and history remains and revitalization in many areas is bringing new businesses to Lancaster City every

year. Major financial institutions have taken up residence in Lancaster's downtown core. The Lancaster County Courthouse still operates from the heart of downtown Lancaster in a Roman Revival style building, built between 1852 and 1855.

Watt & Shand's former department store facade on Penn Square is now part of the Marriott hotel and convention center. Small shops, off-beat boutiques and a va-

riety of restaurants continue to prosper in Lancaster City's bustling downtown center.

The city of Lancaster was home to several important figures in American history. Wheatland, the estate of James Buchanan, the fifteenth President of the United States, is one of Lancaster's most popular attractions. Thaddeus Stevens, considered among the most powerful members of the United States House of Representatives, lived in Lancaster as an attorney. Stevens gained notoriety as a Radical Republican and for his abolitionism. The Fulton Opera House in the city was named for Lancaster native Robert Fulton, a renaissance man who created the first fully-functional steamboat.

In 1803, Meriwether Lewis visited Lancaster to be educated in survey methods by the well-known surveyor Andrew Elliott. During his visit, Lewis learned to plot latitude and longitude as part of his overall training needed to lead the Lewis and Clark Expedition.

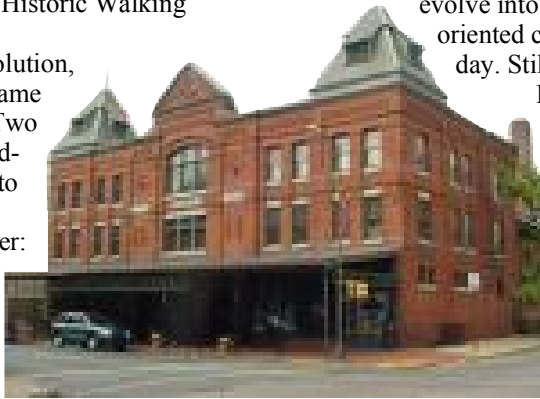
In 1879, Franklin Winfield Woolworth opened his first successful "five and dime" store in the city of Lancaster. Milton Hershey, famous for his chocolate empire in Hershey, Pa, started his career with the Lancaster Caramel Company on West King St.

Lancaster was one of the winning communities for the All-America City award in 2000.

Lancaster City is the only municipality in Lancaster County that is considered a city. Lancaster City is the county seat of Lancaster County.

Victorian architecture dominates the character of the city, which is comprised of hundreds of small businesses and thousands of residential homes. Lancaster is home to the largest National Register Historic District in the county. Lancaster's federal historic district is also the largest in the country.

As you can see from this brief perspective into Lancaster's illustrious past you will be walking amidst a bounty of history. The walk is Saturday when everything is open and busy including Central Market which opens at 6:00 AM. So you can come early and go to market and then come and walk. See you on January 9th.



Lancaster Southern Market



F W Woolworth

Don't Have a Startpoint for Your Walk .. How About a Virtual Startpoint

Editor's Note: As you will find out in this article the AVA is exploring a novel technological solution to a situation where you have a great trail for a YRE or seasonal event but you don't have a good startpoint or the startpoint that you have isn't an option on weekends, etc. If this trial as described in the article below pans out all of the clubs nationwide may have access to this innovative solution.

AVA has approved as a trial the use of a "virtual start point" for certain YREs in southern California. This of course has necessitated an alternative to the traditional "stamp" for use in AVA event, distance & approved Special Event books.

The information below is from the Footsore Friends website that describes how the virtual stamp works.

This club was approved by AVA for the trial. Additionally, they are sponsoring the Hooray for Hollywood Special Event.

In reviewing the YREs that are covered by the electronic stamp, there are 16 existing Special Walking programs that the walks that have been approved for the trial qualify for.

Clearly the POC's of these special walking programs need to be aware that they could see these trial insert cards coming back with Special Walking program books at completion.

A Description of the Virtual Stamp YRE/Seasonal Program

What is an AVA stamp?

The AVA or American Volkssport Association is an organization with over 300 clubs nationwide. Footsore Fiends is an AVA club. The clubs put on walking events in which everyone comes to walk on the same day. They also put together walking routes that can be walked anytime on your own, like the ones in this store. All walks put on by AVA clubs have a unique walk stamp with a number. AVA walkers collect these stamps in books to track the walks they're done and the distances completed. You can learn more info here.

What do I get when I buy a walk with 'Walk route only'?

After checkout, you'll be directed to a page where you can download your route file. The downloaded zip (compressed, so it's smaller) file contains a pdf (portable document file) with explicit, step-by-step written route directions along with a map of the route. There's also additional information provided such as driving and parking directions, information on dog-friendliness, best times to walk, restroom availability and so on. The written route directions include mileage information along the route.

