



Back in E-town Sat., Sept. 27th

Elizabethtown is the second leg of our three venue tour of the most popular venues in the Penn Dutch Pacer's 25 year history. We will again be reprising the awesome trail, with some slight modifications, totally on the campus of the Masonic Village which encompasses 700+ acres just to the west of Elizabethtown. We last visited the Masonic Village Campus during our two day walk on September 19 & 20, 2009. Five years later our one day walk in 2014 on Saturday, September 27th will start in the same pavilion that we were based in during our last visit.

The history leading up to today's Masonic Village began years ago in 1730 when Thomas Harris purchased a large tract of land and established a trading post on the Conoy Creek. This trading post became the Bear Tavern, which in 1753 was purchased by Barnabas and Elizabeth Hughes from County Donegal, Ireland.

Barnabas Hughes laid out a town and named it Elizabethtown in honor of his wife, Elizabeth. The town, one of the earliest communities settled in Lancaster County, had a central square and "diamond" pattern common to many of the newly founded Pennsylvania towns. Stakes in the ground identified boundaries of the lots and of the streets and alleys in town. Barnabas Hughes gave them the names they still have today - Market Street, High Street, Rose Alley, Cherry Alley, and Peach Alley. Situated along a trail, which became the Lancaster-Harrisburg Turnpike, the trading and tavern business flourished and the town grew rapidly. Elizabethtown was incorporated as a Borough on April 13, 1827.

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Walking may be the first step to creative thinking

By: Megan Gannon, LiveScience

From composers to writers to students, a quick stroll around the block can get the creative juices flowing.

From artists to office workers, people in all walks of life claim that going for a stroll helps them work out ideas or overcome creative blocks, and now new research finds that stretching one's legs really does give a mental boost.

"Many people anecdotally claim they do their best thinking when walking," study researcher Marily Oppezzo, of Santa Clara University, said in a statement. "With this study, we finally may be taking a step or two toward discovering why."

Creative types have extolled the virtues of walking for centuries. In fact, several musicians were almost superstitious in their devotion to daily walks, according to the new book "Daily Rituals" (Knopf, 2014) compiled by editor Mason Currey. Pyotr Ilich Tchaikovsky took a two-hour walk each day regardless of the weather, and Ludwig van Beethoven regularly went for a brisk stroll after lunch. [10 Fun Ways to Keep Your Mind Sharp]

The habit was hardly restricted to composers. Novelist Charles Dickens was an avid pedestrian, and the philosopher Søren Kierkegaard once wrote, "I have walked myself into my best thoughts." Even the rigid daily schedule that Charles Darwin adopted later in life included time for three short walks.

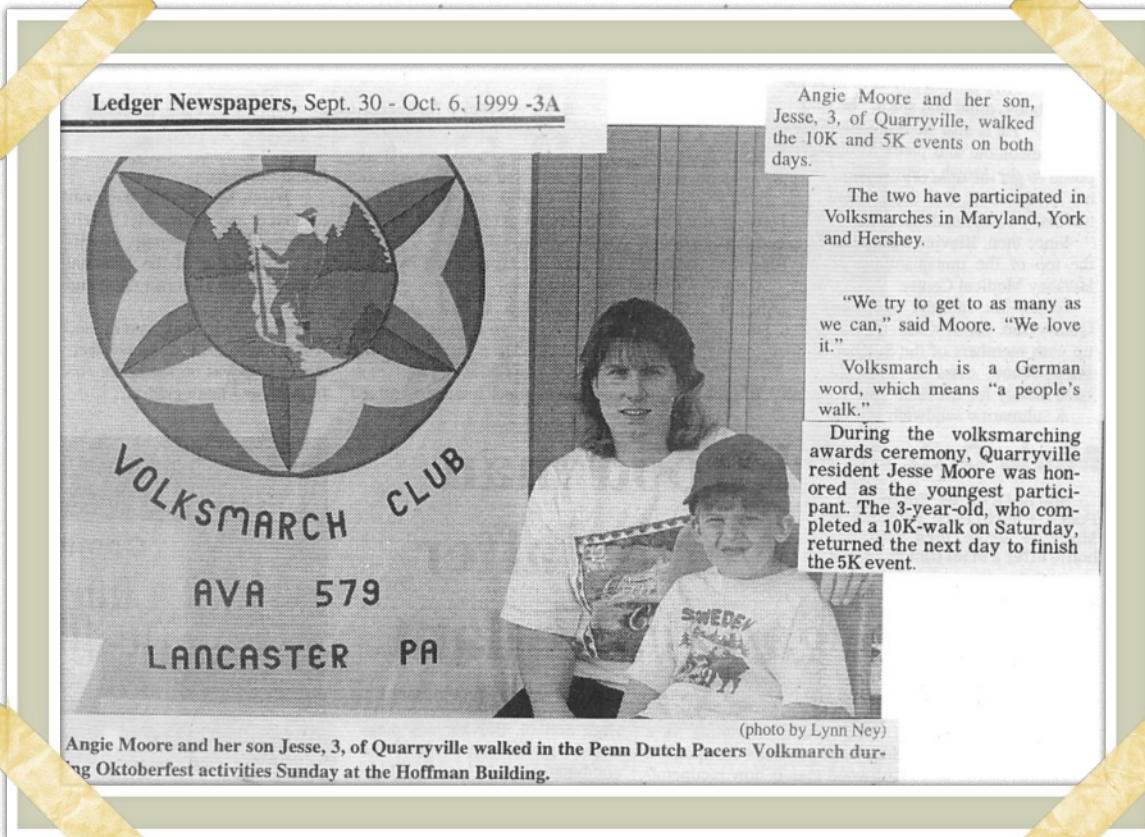
To test if there is any merit to this widely held belief that walking somehow stimulates the mind, Oppezzo and a colleague recruited dozens of people, mostly college students, for a few experiments at Stanford University.

