

the pacer pulse

September, October, November 2012

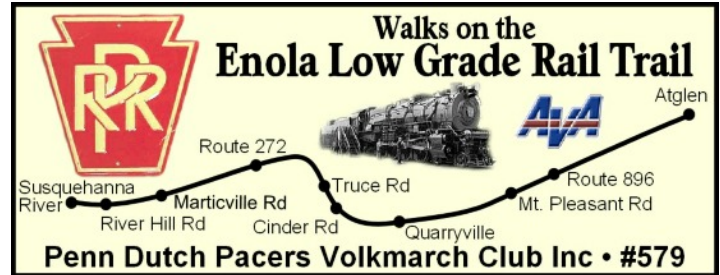
This is the Last Issue of The Pacer Pulse.....

Did the headline get your attention? Hope so...that was the intent. We want to make sure that people are aware of the changes that are taking place with the way we distribute this newsletter. The headline in it's totality should read *This is the Last Issue of The Pacer Pulse that will be Printed and Bulk Mailed to all paid up members.*

As we first announced right here in these pages in December of 2011 this newsletter beginning with the December, January, February 2013 edition (the next issue) that comes out the beginning of December 2012 PDP will no long be printed and bulk mailed. We know that there are those of you who do not have computer or Internet access and we don't want you to be left out. So if you are one of the people that will not have digital access to *The Pacer Pulse* by December of 2012, we would ask you to take a few minutes right now to notify us that you need to have a copy mailed. Please address your request to: Penn Dutch Pacers, Pacer Pulse USPS Opt-In, PO Box 7445, Lancaster PA 17604-7445. Indicate in your letter that you would like to be mailed a copy of the Pacer Pulse and of course include your name and correct complete address. If you have no way to read a digital copy of this newsletter and you do nothing you will no longer have access to this publication. *You need to take action NOW to continue to receive a printed copy if you do not have Internet access and you need a copy mailed to you.*

It should be said here that the biggest consideration for making this change in distribution is the cost of printing and bulk mailing this newsletter. Thus we would encourage you can make any reasonable accommodation necessary to have access to the digital edition. These accommodations could include but are not limited to having family members or friends with a computer and the Internet access the digital edition and print it out for you or use public Internet access points such as your local library. You get the idea. Initially there is no extra cost to have an issue mailed to you, but beginning after June 1, 2013 [the June, July, August 2013 Edition] and immediately with new members, you will pay a \$4.00 per year premium to have this newsletter mailed to you via US Mail. Keep in mind that we will be printing only the number of issues that members have requested be mailed and they will be processed by hand at the first PDP meeting following the publication

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On October 13th and 14th we will again be walking from Huffnagle Park nestled in the heart of the borough of Quarryville. If memory serves this is the third time that we will be starting from this location. The last time was in 2006 when we walked north of Quarryville into Eden Township. Huffnagle Park with its pavilion and recently renovated bathrooms serve as a great location to start our exploration of the Enola Low Grade Rail Trail.

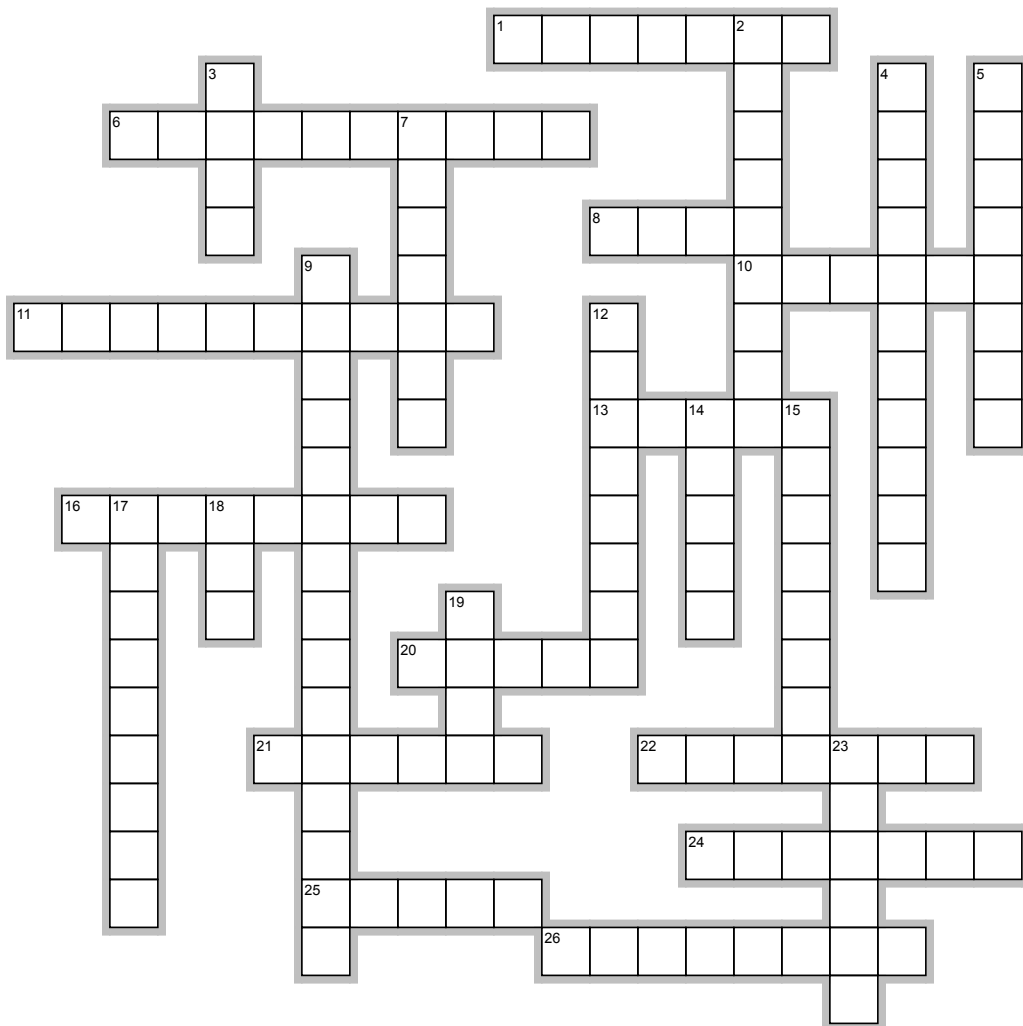
You might not know that when Quarryville was first chartered, it was a village in Eden Township with about 200 inhabitants, and noted principally for the amount and quality of the stone quarried there and manufactured into lime. There were 40 lime-kilns in place, producing annually 500,000 barrels of lime and employing 100 men. The general business of the village of what was to become Quarryville (it wasn't incorporated as a borough then) was represented by one large general store, which transacted a large trade in the place and also in the surrounding country, two blacksmith shops, two tailors, one tinsmith, one wagon and carriage shop, two harness shops, one cigar manufacturer, two shoe stores, three hotels, and one restaurant.

