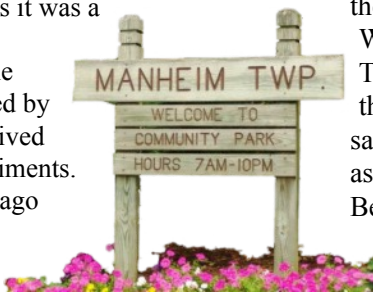


Neffsville Walk – May 17

It has been said that a quality walk is well worth repeating and in keeping with that sentiment and the celebration of the Penn Dutch Pacers 25 years we are doing just that. With that in mind, the Penn Dutch Pacers return to the Village of Neffsville. In 1997 the Pacers held a weekend walking event in Neffsville honoring the 50th wedding anniversary of club charter members Wayne and Myrna Oak.

Although health issues prevented Wayne and Myrna from attending the event, never the less it was a memorable occasion. The trail, designed by Wayne, received many compliments.

Seven years ago (2007) on September 15 & 16



was the last time that the Penn Dutch Pacers held a walk in Neffsville which also started in the pavilion in Manheim Township Community Park. Join us again as we explore all the variety that Neffsville has to offer.

The Village of Neffsville is located in Manheim Township, on route 501, two miles north of Lancaster City. Being unincorporated, the village has no official boundaries. Neffsville was named for the family of Johan Christian Neff, who was originally from Gerolsheim, Germany. Johan arrived in Philadelphia on September 19, 1743. He moved to Lampeter Township in Lancaster County and married the former Frena Howerly. They had three children, Christian, Henry and Esther. All three children married and lived in Lancaster County. An elementary school on School Road, Neffsville was named for Henry Neff.

Neffsville citizens of note include Jim Furyk (professional golfer), Don Gehman (record producer) and Brad Rutter

Continued on Page 8, Column 2

Seventh Biennial Atlantic Region Conference

As we promised in the last newsletter we have here everything that you'll need to know to participate in the upcoming, first ever Atlantic Region Conference to be held in Lancaster.

There are three walks and one swim and if that isn't enough walking for 3 days there are the eight PDP Year-Round Walks in Lancaster County as well.

This event is produced by the clubs of the Atlantic Region and events are sanctioned by the Pennsylvania state association, the KSVA.

Be sure to register using the conference registration form on page 5.

DATE: Friday, March 14 – Sunday, March 16, 2014

SPONSOR: Keystone State Volkssport Association

SANCTIONED BY: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. This event counts towards the acquisition of IVV Achievement awards.

PROCEDURE: AVA policy requires that every participant, fee or non-fee, sign the insurance waiver and obtain a numbered start card which is stamped at control points along the course. At the Finish, the validated card is turned in and IVV books are stamped for official credit, if the credit fee has been paid. The trail may be walked a second time on the same day using the same start card at no additional cost.

ELIGIBILITY: Everyone is welcome to participate. Children 12 and under must be accompanied by an adult. Walk at your own pace. Runners are welcome!

REGISTRATION and FEES: IVV credit is \$3.00. IVV credit w/ "A" Award is \$6.00. There will be no refunds. Preregister using the form enclosed with this brochure or on the KSVA web site: www.ksva.net

CONDITIONS: The event will be held regardless of the weather. There will be no littering. Wildlife and plant life are not to be disturbed. Pets must be on a leash at all times and are not permitted in any buildings.



"A" Awards are three 1" hat pins



Sales item is a 4" x 6" fully embroidered patch

Continued on Page 4, Column 1

2014 Atlantic Region Conference Crossword



In keeping with the upcoming Atlantic Region Conference to be held in Lancaster at the Host Resort the crossword puzzle you'll find here is peppered entirely with references to events and topics

surrounding this gathering.

All the answers can be found in the articles contained in this newsletter.

And as always if you get stuck we have provided the key to the answers for you on page 5.

Enjoy the crossword puzzle and the conference too!

Across

2. Walk #2 takes place primarily in the _____ of Strasburg.
5. A covered _____ is depicted on one of the award pins.
7. Walk # 3 qualifies for the Special Program _____ with the trees.
9. Walk #2 starts at the _____ Rail Road.
10. If you have been invited to the party you are the guest and if you hold the party you are the _____.
11. One of the walk takes you through _____ Square Outlets.
13. The animal that is displayed on one of the Atlantic Region Conference award pins.
17. There is a special volkssporting event the involves a 300m _____ in the swimming pool at the Host.