In one experiment, participants completed one set of tasks while seated, and a second set of tasks while

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Blast from the Past

We recently found this picture and article that appeared in the Quarryville Ledger paper, which ceased publication years ago, about 3 year old Jesse Moore and his Volkmarching adventures. In 2014 Jesse was a member of the Solanco senior graduating class. Congratulations Jesse!! We miss you on the trail.



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Then 75 years later in 1902 the Elizabethtown campus of the Masonic Village was born when Edgar Tennis called upon the Grand Lodge to establish, finance and administer a Masonic Home. His motivation might have been the fact that elderly people who did not have families were sent to almshouses or poor houses that met only minimal standards. The almshouses were known for their dilapidated facilities and inadequate care. Masonic organization Grand Lodge of Pennsylvania thought they could do better. So the Masonic Lodges across the country set out to establish a location in each state where they could build a haven for Masons, their wives, widows and orphans.

A call went out to communities in Pennsylvania to submit proposals on why their community would be best for a new development to be called the Masonic Homes. The Masons received 33 responses.

The Pennsylvania Masons determined that the rural

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setting in central Pennsylvania was the perfect tranquil location to carry out their vision. In order to retain the rural setting, 700 acres of cropland including 40 acres of orchards were planted in 1910. This became what is today the Masonic Village in Elizabethtown Pennsylvania (known then as the Masonic Homes).

The Masonic Village is a not-for-profit continuing care retirement community, children's home and community service organization owned and operated by the Pennsylvania Freemason's.

The Masonic Village orchard has been a proud steward of the land for 100 years. They continue to grow quality wholesome produce on their farm in order to preserve sustainable agriculture for this generation and generations to come.

So there you have a little history and background to the fantastic walking venue that is Masonic Village and this historic area in northern Lancaster county. Mark your calendars now so that you don't miss this wonderful walking opportunity for one day only Saturday, September 27th.

PRESIDENT'S COMMENTS



*By
Pete Byrne*

What a summer we're having. Not too hot, not too rainy, good for walking. I hope you've been visiting our Year-'round-Events to give your walking shoes their exercise. Speaking of YREs, Dave Barber has just submitted the renewal information for all of our YREs except Middle Creek; participation at Middle Creek has been declining, and this year we lost our primary draw when the snows kept walkers from viewing the migrating snow geese, Canada geese, and tundra swans. Without those visitors this YRE doesn't earn enough to cover its costs. We will be replacing Middle Creek with a new YRE at Susquehannock State Park in Drumore Township. This YRE is part of the KSVa program to establish walks in all of the nearby state parks. More details in our next newsletter.

The past several newsletters [and this one too, see page 10] have spoken to the need for new volunteers to take over the Trailmaster and Sales positions. I am pleased that John Roose has agreed to become our Sales Coordinator, replacing Marv Albert. Our heartfelt thanks to Marv for his efforts over the years.

We are still waiting for someone to step forward and volunteer to enter Trailmaster training under the

Cont'd in the next column

MILESTONES

10 Events
Maria Roshon

15000 KM
Letitia and Robert Zook

WELCOME NEW MEMBERS

John and Nan Roose

**Renewed Footprints
Keep Walking the Trails**

- Pete and Ann Byrne
- Nancy Fellenbaum
- Jeanne Schopf
- Maryann and Edward French
- Catherine Glass
- Ralph and Claire Greenawalt III
- Steven and Carol Schell
- Edward and Kathy Schoenberger
- Phil and Sherry Allamong
- Carolyn Garber
- Marvin and Dayle Albert
- Anna and Steven Brennan
- Muriell and Charles Halsey
- Terry and Charlotte Haugh
- Barbra Horst
- Virginia and David Hunsberger
- Elizabeth and Phillip Louie

Cont'd from previous column

mentorship of Barry Weatherholtz and Don Young. A significant benefit of this position is the opportunity to have breakfast with Barry and Don while you learn how to set up and tear down trails. The sooner someone steps forward the sooner Barry and Don can move upward to Trailmaster Emeritus.

I hope you are planning to join us in Elizabethtown on September 27th. It looks to be a great walk.

See you on the trail.

-Pete

**My Tribute to
David Scull**

by Lynne Haffner

When I heard the news of our Atlantic Region Director passing away I was in complete shock and deeply saddened. He had just attended one of the Freestate walks a couple of weeks before in Savage.

