



Back in Lititz....Again

The Penn Dutch Pacers and those that have walked our myriad of walks in Lititz have known for a long time that Lititz is a very cool place to walk and Lititz has always been a favorite walking venue of the

Penn Dutch Pacers. But this upcoming

walk in Lititz on Saturday, December 7th is the first time we will be walking in Lititz since it was officially voted the **Coollest Small Town in America**.

Thousands of Budget Travel readers thought enough of their small towns to nominate them in their 2013 Coolest Small Town in America contest. To be considered, all the towns nominated needed to have a population of fewer than 10,000--and the belief that their town offers something that folks won't find anywhere else. After hundreds of nominations, Budget Travel narrowed down a list to 15 finalists and held a month-long online vote this past winter. (See the list of finalists in the sidebar and the map showing the finalist spread across the country.) The results? History, culture, wine, outdoor adventures, and of course great food in 15 sweet spots from Maine to California.

After almost 100,000 votes were cast for 924 towns (initially and then for the 15 finalists) across America, Lititz won the enviable title of "America's Coolest Small Town" for 2013. During the online contest run by Budget Travel, voters made their choices based on a variety of criteria. Some of the qualities and characteristics they considered when voting: local independent shops, sense of energy, community culture, heart, edginess, and access to delicious coffee. Any one who has explored Lititz before on a PDP volksmarch or independently knows that Lititz embodies all these qualities and more.

So no matter whether this is your first or umpteenth time venturing to Lititz for a volksmarch please plan to come and join us. Lititz is a charming, historic town that is warm, friendly and full of fascinating things to see and do. Lititz is not too much and not

COOLEST SMALL TOWN CONTENDERS
Bay St. Louis, MS
Camden, ME
Elkhart Lake, WI
Flagler Beach, FL
Glenwood Springs, CO
Greenville, KY
Gulf Shores, AL
Le Claire, IA
Lititz, PA
Mount Carroll, IL
Put-in-Bay, OH
Quincy, CA
Shepherdstown, WV
Travelers Rest, SC
Watkins Glen, NY

25 Years of the Penn Dutch Pacers



2014 marks the 25th anniversary of the Penn Dutch Pacers and the process has begun to try to decide what

walks the club wants to have to mark this auspicious occasion.

The trailmasters have already been very busy detailing the three walks for the Atlantic Region Conference (read more on page 9) to be held in March and it was decided at the October meeting that to commemorate 25 years we should revisit the top 3 favorite PDP walks from the past 25 years. In order to do that George and Chris Resh (current PDP Historian) have compiled a list of the walks over the last 24 years from the information that has been kept during their tenure and before.

The list provided on page 5 is a glowing tribute to all the great PDP volunteers who made all those 104 listed walks happen. And reviewing the list is sure to bring back memories of great experiences had at all these great walks. In fact as you go through the list below deciding which three walks we should re-do in 2014 and you come across a walk that engenders a particularly strong memory (positive or negative), please take a few minutes to put your memories on paper and we'll share them in a future edition of *The Pacer Pulse* maybe in an article entitled something like *Memories from the Past 25 Years*.

And although reviewing the list to bring back memories is a good thing, remember that your primary mission is to be looking for walks that you would like to do again. Think about venues that you would like to re-visit and experience once more and areas of the county that you think would be of interest to others as well.

We have been in some areas many times like Lititz, Quarryville and Lancaster. So if any of these or other locations that we have visited multiple times is on your list be sure to delineate which specific area of the particular location that you suggest revisiting.

Once you've narrowed your choices down to three, please be sure to share them. The easiest way to do that is to go to the PDP website at www.penn dutch pacers.org and click on the Choose 3 Favorite Walks menu option which will take you to the My Favorite Three Walks page. There you will see a duplicate of the list below with a link to a form to

Report from the Enola Low Grade Trail Walk #2

September 14 and 15 saw the Penn Dutch Pacers hosting 119 walkers in Quarryville on the second leg of what is intended to be many walks attempting to eventually traverse the entire length of the Enola Low Grade Rail Trail. This was also the last opportunity to use the great facility at Huffnagle Park for a startpoint since we have now gone east and then west on the rail trail from Quarryville. Future walks will have to have

other start-points, which are not easy to find, to facilitate walking the entire trail.

The experience from Huffnagle park again afforded everyone comfortable September walking weather, ample



parking and bathroom facilities. We received lots of great comments on the trail in general and especially



on the very different trail surface beyond the Fairview Road trail head.

We had a very nice checkpoint in the pavilion at New Providence Church of God and we may just revisit that pavilion using it as a startpoint to explore the next section of the rail trail further to the west.

