

## Double Header in Lititz on Saturday, December 13th

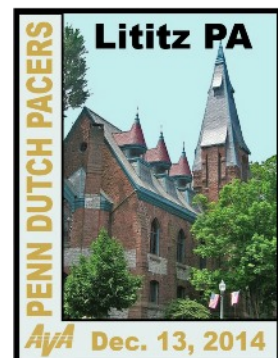
## In Question: The Future of PDP

We don't know where to go from here....

Saturday, December 13th will be an awesome day no matter what the weather as the Penn Dutch Pacers offer a unique double header when it comes to walking in Lititz during this holiday season. The double header is not two walks as you might expect but two awards, an 'A' award for the walk itself and an award for the Time to Walk Special Program that will take place that same day.



*Editor's Note: It is with great consideration and concern that we print this article which was reviewed, edited and tweaked by many of those who regularly attend the monthly PDP meetings. The final version that you see here was presented at the November meeting and with a unanimous vote approved for inclusion here.*

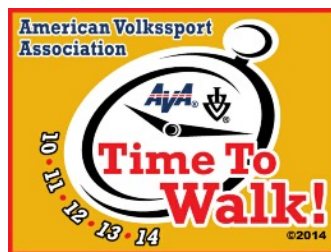


Little did we know when we scheduled the annual holiday walk in Lititz months ago on December 13th that it would coincide with something that won't happen again for 91 years. And also something that AVA would get behind

including encouraging clubs to hold events on this very day.

What we are talking about is the Time to Walk Special Program Promotion that comes with its own patch which you can see at right, which the Penn Dutch Pacers are offering a limit supply of along with the custom 'A' award event patch especially designed for this event.

A unique combination of date and time will occur at 10:11 on December 13, 2014 which will not repeat for some 91 years (i.e., March 4, 2105). For those who are still lost you take the time 10:11 and write it as 10, 11 which is the first two numbers of the sequence. And then take the numeric date 12/13/14 and sequence just the numbers with the time you then have the entire numerical sequence of 10, 11, 12, 13, 14. Get it now?



It was pointed out at the October monthly meeting of the Penn Dutch Pacers, as a discussion about possible walks in 2015 began, that here we were nearly at the end of 2014 and nothing has changed. Nothing has changed as far as getting more new people involved to handle some of the essential tasks that are required to produce the quality events that folks that come to Penn Dutch Pacer walks have come to expect. Thus, how can we go forward planning new walks for 2015 when we don't have the people to do the work that is necessary? The folks that comprise the inner core of PDP as we have said ad infinitum have been doing their jobs for an average of more than 20 years. Some have already indicated their retirement and others have hinted that they would like to step down, if only

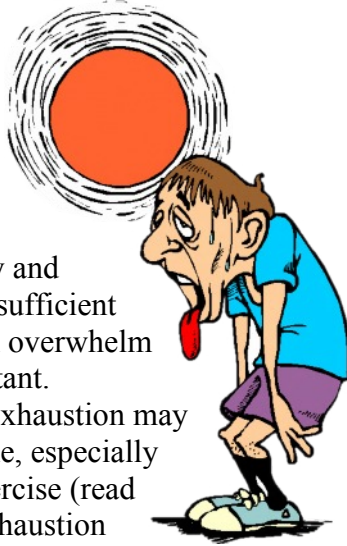


there was someone to replace them. As with everything else, life changes, health changes, family and job responsibilities change, interests change, people get older and their abilities change and yet of all the people who care enough to be members of PDP and fork over cash to join we can't find folks to commit enough to take over positions vital to the club. In several previous issues (most every issue actually)

we have asked and pleaded for folks to come forward especially to fill the soon to be vacant trailmaster positions. Help is needed with all the tasks that go on behind the scenes to make PDP what it is and also to be out front as a trailmaster for the weekend events that we now may not go forward with. This is entirely dependent on whether we have people in place to do the jobs that need done to

## Take proper precautions before it hits you

It was brought home quite readily at a recent Penn Dutch event how quickly heat exhaustion can overcome even a seasoned walker. If you have the right combination of heat, humidity and activity (read walking) and insufficient hydration heat exhaustion can overwhelm you in what seems like an instant. Signs and symptoms of heat exhaustion may develop suddenly, or over time, especially with prolonged periods of exercise (read a 10K walk). Possible heat exhaustion symptoms include:



- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

If you think you're experiencing heat exhaustion:

- Stop all activity and rest
- Move to a cooler place
- Drink cool water



or a sports drink

No one is immune to the effects of heat exhaustion so take this information to heart and do all things right so that

you don't have to personally experience the not so pleasant symptoms of heat exhaustion.



