



It was 25 years ago that a group of individuals decided to form a walking club that would be part the American Volkssport Association and they dubbed it the Penn Dutch Pacers Volksmarch Club. It was also decided by a group of individuals (those who attend the monthly PDP meetings) much more recently how we would honor those 25 years.

Several issues ago in this very publication we shared a list of walks that were held over all those 25 years and members were asked for their input to decide which of those walks and locations were worthy of being repeated as part of PDP's 25th Anniversary celebration. Those few responses where the start of a conversation that over the course of several monthly meetings last year we narrowed down to Neffsville, Elizabethtown and Lititz. It was decided that PDP would only sponsor three weekend walking events during 2014 and that they all will be Saturday only events. What's the reason for the decreased number of events and why one day, Saturday only events for all three? Let's address the decreased number of events first off.

In years past PDP has sponsored 4 or 5 two day weekend events. The primary reason for cutting the number of events this year was the fact that the Atlantic Region Conference was being held in Lancaster in March. It was pointed out that the Atlantic Region Conference will effectively replace the single walk that PDP normally sponsors in the Spring. The conference would give everyone the opportunity to do three sanctioned walks. And although the conference was an effort produced by the Atlantic Region, because it was being held in Lancaster, the Penn Dutch Pacers had an exceptional level of involvement in it.

All three trails used for the conference although maybe not 100% identical to the previous PDP walks had there inception in walks that PDP had done previously. And although the original trail maps were used to get things

Continued on Page 7, Column 1,

AVA Announces New Executive Director

The American Volkssport Association National Executive Council XVIII is pleased to announce the appointment of Stephanie Sánchez Sinclair as its national executive director effective January 27, 2014. The selection was approved by the National Executive Council during its meeting held January 10-11, 2014 in Tucson, Arizona.



*Stephanie Sinclair
 Executive Director*

For more than a decade, Sinclair has worked in community relations, communications, and fund development roles for major nonprofits and corporations in San Antonio, Texas.

In senior nonprofit management positions, Sinclair has implemented individual donor campaigns, grants, special events, alumni relations, advocacy, social media, public relations, general operations, board development, and has extensive experience working with volunteer-driven organizations.

"I have wonderful memories of volkssporting adventures with my mother and grandmother as we frequently participated in events across South Texas during the late 1990's. It is a privilege to be selected to work with the National Executive Council and AVA national headquarters staff to promote our mission to provide fun, fitness, and friendship across the country," says Sinclair.

Sinclair holds a Master of Science in Nonprofit Management from Our Lady of the Lake University,

Continued on Page 4, Column 1



Congratulations Kitty

Millersville University recently held its 56th annual Undergraduate Honors and Awards Convocation in Marauder Court at the Student Memorial Center.



In addition to student recognition, the Millersville University Alumni Association presented four awards: the Distinguished Alumni Award, Honorary Alumni Award, Outstanding Volunteer Service Award and the Young Alumni Achievement Award.

We were thrilled to see one of the Penn Dutch Pacer's own volunteers receiving an award.

Catherine "Kitty" Glass '53, Outstanding Volunteer Service Award. Glass retired from Millersville in 1996 after serving more than 28 years as an associate professor and catalog librarian.

Anyone that knows Kitty and has worked with her knows that if she does something that she puts her whole heart into it. And we're surprised that with all she does for PDP that she has any time left over to do anything else.

Kitty has been the treasurer forever it seems, in fact we can't ever remember anyone else being treasurer. And she is always around at the walks helping where she can, usually at the food concession or at the start or finish. Thanks Kitty, we are grateful to have you as a Penn Dutch Pacer.

