



Walk from Martin Greider Park - June 9 & 10

Before someone by accident saw a big green rectangle on a map (indicating a park) when they were looking for something else and then investigated, we had no idea Martin Greider Park existed let alone that it was a perfect place for a startpoint to explore a suburb of Lancaster that we have never explored before. Martin Greider Park is one of those gems of a park nestled in the mature residential suburb of Manor Ridge just west of Lancaster City in Manor Township. To help you mentally locate Martin Greider park and the area in which we will be walking let's give you some landmarks which will give you an idea of exactly the area we are talking about.

Those that have been in Lancaster for a while will know where we are talking about when we refer to Maple Grove. There used to be a pool there and a fruit stand across the street. Also on the corner of Columbia Avenue and Stone Mill Road is the oldest grist mill in Lancaster County (who knew). The log mill was built by Hans Brubaker as a grist and saw mill sometime between 1717 and 1729. The date stone indicates the new mill was built in 1767 by Johannes & Barbara Steiner, the owners of Abbeyville Mansion nearby on Columbia Ave. It operated as West End Park in the 1890's by Aaron H. Summy. It is probably at this time that the mill took

on the name of Maple Grove, as Summy planted many maple trees near the mill.

Ralph W. Coho, in 1912, bought the concern and converted it into an amusement park- including a 1.5 million gallon swimming pool. The mill building being used for pool chemicals/supplies storage. The Cohos sold the amusement park in the 1950's and the pool, mill, and land in 1978 to

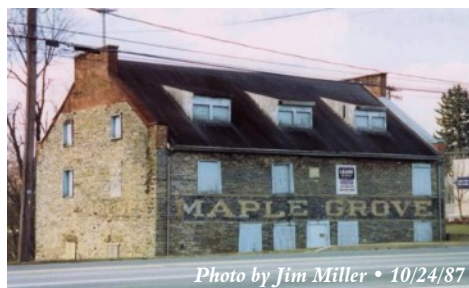


Photo by Jim Miller • 10/24/87
This is how the Maple Grove Mill looked for years (viewed from Columbia Avenue), boarded up and abandoned.

Christ & Elaine Hampilos. The pool, a 7 acre complex, was sold in 1986 to Lanecor Associates, who developed the Stone Mill Plaza Shopping Center. The pool was operated into 1988 to comply with a purchase zoning variance concerning the Plaza Center. In 1993, the pool, mill, and surrounding land, were signed over to Lancaster County by a holding company, Ohio-Pennsylvania Properties II, for settlement of unpaid real estate taxes incurred by Lanecor at an earlier time.

At the time of a fire that occurred at 2:30 AM

Thanksgiving morning, Nov. 24, 2005, the mill was owned by Ecklin Development Corp, having bought the mill from the county in 2001 for \$1.00. Robert Ecklin had plans of renovating the mill to lease as offices

and retail shops.

The Maple Grove Mill is looking pretty good today, as you will see, with all its stone re-pointed and brand new windows and doors all painted a deep maroon and of course a brand new roof to keep the weather out.

Stone Mill Road [at Columbia Avenue] and the Maple Grove Grist Mill will be the farthest East our trail will go and as luck would have it for those who are doing the Grist Mill Special (Walking) Program you will be able to stamp another space in your book. Our northern boundary will be Columbia Avenue currently Route 462 and before the Route 30 by-pass was built, Route 30 itself. We will be walking along Columbia Avenue for a short distance so that our walk qualifies for the KSVA sponsored Lincoln Highway Program. Again stamps for those who are doing the Lincoln Highway program.