Regional Directors can be funny and sometimes critical on the walks that they attend, but then that's their job to see that we are abiding by AVA rules. I have to chuckle because we knew that David was a map person. Our club had made an extra effort to make sure he had a map to go along with his walk instructions. Mind you we had extra copies there in case someone asked, but its the little things that count that can bring a person back to your walk.

I first met David probably 20 years ago at the First State Webfooters annual Sea Witch Festival in Rehoboth Beach. Consequently when I started walking in Delaware, New Jersey and Pennsylvania I would see him many a time.

A couple of times he would bring his daughter who was then in a stroller to walks. In the past year I friended him on FaceBook and we started playing Words with Friends games. He was really hard to beat! When I did beat him (which was rare!) he would say he had bad letters. It is a shame his reign as Regional Director was cut short. He had a lot of ideas to share being an avid walker and biker.

I for one will miss him as I am sure others will as well. Try to attend at least one or more of the Memorial Walks and Bike events being held in the following months for David Scull. Just think of him as walking right beside you.

Cont'd from Page 1 – Walking May Be ...
walking on a treadmill.

Walking seemed to improve the participants' scores on a test of creative thinking, the researchers said. On the test, participants were given the name of an object and had to come up with as many alternate uses for that object as they could in four minutes. For example, one person in the study said a button could be used "as a doorknob for a dollhouse, an eye for a doll, a tiny strainer, to drop behind you to keep your path."

In another experiment, however, the walkers did slightly worse than the sitters when given problems that had only one answer, such as a word association where the problem is "cottage—Swiss—cake" and the answer is "cheese."

The researchers said they don't have an explanation for why walking may bring these benefits in creativity. It's not clear if other forms of low-intensity physical activity, or a familiar, comfortable task like knitting, would have the same effect on the mind. Future studies will eventually find the complex pathway from the physical act of walking to the cognitive changes in the brain, the researchers said.

The findings were detailed this week in the journal *Experimental Psychology: Learning, Memory and Cognition*.

Follow Megan Gannon on Twitter and Google+. Follow us @livescience, Facebook & Google+. Original article on LiveScience.

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Unexpectedly the Atlantic Region Has A New Director

The unexpected death of Dave Scull as our regional director on June 6 (see Dave's Obit to the right) set in motion an ad hoc process to elect his successor. Immediate past AT RD Sam Tollett and the two state association presidents in the States at the time (MVA president Bob Schmick was traveling in Europe) reached out to me in a matter of hours and asked me to conduct the election for the next RD. I'd been conducting the AT RD elections since 2009 so I guess I seemed a logical choice; ironically, yet unbeknownst to them, Dave Scull had talked to me about this in Lancaster in mid-March--that's what he alluded to when he mentioned during the awards ceremony when he said that he would be calling on me again to serve the region.

Since the AVA Bylaws aren't very explicit about elections to complete unexpired terms, I relied on the procedures for RD elections and on how some 2012 AVA elections to complete unexpired terms were conducted when on June 9th I proposed a compressed 45-day election schedule. That schedule, with a 3-week nominating period to be followed by a 2-week e-voting period, was quickly approved overwhelmingly by the Members of the Atlantic Region.

We had no candidate at the start. I contacted all former AVA office holders in the region about running for the office and for possible candidate names. I consulted my list of potential candidates from previous years and asked Members of the region for nominees. I followed up on several leads. In the



DAVID L. SCULL of Fredericksburg, Va. Passed away June 6, 2014 in Wilmington. David was born August 29, 1947 and raised in New Jersey. He was

one of four boys and is survived by his three brothers, Pete, Tim and Rich. He graduated from New Jersey Institute of Technology and later earned an MS in Computer Science at Clemson University and a MBA at Rider College. He married Rita Gnecco October, 1969. They have one daughter, Danielle who is married to Abe Burgos and they have two delightful little boys who were the light of his life. David always said he felt a sense of peace whenever he entered the front gate at Porters Neck. After retirement from Bristol-Myers Squibb in 2003, we moved to Porters Neck where we met wonderful people. He resumed playing golf and riding his bike. We always felt fortunate to have the time early retirement afforded us to enjoy Porters Neck Country Club. In 2012 we moved to Fredericksburg, VA to be closer to our daughter and grandsons. Ethan and later Matthew were David's new hobbies. He loved watching them grow, working puzzles with them, and building with Legos, playing in the pool, taking them on walks, exploring and wrestling. He was proud of Danielle's career and admired her as a mother. He was dreaming of taking the boys on many of the same trips we did with Danielle to National Parks and hiking the trails. He already had both Ethan and Matthew signed up as junior walkers with AVA. He will be missed by his family and friends. You will be in our hearts forever. There will be a gathering to celebrate David's life in Porters Neck on Wednesday evening. Memorials can be made to the David Scull Memorial Fund for STEM Education, 25 Battery Point Dr. Fredericksburg, Va. 22406 - See more at: <http://www.legacy.com/obituaries/starnewsonline/obituary.aspx?pid=171268896#sthash.mXssn5VZ.dpuf>

5 Reasons You Need More Of This Very Basic Nutrient

By Rose Straub



Nutrition can get complicated. Before you know it you're drowning in a puddle of three and four-syllable words . . . paralyzed with the fear that you're not getting enough of something you didn't even know existed a few moments ago. And then there's the endless march of changes to what you should eat (according to the experts) . . . First it's low fat . . . then low carbs. It's vegan . . . then paleo. Good fats replace no fats. And seafood is either the best or the worst depending on who you talk to. Don't you long for the basics? Well, today's post is a tribute to not just the basics – but the most basic of all basics . . .