– excerpts and picture from the Lancaster Intelligencer Journal/New Era Saturday, April 26, 2014

We've talked previously about the the Penn Dutch Pacer Facebook page and the fact that in today's world it's an important outreach for the club and for Volkssporting in general. And we encouraged everyone to Like the PDP facebook page and participate as well. In case you've forgotten or would now like to participate you can find the PDP Facebook page by simply searching for Penn Dutch Pacers Volksmarch Club or clicking this link

<https://www.facebook.com/pages/Penn-Dutch-Pacers-Volksmarch-Club-Inc/255318925200>

As you might expect in a hierarchical organization like the AVA those entities up the chain so to speak also have Facebook pages that you should also support. You will find information on both the Facebook page for the KSVA and the AVA. Please go to those pages and Like them as well. All those likes will help get the word out to lots of people who wouldn't otherwise know anything about our sport. It's easy and doesn't cost anything but a few moments of your time and if you are reading the electronic edition of the newsletter you can go to the pages right now by clicking the live links below.



<https://www.facebook.com/pages/Pennsylvania-Walking-The-Keystone-State-Volkssport-Association/171867152862516>



<https://www.facebook.com/AmericanVolkssportAssociation>

PRESIDENT'S COMMENTS



Pete Byrne

Thanks to everyone who came to our Neffsville walk and to those volunteers who made it possible. Great trail and great weather (although a little cool in the pavilion). Next up . . . Elizabethtown.

Speaking of volunteers, we had some interest expressed in the Trailmaster and Sales positions. Hopefully these will be firmed up by our next walk. We could always use more help, so don't be shy about stepping up.

We are developing a Year-Round Event in Susquehannock State Park for 2015 and 2016 in conjunction with the KSVa program covering walks in State parks. More on this in the next newsletter.

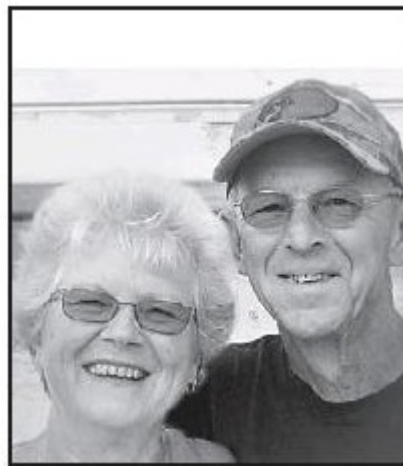
I hope you are enjoying Spring and getting outside as much as possible. Walk now before the heat of Summer is upon us.

See you on the trail.

Pete

Necrology

Roger E Johnson 83, died April 30, 2014. Roger along with his daughter, Bonnie Johnson Eckhardt was a long time Penn Dutch Pacer and walked 120 walks over the years. We were sorry to see about Roger's passing and our condolences go out to his family.



Halsey's Celebrate 50 Years

Our congratulations go out to Charles and Mural Halsey of East Earl who celebrated their 50th wedding anniversary on May 16th. They were married at Pine Grove Church in Bowmansville.

The couple are PDP members and are avid walkers and just completed their 900th 10K walk in May.

Both the 50 years and the 900 walks are massive achievements for any lifetime. These are truly folks that know how to get it done.

Thanks for your continued support of the Penn Dutch Pacers and Volksmarching in general. Your actions speak louder than words.

— both article excerpts and pictures above from the Lancaster Intelligencer Journal/New Era

WELCOME NEW MEMBERS

Vicki Vaughn
Maria & Jason Roshon
John and Nan Roose
Karissa Vorodi

**RENEWED FOOTPRINTS
KEEP ON WALKING THE
TRAILS**

The following members have renewed in the past three months

Carolyn Garber
Ralph & Claire Greenawalt III
Muriel & Charles E Halsey Jr
Terry & Charlotte Haugh
Virginia & David C Hunsberger
Elizabeth & Phillip Louie
Steven & Carol Schell
Edward & Kathy Schoenberger

25 Year Recognition from AVA

Along with this ribbon recognizing PDP as a 25 year club was a letter dated the beginning of the year which read in part...

Congratulations on reaching your 25th year of membership in the American Volkssport Association. As club number AVA-0579, your club members have contributed there time, talents and resources to encourage the public to participate in non-competitive exercise and positive social interaction. It takes many hours of planning for your members to offer such memorable and special activities for everyone ...



On behalf of AVA and the Atlantic Region, may you successfully continue to provide fun, fitness and friendship to all participants through outstanding Volkssporting practice. Thank you for all you do, and again, congratulations.