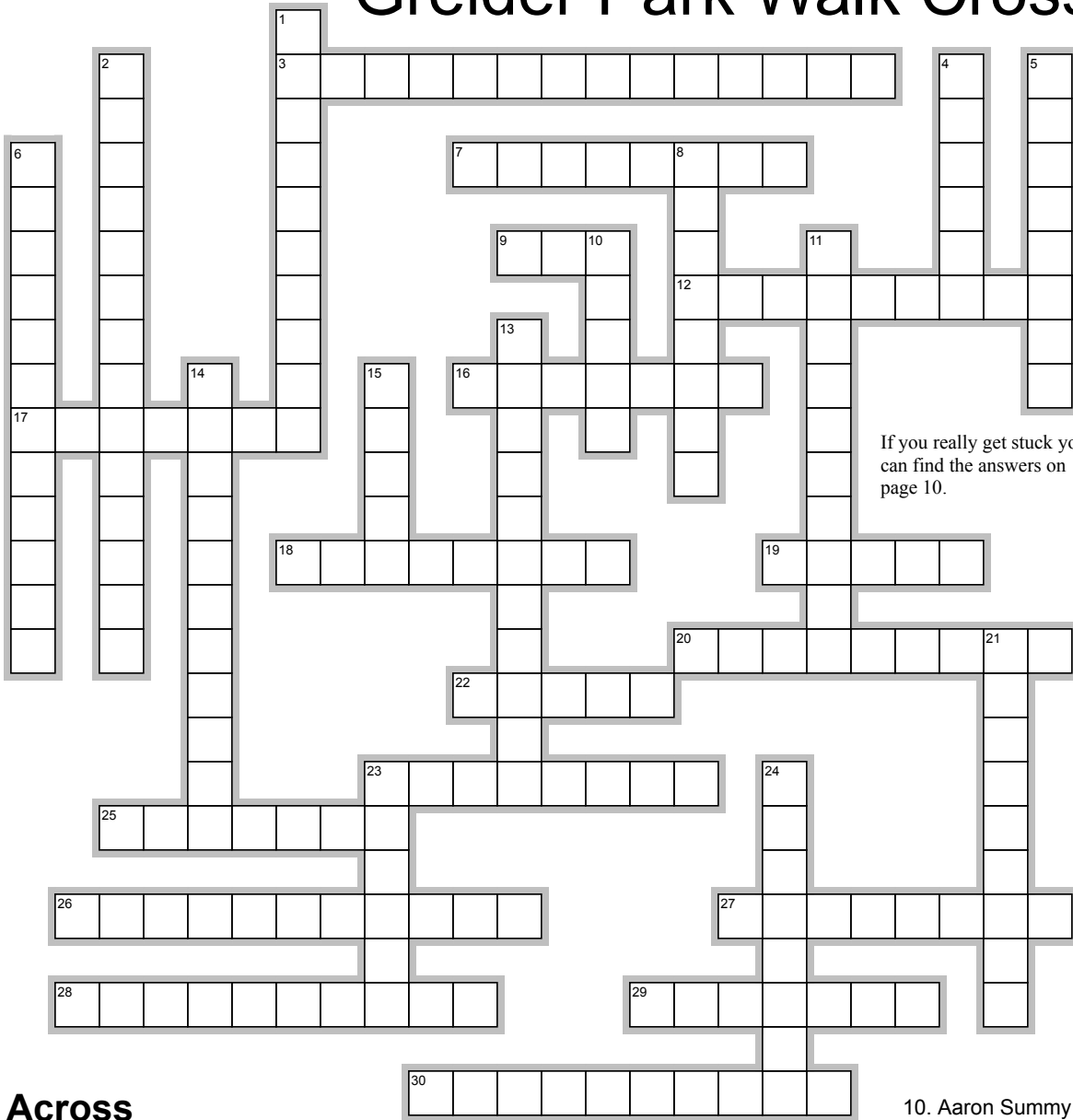
We will walk within about two blocks of Millersville Road which is the western most section of our trail. On the southern trek our trail will be south of the Pheasant Ridge mobile home community and also south of Stone Mill Road as it rounds the bend past School House Road in a development



Photo by Phil Allamong • 03/11/12
This is how the Mill looks today after being refurbished with stone work and new doors and windows (as viewed from Stone Mill Rd.)

called Colonial Manor which is also just to the east of Conestoga Country Club. So now that you know the general area that we will be walking in let's look at some of the history of Manor Township.

Greider Park Walk Crossword



this location from which a local convenience store chain took its name.

Down

1. The Indian reservation established in Manor Township was known as _____.
2. What Native American Indian tribe occupied Manor Township before they were forced out?
4. William Penn and thus the original government of Pennsylvania was of what religious persuasion?
5. The Native American trail that ran from Millersville to Washington Borough which was considered the first gateway to the west is now known as Route 999 and _____ Road.
6. Most of Manor Township is rural and land use is mostly _____.
8. The Lincoln Highway Special Program is sponsored by the KSWA which is the _____ State Volkssport Asso.

If you really get stuck you can find the answers on page 10.

Across

3. The road that now runs from Millersville to Washington Boro was previously a _____ Trail.
7. The Maple Grove mill, as it came to be known, was originally built by Hans _____.
9. What was built by the Safe Harbor Water Power Corporation and completed in 1931?
12. The Iron Works was located in what Manor Township community?
16. The 1.5 _____ gallon swimming pool at Maple Grove was built in 1912.
17. Columbia Avenue which is also designated Route 462 today was [before the by-pass around Lancaster] Route 30 and is also known as the _____ Highway.
18. The very large mobile home park that borders Martin Greider park and that we walk around is known as _____ Ridge.
19. Martin Greider Park is located in what Lancaster County Township?
20. William Penn had a 16,000 acre area of what would be eventually Manor Township laid out in which the Indians could live and

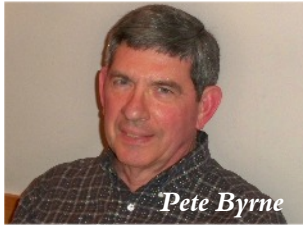
hunt. This area was call the Manor of _____.