Postmaster was George Hensel. The Franklin Telegraph Co. operated in Quarryville. The town was the southern terminus of the Lancaster and Quarryville Railroad, which had just been completed. According to an atlas of county municipalities in the 1890's "With the increasing facilities for easy transportation, the vast amount of lime made here, and the products of the surrounding country, Quarryville gives great promise of ultimate importance and success. There was a small settlement around May and Camargo post offices in 1890, which were the only post offices of settlements besides Quarryville in Eden Township (and of course its how May Post Office road got its name). There were large beds of iron ore in Eden, and mines were opened and operated about two miles north, and two miles west of Quarryville.

The atlas described the land in Quarryville 100 years ago as: "the land is generally high and rolling, except in the valley or

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1st Enola Low Grade Rail Trail Crossword



In keeping with our previous attempts at combining fun with learning about the places in which we walk, the crossword puzzle this month deals with information regarding our 1st walk on the Enola Low Grade Rail Trail starting from our Huffnagle Park startpoint.

Work the puzzle and confirm what you learned in the article on our October walk. Verify information that you learned about Quarryville and the long process that finally ended with a rail trail along the former Enola Low Grade Rail line right of way.

We hope you enjoy the crossword puzzles. If you ever have any feedback on the puzzles please e-mail phil@solanco.com. Thanks!!

Across

1. The Enola Low Grade Trail Rail runs over a former _____ rail line.
6. _____ Township not only oversees the section of the rail trail that runs through their township but also the portion that runs through Quarryville Borough.
8. Quarryville was originally part of what township before it became a borough?
10. The electricity from the Holtwood Dam is used on the _____ main line
11. The stimulus monies were to replace _____ that carry electricity from the Holtwood Dam to the Amtrak main line.
13. Most of the townships that the rail trail runs through see it as an _____.
16. What really made the rail trail possible was the _____ monies that the federal government made available following the 2008 recession.
20. The stone taken from the quarries was processed in these hot furnaces known as _____.
21. The eastern most trail head for the Enola Low Grade Rail Trail is in the Chester County borough of _____.
22. What really made the rail trail possible was the bed of _____ stone laid along the entire length of the rail trail.
24. _____ abandoned the Enola Low Grade Rail Line in 1969.
25. The new mono poles were not galvanized but _____.
26. The new power poles carry electricity from the _____ Dam located on the Susquehanna River.

Down

2. The name of the park in which our startpoint is located is _____ Park.
3. The twin poles that carried electricity along the rail trail right of way were to be replaced with _____ poles.
4. Our First Enola Low Grade Trail Walk will start in the borough of _____.
5. The _____ Telegraph Company operated in Quarryville in the early days.
7. Lancaster County tried to take the Enola Low Grade Rail Trail property to make a lineal park by _____ domain.
9. _____ sold the segments of the rail line to the seven townships that it runs through.
12. What multiple landmarks was Quarryville known for and named after?
14. What material was taken from the quarries around Quarryville?
15. Quarryville was the southern _____ of the Lancaster & Quarryville Railroad.
17. The seven _____ that the rail trail runs through now own it.
18. The local road that was named after an early post office is _____ Post Office Road.
19. What was the result of processing the stone in the kilns?
23. The Enola Low Grade Rail Trail's western terminus is at the Susquehanna River in Safe _____.



PRESIDENT'S COMMENTS

Finally! The run of 90+ degree days looks to be over. When it is that hot I just can't get interested in walking.

Now that the temperatures have dropped to the seventies and low eighties, I'll be more inclined to lace up the sneakers and put on the pedometer! Our new, five-month old puppy will be a big motivator too; he needs exercise as much as I do!



Meet Jesse

As vacations come to an end, it is time to start thinking about our new walking season. I'm really excited about our first walk on the Atglen-Enola Low Grade Rail Trail. This walk, on October 13th and 14th, will be the first of many to take advantage of the barely sloping grade of this 23+ mile trail. Many of us have looked forward to walking this trail for years, and we have several walks planned for future years. After those, the recently-purchased Manor Township portion of the rail line will be available, so we'll have walks there also.

In December we will again offer a walk through downtown Lancaster. We're poring over the maps of downtown, looking for new paths to expose new features of our historic town. Gallery Row along North Prince Street, Antiques Row along North Queen Street, and the East King Improvement District are sure to be included. We'll support many of your favorite AVA Special Programs too.

Speaking of Special Programs, we'll have the books for our new Fraternal Organizations program available for sale at the Downtown Lancaster walk. With the many fraternal, sororal, and civic organizations found in Lancaster, you'll be able to complete the program just by walking our Historic Lancaster and Lancaster West YREs!

As noted before, this newsletter will be the last one printed and mailed to the entire membership. Unless you have paid to receive your Pulse by mail, your next issue will be found on our web site where you can read it on-line or print a

copy. This move to electronic distribution will reduce our expenses, ensuring that we won't have to raise our dues.