## A Source of More Information about Atlantic Region Walks

We have for years been providing an Atlantic Region Calendar in this very newsletter. Originally it was very easy since someone (we forget actually who) provided a file with the current walks which we simply inserted into the newsletter with a little re-formatting. It then got to a point where the person that was providing the file didn't do it any more and we had to copy and paste the information from a website that was being maintained by someone in the Atlantic Region. That worked for a while until we realized that the website was no longer being updated.



We then had to resort to going to the AVA site which lists the walks by state and updating the list for each issue of *The Pacer Pulse* by going through the walks one by one and state by state which is what we continue to do to this day. We start the process with the list from the immediate past newsletter and we delete the months that will be in the past when the next newsletter comes out. We then check the list that remains against the listing that is on the AVA website and would of course delete any walks that may have been removed and then add walks as we find them going date by date and state by state until we have reviewed all walks that are currently sanctioned in all the states in the Atlantic Region.

So now that you know how we get the information that you see in *The Pacer Pulse* we'd like to let you know that the Atlantic Region website that we told you that was previously active is now active again and has more information than ever on just the walks you most likely want to see and that is those in the Atlantic Region.

We have added a link the PDP website. Go to [www.penn dutch pacers.org](http://www.penn dutch pacers.org) and then choose the AR/AVA Link menu option on the right and then select the first option - Atlantic Region Weekend Events Calendar and you can check out all the upcoming AR events. Information includes a link to the event brochure and an e-mail link to the POC for more information. If you'd like to go to the page now just simply click this link -

[http://www.mdvolks.org/new\\_walklist.php](http://www.mdvolks.org/new_walklist.php)



**PRESIDENT'S COMMENTS**



*By*  
**Pete Byrne**

What a great walk we had in Elizabethtown! But now the days are getting shorter and colder. Soon it will be mid-December and Time to Walk! As you read about this special walk, please make a mental note to ask someone to join you in the walk. Hopefully we can get a new walker. Elsewhere in this newsletter you will find a sobering article about the

future of our club. The description of an Event Coordinator made me remember how I became involved as a “doer” in the club rather than just a “walker”. I thought it would be interesting to hold a weekend walk starting from the Lancaster Liederkrantz, in conjunction with their Oktoberfest. Therefore I attended a regular monthly meeting of the club and presented my idea, fully expecting that someone else would do all the work. To my surprise, the officers agreed with the concept but turned the details back over to me to ‘git er done’. I ended up working with the Liederkrantz on the start point location and discount admission coupons, working on the design for the award patch, helping write the walk brochure, helping with the

trail layout, and working both days of the event. My experience was so enjoyable that I continued to attend the monthly meetings and eventually volunteered to be Volunteer Coordinator, Vice-President, and President. As the proverb goes, “For lack of a nail a shoe was lost, for lack of a shoe a horse was lost”, etc. Let’s not allow the proverb to become, “For lack of a volunteer a club was lost.” We don’t expect you to do everything, but we do expect you to do something. Otherwise, those of us who are “aging-out” will turn out the lights and lock the door. It really is up to you. I look forward to seeing you at the Lititz walk on December 13. We can talk more about this then.

*-Pete*

**E-town Follow Up**

We walked on Saturday, September 27th in near perfect almost hot weather for September from the familiar pavilion on the high ground of Masonic Village in Elizabethtown. Thanks to everyone whose efforts helped make this walk a success including those that walked. You can check out the numbers below.

<b>E-town Walk Results</b>	<b>5K</b>	<b>10K</b>	<b>Totals</b>
Award & Credit	3	25	28
Credit Only	9	67	76
Non-AVA	11	14	25
<b>Totals</b>	<b>23</b>	<b>106</b>	<b>129</b>



We are official! Here is our Approval Certificate regarding PDP’s participation in the December 13th *Time to Walk* event.

**MILESTONES**

- |  |   |
|--|---|
| <b>10 Events</b><br>Karen Kenna          | <b>525 Events</b><br>Lynne Haffner                        |
| <b>175 Events</b><br>Virginia Hunsberger | <b>900 Events</b><br>Muriel Halsey<br>Charles Halsey, Jr. |
| <b>200 Events</b><br>Virginia Hunsberger | <b>4500 K</b><br>Robert Cooney                            |
| <b>350 Events</b><br>Carolyn Garber      | <b>9000 K</b><br>Muriel Halsey<br>Charles Halsey, Jr.     |
| <b>400 Events</b><br>Jeanne Schopf       | <b>17000K</b><br>Michael Quinlan                          |

## MORE ON SHOES – WORTHWHILE TIPS

By Kitty Glass

I fall for books with titles such as “Fix it, Clean it, and Make it Last” by the Editors of FC&A Publishing. It is filled with helpful hints such as “Plant your garden like this and bugs will stay away naturally” and “Stop throwing out salad – instead keep it delicious, fresh, and crisp with this secret.” What stood out were a few tips on shoes and shoestrings and stockings. Since shoes are most important to walkers, here are some ideas on “Shoes and Stockings.”