Sincerely,
Candace Purcell

Candace Purcell, Acting Executive Director
American Volkssport Association

Cont'd from Page 1 – AVA Announces New ...

along with a Master of Arts in Communication Studies And a bachelor's degree in English-Communication Arts from St. Mary's University in San Antonio, Texas.

Sinclair is a graduate of Leadership San Antonio, Class XXXV, and was selected as the Girl Scouts of Southwest Texas 2012 Best of the Best staff excellence recipient.

She resides in San Antonio, Texas with her husband and daughter.

Connect with Stephanie via Email—

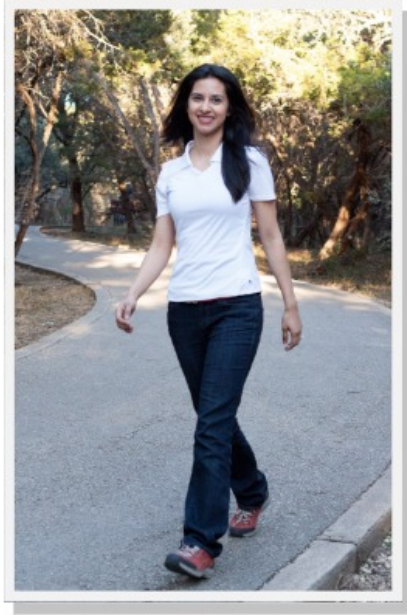
ssinclair@ava.org

Facebook—

www.facebook.com/stephanie.sinclair.790

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air.790



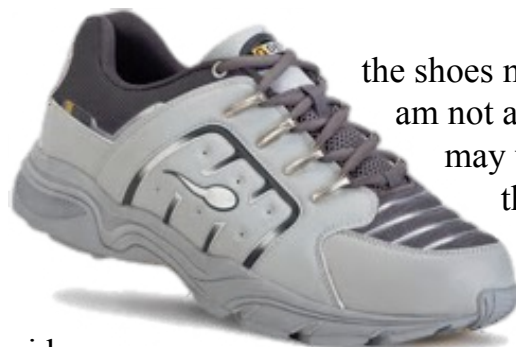
SHOES THAT WILL CHANGE YOUR LIFE

by Kitty Glass

Editor's Note: This article recounts one person's experience in trying to find the most comfortable shoes possible and it is not intended as an endorsement for this particular brand of foot ware.

As all walkers know comfortable shoes are most important for assuring that your feet will survive a 5K or 10K walk. Also – as one gets older bunions and corns develop – as do leg pains. I am one of the older ones and my tender feet have to be babied. Band-aids help but finding a pair of shoes that provide comfort is always a shopping struggle. Cost is another factor. I am always looking for bargains

gravity defyer[®]
ADVANCED FOOTWEAR TECHNOLOGY



but I sometimes find that this is not the best idea when one has sore feet.

I was really excited as I was leafing through the Sierra Club magazine to see an ad with large letters saying “SHOES WHAT WILL CHANGE YOUR LIFE...GUARANTEED!”. I have heard of other things that will change your life such as different diets, trips, religion, etc. but I never thought shoes could be that important. These shoes are called Gravity Defyer shoes and have a VersoShock system developed by Impact Research Technology. The ad says “Gravity Defyer shoes have become a comfort phenomenon and are changing lives every day.”

They are scientifically engineered to DEFY GRAVITY. “Once you put on your first pair you won't ever want to take them off.!”

Needless to say I was intrigued by all these claims. The offer of “try a pair free for 30 days” or 3 payments of \$43.32 sounded fair enough. Since I have never paid for a pair of shoes that cost \$100.00, I threw caution to the winds and with the claim that my life will be changed, I called to order my pair of “G-DEFY SUPER WALK” shoes.

The shoes arrived five days ago. Maybe it is because my feet have never been enveloped in such luxurious a fashion that they are having trouble adjusting to the support and so far I have not felt like I am “walking on clouds.” They

definitely are different and I am going to use my thirty days to see if they are as beneficial as they claim. In the five days that I have had

the shoes my life has not changed either. If I am not around for the Neffsville walk, you may wander where I am. It may be

that the claim has proved correct and I may be living in a beautiful big home by the ocean! P.S.