19. Walk #3 takes place in this Lancaster County township, East _____.
22. Walk #3 passes the Willow Hill _____ Bridge.
23. Workshop #1 is titled, AVA: Past, Present and _____.
24. Workshop #2 talks about not just an OK event but "The _____ Event.
25. One of the conference walks features Amish and "English" farms and _____.

Down

1. One of the walks qualifies for the Special Program _____ Our Flag.
3. In order to participate in the 300m swim event you must be a _____ guest at the Lancaster Host Resort.

4. Walk #2 will pass the Railroad Museum of _____.
5. The mode of transportation depicted on the Atlantic Region Conference patch is horse and _____.
6. One of the walks is called the Shop til you _____ Walk.
8. One of the award pins depicts a steam _____.
12. The location of the 2014 Atlantic Region Conference in the _____ Host Resort.
14. Walk #2 qualifies for a Special Program sponsored by the Penn Dutch Pacers, Fraternal _____.
15. Walk #2 qualifies for a Special Program that involves tall objects that contain _____.
16. You will see the _____ Music Theater on Walk #3.
18. Walk #3 starts in the East Lampeter _____ Park.
20. The abbreviation of the organization that is sponsoring the Atlantic Region Conference.
21. One of the walks takes you through Tanager _____.

PRESIDENT'S COMMENTS



Make the snow go away. Please! Icy sidewalks and huge snow piles at every corner certainly take all the pleasure out of walking. However, Octorara Orphie's six more weeks of winter will be over mid-March, just in time for the Atlantic Region Conference, March 14-16 at the Lancaster Host Resort. If you haven't already signed-up for the walks and dinners, please do so soon, so the conference organizers know how many to expect. The registration form can be found at www.ksva.net (and on page 5 of this newsletter).

You have often heard of our need for more volunteers to help organize and run our events. That need has now become critical. Barry Weatherholtz, who has been a Trailmaster for many years, is stepping down, as is Marv Albert, our Merchandise Sales Coordinator. We cannot put on a volksmarch without a trail to follow nor can we sell event and distance books without someone to order them and bring them to the walk. Now is the time for YOU to step up and volunteer to take on one of these jobs. Contact Barry, Marv, or me; our phone numbers and e-mail addresses can be found on page 11 Our Neffsville walk is on May 17th. I look forward to hearing from you.

Our club is again sponsoring the Lititz Walk for PA Wounded Warriors, on May 10th. Please consider supporting this worthy cause by registering for the walk. The start point is the Lititz Rec Center. If you want credit, you can register but then do one of our Lititz YREs instead.

- Pete

January Meeting Report

Thursday night, January 16th PDP held it's annual dinner meeting at Isaac's Restaurant on the Manheim Pike with eighteen dedicated PDP members in attendance. This dinner meeting has been a tradition for years and these meetings in even numbered years are the venue where elections for PDP officers are held.

The meeting started a few minutes before the appointed hour of 7 PM since everyone who was attending was already there and finished with their dinner. As has been our experience with all our past meals in the meeting room at Isaac's, our servers provided excellent, efficient service to all that attended. It's a very easy, no stress location for a dinner meeting where everyone can get what they want. Standard agenda items were attended to and then the two main items, walks for 2014 and the election of officers were attended to in that order. One of the ideas for walks next year, PDP's 25th year, which came out of a meeting last Fall, was to revisit the top three walking venues that were experienced over the past 25 years. To that end the last issue of this newsletter contained a list of walks that PDP had produced by year, along with an article explaining the idea of redoing the top three walks and asking for your input. A discussion of the supplied input along with the input from those in attendance ensued and after some discussion three locations were picked for PDP walks in 2014.

The meeting ended with the most important business of the night and that is the election of the officers that will steer the direction of the club for the next two years.

The positions elected every two years are president and first and second vice presidents, all other named positions within the club are occupied by dedicated volunteers. If you have read even one issue of this publication previously you probably already know that there was not a long list of nominees from which the attendees

Cont'd Page 8, Column 2, bottom

RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2015

Elaine and Charles Bornstein

CLUB MEMBERS ACHIEVEMENT AWARDS

100 Events
Beverly Vogelsong

275 Events
Treasa Gross

300 Events
Treasa Gross

325 Events
Treasa Gross

350 Events
Treasa Gross

375 Events
Jeanne Schopf

425 Events
Robert Coonney

650 Events
Rose Grumbling

850 Events
Leroy Copenhaver

1500 Events
Mike Quinlan

1000 KM
Beverly Vogelsong

2,500 KM
Treasa Gross

6,500 KM
John Coonney
Rose Grumbling

**Records from the Dec'13/Jan '14
and Feb/Mar '14 issues of *The
American Wanderer*.**

AWARD: The “A” Award for each of the three walks is one of the 1” hat pins that are featured on the cover of this brochure. We have 100 of each hat pin; there will not be a reorder.