22. Once you arrived at the Susquehanna River on Blue Rock road you crossed the river on the Blue Rock _____.
23. Records indicate that the Manor of Conestoga was officially changed to Manor _____ in 1759.
25. From the late 19th century into the mid 20th century produced more _____ than any other township in Lancaster County.
26. The Susquehannocks were the largest tribe in what valley?
27. The Maple Grove Grist Mill sits on the corner of _____ Avenue and Stone Mill Rd.
28. What is the area called on Columbia Avenue where there was formerly both a pool and a fruit stand.
29. The start location for our June walk is in Martin _____ Park
30. William Penn was planning on building "New Philadelphia" on the site on the eastern bank of the Susquehanna River just north of

10. Aaron Summy planted a lot of what type of trees from which Maple Grove got its name.
11. The Maple Grove pool was closed in 1993 because of unpaid _____ taxes.
13. Manor Township was original surveyed and reserved for the founder of Pennsylvania, _____.
14. There is golf course which we may glimpse through the trees, it's called the Conestoga _____.
15. Martin Greider Park is located in the residential neighborhood known as Manor _____.
21. One of two Special Programs that our walk from Martin Greider park qualifies for that has to do with grinding grain.
23. Washington Boro is known for what red vegetable?
24. The residential community south of Stone Mill Rd in which we will be walking is _____ Manor?

PRESIDENT'S COMMENTS

I can tell Spring is here . . . sneezing, coughing, dripping, and



Pete Byrne

watering make it tough to walk, but 143 of you made it through the pollen to enjoy our most recent walk in Cornwall; complete results will be found elsewhere in this issue. Thank you to all who walked and to our faithful volunteers, who made it all possible.

My most heartfelt thanks to long-time member and volunteer, Bob Gast, who is stepping down from his fifteen-year job as Year-Round-Event Coordinator. Since 1997 Bob has served as the liaison between our club and AVA headquarters, managing the annual sanctioning of our ten year-round walks and then collecting quarterly participation data for each walk and reporting it to our membership and to AVA. In addition, Bob served as the Point-of-Contact person for the two Lancaster Y-R-Es, ensuring that the start box had adequate trail maps and instructions, replenishing supplies of event and distance books, and collecting any cash payments. Bob's good spirits and wise counsel will be missed. If you would like to send him a note of thanks and your good wishes, you can reach him at rmgast@comcast.net

Fortunately, Dave Barber has stepped forward and has volunteered to assume the position of YRE Coordinator. Now, if someone from the Lancaster area will volunteer to be the point-of-contact for the Lancaster walks we'll be in good shape again.

Even more good fortune comes from Monica Daniel-Barber, who has agreed to take on the duties of Membership Chairman, keeping track of new members and membership renewals

Continued in the middle of the next column



CONGRATULATIONS

It's always nice when one of our own is recognized for all they do for Volkssporting and of course for the Penn Dutch Pacers. Congratulations Pete on this recognition by our Atlantic Region Director as a Very Important Person. We knew you were a VIP even before you were presented this award.

Cont'd from Previous Column – President's...

and reporting on the event and distance accomplishments of our members. Now if we can find some small jobs for the Barber children, we'll make this a complete family affair! Thank you, Dave and Monica.

Recently I met with Joan Lampart, KSVA President, and Bob Gambert, KSVA Vice President, to evaluate hotel properties as the conference hotel for the 2014 Atlantic Region conference, which will be held in Lancaster. The Penn Dutch Pacers will serve as the host club for the conference; as such, we will be responsible for laying out three sanctioned walks. Other clubs from the area will provide volunteers to staff conference events and the walks. More information will be forthcoming as the details are developed.

Finally, remember our Greider Park walk on June 9 and 10. Invite a friend or neighbor to walk with you and then invite them to join the Pacers. I hope to see you there.

