

# the pacer pulse

**March, April, May 2012**

## Walking in Cornwall, April 21st



This April we will again be walking Lebanon County. I say again since in 2011 we walked in Mt. Gretna which is just to the west of Cornwall. To our knowledge this is the first volksmarch in Cornwall even though the Lebanon Baloney

Stompers had operated in Lebanon County for many years. This is also the first time that we can remember that we will be starting a walk in a museum (too bad the PDP Museum Walk America Special Walking Program ended 12/31/11). "What museum", you might ask, "is in Cornwall?" If you said the Cornwall Iron Furnace you would have the correct answer.

Here's what you will experience on the trail in Cornwall. Upon exiting the museum we turn right and proceed east on rural Rexmont Road. About 1k into the walk, we bear left on Lynch Drive, then right onto Palmer Street. Palmer Street loops through a small development and leads us to a right turn on Anthracite Road. This location is called "Anthracite Village". The brick double homes in this community were once occupied by workers from the iron furnace and the nearby iron mine. These "company houses" are now privately owned. We continue on Anthracite Road to a right turn onto Willow Road. At the end of Willow Road, we cross Scheaffer Road (Rte 419) and bear left (south) on the scenic Lebanon Valley Rail Trail. We soon reach a trail head located at the intersection of Boyd Street and Scheaffer Road. This is the location of our 1st checkpoint. (porta-potty and picnic tables here)

From the checkpoint, the 5k walk crosses Boyd Street and continues south for a short distance on the rail trail. We then bear left onto paved Wildflower Lane and continue through the Cornwall Manor Retirement Community back to the start/finish at the iron furnace.

The 10k walk reverses at the checkpoint and proceeds north on the rail trail for a long kilometer. We exit the rail trail onto Culvert Street and continue to a left turn on Cornwall Road. At the next 4 way intersection, we cross onto Burd Coleman Road. After a short stroll, we arrive at our 2nd checkpoint situated on the front porch of the Cornwall Borough Office/Police Station. (no rest facilities here) We then continue south along winding Burd Coleman Road to Burd Coleman Village. These "company houses" were constructed of locally quarried limestone and are very nicely maintained by their current owners. At the end of the village, we cross Burd Coleman Road and continue in a reverse direction back through Burd Coleman Village. A left turn on Overlook Drive leads us to an entrance to another section of the rail trail. Walking north on the rail trail takes us over top of a stone arch and across a steel bridge. Our next turn is onto Wild-

*Cont'd on Page 5, column 1*



### New Distribution for the Pacer Pulse

As many of you know the Penn Dutch Pacers along with most of clubs in the AVA have been struggling with declining participation which translates to declining revenue. With declining revenue comes scrutiny of many expenses that we have taken for granted for years. One of

those expenses is printing and mailing this newsletter. The cost of which was \$1,494.68 in 2011.

A lot of clubs have already decided to go exclusively to digital distribution which means that when the newsletter is complete instead of receiving it in your USPS mail box you will get an e-mail with a link to a digital version. This means no waiting for the USPS to deliver the physical newsletter and instant access to the current version no matter where you are.

There are many advantages to a digital version among them considerable monetary savings for the club along with the environmental savings with the reduction of the paper and ink that it would normally be printed on. The digital version can be read on any digital device, i.e. computers, tablets and smart phones and instead of the black and white newsletter that you see here you will see all the pictures and graphics in full color and of course have the choice to print it or not at your discretion.

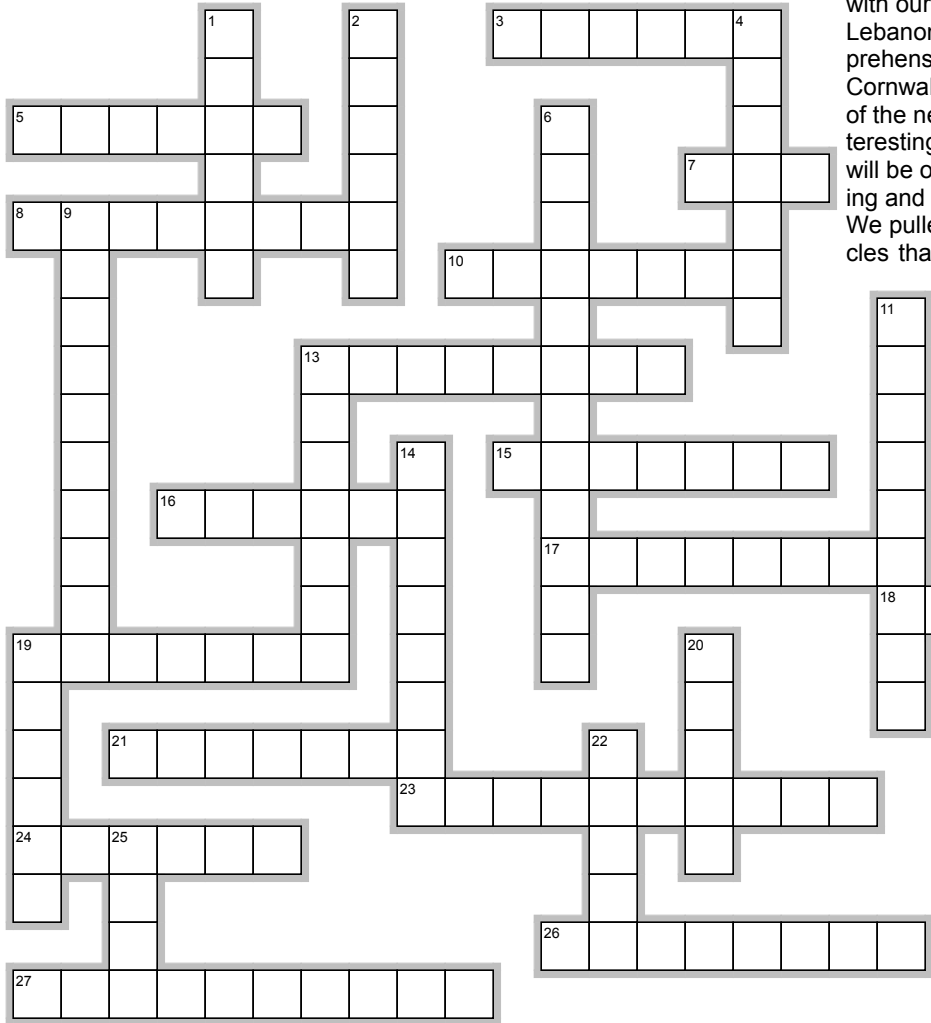
It has been decided that we will go to a digital version of this newsletter beginning with the December, January, February 2013 edition that comes out the beginning of December 2012. We know that there are those of you who do not have computer or internet access and we don't want you to be left out. So if you are a current paid member that will not have digital access to *The Pacer Pulse* by December of 2012, we would ask you 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.

Initially there is no extra cost to have an issue mailed to you, but beginning with your membership renewal (memberships renew in June) and immediately with new members, you will pay a \$4.00 per year premium to have your newsletter mailed.

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 of 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 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.

# Cornwall Dominant Crossword



The reason that we named this the Cornwall Dominant Crossword puzzle is that the majority of the clues deal with our upcoming walk in the borough of Cornwall in Lebanon County. The answers are included in the comprehensive and interesting history of Cornwall and the Cornwall Iron Furnace that we've included in this issue of the newsletter. I'm sure that you found out many interesting things in that article about the iron furnace that will be our startpoint for what will surely be an interesting and enjoyable walk.