As with all our walking events a lot of people played a role in making this event a success. You know who you are so please accept everyone's gratitude and thanks for a job well done.

PDP's Annual Meeting

If you are not already aware the Penn Dutch Pacers hold monthly meetings 10 months of the year, skipping only August and December. That's a subtle way of reminding you that there is no meeting in December although we have our ever important annual meeting coming up in January.

As the Penn Dutch Pacers have been

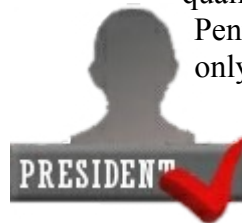


doing for the past few years, we will again meet for our annual dinner meeting in the meeting room of Isaac's Restaurant on Manheim Pike on our regular third Thursday meeting night in January, Thursday, January 16th.

As has been the practice in the past please arrive at Isaac's and ask to be seated in the meeting room for the Penn Dutch Pacer meeting. Arrive early enough to order, enjoy and pay for your own dinner so that you can be done eating by our meeting time of 7:00 PM. And don't forget a generous tip for the usually excellent service and use of the room.

In order to know how many to have Isaac's set up for and also so that we would know who to contact if we need to cancel for bad weather, please do one of the following: either go to the PDP website at www.penn dutch pacers.org and choose the bottom most menu selection January 16th Dinner Sign-up and input the requested information or call Phil Allamong at 717-786-7118 and indicate that you are coming and how many.

Besides being a time where we get together to enjoy a meal we are also, in even numbered years, required by our by-laws to hold elections for officers. Since 2014 qualifies as an even numbered year this first Penn Dutch Pacer meeting of 2014 will not only be an enjoyable evening together but will also be critical to the future of the Penn Dutch Pacers. The reason of course will be the election of officers.



It goes without saying that, without people stepping forward to fill our elected positions, specifically President, 1st & 2nd Vice President, the Penn Dutch Pacers will cease to exist. We often tend to underestimate the commitment and the dedication that these folks have for volksmarching and the Penn Dutch Pacers in particular.

PRESIDENT'S COMMENTS



Happy Thanksgiving! We all have many things to be thankful for, not the least of which is good friends to walk with. Try to get out on the trails with a friend or two to work off those Thanksgiving calories! A great opportunity will be our Christmas walk in Lititz. Only nine days after Thanksgiving, this walk will still count as credit against that second piece of pie.

The Christmas walk will let you see why Lititz is the "Coolest Small Town in America." Remember that the walk will be held on Saturday only, so mark your calendar and join us in Lititz.

2014 marks the 25th Anniversary of the Penn Dutch Pacers so we have decided to give our members the opportunity to select three of their favorite walks from the past 25 years. The top three selected walks will be our scheduled walks in 2014. Visit our web site and select the ribbon that says "Choose 3 Favorite Walks." While you are there, sign up for the January 16, 2014 Annual Meeting so we know how many chairs to place around the table.

We will elect officers at our Annual Meeting, so let me know if you would like to serve as President, Vice President, Secretary, Treasurer, or Trailmaster. We have lots of ways you can serve your club, so speak up. As with any other organization, what we get out of it is only as good as what we put into it. If you are willing to put some of yourself into the Pacers, I guarantee you'll get back much, much more. Think about it.

See you in Lititz.

History of the GPS Navigation System

By Shiromi Nassreen

Editor's Note: *With the impact the GPS is having on walking and our daily lives it's interesting to take a look at its background and how it came into being.*

The Global Positioning System (GPS) can be found in automobiles, mobile phones and in the backpack of the average hiker or walker. It was once only used by the military, but in a short time this technology has become very prevalent.

Sputnik

When the Russians launched Sputnik in 1957 it became apparent to scientists that satellites could be used for navigation. MIT managed to track Sputnik via its radio signal and surmised that if a satellite could be tracked from the ground then a satellite could also be used to track a person's whereabouts on the ground.

1970s

The Navstar GPS began development in 1973 with prototype satellites being launched in 1978.

1990s

By 1993 there were 24 satellites in place. In 1996 the president issued a directive making GPS a dual-use system for both civilian and military, with civilian signals being degraded.

2000s

May 2000 saw the degraded civilian signal discontinued, thus allowing users to get a non-degraded signal. In 2004 the U.S. Government agreed to work together with Europe's own planned Galileo satellite system. Also in 2004, Qualcomm successfully completed tests of GPS use in cellphones.

Today

Today there are over 30 GPS satellites orbiting Earth and GPS systems are in regular use. There is even a popular game amongst hikers called geocaching, which centers on GPS use.

