



Penn Dutch Pacers Volksmarch Club • Lancaster, Pa



# the pacer pulse

March, April, May 2016

## PDP ANNUAL MEETING



The Penn Dutch Pacer Annual Meeting was held on January 20th in what has become our customary location, the Isaac's Restaurant on the Manheim Pike. This meeting in even number years is the meeting where we hold election of officers. The Penn Dutch Pacer officers that are elected are President and 1st and 2nd Vice President. All other offices are filled with folks that are willing to do the job.

There were 19 Penn Dutch Pacer supporters at this important meeting and following is a recap of the results of the election and who continues to do what –

• **President** – Maria Roshon

◦ Maria stepped forward to fill the top spot. She brings enthusiasm and a different perspective. She is the one that will lead us for the next 2 years.

• **1st Vice President** – Jane Holmes

◦ Jane stepped forward to take over the job that George Resh has competently filled for the past couple years. The main job of the 1st Vice President is filing the after action reports as well as making sure the supplies for the start and finish points are at the walk.

• **2nd Vice President** – Carmie Keiser

◦ Carmie continues in her role as 2nd Vice President whose job is to coordinate volunteers. Carmie has had this job for a number of terms now and continues to make sure that we have people to man the different posts during our weekend events.

• **Treasurer** – Kitty Glass

◦ We can't remember when there was a treasurer other than Kitty. She continues to do an admirable job with the club finances. Kitty also often helps with the food concession when we have one and anywhere else she's needed as well.

• **Secretary** – Inge Koenig

◦ We hate to repeat ourselves but we can't remember when there was a secretary other than Inge. Inge also serves as the unofficial club photographer and often helps at one of the posts during our weekend events.

• **YRE Coordinator & Publicity** – Virginia Hunsberger

◦ Virginia first took over the duties of YRE Coordinator and has recently added publicity duties to her repertoire. The YRE Coordinator as the name implies handles the YRE and Seasonal

MAY 21, 2016

SUSQUEHANNOCK STATE PARK

Join us for a group walk of this PDP YRE. One of the reasons for doing a group walk of this YRE is that it is somewhat remote and there are some folks that would like to do this walk who may not feel comfortable by themselves. So this is the chance for anyone who has been putting off doing this great woods walk in the only state



park in Lancaster County to get out and walk with others.

The walk takes place entirely on dirt trails and roads within the state park. Hiking boots and a walking stick are highly recommended.

Starts at: Susquehannock State Park, Information



MEET HERE..

Kiosk at Park Office. 1880 Park Dr, Drumore, PA. Meet at the start location in the park at 9 AM. The walk will start promptly at 9:15.

sanctioning which happens the middle of the summer and also does the quarterly reporting to AVA regarding participation. The publicity portion of Virginia's job deals with getting information to local media along with information about our walks to American Wanderer.

• **Trailmaster** – David Barber

◦ David is in his second year as Trailmaster. The Trailmaster is in charge of the trails. The day of the walk he makes sure everyone stays on track.

• **Membership** – Monica Barber

◦ Keeping track of who is a member and when they need to re-up is what Monica does. She supplies current membership information for each meeting and also supplies the members and milestone information for the newsletter.

• **Special Programs** – Bob Cooney

◦ Bob has been operating behind the scenes for quite a few years now and his work has enabled PDP to sponsor several Special Programs most recently the Fraternal Organization Special Program which officially ended 12/31/2015. But Bob still has work to do since folks have through the end of 2016 to hand in their books to get the patch.

So no matter elected or conscripted the above folks are what keep the Penn Dutch Pacers functioning and moving forward. A big THANK YOU goes out to everyone, new and old alike, but especially to those who took the job but didn't realize it was a lifetime job.

# C Emlen Urban Lancaster Walk Followup

At 7:30 it was a crisp 32 degrees with a clear blue sky with not a cloud in it. If there was a perfect day to walk in December this was certainly it. By 8:00 the temperature had risen to 37 degree headed toward a high of 50 degrees on a glorious Saturday December day. Our genial host for the day was Isaac's Restaurant located just off Penn Square to the north in the first floor of the Fulton Bank complex. Isaac's has hosted many a PDP walk (not only at this location but elsewhere as well) and when asked has never refused our request even though someone on their staff has to come in much earlier than normal to allow PDP volunteers access to set up to service the walkers.

A walk in downtown Lancaster is always a fun time but is even more so when done when the city is festooned to the hilt for the holidays. You could not only walk but could also enjoy all the shops and restaurants along the way as well as Central Market which was open and packed with holiday shoppers. Add to that the fact that since this walk was themed around the architecture of

C Emlen Urban walkers also had the opportunity to learn quite a bit along the trail as well.