We pulled a few other clues from some of the other articles that you will find included in this edition of the newsletter.

We have been including a crossword puzzle in the newsletter for quite a number of issues but found we really haven't had any feedback on them. Since it takes quite a bit of work to put a crossword puzzle together it would help us to know what you think about them. Please take a moment to write a note and address it to the PDP address found on the back page or e-mail your input to the editor at phil@solanco.com. Thanks in advance for your input.

24. One of the most unique museums visited by folks that walked the Museum Walk America Special Walking program the \_\_\_\_\_ Seat Lid Museum.

26. The KSVA (Keystone State Volksmarch Association) annually produces a booklet listing all the YRE and \_\_\_\_\_ walking events that are available in Pennsylvania.

27. The YRE that heads the list of the Top Ten favorite walks of 2011 is located in the city of \_\_\_\_\_.

## Across

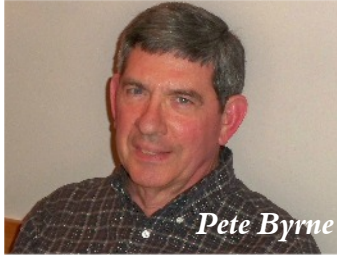
3. The second most mined mineral from the mines in Cornwall was \_\_\_\_\_.
5. Our startpoint for our walk in Lititz was not at Freeze & Frizz as expected but at a sub shop named \_\_\_\_\_.
7. The Cornwall Furnace produced iron that was named for this farm animal that has a snout and likes mud.
8. Peter Grubb discovered three hills of \_\_\_\_\_ iron ore.
10. One nationally known product of Lebanon County is this distinctive lunch meat.
13. Wood that's cooked thoroughly but not to the point of disintegration was one of things that the Cornwall Furnace had an appetite for.
15. The Cornwall Furnace produced these big guns.
16. The PDP Special Walking Program that ended at the end of December is the \_\_\_\_\_ Walk America program.
17. The British Parliament attempted in 1750 to \_\_\_\_\_ production of iron in the colonies.
18. The furnace had an appetite for iron \_\_\_\_\_.
19. We will again be walking in \_\_\_\_\_ County when we walk in Cornwall this April.
21. Lebanon County was formed from portion of \_\_\_\_\_ and Lancaster Counties.
23. The Top Ten YRE that is located closest to Lancaster County is located in \_\_\_\_\_.

## Down

1. The Cornwall Furnace produced these cooking appliances.
2. Cornwall Furnace is "the only one of America's hundreds of 19th century charcoal fueled blast furnaces to survive fully \_\_\_\_\_."
4. The style of the Cornwall Furnace building is Gothic \_\_\_\_\_.
6. Robert Coleman was one of Pennsylvania's first \_\_\_\_\_.
9. Furnaces fueled by \_\_\_\_\_ coal made the charcoal fired Cornwall Furnace obsolete.
11. This sedimentary rock which is primarily composed of calcium carbonate was required in the iron making process at Cornwall.
12. There was a last minute problem with the startpoint at Lititz. Another word for this screw up is \_\_\_\_\_.
13. The \_\_\_\_\_ family who followed Peter Grubb as owners of the Cornwall Furnace supervised extensive renovations.
14. The process of converting iron ore, limestone using charcoal in pig iron is called \_\_\_\_\_.
19. The borough in which we had our Christmas walk this past December.
20. The founder, so to speak, of Cornwall is Peter \_\_\_\_\_.
22. The name of the new president of the Penn Dutch Pacers elected at the January dinner meeting is Pete \_\_\_\_\_.
25. Our startpoint for our walk in Cornwall is the Cornwall \_\_\_\_\_ Furnace

## President's Message

Hello again. Yes, I'm back! Our previous President, Phil Allamong, had served two 2-year terms, which is all our by-laws permit, so it was time for a change. I was



*Pete Byrne*

elected President at our annual meeting in January, so here I am again. As you can see on the masthead of this newsletter, I am joined by First Vice-President George Resh and Second Vice-President Carmelita Keiser. Inge Koenig and Kitty Glass have agreed to continue to serve as Secretary and Treasurer respectively. Thankfully, Phil has agreed to continue to edit our newsletter and to design our walk brochures and patches. These folks and the others listed in the masthead, and their spouses, make up the core volunteers of our organization, as they have for years and years.

Currently we have 129 families in our membership. One would think that more of these members would have enough interest in our club to attend our monthly meetings and help determine our future activities. I suppose we could attribute their lack of participation to satisfaction with the status quo, but eventually the core contributors will no longer be there, and then what?

I am blessed that Phil and Barry Weatherholtz and Don Young have developed and sanctioned a complete series of walks for 2012, and we are well on our way to finalizing the walks for 2013. With the demise of the Baloney Stompers club in Lebanon we have decided to offer at least one walk per year in Lebanon County. Last year it was Mount Gretna, this year it will be Cornwall, which you can read about elsewhere in this issue. We may be able to find some interesting trails in southern Berks County and western Chester County to increase our range and attract new members. If you know of a location that would be good for a walk, please speak up.

## Be Considerate

© Robert C. Wright, 2012

It is easy to get so caught up in the moment that we don't consider enough how our actions at events affect fellow volkssporters. We don't mean to. But it's just as easy to take little proactive steps that contribute to those volkssporters' overall event experiences. Consider these simple actions. (Event

volunteers will appreciate your thoughtfulness too!)

### At a One-Day Event

In our busy lives we're often on a tight schedule. We need to get in, get going, and get on the way to our next activity. (And the volunteers want to oblige.)

- At the start have your labels and money ready when you get to the table. If you start early, have small bills (too many \$20 bills quickly deplete smaller denominations for change).
- If there are people behind you in line, move away from the table when you're finished with business. (Wait until the line is gone to chat with volunteers.)
- At the finish have IVV books open to the page with the next blank lines. (It takes time for the volunteer to find where you want your books stamped.) When you have special event books make the volunteer's job easy by pointing to where the stamp would go.
- Take only the brochures you need. If you find extras at home, take them to another event and put them back into circulation.
- Grabbing a bite to eat, leave the condiment area and your seat clean when you are done. Clean up any mess.

### At a Year-Round/Seasonal Event

There may not be a line, but there still are steps you can take to be considerate of other participants.

- Keep the box as neat and tidy as you found it (if not better). Put it back where the event host stores it.
- Leave general instructions in the binder. They are for everyone, and there is nothing

*Cont'd on Page 10, column 2, middle*

When one takes on the leadership of a successful organization, there is a tendency to continue the policies and practices that worked in the past. But, as the wit once said, "If you keep on doin' what you always did, you'll keep on gettin' what you always got." With 129 families in our membership, surely we can come up with some new ideas which will make our club even better. I look forward to hearing from you. -Pete

## RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2012

**Jeanne Schopf**

## CLUB MEMBERS ACHIEVEMENT AWARDS

75 Events

**Tiernan Barber**

275 Events

**Monica Daniel-Barber**

525 Events

**Rose Grumbling**

300 Events

**Jeanne Schopf**

425 Events

**Flo Bechtold**

650 Events

**Kitty Glass**

700 Events

**Kitty Glass**

800 Events

**Charles Halsey**

**Muriel Halsey**

**Barry Hitchcock**

2000 Km

**Ralph Greenawalt**

**Rebecca Sipe**

3000 Km

**David Barber**

7500 Km

**Kitty Glass**

8000 Km

**Charles Halsey**

**Muriel Halsey**

10000 Km

**Barry Hitchcock**

Records from the  
December '11/January '12 and  
February/March '12 issues of  
*The American Wanderer.*

## Lititz Walk Followup



Lititz Followup	Award & Credit	Credit Only	Non Participating	TOTALS
5K	0	7	2	9
10K	24	77	16	117
<b>Totals</b>	<b>24</b>	<b>84</b>	<b>18</b>	<b>126</b>

For the first Saturday in December we really couldn't have asked for a better day to walk in Lititz. The day started off in the mid-thirties and progressed to a sunny gorgeous day topping out in the upper 40's with little or no breeze, WOW.

