

## Walking at Muddy Run June 22 & 23

Most of our walks are in urban areas or rural areas where we are walking on paved surfaces, i.e. sidewalks or rural roads. Although there have been short sections of our trails over the past decade that encompassed a natural surface we have not sponsored a walk that is primarily on natural surfaces for quite a while. We don't really have a lot of areas to layout a 10K trail that is predominantly on a natural surface except in areas such as Muddy Run. It's been a while since we have walked in Muddy Run Park. In fact it was 2001 when we last held a weekend event there followed by several years of providing a seasonal walk in this beautiful natural outdoor setting.



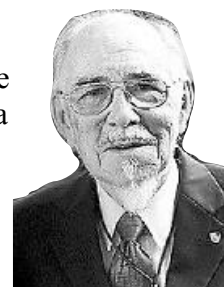
Our trail is entirely within the Muddy Run Recreational Park around the 100-acre lake and in some of the surrounding 700 acres of woods and field areas. The habitat is home to the Eastern blue bird and other songbirds, bald eagles, ducks, geese and white-tailed deer, among many other creatures. The park provides family recreational needs, including camping, biking, hiking, boating and fishing. The park includes a campground and a boat launch with electric and rowboats available.

As you may or may not know the lake at Muddy Run is not a natural lake but a man-made lake. The park recreation lake is actually one of two lakes that were created in the Muddy Run ravine. The upper reservoir is a 100 acre constant level recreation park lake dam that is located about two miles from the Susquehanna River where you will find the dam for the 900 acre main (lower) reservoir for the Muddy Run Pumped Storage Hydro Electric generation facility.

The Muddy Run project started sometime in 1962 with rumors among neighbors of someone approaching them to buy their farms. Those closest to the river were being approached weekly to sell their property. A lot of rumors ran rampant throughout the community. Unofficial buyers were the government, the Air Force, the space

## R.I.P. Bob

On April 15<sup>th</sup> Bob Gast transitioned from this life to the next where we are sure he has already completed many a volksmarch and has stepped up and volunteered to help just as he did when he was here.



Bob was one of the core of people that we have talked about in these pages many times that when things needed done they are always there to do. For many years Bob was involved with the Penn Dutch Pacers not only walking but volunteering where he was needed at our walks whether at the

Start/Finish or at a checkpoint. He also for many, many years held the title of YRE coordinator, i.e. the person who managed all the YRE and seasonal walks. At least once Bob turned over the reigns of YRE Coordinator to someone new only to take it back when the person who took the job wouldn't or couldn't do it right. Once he finally turned over the reigns to someone competent, Bob, the YRE & Seasonal expert extraordinaire became PDP YRE Coordinator Emeritus.

Bob was the guy that kept all the YRE & seasonal walk statistics that were reported to KSVA and AVA and that were also reported to the membership via this newsletter. Who can forget Bob's dramatic presentation of those stats at many a PDP meetings, on one occasion at least donning different hats to get his point across. Bob was not one to sit on the sidelines and was always willing to jump right in. Bob was a staunch advocate of PDP and sometimes ruffled feathers at both the state and national levels by making his opinions known. Someone had to do it, right?

You could always count on seeing Bob at PDP meetings until his illness sidelined him and in the warmer months he would often walk (how appropriate) to the meetings when we had our meetings at Apria and the hospital. Inge Koenig remembers Bob for his kindness. "I first met Bob Gast at a PDP picnic in Buchanan Park—I



Inception is defined as an act, process, or instance of beginning and originates from the Middle English *inception*, from Latin *inception-*, *inceptio*, from *incipere* to begin, from *in-* + *capere* to take. So Walk Inception is to begin a walk. The moment of inception is that *Ah Ha* moment when someone says to themselves that a particular location would be a great place for a walk.

In the twenty plus years that the Penn Dutch Pacers has been in existence we have produced 119 walking events (including the upcoming Muddy Run Walk and not including all the seasonal and YRE events over the years) to the benefit of the Lancaster county community and beyond. Each of these walks took place because an individual (let's say that again, an individual [which could be you]) had an idea and acted upon that idea initially on their own and then in concert with others. That moment of inception was then nurtured and followed through to the actual production of a walk that the Penn Dutch Pacers sanctioned, produced and sponsored.

The point of this discussion regarding the inception of PDP walks is to let everyone know (if you don't know already) that each of us has the capability and capacity to have that *Ah Ha* moment which is the start of every walk that PDP has ever produced.

Although we have walked in many areas of Lancaster county in the past 24 years or so there are still a lot of areas that we have not yet explored. The reason we haven't explored them is that we haven't had someone come to a meeting and say something like, "I have an idea for a walk in [insert location here]" or "I live or work in [insert location here] and I have a great idea for a walk". Each person has a more intimate knowledge of the areas in which they live and work than any of the rest of us. Most of us walk around where we live or work.

So the take home message here is that everyone reading this has the ability to discover the next great PDP walking venue if only we take a moment to look at the areas that we are most familiar with and allow that *Ah Ha* moment to happen. Once you have the idea for a walk venue there are a number of ways you can proceed.