Water.

Water: The Nutrient Of Life

This beautiful molecule is made of just two simple elements – oxygen and hydrogen. It flows through each of our cells, our bodies, through every plant that grows on this planet and through our oceans, rivers and streams. It rains down on us from the sky and then gets pulled up again by the sun's heat.

It cleans, softens, dissolves, mixes, potentiates, dilutes, extracts and deposits. Without this beautiful nutrient, life would not exist. And without enough water in our diet, we cannot thrive.

I'm an avid walker. I know how much water keeps me going when I'm pounding the trail, covering miles. It's hard not to be acutely aware of how thirsty your body is when you're exercising.

But while most of us know it's important to take in when we sweat – or even drink more in general over the day – few of us understand the full impact water has on our body.

Here are just a few of the lesser-known reasons you should be getting enough H₂O in your diet.

Water Hydrates Your Skin

The furrows and ravines that start to show up on your face with age aren't just from an absence of collagen. When your skin is well hydrated, it plumps up and fills in those gaps. Unfortunately, when we get older it's harder and harder for our skin to hold onto water. We stop producing a key water-retaining molecule found in our skin's architecture, hyaluronic acid.

Sure, you can hold onto some moisture with a good anti-aging skin cream. But ultimately, the more you get water inside your skin by consuming it, the more hydrated your skin will be. Getting enough water can make all the difference in whether your skin shows its age or not.

Water Sparks Your Energy

Nothing fires up your energy like a cool drink of water. Water is essential for most reactions in your body. It facilitates the movement of ions and signal molecules across membranes, triggering everything from muscle movements to glucose uptake. And water provides the medium in which biochemical reactions take place at the cellular level. It helps your kidneys clean your blood and moves food down your digestive tract. In other words, when you have enough water, your body can work at its best. Simply by drinking a glass of water you can increase your body's performance level. Consequently you feel better, more energized.

Cutting through these specifics . . . When you get enough water inside you it's like diving into a cool, blue lake. Your whole body wakes up and starts to buzz with life.

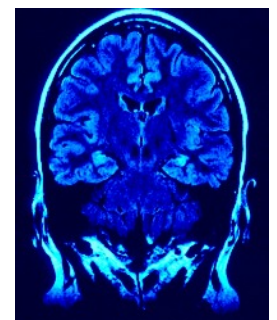
Water Eases Your Bowel Movements

Got constipation? Taking in some more water can bring relief. In fact, it may work even better than fiber. While not definitive, one recent large-scale study indicated that people who took in the most water consistently had easier bowel movements than people who didn't drink enough.

When researchers at the Department of Veterans Affairs Medical Center in Birmingham, Alabama analyzed 8000 health surveys conducted with both men and women, they saw a pattern. They discovered a significant percentage of people who drank the lowest amount of water had constipation problems.

To their surprise, the researchers did not find a similar correspondence with fiber intake and constipation. Water seemed to be the more significant factor in minimizing bowel movement problems.[1]

Why water helps is pretty self-explanatory. If you mix water into anything, it becomes softer and more pliable. The same is true with the waste in your bowels. As this waste travels down this final passageway out of you, your body removes excess water. So it makes sense that if you add more water at the start and



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2014-15 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. Here is the link to AVA Calendar - http://www.ava.org/ava_search.asp

August 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
30	4W	Virginia Volkssport Association	Covington VA	757-814-1417

September 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	4W	Virginia Volkssport Association	Covington VA	757-814-1417
6	W	Freestate Happy Wanderers	Laurel MD	301-490-5850
8	NW	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135
13	W	Northern Virginia Volksmarchers	Burke VA	703-644-0189
13	W	Baltimore Walking Club	Baltimore MD	410-870-6616
13	GW	Liberty Bell Wanderers	New Britain PA	215-442-1337
13	W	Gator Volksmarch Club	Norfolk VA	757-421-0070
18	M	PDP Meeting • Wellness Center Conference Room #2, 2nd Floor •Lancaster Health Campus at 7:00 PM		
20	W	Pennidula Pathfinders of Virginia	Suffolk VA	757-722-5637
20	W	Washington DC Area Volksmarch Club	Arlington VA	571-405-4808
21	W	Annapolis Amblers	Annapolis MD	410-507-3514
21	W	Liberty Bell Wanderers	Macungie PA	610-906-6252
22	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
27	W	Penn Dutch Pacers	Elizabethtown PA	717-625-3533
27	W	Germanna Volkssport Association	Aquia Harbour VA	540-455-0772
27	W	Loudon Walking & Volkssport Club	Lovettsville VA	703-737-2175

