

## Downtown Lancaster Switcheroo

Coming up on Saturday, December 1st we all have the opportunity to walk in Historic Downtown Lancaster which will be festooned in its finest holiday regalia. The reason this walk is a switcheroo is that for the past couple of years we have been walking in downtown Lancaster to kick off the New Year but in 2012 we will instead be reminded of the forthcoming holidays as we traipse the streets and sidewalks of Lancaster seeing things that have always been there but that we may see for the first time.

A city, besides offering abundant things to see, also offers the opportunity to provide those participating in a variety of special programs the opportunity to get a stamp, seven stamps to be exact. If you are participating in any of the following programs you will gain a stamp in your book when you do this walk.

The special programs that this walk qualifies for include America's Baseball Walks (Clipper Magazine Stadium where the Lancaster Barnstormers play), Celebrating Golden Cinemas (King Street Theater & Fulton Theater), Classic American Diners (the Neptune Diner at the head of Prince St.), Honoring Law Enforcement (the Lancaster Police Station on the corner of Prince and Chestnut Streets, Lancaster County Courthouse & Lancaster County Prison), Over the Rainbow (Lancaster is the **RED** Rose City), Walking America's Murals (E. King & Shippen St, E. King & S. S Plum St., N. Prince North of Walnut), America's Bakeries (right across the street from the startpoint and also in Central Market - Rick's Bread) and Works Projects Administration (McCaskey High School).

We will again be graciously hosted by the folks at Isaac's Restaurant which is located just north of Penn Square in the first floor of the Fulton Bank complex. We will be located in the Pickle Bar toward the rear of the dining room. We encourage everyone to patronize Isaac's as a way of showing our gratitude for them allowing us to use



## The First Digital Edition of The Pacer Pulse

Whether you know it or not you are reading (most likely on a monitor, tablet or smartphone) an historic edition of the newsletter of the Penn Dutch Pacers Volksmarch Club of Lancaster Pa. The reason it's historic is it's the first time in the history of the Penn Dutch Pacers and of the publication of The Pacer Pulse and its predecessors that it is not being printed and bulk mailed.



The benefits of not printing and bulk mailing all those copies of the newsletter four times a year are many. Among those benefits and most importantly at this time of declining participation, is reducing the considerable cost incurred by the club to do so. Consider too the reduction in the use of the paper that the newsletter was printed on. Consider that since the newsletter is in an electronic form that you will be able to read it immediately after it is published anywhere in the world you may be and on any electronic device you may have. Another upside of the newsletter being published digitally is that you see all the pictures and graphics in full color which you never could because it always has been cost prohibitive to print it in color. Of course electronic distribution allows reading on any electronic device that supports the universal PDF file format and it also allows for each individual to chose to print it in its entirety or they can choose to only print the page with the crossword puzzle or recipe for reading if they care to do so. We again remind those folks that do not have electronic access (of course you may be saying to yourself that since this is a digital edition it is not likely that those folks that don't have digital access will be reading this in the first place and you would be right) that we will mail a printed copy of the newsletter if they request that we do so and pay the additional cost over

# Downtown Lancaster Walk Crossword

The crossword puzzle you see to the left is based on the information we have divulged beginning on the front page about our upcoming holiday walk in downtown Lancaster. The idea is that by doing the crossword puzzle you will revisit some of the highlights and fun information of the article.

We hope that as always you enjoy the crossword. If you do enjoy the crossword we'd like to hear from you.

We'd like to know things like do you do the crossword in every issue, is it the first page that you go to, would you like to see something besides a crossword puzzle in this space? (We have done a word search a time or two.)

Thanks in advance for your feedback. We look forward to hearing from you.

## Down

1. Any one of the large wall paintings that we pass on the Lancaster walk will qualify this walk for the Walking America's \_\_\_\_\_ Special Program.

3. Lancaster was declared a \_\_\_\_\_ in 1730.

4. Rick's Bakery located immediately across from our Isaac's Startpoint and also in Central Market qualifies our Lancaster walk the America's \_\_\_\_\_ Special Program.

6. The jail that preceded The Fulton was known throughout the colonies as the site of the massacre of the Conestoga Indians, that were being held there for their protection, by the \_\_\_\_\_ Boys.

9. Isaac's Restaurant is located on the first floor of a building owned by what Lancaster County Bank?

10. Lancaster Police Headquarters qualifies our Lancaster walk for the Honoring Law \_\_\_\_\_ Special Program.

11. The center of Lancaster was original called Centre Square but is now called \_\_\_\_\_ Square.

12. The long closed and re-purposed King Street Theater qualifies our Lancaster walk the Celebrating \_\_\_\_\_ Cinemas Special Program.