Cont'd in the next column

If you fancy yourself just an idea person which is certainly okay, the simplest thing that you can do is to share your idea for a walk with other members of PDP, most appropriately at a monthly meeting. Although you could also communicate your ideas to the PDP president or trailmasters who then would present your idea at a meeting. If you've looked at a meeting agenda lately you know that it includes a list of possible future walk locations to be vetted as time permits by the trailmasters or others. Initially your idea for a venue would wait on the list for further action to be taken.

If you are the type of person who would like to take your idea further and you have some tech savvy there are ways you can move your walk venue up the list by doing some or all of the work yourself. One of the great tools that has come along can be found at <http://www.gmap-pedometer.com/> The gmap in the website name is short for Google maps and the pedometer portion indicates that it measures trails. So you have a website where you can put a trail together without ever leaving your house. You have the choice between measuring the trail in english measurements (feet & miles) or metric (meters & kilometers). The metric choice being perfect for volksmarching. In addition the program will automatically insert markers on your map for every kilometer and keeps a cumulative total of kilometers for your trail so you know exactly where you are. It's a great way to try different routes to see which one gets you closest to that 10K trail that we are looking for. Gmap allows you to virtually measure trails along roads and streets as well as natural trails. All along the way you can save your trail and share the URL to the trail so that others can look at it.

The idea for a walk venue is arguably the most important and definitely the first step to producing an enjoyable walk for everyone. When you have that *Ah Ha* moment don't keep it to yourself, do something with it. You'll be glad that you did and so will everyone who turns out on that scheduled weekend to do YOUR walk.



*A runner asks his wife: "What do you love most about me? My tremendous athletic ability or my superior intellect?" "What I love most about you," responded the man's wife, "is your enormous sense of humor."*

# PRESIDENT'S COMMENTS



*Pete Byrne*

What a great day for a walk! That's how we felt about our first event of the year in Columbia. The 231 walkers who participated enjoyed an interesting tour of two river towns in glorious weather. Our thanks to the Turkey Hill Experience and the John Wright Restaurant. Hopefully we'll have good weather for our next walk, at Muddy Run. We will be able to serve food at Muddy Run, so I'm putting out a call for volunteers to make soups and baked goods and to help in the "kitchen", grilling brats and serving food. Please call Carmie Keiser at 898-1959 and tell her how you will help.

On May 11 several other Pacers and I walked through downtown Lititz in support of the Lititz Walk for Wounded Warriors. The walk raised over \$8,000 for Wounded Warriors in Pennsylvania. The Penn Dutch Pacers was a sponsor of the Walk.

We are looking for some younger knees to help out with the Trails Committee. The walking required to layout, measure, set-up, and tear-down a trail is taking its toll on our current Trailmasters. They would welcome a few younger volunteers willing to learn this most important task. How about YOU! Call Barry at 625-3533 or Don at 656-6873 to join their team.

A reminder that the Penn Dutch Pacers will be preparing the trails for the biennial Atlantic Region Conference, to be held in Lancaster in March 2014. More on the conference in our next newsletter. Until then, see you on the trail.



**Sunday, June 16, 2013 • 1 PM**

Muddy Run pre-Walk

**Thursday, June 20, 2013 • 7 PM**

Monthly meeting of PDP at the Lancaster Health Campus

**Saturday, June 21, 2013 • 8AM til 4 PM**

**Sunday, June 22, 2013 • 8AM til 4 PM**  
Weekend Walking event at Muddy Run Park in Holtwood PA

**Thursday, July 18, 2013 • 7 PM**

Monthly meeting of PDP at the Lancaster Health Campus

**NO MEETING IN AUGUST**

## Past KSVA Presidents Honored

Past presidents of KSVA that attended the KSVA meeting that was held in conjunction with the 25th Anniversary Hershey Walkfest held Thanksgiving weekend and sponsored by the Susquehanna Rovers were recognized.



*Past Presidents shown - (left to right) Joan Lampart, Pat Eby, Louise Clouser - Absent - Sharon Miller and Susan Shaffer. Deceased - Lou Ernst and Carl Baranski.*

Without the desire of these people to step forward and serve the Pennsylvania state volksmarch organization in this capacity it would be impossible for KSVA to exist.

Past presidents were thanked for their service and awarded a keystone shaped patch with the KSVA logo with Past President on it. - First published in *The Rover Reporter* and used with permission.

## CLUB MEMBERS ACHIEVEMENT AWARDS

### EVENTS

10 Events  
Jonathan Dunkle

Records from  
the American Wanderer  
American Wanderer,  
April/May 2013

## *New Atlantic Region Director*



Dave Scull who ran unopposed for Atlantic Region Director and whom we told you about in depth in the March, April, May edition of the newsletter will be taking the reigns of the Atlantic Region beginning July

1st. Until July 1st any communication that concerns the Atlantic Region should be sent both to the outgoing director, Sam Tollet at [runsbears@gmail.com](mailto:runsbears@gmail.com) and to newly elected director, Dave Scull at [avawalknj1@aol.com](mailto:avawalknj1@aol.com). Additional contact information can be found on page 11. We wish Dave all the best in his position within the AVA and invite him to attend all of the great upcoming PDP walking events.