**Shoelace Saver:** Threading a frayed edge of a broken shoelace is nearly impossible. Next time, dip the frayed end in clear nail polish and allow it to dry.

**Shoes:** For smelly sneakers, wad up some newspaper. Stuff it in each shoe. Leave it overnight. The aroma should be greatly improved.

**To waterproof your shoes:** Melt together a dressing of two parts beeswax to one part of mutton fat. Apply at night, and in the morning, wipe it well with a piece of flannel. (Good luck on this one – who has mutton fat stored in the pantry.)

When buying shoes and the fit on one shoe is not right, ask to try on another pair in the same size. Each pair may have a different feel and fit.

For shoes that are worn out: Mail them to Nike’s special recycling program where they will be turned into rubber flooring and donated to resurface inner city basketball courts. The address is: Nike Recycling Center, c/o “Re-Use a Shoe” Program,

26755 SW  
95th St.,  
Wilsonville, OR  
97070.

An extra tip for women and pantyhose:

To prolong the life of your pantyhose, wash and wring out, place the hose in a plastic bag and put them in the freezer. After they freeze, thaw them and hang to dry. After perusing the book with all of its other household hints I may become the most efficient housekeeper ever. I doubt it but at least I will know how to waterproof shoes.



Given the unique nature of this time/date combination, it was determined that it would be an opportunity for AVA to sponsor a national event that would attempt to get as many walkers as possible on the trail at 10:11 (local time) on December 13, 2014. A special slug will be available for the stamp used for this national event.

Not only do we have all the hoopla with the Time to Walk Special Program we have Lititz of course in all its festive glory. Lititz has always been a favorite walking location for the Penn Dutch Pacers and we again are offering you the opportunity to enjoy this most favorite walking venue during the holiday season.

Although we have walked in Lititz many times you may not have realized that tucked away on Main Street across the street from the huge pretzel is the Linden Hall Girls College Prep School’s 47-acre campus.

Linden Hall is the nation's oldest independent boarding and day school for girls in grades 5-12.

Linden Hall is believed to offer the nation's finest academic program for college preparatory students, with median SAT and AP Exam Scores that surpass local and national averages.

Linden Hall is small by design, with an all-girl focus, a family-oriented atmosphere, and an average class size of 12. Student enrollment is comprised of 250 students representing 16 countries and 19 states.

The buildings situated along picturesque Main Street date back to the early 18th century, when Count Nicholas von Zinzendorf of Saxony, Germany established the town and its name.

Lititz is listed as one of the nation’s top 10 Distinctive Destinations by the National Trust for Historic Preservation, Lititz is the perfect blend of small town charm and big city chic. The town offers an eclectic mix of specialty shops, cafes, and restaurants for any palette! Lititz is also home to the Wilbur Chocolate Factory (is that the smell of chocolate on the Linden Hall campus?) and the Sturgis Pretzel House, site of America’s first commercial pretzel bakery.

Come and join the Penn Dutch Pacers in Lititz this holiday season and find out all over again why Lititz is such a fun place to be, if only for a portion of a day. In fact come walk early and spend the rest of the day or the whole weekend exploring. Remember it’s Saturday and everything is open and all a bustle with the excitement of the holiday season. You may even find some last minute Christmas gifts.

## Back at Isaac's Again in January

Every January the Penn Dutch Pacers depart from the regular schedule of meeting at the room in the Wellness Center conference room and instead gather to share a meal followed by the monthly meeting.

In 2015 we will continue our tradition and 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 15th.

This dinner meeting as with all our meetings is for EVERYONE and is a casual meal followed usually by a meeting less than an hour in length. As has been the practice in the past please arrive at Isaac's and asked 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.

So that we know how many to have Isaac's prepare 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 dutchpacers.org](http://www.penn dutchpacers.org) (you can do it now if you are reading the digital edition by clicking the link) and choose the bottom most menu option, Sign up for January Meeting and input the requested information or call Pete Byrne at 717-393-6700 and indicate that you are coming and how many.

Besides being a time where we get together to enjoy a meal we are there to also take care of all the regular business involved in producing PDP walking events. And this year we will be discussing whether PDP has a future as pointed out in the page 1 article *In Question: The Future of PDP* and what that future will be.