15. The month in which the Downtown Lancaster Walk is being held?

17. The startpoint for our Lancaster walk is in \_\_\_\_\_ Restaurant.

18. The Fulton was built on the foundation of a \_\_\_\_\_.

19. Lancaster being known as the Red Rose City qualifies our Lancaster walk for the Over the \_\_\_\_\_ Special Program.

22. What eventually became known as The Fulton was originally The Fulton \_\_\_\_\_ House.

## Across

2. Andrew \_\_\_\_\_ owned most of the land that would become present day Lancaster.

5. Christopher \_\_\_\_\_, a Lancaster merchant commissioned a renowned Philadelphia architect to create The Fulton.

7. Skills of what immigrants gave Lancaster a solid reputation that drew other artisans to the city?

8. By 1760 Lancaster had become the \_\_\_\_\_ inland city of the colonial period.

13. The Fulton is one of only three theatres in the US recognized as a National Historic \_\_\_\_\_.

14. The person whom The Fulton was named after is known for what invention?

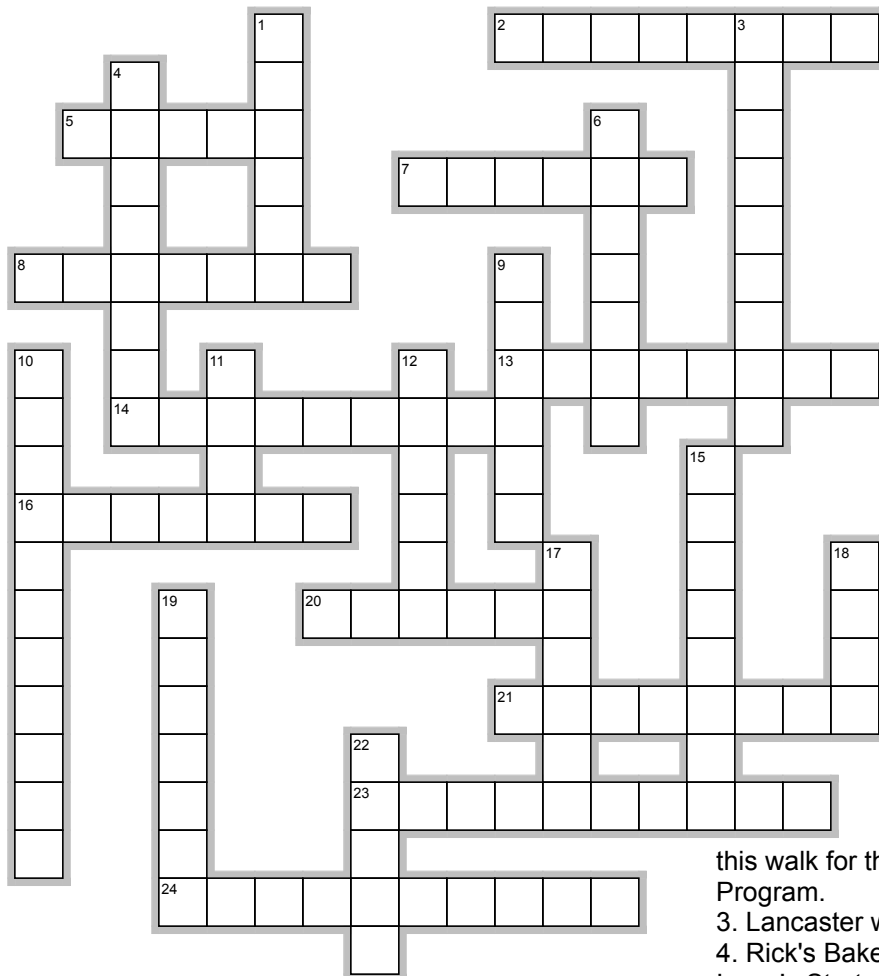
16. The Downtown Lancaster Walk is being held on the 1st. A number that represents the rank of a number with respect to some order is called what type of number? Not cardinal but \_\_\_\_\_.

20. The Neptune Diner qualifies our December walk for the Classic American \_\_\_\_\_ Special Program.

21. Walking by Clipper Magazine Stadium qualifies our December walk for the America's \_\_\_\_\_ Walks Special Program.

23. The population of Lancaster was surpassed in 1810 by what Pennsylvania city?

24. The location for Lancaster was unusual in that it was not located on a \_\_\_\_\_.



# PRESIDENT'S COMMENTS

Welcome! The fact that you are reading this means that you have found your way to our web site and have clicked on the link to the newsletter. Moving our newsletter to electronic distribution was not a hasty decision but rather the result of lengthy deliberations. The hard facts are that the cost of printing and mailing the newsletter were ever increasing, taking almost all of our current dues income. Our walks are barely self-sustaining, leaving our food sales as the only meaningful source of income. When the walk venue does not permit food sales, such as our December walk in downtown Lancaster, our treasury suffers. By relieving ourselves of the financial burden of the printed newsletter, we will be in a better position to offer more interesting walks.