Don't forget that our monthly membership meetings reconvene in September, on the 20th. These meetings are where we discuss and decide upon the future direction of our club. All members are welcome to participate. We try to keep the meeting to one hour, so

it isn't a big drain on your time. Join us . . . you may like it!

'til then, see you on the trail. - Pete

**CLUB MEMBERS
ACHIEVEMENT AWARDS**

10 Events

Brianna Sipe

30 Events

Austin Sipe

300 Events

Donna Bashaw

525 Events

Rose Grumbling

575 Events

John Cooney

850 Events

Janice Copenhaver

Barry Hitchcock

5500 KM

Rose Grumbling

**Records from the June/July '12
and August/September '12 issues
of *The American Wanderer*.**

NEW MEMBERS

WELCOME

Rick & Sue Evans (Gail)

Karen Kenna

Ronald & Jill Priebe

Lawrence & Nancy Sheckler

RENEWED FOOTPRINTS

**KEEP ON WALKING THE
TRAILS**

2013

Leroy & Janice Copenhaver

Nancy Fellenbaum

Maryann & Edward French

Catherine C. Glass

Roger E. Johnson

Mimi Kegerize

Steven & Carol Schell

Edward & Kathy Schoenberger

(Kristen, Robin)

Barbara Shafer

Patricia L. & Joseph E.

Strausbaugh

2014

Terry M. Brown

Charlotte & Leon Glover

Muriel L. & Charles E. Jr.

Halsey

James S. & Joanna L. Yuninger

2015

David & Monica Daniel - Barber

(Tiernan & Maura)

Valerie H. & Henry J. Cifuni

Bonnie L. Johnson & Bart

Eckhardt (Vaughn)

Joseph W. & Mary Ann H.

Greiner

William (Doug) & Toni Hoey

Tanya Lefever

Richard & Anita Lipkowski

Angela D. & Charles Moore

(Jesse)

Robert I. & Letitia L. Zook

2016

R. Michael & Susan Snyder

Volunteer Sign Up Sheet Re-Designed

We are always looking for ways to make it easier for you to volunteer during our weekend events. And one of things that we did some time ago was to design a spreadsheet with two hour time intervals under the various headings where we need volunteers during the walks, i.e. Startpoint, Finish, Checkpoint #1, Checkpoint #2, Food Sales & Merchandise Sales.

Time Period	Startpoint	Finish	Checkpoint #1	Checkpoint #2	Food Sales	Merchnadise Sales
Volunteer Chart for Enola Grade Rail Trail #1, Sat. Oct. 13th -- Click the time frame under the task where you would like to Volunteer. If there is not a name and phone number there already, input your Name and then your phone number. Make sure the spreadsheet is saved before exiting. Thank you for your help.						
8:00 to 9:00 AM		xxxxxx		xxxxxx		
9:00 AM - 10:00 AM		xxxxxx				
10:00 Am - 11:00 AM						
11:00 AM - Noon						
Noon - 1:00 PM						
1:00 PM - 2:00 PM	xxxxxx					
2:00 PM - 3:00 PM	xxxxxx		xxxxxx			
3:00 PM - 4:00 PM	xxxxxx		xxxxxx	xxxxxx		

Although this way of keeping track of the volunteers which allows everyone to add their own names as well and as allowing our volunteer coordinator, Carmie Keiser to keep a handle on things has been working well. One suggestion that we have recently implemented is instead of showing two hour intervals, the time slots are now one hour intervals. This change allows more flexibility from the planning side and also allows more flexibility to the potential volunteers as well.

You can access this sign-up spreadsheet and easily add your name for a time slot at our next event on the Enola Low Grade Rail trail in Quarryville, October 13 & 14 by going to the Volunteer Page on the PDP website at www.penndutchpacers.org and clicking the link. Thanks in advance for volunteering.

A Big Change in the PDP Website that You did Not Even Know Happened



For many years now the Penn Dutch Pacer website has been hosted on the AVA server. What that means in layman terms is that all the files that you access when you go to www.penndutchpacers.org and that make the PDP website look like it does were on the AVA computer server. When you host a website on a server there is a fee you pay to the entity that owns the server for having your files there. PDP paid the AVA an annual fee of \$60 for hosting the PDP website on their server. Several months ago we were notified that for security reasons the AVA has decided not to continue to host the websites of any of the AVA

affiliated clubs, thus we had to find a new home for the AVA website. Fortunately we had registered the penndutchpacers.org domain many years ago to make the PDP website easier to find and remember and have transitioned all our literature and brochures to the new domain. (Some of you may remember when we had to type www.ava.org/clubs/pdp/index.html to get to the club site.) Once we registered the penndutchpacers.org domain, all we did was forward it to the actual location where the files were hosted on the AVA server and you got what

you expected when you typed www.penndutchpacers.org into your browser. We had a plan and a place to host the website once it was moved from the AVA server but hadn't yet implemented it when we received an e-mail from a fellow volkssporter at the Woodland Wanderers who saw a need and offered to host club sites on server space that he had for much less than we were paying AVA. It was a no brainer. So on June 11th we had a very smooth transition from the AVA server to the new server. We first uploaded the entire website to the new server. Then made a change on the penndutchpacers.org domain that would forward it to the new location. Then came the tedious part which was making sure that all the files that are accessed when you click a link like in the newsletter archive were in the right place and that the links that reflected the old location of the files were all changed to reflect the new location on the new server. We think we got all the links but if you find one that doesn't work, please let us know and we'll get it fixed. The PDP website is a great resource for not only those of us that are familiar with our sport but it is also something that you want to be sure to share when you're talking to new people about volkssporting. We are always looking for new ways that the website can be used to share information. If you ever have any ideas about how we can make better use of the website we would love to hear them. Thanks in advance for your help. So the Penn Dutch Pacer website has a new home and you probably didn't even know it. That's how it was intended to be.