And considering that just a few days before the walk that we found out that our startpoint that had been arranged for months was going to be closed the day of our walk, our last minute efforts to find a replacement startpoint at Bruno's Old Style Hoagies worked better than we could have ever

imagined. We also have to say that the folks at Bruno's went out of their way to accommodate us. They even provided a discount coupon for those wanting to purchase one of their delicious subs. You'll find out more on the startpoint debacle in the article entitled *The Startpoint Debacle* below.



So to recap we have a walk in what has to be our favorite walking venue of all time, the weather is perfect and our new startpoint is the most accommodating ever. Do the walkers like it? If the numbers are any indications the resounding answer is YES.

For a one day walk our numbers in Lititz never disappoint but when everything falls into place as it did this year we're thankful. We're also thankful as we always are for everyone who contributed in any way to

our walk's success and especially to Barry Weatherholtz who really had to scramble to get us

an excellent new start point less than a week before the walk.

We can't say often enough that the success of PDP events, like our recent one in Lititz, is the direct result of the people who give freely of their time and talents.

Thanks again to everyone for your help.

### Thursday, March 15th -

Regular monthly meeting of the Penn Dutch Pacers in the Diagnostic Imaging Center - Patient & Family Education Conference Room • 1st Floor Lancaster Health Campus -- 7:00 PM

### Sunday, April 15th-

Cornwall Pre-walk @ 1 PM from the Cornwall Iron Furnace Startpoint

### Thursday, April 19th -

Regular monthly meeting of the Penn Dutch Pacers in the Diagnostic Imaging Center - Patient & Family Education Conference Room • 1st Floor Lancaster Health Campus -- 7:00 PM

### Saturday, April 21 ONLY -

Cornwall Walk • Start anytime between 8 AM & 1 PM from the Cornwall Iron Furnace.

### Thursday, May 17th -

Regular monthly meeting of the Penn Dutch Pacers in the Diagnostic Imaging Center - Patient & Family Education Conference Room • 1st Floor Lancaster Health Campus -- 7:00 PM

## The Startpoint Debacle by Barry Weatherholtz



If someone on Sunday, Nov 25th at the Lititz pre-walk would have asked me what the chances are for having a successful walk next Saturday, I would have responded, "Things don't look good!!!" I had just read a notice on the start point door, "Closed until Tuesday, Dec 6". The walk was on the 3rd. No explanation and I had NO home address or telephone number of the owner. There was no other option for a start point with such little time---- or so I thought. My wife

would say, oh ye of little faith, whatever that crap means!!! Well, to make a long story short, I met a tenant in the back of the building who had no idea where the owner was but offered his space to try to help me out. Great offer but the space was not conducive to a start area, lack of rest rooms, etc. Having no luck locating the owner, I checked back with this nice young man 2 days later to see if he had heard anything from his landlord. No he hadn't---but---he did talk to the owner of the new hoagie shop next door across the parking lot and she will try to help us. I went right over.

Well, to make a long story short, (I think I said that before) the rest is history. I met the nicest young lady who really went out of her way to accommodate us. The space was small but workable and there were two restrooms . WOW And no rental charge, this was almost too good to be true. I asked my [trailmaster] partner, Don, to meet me there, I thought I'd better get a second opinion. He agreed that we could make it work. One final test, we tried two of the hoagies on the menu and wow again, they were very good. But being of little faith there was still a little apprehension

on my part. However, on Saturday the weather was beautiful and the walkers came. They walked and they ate hoagies and they were happy. The only problem was parking as there was a lot going on in Lititz that day. Even Santa Claus came, but he didn't volkswalk! Many said it was a great trail with good instructions. What a great day. Through this little ordeal I have met some very nice people who went out of their way for a stranger and an organization they never knew. By the way, that sub shop is BRUNO'S and I hope you try it, I know I'll go there again, and again, and again.

flower Lane. This scenic paved path leads us into the Cornwall Manor complex. The conclusion of our walking experience takes us past the impressive Buckingham Mansion (the original ironmasters residence) and the Paymasters Office. We then cross Rexmont Road and return to our start/finish at the Cornwall Iron Furnace Museum. The museum/iron furnace tour is professionally done and is highly recommended and by showing your start-card you will get a discount off the standard admission which will be a very reasonable \$5.50.

Now that we have an idea of what we will experience on the trail, let's take a look at the back story.

First settled in 1723, Lebanon County was created by an Act of Assembly in 1813 from portions of Dauphin and Lancaster Counties. The original German settlers tilled the valley's fertile soil, creating an economic base that continues today and blends with the residential, commercial and industrial development presently occurring. Also reflective of Lebanon County's "Pennsylvania Dutch" heritage are its pastoral landscape, attractive farms and outstanding dairy and pork products, especially Lebanon Bologna. Lebanon County also is blessed with an abundance of open space and conservation lands that provide numerous recreational opportunities as we experienced when we walked in Mt. Gretna. Cornwall owes its being to Peter Grubb, a 19 year old immigrant who in 1737 came prospecting and discovered three hills of magnetic iron ore. He purchased a total of 442.5 acres of land for \$675.00, and established what was to become one of the world-renowned and most productive iron ore mining operations of all time. Following continuous operations for 236 years, during which time 110 million tons of iron ore were produced, along with 447,000 tons of copper, plus iron pyrite (fool's gold), cobalt, and trace elements of silver and gold, the famous Cornwall Iron Ore Mines closed in 1973. Twenty-five common and 57 uncommon minerals were associated with the ore and attracted mineral collectors from around the world.

Cornwall Furnace is indeed a unique survivor of the early American iron industry. Originally built by Peter Grubb in 1742, the furnace underwent extensive renovations in 1856-57 under its subsequent owners, the Coleman family, and closed in 1883. It is this mid-19th century ironmaking complex which survives today. At Cornwall furnace, blast equipment, and related buildings still stand as they did over a century ago. Here visitors can explore the rambling Gothic Revival buildings where cannons, stoves, and pig iron were cast, and where men labored day and night to satisfy the furnace's appetite for charcoal, limestone, and iron ore.

Grubb erected a furnace to process the iron ore metal and named the furnace Cornwall – after his father's birthplace in England. Much appreciation and credit for the development of Cornwall rests with the Cornwall Ore Bank Co. (The Grubb, Coleman, Alden, Freeman and Buckingham families and descendants who were the shareholders) until 1894 and successor owners – Lackawanna Iron and Steel Co., and Bethlehem Steel Corporation, who developed and maintained town sites near the mines and furnaces during a period when transportation was limited to the horse and later the early automobile.