Speaking of which, I sincerely hope that you will participate in our downtown Lancaster walk on December 1. I have taken a particular interest in this walk, to the extent that I have inserted myself into the trail design, in hopes that we can show you more of the historic buildings and locations within Lancaster city and give you a sense of time and place as you walk by them. We want you to know what you are looking at and how it fits into the history of our town. If we are successful, we hope to extend the concept to our Year Round Event walks; we want you to look forward to our YREs because you know you will learn something, not just complete distances!

Our inaugural walk on the Atglen to Susquehanna low grade rail trail was a success. As we design future walks on this trail our challenge will be to make the other portions interesting. After a while, one kilometer of an essentially flat rail bed begins to look like every other kilometer! And with 23+ miles of rail bed, the view can get pretty boring. So we'll be looking to make the return portions of our routes interesting and worthy of your time and energy.

You can be a part of the design of our future walks by attending our regular monthly membership meetings. We meet on the third Thursday of every month except August and December. The minutes from our previous meetings and the agenda for our upcoming meeting are always available on the home page of our web site. If you want to influence the future direction of YOUR club, get involved – come to a meeting.

Hoping to see you at Isaac's on December 1,

Pete

## RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2013

Ralph and Claire Greenawalt

## CLUB MEMBERS ACHIEVEMENT AWARDS

200 Events

Ralph Greenawalt

225 Events

Charlotte Haugh

250 Events

Terry Haugh

1350 Events

Michael Quinlan

1400 Events

Michael Quinlan

2500 KM

Terry Haugh

4000 KM

Robert Coonney

Records from the  
October/November '12 issue of  
*The American Wanderer.*

'Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning'

*Mahatma Ghandi*

## Tips for Volkssporters

**Body Language Too**

© Suzanne Wright, BSN &amp; RN, and Bob Wright, 2012

In the April 2012 issue of *TAW (The American Wanderer)*, you read (if you receive TAW that is) how your body speaks to you. Here are more ways it does.

(Warning: This is neither a comprehensive list of messages nor complete treatment guide. Always promptly seek professional medical treatment for problems--underlying causes could be much deeper and serious.

Carry a cell phone in case you need to call 911 for immediate assistance.)

You Feel...	Caused by...	Treat It	Prevent It
Dry eyes	Eyes drying out from dehydration or wind	Wear sunglasses, wide brimmed hat or visor. Apply lubricating eye drops.	Apply eye drops; drink plenty of water.
Light-headed	Hyperthermia or low blood sugar levels	Eat something high in carbohydrates like candy. If severe, <b>911</b> .	Eat healthy meal; keep candy bar handy during exercise.
Itching, redness, itching, pain, swelling	Contact with poisonous or prickly plant	Wash area or wipe with alcohol wipe. Don't scratch.	Avoid brushing vines and plants; wear pants, long sleeves.
	Insect Bite or Sting	Don't scratch; wash with soap, water ASAP. Apply lotion (e.g., calamine) to reduce itching. If swollen, apply ice. Remove ticks before they attach. If severe or allergic reaction, <b>911</b> .	Apply insect repellent before starting; wear pants, long sleeves.
Numbness, drowsiness, weakness, shivering	Cold Exposure (Stage 1 Hypothermia)	Bring into warm room ASAP; remove wet clothing, wrap in warm blankets. <b>911</b>	Limit exposure time; cover exposed skin with protective clothing.
Skin flushed to white or grayish-yellow	Frostbite (Stage 2 Hypothermia)	Cover frozen area to re-warm; do not rub, If fingers or toes, place gauze or cloth between them. Get to hospital as soon as possible. <b>911</b>	
Pain, redness, swelling at the corner of toenail	In-grown toenail	Loosen shoes if possible, slow pace, stop and roll small piece of Kleenex or cotton and place between nail and skin.	Make sure shoes fit properly, with enough toe room.
Pain in or around knee	Multiple causes: from ligament tears, bursitis, tendonitis, arthritis, gout; if behind knee, Baker's cyst.	Slow pace, adjust stride, rest frequently. Use ice, wrap knee or use soft brace, adjust activity level. See doctor if continues.	Stretch before, after exercise. Wear shoes that properly support feet. Keep stride, speed reasonable.
Pain in foot arch	Sprain, strain, bruise, fracture, fasciitis, flat foot; shoes worn	Rest, ice, wrap, elevate. If pain continues, worsens or interferes with daily activity, see doctor. Try over-the-counter arch supports.	Wear properly supporting shoes. Don't push through pain (often results in injury). If shoes worn for over 300 miles, get new pair.
Black toenail	Pressure on toes from swelling of feet or improperly fitting shoes	Loosen shoes if feet overly swollen. If swelling under toenail after 24 hours, blister needs draining, seek medical care.	Wear good socks, properly fitting shoes with enough toe room (feet can swell a full shoe size during exercise). Go to shoe store with knowledgeable staff for help in getting right fit.