What do I get when I buy a walk with the 'Include e-insert card' option?

After checkout, you'll be directed to a page where you can download your route file, as described above. In addition, you'll soon receive an email with your e-insert cards with the AVA stamp for the walk. The e-insert cards are sent out manually, so allow up to 24 hours for processing.

How do I use an e-insert card?

The e-insert card looks like a regular insert card. You print it out on your printer, cut around the dotted lines, and put it in your booklet like any other insert card. If you wish to print it on heavier paper stock, that will make it feel more substantial. *You MAY NOT submit the e-insert card to the AVA more than once, ever.* Each e-insert card is marked with a unique registration number that is trackable by the AVA. *You MAY NOT use the same e-insert card for more than one person.* You must buy a unique e-insert card for every walker who wants AVA credit.

Will the AVA headquarters accept the printable e-insert cards?

Yes, this online registration program has been approved by the AVA and they are prepared for the printed e-insert card format. However, the IVV will likely not accept them if you usually submit your books outside the US. See options for obtaining a physical stamp.

What about my special programs? How do I get stamps for those booklets?

The pdf with the e-insert cards contains one e-insert card for event, one for distance, and

Cont'd in the next column

AVA EXECUTIVE COUNCIL AGENDA ITEM

Editor's Note: Below you will find an agenda item for the upcoming AVA National Executive Council Meeting that if it passes will make those who have to deal with shuttling event stamps for YRE and seasonal events back and forth to AVA HQ very happy. Of course as with any proposal that you would like to see enacted by the AVA a call to your rep to let them know what you would like them to support is always helpful. PDP's representative is Joan Lampart. Her contact info is on page 2.

Introduction of Business: I move that AVA Clubs that conduct YREs and/or SYREs which have a renewal request in for the same event for the following year, not have to send the stamp back each year.

Summary of Proposed Action: It would save the national headquarters time on assembling the stamps and mailing them out, and would be much easier for the point of contact people in the state, saving someone having to make a 60 to 100 mile trip to pick up the stamp and bring the new stamp around in the spring. We understand that the numbers for the new year will need to be mailed to the club & inserted properly in the AVA stamp handle.

Submitted By: Phil Hait, Northeast Region Director on behalf of Twin State Volkssport Association, AVA Club #341

Cont'd from Previous Column - Virtual . . .

a separate one for each special program for which a walk qualifies. The name of the special program is printed at the top of each card. If you do not need a stamp for a special program, simply don't print that page or discard the page once printed.

Do these walks have a regular start location?

No, these walks do not have a traditional start location or "start box".

We'll keep you up-to-date as we get more information on this inventive solution to not having a suitable startpoint. If you think about it it really reduces the clubs overhead and work. No startbox and all the related materials, no checking the startbox to make sure supplies haven't run out and no trying to find a suitable startpoint that meets our criteria and no scurrying to find a new startpoint when your startpoint suddenly goes out of business and closes. Lots of advantages? Any disadvantages? That remains to be seen!

Letter to the Editor



Editor's Note: Written responses to anything that's contained in the PDP newsletter are always welcome and will be printed space permitting and as long as they are not submitted anonymously. It is only through the exchange of ideas that new things happen and we move forward. Please submit your responses via e-mail as native e-mail or as an attachment to phil@solanco.com or in writing to the club address found on page 12.

Via e-mail 09/18/2009

Hello Phil:

Thank you for sending a complimentary copy of the Penn Dutch Pacers newsletter (September, October, November edition). I read it from cover to cover. Since you invited comments about the frustration of gaining new volkssporters and members, I thought I would add my two cents worth.

I share your frustration and impatience over our seeming inability to motivate more people to take up volkssport and join our clubs. I live with the downward trend in participation every day and sometimes feel the same frustration. I have appeared at numerous health fairs and expos and spoken about volkssports in a number of venues. I find that many people are interested in our sport and most express good intentions about changing their lifestyles to include more exercise. But instant results just don't happen often.

In addressing my frustration, I have to acknowledge a couple of truths. One, I can't control the reactions of

other; I can only give them facts and encouragement. Two, I control my own attitude, but little else. So, since I'm the one feeling the frustration, I tell myself that I am planting seeds and spreading a message without expecting instant results. Perhaps it is our society that conditions us to expect instant gratification with its short attention span and 'buy our product and you'll feel instantly better' approach to everything. We focus on 'overnight' sensations in athletics and the arts without ever acknowledging the years of preparation that goes into being an 'American Idol'.