When Peter died in 1754, the property passed to his sons, Curtis and Peter. By 1798, Robert Coleman had gained control of the furnace operation. Robert was very successful and became one of Pennsylvania's first millionaires. Cornwall Iron Furnace re-

mained in operation until 1883, when newer furnace operations fueled by anthracite coal made it obsolete. The furnace was abandoned, leaving the building virtually untouched until it was given in 1932 to the Commonwealth of Pennsylvania by Margaret Coleman Freeman Buckingham, Robert's great grand-daughter.

In the mid-nineteenth century, Cornwall's iron plantation contained industrial, residential, and agricultural activities. Small villages were created for furnace workers and miners. These stone and brick structures were simple in style but sturdy in construction. Many other structures built during this time period use a Gothic Revival architectural style.

The ore mine is located just south of the furnace property. Bethlehem Steel acquired ownership of the mine between 1917 and 1922. Both strip mining and underground mining were used to extract ore from the ground. The open pit mine began to flood in 1972, and today the open pit is filled with water.

Cornwall Iron Furnace is part of a National Historic Landmark District by the U.S. Department of the Interior, National Park Service. It has also been designated a National Historical Landmark by the American Society of Metals, and a National Historic Mechanical Engineering Landmark by the American Society of Mechanical Engineers, citing Cornwall Furnace as "the only one of America's hundreds of 19th century charcoal fueled blast furnaces to survive fully intact."

Cornwall Iron Furnace is an extraordinary example of the furnaces that dotted the Pennsylvania countryside in the 18th and 19th centuries. Around it developed villages, artisans' shops, stores, schools, churches, and the home of a wealthy ironmaster. All of the raw materials necessary for the smelting process — iron ore, limestone and wood for charcoal — were found in this self contained iron plantation. Cornwall Iron Furnace, the only surviving intact charcoal cold blast furnace in the Western Hemisphere, attests to the once great iron industry that flourished in south central Pennsylvania.

Although the British Parliament attempted in 1750 to restrict production of iron in the colonies, the output continued to rise. The American colonies, with Pennsylvania being the top producer, smelted one-seventh of the world's iron.

Cornwall became a borough on October 11, 1926 after having been a part of northern Lancaster County and, for a while of eastern Dauphin County as Cornwall Township. At the time it officially became a Borough, it was comprised of 6 widely separated villages. In 2002 it currently consists of 16 separate villages or developments with a total population of about 3,486. Cornwall Borough embraces 9.7 square miles in area (more than twice that of the City of Lebanon at 4.6 square miles and has about 1/10 the population as has the City). Cornwall maintains more than 50 miles of paved roads and streets. It is the largest borough geographically, in the continental United States. Cornwall is also larger in area than the City of Harrisburg – the Capital of the Commonwealth of Pennsylvania.

Cornwall's heritage is completely that of an industrial complex which flourished for 236 years, generated by the world famous Open Pit Iron Ore Mine, and underground mine at Burd Coleman and another at Rexmont, iron furnaces at North Cornwall, Burd Coleman, and Anthracite Village, ore roasters at Anthracite, an iron ore Concentrator Plant at Rexmont, all of which were serviced by three railroads – Cornwall Railroad, Cornwall and Lebanon Railroad, and Cornwall Ore Bank Railroad. The former two

## 2012 Atlantic Region Calendar

This calendar is a compilation of the data taken from the Atlantic Region Calendar which was cross referenced with the AVA Calendar as of 02/19/12. Since new walks are always being added we would suggested referencing the AVA calendar for a definitive up to the minute list of current walking events in the region.

### March 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
]] 15	M	<b>Penn Dutch Pacers Meeting • Patient &amp; Family Education Conference Room • Lancaster Health Campus at 7:00 PM</b>		
16-18	4W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
17	W	Baltimore Walking Club	Baltimore Convention Center	410-592-3171
24	W	Seneca Valley Sugarloafers	Chevy Chase MD (GEICO Insurance HQ)	301-610-7752
24	W	Virginia Vagabonds	Gloucester VA	757-766-3065
31	W	Freestate Happy Wanderers	Laurel MD – Fairland Park	301-572-5574

### April 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
7	W	Piedmont Pacers	Westminster MD – Breakfast Walk	301-829-3685
9	W	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135
14	W	Lee Lepus Volkverband	Farmville VA	804-768-0055
15	W	Cavalier Volkssporting Club	Charlottesville VA	434-924-3791
]] 19	M	<b>Penn Dutch Pacers Meeting • Patient &amp; Family Education Conference Room • Lancaster Health Campus at 7:00 PM</b>		
]] 21	W	Penn Dutch Pacers	Cornwall PA	717-625-3533
21	W	Annapolis Amblers	Annapolis MD – Annapolis GreenScape	410-960-6226
21	W	Penninsula Pathfinders of Virginia	Hampton VA	757-851-9252
21	W	Great Greenbelt Volksmarchers Inc.	Shrom Hills Community Park, Greenbelt MD	301-937-3549
23	W	Washington DC Area Volksmarch Club	Alexandria VA	703-329-3721
28-29	W	York White Rose Wanderers	Rocky Ridge County Park	717-266-5400
28	W	Columbia Volksmarch Club	Meadowbrook Park	410-290-6510
28	W	Princeton Area Walkers	Princeton NJ (First Campus Center)	609-259-2365
28	W	Gator Volksmarch Club	Chesapeake VA	757-421-0070
28	W	Loudon Walking & Volksmarch Club	Leesburg VA	703-737-2175

### May 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
5	W	Liberty Bell Wanders	Huntingdon Valley – Lorimer Park	215-442-1337
12	W	Princeton Area Walkers	Titusville NJ (Washing Crossing State Park)	609-259-2365
12-13	W	York White Rose Wanderers	New Oxford PA (United Hook & Ladder)	717-451-0709
12	W	Penninsula Pathfinders of Virginia	Surry VA	757-357-5355
12	W	Loudon Walking & Volkssport Club	Leesburg VA	703-737-2175
14	NW	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135
]] 17	M	<b>Penn Dutch Pacers Meeting • Patient &amp; Family Education Conference Room • Lancaster Health Campus at 7:00 PM</b>		
19	W	Northern Virginia Volksmarchers	Vienna VA	703-591-6479
20	W	Baltimore Walking Club	Baltimore MD	410-383-2722
21	W	Washing DC Area Volksmarch Club	Alexandria VA	703-329-3721
26	W	Freestate Happy Wanderers	Solomon, MD	301-717-3604

### June 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
2-3	W	York White Rose Wanderers	New Freedom PA (Summit Grove Camp)	717-578-1764
2	W	Susquehanna Rovers Volksmarch Club	Duncannon PA	717-834-4185
2	W	Seneca Valley Sugarloafers	Silver Spring MD	301-946-5496
2	W	Loudon Walking & Volkssport Club	Sterling VA	703-737-2175
]] 9-10	W	Penn Dutch Pacers	Lancaster, PA – Martin Greider Park	717-625-3533
9	2W	Penninsula Pathfinders of Virginia	Norfolk VA	757-890-9220
9	W	Great Greenbelt Volksmarchers	Greenbelt MD	301-937-3549
9	W	Gator Volksmarch Club	Norfolk VA	757-490-9324
11	NW	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135
16	W	Columbia Volksmarch Club	Cedar Lane Park	410-290-6510
]] 21	M	<b>Penn Dutch Pacers Meeting • Patient &amp; Family Education Conference Room • Lancaster Health Campus at 7:00 PM</b>		
23	W	Virginia Vagabonds	Hampton VA	757-766-3065
25	W	Washington DC Area Volksmarch Club	Alexandria VA	703-329-3721
30	W	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135

### July 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
]] 19	M	<b>Penn Dutch Pacers Meeting • Patient &amp; Family Education Conference Room • Lancaster Health Campus at 7:00 PM</b>		
28	W	Susquehanna Rovers	Millersburg PA	717-567-9537
28	W	Columiba Volksmarch Club	Nightmare Graphics	410-290-6510

**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 • Walking in Cornwall . . .*

railroads transported passengers, as well, with the Cornwall R.R. handling more than five million passengers during its operating years. All of the foregoing have disappeared, leaving only the original Charcoal Furnace (1742) standing intact as a museum.