Consider this your personal invitation to join us. If you are a meeting regular you know what to expect and if you are a newbie you can expect good conversation and enjoyable meal from Isaac's varied menu and an informative meeting following the meal and all in all a very enjoyable low stress experience. Besides, it's a great way to spend a weary Winter night.

So we look forward to good participation at the meeting from all interested parties. Hope to see you all at our January meeting. Don't forget to sign up or call to make your reservation. Thanks!!



produce the quality walking events that the Penn Dutch Pacers have always provided. Thus far the club has not finalized any plans for any weekend walks in 2015.

So where do the Penn Dutch Pacers go from here? Where does YOUR club go from here? It has been said that to continue to do the same thing and expect a different result is the definition of insanity. Given where PDP is now, YOUR club can not go forward into 2015 doing the same thing and expecting things to be different or that things will just take care of themselves.

So where to go from here becomes the question that needs to be answered and that will be answered by those attending the annual PDP dinner meeting on January 15th. Information on that gathering can be found on page 5 (immediately to the left).

Following are some ideas that you may ponder until the January meeting. You may have some ideas that you would like to share. We encourage and NEED your input. The ideas listed here along with your input will shape how or if the Penn Dutch Pacers go forward beyond 2015. There is an e-mail that is reproduced on page 10 of this newsletter that empathizes with PDP's situation regarding the lack of volunteers, especially trailmasters, and suggests that maybe getting folks to be Event Coordinators instead might be a solution for a number of reasons. Let's briefly explore what the job of Event Coordinator may be and why it may be a more appealing option for people to be an Event Coordinator than a trailmaster.

An Event Coordinator first of all could be one person or two people as in a husband and wife or a significant other or a cadre of people (you choose) that commit to coordinating just ONE weekend event. It means they are committing to one event, once and done. Being an Event Coordinator would mean they would be in charge of ALL aspects of that ONE event and make it happen from the trail to the completion of the event weekend.. That doesn't mean that they would do it all themselves. They would recruit volunteers from among the members just like we do now to man checkpoints, the start and finish, etc. They would oversee

everything leading up to the event and provide reports on the progress and would oversee in person the

actual event itself. Once the event is over the responsibilities of the Event Coordinator(s) for that event would be over.. One event, one time. Still a lot of work, but simple as that.

Is being an Event Coordinator something you could see





# 2015 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](http://www.ava.org/ava_search.asp)

## December 2014

Date	Type	Sponsoring Club	Event Location	Contact Phone
08	NW	Seneca Valley Sugarloafers	Gaithersburg MD - Moon Light in the Park	301-385-0054
08	NW	Columbia Volksmarch Club	Columbia MD- Club Dinner & Night Walk	410-290-6510
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	<b>Penn Dutch Pacers</b>	<b>Lititz PA</b>	<b>717-625-3533</b>
13	W	Annapolis Amblers	Annapolis MD	301-509-6748
20	NW	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
21	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 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	2W	Freestate Happy Wanderers	Columbia MD	410-437-2164
01	W	Gator Volksmarch Club	Smithfield VA	757-421-0070
]] 15	M	<b>PDP Dinner Meeting - Isaac's Restaurant, Manheim Pk Lancaster :: Dinner on your own prior to the meeting @ 7:00 PM</b>		
17	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

## February 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
]] 19	M	<b>PDP Meeting • Wellness Center Conference Room #2, 2nd Floor •Lancaster Health Campus at 7:00 PM</b>		

## March 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
]] 19	M	<b>PDP Meeting • Wellness Center Conference Room #2, 2nd Floor •Lancaster Health Campus at 7:00 PM</b>		
21	W	Freesate Happy Wanderers	Beltsville MD	301-572-5574
28	2W	Baltimore Walking Club	Baltimore MD	410-592-3171

## April 2015

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

## May 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
02	W	Germanna Volkssport Association	Quantico VA	540-455-0772
23	W	Virginia Volkssport Association	Staurts Draft VA	757-814-1417
24	W	Virginia Volkssport Association	Monterey VA	757-814-1417
25	W	Virginia Volkssport Association	Harrisonburg VA	757-814-1417
30	W	Peninsula Pathfinders of Virginia	Charles City VA	757-357-5355

## June 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
06	W	Freestate Happy Wanderers	Millersville Md - Kinder Farm	410-437-2164

## September 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
07	W	Virginia Volkssport Association	King George VA	757-814-1417
12	W	Germanna Volkssport Association	Colonial Beach VA	540-455-0772
19	W	Cumberland Valley Lead Foot	Mt. Holly Springs MD	717-677-6511
19	W	Peninsula Pathfinders of Virginia	Newport News VA	757-930-4538
26	W	Seneca Valley Sugarloafers	Frederick MD - Oktoberfest	301-431-6668