- Pete

RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2013

**Edward & Maryann French
Mike Quinlan**

2015

**Bob & Letty Zook
Tanya Lefever
Bill & Treasa Gross**

CLUB MEMBERS ACHIEVEMENT AWARDS

30 Events

Elizabeth Louie

325 Events

Jeanne Shopf

375 Events

Bob Cooney

**Records from the April issue of
*The American Wanderer.***

Results from Cornwall

It turned out to be prophetic that we only scheduled a one day walk in Cornwall since, as it turned out, had we attempted to hold the walk on Sunday too it would have truly been a wash out. The weather Sunday was horrible with a blowing, drenching rain. Several days before the walk they were call-

Cornwall Results	5K	10K	Totals
Award & Credit	4	35	39
Credit Only	12	70	82
Non AVA	3	19	22
Totals	19	124	143

ing for rain on both Saturday and Sunday, but as Saturday got closer the Saturday rain kept getting pushed later and later in the day and as it turned out didn't dampen the enthusiastic walkers that showed up. And with temperatures in the mid to upper 60's it was almost ideal weather for an enjoyable walk.

Our startpoint at the Cornwall Iron Furnace was a hit with walkers as was our patch featuring an image of that uniquely preserved brick edifice that is full of Lebanon County history.

As usual our trailmasters did a splendid job of providing a very varied and interesting trail that featured Cornwall borough streets, two different sections of the Lebanon Valley Rail Trail and stretches through Cornwall Manor.

We got a lot of great comments about the trail and also got a lot of people from Lebanon County who missed the walks that the former Lebanon Baloney Stompers had produced for years.

Thanks to everyone who contributed in any way to our great success in Cornwall. You know who you are.

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

-- Vincent T. Lombardi

Charleston Weekend

By Kitty Glass



March 31 this year was a big weekend in Charleston, South Carolina. The big event – the 35th annual 10K Cooper River Bridge Run/Walk. Since I have two of my grandchildren living in the Charleston area I have looked forward to this special weekend for the past three years. With encouragement from the granddaughters and knowing I am not getting any younger, I thought I have to try for my fourth walk over the bridge.

This year's event was the largest yet – 40,000 runners/walkers signed up to participate. Joining me were my two daughters and two of my other granddaughters (six in all). We had special shirts made saying "Three generations – a rockin' family."

The day of the race begins early. Buses pick the runners up around 6:00 to take them over the bridge. Then runners are lined up according to how fast they run – of course my daughters and I were in the back. The sight of 40,000 people waiting for the race to begin is an unbelievable sight. The race begins at 8:00 but by the time the back group starts the front runners have completed half the course.

The incline onto the bridge is tough but once you reach the middle of the bridge you have conquered the difficult part of the race. Looking up at the steel girders of the bridge is a magnificent sight.

Having done a few 10K walks I knew it would take me around 1 hour and fifty minutes. I managed to complete the course in 1 hour and 48 minutes! Not bad for someone my age. I actually came in third in my age group -80 years and over women. The weather cooperated – the rains came in the afternoon. Seeing the Turkey Hill big ice cream truck at the end of the race made me wonder if I was in Charleston or Lancaster County.

This is rated as the 5th largest race/walk in the country and I feel fortunate to have participated in this 35th annual event. I would not be able to compete if I was not a Volksmarcher. I enjoyed the Charleston year round event on Friday – before the race. I don't know whether I will have the chance to do the walk in 2013 but I have it on my calendar. The 40,000 other runners/walkers have their calendars marked also! I am lucky to have a family who enjoys walking and being together.



The PDP members above pre-walked the Cornwall Walk the Sunday immediately prior to the Saturday of the walk and gave it a big thumbs up. Pictured above l to r – Phil Allamong, Barry Hitchcock, Kitty Glass, Donna Bashore, Don Young, Barb Weatherholtz, Karmie Keiser. Behind the camera Inge Koenig, not pictured Barry Weatherholtz and Sherry Allamong

Cont'd from Page 1 – Greider Park...

Manor Township takes its name from the Manor of Conestoga, which was originally surveyed and reserved for William Penn in 1719. There is evidence that William Penn visited this area prior to 1690. At this time the area was Native American territory. The Susquehannocks were the largest tribe in the Susquehanna Valley with the center of their community in the Turkey Hill area. The Quaker government had surveyors lay off a large area bounded by the Little Conestoga Creek near Millersville, to the Susquehanna River, and to the Conestoga Creek.

This area was called the Manor of Conestoga, and some historians believe it was set aside as a domain in which the Indians could live and hunt. The Manor contained 16,000 acres east of the Susquehanna River. For the most part the land was flat and well watered, and the soil was rich and fertile.

William Penn had reserved a 3,000 acre site on the eastern bank of the river just north of Turkey Hill for his New Philadelphia. The city would have been at the end of the present Blue Rock Road. Blue Rock Road was an ancient Native American trail prior to the arrival of the white settlers. The road today is known as Route 999 as it leaves Millersville, crosses the Little Conestoga and heads to the river just south of Washington Boro. Blue Rock Ferry, which operated around 1730, was located at the end of Blue Rock Road. Blue Rock Road had great significance and was considered the first gateway to the west.