October 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
4	W	Piedmont Pacers	Westminster MD	301-972-5171
4	W	Virginia Vagabounds	Chesapeake VA	757-766-3065
4 & 5	W	York White Rose Wanderers	Stewartstown PA (Naylor Wine Cellar)	717-843-0840
4 & 5	W	Ft. Belvoir - DFMWR	Ft Belvoir (Alexandria), VA	703-805-2394
10-11	W	Finger Lakes Volkssports Club	Brackey PA	607-757-0164
11	W	Great Greenbelt Volksmarchers	College Park MD	301-937-3549
11	W	Susquehanna Rovers Volksmarch Club	Carlisle PA	717-379-8945
11	W	Lee Lepus Volksverband	Dinwiddie VA	804-768-0055
16	M	PDP Meeting • Wellness Center Conference Room #2, 2nd Floor •Lancaster Health Campus at 7:00 PM		
17-19	W	Nittany Nomads	State College PA	814-359-6875
17	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
18	W	Columbia Volksmarch Club	Elkridge MD (Belmont Manor)	410-290-6510
18	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
19	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
25	W	Seneca Valley Sugarloafers	Kentlands MD	301-926-9065
25-26	W	First State Webfooters	Rehobeth Beach DE	302-697-1191

November 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	W	Germanna Volkssport Association	Ft AP Hill VA	540-455-0772
8	NW	Seneca Valley Sugarloafers	Gaithersburg MD (Moonlight in the Park)	301-385-0054
20	M	PDP Meeting • Wellness Center Conference Room #2, 2nd Floor •Lancaster Health Campus at 7:00 PM		

December 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
12-13	NW	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
12-14	S	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
13-14	W	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
13	W	Penn Dutch Pacers	Lititz PA	717-625-3533
13	W	Annapolis Amblers	Annapolis MD	301-509-6748
20	NW	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164

January 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
15	M	PDP Meeting • Wellness Center Conference Room #2, 2nd Floor •Lancaster Health Campus at 7:00 PM		
17	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

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

}} = Penn Dutch Pacer Event

2014-15 Atlantic Region Calendar, cont'd

February 2015				
Date	Type	Sponsoring Club	Event Location	Contact Phone
19	M	PDP Meeting • Wellness Center Conference Room #2, 2nd Floor	Lancaster Health Campus at 7:00 PM	
March 2015				
Date	Type	Sponsoring Club	Event Location	Contact Phone
19	M	PDP Meeting • Wellness Center Conference Room #2, 2nd Floor	Lancaster Health Campus at 7:00 PM	
April 2015				
Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Lee Lepus Volksverband	Richmond VA	804-768-0055
16	M	PDP Meeting • Wellness Center Conference Room #2, 2nd Floor	Lancaster Health Campus at 7:00 PM	
25	W	Peninsula Pathfinders of Virginia	Hampton VA	757-851-9252
25	W	Freestate Happy Wanderers	Laurel MD	301-490-5850

Legend: W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim
 Sk=Ski, XSki = Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe M=Meeting
 } = Penn Dutch Pacer Event

Cont'd from Page 5 – 5 Reasons You Need More of This...

hydrate your body more overall, less water will be extracted from the stool and cause constipation problems.

Water Boosts Your Brain Power

Feeling foggy-headed? Sometimes all you need to clear things up is a glass of water. While most of the research connecting dehydration to problems with thinking clearly has been conducted with athletes or soldiers, some researchers have noted that this may also be an issue in less extreme cases. [2] As much as 2% dehydration can affect your memory, your attention-span and even how self-aware you are. So if you're feeling a little off-kilter, drink down a glass. You may find that's all you needed to clear things up and give your brain a boost.

Water Strengthens Your Immunity

Your immune system's effectiveness depends on two watery factors: Movement and communication. When your blood flow is optimum, immune cells can easily move around the body to the site of infection. The fluidity of your blood is impacted heavily by how hydrated you are. But your immune system doesn't just depend on blood flow to move cells around. It also uses the bloodstream to communicate. Special signal molecules travel around your body via the blood. If your blood thickens up and doesn't flow as well, it's like the bandwidth on your phone dropping dramatically. Messages can't get through. Instead of hazarding a communication breakdown and reduced immune mobility, drink up. Get some water in your body and keep these channels flowing. It's a powerful – and simple – way to strengthen your immune system.

Hydrate For Health

Want to look great and feel great? Get water inside of you. By glass, by water bottle, soup or watermelon . . . it doesn't matter how you get this liquid molecule inside of you. Just do it. Put some more water inside your body. You may be surprised how many ways it makes a difference in your health.*

*About Rose Straub

Rose Straub is Vice President and Chief Operating Officer of Sun Chlorella USA. In addition to working to further Sun Chlorella USA's mission of supporting excellent health, she lives this mission in her personal life. Rose takes full advantage of enjoying California's beautiful outdoors and learning from its rich community of holistic health practitioners to build a vibrant and healthy life for herself and her family. Rose lives with her husband, Pat, and is both a proud mom and grandmother.

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Sources:

[1] Doyle K. Fluids May Prevent Constipation Better Than Fiber. Reuters, May 2013. Viewed 5/13 at <http://www.reuters.com/article/2013/05/07/us-fluids-constipation-idUSBRE9460NZ20130507>

[2] Adan A. Cognitive performance and dehydration.