I remind myself of the story of Johnny Appleseed, who walked across the Northwest United States of his day, planting apple seeds that he would never see bear fruit. I realize that if I adopt his view that I am planting seeds for a better life for everyone I speak to about volkssport, I reduce my expectations and the frustration doesn't come up as often.

I can tell you that about once every couple of months I talk to a new person who comes to a volkssporting event or joins our club. I usually ask them how they found out about volkssports and why they are interested. About 50% of the time, the response is that someone told them about volkssport six months, a year, even two or three years ago and they are just getting around to participating. Maybe once a year someone tells me, "Curt, you talked to me a couple of years ago at a health fair, and I knew you were right, but life got in the way of my participation until now. I treasure those moments be-

cause they are rare, but they are extremely satisfying.

Phil, I suspect that if you ask those questions to new walkers, you may find that many of them come from the seeds you and the Penn Dutch Pacers planted some time ago. So, to answer your question, "What are we doing wrong?", I would say 'Nothing, just keep doing what you are doing and view it as planting seeds'.

I hope to see you on the trail. Give my thanks to all Penn Dutch Pacers for their volunteer efforts.

Best wishes,

Curt Myron

AVA President

Focus on Growth!!

Super Moist Pumpkin Bread

Ingredients:

- * 1 cup chopped walnuts
- * 3 1/2 cups all-purpose flour
- * 2 cups packed dark brown sugar
- * 2/3 cup white sugar
- * 2 teaspoons baking soda
- * 1 teaspoon salt
- * 1 teaspoon ground nutmeg
- * 1 1/2 teaspoons ground cinnamon
- * 2 cups pumpkin puree
- * 1 cup vegetable oil
- * 2/3 cup coconut milk
- * 2/3 cup flaked coconut



Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour two 8x4 inch loaf pans.
2. Spread walnuts in a single layer on an ungreased baking sheet. Toast in the preheated oven for 8 to 10 minutes, or until lightly browned. Set aside to cool.
3. In a large bowl, stir together the flour, brown sugar, white sugar, baking soda, salt, nutmeg and cinnamon. Add the pumpkin puree, oil and coconut milk, and mix until all of the flour is absorbed. Fold in the flaked coconut and toasted walnuts. Divide the batter evenly between the prepared pans.
4. Bake for 1 hour and 15 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean. Remove from oven, and cover loaves tightly with foil. Allow to steam for 10 minutes. Remove foil, and turn out onto a cooling rack. Tent loosely with the foil, and allow to cool completely.

QUEST TO COMPLETE THE A-Z SPECIAL

by Bob Cooney

My father (John Cooney), my girlfriend (Becky Sipe), and I (Robert Cooney) started our trip by leaving Lititz, Pa at 1:00 am on July 13, 2009. After 7 hours of driving, we arrived at our first destination in Mentor, OH. We chose to do the 5K event. The trail began on a towpath in Headlands Beach State Park with a slight breeze blowing in from the beach of Lake Erie and we would walk the length of the beach on the asphalt until it switched to sand while entering the Headlands Dunes Nature Preserve. Over the dunes and along the beach towards the Fairport Harbor Lighthouse and Marine Museum we walked, taking in the grand view of Lake Erie from the waters edge. On the return, we would keep Fairport Harbor to our left until the trail emerged on a grassy area and a dirt path (which we would take) to our right. After the dirt trail, we would walk along the drive and through the maintenance area towards the road. We went up hill a short way to the parking area to the Mentor Marsh Nature Center to retrieve our second checkpoint answer, then doubled back to where we entered the maintenance area, to the parking lot, and then the car to complete our first walk of the trip .

Our second walk of the day was in Chagrin Falls, OH. After having a tasty lunch at the start point (Edison Bros. Bagel Shop), we hit the trail. Just outside the parking lot we spied The Federated Church/United Church of Christ and continued into a residential portion of the sidewalk trail. We made a descent back into town and into Riverside Park and the "Upper Falls" and snapped a few pictures. We ventured once again into a residential area that would lead us to the former Windsor Hospital and back into town again. The village hosts the Gamekeeper's Tavern, The Inn of Chagrin Falls, Coach House Square, Seasonal Treasures Christmas Store, Chagrin Valley Little Theater (one of the oldest continually operating community theaters in the country and actor Tim Conway is a veteran of this group), Chagrin Hardware, the colorful Popcorn Shop (which was originally the office and showroom for the Gates Grist Mill), and just beside the Popcorn Shop, on the other side of the Chagrin River, is a staircase leading down to a marvelous view of the Chagrin Falls waterfall. There was a variety of shopping to be found in the downtown area as we approached the Chagrin Falls Fire Department, Historical Society and Museum, and through another residential section of the district to a Civil War Memorial in the Evergreen Cemetery which would also prove to be our final checkpoint before completing the last leg of the trail. We left Chagrin Falls on another drive to Fremont, OH for an overnight rest. Many thanks to the Valley Vagabonds for the trails they provided us.