Contact me if you want to see the life changing shoes.

However, there may be a slight fee.

Neffsville on a Beautiful Saturday Morning

The weather on the morning of the 17th of May was perfect for doing a 10K walk through the village of Neffsville. Sunny and breezy with low humidity made for an enjoyable walk. The rain of the day before made the

Neffsville Results	5K	10K	Total
Award & Credit		19	19
Credit Only	11	37	48
Non IVV		11	11
Total	11	67	78

lawns as green as they could be and the azaleas were in full bloom. Since the walk was on sidewalks through the developments there were no muddy trails to worry about. Our trailmasters did an outstanding job in marking turns with the pink arrows. My daughter and I thoroughly enjoyed the well planned walk. Unfortunately the number of people who should have come out and taken advantage of the beautiful day did not materialize. Seventy-eight walkers was our total – we were hoping to reach one hundred but not even the aroma of the brats and hot dogs on the grill lured them into the pavilion. As usual the food was popular. Thanks to Chris for her delicious fruit salad, Marv for his ever popular chicken corn soup, everyone for donations of cookies and cakes, Pete for his expert grilling, and Barb for her efficient management of the food tables.

There were lots of other events taking place on this morning including a walk by the York club which was held in Red Lion. Several of the walkers did our walk early in the morning and were headed over to Red Lion in the afternoon. The middle of May seems to be a good time for other organizations to schedule events which were many around the area.

As usual the comments from everyone were “a most enjoyable walk.

The walkers who participated were most grateful for our establishing the event as evidenced by these comments:

“As you know, I just started volksmarching after a lay off of over 15 years. I thought this was very well run. One comment. I also did the walk in Red Lion on Sunday, also well organized. However, when people showed at the PDP walk they were greeted and made to feel welcome. At the other one - it was a good thing they had signs "Register", etc. They were friendly enough when I initiated any conversation - but I sure did not feel as welcome as at the PDP site.” – John

“Very well organized and a easy trail to follow.” – Jim

So even though the numbers were not what we hoped for, the ones who supported us will be sure to come back to Elizabethtown in the fall.

Contributors Geroge Resh for the Stats & Kitty Glass for the majority of the article.



Photo by Inge Koenig



Photo by Inge Koenig
Marv's Chicken Corn Soup



Photo by Inge Koenig
Monica, Maura & David Barber at the finish



Marv at the sales table in the midst of a pitch



Photo by Inge Koenig
It's lonely manning the 5K checkpoint, buy someone has to do it.

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

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	Baltimore Walking Club	Darlington MD	410-272-2654
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	Loudon Walking & Volksmarch Club	Leesburg VA	707-737-2175
21	W	Columbia Volksmarch Club	McGillis Common – Columbia MD	410-290-6510
21	W	Susquehanna Rovers Volksmarch Club	Duncannon PA	717-991-3574
21	W	Gator Volksmarch Club	Chesapeake VA	757-421-0070
23	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
28	WB	Annapolis Amblers	Downs Park – Pasadena MD	410-960-6226

July 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
5	W	Virginia Vagabonds	Williamsburg VA	757-814-1417
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	Cumberland Valley Leadfoot Club	Chamberfest Walk - Chambersburg PA	717-263-8633
19	W	Columbia Volksmarch Club	Ellicott City MD (Centennial Park)	410-290-6510
26	W	Great Greenbelt Volksmarchers	Greenbelt MD	301-937-3549

August 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
9	W	Columbia Volksmarch Club	Odenton MD	410-290-6510
23-24	W	York White Rose Wanderers	William H Kain County Park	717-266-1152
25	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
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 • 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	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 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	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 • 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

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

October 2014, continued

Date	Type	Sponsoring Club	Event Location	Contact Phone
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	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

April 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Lee Lepus Volksverband	Richmond VA	804-768-0055
25	W	Peninsula Pathfinders of Virginia	Hampton VA	757-851-9252

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

Cont'd from Page 1 – Happy 25th...

started our trail masters, Barry Weatherholtz and Don Young spent many hours refining the trails to what was required for the conference. And PDP's involvement didn't stop there. PDP was responsible for manning the YRE table that gave people information on the local PDP YRE and Seasonal walks that were available and also signed people up and got them on their way. Also many PDP folks volunteered at checkpoints and other places they were needed as well.