## October 2015

Date	Type	Sponsoring Club	Event Location	Contact Phone
10	W	Lee Lepus Volksverband	Powhatan VA	804-768-0055
16-17	W	US Freedom Walk Festival Club	Arlington VA	703-209-0174
17	W	Freestate Happy Wanderers	Laurel MD - Laurel Municipal Pool	301-717-3604
23	W	Liberty Bell Wanderers	Willow Grove PA -Tyler State Park	610-906-6252

**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

# Time to Walk T-Shirts

Coming up on December 13th is the PDP Lititz event which is also part of the national *Time to Walk* event which you will find more about on the front page. If you are looking for a unique way to commemorate this event you might consider a *Time to Walk* t-shirt which is available from [cafepress.com](http://cafepress.com). To get one simply go to [www.cafepress.com](http://www.cafepress.com) You will see a green SEARCH button to the right of the home page. Immediately to the right of the SEARCH button click where it says T-shirts & Clothing and the page will change and you can now click inside the search box where you will type “Time to Walk” (without the quotes) and then click the search button.

On the next screen scroll down to the first item that is retrieved from the search where you should see the *Time to Walk* t-shirt on a female. Choose that item and a page will open where you can see and choose from all the items that are available with the *Time to Walk* patch image on the front and a list of all the *Time to Walk* walks that are being held nationwide.

The site indicates that items are usually shipped in 24 hours so if you order promptly you should have your shirt in time for the Penn Dutch Pacer *Time to Walk* event in Lititz on December 13th. If you ask nicely you might even be able to get the event stamp on your shirt to make your shirt a real keepsake. We'd like to see a lot of shirts on December 13th so be sure to show yours off at the walk.

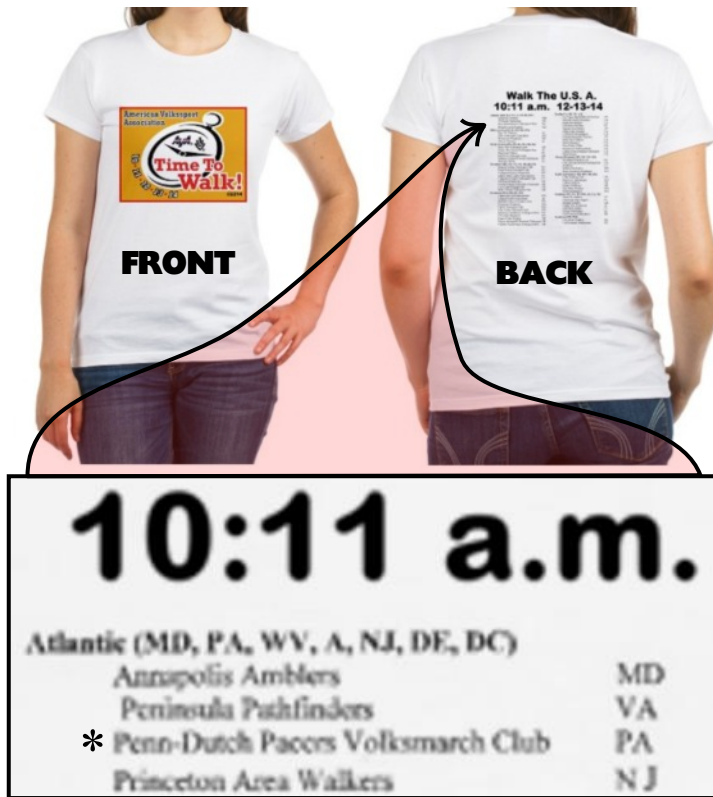
yourself doing to keep the Penn Dutch Pacers active and alive? If so, you need to make it known because no trailmasters and no Event Coordinators mean no weekend events for the Penn Dutch Pacers in 2015. It should be said that although the immediate and critical concern is the need for one or more trailmasters the need for fresh faces at all levels of the organization is critical. It is not enough anymore to say that “I will help any way I can but I won't hold a position of responsibility”, since after all if there is no one that is responsible no organization can exist.

So where do we go if we have no trailmasters or Event Coordinators to handle weekend events in 2015? The next potential step is a hiatus. One definition of hiatus that we found was “a pause or gap in a sequence, series, or process”. In the case of the Penn Dutch Pacers taking a hiatus it will mean first and foremost no weekend walks in 2015. A hiatus will mean a reduction in the number of monthly meetings along with a reduction in the number of issues of The Pacer Pulse to be published (actual number of meetings and Pacer Pulse issues to be determined). With no weekend events there is no reason to meet monthly and there is little fodder to include in a newsletter. Since Penn Dutch Pacer YRE and seasonal events have already been sanctioned for next year they will be operated as scheduled for 2015.