J Am Coll Nutr. 2012 Apr;31(2):71-8.

New PDP Meeting Location

Do you want the good news or the bad news first? Let's start with the bad news first. The *Diagnostic Imaging Center - Patient & Family Education Conference Room* room where we formerly held our monthly meetings at the LGH health campus on the Harrisburg Pike is now a storage room and is not available for any meetings including those of the Penn Dutch Pacers.

The good news is that prior to the June meeting we were notified that we could no longer meet in our familiar location but that we could meet in the the Well Spring Library on the second floor instead. As folks showed up for the meeting we quickly realized that there were no tables and insufficient chairs for those attending in the library itself, although we could have made due on a temporary basis. Fortunately there are two conference rooms adjacent to the library in the wellness center and after reviewing the daily schedules for use of the rooms that are posted outside each doorway it was discovered that conference room #2 was not in use on that particular Thursday evening. So needless to say June's meeting was held in the spaciousness of the Wellness Center's Conference Room #2. And the really good news is that thanks to the efforts of meeting room liaison Kitty Glass (who by the way volunteers in the the Well Spring Library on a regular basis), we now for the indefinite future have access to conference room #2 on the third Thursday of the month for Penn Dutch Pacer meetings.

The moral, if there is one, here is that if you have not come to the Penn Dutch Pacer meetings and participated because of our formerly compact and some times cramped meeting space, no worries, we now have plenty of room for everyone who would like to attend. Meetings usually do not last longer than an hour and you will learn a lot about your walking club by attending as well as assuring it's future.

If you are on either the Penn Dutch Pacer mailing list or like the Penn Dutch Pacers on Facebook you will get a reminder about the meetings. If you're not on the e-mail list, here's how. Go to the Penn Dutch Pacer website at

www.penn dutchpacers.org and then

choose the Join option from the menu to the right. On the Join page you will find a membership application which we would encourage you to print out,

fill out and mail it in with your check if you are not a member. At the bottom of the page you will see *Subscribe to Pdpacers* and a place to enter your e-mail address. Input your e-mail address and click the Yahoo Groups Join Now icon. You are not quite done yet however. You need to check your e-mail since you will be getting an e-mail from Yahoo Groups to verify that in fact it was you that requested membership to the Pdpacers e-mail list. Follow the instructions in the e-mail from Yahoo and you are done and will

receive all future e-mails sent to the PDPacers group. So now you not only know that the Penn Dutch Pacers have a new spacious meeting room, you also know how to be reminded of the meetings, so we are hoping to see more old and new faces and more new people participating on a month to month basis to make the Penn Dutch Pacers the best it can be now and in the future.

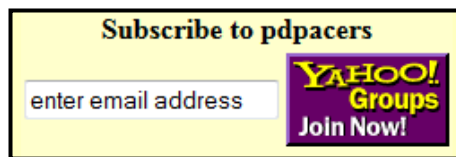
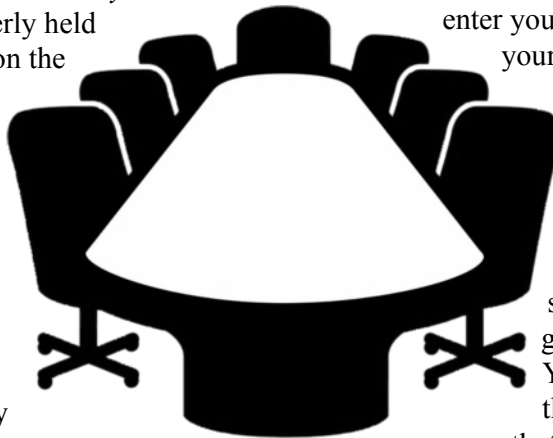


Photo by Inge Koenig

The first PDP meeting in the new room. (Starting at the corner of the table in the foreground and going clockwise) Kitty Glass, Rose Angeline, Phil Allamong, Sherry Allamong, Karmie Keiser, Mary Angeline, John Roose, Pete Byrne, Don Young & Inge Koenig taking the picture

Cont'd in the next column

Cont'd from Page 4 – Unexpectedly the Atlantic...

end, one eminently qualified candidate, Tom Jackson, (see Tom Jackson's resume below) then president of the Keystone State Volkssport Association, stepped forward.

The e-voting started on June 29th, and within 24 hours all 60 percent of the voting members of the region who had cast ballots had voted for Tom. With anticipation running high to have a successor in place quickly with all the regional director work to be done, I cut balloting short and promptly notified the AVA Secretary.

I'm sure you join with me in welcoming Tom as our new AT RD!

- Bob Wright, 2014 AT RD Nominating Committee.

Tom Jackson, the New Atlantic Region Director

Editor's Note: *To allow you to know more about the new Atlantic Region Director we are sharing the resume that he submitted for the position.*

"I respectfully ask for your vote to allow me to complete Dave Scull's term of office as the Atlantic Region Director.

My volkssporting career began when I was in the Army, stationed in Germany in June 1977. I returned to the United States three years later with an assignment to teach Army ROTC at Mount Saint Mary's College in Emmitsburg, MD and at Gettysburg College. I grew up in North Carolina, but fell in love with this area so much that I got out of the Army on a Sunday and went to work for the Army at Fort Ritchie, MD the next day as a civilian.