The point is that the conference took an exceptional amount of work and everyone felt that to have to produce a PDP Spring walk on top of the conference would not be possible. See the followup on the conference starting on page 8.

We had also mentioned that all the walks that are scheduled for 2014 are one day only walks. It has been typical in PDP's 25 years to *occasionally* (with stress on occasionally) have a one day walk usually when the walk was held in conjunction with another event that was held only one day. PDP has resisted unnecessarily doing one day walks because TRADITIONALLY (up until a few years ago) weekend Volksmarch events by all clubs had been offered both days of the weekend.

PDP has resisted going to just one day walks. One of the

things with doing one day walks is that it automatically eliminates folks that would have come on the day that you don't have the walk whether that day be Saturday or Sunday. So the immediate consequence is that your total participation suffers and you inadvertently turn people away from not only the walk but maybe Volksmarching as well. Having that two day availability to do the walk was always important so as to accommodate those who have a schedule conflict on one day or the other.

But from the point of view of the club (or more importantly those few people who have chosen to do the work) holding a two day weekend event not only doubles the cost especially where you have a startpoint rental involved, but it also doubles the work for those that man the start and finish points, sales table, etc. the day or days of the event. In most cases at the end of day one of any two day event everything needs to be packed up and schlepped away only to be brought back in the morning on day two and unpacked and set up and then once again at the end of day packed up and schlepped away again until the next event.

So a one day event reduces the work load considerably on those folks who handle things that need to be done the day of the walk. So in case you forgot the question it was, "Why only one day Saturday walks?" Short answer much less work and to a lesser degree it costs less too!

Atlantic Region



Photo by Inge Koenig

The Lancaster Host Resort welcomed the Walkers to the Atlantic Region Conference where there was plenty of walking as well as other activities to keep everyone busy.



Photo by Inge Koenig

We were surprised to see Barb Weatherholtz at the checkpoint in Strasburg, as we had understood that PDP provided the walks and another club would handle the checkpoints... but she was a good sport about having to step in at the last minute at the checkpoint.

Editor's Note: The following Atlantic Region wrap up and remarks have been provided by KSVa President Tom Jackson.

I want to thank everyone who participated at the Atlantic Region Conference this past weekend. The Shop 'Til You Drop walk had 206 participants, the Strasburg walk had 271, East Lampeter had 208, and there were 51 swimmers (total participation of 736). Another 160 people registered for the Penn Dutch Pacer YREs at the conference. The Penn Dutch Pacers were in charge of the walks and the Susquehanna Rovers took care of the Start/Finish. Obviously, there were also Penn Dutch Pacers

who answered questions and helped register people for the YREs.

The Silent Auction raised \$2,491.50. In addition to the York White Rose Wanderers who were in charge of the auction, I want to thank everyone who donated an item(s) or purchased something. I think a lot of people had fun with the Silent Auction. Louise Clouser sold one of her jars of Perry County pickles for



Photo by Inge Koenig

Kitty Glass arrived to join Inge Koenig at the PDP YRE table and they had loads of fun trying to finish the Sunday newspaper crossword when no one was around asking questions or registering for a PDP YRE or Seasonal Walk. PDP benefited directly from the walkers that decided to also do a YRE or Seasonal walk in addition to the three walks of the conference.

\$30 (a new record) and with a last second bid, my wife Lorraine acquired three more German beer steins.

The Liberty Bell Wanderers had responsibility for the Friday night Meet 'n Greet and the Nittany Nomads made the table decorations for the Saturday Night Banquet. Cookie Loughran made the Irish Potatoes and



Photo by Inge Koenig

A silent auction was part of the Atlantic Region Conference, and there was a lot to bid on! This is just one of several more tables like this, with items donated by the various clubs and individuals alike. There was something for everyone and the auction brought in a good chunk of change to benefit the region as well.