Cont'd from Page 1 – This is the Last Issue...

date. For instance the June, July, August 2013 newsletter that we mentioned above will be available digitally on or about the first of June at a link on the Newsletter page on the PDP website at www.penn dutch pacers.org. We will also send an e-mail to PDP e-mail announcing the new edition with a link. Thus if you would like to be advised when a new edition of the newsletter is available you should sign up for the PDP e-mail list by going to the Join page on the website. Newsletters that are mailed will be processed for mailing (mailing labels and postage applied at the June meeting on June 20th and will be put in the mail the following day. Thus those requesting a printed and mailed version of the newsletter will receive their copy somewhat later than those opting for the digital version.

Lifetime members will of course have access to the digital edition of the newsletter but as with everyone else will need to pay the \$4.00 per year stipend to have the newsletter mailed beginning in June 1, 2013. The membership form on the back page of this newsletter has been modified to reflect these policy changes regarding the newsletter. And although we currently believe that the \$4.00 yearly stipend will be sufficient to offset the costs we will continue to evaluate things especially the first year and may need to adjust the fee in direct response to the actual costs we experience.

Thank you for your understanding in this matter and of course we would like to hear any comments that you may have regarding this change. It is not our intent to irritate or inconvenience anyone with this change, but it is the necessary and responsible thing to do to try to keep the club financially viable. Please contact President Pete Byrne via phone or e-mail with your concerns using his contact info on page 11.

Cont'd from Page 1 – Enola Low Grade Rail...

basin extending across the township where it is level and remarkably fertile. Most of the soil is rich limestone, and very productive. All of the cereals and many varieties of fruits are produced abundantly.”

So as you can see we are walking where there is abundant history for the area and in fact this walk will make history for the Penn Dutch Pacers since it is the very first of many walks that the Penn Dutch Pacers are planning along this new 23+ mile, essentially flat, rail trail.

The trail runs over a former freight rail line that ran from Atglen in Chester County to Safe Harbor in Lancaster County, where it joined the Columbia & Port Deposit Branch. The reason that we say essentially flat is that the rail line portions of the trail have no more than a 3% grade anywhere along its path, but where possible on our walks we will be leaving the rail trail for a bit on adjacent country roads to try to eliminate the boring out and back of typical rail trail walks. Sometimes the short walks will be out and back walks because we have only limited points where there is access to the rail trail. The rail trail has a harried history. Here is a bit

*Cont'd in the next column**Cont'd from previous column*

of the back story that you may find interesting.

Trains last ran on the Enola Low Grade rail line when Conrail abandoned the line in 1989. After Conrail abandoned the line, many groups dreamed of and talked about using the right-of-way as a rail trail. The process to get it where it is today has been tumultuous at best, including an eminent domain proceeding by the County of Lancaster, lawsuits to rescind that proceeding by the seven townships through which the trail runs, and the sale of line by Norfolk Southern to the individual townships after which a continuous rail trail seemed like the last thing that would happen.

But what finally made the trail possible was the stimulus monies that the Federal Government made available to spur growth following the 2008 recession. Some of those funds were allocated to replace the power poles that carry electricity from the Holtwood Dam to the Amtrak main line. The plan was to replace the twin poles that bordered each side of the right-of-way with half as many mono poles. Originally the mono poles were to be galvanized steel and placed in the center of the rail-bed right-of-way. Not an ideal location for a rail trail. Through negotiation and arm twisting by many it was agreed that the new mono poles would be 'rusty' steel instead of galvanized and would be placed to one side of the right-of-way. In addition, and critical to finally setting up a continuous rail trail, it was agreed that a bed of crushed stone would be laid along the center of the entire length of the rail trail as part of the mono pole installation.

Most of the townships that the rail trail runs through have embraced the trail, see it as an asset, and have installed or are installing trail heads and signage. Providence Township which not only manages the rail trail that runs through their township but also the portion of the rail trail that runs through Quarryville borough has been particularly supportive and pro-active of making improvements to the portions of the rail trail under their care. The rail trail is a work in progress and will continue to be enhanced as more and more people find out about it. Finally we have a tremendous walking resource along a corridor running from Atglen to the Susquehanna River and eventually north along the river, connecting to other established trails in the area.

Our 12K walk (with an option to drive to an alternate startpoint to make it a 10K walk) will begin in Huffnagle Park and we will travel east along State St and cross the bridge over the rail trail and enter the rail trail at this unofficial trail head. We will continue east on the rail trail for a little over 4K passing checkpoint #1 where the rail trail passes over Pumping Station road and where the folks on the short walk will turn around and head back to Quarryville. The folks on the long walk will continue onto the trail head at Bushong Road. Exiting at and walking south along Bushong Road walkers will encounter the only hill on this trail. It is approximately a .8K sustained hill which ends at Dry Wells Road.

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2012/2013 Atlantic Region Calendar

This calendar is a compilation of the data taken from the AVA Walking Events list on the AVA website as of 07/31/12. Since new walks are always being added we would suggest referencing the AVA calendar for a definitive up to the minute list of current walking events in the region.