RESTROOMS: Restrooms are available at the start and at least one other location on each 10K trail.

REFRESHMENTS: Water and hard candy will be available at the start/finish and checkpoints.

DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver.

FOR MORE INFORMATION: Joan Lampart at home phone (215) 529-5686). Email: jmlampart@verizon.net.

HOTEL RESERVATIONS can be made at the Lancaster Host Resort at the rate of \$99.00 plus tax. Reservations must be made by Feb 14, 2014. Call (717) 299-5500 and ask for “reservations”. Tell them it is for the American Volkssport Association block of rooms. There will be a drawing for free lodging during the conference for some lucky person, but only those registered at the Lancaster Host Resort are eligible.

START LOCATION: lower level of Lancaster Host Resort, 2300 Lincoln Highway East, Lancaster, PA 17201. Registration is on Friday, 9 am - 5 pm; Saturday, 8 am - 2 pm; Sunday, 8 am to 1 pm. IVV books must be stamped by Sunday, 4 pm.

Walk #1: AVA Event # AT14/96224 5K & 10K Trails, Rated 1A

Shop ‘Till You Drop Walk – This is the featured walk on Friday, March 14. This walk starts from the resort and features the two extremes of Lancaster County. The first part of the walk is in the commercial, tourist oriented Lancaster County, and passes the Rockvale Square Outlets and the Tanger Outlets. The second part is along rural roads bordered by Amish and “English” farms and homesteads. Special Programs: Honoring Our Flag, S.N.O.B Walk # 2: AVA Event # AT14/96178 6K & 10K Trails, Rated 1A

Walk # 2: AVA Event # AT14/96178 6K & 10K Trails, Rated 1A

Strasburg Walk – This is the featured walk on Saturday, March 15. After registering, you must drive 5 miles to the start at the Strasburg Rail Road in Ronks. This walk will pass the Railroad Museum of Pennsylvania and visit the village of Strasburg. Special Programs: Fraternal Organizations, Grist Mills, Honoring Our Flag, Main Street, National Register of

Historic Places, S.N.O.B., Water Towers.

Walk # 3: AVA Event # AT14/96390 5K & 10K Trails, Rated 1B

East Lampeter Walk – This is the featured walk on Sunday, March 16. After registering, you must drive 1 mile to the East Lampeter Township Community Park. The walk goes on paved trails in East Lampeter Township Community Park, Bentley Ridge Apartments and Condominium Development, and in the Amish Farm and House Complex. You will pass Amish farms, the Willow Hill Covered Bridge, and the American Music Theater. Special Programs: Honoring Our Flag, S.N.O.B., Trekking with the Trees

300m Swim: AVA Event # AT14/96177 Consider doing the swim event each day

The indoor pool is open daily from 7 am – 11 pm. Due to insurance reasons, only guests of the Lancaster Host Resort may use the swimming pool. Therefore in order to do this swim event, you must be a guest of the Lancaster Host Resort.

Saturday Afternoon Activities

3:00 pm Workshop #1:: ”AVA: Past, Present and Future” (How can AVA help clubs and how clubs can help AVA) by Chuck Blische, AVA Marketing Director.

4:00 pm Workshop #2:: “The Perfect Event” by Bob & Suzanne Wright, President, Loudon Walking & Volkssport Club.

5:00 pm Atlantic Region Meeting.

Join us for the **Friday Meet ‘n Greet Buffet** at 7:00 pm. Instead of the usual finger foods, a buffet will be served which includes salad, Beef Bourguignon with noodles, grilled Tilapia with mango chutney and breast of chicken Veronique. There will also be risole potatoes, carrots, a squash medley, rolls and bread, and assorted desserts. Cost is \$27.00. There will be a cash bar.

