

Walk at Overlook Saturday, May 30th

On September 27 & 28 of 2003 the Penn Dutch Pacers walk in association with ARC started from the Hilton Garden Inn at 101 Granite Run Dr. It was the last time that we started a walk from Granite Run Dr and as part of that walk actually walked on part of the undeveloped land that would eventually become the Overlook Park / Community Campus.

The initial 140 acres was purchased in 1999. This acreage was then subdivided with 26 acres becoming part of the Overlook Golf Course and the remaining 114 acres open space land. In 2003, an additional 16.8 acres was added. The final 9.6 acres was added in 2005.

The new Manheim Township library opened on September 13, 2010. The Campus is centrally located between Fruitville Pike and Lititz Pike, with access drives from Fruitville Pike, Lititz Pike and Basset Drive. Currently, the amenities at the Campus include: soccer fields, baseball/softball fields, four miles of non-motorized paths, a miniature golf course, natural areas, ponds and a dog park, golf practice range, golf course, skating rink, outdoor pool, banquet facility, restaurant, playground, interactive gaming system, disc golf course, skate park, and the new library.

The Destination Playground, located at the Overlook Community Campus, has been constructed in phases to now include kids playground equipment, climbing nets and boulder outcroppings, swings and spring toy rides for the youngsters, bocce ball, a pavilion available for rental and our new NEOS interactive gaming system. Future construction will include game tables, basketball and horseshoe courts for all to enjoy. As you enter the four-acre site, you will notice picnic groves and benches amidst beautiful landscape.



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FOOD COORDINATOR NEEDED

We've talked about the fact many times before that part of providing a full service walk to those that come to PDP walking events is providing food especially where start

locations and the trails themselves are remote and easy access to restaurants close to the startpoint and trail is not available. Not to mention the fact that it is awfully handy to have food available at the startpoint for those that are working the event and who are often there all day.

Keep in mind too if you're thinking about whether this responsibility might be a fit for you that we do not provide food at every event since not every startpoint is appropriate for selling food. For instance a number of our downtown

Lancaster walks have started at Isaac's Restaurant and of course we encourage walkers to support Isaacs by buying food from them and of course it would not be

appropriate for us to compete with our startpoint in an instance like this either.

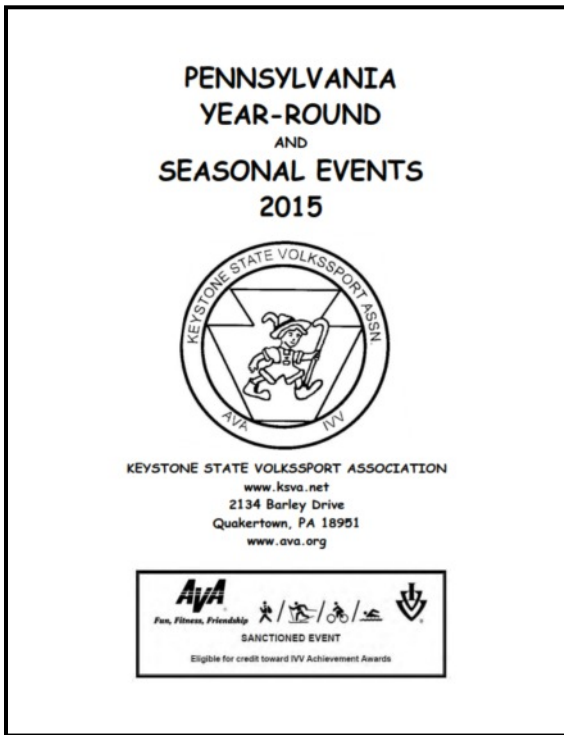
Keep in mind too that the food coordinator is just that a coordinator not the do-every-thinger (is that a word?). What we mean is that no matter what is trying to be accomplished there has to be someone in charge. An organizer, a person who makes sure things get done in a timely and efficient manners and that things like supplies are in place to accomplish the expected end result, which in this case is to supply food at several PDP events a year. The coordinator is also the person to contact if someone has a question. You get the idea.

In the case of the PDP Food Coordinator you would be expected among other things to decide the menu (not a big deal since the components of the menu have been pretty consistent over the years) and you would also coordinate who is bringing what. And the Food Coordinator may have to



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Digital Copy of PA YRE/Seasonal Book is Available



Did you know that every year KSVa, the Keystone State Volkssport Association publishes a booklet delineating all the Year Round and Seasonal walks sponsored by the clubs in the state of Pennsylvania. There is a page in the booklet dedicated to each Pennsylvania Year Round and Seasonal walk.

The 2015 edition of the KSVa booklet contains 57 pages with the center two page spread displaying a map of Pennsylvania indicating the location of all the walks in the booklet. The physical booklet is usually first available at the Susquehanna Rovers walk in Hershey, the end of November. This is also when copies are distributed to the clubs. And this is the time if you want a physical copy of the booklet to get yours. If you didn't get a physical copy or don't want a hard copy cluttering up your desk, there is a digital copy available as a PDF on the KSVa site and also on the PDP website.