# WALK!

YOUR WAY TO BETTER HEALTH

## Anatomy OF Walking

**BOOSTS ENDORPHINS**  
EASING STRESS, TENSION, ANGER,  
FATIGUE, AND CONFUSION  
IN TEN MINUTES

**REDUCES  
GLAUCOMA RISK**

**LIMITS SICKNESS**  
BY HALVING ODDS OF CATCHING A COLD

**HALVES  
ALZHEIMER'S DISEASE RISK  
OVER 5 YEARS**

**WORKS  
ARM &  
SHOULDER  
MUSCLES**

**IMPROVES HEART HEALTH**  
BY INCREASING HEART RATE  
AND CIRCULATION

**ENGAGES  
AB MUSCLES**

**IMPROVES  
BLOOD  
PRESSURE**  
BY FIVE POINTS

**BUILDS BONE MASS,  
REDUCING RISK OF  
OSTEOPOROSIS**

**LIMITS COLON CANCER  
BY 31% FOR WOMEN**

**STRENGTHENS LEGS,  
INCLUDING QUADRICEPS,  
HIP FLEXORS, AND HAMSTRINGS**

**IMPROVES  
BALANCE**

**BURNS  
MORE FAT  
THAN JOGGING**

ONLY 30 MINUTES A DAY,  
5 TIMES A WEEK CAN MAKE YOU  
HEALTHIER AND HAPPIER.

# Every Body WALK!

The Campaign to Get America Walking

Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. If you're thinking that wow AVA is finally getting its act together by sponsoring a campaign to get everyone walking and to let everyone know about all the wonderful walking experiences that the clubs of the AVA provide, you would be a tiny, tiny, tiny bit right.

The Every Body Walk campaign is powered by, as the website states, Kaiser Permanente. The campaign's website at [www.everybodywalk.org](http://www.everybodywalk.org) and it lists 56 organizations that are listed as Partners. One of those 56 organizations listed as a partner is AVA. There is a link on the Every Body Walk! website to AVA's website and on the AVA website the only mention that can be found is a very small Every Body Walk logo at the bottom of the main AVA page with a link back to the Every Body Walk website.

The Every Body Walk! Site is designed to spread the message that walking 30 minutes a day, five days a week really can improve your overall health and prevent disease. Think what giving the people the opportunity to walk two hours plus on the weekend would do. The site provides news and resources on walking, health information, walking maps, how to find walking groups, a personal pledge form to start walking, as well as a place to share stories about individual experiences with walking.

In addition to all that there is a free app that runs both on Apple & Android that turns your smartphone into a pedometer with Every Body Walk! a new easy-to-use walking app from Kaiser Permanente. The Every Body Walk! The app helps you track all aspects of your walk including distance, time, calories burned, and routes. You can watch your progress en route, save your walking history for future reference, and share your walks with friends and family via Facebook and Twitter.

- With the Every Body Walk! App you can:
- Set targets such as distance, time, and calories burned.
  - View your walking routes on maps.
  - Watch your progress in real time and save walks for future reference.
  - Share your walk summary on Facebook



*Cont'd from Previous Page*

and Twitter.

So if you have a smartphone or need a good reason to buy one we'd recommend downloading this great app and giving it a try on your next walk until hopefully the AVA gets with it and releases a Volksmarch App.

The app that we volksmarchers are yearning for would have all the features of the Everybody Walk app plus a few things that are very specific to volksmarching that would bring our sport into the 21st century and would go a long way to change the image that Volksmarching is something old people do.

In addition to the features on the Everybody Walk App here are some features that would be beneficial –

- Since all smartphones know where they are via their built in GPS you should be able to go into the 'Volksmarch App' and see if there is a walk close to where you are. Most apps like this have a drop down that allows you to choose the distance from your location that you would like the app to look.. Once you find a potential walk you should be able to see all the specifics on the walk – Startpoint, hours, etc. Then if you decide on that walk the app should provide a map and navigation to get you to the startpoint.

- In the case of YRE/Seasonal walks the 'Volksmarch App' should allow you to register for the walk including paying for the walk via PayPal or some other payment system. Once you are registered the app would then provide the trail map along with step-by-step navigation so that you don't get lost. The app would know that you completed the walk as well as how far you walked and once you completed the walk the distance and event would be posted to the account that you set up when you first installed the app. You could at any time check on all the walks you have completed and the distance walked in the app or by logging into the app's website. When you reached the different AVA milestones you could then simply click submit to forward the information to AVA for your rewards at the different levels. No more books to keep (or lose), no more postage or waiting for AVA to process them, considerable reduced cost for both the volksmarcher and AVA while also eliminating the necessity of a physical startpoint since everything is done on a smartphone. In the case of folks that do not have smartphones, if they have Internet access, they could register and pay on the website and print out a map to the startpoint with driving directions along with a printed trail map with written directions. Once the walk is complete they log into their account and indicate that they completed the walk at which point it would be added to their account as a completed walk.