The **Saturday night banquet** will begin at 6:30 pm and will feature a “Pennsylvania Dutch Buffet” consisting of roasted pork and sauerkraut, Pennsylvania Dutch style chicken potpie, honey baked ham with raisins, salad, freshly baked breads, mashed potatoes, green beans and ham, buttered corn, shoo fly pie, Dutch apple pie, chocolate cake, and whoopee pies. The guest speaker is Jeff Bach, Director of the Young Center for Anabaptist & Pietist Studies at Elizabethtown College. His topic is “Wanderers to Pennsylvania”. Cost is \$33. A cash bar will be open prior to seating.



Cross Puzzle Answers

- | | |
|---|--|
| <p>Down</p> <p>1. HONORING
3. REGISTERED
4. PENNSYLVANIA
5. BUGGY
6. DROP
8. LOCOMOTIVE
12. LANCASTER
14. ORGANIZATIONS
15. WATER
16. AMERICAN
18. COMMUNITY
20. KSAVA
21. OUTLETS</p> | <p>Across</p> <p>2. BOROUGH
5. BRIDGE
7. TREKKING
9. STRASBURG
10. HOST
11. ROCKVALE
13. COW
17. SWIM
19. LAMPETER
22. COVERED
16. AMERICAN
23. FUTURE
24. PERFECT
25. HOMESTEADS</p> |
|---|--|

The York White Rose Wanderers are handling the silent auction for the Atlantic Region Conference and are soliciting items from clubs and individuals alike. In case you would like to contribute here's a list that they provided of some items that maybe a good fit. Of course your contributions are not limited to this list.

Food and wine baskets are good. Either already made up or a variety of goods can be accumulated and simply put into a basket. Gift certificates to local eateries or national food places like Cracker Barrel, Panera, Pizza Hut, etc. go over big because everyone has to eat. Gift certificates to chain stores like Target, Wal-Mart, Lowe's, etc. are good.

If you are crafty and make things, those items always goes over big. If you have access to tickets from the likes of the American Music Theater the Lancaster Barn Stormers or similar venues, they would be a good choice. Nittany Lions fans, Nittany Lions stuff would be great! And of course, walking items would be picked up real quick. You can also think "unusual items" - like one of a kind things you acquired but maybe would like to part with for the good of the region.

So these are just some of the ideas. I'm sure some of you can be a lot more creative than me. So go to it. Thanks in advance for your help. See you in March – Brenda Weirich. To contact Brenda please e-mail nbweirich@verizon.net

2014 Atlantic Region Conference Registration

Name: _____ Club: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Emergency Contact: _____ Phone: _____

Conference Package: \$80.00 _____

The package includes the three walks w/ "A" Awards, the conference patch, Friday Meet 'n Greet Buffet, and Saturday Night Buffet.

Individual Items:

Meet 'n Greet Buffet: \$27.00 _____

Saturday Night Banquet \$33.00 _____

Conference Patch: \$6.00 _____

Walk #1 Credit \$3.00 _____ Credit w/ "A" Award \$6.00 _____

Walk #2 Credit \$3.00 _____ Credit w/ "A" Award \$6.00 _____

Walk #3 Credit \$3.00 _____ Credit w/ "A" Award \$6.00 _____

Swim Credit \$3.00 _____

Total Enclosed: _____

Checks should be made payable to "KSAVA"

Mail registration and check to KSAVA, c/o Pat Eby, 19 N. 27th St,
Camp Hill, PA 17011



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

March 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	W	Baltimore Walking Club	Baltimore MD (BmoreHealthy Expo)	410-870-6616
14-16	3W	Keystone State Volksmarch Assn.	Lancaster PA (Atlantic Region Convention)	717-677-6511
14-16	S	Keystone State Volksmarch Assn.	Lancaster PA (Atlantic Region Convention)	717-677-6511
20	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
22	W	Baltimore Walking Club	Baltimore MD (Waterfront Walk)	410-274-8407
22	W	Baltimore Walking Club	Baltimore MD (Patterson Park)	410-274-8407
29	W	Columbia Volksmarch Club	Glenwood MD (Western Regional Park)	410-290-6510
29	W	Virginia Vagabonds	Norfolk VA	757-766-3065
30	W	Princeton Area Walkers	Westfield NJ	908-309-8398