Go to www.penn Dutchpacers.org then choose YRE Events from the menu and in the header of the YRE page is a link to the YRE booklet. With the PDF copy it's easy to find what you are looking for with a simple search of the PDF.

If you simply want information on one walk that you are going to execute just print a hard copy of that particular page or

transfer a digital copy of the appropriate page or the whole booklet for that matter to your digital device. Whatever works for you. Also if you are reading this newsletter as a PDF if you click on the cover of the booklet it will take you directly to the digital copy of the booklet. Now you know where to get all the information that you need to walk the Pennsylvania YRE and Seasonal walks. Enjoy.



If you read the headline and thought we are feeding everyone in and around Overlook, we're not. But we hope to provide those that attend our Overlook walk a nice selection of food from which to choose and that is where YOU come in. Our startpoint in the pavilion in Overlook 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 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 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 Overlook walk in any way, but especially to those who contribute to our food sales. The walkers will surely appreciate your efforts.

PRESIDENT'S COMMENTS



*By
Pete Byrne*

Spring, Glorious Spring!

Time to put away the boots and get out the sneakers. Time to get outside and enjoy the beautiful flowers and trees before the pollen starts.

Now that good weather has come we were able to open the year-round walk in Susquehannock State Park. More than a dozen people have done the walk, which is part of the KSVVA State Parks and Forests Challenge program. While not an easy walk — it is rated 3C — I think you'll find it interesting. The walk consists of two 5k loops, so you can do either loop or both as you wish. Give it a try.

For a much easier trail, plan to attend the Overlook Park walk on May 30. If you haven't been in this park you'll be amazed at all of the available activities. And save the date — Saturday, September 26 — for the walk along a third section of the Enola Low Grade

Rail Trail, heading westward from New Providence.

Finally, we need a Publicity Chair. The job is not difficult, consisting of selecting information from our walk brochures and web site and sending it to various newspapers, web sites, and radio and TV stations. You only work just before a walk, so it won't take a lot of your time. If you've been thinking about helping your club, this is a way to do so. Give me a call or send me a note.

I look forward to seeing all of you at Overlook Park.

-Pete

Tips for Volkssporters

Be Sociable

© 2014, Robert C. Wright and Suzanne Wright, RN

You're familiar with the AVA tagline—Fun, Fitness, and Fellowship (more recently, Friendship).

Friendship requires being friendly, and what better way than by being sociable. From our observations we could use more being sociable at volkssport events, and you can never get enough of what we suggest.

Smile

Nothing broadcasts openness and friendship more than a big, broad smile. It shows we are welcoming at our events.

Don't be self-absorbed. Smile.

Say Hello

In Germany Bob greeted fellow volkssporters (and there were a lot of them) with a hearty "Gruss Gott" or "Guten Tag." He continues that tradition saying hello on the trail in the States too. Imagine all volkssporters on the trail greeting each other. Imagine the message that would send to newcomers to our sport!

Join a Club and Help Out

If you haven't taken this big step yet, join with nearby volkssporters—kindred spirits—to socialize. Meetings, group walks, parties and picnics, carpooling to nearby walks. Sharing stories is a great way to deepen your volkssport experience.

And you can take it to the next level by volunteering at events: Greet participants with a smile, say hello, share your volkssport stories when answering questions.

These are just two more ways to be sociable around others you have yet to meet.

Socialize at Events and on Trips

How many volkssporters have you seen who just come in, register, do the event, get their IVV books stamped, and leave—little or no conversation with anyone.

Don't be one of them. Smile at the volunteers at events and say hello to them; chat with them, and thank them for their service. Greet fellow participants on the walk, and stick around after getting your IVV books stamped to chat with other participants and share stories. When you take a volkssport trip, whether in an organized group on your own, don't leave these ways of being sociable behind.

Would this make a difference in the sociability of events? We think so. How about you?

Take a New Walker for a Walk

When you see new or free walkers at an event offer to walk with them. Being sociable could help make them dedicated volkssporters—that's how we got started and fell in love with the IVV and volkssports.

Invite the Neighbors

Don't just be sociable within the volkssport community. If you're going to be infectious, take it to the streets.

Tell your volkssport stories to those around where you live. Invite them to an event; participate with them. Some volkssporters are so enthusiastic they buy newcomers New Walker Packets.

Being sociable should be as important as carrying IVV books. It's almost part of the AVA's tag line: what's the fun and fitness without the friendship?

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

We'll Miss You Mary!!!