The above article was originally published on www.trails.com

Post-Script

An article published in the Lancaster Sunday News on Sunday, May 30, 2010

Cont'd Page 7, Column 2, bottom



RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2014

**Peter & Andrea Cacka
Edward & Kathy Shoenberger**

2016

Elizabeth Schott

CLUB MEMBERS ACHIEVEMENT AWARDS

50 Events

Elizabeth Louie

100 Events

Tiernan Barber

225 Events

Treasa Gross

250 Events

Treasa Gross

275 Events

Carolyn Garber

300 Events

Monica Daniel-Barber

325 Events

David Barber

900 Events

Barry Hitchcock

500 KM

Maura Barber

Elizabeth Louie

2,500 KM

Carolyn Garber

11,000 KM

Barry Hitchcock

**Records from the
October/November '13 issue of
*The American Wanderer.***

Cont'd from Page 1 – Back in Lititz.... Again

The Enola Low Grade Rail Trail Manor Township

By Kitty Glass

too little. Discover and explore Lititz's vibrant downtown where you'll find nearly 50 shops, more than 20 restaurants and eateries, dozens of historic buildings (some with museums and fun hands-on activities), and the beautiful Lititz Springs Park, all within just a few blocks. Lititz shows that a small town can deliver a big experience! Experience all the fun attractions you won't find anywhere else. Visit Wilbur Chocolate Company's Candy Americana Museum, Julius Sturgis Pretzel Bakery, the oldest in the U.S., where you can twist your own pretzel. (You will find the big pretzel that resides in front of the Sturgis Pretzel Bakery on our patch.) And you can mingle with the ducks in the shady Lititz Spring Park.

Lititz is a favorite spot for foodies who can dine their way around town at the colorful retro cafes, cheerful tearooms, outstanding pubs, old-fashioned ice cream parlors, urban coffee shops, and delightful restaurants.

Start with equal parts of hometown charm and big city sophistication, mix in lots of extremely cool and unique shops, add some warm and friendly greetings and a generous portion of places to relax and unwind, top it all off with some Wilbur Chocolate and a Sturgis Pretzel and let it age for about 250 years.

Plan to spend the entire day walking and enjoying all the unique and quirky little things that make Lititz the Coolest Small Town in America.



We will begin our walk again at Bruno's Old Style Hoagies right across the street from Wilbur Chocolate on Kleine Lane. They were an

excellent host the last time we were in Lititz and we look forward to revisiting them and of course enjoying some of their delicious hoagies on-site or taking some home to share as well.

Our trail will encompass all the areas that you would expect and will also include some new areas that we haven't walked before. All in all, our next venture in Lititz will be a fantastic, fun experience as it has been in the past with the added bonus of walking in what is now officially the Coolest Small Town in America. But anyone who has walked there knew that already.

Saturday morning, November 2nd, I know – I should have been walking one of our year-round events. It was a beautiful morning and I had heard great reports about the new Enola Low Grade Rail Trail in Manor Township.

So I headed out to Washington Boro on Route 999 – turned left at Route 441 for a short distance and came upon the entrance to the Rail Trail. After turning right the parking lot is straight ahead. The time was early – 9:00 a.m. and already there were walkers and bike riders on the 5.25 mile trail. Porta potties are placed at the beginning of the trail.

I was not disappointed. The trail is coated with fine stone and creates an ideal surface for walkers, joggers, and bikers. The view of the river is spectacular and the hills on the York side were colorful and reflected on the surface of the water. The path is level and benches are located along the trail. Featured along the way are a

restored 1947 caboose and a mini waterfall. The wind turbines of Turkey Hill were

visible at the beginning of the trail.

I don't think it has been prominently mentioned that the southern terminus of this segment of the trail towers nearly 100 feet directly above the Safe Harbor Hydroelectric dam. What a vista of the dam and downstream on the Susquehanna River the trail provides from this point. It is truly breathtaking. As word gets around about this new trail the crowds are bound to only get bigger. But, not to worry, the site can handle it, and you are sure to enjoy a trip here. The walk was most enjoyable and I would recommend the trail to everyone. Unfortunately for the Penn Dutch Pacers to hold an event here, a starting point would be hard to come by. Parking is also limited – about 55 car spaces. For information about the trail the website is www.manortwp.org or call 717-397-4769. A quote from one of the walkers: "I have to rate the Enola Low Grade Rail Trail a '10+' . I also would give the trail a '10+'."



In Sickness and In Health!