So those volksmarchers who currently have smartphones have an app to try immediately while we wait patiently for AVA to get going on the 'Volksmarch App' that will give walkers an incredible resource and that will also give some immense credibility to Volksmarching to the current generation which are smartphone centric and which we need to get involved if this sport we call Volksmarching is to survive.



## RENEW YOUR MEMBERSHIP



June is not only the month for weddings it is also the month in which Penn Dutch Pacer memberships renew. We're not sure why the Founding Fathers (not of the US founding fathers but the PDP founding fathers) decided upon June but none the less that's when it is.

Previous to having multi-year memberships it was easy. When June came around everyone's membership was due. Then we added multi-year memberships. The incentive there was reduced work both on the part of the member, i.e. they didn't need to

write a check as often for membership and there is also a slight savings. Multi-year memberships also reduce work for the PDP membership chair in that they no longer had to deal with the memberships every year but could go two or three years depending on the member's preference.

Then came the digital edition of the newsletter which further complicates things. Now we not only have regular memberships (with digital delivery of the newsletter) for one, two or three years, but we also have premium memberships (with printed USPS delivery of the newsletter) for one, two or three years. Plus lifetime members (lifetime memberships are no longer available) who want a printed and USPS delivered copy of the newsletter also have the option of subscribing for one, two or three years.

Of course the individual members can go a long way to help with their individual membership renewals simply by noting on whatever calendar they use when their membership expires and renewing without any notification from PDP. So if you're so inclined we thank you in advance for eliminating our need to notify you that you are expired by keeping your

membership current on your own.

So after having brought you up to date on what you can do to help here is what we have decided to do this year. The reason we say this year is that most likely we will see how our plan for notifying folks whose various memberships expire works and then it will be tweaked going forward. So here is what you can expect to happen as your membership expires no matter if it is this June or June a year or two from now.

If we have your e-mail on file which basically means that you supplied your e-mail when you filled out the PDP membership form or renewed with the same form, you will be sent an email reminder that it is time to renew your membership. The e-mail will have an image of the renewal form attached. You can print the renewal form, fill it out and return it with the proper funds to complete your renewal.

If we do not have a valid e-mail address on file or your e-mail bounced back indicating that it's invalid then you will be sent a postcard. The ideal situation would be that people would respond to the initial e-mail or postcard.

If however we receive no response in a reasonable time to the e-mail or postcard we will send a second reminder e-mail or postcard in an effort to elicit a renewal of a former member.

Thanks to all of you who elect to support PDP with your membership.

# 2013 - 2014 Atlantic Region Calendar

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

## June 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	W	Great Greenbelt Volksmarchers Inc.	Greenbelt MD	301-937-3549
1	W	Loudon Walking & Volkssport Club	Serling VA	703-737-2175
1 & 2	2W	Susquehanna Rvoers Volksmarch Club	Coleboork PA	717-272-0655
2	W	Liberty Bell Wanderers	Bala Cynwyd PA	610-287-3065
8	W	Northern Virginia Volksmarchers	Centerville VA	703-449-0615
8	W	Columbia Volksmarch Club	Clarksville MD	410-290-6510
10	NW	Northern Virginia Volksmarchers	Fairfax VA	703-971-6468
15	W	Annapolis Amblers	St. Michails MD	410-224-0907
15	W	Gater Volksmarch Club	Chesapeake VA	757-421-0070
20	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
22 & 23	W	Penn Dutch Pacers	Holtwood PA	717-203-1725
24	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
29	W	Virginia Vagabonds	Williamsburg VA	757-766-3065
29-30	W	York White Rose Wanderers	Shippensburg PA	717-309-6088
29-30	W	Susquehanna Rovers	Carlisle PA	717-991-5232
29-30	W	Cumberland Valley lead Foot Club	Chambersbrug PA	717-263-9532

## July 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
13	W	Columbia Volksmarch Club	Columbia MD	410-290-6510
18	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
20	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
27	W	Seneca Valley Sugarloafers	Rockville MD	301-980-6982

## August 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
10	W	Columbia Volksmarch Club	Savage MD	410-290-6510
24	W	Piedmont Pacers	Hagerstown MD	301-922-1592
24	W	York White Rose Wanderers	Glen Rock PA	717-244-3259
26	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

## September 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
7	W	Freestate Happy Wanderers	Laurel MD	301-490-5850
7 & 8	W	Susquehanna Rovers Volksmarch Club	Tamaqua PA	717-567-6815
9	NW	Northern Virginia Volksmarchers	Fairfax VA	703-971-6468
14	W	Great Greenbelt Volksmarchers	College Park MD	301-937-3549
14	W	Viriginig Vagabonds	Hampton VA	757-766-6065
14	W	Northern Virginia Volksmarchers	Burke VA	703-644-0189
14 & 15	W	Penn Dutch Pacers	Quarryville PA	717-393-6700
19	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
21	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
21	W	Gater Volksmarch Club	Norfolk VA	757-421-0070
22	W	Liberty Bell Wanderers	Macungie PA	215-442-1337
22	W	Annapolis Amblers	Annaplis MD	410-224-0907
28	W	Piedmont Pacers	Frederick MD	301-922-1592
28	W	Loudon Walking & Volkssport Club	Lovettesville VA	703-737-2175