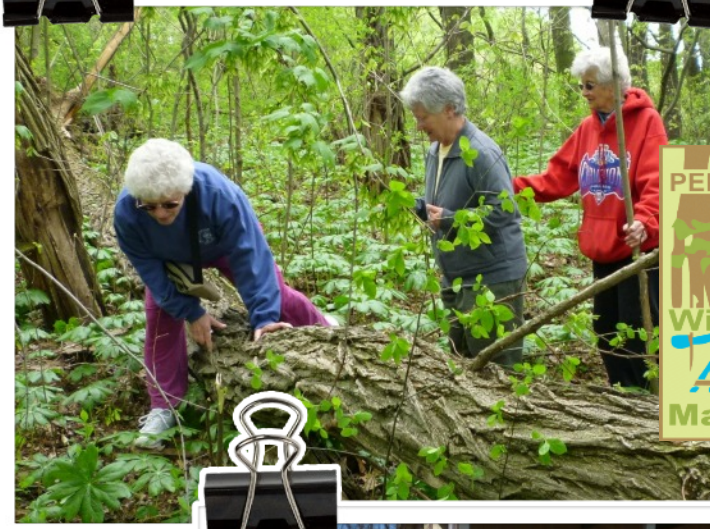
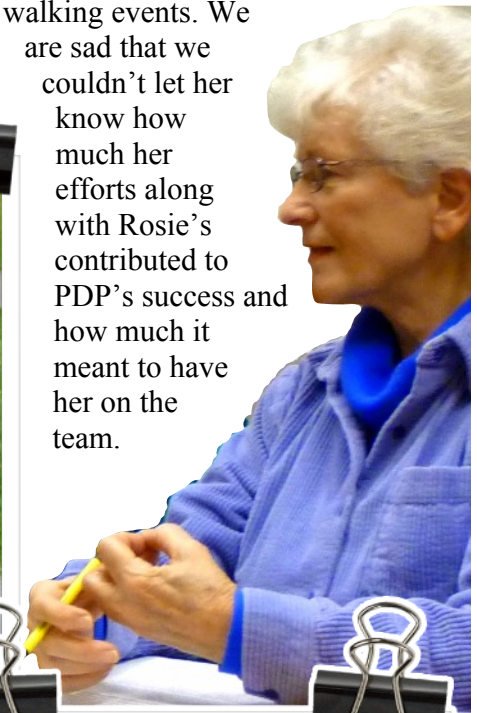
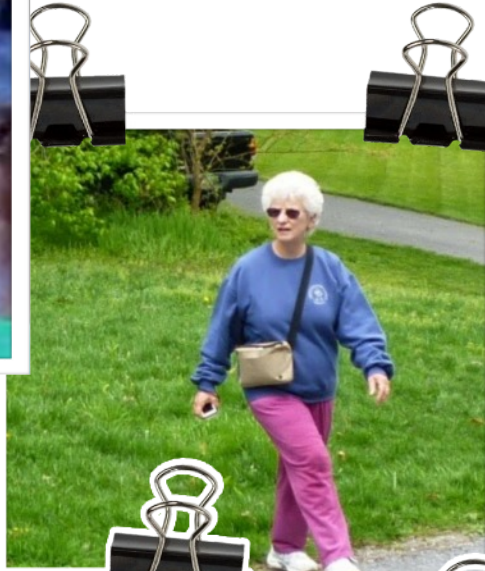
On Sunday, February 22, 2015 Mary Angline made the transition to her next existence where we are sure she is pitching in and walking a lot as she did here. For years she and her sister Rosie expertly handled all the publicity needs for PDP's walking events. We

are sad that we couldn't let her know how much her efforts along with Rosie's contributed to PDP's success and how much it meant to have her on the team.



This is the smile we will all remember!

As always Mary lead the way and set the pace with one foot in front of the other.



Above: Mary leads the way over a log in the Ship Rock Nature Preserve followed by Rosie and Kitty.

Above: Mary followed by Kitty navigating a not so stable looking bridge over a stream at Shiprock Woods south of Willow Street.

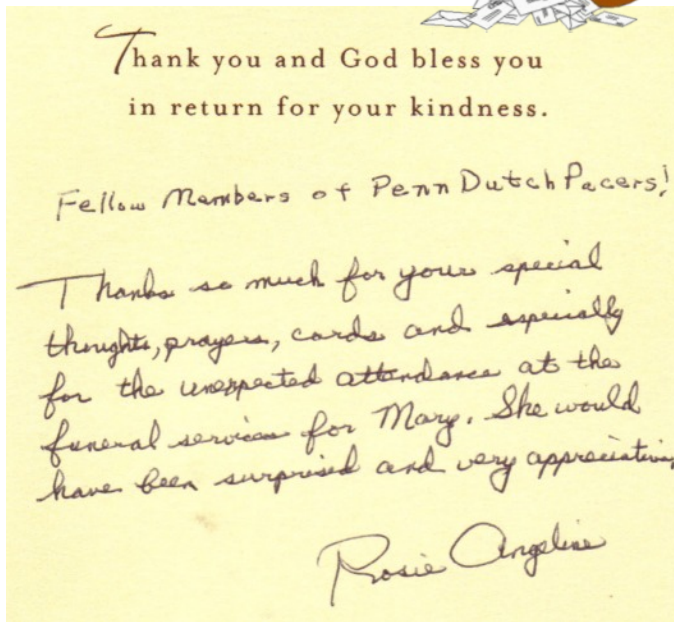


At left: Photo from the Christmas "Time to Walk" pre-walk in Lititz 2014. (From left to right) Mary Angeline, Rosie Angeline, Inge Koenig and Kitty Glass - the only brave ones who showed up for the pre-walk! (It was cold!)