Conference Followup



Photo by Inge Koenig

Filling out registration forms. Things were somewhat quiet shortly before 9 AM; the early birds had already hit the trail, and the latecomers had not yet arrived. But no matter what time someone registered things went smoothly



Photo by Inge Koenig

Around 11 AM Inge Koenig arrived, Barry Weatherholtz and Don Young were manning the YRE table. A lady was registering for the Lititz walk, one of our most popular YREs. Inge sent the guys on their way and settled in for a couple of hours volunteering at the table. She had taken her Kindle, in case things were too quiet, but never got the chance to get it out - she had too much fun just chatting with the folks.



Photo by Inge Koenig

PDP Club president Pete Byrne, along with Kitty Glass making sure things are going properly, tallies the numbers for the PDP YREs.



Photo by Inge Koenig

A walker with emergency information right on his back - "WARNING: In case of emergency give a hot wurst and a cold one." Just might do more harm than good :)!



Photo by Inge Koenig

Just one example of awards that adorned participating walkers hats and other wearables during the conference.

Cont'd from Previous Page

Lorraine made the springerle cookies that were on our tables Saturday night. Julie Geyer made all of the arrangements required to have Jeff Bach as our guest speaker at the banquet.

Dave Scull, the Atlantic Region Director, led the first workshop on Saturday afternoon and Bob and

Suzanne Wright, from the Loudon Walking & Volkssport Club in Virginia, led the second workshop. Dave also obviously led the Atlantic Region Meeting on Saturday afternoon.

I heard a lot of nice comments about the workshops and the meeting; there are also a lot of positive comments on Facebook. Many of the comments on Facebook mentioned the nice weather. I

Today's quote: "We are continually faced with great opportunities which are brilliantly disguised as unsolvable problems."
Margaret Mead

Fan Mail

Here are some notes that were sent to PDP recently. We all like getting patted on the back once in a while.

Editor's Note: The following correspondence was received regarding the Fraternal Organization Special Program that PDP sponsors.



To: Team Dutch Racers
Thanks so much for offering this special program.
It's great to have a "mission" to find something while walking. The search feature on the AVA website really helped us find walks so we could complete this program so quickly.
Thanks for all you do!



Cont'd from Page 9 Atlantic Region ...

Carship Gaska

Cont'd from Page 9

joke around a lot with Pat Strausbaugh of the York White Rose Wanderers and during the brutally cold weather of January, I told her that she was responsible for ensuring good weather for the York Winter Walk on February 1-2. Pat came through with sunshine and 50+ degree weather and there were 157 participants. I think it snowed again the next day. Leading up to

Cont'd in the next column

Cont'd from previous column

this conference, I again told Pat that she was responsible for providing us good weather. On Thursday, the temperature was in the mid-twenties and the wind chill factor was single digit. It would have been miserable walking among those open farm fields! We had three days of good walking weather and then it was snowing again within six hours of the conference ending. Pat – thanks again for the good weather! Pat Eby did a superb job of keeping up with all of the bills and the conference registrations. I really want to express my appreciation for the extremely complex and difficult job that she did over the last year. Pat was also the one who gathered and brought to Lancaster all of the supplies needed for the Start/Finish. Pat also assembled all of the yellow bags given out at the conference and gave everyone their registration packets. During the Atlantic Region meeting, each of the State Association Presidents spoke on the "State of the State". During my talk, I recognized Joan Lampart and said that she was the single individual responsible for the coordination and planning of this conference and for "herding all of the cats". I know a lot of people dedicated a lot of time and energy towards this conference. A lot of you traveled a long distance; most of you spent a lot of money. All of you had other things you could have been doing this past weekend. I think the conference was very successful. There are a lot of positive comments on Facebook; your fellow volkssporters appreciated your



Tips for Volkssporters

Are You Being Served?

© 2013, Robert C. Wright and Suzanne Wright, RN

When you participate in IVV events you are the customer. Are you being well served?

Does the event meet your expectations? Are your needs met?

Do yourself, and the sponsoring club, a service by following these tips.