By Lynne Haffner

My name is Lynne Haffner and I am a member of not only the PD Pacers, but also of the York White Rose Wanderers, the Seneca Valley Sugarloafers and my home club The Freestate Happy Wanderers (the last 2 are Maryland Clubs). I recently fell down the steps in my home and ended with a compressed spine fracture (ouch!). My doctor says this will be a very long



time in healing and it may never heal at all, but I need to keep exercising and keep myself active. I am also of the age and health where an operation will not help. This does not stop me from volunteering at any of my club activities or walks. This should not stop you as well.

Before I retired I used to travel to professional meetings and incorporated volksmarching in with

my travel and was able to go to scheduled walking events while there. I would merely show up and offer my services. This truly shocks people that I would help at their event. They love it! This way you get a perspective of how other clubs run and you get event credit as well. If you plan to walk Gettysburg, Hershey or New Year's in Columbia, Md., look for the lady with the cane – that's me Lynne Haffner! Remember, you do not have to be a member of any club to volunteer.

Cont'd from Page 1 – 25 Years of the...

input your top three choices. It's easy and quick. You can just list your three choices or get into more detail about why you chose them. It's entirely up to you. If you don't want to use the form you can e-mail Pete Byrne at plhbyrne@verizon.net or call 717-393-6700. The goal would be for the club to decide which walks are being done and then in the first few months of 2014 get them sanctioned and ready to go. So here's the list that's been compiled, have fun remembering and choosing.



- 1989 – Lancaster County Central Park, Elizabethtown, Pequea, Lancaster City
- 1990 – Paradise, Lititz Triad (PDP, York, Rovers), Bainbridge, French Creek, Falmouth, Lancaster City (Xmas)
- 1991 – Central Park, Middle Creek, Millersville, Columbia Bridge Walk, Ephrata
- 1992 – South Mountain, Elizabethtown, Paradise-Intercourse, Otter Creek (canceled because of hunting season), Marietta (Xmas)
- 1993 – South Mountain, Camp Mack, Conewago Trail
- 1994 – Greenfield Industrial Park, Lancaster Junction Trail, Intercourse/Paradise, Mountville/Chestnut Ridge, Lititz, (Xmas)
- 1995 – Lancaster County Central Park, New Holland, Lititz, Ephrata (Xmas)
- 1996 – Columbia, Lititz (Xmas)
- 1997 – Quarryville, Neffsville, Manheim (Xmas)
- 1998 – Millersville, New Holland, Muddy Run, Elizabethtown (Xmas)
- 1999 – Lancaster County Central Park, Greenfield, Lancaster West, Quarryville (Oct. Fest), Lititz (Xmas)
- 2000 – Tanglewood – Quarryville, Landisville, Christiana, Terre Hill, Manheim (Xmas)
- 2001 – Nottingham, Columbia (Bridge Bust), Rockvale, Mount Joy, Muddy Run, Ephrata (Xmas)
- 2002 – Lock 12, Leiderkrantz, Lancaster City, Lititz (Xmas)
- 2003 – Strasburg, Kellys Run, Granite Run, New Holland (Xmas)
- 2004 – 5 parks (Lancaster City & Township), Willow Street, Elizabethtown (Xmas)
- 2005 – Downtown Lancaster, Lancaster Junction Trail, East Petersburg, Lititz (Xmas)
- 2006 – Quarryville, Manheim Twp. (Grandview, Homeland, Rossmere), Fishing Creek, Ephrata (Xmas)
- 2007 – Paradise/Intercourse, Eden, Neffsville, Manheim (Xmas)
- 2008 – Akron, Maytown, Marietta, Lititz (Xmas)
- 2009 – Brownstown, Lancaster City (Museum Kickoff), Lancaster County Central Park, Elizabethtown (Xmas)
- 2010 – Willow Street, Lanc. City, Bainbridge, Lititz (Xmas)
- 2011 – Mt. Gretna, Lancaster City, East Lampeter, Lititz (Xmas)
- 2012 – Cornwall, Martin Greider Park, Enola Low Grade #1, Lancaster City (Xmas)



2013 - 2014 Atlantic Region Calendar

This calendar is a compilation of the data taken from the AVA Walking Events list on the AVA website. Since new walks are always being added we would suggest referencing the AVA calendar for a definitive up to the minute list of current walking events in the region. Here is the link to AVA Calendar - http://www.ava.org/ava_search.asp

November 2013

29 & 30	3W	Susquehanna Rovers	Hershey PA (Walkfest)	717-379-8945
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December 2013