April 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
5	W	Seneca Valley Sugarloafers	Germantown MD	301-926-0915
5	W	Virginia Vagabonds	Glouster VA (Daffodil Festival)	757-766-3065
5	W	Seneca Valley Sugarloafers	Germantown MD	301-926-0915
6	W	Cavalier Volkssporting Club	Montpelier Station VA	434-924-3791
12	W	Annapolis Amblers	Annapolis MD	410-960-6226
12	W	Lee Lepus Volksverband	Petersburg VA	804-768-0055
12	W	Cavalier Volkssporting Club	TBD	434-924-3791
17	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
19	W	Penninsula Pathfinders of Virginia	Glouster VA (Beaverdam Park)	757-357-5355
26	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
26	W	First State Webfooters	Smyrna DE	302-697-1191
27	W	Princeton Area Walkers	Princeton NJ	609-658-7724
28	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

May 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
3	W	Germanna Volkssport Assn.	Fredericksburg VA	540-455-0772
3	W	Seneca Valley Sugarloafers	Gaithersburg MD	301-294-1191
10	W	Baltimore Walking Club	Darlington MD	410-272-2654
10	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
15	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
17	W	Penn Dutch Pacers	Neffsville PA	717-203-1725
17	W	Liberty Bell Wanderers	Huntingdon Valley PA	610-906-6252
17	W	Northern Virginia Volksmarchers	Alexandria VA	703-360-5652
17	W	Gater Volksmarch Club	Norfolk VA	757-421-0070
17-18	W	York White Rose Wanderers	Red Lion PA	717-244-3259
19	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
24	2W	Freestate Happy Wanderers	Savage MD	301-572-5574
24	W	Virginia Volkssport Association	Dayton VA	757-814-1417
25	W	Virginia Volkssport Association	New Market VA	757-814-1417
26	W	Virginia Volkssport Association	Winchester VA	757-814-1417
28	W	Annapolis Amblers	Stevensville MD	410-960-6226
28	B	Annapolis Amblers	Stevensville MD	410-960-6226
31	W	Liberty Bell Wanderers	Lackawaxen PA	610-906-6252
31	W	Penninsula Pathfinders	Hampton VA (Gosnold's Hope Park)	757-851-9252

June 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
7	W	Keystone State Volkssport Association	New Freedom PA	717-677-6511
7	W	Loudon Walking & Volksmarch Club	Sterling VA	703-737-2175
9	NW	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135
14	W	Germanna Volkssport Association	Bowling Green VA	540-455-0772
19	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room •Lancaster Health Campus at 7:00 PM		
21	W	Susquehanna Rovers Volksmarch Club	Duncannon PA	717-991-3574
21	W	Gater Volksmarch Club	Chesapeake VA	757-421-0070
23	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

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 Atlantic Region Calendar, cont'd

July 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
12	W	Seneca Valley Sugarloafers	Poolesville MD	301-946-5496
17	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		
19	W	Columbia Volksmarch Club	Ellicott City MD (Centennial Park)	410-290-6510

August 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
25	NW	Washington DC Area Volksmarch Club	Aleandria VA	571-405-4808

September 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
6	W	Freestate Happy Wanderers	Laurel MD	301-490-5850
8	NW	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135
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 • Diagnostic Imaging Center • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		
20	W	Pennidula Pathfinders of Virginia	Suffolk VA	757-722-5637
21	W	Liberty Bell Wanderers	Macungie PA	610-906-6252
22	NW	Washington DC Area Volksmarch Club	Aleandria VA	571-405-4808
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 Vagabonds	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
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 • Diagnostic Imaging Center • Patient & Family Education Conference Room • 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	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 Sugarloafer	Gaithesburg MD (Moonlight in the Park)	301-385-0054
20	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room • 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	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

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



Put one foot in front of the other

In a recent blog post by Lara Meador asked how everyone was doing with their New Year's goals. And she said as she was working on her own goals, she thought of this random little diddy from "Santa Claus is Coming to Town", a children's holiday special. The song is called "Put one Foot in Front of the Other." It reminds us that it's not the big leaps that count most, but the continuous movement forward.

It is appropriate to consider this here since walking is in fact just putting one foot in front of the other. And even for those just getting started with volksmarching or whatever endeavor life presents us at the moment, putting one foot in front of the other is a reminder to keep on going and not to take yourself too seriously.

We've included the lyrics to the song below along with a link to this YouTube video link -

<http://youtu.be/OORsz2d1H7s>

Be sure to take a look at the video if you can.

So what are you waiting for?! It is time to....