After a well deserved rest, day 2 landed us on a trail provided by the Maumee Valley Volkssporters in Toledo/Oregon, OH at Maumee Bay State Park. Just outside the start point was a monarch butterfly sanctuary in all the stages of their life cycle. We found this quite fascinating because none of us has ever witnessed anything like this on a walking trail before. The park was teeming with deer, and many species of birds as we traversed a boardwalk throughout the first portion of the trail in the wooded wetland preservation. We were sad to leave the shady comfort of

the trees and enter onto a sidewalk path between Lake Erie and the Quilter Lodge to a late morning preclusion to another hot day.

We then crossed a foot bridge at the boat basin, continued along the path for the length of the park beach and entered the natural meadow where we would see more deer and birds. Though not part of the trail, we climb the top of Big Hill to catch a panoramic view of Lake Erie and the park compound. Once we finished



Pictured from left to right: John Cooney, Becky Sipe, and Bob Cooney

with our picture taking, we descended back to the trail and followed it to the parking area we saw from Big Hill. On the sidewalk again, we trekked around a swimming beach along side of an inland lake to the foot bridge we crossed earlier and back to the parking lot leading to the start point once gain.

The second walk of this day brought us to the Capital of Michigan, Lansing. This is the first of 5 trails generated by the Historic Pathfinders we would walk. The afternoon was humid and slightly overcast as we began the trail outside of the Michigan Historical Museum, which is also the resting place of Michigan's replica of the Liberty Bell. On the back side of the museum we ventured into the spacious capitol complex and it's wide pedestrian paths. We then traveled north on Capitol Avenue, passing through Lansing Community College Campus, through the quaint Shigematsu Memorial Garden, back to Capitol Avenue, through Durant Park to Washington Avenue to Grand Avenue and our first checkpoint (Grand Cafe/Sir Pizza) where we would indulge ourselves to a bite to eat. The trail resumed just beside the checkpoint down a spiral staircase, under a bridge to the Grand River to the boardwalk that we would travel on beside it. We passed the Brehnke Fish Ladder while taking in the natural surroundings within Lansing's city limits. The boardwalk path would come to an end just past Riverfront Park at the Lansing City Market. In a matter of minutes, we came to the Home of the Lansing Lugnuts, a Class A affiliate of the Toronto Blue Jays. They were not playing that day, but a small news crew met with us outside the facility to talk about the name change of Oldsmobile Park. Of course, being from out of town, we did not know. The sidewalk trail would continue one block to Clara's Lansing Station then turn around back towards the stadium to the last checkpoint at the Great Lakes Chocolate & Coffee Company. Before our next turn, we stopped to take in the view of the capitol building, high rises, and the smoke stack with the huge lug nut on top at the Nut House. We continued on the downtown trail passing the Michigan Women's Historical Center & Hall of Fame, the Cooley Gardens, Dickinson Wright (once the Strand Theatre), District 54A Court House, the State Capitol



The Fairport Harbor Marine Museum and Lighthouse

Cont'd in the next column

Cont'd on Page 11, column 2

Annual January Dinner Meeting 2010

As many of you already know and as the rest of you will know shortly our January membership meeting is the official annual meeting of the Penn Dutch Pacers as required by our bylaws. The main focus although not the only thing we accomplish is officer elections which we are obligated to hold in even years.

Our meeting/dinner will be at Isaac's on the Manheim Pike. This is the third year we are meeting at this location for dinner since our past experiences there have been quite good.

For those of you who haven't attended in the past and aren't familiar with where Isaac's is to be found, going out the Manheim Pike Isaac's is located in the strip center right beyond Granite Run Drive. The restaurant itself sits sort of behind Chili's and Greystone Bank. If you need specific directions please contact one of the officers.

As in the past our meeting will be at 7:00 PM which means that you need to arrive in enough time in advance of the meeting to order your meal and eat it in a relaxed manner before the meeting. We suggest arriving to order and eat your meal anytime after 5:30 PM. Simply indicate to the host/hostess that you are with the Penn Dutch Pacers and indicate that you would like to be seated in the meeting room. You will be ordering your own meal from the menu as you arrive and paying for it along with the typical gratuity when you are done. The meeting portion of the evening will start promptly at 7:00 PM.