Cards & Letters

Here's some communication that the Penn Dutch Pacers recently received.



<u>Member Milestones</u>
EVENTS
175 Events Angela and Charles Horn
125 Events Tiernan Barber
450 Events Robert Cooney

1st Quarter YRE/Seasonal Results Don't Bode Well

Thanks to the new YRE coordinator Ginny Hunsberger we are able to glimpse the disheartening figures from PDP's YRE/Seasonal events for the first quarter. Disheartening maybe an understatement. The total of 58 for the quarter in 2015 represents a drop by 73 over the same period in 2014 or a drop in participation of 55.73%. In the last newsletter we saw a graph which showed a drop in total YRE/Seasonal participation for 2014 over 2013 of 16.58%.

Unfortunately the results we see here for the first quarter of the year show a continuation of the downward spiral we have seen for quite a number of years now. If we were to take the total for last year and assume the same decrease for the year that we saw for the first quarter the yearly total for 2015 would be 216 walkers.

Understand that the 216 total is purely speculation but keep in mind that it costs PDP \$360 a year for the sanctions and

quarterly report fees for our 9 YRE/Seasonal events. Our take less fees to AVA & KSVA on 216 paid walkers is \$356.40 which means that if it gets to this point we now are no longer making any money on the YRE/Seasonal events. Also keep in mind that we haven't figured in any costs for supplies, printing, etc. that also have to be considered in the overall picture.

We'll keep tabs on this as the year goes by and report where we end up at years end.

2015	1st Quarter			
	AT15/	Paid	Free	Subtotal
EPHRATA	Y0174	11	1	12
LANCASTER Downtown	Y0178	3	1	4
LANCASTER West	Y1117	1	0	1
LITITZ History	Y1283	10	0	10
LITITZ North	Y0123	4	0	4
MANHEIM	Y1929	10	0	10
MILLERSVILLE	Y1882	9	0	9
NEW HOLLAND	Y1372	8	0	8
SUSQUEHANNOCK	Y1284	0	0	0
2015 stats		56	2	58
2014 stats		128	3	131
2013 stats		111	7	118
2012 stats		197	17	214

2015 - 2016 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

May 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
30	W	Penn Dutch Pacers	Overlook Park, Lancaster PA	717-626-6103

June 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
06	W	Washington DC Area Volksmarch Club	Arlington VA	571-405-4808
06	W	Freestate Happy Wanderers	Millersville Md - Kinder Farm	410-437-2164
17	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
20	W	Gator Volksmarch Club	Chesapeake VA	757-421-0070
27	W	York White Roas Wanderers	Jacobus PA	717-891-1945
27	W	Annapolis Amblers	St. Michaels MD	410-224-0907

July 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Virginia Vagabonds	Williamsburg VA	757-766-3065
11	W	Finger Lakes Volksmarch Club	Montrose PA	607-757-0164
15	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
27	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

August 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Columbia Volksmarch Club	Columbia MD	410-290-6510
08	W	Finger Lakes Volksmarch Club	Montrose PA	607-754-1979
15	W	York White Rose Wanderers	Lewisberry PA	717-432-2195
22	W	Great Greenbelt Volksmarchers	Greenbelt MD	301-937-3549
24	NW	Washington DC Area Volksmarch Club	Arlington VA	571-405-4808
29	GW	Liberty Bell Wanderers	Quakertown PA	610-906-6252

September 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
07	W	Virginia Volkssport Association	King George VA	757-814-1417
12	W	Annapolis Amblers	Upper Marlboro MD	301-805-4278
12	W	Germanna Volkssport Association	Colonial Beach VA	540-455-0772
12	W	Princeton Area Walkers	Hillsborough NJ	908-208-9821
12	W	Northern Virginia Volksmarchers	Burke VA	703-644-0189
12	W	Germanna Volkssport Association	Colonial Beach VA	540-455-0772
12	W	Gator Volksmarch Club	Norfolk VA	757-421-0070
13	W	Columbia Volksmarch Club	West Friendship MD	410-290-6510
16	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
19	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
19	W	Cumberland Valley Lead Foot	Mt. Holly Springs PA	717-677-6511
19	W	Peninsula Pathfinders of Virginia	Newport News VA	757-930-4538
26	W	<i>Penn Dutch Pacers Volksmarch Club</i>	<i>New Providence PA</i>	<i>717-786-7118</i>
26	W	Susquehanna Rovers Volksmarch Club	Eagles Mere PA	717-567-6815
26	W	Seneca Valley Sugarloafers	Frederick MD - Oktoberfest	301-431-6668
26	W	Loudon Walking & Volksmarch Club	Lovettsville VA	703-737-2175
27	W	Annapolis Amblers	Annapolis MD	410-224-0907
28	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