Put one foot in front of the other
And soon you'll be walking cross the floor
Put one foot in front of the other
And soon you'll be walking out the door

You never will get where you're going
If you never get up on your feet
Come on, there's a good tail wind blowing
A fast walking man is hard to beat

Put one foot in front of the other
And soon you'll be walking cross the floor
Put one foot in front of the other
And soon you'll be walking out the door

If you want to change your direction
If your time of life is at hand
Well don't be the rule be the exception
A good way to start is to stand

Put one foot in front of the other
And soon you'll be walking cross the floor
Put one foot in front of the other
And soon you'll be walking out the door

If I want to change the reflection
I see in the mirror each morn
You mean that it's just my election
To vote for a chance to be reborn

Put one foot in front of the other... just for the health of it!

had to choose. This not to say that the officers that were elected are not qualified and do not have experience because they do. Since no one besides the previous office holders consented to being a nominee for any of the three elected offices there was a motion to re-elect the current office holders by acclamation. The motion was seconded and passed by a majority vote of those present.

So to review officers being re-elected and consenting to remaining in their current jobs for another two years are Pete Byrne as president, George Resh as 1st Vice President and Carmie Keiser as 2nd Vice President. All of us are fortunate that these folks along with most of the none elected positions and jobs that are required to keep the club functioning have agreed to stay in place.

There are three exceptions that we need to make you aware of though. Dale Albert on behalf of her husband Marv who has ably handled the Sales position for many years indicated that he is stepping down from the Sales position effective immediately but also indicated that he will continue to help out until a replacement can be found.

Also long time experienced trailmasters who have been hinting at retirement for sometime now have made it official by indicating that they will be stepping down at the end of 2014.

All the current officer holders and anyone who currently holds a named position deserves a huge thank you. And we especially want to thank Marv for all the years he has given to the club by ably handling merchandise and book sales and for staffing the sales table at our walks year in and year out. Marv you will be sorely missed.

We hope that there are those of you out there that will now consider stepping up to fill the Sales position and also think about the opening coming up for trailmasters beginning in 2015. Thanks goes out to all those who made a conscience effort to attend the meeting to help take care of the business of the Penn Dutch Pacers.

Cont'd from Page 1 – Neffsville Walk...

(winningest game show contestant in TV history).

The start point for this year's Neffsville walking event on Saturday only May 17th is the Manheim Township Community Park, located at 209 Petersburg Road. (Route 722) The Park contains 34 acres and offers a variety of sporting entities. The park is a popular walking location for Manheim Township residents.

Unlike previous visits to Neffsville where we have ventured to the east and south of our startpoint in the park, our 2014 adventure will take us to the north and west of the park. We will be walking on all hard surfaces which will include side walks, trails and road and street sides of residential communities like Village Park, Cobblestone Court, Wildflower Commons, Bloomfield, Kingspointe, and Mill Pond, as well as the Manheim Township Athletic Complex and also around Bloomingdale Square which has several eateries in case you get hungry along the trail.

Coollest Small Town in America Walk Followup

Our walk in Lititz, the Coolest Small Town in America, lived up to its name in a number of ways. The walk which was held on Saturday, December 7th was indeed cool from a hot and cold perspective with temperatures in the mid to upper 30s with the sun making an occasional appearance. But walkers came properly bundled so as to enjoy the great walk and the other myriad activities that would await them.

Though cool the weather did cooperate since our walk on Saturday was sandwiched between pouring rain on Friday and snow on Sunday. Somehow there was great walking weather Saturday between two not so great days. Counting pre-walkers we had 157 folks show up in Lititz which has to be a walker's favorite walking venue. No wonder it was voted the Coolest Small Town in America.

Downtown Lititz was really hopping in the morning as Santa came in his fire truck and there were all kinds of activities for the children. Parking was a problem for awhile - people had to walk from across the street and they also had to park several streets away.

Bruno's, our startpoint, handed out dollar off coupons - so many walkers took advantage of this deal and had a delicious Bruno's sub sandwich. A big thank you goes out to Bruno's for being a perfect host for our latest excursion in Lititz and hopefully many more.

It goes without saying that thank you's go out to all those that contributed in any way toward making this our latest venture in Lititz the success that it was.



At the back of the pack with hydration in his pocket trailmaster, Don Young made sure that the walkers during the pre-walk headed in the right direction while enjoying all that the Coolest Small Town in America had to offer.