I retired in 2010 from the federal government. My last job was working for the Defense Information Systems Agency in acquisition. I also stayed in the Army Reserve from which I retired as a Lieutenant Colonel in 1996.

I enjoyed volksmarching here in the early 1980s. I then went through a period in my life when instead of volksmarching, I focused on running, skiing, spending time with my sons, being a Boy Scout leader, demands from Army Reserve, etc. I returned to volkssporting in the late 1990's and became involved with our local club a little over ten years ago.

I have since served as the Vice President and President of the York White Rose Wanderers and am currently serving as the President of the Keystone State Volkssport Association. I have completed over 2400 events with almost 25,000 kilometers walking and over 10,000 kilometers bicycling. I have logged events in forty-four states and completed many of the AVA Special Programs and club challenges.

We all know that the AVA has problems. There are financial issues, clubs folding, decreasing participation, and an aging club membership. Many clubs lack a Vice President. Some clubs have a President who has served multiple terms of office.

Cont'd in the next column

KSVA Looking for Officers

With Tom Jackson moving to the position of Atlantic Region Director, Joan Lampart KSVAs Vice President is temporarily leading KSVA.



If you would like to get involved with the Keystone State Volkssport Association now is your chance. Not only do they need a President but they are also looking for a Vice President and Secretary. If you or anyone that you know would like to run for any of the aforementioned offices please contact Joan Lampart by phone at (215) 529-5686 or by e-mail at

jmlampart@verizon.net



Tom Jackson
Atlantic Region Director

Cont'd from Previous Page

We also do a lot of things very well. Our volksmarches are well-organized, enjoyable, and are a great deal for \$3.00. We have a network of dedicated, experienced, passionate volunteers who work very hard. Many of us have friends all over the country, whom we have met through volkssporting. We are the premier walking organization in the United States!

As Atlantic Region Director, I would like to direct efforts to solving the problems in our organization, and expand and reward our successes. Thanks!"

Thomas B Jackson

Letters

Here is a letter that the Penn Dutch Pacers recently received that we thought we would share.



7/15/14

Penn Dutch Pacers
PO Box 7445
Lancaster PA 17604-7445

Dear Penn Dutch Pacers:

Please accept this donation in memory of my father, Roger E. Johnson, long-time club member. It's a small token of my gratitude for the wonderful memories your walks have provided.

Dad and I always enjoyed a terrific relationship and spending dedicated time traveling to events, walking side by side, mile after mile, simply cemented it. We mused about everything - politics, sports, and his beloved tomato plants. We laughed plenty and coaxed each other up some tough hills.

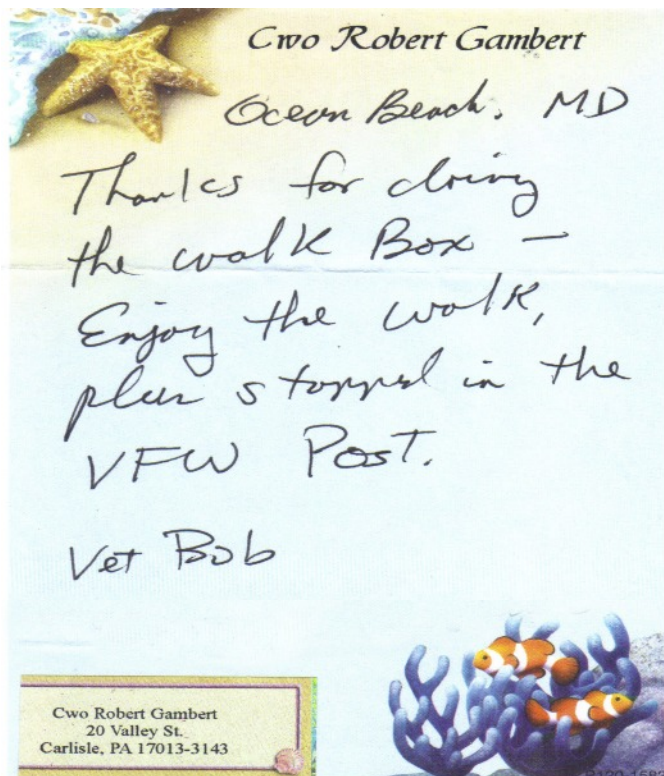
Although the 10K events became too ambitious for Dad after having double knee replacement, he walked regularly and was extremely active. On occasion, we would meet at Noel Dorwart Park or F&M to walk a mile plus route; the distance was just right for him.

I am so thankful for the years of happiness and fun we had on the trail. Dad was impressed with the efficiency of the events and he loved to receive the newsletters. He was an exceptional father in every respect, and the memories you gave us are simply irreplaceable.

Regards -

Bonnie L. Johnson

Editor's Note: Bonnie, thanks for sharing your heart warming experience about what walking with your dad meant to you and also thank you for your donation



Editor's Note: Bob's note was included in his finish envelope from the Manheim YRE walk that he did. We hope he's doing the Fraternal Organizations Special Walking Program too!