October 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
03	W	Loudon Walking & Volksmarch Club	Boyce VA	703-737-2175
03	W	Princetown Area Walkers	Bordentown NJ	609-259-2365
03-04	W	Fort Belvoir - DFMWR	Fort Belvoir VA	703-805-2394
03	W	Virginia Vagabonds	Yorktown VA	757-766-3065
10	W	Lee Lepus Volksverband	Powhatan VA	804-768-0055
16-18	3W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
16-18	S	US Freedom Walk Festival Club	Arlington VA	703-209-0174
17	W	Freestate Happy Wanderers	Laurel MD - Laurel Municipal Pool	301-717-3604
21	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
24	W	Columbia Volksmarch Club	Elkridge MD	410-290-6510
23-25	W	Liberty Bell Wanderers	Willow Grove PA :: Evansburg State Park	610-906-6252
23-25	W	Liberty Bell Wanderers	Willow Grove PA :: Norristown Farm Park	610-906-6252

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

}} = Penn Dutch Pacer Event

2015 Atlantic Region Calendar

October 2015, continued

Date	Type	Sponsoring Club	Event Location	Contact Phone
23-25	W	Liberty Bell Wanderers	Willow Grove PA :: Tyler State Park	610-906-6252
23-25	W	Liberty Bell Wanderers	Willow Grove PA :: Washington State Park	610-906-6252
31	W	Seneca Sugarloafers	Rockville MD	240-753-0009
31	GB	York White Rose Wanderers	Rockville MD - Rock Creek Park	717-677-6511

November 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
07	W	Germanna Volkssport Club	Spotsylvania VA	540-455-0772
13-15	W	York White Rose Wanderers	Gettysburg PA :: Pickett's Charge	717-677-6511
13-15	W	York White Rose Wanderers	Gettysburg PA	717-677-6511
13-15	W	York White Rose Wanderers	Gettysburg PA :: Ghost Walk	717-677-6511
13-15	W	York White Rose Wanderers	Gettysburg PA :: Ortanna Winery Walk	717-677-6511
14	W	Seneca Valley Sugarloafers	Sandy Spring MD	301-570-4235
18	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		

December 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
05	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
11-12	NW	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
11-13	S	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
12-13	W	Peninsula Pathfinders of Virginia	Williamsburg VA	757-814-1417
19	W	Germanna Volkssport Association	Fredericksburg PA	540-455-0772
31	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
31	W	Gator Volksmarch Club	Smithfield VA	757-421-0070

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

WHY WALKING RULES

This small article appeared in a recent Sierra Club magazine:

“Walkable neighborhoods are even better than you thought. A University of New Hampshire study found that people who can walk to their favorite cafe, neighborhood park, or community center are more trusting and civically involved than people who live in car-center places.”

If this is true just think of us Volkswalkers. We certainly are a trusting group as we assume members are doing the year round events that they have so designated in the sign in book. Many of our members are also in other volunteer activities and contribute time and effort to organizations of their choice. We know “walking rules” in our lives.

Another title of a book reviewed in the New York Times Book Review caught my eye. “A Philosophy of Walking” by Fredderic Gros, a French philosopher. The reviewer of the book quotes Gros as saying “We shed our identities in the course of the long, rhythmic

move on two legs across the landscape and all other ambitions fall away as we give ourselves over to the transformative powers of physical exertion.” I must admit I have not considered losing my identity when I am walking. I think the joy of walking engages my mind as well as the spirit. I also think I will not rush to the book store to buy the book.

Let's just put our best foot forward and keep on walking.

- Kitty Glass



SIERRA
CLUB

FOUNDED 1892

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make some food purchases prior to the event. Keep in mind too that we have lots of folks that when asked will cook and bake and bring loads of great home baked and prepared goodies from soup to cakes and cookies. So it's not that the Food Coordinator even needs to prepare anything although most of the times they probably do. As far as getting folks to man the food concession at the walk, that job is actually done by the Volunteer Coordinator or folks can go to the PDP website at <http://www.pennndutchpacers.org> and sign up for a stint at the food concession themselves! So is helping PDP out as the Food Coordinator for you? Only you know for sure. If there is just wee part of you who might be interested and would like to give it a try just one time that would be fine too! You won't know until you give it a try.

The reason that we are discussing publicity is that it is one of the crucial activities that needs to take place to get people out to our walks. Without publicity we can plan a walk but no one is likely to show up since no one will know about



it. That is no one in the general population. The publicity position is currently vacant since as you have read else where in this newsletter sadly we have lost our very capable publicity team. We desperately need an individual or another team to come forward to continue the excellent work that Mary and Rosie Angline have done for years.

Publicity is defined as the movement of information with the effect of increasing public awareness of a subject i.e. in this case Penn Dutch Pacer walks. Of course one of the Penn Dutch Pacer's main publicity vehicles is the event brochure.

Unfortunately the event brochure's main distribution is to other volksmarch clubs and people who are already aware of volksmarching. The event brochure seldom gets into the hands of the general public and thus doesn't really garner any new walkers to Penn Dutch Pacers events or volksmarching in general.