Cornwall's industry produced cannon and munitions and iron products for all of the wars in which our Country was engaged from the Revolutionary War through Vietnam. It supplied the iron for rails and spikes necessary for the westward expansion and development of the United States and for its bridges and buildings. Cornwall played a vital role in the overall development and protection of our Country.

Sadly, the ethnic mix of industrious citizens has been replaced by a breed of newcomers who have, in just a few short years, succeeded in converting thriving industrial hub into a bedroom community which, through enacted zoning ordinance, has practically outlawed industry within its borders. Absent the 236 years of raw, basic industry, there would not have been a Cornwall.

The Penn Dutch Pacers hope that the Cornwall walking event will be a historic, cultural and learning experience for all who participate. Plan to attend.

*Information for this article came from the websites of Cornwall and the Cornwall Iron Furnace. Editorial content provided by Don Young and Phil Allamong.*

## Food for Cornwall

As you read on the front page our Cornwall walk is coming up in April and although the venue at the Cornwall Iron Furnace does not lend itself well to providing hot, cooked food for our walkers we would like to provide some snack food type things to tide folks over.

Thus we would appreciate donations of baked goods, energy bars, fruit, etc. Please bring all goods wrapped/packaged in individual portions ready for sale, i.e. cookies several to a ziplock bag, bars individually wrapped, slices of cake or pie individually wrapped. You get the idea. Thanks in advance for your contributions. Should you have any questions or you need help getting your baked goods to the walk early on Saturday then please call contact Barb Weatherholtz @ 717-625-3533.

## Museum Walk America A Beginning to End Experience

*By Bob Coonney*

In the fall of 2007, the club officers were pondering ideas on ways to generate more revenue to ensure the Penn Dutch Pacers survival from a financial standpoint. Though several officers had their doubts as to the success of this venture, it was decided to get involved in the latest craze that was peaking throughout the AVA membership, "The Special Event Programs". What concept could we come up with that would be exciting, rewarding, and encourage maximum participants across the country? Sherry Allamong would answer that for us with the birth of "Museum Walk America" that would eventually begin on January 1, 2009 and end December 31, 2011. A committee of volunteers including Phil & Sherry Allamong (web and patch designs), Kitty Glass (treasurer and financial contact to the AVA) and Robert Coonney (booklet design and special event P.O.C.). We experienced a lot of growing pains the first year dealing with the AVA financial aspect, but we would endure and finish in the top 10 most popular programs amongst the AVA membership (my belief is we could have finished much higher had the AVA not begun to saturate the nation with "Special Events" as it continues to do today). The club unofficially started allowing members to sign up for the program during the Akron Event in the spring of 2008 and would continue at all our events from that day forward. The first participant to sign up was Deb Mundy. During this time, other AVA members were also securing their entries into the Museum Walk America Special Event. The club's official launching of the program would be highlighted at the Lancaster Event on January 3, 2009.

At our event in Lancaster County Park in June of 2009, the club would recognize Alice Eckardt of the Susquehanna Rovers as the first participant to complete the special event. Our last participant, Karen Highfield from Oregon, finished our special event for the second time in just a couple of months after signing up in late August/early September of 2011. We also had an international participant (Jan Jorgensen of Norway) who visited the United States and completed the program during his travels here. Another couple I would like to recognize are Ellen Callahan and Jim Tompkins from Washington state for participating in our special event 3 times as well as sending an additional \$2.00 donation to our club on each

occasion. Thank you!

As the Point of Contact (P.O.C), I was charged with contacting all the walking organizations in the AVA family for their information regarding the YREs and Weekend Events that would qualify for the Museum Walk America Special Event and I would then transfer this information to a spread sheet that President Phil created (viewable by anyone interested on the Penn Dutch Pacers website). Not every club responded, which made my efforts more difficult to obtain pertinent information needed for all participants across the nation, and became an ongoing project for a very long time. I handled all the postal mailings in distribution of the booklets and the awards after completion, answered numerous emails from participants, club presidents, and the AVA Special Events Administrator. Last but not least I maintained a hard copy of all participants (this would become quite handy should our club be audited).

While compiling the list of museums, I took notice that there were many Historical Societies and Art Museums. Here are some unique museums along walking routes that clubs around the country shared with me: Hand Fan Museum - Healdsburg, CA; Ripley's Believe It or Not Museum - Atlantic City, NJ; UFO Museum - Roswell, NM; Louisville Slugger Museum - Louisville, KY; Raggety Ann and Andy Museum - Arcola, IL; World Kite Museum - Long Beach, WA; Ground Zero Museum Workshop - New York, NY; National Voting Rights Museum - Selma, AL; Atomic Testing Museum - Las Vegas, NV; Decoy Museum - Havre de Grace, MD; Hat Museum - - Portland, OR; The Bead Museum- Glendale, AZ; Rotary Snow Plow Park - Breckenridge, CO; and our very own Sturgis Pretzel Bakery and Museum. There were also two living museums in Maryland (St. Mary's City) and Nebraska (Stuhr Museum of the Prairie Pioneer). The only art museum I'm mentioning is the Toilet Seat Lid Art Museum in Alamo Heights, TX due to it's obvious uniqueness. There are a great many more museums I failed to mention but whether you participated in the Museum Walk America Special Event or not, you may find it interesting to visit such an institution while you're trekking. I received many letters thanking the club for sponsoring a fun, interesting,

*Cont'd on Page 11, column 1*

## Looking at our YRE and Seasonal Results for 2011

In the last newsletter we reported the YRE and seasonal walk participation figures for the first three quarters of the year. And after taking a look at those figures and the number of walkers that we needed to come even with 2010 figures it didn't take a rocket scientist to know that the year end figures were not going to be good.

So that you can more easily understand the 2011 figures we have provided two charts. All the figures in the charts continue to be dutifully provided by our YRE coordinate Bob Gast. Thanks Bob. The chart titled *YRE & Seasonal Participation Since 1998* on page 9 shows in dramatic fashion where we ended up in 2011. As you can see we had a significant dip in 2005 which we recovered from in 2006 but it has been downhill ever since. In 2011 we were down 108 walkers from our 2010 totals or down 16.6%. If you really want to feel ill, if we take the 1998 figure of 893 and compare it to the 2011 figure we are down 39.6%. As dismal as all this sounds, and it is dismal, unfortunately it compares favorably to national trends. This is not a good thing, of course. It only points to the fact that it is just not us.

If you look at the *2011 YRE Results* chart on this page we recap the four quarters this year, walk by walk and then compare the 2010 and 2011 totals side by side. We also show the deficits walk by walk from 2010 to 2011. The column at the far right shows the ranking of our YRE events and ironically the walk that came out on top is a walk that we have sponsored for years, the Lititz History walk. The second most popular walk was a walk that was new for 2011, the Manheim Walk. This high finish for a new walk is to be expected since we usually see a lot of activity for any new YRE that we offer.