September 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	W	Virginia Volkssport Association	Radford VA	757-766-3065
2	W	Virginia Volkssport Association	Salem VA	757-766-3065
3	W	Virginia Volkssport Association	Vinton VA	757-766-3065
8	W	Freestate Happy Wanderers	Laurel MD	301-725-6979
8	W	Liberty Bell Wanderers	New Britain PA	215-442-1337
10	NW	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135
16	W	York White Rose Wanderers	Coudersport PA	717-432-2195
15	W	Northern Virginia Volksmarchers	Burke VA	703-644-0189
15	W	Annapolis Amblers	Lothian MD	301-661-3826
16	W	White Rose Wanderers	Coudersport – Potter County	717-432-2195
20	W	Gator Volksmarch Club	Norfolk	757-421-0070
20	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		
22	W	Columbia Volksmarch Club	Ellicott City MD – Centennial Park	410-290-6510
23	W	Annapolis Amblers	West Annapolis Octoberfest	410-507-3514
23	W	Liberty Bell Wanderers	Macungie, PA	215-442-1337
24	W	Washington DC Area Volksmarch Club	Alexandria VA	703-329-3721
29	W	Piedmont Pacers	Frederick Octoberfest	301-829-3685
29	W	Loudon Walking & Volkssport Club	Lovettsville VA	703-737-2175

October 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
6	W	Susquehanna Rovers	Newport PA	717-275-5932
6	W	Seneca Valley Sugarloafers	Potomac MD	301-229-1356
6	W	Virginia Vagabounds	Newport News VA	757-766-3065
7	W	Liberty Bell Wanderers	Perkasie – Perkasie Fall Festival	215-442-1337
06-07	W	Ft. Belvoir Outdoor Rec	Ft. Belvoir, Alexandria VA	703-805-1143
12-14	4W	Nittany Nomads	State College PA	814-238-1741
13-14	W	Penn Dutch Pacers	Quarryville PA – Huffnagle Park	717-625-3533
13	W	Princeton Area Walkers	Allentown NJ	609-259-2365
13	W	Great Greenbelt Volksmarchers	College Park MD	202-664-0083
13	W	Lee Lepus Volksverband	Hopewell VA	804-768-0055
18	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		
19-21	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
20	W	Baltimore Walking Club	Baltimore – Robert E Lee Park	443-955-4008
27	W	Loudoun Walking & Volksmarch Club	Lucketts VA – Tamara Winery	703-737-2175
27	W	Seneca Valley Sugarloafers	Rockville MD	301-385-0054
27	W	Germanna Volksmarch Association	Fredericksburg VA	540-455-0772
28	W	Germanna Volksmarch Association	Ft. AP Hill VA	540-455-0772
27-28	W	First State Webfooters	Rehobeth Beach DE	302-697-1191

November 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
3	W	Baltimore Walking Club	Baltimore MD	410-461-5908
4	W	Virginia Vagabonds	Williamsburg – Hummel Conference Walk	757-766-3065
10	W	Columbia Volksmarch Club	Marriottsville MD	410-290-6510
11	W	Liberty Bell Wanderers	Green Lane Park	215-855-2179
15	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		
17	W	Seneca Valley Sugarloafers	Boyd MD	301-385-0054
23-24	3W	Susquehanna Rovers	Hershey PA	717-379-8945

December 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	W	Penn Dutch Pacers	Lancaster PA – Isaac's Restaurant	717-625-3533
7-8	W	Penninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
7-9	S	Penninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
8-9	W	Penninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
8	W	Annapolis Amblers	Annapolis – Eastpoint Lighted Boat Parade	301-509-6748
10	NW	Columbia Volksmarch Club	Columbia MD	410-290-6510
15	NW	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
28	W	Baltimore Walking Club	Baltimore Hampden Lights	410-252-3165
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
31	W	Gator Volksmarch Club	Smithfield VA	757-421-0070

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

}} = Penn Dutch Pacer Event

2012/2013 Atlantic Region Calendar, cont'd

January 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
1	W	Gator Volksmarch Club	Smithfield VA	757-421-0070
]] 17	M	Penn Dutch Pacers Annual Dinner Meeting @ Isaac's Restaurant [insert location here] at 7:00 PM		
19	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

February 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
2-3	2W	York White Rose Wandersers	York Central Market	717-309-4894
]] 21	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
23	W	Baltimore Walking Club	Baltimore MD	410-592-3171

March 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
2	W	Baltimore Walking Club	Baltimore MD	410-592-3171
16	W	Peninsula Pathfinders of Virginia	Newport News VA	757-890-9220
]] 21	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		

April 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
6	W	Piedmont Pacers	Westminster MD	301-922-1592
6	W	Virginia Vagabonds	Gloucester VA	757-766-6065
13	W	Lee Lepus Volksverband	Midlothian VA	804-768-0055
]] 18	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
20	W	Peninsula Pathfinders of Virginia	Hampton VA	757-890-9220
27	W	Seneca Valley Sugar Loafers	Rockville MD	301-294-1191

May 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
4	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
]] 16	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
18-19	2W	Peninsula Pathfinders of Virginia	Hampton VA	757-890-9220

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
]] = Penn Dutch Pacer Event

Cont'd from Page 5, Col 2 – Enola Low Grade Rail...

KSVA has a New Home

Walkers then turn right and follow Dry Wells Road all down hill to Pumping Station Road which they follow back to the rail trail where we check in at (now) checkpoint #2 before proceeding west on the rail trail 2.6K then over the rail trail bridge and back a slightly different route to our Huffnagle Park startpoint

Our patch design which can see at the beginning of this article shows the entire length of the rail trail and will be the one used for all our rail trail walks. You buy the patch once with a pin and then for subsequent walks you will buy a pin to place on the patch indicating the startpoint for those subsequent events. We tentatively have three other walks laid out already which walk on sections adjacent to where we will be walking in October. So you can look forward to more walks on this wonderful walking venue.

So, please plan to join us for what will surely be the first of many enjoyable adventures on an exciting new walking resource that has been made available to us. And be sure not to miss any of our future adventures on the NEW Enola Low Grade Rail Trail.

Just as the Penn Dutch Pacers had to find a new home for its website, the KSVA (Keystone State Volkssport Association) also had to find a new home for its website which was also hosted by the AVA. Unlike the Penn Dutch Pacers who had already registered a domain name which made the switch relatively easy, the KSVA was still using the long AVA URL to get to their site from AVA.org.

Suffice it to say that the KSVA site now resides on a new server and can be accessed via www.ksva.net.



Saturday, December 1st

Although we'll be talking about our Downtown Lancaster walk from Isaac's in depth in the next newsletter we want to be sure that you save the date so that you can join us for our festive, one day, holiday walk in one of everyone's favorite walking venues. Please plan to join us.