Following Penn's death three of his sons assumed control of the Manor in the early 1730's. The Swiss-German Mennonites were among the first Europeans to occupy the subdivided lots. H. Frank Eshleman's map of the Manor 1730 (circa), lists 28 property owners and identifies the towns of Washington Boro, Creswell, Safe Harbor, Windom, Letort, Millersville, and Rock Hill. The map shows the 3,000 acres held by the proprietors, approximately 4,000 acres vacant and the area established as Indiantown.

Records indicate the Manor of Conestoga was officially changed to Manor Township in 1759. One thing which made the Manor vastly different from other localities in Lancaster County at this period was the existence of the Indian reservation (Indiantown) established by William Penn. It remained until December 1763 when the Paxton Boys invaded the reservation and massacred the few remaining Indians.

For the next 100 years the Township was subdivided as the large plantations were cut into smaller tracts to accommodate growing families. The iron industry came to the Township in 1846 when the Iron Works was built in the village of Safe Harbor. The T-shape rail was the principal product of the mill.

The Civil War came close to Manor Township in 1863. Governor Curtin called every able-bodied man to enroll for the defense of the States. Citizens of Manor and Millersville assembled at the headquarters at Safe Harbor. The invasion threat to Lancaster County ended as the Columbia-Wrightsville bridge was burned and Lee's army was defeated at Gettysburg.

By 1880 the population of Manor Township was approximately 4,000 people. From the late 1800's through the mid 1900's Manor Township was known for producing fine tobacco crops. Manor farmers produced more tobacco than any township in Lancaster County. Churches and schools were built as the area continued to grow. The railroad along the western

boundary of the township enabled industries to develop, including a woolen factory near Safe Harbor, match factory in Safe Harbor, and an implement

factory near Millersville. In April 1930 construction began on the dam for the Safe Harbor Water Power Corporation and was completed twenty months later in

18th AVA BIENNIAL CONVENTION DATE CHANGE

This is written to set the record straight regarding the changed dates of the 18th AVA Biennial Convention. We apologize for any inconvenience this may have caused. The biennial convention is now scheduled for Monday, April 29 thru Friday, May 3, 2013 at the Orlando Airport Marriott, 7499 Augusta National Drive, Orlando, Florida 32822-5015. The overall dates including all convention volkssport events are Saturday, April 27 through Sunday, May 5, 2013.

The AVA National Executive Council conducted a special meeting on March 29 and voted unanimously on the date change. We waited to announce the dates until after the contract was signed, and that was only a few days ago.

Why the change? We were informed quite unexpectedly in March by the hotel that all of the meeting space in the hotel had been booked by a sales agent two years ago and the hotel was committed to honor that reservation. The hotel for some reason was unaware of this overbooking until they began verifying the AVA contractual details. With our convention just about one year out, the decision was also made to stay with this hotel that we knew could handle the lodging, meeting space and social event requirements. Trying to identify and negotiate with another hotel at this late date was not the expedient course of action.

An AVA room block to handle room reservations will be established by June 1, 2012. Reservations must be made no later than April 1, 2013 by calling 1.800.380.6751. Ask for the American Volkssport Association room block.

1931.

Washington Boro's official merger into Manor Township in August of 1973 was one of the most significant changes in recent memory. Today, Washington Boro remains famous for the tomatoes grown by its farmers. Most of Manor Township remains rural and agricultural in use. The land

is considered by soil scientists to be as fertile as any in the United States. The vast majority of development has occurred in the north eastern section of the Township.

So why not plan now to join us to enjoy this

brand new venue in Manor Township first hand starting from our reserved pavilion in Martin Greider Park.



This will be our home base (startpoint) during our two day walk at Martin Greider Park.

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 05/01/12. 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.

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	Penn Dutch Pacers Meeting • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
23	W	Baltimore Walking Club	Baltimore - 200 th Anniversary of 1812	410-252-3165
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	Penn Dutch Pacers Meeting • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
21	W	Gater Volksmarch Club	Chesapeake VA	757-421-0070
28	W	Susquehanna Rovers	Millersburg PA	717-567-9537
28	W	Columbia Volksmarch Club	Nightmare Graphics	410-290-6510

August 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
18	W	York White Rose Wanderers	Biglerville PA (National Apple Museum)	717-677-6511
25	W	Piedmont Pacers	Hagerstown MD	301-829-3685
27	W	Washington DC Area Volksmarch Club	Alexandria VA	703-329-3721

September 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
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	M	Penn Dutch Pacers Meeting • 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	Penn Dutch Pacers Meeting • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		

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 Atlantic Region Calendar, cont'd

October 2012 (continued)

Date	Type	Sponsoring Club	Event Location	Contact Phone
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	Penn Dutch Pacers Meeting • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		
17	W	Seneca Valley Sugarloafers	Boysd 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
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

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
19	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

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

What's this Weird Looking Square Block on PDP Event Brochures?