Date	Type	Sponsoring Club	Event Location	Contact Phone
7	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
7	W	Penn Dutch Pacers	Lititz PA (HolidayWalk)	717-625-3533
9	NW	Columbia Volksmarch Club	Columbia MD	410-290-6510
14	W	Maryland Volkssport Association	Annapolis MD	301-509-6748
14	W	Maryland Walking Assn.	Annapolis MD	301-509-6748
13-14	NW	Peninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
13-15	S	Peninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
14-15	W	Peninsula Pathfinders of Virginia	Williamsburg VA	757-766-3065
21	NW	Germanna Volkssport Association	Fredericksburg VA	540-846-1133
22	NW	Northern Virginia Volksmarchers	Fairfax VA	703-352-5135
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
31	W	Gator Volksmarch Club	Smithfield VA	757-421-0070

January 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
1	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
1	W	Gator Volksmarch Club	Smithfield VA	757-421-0070
4	W	Virginia Vagabonds	Hampton VA	757-766-3065
16	M	PDP Meeting Dinner Meeting • Isaac's Restaurant Manheim Pk, Lancaster • Dinner prior on your own • Meeting/Elections @ 7:00 PM		
18	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

February 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
8 & 9	W	York White Rose Wanderers	York PA (Walk Winter Walk Fest)	717-292-3777
20	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		

March 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
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		
29	W	Virginia Vagabonds	Norfolk VA	757-766-3065

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
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

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	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	Gator Volksmarch Club	Norfolk VA	757-421-0070
17 & 18	W	York White Rose Wanderers	Red Lion PA	717-244-3259
24	W	Freestate Happy Wanderers	Savage MD	301-572-5574
31	W	Peninsula Pathfinders	Hampton VA (Gosnold's Hope Park)	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

2013 - 2014 Atlantic Region Calendar, cont'd

June 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
7	W	Keystone State Volkssport Association	New Freedom PA	717-677-6511
]] 19	M	PDP Meeting • Diagnostic Imaging Center • Patient & Family Education Conference Room • Lancaster Health Campus at 7:00 PM		
21	W	Gater Volksmarch Club	Chesapeake VA	757-421-0070

September 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
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

October 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
4	W	Virginia Vagabounds	Chesapeake VA	757-766-3065
4 & 5	W	York White Rose Wanderers	Naylor Wine Cellar	717-843-0840
4 & 5	W	Ft. Belvoir - DFMWR	Ft Belvoir (Alexandria), VA	703-805-2394
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	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
18	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
19	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174

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

Cont'd from Page 2 – PDP's Annual Meeting

With that in mind we ask each and everyone reading this article to look deep inside themselves and consider taking your turn as an officer of the Penn Dutch Pacers. The Penn Dutch Pacers cannot continue to operate by expecting the same people who have already given more than their fair share to shuffle from one elected office to another election after election. It is a lot to expect of anyone but this is exactly what has happened over the last decade and longer. This very thing leads to burnout and to people saying, "I've had enough and just can't do it any more". As time passes people's lives change along with their interests and their obligations to friends and family. It is not right to expect someone who has said yes in the past to continue to say yes again and again and again when asked to hold a PDP office so that PDP can continue to operate. We need NEW people to come forward to hold elected offices.

When we say come forward, read on your own without someone asking you. There is no bigger waste of someone's volunteer time than having to poll people to find someone to fill a PDP position. Please come forward on your own. Elected offices are for two-year terms and it will go really, really fast. You might even enjoy it and want to stay for another term or not, who knows. Don't worry you won't be on your own; there are plenty of experienced people to lean on that are more than willing to help.

In addition to the election of officers we will also be talking about the walks that we are planning for 2014 which of course will be the three favorite walks from the past 25 years that members will nominate. We will also be providing up to date information on the Atlantic Region Conference that will be held at the Host Resort on Lincoln Highway East. (More information on that can be found on page 9 of this newsletter.) So we look forward to good participation at the meeting from all members and potential members. Hope to see you all at our January meeting. Don't forget to sign up. Thanks!!

Cont'd from Page 3 – History of GPS...

written by W. J. Hennigan indicated that the GPS system is currently in the midst of an \$8-billion upgrade. The new upgraded system is designed to pinpoint a location within an arm's length, compared with the current margin of error of 20 feet or more. With that kind of precision, a GPS-enabled mobile phone could guide you right to the front steps of Starbucks, rather than somewhere on the block.

As with all things government and military, the first phase of this upgrade is more than three years behind schedule, costing taxpayers about \$1 billion. Much of the delay has been blamed on Air Force demands for new features, including the ability to upgrade the satellites' software while they are in space. The new satellites also will triple the bandwidth available for commercial use and will have atomic clocks that are even more precise – keeping time to a fraction of a billionth of a second instead of the current billionth of a second.

As these upgrades take place you will see more technology that uses GPS come on the market.