AVA 2012/2013 Budget Is Dripping in RED Ink!

The following message was shared with members of the Atlantic Region by e-mail the middle of June.

“In AVA's budget for this year. You may note that AVA is forecast to be operating in the "RED"! Hopefully, by the years end we will be able to decrease this loss some. AVA to be able to survive fiscally is going to have to make some major changes. If and when this happens, be forewarned that some of our clubs and a few of our walkers will probably not like the results. - Sam [Tollet]”

The AVA made available it's 2013 budget which is too long to reproduce in this newsletter. In addition Bob Wright, whose volkssport financial insights we have shared before, put together a spreadsheet which you see (at right on page 9) and sent the following information via e-mail to the NEC members.

“Sam [Tollet, Atlantic Region NEC Member who provided the budget to the Atlantic Region of which Bob is a part], my thanks to the NEC for sharing this so promptly. The financial viability of the AVA is important to clubs, increasingly so as reserves diminish.

From the NEC meeting agenda, the AVA's financial situation was quite obvious, as are some of the solutions. Some things I see: (Caveats: my analysis is limited by the lack of comparison budget data from the past year or two, and headings in income and expense that are not always the same [I can't tell if I'm comparing apples to apples; hopefully I'm not far off]. I trust the AVA has finer grain detail that permits comprehensive cost-benefit and/or activity-based accounting analysis; the AVA Treasurer and Financial Director should be able to provide a thorough analysis, or if you'd like to share that detail, I'd be glad to do some initial analysis for the NEC.) Volkssports Associate (VSA) membership doesn't cover the cost of *TAW* production and distribution (Jackie told me *TAW* costs consumed VSA dues, but it looks like that's only about 80% true): <\$41K publication revenue vs. >\$46K expense. Going with an e-paper that doesn't lose ad revenue is worth pursuing. That savings alone would make a considerable dent in the projected shortfall. Raising fees without increasing member benefits, however, is likely to cost the AVA VSAs; I've got some ideas, but that's for later. Youth and Special Programs turn a small profit, ~\$10K in vs. ~\$<6K out [~ means approximately], before staff time is factored in. If, in fact, the programs are a wash, or worse, there needs to be a more cost effective way to operate them lest they be cut to save money. Look too at participation. Is there enough, or a good prospect of enough increase, to justify continuation? (Related issue: what should be the AVA's expectation regarding the profitability of its programs? Which

must be operated regardless of profit/loss, which should operate within an acceptable degree of loss, or which should only exist with the expectation of a minimum degree of profit?) IVV expenses, less stamps, consume nearly 70% of AVA dues, ~\$10K of ~\$14K. Joining the Americas sub-federation, which is inevitable to stay relevant in the volkssport movement, will mean even less available to the AVA to use for other American purposes.

Specialties don't generate much income but have a good rate of return, >\$30K income less >\$20K in costs returning 50%, again before staff time is factored in. The NEC discussed boosting sales some time ago. Did anything promising come up that will be implemented to improve in this area?

Without knowing what IVV book award related costs are yet to be incurred for books sold, it's hard to tell whether or not that program is self-sufficient. ~\$40K income vs. >\$25K costs before staff time is factored in.

Sponsorship is generating an acceptable net, ~\$58K income vs. <\$5K expense, but other promotional expenses (>\$20K) are using about a third of that up. I wish Chuck success growing this area.

AVA conventions done well have turned handsome profits in the past. This budget shows an expected net of under \$25K, <\$200K vs. ~\$175K in expense, less than the well managed conventions have earned even without having profit as an objective. I'm not advocating conventions as money-makers, even though some associations use them in this way, but making a good profit thanks to good planning and execution should be an objective.

Event fees pay most of the AVA's expenses--salaries, marketing, etc. [Editor's emphasis] About two-thirds is participation fees, and the rest in sanction fees. So clubs and state associations don't have to foot more of the AVA's bills, increasing participation is key. Decades of statistics suggest there hasn't been much effort, or at least success from efforts undertaken. This must be reversed.

What to do? With dues, fees, etc. on the table to generate greater income, I urge the NEC to take some prudent industry-practice steps:

Look hard at programs. Are they worth the cost for the income generated? Are they essential for a viable AVA? Programs that are marginal in both regards should be candidates for elimination so resources (time, funds) could be applied against programs with greater return or potential.

Continue publicizing the situation--this is sound corporate communications practice. People have to be convinced of the severity of the problem to accept bitter solution pills.

Remind us clubs where you've already made cuts and taken other steps to correct the imbalance over the past few years.