The reason for the hiatus is to allow time for people to understand that if they don't come forward to do the work that needs to be done for the club to function the Penn Dutch Pacers are truly on their last legs. And of course it should not go unsaid that if we can't get folks to come forward to do the work then the only option left is to dis-band. Hopefully it won't get to that but it's really up to the members. Everything is now on the table.

The January dinner meeting is where all these things will be hashed out and decided upon so if you have any concerns or suggestions or want to step forward to help that would be a good

time to do it. We are hoping for an exceptional turnout in January since this will be a seminal meeting for the Penn Dutch Pacers. Maybe the most important one ever. We hope to see you in January. Please make sure to follow the directions for signing up in advance for the dinner meeting as explained in the article about the January 15th meeting on page (newsletter page reference will be inserted here) so that we can make sure that the meeting room is set up for everyone planning to attend.



One of the things that makes the shirt a real keepsake is that on the back of the shirt is a list of all the walks that are being held nationwide on December 13th that qualify for the *Time to Walk* Program. And as you can see in the extreme blow up above (sorry it's a bit blurry but we wanted you to see the PDP walk is listed) the Penn Dutch Pacer is listed near the top.

# EVENT INSURANCE

*Editor's Note: This information is from the September 2014 AVA Checkpoint.*

One of the things that many people who participate in volksmarches or even members of local clubs don't realize is that in order to hold events in today's world like volksmarches you need to have liability insurance protection. That liability insurance if it had to be purchased by the individual clubs locally would be cost prohibitive and is one of the reasons that a national association or organization such as AVA exists and the reason local clubs join the national association. Here's what you should know about the AVA insurance as a member of a volksmarch club and a walker. What the insurance is and what it isn't and what you need to do and what you shouldn't do in regards to this insurance. It is important to understand what AVA's role regarding the insurance as well as what the club's role is along with what you as a walker can expect.

The AVA provided insurance is liability insurance for the protection of AVA, member clubs (including event workers) and additional insured. An example of an additional insured maybe a startpoint that wants to allow the use of their facility but requires proof of insurance to allow use so that they are not themselves liable. Additional insured must be identified in the insurance request for the particular event and is limited to those property owners of the route, start, finish, registration, restroom facilities, and checkpoints.

Co-sponsors, other than property owners, will need their own insurance and must provide a copy of this insurance to HQ before the event can be approved.

The insurance is not for the protection of your walkers, but protection for AVA, clubs and property owners from potential law suits and damage occurring from incidents during your event. It does not cover theft, or accidents to walker's personal property.

Any walk or event that is not properly sanctioned is not covered by insurance. Events not covered by insurance puts the AVA Corporation,

subordinate clubs, state associations, the National Executive Council, club and state association officers collectively and individually at risk legally and financially.

If you are not required to have someone listed as an additional insured all you need to have at your event is a copy of the blanket policy you can find on the website. On the right of the certificate are the coverage amounts. Please note the

amounts listed for medical are in the event the club is found at fault for an injury to a participant; at that point the insurance investigators take over.

Event insurance is renewed every December for the coming calendar year. The current year certificate is in force until exactly January 1. Please do not ask for a 2015 early.



## **Make sure you DO:**

- Submit the insurance request for additional insured coverage to AVA HQ using the feature online, not directly to the insurance company. The insurance company cannot process an application unless it comes from AVA HQ no matter how urgent.
- Send in a request for insurance timely. If the request is dated 60 days or more from the need-by date you specify, additional insured coverage will cost \$10.00. If the number of days between the request date and the date you need the certificate by are LESS than 60 days it will cost you \$15.00.
- You can have multiple additional insured for the same event as long as the event is the same location and date. The cost will still be \$10.00 or \$15.00 for one or more additional insured for one event.
- Make sure you have the correct information including the relationship of the requested additional insured to your event.
- Make sure each participant signs a start card or log sheet that has the exact disclaimers on it as the start card. These disclaimers were written by the insurance company and are required to be





# Engage: Boomers

## More Are Not Only Living Green, But Eating Green

by Derek Dunham, August 18, 2014, 11:45 AM

Many Boomers and seniors grew up being told, “No dessert until you’ve finished your vegetables.” That parental pronouncement led to spinach hidden in napkins, broccoli smuggled to the dog, and, for some, a lifelong aversion to anything green.

But, these days, more and more in this age group are learning that it’s never too late to start eating your veggies. Two and a half million Americans over the age of 55 have made the switch to vegetarianism, and the even-more-extreme version of a plant-based diet—veganism—is going mainstream.