Listen when your body talks to you, and you'll enjoy your volkssports more.

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

their facility free of charge. Thanks in advance from PDP and Isaac's.

We talk a lot about historic downtown Lancaster so let's take a look at some of that actual history. The area that became the City of Lancaster was settled by Europeans in the early 1720s, and was declared a "townstead" by the Governor of Pennsylvania in 1730. At that time, most of the land that would become the present-day City was owned by Andrew Hamilton. In 1733, he deeded 500 acres of this land to his son James Hamilton, who designed the layout of the new town of Lancaster using a uniform grid plan of straight streets and rectangular property lots. A town square -- originally known as Centre Square, and later called Penn Square -- was placed in the middle of this town plan.

Unlike many other colonial towns, Lancaster was not located on a waterfront, such as a river or coastal port. (The Conestoga River was a mile from Centre Square, and was not deep enough to be navigable for large ships.) Lancaster owed its early prosperity to its strategic location at a transportation crossroads. The Old Philadelphia Pike, extending west as far as Columbia, passed through modern-day King Street. North-south trade routes connected Lancaster with Maryland and areas in north-central Pennsylvania. The city's population grew from 1,500 in the mid-1740s to more than 3,700 in 1790. By 1760, Lancaster had become the largest inland city of the colonial period; it continued as an important center of commerce during and immediately after the Revolutionary War. (Not until the 1810s was the city surpassed by Pittsburgh in population.) Artisan craftsmen played an important role in Lancaster's colonial economy. The skills of German immigrants in metal, leather, and wood crafts earned Lancaster a solid reputation that drew other artisans to the city. On the eve of the American Revolution, it is estimated that there were about 300 craftsmen working in Lancaster.

Akin to this small-scale industry, small-scale buildings characterized Colonial Lancaster. While a number of elegant townhouses were scattered around the city, these high-style buildings were not typical of eighteenth-century housing in Lancaster. The predominant housing form in Lancaster prior to 1850 were simple one-story houses, built in English, Colonial or Germanic vernacular styles, typically constructed of log or clapboard-covered frame. Later examples, especially those built after 1800, were often built of brick. Of the 709 dwellings listed in the 1798 direct tax of Lancaster City, more than 72 percent were one- or one-and-one-half-story types. By 1815, this style still accounted for 66 percent of all city residences. A number of these rare early buildings, predating 1798, survive along Church Street and Howard

Avenue.

Larger buildings dating from the eighteenth century were built in the Georgian style, based on high-style English architecture and often influenced by prototypes appearing in Philadelphia. The Georgian style was popular in the American Colonies throughout the eighteenth century, but fell out of favor shortly after the end of the Revolutionary War (when the Federal style became fashionable, reflecting the young republic's new form of government).

Many of our walks in Lancaster have passed by The Fulton and previous to this we have paid it nary a mention. But since this years patch is emblazoned by a view of The Fulton facade we thought it appropriate to offer you more information on this history filled building in downtown Lancaster.

The Fulton Opera House, also known as the Fulton Theatre or simply The Fulton, is a League of Regional Theaters class C regional theater located in historic downtown Lancaster, Pennsylvania. Fulton Hall, named after Robert Fulton, Lancaster County's steam engine pioneer, was built on the foundation of Lancaster's pre-Revolutionary jail. In 1763, a vigilante gang known as the Paxtang Boys massacred the Conestoga Indians being held there for their protection. This was a monumental event throughout the colonies and became the subject matter for the first plays ever written on American soil - A Dialogue Between Andrew Trueman and Thomas Zealot About the Killing of the Indians at Cannestogoe (sic) and Lancaster and The Paxton Boys, a Farce. The exterior wall of the jail courtyard is now the back wall of the theatre. Christopher Hager, a Lancaster merchant and civic leader, commissioned the renowned Philadelphia architect Samuel Sloan (who later designed the Lancaster County Courthouse) to create a building that would serve as a community center for meetings, lectures, concerts, and theatrical performances. The building was erected in 1852.

The Fulton Theatre was later modified by noted theatrical architect Edwin Forrest Durang, and is one of only three theatres recognized as National Historic Landmarks (the others are the Walnut Street Theatre in Philadelphia and the Goldenrod Showboat in St. Louis, Missouri). The 1959 production of *Our Town*, starring Jeanne Clemson, marked that first time that a live theater production had been performed at the Fulton Opera House in thirty years.