Lititz Results	Award & Credit	Credit Only	Non IVV	Total
5K	4	18	20	42
10K	30	66	19	115
Total	34	84	39	157

Cont'd from Page 9, Column 2 - Food for Neffsville

food at an event is sometimes the only thing that allows us to complete an event in the black. That is especially the case where we have to pay for a startpoint as we do with this walk.

Thanks in advance to everyone who contributes to our Neffsville walk in any way, but especially to those who contribute to our food sales. The walkers will surely appreciate your efforts.



If you read the headline and thought we are feeding everyone in Neffsville, we're not. But we hope to provide those that attend our Neffsville walk a nice selection of food from which to choose and that is where YOU come in.

Our startpoint in the pavilion in Manheim Township Community Park provides an ideal location for setting up to sell food and for this to happen we need the people to serve and sell it and we need folks who are willing to prepare and deliver it to the park. We of course are looking for donations of baked goods. Think cupcakes, cookies, bars, cake, pie, etc. If you will be donating baked goods it would be appreciated if they would already be packaged to sell when you deliver them to the park the day of the walk. You know, a couple cookies or a bar or two in a zip lock bag, a cupcake, a piece of cake or a slice of pie individually wrapped. Fresh fruit, like bananas & apples work also. Also crock pot type things like soups and stews go extremely well too! And if you can provide the crockpot that's even better and we'll be sure to get it

back to you after the event. It should be said here that donations are of course appreciated but we realize that someone may want to contribute by making something but in this economy may not feel comfortable donating it. If that is the case please feel free to provide a bill and PDP will be glad to provide a check for the ingredients. It's worth saying again that selling

Continued on Page 9, Column 1, Bottom

YRE Results from 2013

2013	AT12/	1st Quarter			2nd Quarter			3rd Quarter			4th Quarter			TOTAL
		Paid	Free	Subtotal	Paid	Free	Subtotal	Paid	Free	Subtotal	Paid	Free	Subtotal	
EPHRATA	Y0174	3	0	3	31	1	32	22	4	26	21	2	23	84
LANCASTER Downtown	Y0178	14	1	15	22	2	24	21		21	7	1	8	68
LANCASTER West	Y1117	8	1	9	23	2	25	6		6	5	1	6	46
LITITZ History	Y1283	31	1	32	16	3	19	28		28	23	4	27	106
LITITZ North	Y0123	4	0	4	12	0	12	14		14	17	1	18	48
MANHEIM	Y1929	10	1	11	17	1	18	17		17	17	1	18	64
MIDDLE CREEK Lake	S1277	12	0	12	11	0	11	5	1	6	0	0	0	29
MILLERSVILLE	Y1882	12	0	12	20	0	20	8		8	8	0	8	48
NEW HOLLAND	Y1368	17	3	20	27	0	27	20		20	13	0	13	80
2013 stats		111	7	118	179	9	188	141	5	146	111	10	121	573
2012 stats		197	17	214	124	13	137	176	6	182	123	7	130	663

As we do every year we share the statistics from the YRE and Seasonal Events from the previous year that are sponsored by the Penn Dutch Pacers. Thanks to Monica & David Barber for all their behind the scenes work with the YRE and Seasonal Events and for providing the info and the chart above as well.

The very last line of the chart (above) contains the results from the previous year, 2012 which makes comparing the results from 2013 easy. As you can see we had 90 fewer people participating PDP YRE and Seasonal walks in 2013 than in 2012 or a 13.5% drop in participation. All of the quarterly totals were down except the second quarter which showed an increase of 51.

The 573 total participation figure is 34 higher than our lowest participation of the last 16 years of 539 in 2011 and 320 below our highest participation of 893 in 1998. Last year our average participation from 1998 through 2012 in our YRE and Seasonal walks was 748. Factoring in this years participation brings the average participation over 16 years down to 742 which is still 203 higher than the participation that we actually experienced in 2013.

As participation in the PDP YRE and Seasonal walks decreases so does income. This is important because of the costs involved in maintaining these walks which include but are not limited to annual sanction fees, quarterly reporting fees, PDP's portion of the cost of the KSWA YRE & Seasonal booklet plus any printing and supply costs.

Book Review By Kitty Glass

For those of you interested in reading about true stories of walking and hiking, a good book to delve into is *Wild – from lost to found on the Pacific Crest Trail* by Cheryl Strayed.