Take a Look at the AVA Budget

1		ACTIVITY	ACTIVITY	' 10-11	'11/12	'12/13	11/12	11/12
2		AS OF	AS OF	APPROVED	APPROVED	PROPOSED	Actual	10 Mos
3	BUDGET ITEM	06/30/2010	06/30/2011	BUDGET	BUDGET	BUDGET	4/30/12	Annualized
4								
5	INCOME							
10	Total Membership	\$49,288	\$34,256	\$32,035	\$36,775	\$31,855	\$20,941	\$25,200
17	Total Event	\$301,661	\$290,408	\$293,424	\$293,165	\$289,806	\$226,091	\$271,300
18								
27	Total Sales	\$85,580	\$72,755	\$79,310	\$75,556	\$72,734	\$54,830	\$65,900
28								
32	Total Publication	\$34,410	\$47,725	\$54,054	\$46,983	\$40,790	\$27,420	\$32,900
33								
36	Total Sponsorship	\$6,768	\$6,768	\$6,768	\$6,768	\$56,768	\$3,384	\$4,100
37								\$0
47	Total Miscellaneous	\$28,578	\$210,442	\$254,491	\$18,003	\$216,739	\$31,749	\$38,100
48								
54	Total Fund Raising	\$24,909	\$26,141	\$19,635	\$14,955	\$17,025	\$13,122	\$15,700
55								\$0
56	TOTAL REVENUE	\$531,194	\$688,495	\$739,717	\$492,205	\$725,717	\$377,537	\$453,200
57								
66	Total Cost of Goods	\$41,531	\$33,446	\$34,448	\$34,268	\$32,873	\$29,086	\$34,900
67								
68	GROSS PROFIT	\$489,663	\$655,049	\$705,269	\$457,937	\$692,844	\$348,451	\$418,300
69								
70	EXPENSES							
76	Total Administrative	\$3,198	\$181,918	\$242,691	\$2,840	\$181,138	\$2,573	\$3,100
81	Total Maintenance	\$8,762	\$9,073	\$9,127	\$9,215	\$7,137	\$7,680	\$9,200
88	Total Service	\$45,711	\$46,426	\$46,426	\$49,576	\$55,816	\$42,860	\$51,400
96	Total General	\$18,843	\$23,042	\$32,264	\$17,214	\$17,277	\$15,658	\$18,700
102	Total Postal	\$30,689	\$25,158	\$29,840	\$25,230	\$23,236	\$18,928	\$22,600
107	Total Printing	\$33,717	\$34,071	\$34,200	\$37,020	\$37,020	\$28,336	\$34,000
115	Total Promotional	\$21,514	\$27,705	\$22,071	\$9,600	\$28,444	\$2,777	\$3,300
137	Total Operational	\$108,910	\$103,542	\$108,257	\$106,798	\$128,154	\$89,888	\$107,900
144	Total IVV	\$14,430	\$12,170	\$17,008	\$12,733	\$15,207	\$12,259	\$14,700
150	Total Personnel	\$214,202	\$233,934	\$247,075	\$204,673	\$229,495	\$157,260	\$188,700
151								
152	TOTAL EXPENSE	\$499,976	\$697,039	\$788,959	\$474,899	\$722,924	\$378,219	\$453,600
153								
154	GROSS PROFIT / (LOSS)	\$(10,313)	\$(41,990)	\$(83,690)	\$(16,962)	\$(30,080)	\$(29,768)	\$(35,300)

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This also shows where further savings are unlikely. Share data, the substance of NEC discussions, and proposed solutions with the membership and encourage dialog. That will generate additional ideas the NEC might not have thought of while planting the seeds necessary for member buy-in for the selected solutions. Importantly, part of the answer to improving the AVA's bottom line lies beneath the surface. If event revenue is key, to increase participation and increase events you need strong clubs. Without training and other efforts to make the Star, trailmaster certification, and similar programs meaningful, the essential building block--clubs--won't provide the solid foundation needed. The AVA Strategic Plan comes into play too--what it pursues will help spell the difference between success and continued decline in revenue and relevance for volkssports. The AVA has some remarkable resources nationwide at its disposal. It's time for the NEC to fully mobilize them. I'll bet many AVA members are standing by to get more involved." - Bob Wright

We have included this information here because as Bob pointed out in his analysis communication is important. This budget information has not been so readily available before and it is important that each and every member of each and every

Cont'd in the next column

club be aware of the financial status of our national organization without which none of the clubs would exist. The Penn Dutch Pacers have had to take a hard look at our expenditures and make changes accordingly. One of those changes is the change in the way we publish this very newsletter. [You can read more about that on the front page.] As Bob pointed out financial viability at the national level and subsequently at the local level is all about increasing participation since that is where the majority of the funding both nationally and locally comes from. PDP and the rest of the clubs that make up the AVA need strong leadership that makes a concerted concentrated effort to increase participation by whatever creative means are at their disposal. We hope by sharing AVA's financial information that you better understand the urgency with which we all together need to find a way to get more paid walkers to our events.

If you peruse the budget you will see that the actual budgeted loss in the budget is \$46,640.00 which is a substantial amount of money. Hopefully AVA will be able to reduce the actual loss by the end of the year but with a continuing decline in income from a combination of the continued decrease in individual participation as well loss of income from having fewer clubs which means fewer walks and thus less participation.

Bio of Our Newest Volunteers

Editors Note: Monica & David Barber recently came forward to fill two critical positions within PDP. We thought you'd enjoy meeting them and hearing their reason for deciding to volunteer. When you see them, please give them a big THANK YOU!

Monica and David moved to Lititz in 1994 after having lived in Lewistown for a little over a year. They are both Hokies having attended Virginia Tech as undergraduates and post-graduates. Monica is a veterinarian and David is an electrical engineer. They started Volksmarching in 1998 after having been invited by Greg and Kathy Light to walk with them at the Hershey Walkfest Thanksgiving weekend. They joined the Penn Dutch Pacers and did their first walk for credit in Elizabethtown at the Penn Dutch Christmas walk (the first year of the 12 days of Christmas patches, of which they only missed out on one the December their daughter was born. They have two children, Tiernan (9 years old) and Maura (7 years old) that have been volksmarching since they were born (first in a stroller) then walking 5Ks and now both are up to doing 10-12K walks. Volksmarching has provided the opportunity/excuse to travel to places they may never have gone before. Their main goal is to walk each of the states and state capitals and their favorite walk so far has been the Volcanoes National Park walk in Hawaii. Another of their favorite walks has been the Freedom Trail walk in Boston. They have been volunteering at checkpoints and startpoints at Penn Dutch Pacer walks for the past five to six years and are honored to have been asked to help the club as the Membership and Year Round Chairpersons. Now that their children are older, they feel it is time to give back to the Penn Dutch for the years of enjoyment that they have received from the Pacers as well as all the other volkmarches they have walked.

New Penn Dutch Pacer Sponsored Special Program Starting in 2013

The new Fraternal Organizations, Sororities and Civic Organizations Special Program to be known as the Fraternal Organizations Special Program debuts starting January 1st of 2013. It offers the opportunity to participate in a special program that has nationwide appeal and access since there is probably a walk that will qualify in most large and small urban areas as well as small towns. It will be easy to get the 25 qualifying walks required to complete this program during its three year run.