The answer is a QR Code. A QR Code (it stands for "Quick Response") is a mobile phone readable barcode that's been big in Japan forever, broke into Europe a while back, and is now getting traction in USA.

In its simplest sense think "print based hypertext link" - simply encode a URL into the QR Code and then point a mobile phone (or other camera-enabled mobile) at it. If the device has had QR Code decoding software installed on it, it will fire up its browser and go straight to that URL.

But it doesn't stop there - a QR Code can also contain a phone number, an SMS message, V-Card data or just plain alphanumeric text, and the scanning device will respond by opening up the correct application to handle the encoded data appropriately courtesy of the FNC1 Application Identifiers that are embedded in the encoded data.

The technical specifications for a QR Code are set down in



the ISO-18004 standard so they are the same all over the world, and the only significant variations from one QR code to another (apart from the data it contains) is the number of modules required to store the data. A Version 1 QR Code is a 21x21 array of data elements with the array increasing in size by 4 modules for each increase in version number. The largest standard QR Code is a

Version 40 symbol that 177x177 modules in size and can hold up 4296 characters of alphanumeric data (theoretically) compared to 25 characters for a Version 1 QR Code.

To make things a bit more robust, the QR Code also contains its own error correction data, internal orientation calibration and self-alignment markers. In this way it doesn't matter whether the QR code is upside down or wrapped around a curved surface, the message will still get through. QR Codes have come into their own with the popularity of

Continued on Page 10, Column 2

Reminder about Digital Distribution for the Pacer Pulse

2nd Notice

As first announced in the last issue of this newsletter beginning with the December, January, February 2013 edition that comes out the beginning of December 2012 PDP will no long print and bulk mail *The Pacer Pulse*. As we stated last time, 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 (this is the second time we've asked) 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 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 *The Pacer Pulse* 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 at the first PDP meeting following the publication date. For instance the June, July, August 2013 newsletter that we mentioned above will be available digitally on or about the first of June. 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.

We would ask that you only request a printed copy if you absolutely have no other access to the newsletter since printing copies on demand which is what we will have to do for those requesting printed copies will cost the club significantly more per copy to print as well as to mail.

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.

Walking is the Best Exercise as We Age!

by Bob Gast

Since my wife Peg and I retired in 1993 we have been privileged to reside in an independent-living "villa" at Homestead Village Retirement Community – 1800 Marietta Avenue, Lancaster. www.homesteadvillage.org. This is just a mile west of Wheatland (home of President James Buchanan), and even less from the Conestoga House (Steinman Mansion). Both of these landmarks are on the *Penn Dutch Pacers* Lancaster WEST Year-Round 10k Walk [AT12/Y1117] through the residential areas west of the Lancaster City, and which also includes a stroll through the Franklin and Marshall College Campus itself.

I say 'privileged' because included as the mission statement of Homestead Village is to "enhance independence and dignity as together we create a compassionate community." It has been clear to us that the goal has been met quite well, particularly in these ways: a thermostatically controlled WALKING TRACK surrounds the therapy pool. While it takes encircling the pool a total of 22 times to equal one mile, it is well worth it (w/ a walkman headset on) in inclement weather. Also annually during April-May a Virtual Spring Walk is sponsored by our Activities Director encouraging residents to walk, inside or outside, as a form of exercise. The current emphasis is to Scale the Great Wall in China.

Approximately 35 residents (1% of the total number who call Homestead Village Home) record their walking in units – four units = one mile – and together with other walkers, swimmers, or bicycle riders we progress along the Great Wall of China. In previous years the venues for these Spring virtual walks, usually spread over a five week period, have been: Nova Scotia (2007); the Appalachian Trail (2008); Ireland

Cont'd from Previous Page

(2009); Italy (2010), and last year (2011) Alaska. Homestead Village is doing all it can to promote a productive and healthy retirement. Our residents have been told of the benefits of a walking program being that

*Walking can be done safely almost anywhere: outdoors, or indoors in gyms, hallways, or malls,

*Walking is beneficial for participants with osteoporosis because it is a low-impact, weight bearing activity.

*Walking eases the pain of arthritis and reduces muscle stiffness and aches.

*Walking is beneficial for diabetics because it increases the flow of blood and improves circulation.

*Walking is beneficial for participants with heart-related problems; it is an easy, familiar activity in which the intensity, frequency, are easily controlled.