## October 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
5	W	Virginia Vagabonds	Hampton VA	757-766-3065
5 & 6	W	Ft. Belvoir Outdoor Rec/DMWR Special Events	Fort Belvoir (Alexandria), VA	703-805-2394
5	W	Baltimore Walking Club	Baltimore MD (Meadow Hill)	443-504-5552
12	W	Freestate Happy Wanderers	Cambridge MD	410-437-2164
12	W	Lee Lepus Volksverband	Colonial Heights VA	804-768-0055
17	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
18	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
19	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174

**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

# 2013 - 2014 Atlantic Region Calendar, cont'd

## October 2013 - cont'd

Date	Type	Sponsoring Club	Event Location	Contact Phone
19	W	Columbia Volksmarch Club	Ellicott City MD	410-290-6510
20	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
19	W	Peninsula Pathfinders of Virginia	Hampton VA	757-851-9252
26	W	Virginia Vagabonds	Newport News VA	757-766-3065
26	W	Seneca Valley Sugarloafers	Rockville MD	240-753-0009

## November 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
2	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
2	W	Piedmont Pacers	Sykesville MD	301-922-1592
3	W	Germanna Volkssport Association	Fort AP Hill VA	540-455-0772
8-10	3W	York White Rose Wandereers	Gettysburg PA	717-677-6511
9	S	York White Rose Wandereers	Gettysburg PA	717-677-6511
9	W	York White Rose Wandereers	Gettysburg/Ortanna PA	717-677-6511
16	NW	Seneca Valley Sugarloafers	Gaithersburg MD	301-385-0054
21	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		
23	W	Baltimore Walking Club	Darlington MD (Conowingo Dam)	410-638-7043

## December 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
7	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
14	W	Annapolis Amblers	Annapolis MD	301-509-6748
13-14	NW	Peninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
13-15	S	Peninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
14-15	W	Peninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
21	NW	Germanna Volkssport Association	Fredericksburg VA	540-846-1133
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164

## January 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
18	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

## April 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
12	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772

**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 11 – Report from the Convention*

weeks and months you will hear more about how the AVA intends to proceed. Election of the two remaining officers was conducted next. Results were:  
For president: Dennis Michele 118, Sam Korff 112  
For treasurer: Bob Morrison 137, Annette Tollett 90  
Previously reelected by acclamation were for vice president Holly Pelking and secretary Bonnie Johnson.  
Then the RDs announced the results of the regional elections: (alphabetically by region)  
Atlantic: Dave Scull  
Mid-America: Linda Neu  
North Central: Phyllis Olson (reelected)  
Northeast: Doug Reynolds (reelected)  
Northwest: Nancy Wittenberg  
Pacific: Wayne Holloway (reelected)  
Rocky Mountain: Frank Sayers  
South Central: Glen Conyers  
Southeast: David Bonewitz  
Southwest: Joanne Forinash  
While the paper ballots were being counted President Johnson

presented several awards:  
Special Recognition: Bob Wright  
Distinguished Achievement: Ruth Kay, Charles Head, Lois Head, and Charlotte Phillips  
Hall of Fame: Don Vartanian  
Next, Northwest RD Sam Korff made a presentation to host the 2015 convention June 13-21, Salem, Oregon. Host hotel would be The Grand Hotel. Delegates passed the motion to hold the convention there unanimously. (Afterwards Charlie Gentile made a preliminary pitch to hold the 2017 convention in Billings, Montana, on the week following the Crazy Horse walk in South Dakota. Delegates were enthusiastic about the prospect.)  
Before closing, President Johnson asked first time convention attendees to stand, there were about 20. Then he asked those who had attended more than one to stand, and had people sit after he called out the number of times. In the end, two remained standing who had attended 16 of the AVA's 18 conventions.  
In closing remarks, President Johnson returned to his opening theme fitness, friendship, and fun, reminding attendees to be sure to strive for all three!

program, Philadelphia Electric and a chemical company. It was the entire conversation of all who lived in the area around Liberty Square in the Holtwood area of southern Lancaster County.

In October of 1962 the mystery buyer of southern Lancaster county land had purchased a third farm below Holtwood Dam boosting its holdings to 622 acres, a fraction of what they would eventually acquire. Unofficially, the firm had been identified as Philadelphia Electric Co.

A lot of farmers gave up their land, some willingly, most unwillingly. There was more than enough anger and animosity through the course of acquiring the land to make the Muddy Run project a reality.

Things got under way around Thanksgiving of 1963 when construction began. At the time it was the biggest construction project ever undertaken in southern Lancaster county with 750 workers.

Our trail at Muddy Run for all practical purposes retraces our trail from 2001 with a large portion of the trail circumventing Muddy Run Recreation lake. This trail although well marked and well used has all the things that you would expect on a trail through the woods including roots, rocks, footings that aren't level, leaves, briars, a climb over a culvert, downed trees to step over and limbs to duck under. It is strongly recommended that you equip yourself at the very minimum with hiking boots/shoes, a walking stick(s) and because it is June and there is no water on the trail around the lake we would also strongly suggest carrying water. If the weather is inclement for some reason the trail condition will be less than ideal and waterproof footwear would be suggested and rain gear would be a good idea.