It is a fascinating memoir of her eleven-hundred-mile solo hike on the Pacific crest Trail from the Mohave Desert through California and Oregon to Washington State. Having recently lost her mother and experiencing a failing marriage she decided to try an impossible task. Her knowledge of hiking was limited but she needed a challenge to bring her life back to normal.

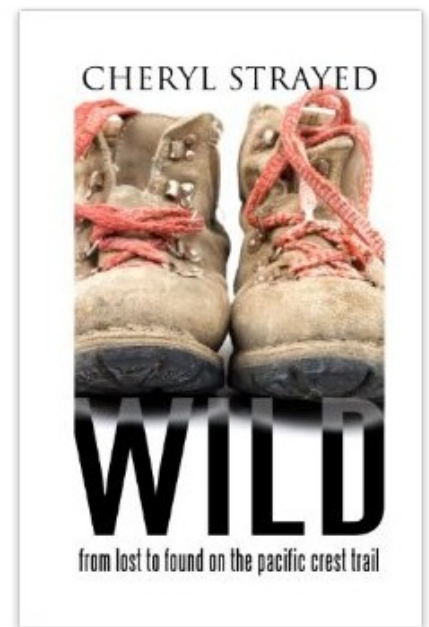
The book reveals all the pitfalls and terrors that she experienced on the trail.

A heavy backpack creating back ache, painful blisters, rattlesnakes, black bears, intense heat, record snowfalls, and almost impassable paths made her trek a challenging task. The mountains and scenic views are described in all their beauty. These views lift her spirit. The friendly people she meets on her journey also encourage her to keep going.

She prevailed and the experience in the end strengthened and ultimately healed her.

I recommend this book to everyone who needs an uplifting journey –not only on the trail – but to everyone needing an entertaining yet realistic experience.

For additional reviews, information and to listen to or read some of the book before ordering you can go to amazon.com by clicking this url - <http://goo.gl/LKRHAL> if you happen to be reading the digital version.



Gluten Free Peanut Butter Swirl Brownies

Indulgent, fudgy black bean brownies with a rich peanut butter swirl. Simple with just one bowl and no exotic ingredients required. Just pure, healthy decadence at its finest.

Author: Minimalist Baker – Serves: 12

Ingredients

- * 1 15 oz. can (~ 1 3/4 cups) black beans, well rinsed and drained
- * 2 flax eggs (2 Tbsp flaxseed meal + 5 T water)
- * 3 Tbsp coconut oil, melted (or sub other oil of choice)
- * 3/4 cup cocoa powder (the higher quality the better)
- * 1/4 tsp sea salt
- * 1 tsp pure vanilla extract
- * 1/4 cup maple syrup or agave (or sub honey if not vegan)
- * 1/4 cup + 2 tsp raw sugar, ground to fine texture (or sub granulated)
- * 1 1/2 tsp baking powder
- * 1 tsp baking soda
- * 1/2 cup salted natural peanut butter (smooth or creamy)
- * 2 Tbsp powdered sugar
- * 1/3 cup dairy-free semisweet chocolate chips + more for topping



Instructions

1. Preheat oven to 350 degrees.
2. Lightly grease an 8x8 baking pan or a 12-slot standard size muffin pan (not mini).
3. Prepare flax eggs by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes.
4. Add remaining ingredients through baking soda and puree – about 3 minutes – scraping down sides as needed. You want it pretty smooth.
5. If the batter appears too thick, add a Tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny. Add almost all of the chocolate chips and stir.
6. Evenly distribute the batter into the 8x8 or muffin tins and smooth the tops with a spoon or your finger.
7. Measure out peanut butter in a mixing cup and add in powdered sugar – mix to combine.
8. To the brownie pan, add dots of the peanut butter powdered sugar mixture and swirl with a toothpick or knife. Sprinkle top with a few more chocolate chips or shaved chocolate.
9. Bake for 20-26 minutes if using muffin tins, or 35-45 minutes if using an 8x8 dish. You want the top dry and the edges to start to pull away from the sides. It shouldn't be jiggly when shaken.
10. Remove from oven and let cool for 30 minutes in the pan before serving. They will be tender, so remove gently with a spatula or fork. If they're too tender, let set in the freezer to stiffen so they're easier to lift out. The insides are meant to be very fudgy, so don't be concerned if they seem too moist – that's the point. Plus, they're vegan so it doesn't really matter.
11. Store in an airtight container for up to a few days. Refrigerate to keep longer.

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.

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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 _____

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