Don't Regret Not Making a Copy

Here's a real scenario that actually happened recently that you don't want to happen to you. You walked a lot of walks and you finally got another event and/or distance book full and you sent it/them to AVA headquarters as you're supposed to to get your certificate and pin to get you to the next level. This means you will also see your name in the America Wanderer and in The Pacer Pulse as well for attaining the next level. You patiently wait for your awards to arrive from AVA headquarters because you know that sometimes they are overwhelmed but as the days and then several weeks go by you decide to give AVA a call. You say, "Hi, this is

Avid Walker and I had sent my completed books in on (and you give them the date) and I haven't heard anything and I haven't received my certificate and pin. Can you tell me what the status is?" And they say, "What's that name again?" You give them your name again. And here it comes, "I'm sorry sir/madame but we don't show that we ever received your books!" And you say, "But I sent them." And they say, "I'm sorry sir/madame but we don't have them and there is nothing we can do until we receive them. If you'd like to send us the copies you made of the books before you sent them we can use those to process your certificate and pin."

At hearing that you gasp and say to yourself, "Oh my gosh (or other expletive) I didn't even think about making copies before I sent the books. All my hard work will not be rewarded!"

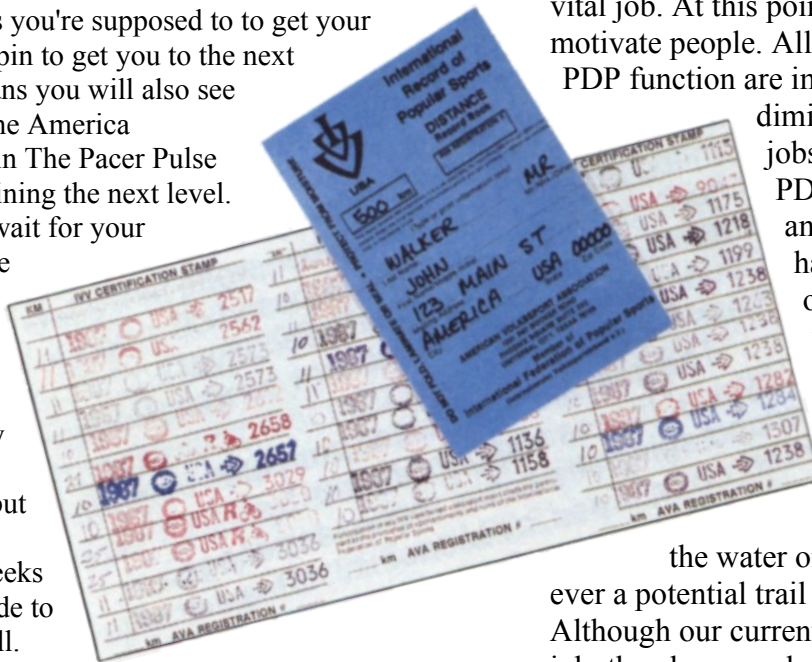
The very obvious moral to this story is that EVERY time before you send your books to AVA make copies of both sides of everything you send. In this day of smart phones and digital storage most likely you can capture images of your books that you could e-mail if the originals get lost. You may also want to send them in a way that they can be tracked using one of the many options from USPS, Fedex or UPS. Although sending them so they can be tracked is more costly than just slapping a stamp on an envelope, it is well worth it considering all the time, effort, expense you put in to getting all those stamps in those books in the first place. Make copies so that you won't regret it.

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. 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 we, the Penn Dutch Pacers, are dead in the water or the woods or the city or where ever a potential trail may be.

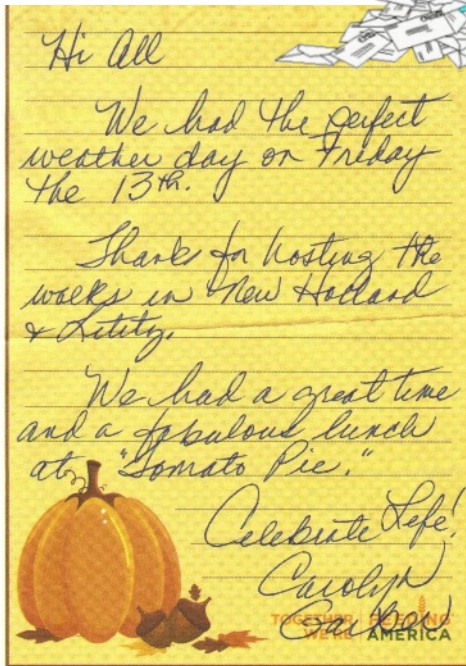
Although our current trailmasters are still doing a fine job, they have made it known that they will be stepping down at some point in the future (or at least considerably scaling back) and at that point we need someone to take the reins and as many as we can get to assist.