Speak Up

Clubs want to satisfy you so that you'll come back for a future event, but they may not always hit the mark in your estimation.

When that happens there is nothing wrong with telling the club so, respectfully. But don't stop with what was wrong; offer your suggestion to make it right too.

- Got lost on the route? Could you pinpoint where or show them on a map?
- Directions confusing? What would make wording clearer?
- Something amiss at a control point or the start/finish? Let the sponsor know how to make things right.

Put It In Writing

Say you're at a year-round or seasonal event. There's nobody there to talk with.

No need to feel helpless. There are ways to reach out anyway.

- Put a note on the brochure or directions, and mail it back with your start card and registration fee.
- Drop the sponsoring club an email with your issue and suggested remedy.
- If it can't wait, call the point of contact. Leave a voicemail if you must.

Do Something About It

Beyond proposing a solution, you could be part of making things right.

- Volunteer to help the club fix the problem. In a sense, a good suggestion may be the solution the sponsor was waiting for. (I'll bet they'll welcome the help. I know my club would!)

Continued on Page 11, Column 1, Middle

Ultimate Greek Chopped Salad

From thegardengrazer.com:

We can't even tell you how many times we've made this salad. So. Crazy. Good. I keep going back to it because it's crisp, refreshing, and flavorful (with an added protein boost from the beans!) And I love how fast it comes together. The red wine vinegar-oregano dressing is made in under a minute, then you just chop up the veggies, toss it all together, and do a face plant right in the center of the bowl. Errr... I mean eat it gracefully with a spoon :)



Ingredients:

- 1 hothouse cucumber
- 4-5 ripe roma tomatoes
- 1 large red bell pepper
- 1 small red onion
- 15 oz. can garbanzo beans, rinsed and drained
- Optional: olives, feta, peperoncini

For the Dressing:

- 3 Tbsp. red wine vinegar
- 1/4 cup olive oil
- 2 tsp. oregano
- 1/4 tsp. salt

Directions:

Make the dressing: in a small bowl, combine all ingredients and whisk to combine. Set aside. Dice the cucumber, onion, bell pepper and tomatoes (removing any excess liquid from tomatoes). Put vegetables and garbanzo beans in a large bowl. Add dressing and toss to combine.
Can eat immediately or refrigerate for at least an hour to let flavors combine. Some dressing will settle on the bottom, so stir before serving.

Cont'd from Page 10 – Downtown Lancaster...

- In the Internet age you could even help from afar. A lot can be done through the web these days. Be a sounding board; help with brainstorming.

Think Bigger

Maybe you have an idea that applies to more than one club. It could have statewide or national (or even international) impact and ramifications. Offer to make it reality?

Maybe you don't have a specific idea, but have a talent that could help volkssporting. Why not make a general offer to help?

- Volunteer to serve on a state organization or AVA committee.
- Offer to work on a specific project of your or their choice.

Always Be Respectful

Disney teaches that customers aren't always right, but cast members (AKA the staff) must help them lose with dignity and respect.

Whether you are on the giving or receiving end, keep that teaching in mind. And also practice the golden rule: Do unto others as you would have them do unto you.

- Be professional, not personal.
- Explain what was not adequate factually and without criticism, sarcasm, etc.

You can make sure you are being served. It's simple, easy, and rewarding!

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

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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Contents

- Happy 25th Anniversary
- AVA Announces New Exec
^ *page 1*
- Facebook
- Congratulation Kitty
^ *Page 2*
- President's Comments
- Necrology
- Halsey's Celebrate
- Members & Milestones
- 25 Year Recognition from AVA
^ *Page 3*
- Shows that Will Change Your Life
^ *Page 4*
- Neffsville on A Beautiful Saturday ...
^ *Page 5*
- Atlantic Region Calendar
^ *page 6*
- Atlantic Region Calendar
^ *Page 7*
- AR Conference Followup
^ *Page 8*
- AR Conference Followup
^ *Page 9*
- Fan Mail
- Are You Being Served
^ *Page 10*
- RECIPE: Ultimate Greek Chopped Salad
^ *Page 11*



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.*

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