So as not to scare anyone away the Publicity person or team is NOT responsible for the brochure. What the publicity person or team is responsible for is gaining public visibility for Penn Dutch Pacer walks via the media. The media is defined as local newspapers and magazines and the American Trailmaster (a publication of AVA). The media also includes local daily, weekly and once a month publications. The media includes local television and radio stations and pretty much any other print or broadcast medium that can potentially get more people to be aware of PDP events.

This job does require writing skills since you would need to create a press release for each PDP walk. Years ago this job required printing out the press releases and then mailing them out. In today's world though, most if not all information, is

either e-mailed or submitted on the appropriate websites. Thus as you might guess this job does required some computer savvy,



the more the better.

You will be provided with all the e-mail addresses and websites where information has to be submitted and will have access to half of our previous publicity team until you are comfortable with your new job. Virtually all information in the press releases comes directly from the event brochure from which you can copy and paste the information. BTW – If you didn't understand what we said in the previous sentence this job is not for you.

We desperately need a competent person or persons to handle publicity. Is that you and/or your significant other? If so, please contact Pete Byrne (his contact info is on page 11) or come to the next meeting to get started. Thanks in advance for your help.

Why Everyone From Beethoven, Goethe, Dickens, Darwin To Steve Jobs Took Long Walks



One day, when Marc Andreessen, the money man behind such tech giants as Facebook, Twitter, and Zynga, was out driving around his home in Palo Alto, California, he nearly hit a crazy old man crossing the street.

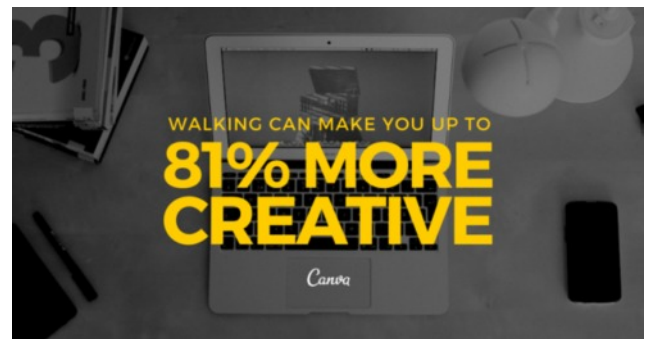
Looking back at the fool he had nearly run over he noticed the trademark blue jeans and black turtle neck. "Oh my god! I almost hit Steve Jobs!" he thought to himself.

It was Jobs that day, out on one of his many walks around the Palo Alto area, where Apple is based. Steve Jobs was famous in the area for his long walks, which he used for exercise, contemplation, problem solving, and even meetings. And Jobs was not alone. Through history the best minds have found that walking, whether a quick five minute jaunt, or a long four hour trek, has helped them compose, write, paint, and create.

Here are five reasons that walking is one of the best ways you can spend your time, and how it can help you think better, get more done, relate better, and live longer.

01. It will help make you more creative

Though most people have always thought that their best ideas came when they were on the move, now there is scientific evidence to back them up. A 2014 study from Stanford University in the US has shown that people are much more creative when they are walking around as opposed to when they are sitting still. Marilyn Oppezzo and Daniel Schwartz, who both authored the paper, studied 176 college students as they completed certain creative thinking tasks.



In this study, the authors used an experiment known as Guilford's Alternative Uses Task. As part of this, they participants were asked to list as many alternative uses for a common object as they can. For instance, a knife could be used to spread butter, to cut bread, to stab someone, or to flick peas. The answers were then scored on originality, number of ideas and detail.

In their study, Oppezzo and Schwartz got the students to perform this task in a few different variations. Either sitting indoors or sitting outdoors, or walking on a treadmill indoors, or walking outside.

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They found that when people were walking, either on the treadmill or outdoors, they were 60% more creative than when sitting around.

To add to this, 81% of the participants saw an increase in creativity when they were walking.

What's more, when the participants took a second test after walking, they were still more creative, showing the positive effects of walking continued even after they sat down again.

Though there is no further research into how exactly walking makes you more creative, it is likely that it helps to increase blood flow all around your body, including to the brain to stimulate creativity.

Another interesting finding from the study was that there was no difference between walking on a boring treadmill indoors, and being outside among the birds and the bees. This shows that it is not the environment or sensation that is making walkers more creative, but just the act of walking alone.

It wasn't all good news for walking in the study though. The researchers also found that if you had to do focused thinking while walking, answering questions that required a single correct answer, the results were no better than when sitting.

This study should give you some evidence if you want to build walking into your daily and business life. A simple walk outside can aid your creative brain if you find yourself stuck at a desk and unable to elicit the next bright spark. Instead of sitting, waiting for inspiration to strike, head outside for five minutes and see if the extra blood flow can get the creative juices flowing.

02. It will help you stay healthy



In a TED talk two years ago, Nilofer Merchant, a business innovator that pounds the same Silicon Valley streets as Andreessen does and Jobs did, advocated the virtues of meetings on the move. She had trouble fitting exercise into an already hectic day so started taking her meetings standing up.

In her TED talk she produced a startling statistic – we are on our butts for almost 10 hours of the day on average.