So now you know a little of the history of Lancaster City and The Fulton as well. We hope you will join us to see The Fulton and the rest of Downtown Lancaster festooned in all its holiday finery.

# 2012/2013 Atlantic Region Calendar

This calendar is a compilation of the data taken from the AVA Walking Events list on the AVA website as of 10/16/12. Since new walks are always being added we would suggest referencing the AVA calendar for a definitive up to the minute list of current walking events in the region.

## December 2012

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	W	<b>Penn Dutch Pacers</b>	<b>Lancaster PA – Isaac's Restaurant</b>	<b>717-625-3533</b>
1	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
7-8	W	Penninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
7-9	S	Penninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
8-9	W	Penninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
8	W	Annapolis Amblers	Annapolis – Eastpoint Lighted Boat Parade	301-509-6748
10	NW	Columbia Volksmarch Club	Columbia MD	410-290-6510
15	NW	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
28	W	Baltimore Walking Club	Baltimore Hampden Lights	410-252-3165
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
31	W	Gator Volksmarch Club	Smithfield VA	757-421-0070

## 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
5	W	Virginia Vagabonds	Newport News VA	757-766-3065
17	M	<b>Penn Dutch Pacers Annual Dinner Meeting @ Isaac's Restaurant, Manheim Pk, Lancaster, PA at 7:00 PM</b>		
19	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

## February 2013

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

## March 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
2	W	Baltimore Walking Club	Baltimore MD	410-592-3171
16	W	Peninsula Pathfinders of Virginia	Newport News VA	757-890-9220
21	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
30	W	Virginia Vagabonds	Williamsburg VA	757-766-3065

## April 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
6	W	Piedmont Pacers	Westminster MD	301-922-1592
6	W	Virginia Vagabonds	Gloucester VA	757-766-6065
13	W	Lee Lepus Volksverband	Midlothian VA	804-768-0055
14	W	Cavalier Volksmarching Club	Charlottesville VA	434-924-3791
18	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
20	W	Peninsula Pathfinders of Virginia	Hampton VA	757-890-9220
22	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
27	W	Seneca Valley Sugar Loafers	Rockville MD	301-294-1191
27	W	Loudon Walking & Volksmarch Club	Leesburg VA	703-737-2175

## May 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
4	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
16	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
11	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
18	W	Seneca Valley Sugarloafers	Kensington MD	301-926-0915
18-19	2W	Peninsula Pathfinders of Virginia	Hampton VA	757-890-9220
20	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

## 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
20	M	<b>PDP Meeting • Diagnostic Imaging Center • Patient &amp; Family Education Conference Room •Lancaster Health Campus at 7:00 PM</b>		
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

**Legend:** W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim  
Sk=Ski, XSk= Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe M=Meeting

**] = Penn Dutch Pacer Event**

## 2012/2013 Atlantic Region Calendar, cont'd

### July 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
]] 18	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room	•Lancaster Health Campus at 7:00 PM	

### August 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
]] 15	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room	•Lancaster Health Campus at 7:00 PM	301-922-1592
24	W	Piedmont Pacers	Hagerstown MD	301-922-1592
26	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

### September 2013

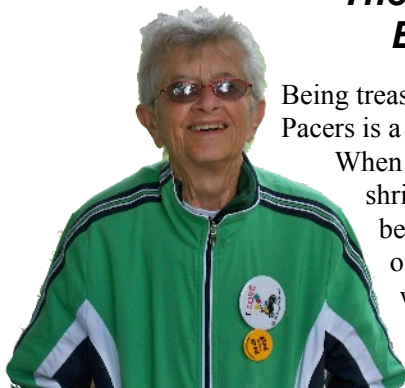
Date	Type	Sponsoring Club	Event Location	Contact Phone
7	W	Freestate Happy Wanderers	Laurel MD	301-490-5850
14	W	Virginig Vagabonds	Hampton VA	757-766-6065
]] 19	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room	•Lancaster Health Campus at 7:00 PM	
28	W	Piedmont Pacers	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
12	W	Freestate Happy Wanderers	Denton MD	410-437-2164
12	W	Lee Lepus Volksverband	Colonial Heights VA	804-768-0055
]] 17	M	PDP Meeting • Diagnostic Imaging Center • 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

### The Treasurer's Plea By Kitty Glass



Being treasurer of the Penn Dutch Pacers is a fun job – most of the time.

When the checking account balance shrinks (which it does at times), I begin to worry. An explanation of our income versus expenses will explain my concern.