*Cont'd in the next column*

2011 YRE Results	1 <sup>st</sup> Quarter Results	2 <sup>nd</sup> Quarter Results	3 <sup>rd</sup> Quarter Results	4 <sup>th</sup> Quarter Results	2010 TOTALS	2011 TOTALS	Deficit	2011 Ranking
<b>Ephrata</b>	8	9	14	24	81	55	-26	3rd
<b>Lancaster Downtown</b>	18	12	9	12	91	51	-40	6th
<b>Lancaster West</b>	5	19	12	10	73	46	-27	7th
<b>Lititz History</b>	18	22	22	35	116	97	-19	1st
<b>Lititz North</b>	12	8	8	12	57	40	-17	8th
<b>Manheim (new 2011)</b>	27	26	14	18	0	85	0	2nd
<b>Middle Creek Lake</b>	35	5	14	0	64	54	-10	4th
<b>Millersville</b>	19	3	14	16	70	52	-18	5th
<b>New Holland East</b>	7	6	6	11	51	30	-21	9th
<b>New Holland West</b>	7	8	9	5	44	29	-15	10th
<b>Quarterly Sub-Totals</b>	<b>156</b>	<b>118</b>	<b>122</b>	<b>143</b>	<b>647</b>	<b>539</b>	<b>-108</b>	



So there we have the results for 2011. These are the figures that we have to keep in mind when we look at the walks that we want to sponsor in 2013. One of the big questions we will have to ask based on the individual walk participation is does the event pay for itself or are we losing money, i.e. is there enough paid participation for the walk to pay the sanction fee, participation fees, quarterly report fees and printing and supply costs. And if the walk doesn't pay for itself are we going to continue to subsidize it?

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."

- George Bernard Shaw

## LET'S GIT WALKIN'

*By Barry Weatherholtz*

Another walking year has begun. 2012 has started with several good, if not great, walking days. Many have been above normal in temperature and the lack of snow makes traversing the trails a pleasure.

AVA in its infinite wisdom has changed the rules to allow us to walk a trail as often as we want to. Previously a trail could only be walked twice a year. Not so anymore.

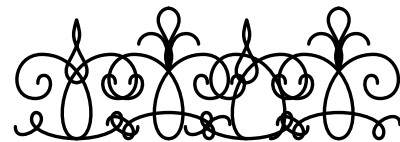
Hopefully this will increase participation in all YRE's. Year round numbers have been on the decline for several years. If a trail doesn't draw over 50 walkers it is losing money and no one survives operating in the red.

The Penn Dutch Pacers will be looking hard at a few of our trails that have dropped to the 30 / 40 range this past year. Several trails have been changed to qualify for the new special programs and to bolster participation we are trying to add a shorter trail to all our start points. New Holland, Lititz, and Manheim have always had a 5 or 6k option.

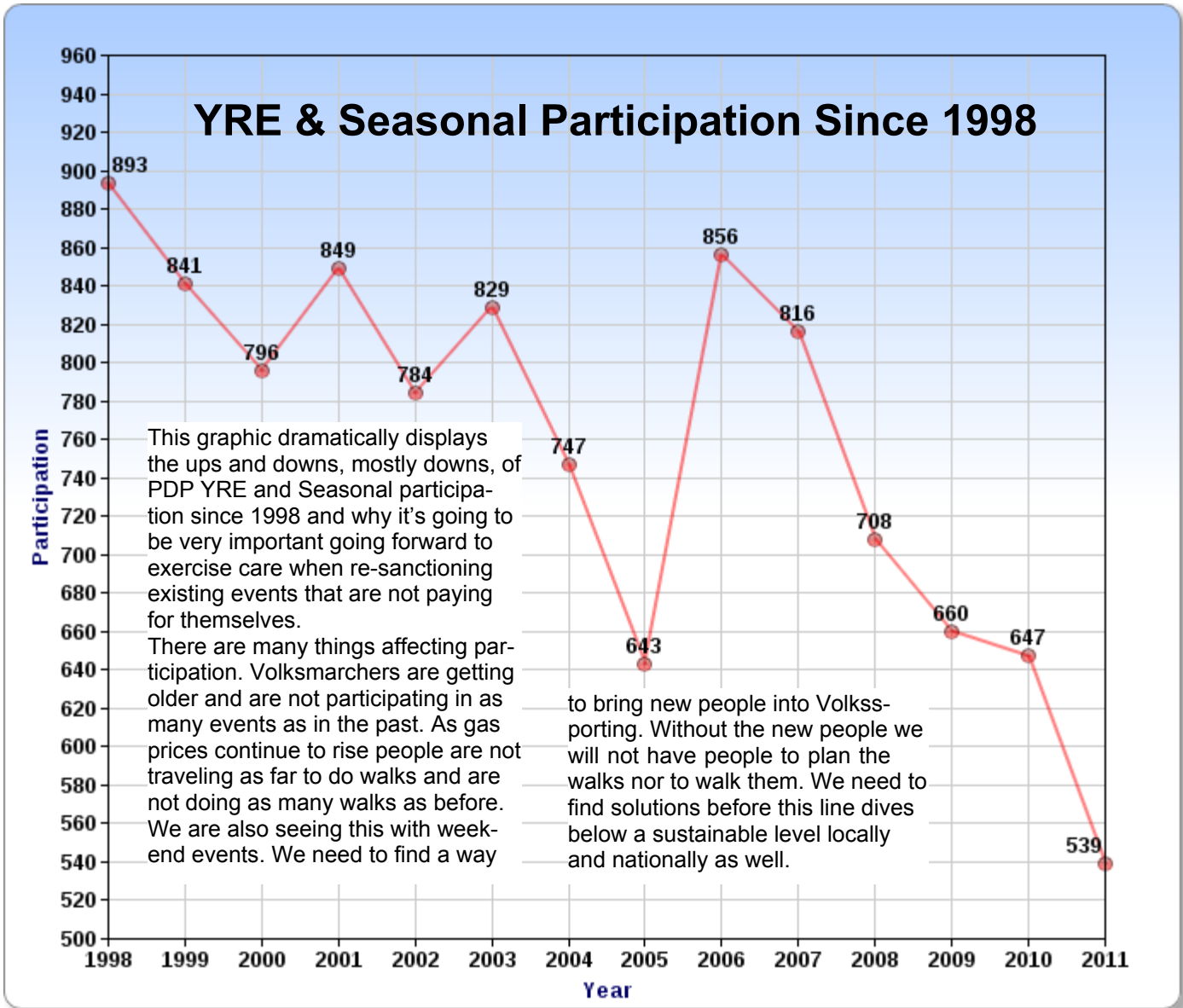
Ephrata in 2012 now has a 5k trail. Lancaster will be getting one soon and maybe Millersville next year. There is no way to do one at Middle Creek, but we'll keep trying.

By the way, the geese are there NOW.

We hope to see you on the trail soon---and---often. Just think about it, if you only walk one trail each and everyday of the year, that's 3,650 k. WOW, how many books is that? Let's git walkin...