The big advantage to the one or more people (hopefully many) coming forward now 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.



Fan Mail

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



More Info on the Atlantic Region Biennial Convention

The AVA Atlantic Region Conference is coming to Lancaster County Spring of 2014 and those planning this event are still putting the finishing touches on what should be a long weekend full of walking. March 14-16, 2014 should already be on your calendar; if not, we'll wait, go mark it now.... Ok now that that is done we'll tell you more.

The Atlantic Region Conference is held in the even calendar years in between the national conference held by the AVA. The theme of this year's Atlantic Region conference is *Kommen lauf mit uns* - translated to *Come Walk with Us*. The site for the conference is the Lancaster Host



LANCASTER HOST RESORT

Resort on Lincoln Highway East in Lancaster. Rooms are available at the Host. Rates for single and double are \$99.00, triple \$109.00 and quad is \$109.00 (all plus tax). There is a drawing for a free stay at the Lancaster Host Hotel - all one has to do is be registered to stay at the hotel and they are automatically entered in the drawing. To support the conference, everyone is encouraged to stay at the hotel and to also encourage others that are attending to do the same. To make your reservation at the Lancaster Host call 717-299-5500.



Come Walk with the
Virginia Volkspost
Association
9/7/13

*None to Bird in Hand
this morning to cheer on our
daughter who ran a 1/2 Marathon.
It was such a beautiful day,
we stopped in Mechanics on
our way home and worked
the 5K trail. We always
enjoy doing this walk.
Thanks for sponsoring it.
Joan & Lon*

There will be three walks during the conference mirroring but not identical to three previous Penn Dutch Pacer walks. There will be a walk in Strasburg, a walk similar to the Shop 'til You Drop walk that included both Tanger Outlets and Rockvale Outlets and a walk that includes East Lampeter Park on the north side of Route 30. You will sign up for all walks at the Host. Where necessary you will then drive to the start point for each walk. As of this writing all three walks will be available all three days, although there will be a featured walk each day that will be manned with checkpoints, etc.

The cost for the conference patch will be \$6.00, the pins will be \$5.00. There will be a Silent Auction and everyone is encouraged to consider offering things that can be auctioned off. There is not a fee for the conference thus there must be ways found to pay expenses.

Every club has been assigned specific jobs. Your ideas on workshops are needed. Bob Wright has agreed to give a workshop that he will tailor as requested. If you have ideas for the subject of Bob's workshop, please share them. Once these suggestions have been submitted they will be passed onto Bob and he will make the final decision on the subject.

The program brochure is a work in progress and should be available after the new year. We can't do this without the

support of everyone. Please direct questions, ideas and/or suggestions to conference chair Joan Lampart at jmlampart@verizon.net



The next newsletter will contain detailed information on the conference.

Volksmarching with children – take 2 (AL and FL)

By David & Monica Barber

Editor’s Note: *As evidenced by the previous article and this one as well, Volksmarching is a great and very inexpensive way to experience the local sights with kids or without kids. The next time you are taking a trip or going on vacation check to see if there*

is a Volksmarch in or close to where you are going. You will be surprised at all you’ll learn and you’ll be in the great outdoors and be getting exercise as well.

Our most recent volksmarching trip, a whirlwind of walking and National Park Junior Ranger programs, took place Labor Day weekend 2013. We flew into Atlanta, GA on Friday night and headed south. Unfortunately due to rental car lines we didn’t get to our hotel until midnight! This made for a short night...

First stop: Montgomery, AL. We walked a 5K on a slightly overcast, but HOT and HUMID Sunday morning. This was a great time to walk – the downtown was practically traffic free and we were able to take in several sites important to the Civil Rights Movement. This city has an inordinate number of fountains which sounded very refreshing on such a sticky day.

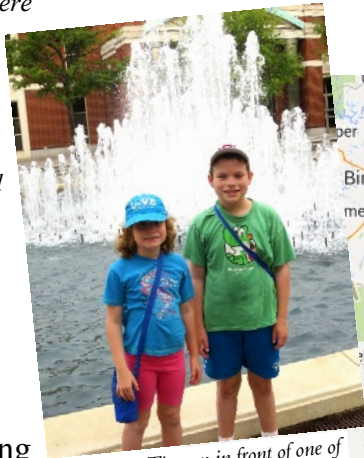
From Montgomery, we headed to Gulf Shores National Park.

We enjoyed a tour of Fort Pickens. This was a fascinating fort dating to the 1830s which was then retrofitted for use in the Civil War and World War I. The views from the fort were spectacular. The children enjoyed getting their feet wet and playing in the waves of the Gulf of Mexico. The beaches here were a beautiful fine, white sand.