*Walking burns calories, and when combined with proper nutrition, helps manage weight. Walking uses up nearly as many calories as jogging. It takes longer to do it, but it is much less stressful on the body.

We have enjoyed the emphasis and opportunity which Homestead Village Retirement Community has provided for us over the years, unfortunately it is *less* important to us now than it was, as I am unsteady on my feet due to lack of strength and have had to give up walking, and Peg, a polio survivor, now uses a motorized chair as her means of conveyance.



We need to start this article on volunteers with a hearty, BIG THANK YOU to Daniel Barber and Monica Daniel-Barber who have graciously stepped forward to fill the YRE Coordinator and Membership Chairman positions respectively. (Read more in the Presidents Comments, if you haven't already.)

I'm sure when you saw the headline you cringed and said to yourself, "Is there really another article about volunteering and do I really want to read it?". Thank you if you made it this far in the article and thank you if you have ever volunteered in any capacity at any of PDP's walking events or done anything in anyway to further the PDP mission of producing walking events for health, fun and fitness.

Keep in mind there would be no need for continuing articles on volunteering if we continued to get an adequate number of volunteers to continue to do what we need to do. If you are reading this newsletter and especially this article you obviously have interest in volkssporting and specifically the Penn Dutch Pacers

and the rewards it can bring to your life on many levels. So the question is were you in the group of folks that we thanked at the beginning of this article or are you in the 'other' group.

We have almost, ad nauseum, talked in these pages over the years about how important the people are who volunteer to do all the jobs that need to be done to make the Penn Dutch Pacers function. This is the dedicated core of people who have decided that what PDP does have value to them and others and have decided to donate their time and talents to help provide wonderful walking experiences throughout Lancaster County and beyond. These are the folks that you have to thank for everything that makes the Penn Dutch Pacers what it is. This is the core of folks that have either been doing the same job for many, many years or who jockey from one position to another as by-law term limits are met so that all the vital jobs continue to get done. This shouldn't be the way it is.

The problem with this is that at some point when for some reason one or more of the people that you, i.e. the Penn Dutch Pacers as a whole, have been counting on cannot or desires not to continue to perform the job that they have been doing forever you have no one left that you can call on. Without someone new coming forward to learn these different essential jobs and then to take them on PDP is in jeopardy.

You say in jeopardy? What do you mean in jeopardy? What we mean is if we can't fill the vital positions when they become available with people



Cont'd from Page 9 – Volunteers Needed...

outside the core of people who volunteer tirelessly and who don't want to or can't take on yet another job then the Penn Dutch Pacers as you know it may go away. No one wants the Penn Dutch Pacers to go away but with the serious lack of people who want to do work that make the Penn Dutch Pacers and the walks that we produce possible then it becomes more and more likely that it will go away.

Let's address the folks that we thanked early on. We sincerely appreciate any effort you have ever made on PDP's behalf, but if your contribution was only once or a long time ago, we need to ask you to renew your efforts to either get involved in one or more of the activities that go on behind the scenes that make PDP walks, either weekend events or YRE and Seasonal Events possible or volunteer to help for just a two hour stint during one of our events. Even if everyone who has ever helped before volunteered for just one two hour stint per year we would have more than enough help at our events without the same people volunteering over and over again.

The 'other' group we define as the folks that really enjoy the walks but have not yet availed themselves of the many opportunities to get involved in the many aspects of making a walk happen that we have delineated countless times in this newsletter.

We had so few volunteers for our Willow Street walk in 2010 that we had to put out an urgent call for volunteers the Thursday right before the walk. Even with that we manned a number of the posts with folks who had already done their share for the event. So since we don't really want to get into the situation we were in in Willow Street or any similar situation since, let's review how easy it is to volunteer. You'll know when we're done how to easily volunteer for a two hour stint during a PDP event and as far as getting more involved and all the backroom stuff that makes walks happen, that is easy, just show up for a monthly meeting.

One of the named positions that you will see along the left hand column of this very newsletter is 2nd Vice-President. This position is currently held by Carmie Keiser. Her secondary title is Volunteer Coordinator and she is the one who is ultimately responsible for scheduling volunteers during a PDP walking event. (If you haven't already gotten a call from her, expect one.)



You can make her job easier in one of two ways. First if you attend a PDP event, on the Start/Finish table there are always two forms that are headed VOLUNTEERS NEEDED. These two sheets allow you to sign up to volunteer at the next PDP event. One sheet is to volunteer for Saturday and the other sheet is to volunteer for Sunday. So when you do a PDP walk simply enter your name and contact information and indicate when you will be available.