## Annual Dinner Meeting

On Thursday, January 19th a group of 17 Penn Dutch Pacers met at Isaac's Restaurant on the Manheim Pike to not only take care of PDP business but to also sit down and enjoy a meal together. This is either the third or fourth year (maybe longer) that we have been at Isaac's on the Manheim Pike. With their private, no cost meeting room and the variety of menu options to suit all tastes, Isaac's works extremely well for our annual gathering. We will likely continue to take advantage of their great facility and wonderful service for future gatherings. People arrived at their leisure after five o'clock and everyone was done eating and ready for

the meeting to commence at it's appointed hour of 7:00 PM. The meeting included things that it always includes like the approval of the minutes from the last meeting, our financial report, membership update, and updates on sales, publications, publicity and YREs. Then we talked about the walks that we have planned for 2012 which we reviewed in the last newsletter. In case you forgot we'll be walking in Cornwall as you have probably already read on the front page. Then in June in Martin Greider Park in Manor Township. In September we will be doing our first of many planned walks on the Enola Low Grade Rail Trail in South-

ern Lancaster County and then for our Christmas walk in 2012 we will be walking in Downtown Lancaster. At each meeting between now and each event more details are taken care of as things are honed and finalized. The last thing on the agenda for our January meeting was our election. The nominating committee presented the following names for consideration. Pete Byrne for President, George Resh for 1st Vice President and Carmie Keiser for 2nd Vice President

(Volunteer Coordinator). Nominations from the floor were requested and since none were forth coming a motion was made and seconded to elect the nominees by acclamation. The vote was unanimous in favor and the new officers were congratulated.



Thanks to all those who attended the dinner meeting and especially those who stepped forward to take the elected offices for the

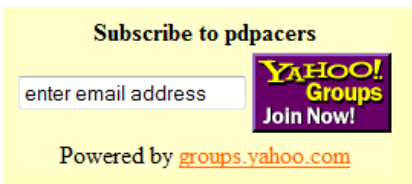
Penn Dutch Pacers, your walking club.

## Join the Penn Dutch Pacer E-mail List

We realize that not 100% of the people who receive this newsletter have access (or desire access) to the internet and e-mail, but if you have access to e-mail and aren't signed up already, we would encourage you to sign up to the Penn Dutch Pacer E-mail list as well as encourage newbies and anyone interested in folks-marching and the Penn Dutch Pacers to do so.

To sign up first go to the Penn Dutch Pacer website at <http://www.penn dutchpacers.org>. Choose the Join page from the menu in the upper right hand corner of the page and then once on the Join page scroll to the bottom where you'll see "Subscribe to pdpacers".

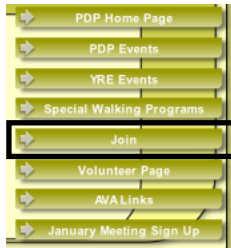
To subscribe you simply input your e-mail address and click the purple box to the right which says Join Now. Once you do that you will get an e-mail asking you to verify that in fact you did subscribe.



Once you respond to that e-mail you have joined the list. There is another very easy way to join the PDP E-mail List and that is to simply open your e-mail client (that's the program that you use for your e-mail like Outlook, Outlook Express, Thunderbird, etc.) and address an e-mail to [pdpacers-subscribe@yahogroups.com](mailto:pdpacers-subscribe@yahogroups.com). Once signed up you will receive e-mails pertinent to the Penn Dutch Pacers like meeting reminders (or cancellations in the case of inclement weather), reminders about pre-walks and the walks themselves. And the e-mail list is a way to communicate with the PDP community. You can address an e-mail to the list by sending an e-mail to [pdpacers@yahogroups.com](mailto:pdpacers@yahogroups.com). This e-mail goes to **everyone** on the list, so be sure that your message is appropriate for everyone on the list.

This also brings up another important point if you are replying to a message that someone sent to the list and you want your response to go to the entire list then you can simply choose REPLY. When you choose REPLY your response goes to **everyone** on the list. A lot of times however you may want to just reply to the person who sent the e-mail and NOT to the entire list. All e-mail clients have a way to only reply to the person who sent the mes-

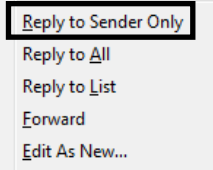
sage instead of the entire list. In most cases if you right click on the message (or some other way specific to your e-mail client) you will see REPLY TO SENDER ONLY. When you choose Reply to Sender Only as you might expect your reply only goes to the person who



sent the message to the list and not the entire list.

Replying to entire list when people simply meant to reply to the sender of the message is the **single biggest mistake people make**. This mistake obviously isn't fatal but if you wrote something that was specifically for the sender and not the entire list and it went to the entire list you could see where it might get dicey.

So let's review. If you haven't signed up for the PDP e-mail list, sign up today and encourage others to do so as well and when you reply to a message make sure you know who it's going to, i.e. the sender only or the entire list.



*Cont'd from Page 3 • Be Considerate*

on it that you can't find elsewhere, such as in the brochure and/or on the event web page at [ava.org](http://ava.org).

- If items are running low, put a note on your start card, or call or send an email to the sponsor alerting them. (Event points of contact may not realize it.)
- If you use the last copy of instructions, put them back afterwards. (You don't need to make copies though some participants do as a service to others.) Then refer to the bullet above.
- Take one copy of directions. That extra copy for you is an added expense for the club.

### Everywhere

One last tip.

- Thank the volunteers serving you and the establishments hosting year-round/seasonal events. (It is their service that makes the events possible.) We all have a role to play in making IVV events pleasant for everyone. Volunteers and participants alike can make each experience great.

Have ideas you want to share with fellow TAW readers or a subject for a future column? Send them to me, Robert Wright at 43224 Cardston Place, Leesburg, VA 20176 - 6459 or [mailto:rwright2@jhu.edu](mailto:mailto:rwright2@jhu.edu).

## Top 10 Walks in the USA for 2011

Each year nominations are taken for the best of the best YRE events, and then members are polled to find the ten best walks. These walks showcase the diversity of different walking routes that walkers can enjoy. Put these walks on your bucket list –

- 1. San Antonio Riverwalk, Texas - Y0055** :: I've enjoyed this walk many times. Visit the Alamo and walk along the Paseo del Rio, also known as the San Antonio Riverwalk.
- 2. Chesapeake Beach, Maryland – Y1087** :: The lovely resort town of Chesapeake Beach is located on the shores of the Chesapeake Bay.
- 3. Kirkland Waterfront, Washington – Y0134** :: We have a water theme going for the top walks of 2011. The Kirkland Lake Washington waterfront walk received this nomination.
- 4. Silver Falls State Park, Oregon – Y0171** Walk past (or behind) nine waterfalls in a verdant canyon.
- 5. Gettysburg Day Three, Pennsylvania – Y0028** :: Few places surpass Gettysburg for Civil War history, and you can explore each of the three days of the Battle of Gettysburg with its own 10 kilometer trail.
- 6. Savannah, Georgia – Y1366** :: (tie for #6 and #7) This 5 kilometer or 10 kilometer long walk starts at the Savannah History Museum And Visitors Center.
- 7. West Point, New York – Y0037** :: (tie for #6 and #7) Walk through the United States Military Academy to soak up its history.
- 8. Boston Freedom Trail, Massachusetts – Y0730** :: Celebrate your Revolution with this 11 kilometer or 6 kilometer walk from Boston National Historic Park Visitor Center.
- 9. Alexandria Old Town, Virginia – Y0061** This beautiful walk starts at the George Washington Masonic National Memorial.
- 10. Point Lobos - CA – Y0445** :: (tie for #10) The Monterey peninsula has some of the prettiest coastline in the USA.
- 11. Williamsburg, Virginia – Y0287** :: (tie for #10) This walk explores historic Colonial Williamsburg and neighboring William and Mary College.