Our past walk at Muddy Run was extremely popular so mark your calendar now so that you don't miss it.

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*Cont'd from Page 1 – RIP BOB*

think it was back in 1996 because I had moved to Lancaster County not long before and was new to the city. I was delighted to find there was a Volksmarching Club in town and got the schedule of their events. I could not make it for the walk held earlier in the day, as I had a prior commitment, but was able to come to the picnic. Since I wanted to see something of the city, I asked for the directions so I could do the walk on my own. Bob promptly offered to walk with me, saying that he'd wanted to do it anyway. I didn't ask, but am pretty sure he'd already done the walk and offered to go with me out of kindness, so I wouldn't have to do the walk alone. As we walked, he told me much about the city (the type of fun information that you wouldn't find in a

*Cont'd in the next column*

tourist guide), entertained me with some of his adventures as a volunteer firefighter, and gave me a pretty comprehensive history of the PDP. I have never forgotten his kindness, helping me get acquainted with my new surroundings.”

We all were certainly aware of Bob's volunteering with PDP but Bob was also involved with the Rohrerstown fire company as a fire policeman. Bob was always prepared with his gear in his vehicle along with those ubiquitous orange cones that we used for walks on occasion. Bob's fire police work got particularly exciting at one incident where Bob was hit by a vehicle by an impatient someone. Chris and George Resh remember, “The thing that reminds us the most about Bob is the number of times we talked to him about his being hit by a car while directing traffic for the Rohrerstown Fire Company.”

Bob was an very active walker in his day as evidenced by the fact that he went on at least one Tatar Tour as Kitty Glass relates – “Bob and I (and quite a few others) were on a Tater Trip to the AVA Convention in Colorado City. Somehow or other we went out on our own to do a walk around Colorado City. I know we had the map for a 10K walk but somehow or other we made a wrong turn and became rather lost. It was in the afternoon and our Tater Tour group had done a walk in the morning also. Bob kept checking his walking odometer that he always had with him and we finally got back on tract but this was after we had walked at least a mile out of our way. I think we walked on all the downtown streets of Colorado City. I remember we were both really tired and stiff by the time we returned to the hotel. Members of our group had already gone to dinner so we tried to slip in so we did not have to admit that we (veteran Volksmarchers) became lost. He had his trusty cane with him but even that did not help us on our long afternoon walk. On the rest of the trip we both stayed with the group when we did our walks.

I also remember Bob because he knew I have a pig collection. So one day he knocks on my door and in his hand is a pink little wooden pig that he made in his wood shop. It looked right at home in my front flower garden. Ironically the pig lasted several years and about a week before Bob died, the pig also collapsed. I could not repair it. I miss seeing the pig and I will miss seeing Bob faithfully walking and being a loyal member of the Penn Dutch Pacers. Thanks, Bob, for the memories.”

Bob was a good friend to many and we can remember having many deep involved conversations while we walked the trails together. We'll miss you Bob, you could always be counted on to do the job that needed to be done and who can ask more of anyone than that.





# All the pieces fell into place...

## PDP's Turkey Hill Experience

Over the years, more often than not, Penn Dutch Pacer walks in the Spring, especially in April coincide with the notorious showers that April also brings. This year however Saturday arrived with bright clear blue skies and although crisp at the start in the 30's it warmed to the low 50's with a light breeze. The light breeze was significant since the week previous was punctuated with constant wind and gusts in the 20 mph range or higher. Sunday dawned bright and sunny as well and peaked out in

the upper 50's by mid afternoon with a slightly higher breeze than on Saturday but still very pleasant for a Spring walk.

With the bright sun and the very positive weekend forecast came the walkers in droves. On Saturday we racked up 140 walkers and by the end of Sunday the total was 232, a fantastic total for two great days in Columbia or anywhere for that matter. PDP has not seen at total walker count over two hundred for years. Because all those walkers decided to join us the 50 patches that we usually order for each walk were gone early Sunday morning. And as with breaking the 200 walker mark we have not sold out of patches in a very long time.

No one really has the answer for the great turnout. No doubt it was the cosmic coming together of a number of factors. We had a wonderful startpoint at the Turkey Hill Experience which was very easy to get to just off Route 30. The weather as we mentioned was as near perfect as you can get for a Spring walk from beginning to end. The trail which included both Columbia and Wrightsville

was interesting and varied and took in the areas of the borough that included the Columbia Market which was on our patch along with other buildings that are interesting architecturally. The trail included a trek over the Susquehanna to Wrightsville and back again on the Columbia Wrightsville Bridge.

The numbers speak for themselves. Obviously Columbia was the right walking venue on the right weekend for lots of people. Everyone who had a hand in making the Columbia walk a success is to be congratulated. A big THANK YOU to each and every individual for all your hard work. It paid off in spades.

Columbia Results	Award & Credit	Credit Only	Non IVV	Totals
5K	4	25	4	33
10k	34	120	44	198
<b>Totals</b>	<b>38</b>	<b>145</b>	<b>48</b>	<b>231</b>



The start/finish table tucked under the steps at the Turkey Hill Experience was a busy place the entire weekend with all the walkers that showed up for our Columbia walk.