Our income consists of member's dues, year-around event participation, event

registration, patches sold, donations, and special event programs such as our Museum and Fraternal Order (new next year). The fewer members we have participating in any of these events – the lower the income. As everyone in the club knows, participation has been decreasing over the past few years. This does not bode well for our bank account.

The big expenses of the club consist of obligations to AVA, sanction fees for each event – year round and special, booklets, merchandise, and special programs from AVA, participation fees after the event and quarterly fees for each year round offered amount to a rather large sum. Other expenses include fees for fabricating the patches, printing fees for brochures and the newsletter [which will decrease dramatically since we went digital with this edition of the newsletter] and instructions for the year round boxes, annual rental fee for the club storage unit, and fees for pavilions [or buildings] rented [to act as startpoints] for the four events we have each year. Certain technical fees are also new items that

have to be considered. Postage costs have also risen. The numbers vary for each item mentioned above. At the moment the club has sufficient funds to meet its obligations. The more participation in events and year round events – the healthier our bank account will be. Please consider encouraging people to involve themselves with the Penn Dutch Pacers and also to involve yourself. The treasurer will appreciate this.

*Editor's Note: Kitty Glass, our treasurer has been providing her services to PDP ever since anyone can remember. People like her, willing to give of their time and talents, are what allows the Penn Dutch Pacers to continue to provide great walking experiences to Lancaster County and beyond. If we could clone Kitty we would. Thanks Kitty for all you do for PDP.*

*Cont'd from Page 1, Col 2 – First Digital Edition... ..*

and above their membership as indicated on the membership form. All newsletters that we have to mail will be prepared manually and it is our goal to keep that number to the very minimum possible. We will also have a few printed copies of individual editions to share with potential members as well.

We hope you enjoy this first digital edition of The Pacer Pulse and as we always do we solicit your feedback on any aspect of your newsletter. The goal is to make your newsletter as informative and enjoyable as possible.

# Our 1<sup>st</sup> Enola Rail Trail Walk Followup

Our October 13th & 14th walk from Huffnagle Park in Quarryville was greeted with unseasonably cooler maybe down right colder weather than normal. The forecast called for the first wide spread frost of the season over night Friday into Saturday morning and when the workers woke up early Saturday morning it was still dark and the thermometer read 33.4 degrees and weather underground said it was 32. So indeed the forecast held true. As the sun rose so did the temperatures into the mid 50's. Out on the trail people walking under the bright blues skies with full sun were shedding their coats as they warmed up while they walked. While back at the start point under the shade of the trees and the cover

of the pavilion coats as well as gloves were on to help stay warm. A slight breeze picked up as the day went on. 77 walkers took advantage of the perfect weather on Saturday. Things went smoothly and the tired workers packed up and went home to rest up for another big day on Sunday. Sunday morning started out cloudy and almost 20 degrees warmer than what was experienced on Saturday with about 49.4 degrees showing on the thermometer. Although warmer, few walkers showed up early. As the day went on the clouds parted and temperatures rose until mid-afternoon when the sun came out and temperatures peaked at around 70.

39 walkers ventured to Quarryville Sunday which gave us a total of 109 total walkers for this two day event. As always we had our usual complement of very competent volunteers that made things go smoothly. The volunteers had it relatively easy for this walk for several reasons. First this walk was a map and directions walk supplemented with a few arrows at critical turns. In fact the trailmaster was heard to say that this is the first walk he can remember that he didn't put up any ribbons. The other thing that reduced the overhead so to speak was that people doing the long 10K or 12K walk went through the same checkpoint twice, once on the way out and then on the way back which

meant manning one checkpoint instead of two. Food sales were good which in today's volksmarching environment are critical to the club's financial stability. We'd like to especially thank Ann & Pete Byrne, Carmie Keiser and Kitty Glass for handling the food sales. George & Chris Resh along with Don Young as usual spent the entirety of both days working for PDP and our walkers. Many other people too numerous to mention spent portions of their day or both days filling in at the start, finish or taking turns at the checkpoint. As always a BIG THANK YOU to each and everyone who contributed in any way to our successful first adventure on the Enola Low Grade Rail Trail.



At the pavilion in Huffnagle Park (from left to right) Carmie Keiser taking care of the food, Rose & Mary Angeline at the start chatting with Chris Resh



Taking care of food customers are Pete Byrne, club president (upper right) and Carmie Keiser (lower right)



Bundled up From left to right, Kitty Glass chatting with Chris Resh and Joan Simmers manning the finish table on Sunday.



Rose Angeline (standing) is making sure that Don Young (sitting) is doing everything right at the checkpoint on the rail trail .