### Answers to the Crossword Puzzle on Page 2

25. IRON	27. SAN ANTONIO
22. BYRNE	26. SEASONAL
20. GRUBB	24. TOILET
19. LITTLIZ	23. GETTYSBURG
14. SMELTING	21. DAUPHIN
13. COLEMAN	19. LEBANON
12. DEBACLE	18. ORE
11. LIMESTONE	17. RESTRICT
9. ANTHRACITE	16. MUSEUM
6. MILLIONAIRES	15. CANNONS
4. REVIVAL	13. CHARCOAL
2. INTRACT	10. BOLOGNA
1. STOVES	8. MAGNETIC
Down	7. PG
	5. BRUNOS
	3. COPPER
	Across

Cont'd from Page 7 • Museum Walk . .

educational, and fascinating program. Here are a few of them: "Thanks for a great program. We love museums and spent much time in many of these. The Air Force Museum in Dayton we visited twice in two years. Fort Scott in Kansas was very educational. My favorite will always be The National Mustard Museum just down the road from me." - Kristina Kenyon

"I finished the Museum Walk Special Event booklet. From now on I'm brainwashed to seek out museums on all walks! Thanks for a great program" - Kevin Carlson.

"Please google Barney Smith's Toilet Seat Lid Museum. This museum was used by the Randolph Roadrunners as a checkpoint at their event. We did a toilet seat lid with Randolph Roadrunner's medals and patches. When the walkers went by the checkpoint, he had the walkers sign the lid! Thanks for coordinating such a fun program" - Ellen Ott

"Thanks so much for sponsoring this very interesting program. Our special programs add enlightening cultural and informational aspects to every walk!" - James Walters

"I'm pleased to be submitting my completed museum special event program booklet. I was able to learn a lot from the variety of museums. Your program was one of the "very best" being offered. KUDOS to a fine offering and thanks." - Bill Lohr

Our final count stands at 433 participants and 271 have finished as of the December 31 closing date, however; we must provide awards through 2012 should anyone turn in a completed booklet during this time (I had to do this myself for the Island Walk Special Event. Becky and I did receive our awards). Kitty, Phil, and I learned a great deal about running a special event on the fly. We would like to thank everyone who participated in our club's special event.

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.

### Club Office Holders

**Pete Byrne, President**  
393-6700  
plhbyrne@verizon.net

**George Resh, 1st VP**  
397-1906  
col\_resh@hotmail.com

**Carmie Keiser, 2nd VP  
Volunteer Coordinator**  
898-1959  
tk.c@verizon.net

**Inge Koenig, Sec**  
664-7650  
lekoehn@aol.com

**Kitty Glass, Treas.**  
872-7743  
kittyglass@yahoo.com

**Barry Weatherholtz, TM\***  
625-3533  
barrybarb@dejazzd.com

**Don Young, Asst. TM\***  
656-6873  
flydyoung@aol.com

**Membership & Registrar**  
**This Position is OPEN**  
How about YOU!!  
Use your talent to help PDP

**Special Programs**  
**Bob Cooney**  
625-3627  
rdcwalk@ptd.net

**Sales**  
**Marv Albert**  
653-8989  
midnightmarv@aol.com

**Publicity**  
**Rose & Mary Angeline**  
898-8153  
Rmline@aol.com

**Historian**  
**Chris Resh**  
397-1906  
col\_resh@hotmail.com

**Webmeister**  
**Phil Allamong**  
786-7118  
phil@solanco.com

**YRE Coordinator**  
**Bob Gast**  
393-8083  
rmgast@comcast.net

**KSVA President**  
**Joan Lampart**  
215-529-5686  
jmlampart@verizon.net

\*Trailmaster

Slightly crunchy with a mild nutty flavor, pearl barley cooks more quickly than the hulled variety while retaining its high-fiber, low-cholesterol benefits.

### Baked Barley Casserole with Mushroom & Squash



#### INGREDIENTS:

- 1 tbsp plus
- 1 tsp olive oil, divided
- 8 oz mixed wild mushrooms (shiitake, oyster, cremini), sliced (about 3 1/2 cups)
- 1/4 tsp sea salt
- 5 oz butternut squash, peeled and cut into 1/4-inch dice (about 1 cup)
- 1/3 cup diced leeks, white and light green parts only
- 1 stalk celery, finely diced (about 1/2 cup)
- 1 cup uncooked pearl barley
- 1 clove garlic, minced
- 3 1/2 cups low-fat, low-sodium vegetable or chicken broth
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped thyme leaves
- 1/2 cup raw pumpkin seeds
- 1 1/2 oz soft goat cheese, crumbled

#### INSTRUCTIONS:

Preheat oven to 400°F.  
Heat 1 tbsp oil in a large nonstick skillet or Dutch oven over medium-high heat. Add mushrooms and salt and cook, stirring often, until mushrooms begin to release their moisture, about 2 minutes. Add squash, leeks, celery and remaining 1 tsp oil and continue to cook, stirring, until mushrooms are brown and squash is tender, about 4 minutes. Add barley and garlic and stir until thoroughly coated and slightly toasted, about 1 minute. Add broth, parsley and thyme and stir.  
Transfer mixture to an 11-cup (2.6 L) casserole dish, cover with aluminum foil and bake in oven until barley is tender and liquid has been absorbed, about 35 minutes. Remove foil, sprinkle with pumpkin seeds and cheese and return to oven. Bake, uncovered, until seeds are toasted and cheese is softened, about 10 minutes.  
Nutrients per 8-oz serving (using vegetable broth): Calories: 232, Total Fat: 6 g, Sat. Fat: 2 g, Carbs: 37 g, Fiber: 7 g, Sugars: 3 g, Protein: 7 g, Sodium: 208 mg, Cholesterol: 3 mg

Recipe from *cleaneatingmag.com* posted March 30, 2011

#### 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, Bob Gast, George Resh, Don Young, Barry Weatherholtz,  
Bob Cooney, Robert Wright, Sherry & Phil Allamong

**Penn Dutch Pacers Volksmarch Club, Inc.**  
**PO Box 7445**  
**Lancaster PA 17604-7445**  
*Time Dated Material -- Please Deliver Immediately*



Presorted  
Standard  
U.S. Postage  
**Paid**  
Lancaster, PA  
Permit No. 58

## Contents

- Walking in Cornwall
- New Distribution for Pacer Pulse  
^ *page 1*
- Cornwall Crossword Puzzle  
^ *Page 2*
- President's Message
- Be Considerate
- Members & Milestones
- PDP Annual Dinner Meeting  
^ *Page 3*
- Lititz Followup
- Don't Forget
- The Startpoint Debacle  
^ *Page 4*
- Atlantic Region Calendar  
^ *page 6*
- Food for Cornwall
- Museum Walk America  
^ *Page 7*
- Looking at our YRE & Seasonal .....
- 2011 YRE Results Chart
- Let's Git Walkin'  
^ *Page 8*
- YRE & Seasonal Participation Chart
- Annual Dinner Meeting  
^ *Page 9*
- Join the E-mail List
- Top Ten YRE Events  
^ *Page 10*
- Baked Barley Casserole Recipe  
^ *Page 11*

**Return Service Requested!**



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

### 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

Membership with USPS delivery of the newsletter -  \$14.00 • 1 year  \$26.00 • 2 years  \$37.00 • 3 years

For current lifetime members only - USPS Delivery of the newsletter -  \$4.00 • 1 year  \$8.00 • 2 years  \$12.00 • 3 years

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

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