The word “vegan” has steadily increased in Google searches—it is now up to 36 million hits. Chipotle offers vegan burritos. Even White Castle is testing veggie sliders in selected markets. And Kaiser Permanente, the country’s largest HMO, recommends that its members eat a plant-based diet.

The vegan trend has also impacted the dairy industry.

Cow milk consumption is down, while the sales of soy, almond, and other milk substitutes are up.

It also doesn’t hurt that many famous Boomers have gone vegan, from Bill Clinton and Al Gore to Ellen DeGeneres and Portia De Rossi. And it’s not only celebrities but regular folks that are eating green to stave off the chronic conditions that plague four out of five people over age 65. Fred Willms, 81, of Medford, Ore., has experienced the health benefits of a plant-based diet. Although he grew up on meat and potatoes, Fred became a vegan at 78 at the urging of a physician who gave him “The China Study,” a book that details the connection between nutrition and diseases like cancer, heart disease, and diabetes.

After three months on a vegan diet—even with some cheats—Fred lost 30 pounds, and his cholesterol dropped 45 points. Three years later, his cholesterol, blood glucose levels, and other numbers continue to improve. At a recent checkup, his physician called colleagues into the room to admire Fred’s impressive numbers.

“It’s all due to the diet,” said Fred, who has seen veganism gaining traction among the over-65 crowd at his retirement community. Three years ago, he was one of a handful of residents who were eating vegan, and now he estimates that 50 people at his community are following plant-based eating guidelines.

His wife Lee, although not a vegan herself, has also seen a shift among her friends. “Living in this setting makes it easier,” she said. “Every day, we have a huge salad bar with lots of choices. It’s much easier than trying to do it on your own.”

That’s why marketers could fill a need by making a vegan diet simpler and more affordable for mature consumers who want to make a change but are finding it challenging to do so on their own.

At supermarkets: Many in this age bracket have spent years in the kitchen—they’re ready for someone else to take a turn. They’d appreciate a wider, tastier selection of healthy, convenient vegan foods. They’d also be receptive to coupons and special offers.

At restaurants: More soy options at salad bars would make it easier for Boomers and seniors to follow a plant-based diet when eating with friends and family. Low-cost, vegan early bird specials would also be welcomed.

Beyond the food industry, there are other vegan-related marketing possibilities. Businesses are already promoting everything from vegan vacations to vegan-friendly retirement communities. As 10,000 Boomers turn 65 every day, more and more of them will want to combat chronic health conditions, so the plant-based eating trend and its related marketing opportunities will most likely continue to grow faster than zucchini in a summer garden.

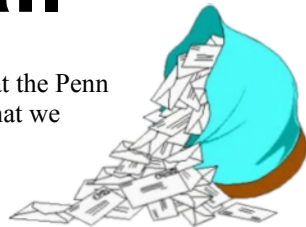
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*Cont'd in the next column*

# Fan Mail

Here is an e-mail and a note that accompanied a YRE payment that the Penn Dutch Pacers recently received that we thought we would share.



*Editor's Note: This e-mail was sent to us shortly after we sent out the e-mail that the Sept. Oct. Nov. issue of this newsletter was available. Thanks Ellen, it's good to know that PDP is not the only VM club that struggles to fill open positions and the Event Coordinator idea deserves some serious consideration, too. [BTW the Randolph Roadrunners are a VM club located outside Austin TX.]*

Thank you for sharing your great newsletter. I share your pain of looking for club officers and trail masters. When a position doesn't get filled in my club I step up to the plate and do whatever and eventually someone has stepped forward. That may not be the best way to do it, but the club has stayed intact and we have some pretty good events. One thing the Roadrunners do that has worked for us is have an event coordinator who covers all aspects of that event to include the trail. I'll oversee the event and give direction as requested. Recently, there have been a couple of folks who had never put on an event, but walked a lot and they said with assistance they would coordinate an event. One of these events [was] on 13 September. That person needs a "Q" for the A to Z program. He found a very small hole in the wall town, did a route, made the contacts at the local church and now it's going to happen!

I pray a lot, too! Too many of us like this sport to have it just go away. I think that in the next TAW there's going to be an article about Best Practice. I would like you to share some of the things your club does that works well for you. None of us have all the answers!

Thanks again for the newsletter.



Ellen Ott  
President  
Randolph Roadrunners Volkssport Club

MAJ Terence Zuber, USA-Ret.  
FOUNDING SPONSOR

*I've done over 1,300 VM in Europe and the U.S. The Lancaster West was one of the best we've been on in the U.S.*



www.armyhistory.org

signed by all participants.