For many it will be many more as they sit at their desks for the working day and then head home to slump in front of the TV or computer. This is not good for us. Not only are our flabby behinds not built for sitting, but neither are our hearts.

Physical inactivity can lead to heart disease, diabetes, and a large number of cancers. It just doesn't do us any good to sit around all day. Merchant describes sitting as the new smoking – something which we all do now that is slowly killing us, and that in 10, 20, 50 years time people will look back on as crazy.

In fact, walking is as close to a magic pill that we have. Just 30 minutes

of walking each day is enough to dramatically reduce your risk of heart disease, colon cancer, breast cancer and dementia.

Though a good 30 minute walk each day would be best, if you do not have time then you can consider breaking it down into more manageable chunks. 10 minutes in the morning, at noon, and in the evening each will add up and help get your body used to a bit of exercise and like help your heart and brain out as well.

03. It will help you be more productive

If you've ever watched the TV show *The West Wing* you will have heard of the phrase "walk and talk". In every single episode, the busy staffers of the presidential office were "just too busy, goddammit" to sit around and have meetings, so they would always be discussing, conniving, and gossiping on the move. Though this has become a cliché, something the cast now send up, it's actually a brilliant idea.

Meetings on the move or walking meetings are very "in vogue" at the moment, particularly in Silicon Valley. The idea being that there is no reason really to hold a meeting over a big piece of wood, so why not take it outside and get some exercise at the same time. Nilofer Merchant says that walking meetings now account for 70% of her exercise during the week, and that they are far more productive than other types of meetings.

For one, there is little distraction. People leave their blackberry's and smartphones in their pockets when out of a walking meeting, and obviously do not have one eye on their computer screen as can happen when you meet with someone in their office. Plus, you know that you are not going to be disturbed if you are out and about. Of course, this leads to problems for some people.

iPhone Separation Anxiety is real, and people do not like the idea about being away from their desks and electronic contact for any length of time.

Also, people do not know how to act or conduct themselves in such meetings. How do you take notes on the move, for instance? (hint: the same way you do when sitting down – with a pen and paper). Merchant says that, though people can feel awkward about such meetings, they soon see the benefits and are happy to go for walk and talks if you give them a heads up. They then can dress appropriately in sneakers instead of high heels.

Of course, the previously mentioned health and creativity benefits also make walking meetings far better than their sit-down cousins.

If you want to start having your meetings on the move, the best idea is to start with a colleague that also wants to get out and about. Arrange a walking meeting each week where you can discuss work issues together and brainstorm ideas. Then you can reach out to others to gauge interest. As Merchant says, give people warning that you are going mobile and you will probably not have any complaints, and probably a lot more ideas.

04. It's a great way to communicate



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Steve Jobs and Mark Zuckerberg both like first meetings with people to be on the move. This is because a walking conversation is so much more natural and distraction-free than most other types of meetings.

Part of this is because these type of meetings are not so great in that there are more than two people. Though you can get a group of people together for a mass walk and talk, it makes more sense for these meetings to be a one-on-one. The job interview for my first job in science was a walking meeting, as me and my soon-to-be boss walked through the streets of Lausanne, Switzerland discussing where we wanted neuroscience to be in 20 years time.

The naturalness of two people walking along in deep discussion and thought is definitely why these walking meetings are catching on.

You might find that if you are having difficulty communicating an idea to a colleague, then you both heading outside and taking the idea for a few laps around the local park helps immensely.

Again, it is likely that the increased blood flow helps you to come up with not only more creative ideas and solutions to problems, but also helps you express those ideas more fluently and helps you communicate with co-workers.

05. You will be following in the footsteps of giants

Steve Jobs' penchant for walks was revealed in the recent Walter Isaacson biography of the man and the reason for walking's recent renaissance within the tech elite, but he was hardly the first creative genius to discover that ideas flourish on the move.

Beethoven was an avid walker, taking short breaks to stretch his legs while working, and then spending his afternoons wandering around Vienna. He always took a pencil and paper with him to write down anything that struck him. You can see, or rather hear, the influence of these woodland walks in his symphonies, particularly his 6th Symphony, known as his Pastoral Symphony for its country and woodland elements.

Beethoven's love of walking rubbed off on another genius of the time, Goethe. The composer and the poet meet in the resort town of Teplice on the Czech-German border and went for a walk and talk through the town. Perhaps, though, this is not the best example of a great walking meeting as, though Beethoven originally idolized Goethe, this was very much a case of never meet your idols. The two disliked each other and never met again. Though I hope Goethe continued his walks.

Another of history's walking enthusiasts was Charles Dickens. Whether in London or at his country house in Kent he always took long walks. And when I say long, I mean long. Dickens could rack up 30 miles a day, or rather night, walking. He would walk whenever the mood took him and whenever he had something to think about, continuing around the streets of London or the country lanes of Kent until the issue was resolved in his head.