The qualifying Walk must be a sanctioned AVA walk that passes directly by a structure where a Fraternal Organization, Sorority and Civic Organization meets or a structure or facility that is sponsored or supported by said organization and has a sign or equivalent indicating the organization's name. Any walker that participates in and pays the regular AVA event fee is eligible to record the walk in their Fraternal Organization Event Book.

A Fraternal Organization, Sorority and Civic Organization is defined for the purpose of this Special Program as a brotherhood (sisterhood) or a type of social organization whose members freely associate for a mutually beneficial purpose such as for social, professional or honorary principles. This Special Program can include Fraternal Organizations, Sororities and Civic Organizations such as College Fraternities or Sororities, Lion's Club, Masons, Sertoma Club, Rotary, Tall Cedars of Lebanon, Shriners, Knights of Columbus, American Legion,

Fraternal Order of Police etc. but qualifying organizations are not limited to these. These examples are only provided as examples of ones that would qualify. There may be other organizations that are exclusive to certain areas of the country that will also qualify.

Qualification is up to the the club sponsoring the walk. It is not necessary to officially qualify or pre-register a club's walks with the sponsoring club to qualify for this program.

General Information about this Special

Program; how to get books, etc. can all be found on the Penn Dutch Pacer website at www.penn dutch pacers.org. Choose Special Programs from the menu or by contacting the POC, Robert Cooney @ 717-625-3627 or e-mail rdcwalk@ptd.net Books will go on sale November 23rd coinciding with the Hershey PA Walkfest after which time you can order by including your check in the amount of \$10.00 along with your name and mailing address to Penn Dutch Pacers Volksmarch Club, Inc., Attn: Fraternal Organizations, PO Box 7445, Lancaster PA 17604-7445. Pre-ordered books will be mailed not sooner than three weeks prior to the beginning of the event per AVA regulations.



Cont'd in the next column

Answers to Crossword on Page 2

23. HARBOR	26. HOLTWOOD
19. LIME	25. RUSTY
18. MAY	24. CONRAIL
17. TOWNSHIPS	22. CRUSHED
15. TERMINUS	21. ATGEN
14. STONE	20. KILNS
12. QUARRIES	16. STIMULUS
HERN	13. ASSET
9. NORFOLKSOUT	11. POWERPOLES
7. EMINENT	10. AMTRAK
5. FRANKLIN	8. EDEN
4. QUARRYVILLE	6. PROVIDENCE
3. MONO	1. FREIGHT
2. HUFFNAGLE	
Down	Across

Greider Park Walk Followup

The Martin Greider Park Walk on June 9th and 10th was a resounding success and as usual this success was partly the result of the great June walking weather we had but is mostly the result of a lot of people doing a lot of work both in advance and also during the two days of the event itself.

The Penn Dutch Pacers can be proud that we are one of the only clubs that continues to do the things that made and continue to make Volksmarching what it is, i.e. 'A' award patches, manned checkpoints, two day walks, food, well marked trails, etc. All of these things require additional work over and above what seems to be the new norm for Volksmarches.

With 132 walkers over the two days of the walk PDP provided yet another walking adventure in another area of Lancaster where we have never walked before from a park nestled in a mature residential area of Manor Ridge. The trailmasters did a stellar job with the marked trail but were kept busy replacing the trail ribbon markers as they would mysteriously disappeared especially over night Saturday night.

The team that provided the food did a wonderful job, not only those that brought all sorts of hot and cold goodies and baked goods but also those that labored both days serving the walkers that came back tired and hungry as well as those hungry volunteers. We can't mention often enough that it is often the food sales that pushes PDP from the red ink to the black ink for our walks. Keep up the great work Food Team and thanks for all you continue do to make our walks a success.

Thanks to all those who volunteered in any capacity to help put yet another PDP weekend walking event into the history books with glowing results and positive comments from the walkers.

Japanese Curry with Edamame

“Japanese curries are thickened like gravy and much more simple in flavor than those of Thailand,” says Trang. If you can find it, S&B Oriental Curry Powder gives this dish a distinctive sweet heat.



- * 1 Tbs. vegetable oil
- * 1 large onion, diced (2 cups)
- * 3 large carrots, cut into ½-inch-thick half moons (1½ cups)
- * 2 ½Tbs. curry powder, such as S&B (you can of course use as much or as little curry according to your palette. Start with a little if in doubt or skip it altogether.)
- * 2 cloves garlic, minced (2 tsp.)
- * 3 ⅔cups low-sodium vegetable broth
- * 2 small Yukon gold potatoes, peeled and cubed (2 cups)
- * 1 small apple, peeled and finely grated (½ cup)
- * 3 Tbs. Ketchup
- * 1 Tbs. vegetarian Worcestershire sauce
- * 1 Tbs. miso paste
- * 1 cup fresh or frozen shelled edamame (soy beans)

Heat oil in large pot over medium heat. Sauté onion 7 to 9 minutes, or until starting to brown. Add carrots, and sauté 5 minutes. Stir in curry powder and garlic, and cook 1 minute, or until fragrant. Add broth, potatoes, apple, ketchup, Worcestershire sauce, and miso; bring to a simmer. Reduce heat to medium-low, and cook 30 minutes, or until potatoes are tender. Add edamame, and simmer 5 minutes more.

The Pacer Pulse

The Pacer Pulse 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. The Individual views expressed in articles published in The Pacer Pulse do not necessarily reflect the policy or position of the Penn Dutch Pacers.

Editor.....Phil Allamong
Contributors..... Pete Byrne, Monica & Dave Barber, George Resh, Sherry & Phil Allamong

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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MEMBERSHIP APPLICATION/RENEWAL

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 I AM CURRENTLY A LIFETIME MEMBER *All membership fees are renewable in June.*

Membership with virtual delivery of the newsletter - \$10.00 • 1 year \$18.00 • 2 years \$25.00 • 3 years

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