Extremely Urgent - Trailmasters Needed

As you might guess from this article AGAIN asking for folks to come forward to do the trailmaster job we have yet to find anyone who is interested in doing this vital job.

The need is urgent since both our long time trailmasters are deservedly retiring at the end of the year having contributed more than 45 combined years working tirelessly for PDP in various capacities.

At this point we don't know what words will motivate people. All the jobs that people do to make PDP function are important and we aren't trying to diminish at all the many important jobs that need to be done to do what PDP does and that is to produce fun and safe walking experiences. We hate to single out one particular job over others but since we are a walking club and we cannot hold any events, scheduled or YRE/seasonal, without a TRAIL, it only stands to reason that without trailmasters (or at least one trailmaster) we, the Penn Dutch Pacers, are dead in the water or the woods or the city or wherever a potential trail may be.

Although our current trailmasters are still doing a fine job, they have made it known that they will be stepping down at the end of the year and at that point we need someone to take the trailmaster reins and as many as we can get to assist.

The big advantage to the one or more people (hopefully many) coming forward NOW (with two remaining walks this year) is that they have the benefit of learning on the job so to speak under the tutelage of two very experienced people that have been doing the job for a very, very long time.

Trailmastering is not a terribly difficult job but it does take dedicated people who understand what are and what are not acceptable trails. It takes people who are willing to put in time prior to the walks either working on a new trail from scratch or verifying and finalizing a trail provided by a club member. As you might expect, trail suggestions that come from members run the gamut from just an idea for a trail to being provided everything including a detailed map and written trail directions and descriptions.

Prior to the walk, depending on the venue, trails need to be marked and signs need to be posted.

In addition to the work prior to the actual walk itself, there is work during the event. The work during the event includes making sure the persons manning the checkpoints are in place as well as making sure things are going smoothly. PLEASE, PLEASE, PLEASE - seriously consider helping in this vital PDP position. Please contact PDP President Pete Byrne if you or you know of someone who is interested. Check page 11 for Pete's contact information.

Pineapple Coffee Cake

by Susan Voisin on July 31, 2006



Ingredients

Dry Ingredients

- * 1 cup quick or whole oats (not instant)
- * 1 cup whole wheat flour
- * 1/2 cup sugar or stevia baking blend
- * 2 teaspoons baking powder
- * 1 1/2 teaspoons Ener-G Egg Replacer
- * 1/2 teaspoon ground cinnamon
- * 1/2 teaspoon baking soda
- * 1/2 teaspoon salt

Wet Ingredients

- * 3 tablespoons water
- * 1 tablespoon white or cider vinegar
- * 1 cup crushed pineapple packed in pineapple juice, undrained
- * 1/3 cup unsweetened applesauce

Topping

- * 2 tablespoons coarse sugar, such as demerara or raw sugar
- * 1/2 teaspoon cinnamon

Instructions

1. Preheat the oven to 350 F. Lightly spray or wipe the bottom and sides of a 8 X 8-inch glass baking pan with oil or cooking spray. (You may use metal, but the baking time will vary.)
2. Put the oats into a blender and grind until they are fine. Stir a couple of times to make sure that they're uniformly ground.
3. Mix the oat flour with the other dry ingredients. Add the wet ingredients and stir until moistened and completely combined, but don't over mix. Pour into the prepared pan (batter will be thick). Mix together the sugar and cinnamon topping, and sprinkle it over the top.
4. Bake for 30-40 minutes, until a toothpick inserted in the middle comes out clean. Allow to cool for at least 15 minutes. Eat and celebrate!

Preparation time: 5 minute(s) | Cooking time: 40 minute(s)

Number of servings (yield):

Nutrition Facts - Makes about 9 pieces. Each piece contains: Calories (kcal); 1 g Total Fat; (4% calories from fat); 3g Protein; 36g Carbohydrate; 0 mg Cholesterol; 299 mg Sodium; 3 g Fiber.

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,
Inge Koenig, Lynne Haffner, Sherry & Phil Allamong

The folks listed below are the people that have stepped forward & give their time & talents to make PDP work for you.

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Check us out at www.penn dutch pacers.org

MEMBERSHIP APPLICATION/RENEWAL

FAMILY NAME _____ FIRST NAME _____ SPOUSE _____
 ADDRESS _____ CITY _____ ST _____ ZIP _____
 TELEPHONE () _____ - _____ CHILDREN'S NAMES _____
 E-MAIL ADDRESS (Please) _____

I hereby make application for membership in, and agree to conform to the bylaws or any amendment thereof in the PENN DUTCH PACERS VOLKSMARCH CLUB, INC., and with the rules and regulations of the AVA in the IVV and in application I certify the above.

DATE _____ SIGNATURE _____

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

Membership with virtual delivery of the newsletter - \$10.00 • 1 year \$18.00 • 2 years \$25.00 • 3 years
 Premium Membership with USPS delivery of the newsletter - \$18.00 • 1 year \$34.00 • 2 years \$49.00 • 3 years
 For *current lifetime members only* - USPS Delivery of the newsletter - \$8.00 • 1 year 16.00 • 2 years \$24.00 • 3 years

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

Check where you would like to help: AWARDS TABLE REGISTRATION TRAIL REFRESHMENTS
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