## Annual Dinner Meeting



Every January the Penn Dutch Pacers depart from the regular schedule of

meeting in the room at the health campus and instead gather to share a meal followed by the monthly meeting. As in the past the Penn Dutch Pacers will again meet for our annual dinner meeting in the meeting room of Isaac's Restaurant on Manheim Pike on our regular third Thursday meeting night in January, Thursday, January 17th.

This dinner meeting as with all our meetings is for EVERYONE and is a casual meal followed usually by a meeting less than an hour in length. As has been the practice in the past please arrive at Isaac's and asked to be seated in the meeting room for the Penn Dutch Pacer meeting. Arrive early enough to order, enjoy and pay for your own dinner so that you can be done eating by our meeting time of 7:00 PM.

So that we know how many to have Isaac's set up for and also so that we would know who to contact if we need to cancel for bad weather, please do one of the following. Either go to the PDP website at

[www.penn dutch pacers.org](http://www.penn dutch pacers.org) (you can do it now if you are reading the digital edition by clicking the link) and choose the bottom most menu option, Sign up for January Meeting and input the requested information or call Pete Byrne at 717-393-6700 and indicate that you are coming and how many.

Besides being a time where we get together to enjoy a meal we are there to also take care of all the regular business involved in producing all the walking events that we provide to the community on an ongoing basis.

Consider this your personal invitation to join us. If you are a meeting regular you know what to expect and if you are newbie you can expect good conversation and an enjoyable meal from Isaac's varied menu and an informative meeting following the meal and all in all a very enjoyable low stress experience. Besides it's a great way to spend a weary Winter night.

We look forward to good participation at the meeting from all interested parties. Hope to see you all at our January meeting. Don't forget to sign up or call to make your reservation. Thanks!!

## New Penn Dutch Pacer E-mail Address

In order to try to avoid confusion which can arise when we supply multiple e-mail addresses on our brochures and on the website for information it was decided to create a PDP e-mail address which will automatically be forwarded to the appropriate people. Said forwarding can easily be changed and updated as leadership roles change and new people come on board.

So from now on you only need to remember this e-mail address to give to people who are interested in the Penn Dutch Pacers or PDP event. Here it is – [pdpacers@gmail.com](mailto:pdpacers@gmail.com)

This single e-mail address should make it easier for people to get information on PDP and also a lot easier to remember.

## PDP needs Trailmasters!!

It's as simple as the headline. Are you up to the task? Do you like planning and organizing? Do you like taking the bull by the horns and sometimes wrestling the bull to the ground? Are you a take charge type of person? Have you been waiting for a position to be open so that you can make your contribution to the Penn Dutch Pacers?

If you answered yes to any of the above questions, welcome aboard. Although trailmaster would seem to be a singular position with PDP it has always been a team effort with multiple trailmasters who have ably taken this task in hand. As you probably already know although the trailmasters shine and are essential during our events they also do a lot of preparation prior to our events.

The amount of preparation prior to our events depends on the amount of work the person or persons who had the idea for the walk in a certain location put in to it. You have the two extremes here. On the one hand the trailmasters can be handed a walk ready to go with a measured route, written directions and a map and a startpoint already arranged or more likely than not they get just an idea for an area which would be good for a walk and they have to take it from there.

There are two positions within a Volksmarch Club that AVA apparently feels are essential since these positions are the only two for which they currently provide a written handbook. The first position is treasurer and the second of course is trailmaster. If you go to the AVA website and look for Publication-Forms in the left hand column and then choose [Trailmaster Guide and Trailmaster Certification](#) or click the linked text you can get a pretty good idea of what the duties of a trailmaster are and if so inclined acquire a certification.

If you read the Trailmaster Guide there is really nothing in there that anyone who has any common sense and has walked a few volksmarches wouldn't expect to be in there. All of us who have done a variety of walks sponsored by different clubs have seen and experienced walks done well and walks done poorly. There are a lot of factors that go into providing a good or great walking experience but a crucial part is the execution the day or days of the walk itself and a lot of that is on the shoulders of the trailmasters.

If you have even a little interest, please contact our president Pete Byrne and discuss the possibilities. Thanks in advance for your help.



## May We Suggest Nitro PDF Reader

This being the first all digital edition of the newsletter that is being distributed in PDF format we thought we'd give you a little background on the PDF format and what PDF actually is.