- Make sure you have incident report forms at event for filling out. These are critical and must be as detailed as possible as you can make them, including drawings if need be. Include a copy of the start card or log sheet they signed. **An address label alone is not sufficient as anyone could have place it on the log sheet or start card.** These incident reports must come to HQ as quickly as you can send them. If the injured person wants to contact the insurance company, give them the HQ information so we can contact the insurance company with their information.

- Make sure you have water at your traditional events. Our insurance specifies that we have water at all our traditional events.

- Make sure you have a first aid kit. Even minor injuries require an incident report.



### Make sure you DO NOT:

- Try to sanction more than one location with one sanction number. The insurance will not cover multiple events at different locations and/or different dates under one sanction number.

Each event must be sanctioned separately to be covered by insurance.

- Allow people on the trail that by observation do not look well enough. If the trail is not suited to strollers or wheelchairs do not allow. AVA events are open to the public which means not just members or Volkssporters can attend, but we do have a duty to put safety first.

- Do not hold someone's things. Ask them to lock them in their car or to take them with them. By holding them you are becoming responsible if anything is missing or damaged.

- Do not try to explain our insurance coverage to participants just tell them to call HQ.

- Event insurance is renewed every December for the coming calendar year. The current year certificate is in force until exactly January 1. If you have a property owner who demands a 2015 certificate AVA cannot supply it until December. The renewal price is not determined by the underwriter until December.



# One-Pot Peanut Sesame Noodles & Veggies

One-pot pasta is a bit of a mysterious wonder. All of the ingredients—dried pasta, veggies, seasonings—go into a big pot with what looks like an impossible amount of liquid. Everything’s brought to a boil, then you toss (and toss and toss) it in the pot while it bubbles away. It’s not unlike a stir-fry of sorts, in that it cooks quickly over high heat—with lots of hands-on time while it boils. But it takes very few minutes to go from raw to “dinner’s ready!”

And, what an awesome dinner it is. Suddenly, you have a glorious pot of perfect pasta with tender veggies and a scrumptious sauce. Magic!

Asia meets Italy in this veggie-loaded, flavor-filled one-pot pasta.

## Ingredients:

- \* 8 ounces linguine, uncooked
- \* 3 1/2 cups water
- \* 1 medium bok choy or 3 baby bok choy (about 1/2 pound), sliced (about 3 cups)
- \* 1 red bell pepper, thinly sliced
- \* 2 medium carrots, cut into coins (about 1 cup)
- \* 1 small yellow onion, halved and thinly sliced
- \* 3 medium cloves garlic, minced (about 1 tablespoon)
- \* 1 thumb-sized piece of ginger, peeled and minced (about 1 tablespoon)
- \* 1/4 cup Tamari-style soy sauce\*
- \* 3 tablespoons sesame oil
- \* 2 tablespoon brown sugar
- \* 1/8 teaspoon crushed red pepper flakes (add more if you like more heat)
- \* 1/2 teaspoon kosher salt
- \* 1/2 medium Napa cabbage, thinly sliced (about 4 cups, loosely packed)
- \* 1 tablespoon rice vinegar
- \* Toppings: fresh cilantro, chopped salted peanuts, sliced scallions, and/or toasted sesame seeds

## Instructions:

1. To a large and heavy pot over high heat, add the linguine, water, bok choy, bell pepper, carrots, onion, garlic, ginger, soy sauce, sesame oil, brown sugar, red pepper flakes, and salt.
2. As soon as the mixture comes to a boil, set the timer for 9 minutes and cook, tossing constantly with tongs, taking care to make sure the pasta doesn't stick to the bottom of the pot. Once the 9 minutes is up, the veggies should be tender, the pasta cooked through, and it should have a saucy consistency, with most of the liquid having evaporated.
3. Remove from heat and add the cabbage and vinegar, tossing until cabbage wilts, about 30 seconds.
4. Serve, topping individual bowls with cilantro, peanuts, scallions, and toasted sesame seeds.

## Notes

\*You can use regular, non-Tamari soy sauce, but because it is saltier than Tamari soy sauce, leave the kosher salt out of the recipe and then adjust the seasonings to taste once cooked.



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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## The Pacer Pulse

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

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Check us out at [www.penn dutch pacers.org](http://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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P. O. BOX 7445, LANCASTER, PA. 17604-7445

Check where you would like to help: \_\_\_AWARDS TABLE \_\_\_REGISTRATION \_\_\_TRAIL \_\_\_REFRESHMENTS  
 \_\_\_PUBLICITY \_\_\_CHECKPOINTS \_\_\_NEWSLETTER \_\_\_WHERE NEEDED