A wider view shows the sales table across from the start/finish table manned by Sales Chairperson Marv Albert. Main entrance to the Turkey Hill Experience is past the stairs.



In front of the restored stone wall of the old mill that houses the Turkey Hill Experience, folks review the brochures for future walks in the foreground & walkers are taken care of at the finish table after they complete their walk



*Editor's Note: We have Bob Wright to thank for his daily recap of the AVA convention activities during the three days of the convention from May 1st thru May 3rd. It's important for us to know what was and what was not addressed at the national gathering of our*

*parent organization every two years. A lot of times what wasn't addressed goes a long way toward letting us know where we are headed. You be the judge.*

*Cont'd from previous column*

committee. Passed: 158 in favor, 53 against. #5, various articles related to IVV-Americas. This will be considered on Thursday following voting on a motion to join the confederation. Finally, President Johnson and Awards and Recognition Committee chair Phyllis Olson presented the Trailblazer Award to the Falcon Wanderers of Colorado Springs, Colorado for cleaning up trails in four parks and being involved in a regional trails organization. (No Ted Ballman Youth Award was presented this year.)

Reported daily from the Orlando Biennial AVA Convention  
by Bob Wright

### **Day 1 of the biennial AVA convention is over, and what a day it was.**

The morning walk in Christmas under overcast skies in Orlando Wetlands Park gave 600+ 5- or 11-km walkers plenty of flora, fauna, and birds to see. Alligators large and small. Wildflowers galore. Cranes, heron, and others—a birder's paradise.

Day 1's agenda started with the Naval Junior ROTC honor guard from Boone High School presenting the colors. President Heinz Johnson welcomed everyone and related their being here from across our great country to the 3 F's of the AVA in practice: Fun, Fitness, and Friendship. After the introduction of NEC XVII members, the CEO of Yamax (a key AVA sponsor), and appointed officials, AVA Secretary Bonnie Johnson presented the credentials report 216 of 249 clubs in good standing credentialed. Quorum being met, the business began with approval of the meeting rules, agenda (with one change), and minutes from the 17th annual AVA Biennial Convention meeting (with two minor corrections).

Glen Conyers, chair of the Nominating Committee, presented the official slate of officers. In addition, there was one nomination from the floor (in italics). The final slate of nominations:

President: Sam Korff and Dennis Michele

Vice-President: Holly Pelking

Secretary: Bonnie Johnson

Treasurer Bob Morrison and Annette Tollett

After nominations were closed, motions to elect the vice president and secretary by acclamation passed unanimously. Then each candidate for president and treasurer spoke briefly about their candidacies.

Following a motion to waive the 60-day notice requirement for bylaws that passed 152 in favor to 60 against, proposed amendments were considered.

#4, Article XIII: To change the required vote to approve amendments from a majority to a two-thirds vote. Failed: 101 in favor, 111 against.

#1, Article V: To remove many officer duties. Those removed are to be moved to the Policy Manual. Passed, with a few against.

#2, Article IX: Change title to focus on the Executive Director; remove some responsibilities; add responsibility emphasizing broader management and leadership responsibilities for the Executive Director. Passed, with a few against.

#3, Article X: To add Information Technology as a standing

*Cont'd in the next column*

**Day 2 opened with a drizzly walk in Leesburg.** Unofficial registration count is 370. (Gave you some bad info yesterday—the actual count for Christmas wetlands was only 385.)

In the general session, convention committee chair Dennis Michele recognized the 4 key members of the committee, presenting the ladies with single roses. Annette Tollett read the necrology list of 106 names, and a moment of silence for them followed.

Treasurer Bob Morrison gave a treasurer's report that focused on four AVA statistical trends.

- The number of clubs is declining (there are 249 clubs in good standing as of convention out of 263)
- While the number of total events is holding around 3000, growth in year-round and seasonal events (YR/SEs) are offsetting the decline in traditional events
- Participation is declining too, gradually for YR/SEs but more dramatically for traditional events
- Revenue is declining faster than operating expenses; expenses started exceeding revenue in 2011

In closing, Bob noted the incoming NEC will need to make tough decisions and generate new ideas to reverse the negative trends. Each club received a copy of the AVA Biennial Report at the credentials table—these charts and others are included with the treasurer's report.

Next, business turned to joining IVV-Americas. Following AVA representative Bob Wright's report, he read the proposed motion (I paraphrase): that the AVA continue working with the organizing committee, and once the NEC confirms issues are resolved to the AVA's satisfaction the AVA membership would vote on joining IVV-Americas. After brief discussion, Pac RD Wayne Holloway offered an amendment (again paraphrased) that would have the membership vote now to join with joining effective once issues are resolved to the NEC's satisfaction. Some speakers asked why the AVA was bothering to pursue confederation membership; in response the membership voted to suspend

the rules so a motion aimed squarely at whether or not the AVA should continue pursuing IVV-Americas membership could be considered. When a show of delegate cards indicated a close vote, President Johnson called for a paper ballot. The tally being greater than the number of delegates credentialed for the day, the vote was invalidated, and the issue postponed until Friday given the lateness of the day.