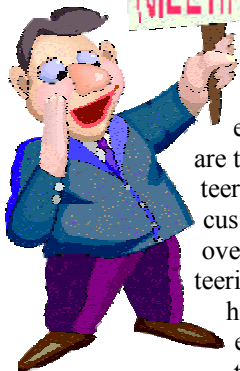
Now as you might guess after that long introduction there is an important reason for you to attend this member meeting of your club.

We will be electing a president and we will also be electing a first and second vice-president. The other office holders in the club are appointed, i.e. they volunteer to hold their offices for an indefinite period of time. We are fortunate to have very capable people continue as treasurer and secretary.

Now this is where you come in, the Penn Dutch Pacers have many good people and many have already selflessly given what amounts to hundreds of combined hours

to further our goal of providing interesting, full service walking events to anyone and everyone. It is impossible to achieve this goal without this volunteerism. It is

MEETING!!



impossible to achieve this goal without people to fill the elected positions within our club. Showing up to do the walks is great because that is what it is all about and helping during the actual event is wonderful as well and we are thankful for all those that volunteer during our events. But as discussed ad nauseam in this publication over the years the hours spent volunteering at the actual events dwarfs the hours spent in preparation for the event or in doing all the behind the scenes things that need to be done to keep the Penn Dutch Pacers functioning on a daily basis. If you find value in the walking events that the Penn Dutch Pacers provide please consider a stint as an officer. It's not something you have to do in a vacuum since there is a whole cadre of fun, dedicated, experienced folks to help you along the way.

If you or someone you know is interested in being nominated for any of the elected positions, i.e. President, 1st or 2nd Vice-President please contact anyone on the nomination committee with any questions and to put your name on the ballot. The nominating committee consists of Pete Byrne -- 717-393-6700

Barry Weatherholtz -- 717-635-3533

Phil Allamong -- 717-786-7118.

Thanks in advance for giving serious consideration to serving the Penn Dutch Pacers in an elected office. You will find the experience fulfilling, rewarding and most of the time fun.

Cont'd from Page 10 • Quest . . .

and several veteran's memorials once again before returning to the Michigan Historical Museum. We left Lansing, driving through a rainy Grand Rapids to our next 2 day stop in Holland, MI.

Day 3 greeted us with heavy rains until 10:00 am, dad chose to stay at the hotel while Becky and I left for Grand Haven, MI. The walk began a block from the harbor at a downtown restaurant called Dee Lite. The first place of interest we saw was the Depot Museum. After leaving the museum behind and passing an open air market and shops, we quickly

Cont'd in the next column

came upon our first checkpoint at the Pere Marquette Engine. From there we turned around to follow the trail beside the channel, taking in the scenes of moored water craft, onshore fisherman, a coast guard memorial, and stopped to watch a man training his Labrador to retrieve duck decoys from a dock. We went around a U.S. Coast Guard station to the Grand Haven Lighthouse where we relaxed and enjoyed the view of Lake Michigan. Picking up the trail again upon returning from the pier and the lighthouse, we continued on a sidewalk that went the entire length of Grand Haven State Park. Grand Avenue would continue to steadily climb, giving us a bird's eye view of Lake Michigan. After reaching the summit, the trail continued through a residential section and into Duncan Memorial Park (a picturesque park that includes the cover of shade trees on the entire length of the trail), to the last checkpoint at Lake Forest Cemetery, through more residential area, to a memorial park and fountain, and back through the downtown shopping district to the finish. The rain held off for this walk and the earlier rains failed to provide cooler temperatures as we were about to find out on the next trail.

The second walk of this day was scripted in Zeeland, MI and the first of two letters we needed to finish our A to Z special event. "Feel The Zeel" is the controversial slogan for this small community, but we felt "Feel The Heat" was more appropriate for this day. Once signed up at the Zeeland Community Hospital, we drove to the start point at the Macatawa Bank. The first leg of the trail went through a residential area that we unfortunately had the misfortune of walking on streets that were torn asunder by construction and were a bit muddy from rains earlier that day. We were taken aback by the large number of churches we passed on the trail for what appeared to be a modest sized community. About halfway through, the trail crossed a footbridge on Paw Paw Drive and would continue up through the center of town. With no tree cover, the heat was taking it's toll on our valiant walkers. Water was depleted and we were slogging along up through town and nearly missed the checkpoint in our delirium. An ice cream shop saved the day a short distance later but the heat beat us all the way back to the finish. No long drive to a hotel tonight. Thank God! We were spent.

Read the conclusion of the Quest to Complete the A-Z Special in the next edition of the PDP Newsletter.

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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
 LIFE (individual) Under age 30 - \$200 30-49 - \$150 50-69 - \$100 70 or over - \$50

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