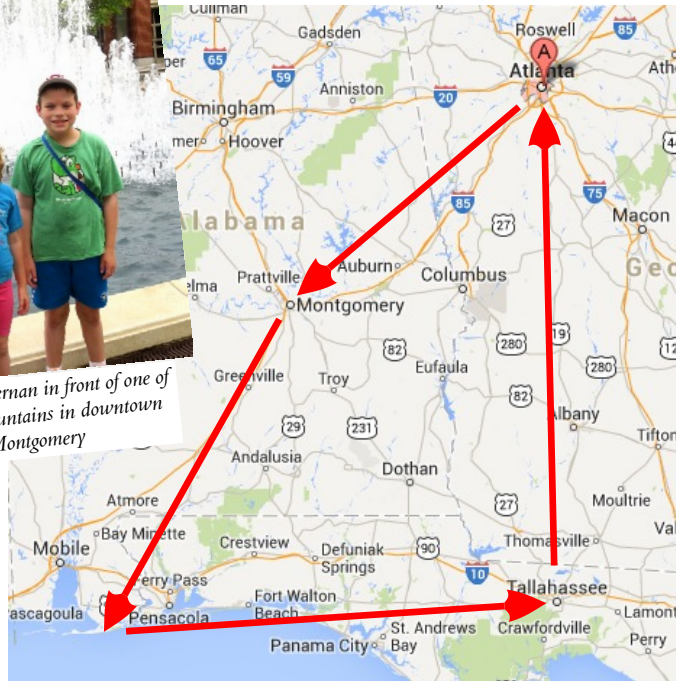
We rose early Sunday morning to volksmarch Tallahassee, FL. We chose a walk that took us to an arboretum – a good choice as it was shaded. The weather was not good for walking at 90-plus degrees and 90% humidity so we opted for a 6K rather than a 10K. This was a wise choice as we consumed all

the water we carried, even the extra bottles. The walk took us around a lake that did contain alligators – we saw several warning signs about these reptiles!

Our trip back toward Atlanta was routed to allow a stop at Andersonville National Park which is also the site of the National POW Museum. This museum was intense to say the least, but well worth the stop. The ranger who led the program about Andersonville was also enlightening. Did you know this is where the word “shebang” was coined? “Shebang” was the term the prisoners used for their rudimentary shelters. It certainly did a good job of ridding one of the concept of the “good old days”!



Maura & Tiernan in front of one of the many fountains in downtown Montgomery



At the Beach in Gulf Islands National Seashore

Cont'd from Previous Page

We learned from this trip that we did over schedule ourselves – we were definitely rushed, but were pleased with all we did see. We also know not to push for extra distance when it is exceptionally hot and humid – it is dangerous for everyone, but especially young children. Our next trip south will definitely be a more leisurely pace. We are especially interested in walking Savannah, GA and Charleston, SC which we have heard are great walking cities.



An alligator warning sign along a trail in Tallahassee.

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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Pumpkin Crunch

It's a fancy (and EASY) twist on the old seasonal favorite, pumpkin pie. Not a huge fan of pumpkin pie and maybe rather have some banana cream pie. But this, THIS, my friends, we guarantee, will be added to the Thanksgiving feast. And will probably be made weekly from about mid-September to the end of November. It's the new "The Season Is Officially Here" treat.



PUMPKIN CRUNCH

- 1 15 oz. can pumpkin
- 1 12 oz. can evaporated milk (or use soy milk instead of water with soy milk powder to make 12 oz)
- 1 1/2 C. sugar
- 3 eggs (or egg replacer eq.)
- 1 1/2 t. cinnamon
- Combine above ingredients and pour into greased 9×13 pan.

- 1 Yellow Cake Mix
- 1 C. melted butter

Sprinkle cake mix on top of pumpkin mixture and pour melted butter over top.

Bake at 350 for 1 hour and 10 minutes.

The Pacer Pulse

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

Editor.....Phil Allamong

Contributors..... Pete Byrne, Monica & Dave Barber, Chris & George Resh, Lynne Haffner, Kitty Glass, Inge Koenig, Sherry & Phil Allamong

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MEMBERSHIP APPLICATION/RENEWAL

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

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

DATE _____ SIGNATURE _____

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

Membership with virtual delivery of the newsletter - ___\$10.00 • 1 year ___\$18.00 • 2 years ___\$25.00 • 3 years
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CHECKS TO: PENN DUTCH PACERS VOLKSMARCH CLUB, INC. ATTN.: MEMBERSHIP
P. O. BOX 7445, LANCASTER, PA. 17604-7445

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