During the vote counting, first President Johnson and interim Executive Director Candy Purcell presented the AVA Publicity awards to 29 recipients in 12 categories. Multiple winners are the Illinois Trekkers (5); NorthStar Trail Travelers (MN), Mid

*Cont'd on the next page*



*Cont'd from Previous Page*

Florida Milers Walking Club, and Treasure Valley Volkssports (ID; 3 each); and the Texas Wanderers, Northern Virginia Volksmarchers, and Walk 'n' Mass (2 each). Nine other clubs earned one award each. Details will be part of the meeting minutes. President Johnson then presented President's Awards for volunteer and professional service above and beyond to 9 individuals, one couple, and two work teams at the AVA National Headquarters. All names will be in the meeting minutes. To end the day, the Walk the Plank! Pirate Party was moved indoors due to continuing rain. Many attendees dressed up in costume, some very creative and original. Donna Seline will have pictures in The American Wanderer.

**Day 3 began under partly sunny skies a pleasant exception to the forecast.** (Correction. Final count for the rainy Thursday Leesburg walk was 405--

highest participation thus far at the convention.)

The general session kicked off with a presentation by Patrick Rose, Executive Director of Save the Manatee Club. He talked about manatees, the threats to their environment, and even showed us several pictures of Floyd, the manatee whom the convention adopted. After an engrossing and enlightening presentation Convention Committee chair Dennis Michele presented the club with a \$1000 donation from the AVA.

Getting down to serious business a paper ballot revote on the motion that "the AVA shall continue working to join IVV-Americas" was taken. It passed: 117 in favor to 113 against. Being late in the day, sponsors of the original motion and its amendment on the floor withdrew them and the Bylaws Committee withdrew the associated proposed bylaws amendments. In the coming

*Continued on Page 7, Column 1, Middle*

## Bulgur and Orange Salad

This wholesome salad is packed with fiber from its beans, grains, vegetables, and fruit. Serve it as either a side dish or a complete meal.

### Ingredients

Makes about 6 cups (6 servings)

- 1 cup dry bulgur
- 1 tablespoon orange juice concentrate
- 2 tablespoons seasoned rice vinegar
- 1 15-ounce can black beans, drained and rinsed, or 1 1/2 cups cooked beans
- 2 green onions, thinly sliced
- 1/2 red bell pepper, seeded and chopped
- 1 orange, peeled and chopped
- 2 cups boiling water
- 3/4 teaspoon salt
- 1/2 teaspoon ground cumin

### Directions

Place bulgur in a large bowl and mix with 1/2 teaspoon salt. Add boiling water and stir just to mix, then cover and let stand until bulgur is tender, about 25 minutes. Cool completely.

When bulgur is cool, add orange, bell pepper, green onions, and beans.

In a separate bowl, mix vinegar, orange juice concentrate, cumin, and remaining 1/4 teaspoon salt. Add to salad and toss to mix. If possible, chill before serving.

This salad is very flavorful the next day. Stored in a covered container in the refrigerator, leftover Bulgur and Orange Salad will keep for up to 3 days.

Per Serving (1 cup): 174 calories; 0.7 g fat; 0.1 g saturated fat; 3.5% calories from fat; 0 mg cholesterol; 7.5 g protein; 37 g carbohydrates; 6.9 g sugar; 8.2 g fiber; 473 mg sodium; 59 mg calcium; 2 mg iron; 33.9 mg



### The Pacer Pulse

The Pacer Pulse is published for the membership and friends of PDP and is produced 4 times a year with the intention of keeping everyone up-to-date with what is happening within the club and also within the world of Volksmarching. We encourage contributions from members and non-members alike. Our deadlines are November 1 for Dec/Jan/Feb edition, February 1 for the Mar/Apr/May edition, May 1 for the Jun/Jul/Aug edition and August 1 for the Sep/Oct/Nov edition. We prefer that articles for inclusion be submitted via e-mail either as a Word attachment or as native e-mail. We also accept articles typed or in long hand. All submissions will be included on a first-come first-included space available basis. Thanks in advance for your submissions. The Individual views expressed in articles published in The Pacer Pulse do not necessarily reflect the policy or position of the Penn Dutch Pacers.

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

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

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## Contents

- Walking at Muddy Run
- R.I.P. Bob  
^ page 1
- Inception  
^ Page 2
- President's Comments
- PDP Calendar
- Members & Milestones
- New Atlantic Region Director
- Past KVA Presidents Honored
- Great Lessons in Stress  
^ Page 3
- Everybody Walk  
^ Page 4
- Renew Your Membership  
^ Page 5
- Atlantic Region Calendar  
^ page 6
- Atlantic Region Calendar  
^ Page 7
- All the Pieces Fell into Place...  
^ Page 9
- Report from the Convection  
^ Page 10
- Club Officer Holders & More
- RECIPE: Bulgar & Orange Salad  
^ Page 11



Check us out at [www.penn dutch pacers.org](http://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  
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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