You say, "I didn't know or I didn't see the volunteer form or I forgot to sign up, what do I do then?" well as you might guess we have a solution. Go to the PDP website at <http://www.penndutchpacers.org> then go to the volunteer page and click on the link. By simply filling in your name and phone in the time slot or slots in the spreadsheet you will be signed up. The Penn Dutch Pacers want and need your help to continue, please consider some of the suggestions herein and get involved today!

Cont'd from Page 7, What's this Weird ...

smart phones that have apps that can read the codes and display information based on what is in the contained in the code. If you have a smartphone and scan the QR code here which is the same code that we printed in our Greider Park brochure it will take you to a live map showing our startpoint in Martin Greider park and allowing you to get live directions from where you are to the park. If you don't have a smart phone and are wondering what is stored in this QR Code it is this URL to the map - <http://maps.google.com/maps/ms?msid=208120123813128346650.0004ba76874e3fe7b68c4&msa=0> You can type this URL into your browser on your computer if you want to see the map for yourself. As you can see from this URL it is much more information than can be stored in a 10 digit UPC code.

So now you know when you see a QR Code what it is and how to use it. It's a natural for Volksmarching and we wonder why it hasn't been adapted by other clubs and the AVA. Maybe someday.

Answers to Crossword on Page 2

- | | |
|-------------------|-------------------|
| 30. TURKEYHILL | 24. COLONIAL |
| 29. GREIDER | 23. TOMATO |
| 28. MAPLEGROVE | 21. GRISTMILL |
| 27. COLUMBIA | 15. RIDGE |
| 26. SUSQUEHANNA | 14. COUNTRYCLUB |
| 25. TOBACCO | 13. WILLIAMPENN |
| 23. TOWNSHIP | 11. REALESTATE |
| 22. FERRY | 10. MAPLE |
| 20. CONESTOGA | 8. KEYSTONE |
| 19. MANOR | 6. AGRICULTURAL |
| 18. PHEASANT | 5. BLUEROCK |
| 17. LINCOLN | 4. QUAKER |
| 16. MILLION | 2. SUSQUEHANNOCKS |
| 12. SAFEHARBOR | 1. INDIANTOWN |
| 9. DAM | |
| 7. BRUBAKER | |
| 3. NATIVEAMERICAN | |

Continued in the next column

NEXT NEC MEETING

The National Executive Council is the ruling body of the AVA of which the Penn Dutch Pacers is a member. The Atlantic Region Director, Sam Tollett is our representative on the NEC and it is his responsibility to represent the clubs in the Atlantic Region at the NEC meetings. Should you ever have concerns that you think should be addressed at the NEC meetings please feel free to contact our representative Sam Tollett by writing him at 3 Delmont Court, Hampton, VA

23666-5508 or call 757.766.3065 or e-mail him at this address at rd@ava.org. The next official National Executive Council XVII Meeting will be held July 6 and 7, 2012 at the Fairfield Inn Orlando Airport, 7100 Augusta National Drive, Orlando, Florida 32822, telephone 407.888.2666. The meeting schedule is as follows: 1) Friday, July 6: 7 p.m. to 10 p.m. 2) Saturday, July 7: 8:30 a.m. to 5:30 p.m. Both of these meetings are formal meetings.

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

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*Trailmaster

Spicy Apple-Walnut Salad with Fat-Free Balsamic-Raisin Dressing

Ingredients:

- * 5 cups romaine lettuce, chopped (about 1 romaine heart)
- * 2 cups baby spinach
- * 1/2 cup clover sprouts, alfalfa sprouts, or broccoli slaw
- * 2 tablespoons Fat-Free Balsamic-Raisin Vinaigrette, see below (or other dressing)
- * 1 small apple, chopped
- * 1/2 cup chickpeas, cooked
- * 1 tablespoon chopped walnuts
- * 1 tablespoon raisins
- * 1/2 jalapeno chile, stemmed, seeded and finely diced (add more or less to taste)*
- * additional dressing, to taste



Instructions:

Combine the lettuce, spinach, and sprouts or broccoli slaw in a large salad bowl and toss well with balsamic dressing. Top with the remaining ingredients and drizzle with a little more dressing, if desired.

Notes: Instead of the jalapeno, you can use any spicy seasoning or salt. Preparation time: 10 minute(s) | Cooking time: 0 minute(s) – Number of servings (yield): 1

Nutrition (per serving): 377 calories, 71 calories from fat, 8.5g total fat, 0mg cholesterol, 96mg sodium, 1450.9mg

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, Kitty Glass, Sherry & Phil Allamong

Penn Dutch Pacers Volksmarch Club, Inc.
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Return Service Requested!



Check us out at www.penn dutch pacers.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