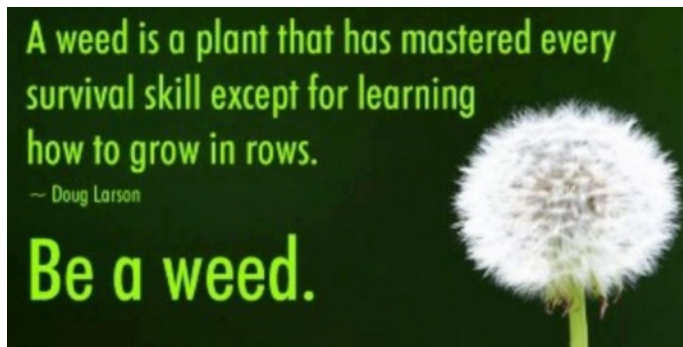
**Portable Document Format (PDF)** is a file format used to represent documents in a manner independent of application software, hardware, and each PDF file encapsulates a complete description of a fixed-layout flat document, including the text, fonts, graphics, and other information needed to display it. In 1991, Adobe Systems co-founder John Warnock outlined a system called "Camelot" that evolved into PDF.

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*Cont'd in the next column*



*Cont'd from Previous Column*

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We should mention that currently Nitro PDF will only run on computers running Windows XP and forward.

So the take home here is that if you are using a PC running Windows that you have another option to view and create PDF files other than Adobe Acrobat.

### Answers to Crossword on Page 2

1. MURALS	2. HAMILTON	3. TOWNSTEAD	4. BAKERIES	5. HAGER	6. PAXTANG	7. GERMAN	8. LARGEST	9. FULLTON	10. ENFORCEMENT	11. PENN	12. GOLDEN	13. LANDMARK	14. STEAMBOAT	15. DECEMBER	16. ORDINAL	17. ISACACS	18. JAIL	19. RAINBOW	20. DINERS	21. BASEBALL	22. OPERA	23. PITTSBURGH	24. WATERFRONT
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**Across**

# What happened to the October meeting?

And for those who wondered what happened to the PDP October Membership meeting here's the scope. A group of volunteers were sitting around in the pavilion in Quarryville after lunchtime on Sunday, October 14th during the Enola Low Grade Rail Trail Walk. We were waiting for folks to get finished with the walk. Someone commented that most everyone who usually attends the monthly meetings was sitting in the pavilion. Since the meeting was scheduled for the following

Thursday, four days hence, and there wasn't too much on the agenda we decided to save everyone from traveling to the Thursday meeting for what would probably be a 30 minute meeting. It was suggested that we hold the meeting then and there. There was a show of hands indicating that those present were in favor of holding the meeting and off we went. Inge our secretary had her note pad out and minutes from this impromptu monthly meeting will be available on the website as are all our meeting minutes.

*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

## Farmer's Market Chowder

While corn and leeks (or onions) are essential here, feel free to substitute potatoes, carrots, or other root vegetables for some or all of the sweet potatoes. You could also mix in yellow wax or purple beans with the green beans or use basil instead of cilantro.



- \* 4 large (or 5 small) ears corn, kernels removed and cobs reserved (of course if corn is out of season use frozen corn equivalent 1-2 cups or more)
- \* 2 ½ cups low-fat milk or non-dairy milk equivalent
- \* 2 cloves garlic, peeled and crushed, plus 3 cloves garlic, minced (1 Tbs.), divided
- \* 2 Tbs. unsalted butter or non dairy equivalent like Earth Balance
- \* 3 Tbs. olive oil, divided
- \* 3 cups sliced leeks (5 medium) (sub equivalent onions if you don't have leeks)
- \* ½ tsp. smoked paprika
- \* ⅓ cup dry sherry
- \* 12 oz. peeled sweet potatoes, cut into medium dice
- \* ½ lb. green beans, cut into ½-inch pieces
- \* 2 Tbs. chopped fresh cilantro
- \* Lime wedges, optional

1. Combine corn kernels, milk, and crushed garlic in saucepan. Run back of knife down cobs to release milk and pulp into saucepan, then add cobs to pan. Bring to a boil. Remove pan from heat, and let steep.
2. Heat butter and 1 Tbs. oil in Dutch oven over medium-low heat. Add leeks, cover, and cook 15 minutes, stirring occasionally. Add minced garlic and paprika, and cook 30 seconds. Stir in sherry, and cook 30 seconds. Add 4 cups water, and remove pot from heat.
3. Heat 1 Tbs. oil in skillet over medium-high heat. Add sweet potatoes, and sauté 8 minutes, or until browned; transfer to Dutch oven. Add remaining 1 Tbs. oil to same skillet, add green beans, and sauté 3 minutes. Transfer beans to plate.
4. Bring mixture in Dutch oven to a boil, reduce heat to medium-low, and simmer 5 minutes. Add green beans, and cook 4 minutes more.
5. Strain milk mixture, and discard corncobs and garlic. Stir milk mixture and 1 Tbs. cilantro into chowder. Season with salt and pepper, if desired. Sprinkle with remaining cilantro, and serve with lime wedges.

### 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, Kitty Glass, Sherry & Phil Allamong

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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.*

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