This may be a case of the cure is worse than the disease – walking 30 miles each day is unlikely to be very good for you or your joints. If 30 minutes is the minimum you are supposed to walk, then 30 miles is probably nearing the maximum. But it worked for Dickens, as he created some of his most remarkable and memorable characters when out walking, either through thought or through observing the city and people around him.

Another Victorian heavyweight that enjoyed a ramble around Kent was another Charles, Charles Darwin. Darwin had a gravel path installed at his home, not unlike a race track, that he would walk around each day as he thought about problems. The number of laps he did depended on the difficulty of the problem at hand. He would stack stones at the start of his walk and the knock them down one by one as he went round,

describing the difficulty of the problem as a three, four, or five-flint problem.

Jobs' walks around Silicon Valley have led to this being a particularly common trait among young tech leaders.

Mark Zuckerberg, the founder of Facebook, in particular is very fond of a walking meeting. If you are lucky enough to be being considered for a high up position at Facebook, don't expect to be interviewed by Zuckerberg in his office. No, the man will take you on a tour of the campus, pointing out the different divisions and sounding you out about your experience and thoughts on the company. His *pièce de résistance* is to finish the walk and talk meeting on a promontory overlooking Silicon Valley and the other tech giants, telling you that he is bigger, better, and richer than all below, in true super-villain style. Presumably you get pushed off if you decline his offer.

Jack Dorsey, co-founder of Twitter and now heading up digital finance company Square, takes all new hires at Square for his 'Gandhi walk' on their first Friday. This is an epic walk through the streets of San Francisco to the Square offices while he espouses on the guiding principles behind Square.

If you are choosing to spend your afternoons rambling in the woods, or chose to take people out for a wander rather than meet in a stuffy office, you know you are in good company.

Take a walk today!

The conclusion is... walking is great. Not only will it make you more creative, it will help you get those ideas over to your colleagues better and allow you to fit more into your day. All while helping you not to die early. Fantastic.

So, why don't we do it? Well, sometimes it's cold outside, or raining, or we are feeling sluggish, or any other of a thousand reasons we have to not get up and out each day.

But if you start with just finding a few extra minutes each day for a walk, or try to move some part of your day, such as meetings outside, then you'll find that walking is as natural as... walking. You'll think more, do more, learn more, and live longer. Get walking!

Source: Canva, March 6, 2015, By Andrew Tate

Cont'd from Page 1 – Walk at Overlook...

Overlook Community Park, located off Fruitville Pike in Manheim Township, has developed several acres into a Dog Park that includes separate fenced-in areas for large dogs (30 + lbs.), small dogs, and a common area for activities. This is a great place where your dog can run off the leash and play in a large fenced-in area during daylight hours.

As you can see the Overlook Park/ Community Campus has a lot to offer and this walk will essentially provide a walking tour of most of the park as well as several of the residential areas immediately adjacent to the park.

We hope you will join us on May 30th to re-visit this now developed premier recreation area on Manheim Township. It will be a fun walk on essentially flat terrain with a number of recently built eateries easily accessible from the trail. Plan the whole day to take advantage of all there is to offer. Hope to see you on May 30th.

Mexican Fried Brown Rice

Prep time: 3 hours 40 mins
 Cook time: 30 mins
 Total time: 4 hours 10 mins

by: Eat Healthy
 Recipe type: Vegan, Gluten Free, Clean
 Cuisine: Mexican
 Serves: 4
 Ingredients



- * 2 Tbs olive oil
- * 5 cloves garlic, minced
- * 2 tsp chili powder
- * 1½ tsp cumin
- * ½ tsp paprika (I like smoked)
- * ½ tsp oregano
- * ½ tsp red pepper flakes
- * 1 medium onion, white or purple, chopped
- * 1 bell pepper or 3 mini bell peppers (red or orange), chopped
- * 1 roma tomato, chopped
- * 2 c frozen corn
- * 2 c cooked brown rice
- * about 1¾ c cooked black beans (use canned if you're in a pinch, but rinse them really well)
- * ½ cup cilantro leaves, torn
- * ¼ tsp salt (omit if using canned beans)
- * black pepper to taste

Instructions

1. Combine the oil and garlic in a large saucepan or wok. Heat on low about 5 minutes, stirring occasionally. Add the chili powder, cumin, paprika, oregano and red pepper flakes and simmer and stir another 5 minutes.

2. Add the onion and pepper. Turn the heat up a bit and saute for 5 minutes. Add the tomato and corn and saute for another 5 minutes. Add the brown rice and saute 5 more minutes. Fold in the beans, cilantro and salt. Add some black pepper and any additional seasonings to taste.

Notes

Prep time includes cooking black beans from scratch. This recipe is vegan and gluten free friendly.

NUTRITION

Per 215g serving: 335 calories (78 calories from fat); 8.7g fat (13%)(0g trans); 0mg cholesterol (0%); 153mg sodium (6%); 57.6g carbohydrates (19%); 7.7g fiber (31%); 10.2g protein; Vitamin A 24%; Calcium 4%; Vitamin C 83%; Iron 26%; Potassium 22%

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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 E-MAIL ADDRESS (Please) _____

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