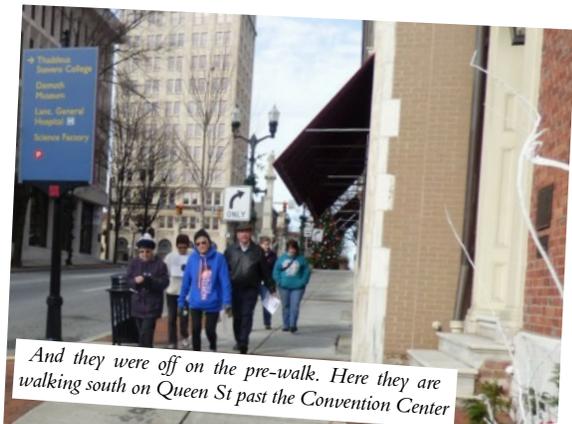
Walkers carried not only start cards with them the day of the walk in December but also carried a detailed description and history and all of C Emlen Urban's wonderful designs brought to life with wood, brick and stone and superb craftsmanship that made and still make Lancaster the unique place that it is.

Thanks to Pete Byrne for the C Emlen Urban walk idea and initially laying out the trail past all those C Emlen Urban structures and of course for all the work on the detailed information on each and every one of them.

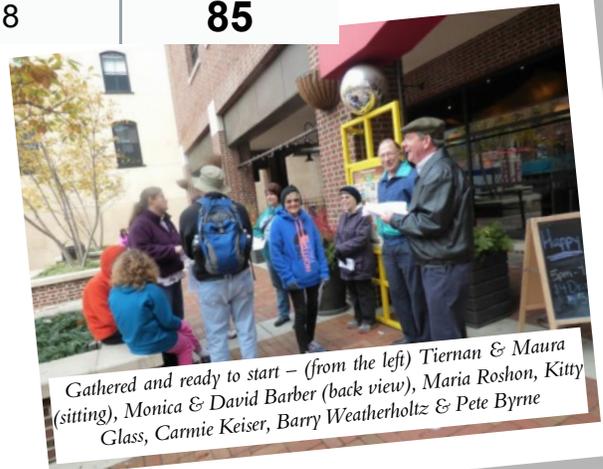
Of course there was the usual cadre of willing volunteers that schlepped all the supplies into Isaac's to set up the startpoint and finish, then there were all those (you know who you are) that took a stint manning the start, finish and checkpoints. We THANK YOU for your help. Literally without you we couldn't have done it. And of course we would be remiss if we didn't specially thank

our trailmaster who puts in more work and more hours than are often acknowledged. Thanks for a great event to everyone involved including the walkers that showed up of course.

C Emlen Urban Lancaster	Award & Credit	Credit Only	Non IVV	Totals
6k	1	18	3	22
11k	18	40	5	63
Totals	19	58	8	85

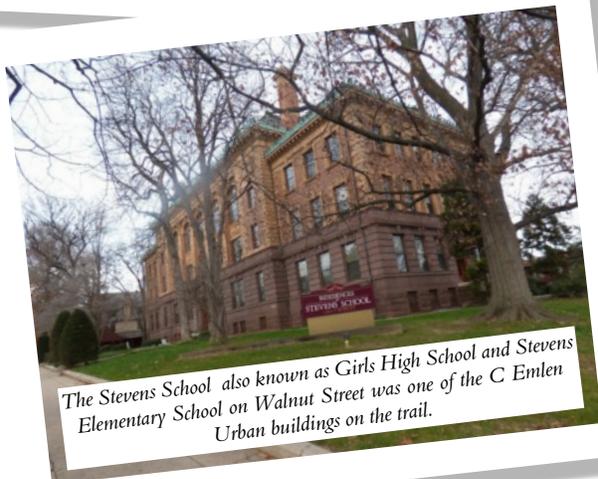


*And they were off on the pre-walk. Here they are walking south on Queen St past the Convention Center*



*Gathered and ready to start - (from the left) Tiernan & Maura (sitting), Monica & David Barber (back view), Maria Roshon, Kitty Glass, Carmie Keiser, Barry Weatherholtz & Pete Byrne*

PHOTOS BY INGE KOENIG



*The Stevens School also known as Girls High School and Stevens Elementary School on Walnut Street was one of the C Emlen Urban buildings on the trail.*



*Some gorgeous kale and cabbage along the trail that exemplified the mild weather that was December 2015*

# PRESIDENT'S COMMENTS

*By Maria Roshon*

Hello everyone!

I'd like to introduce myself. My name is Maria Roshon and I am the newly elected President of the Penn Dutch Pacers. I was introduced to volksmarching and the Penn Dutch Pacers in 2013 by our Membership Coordinator, Monica Barber and have been hooked ever since. I enjoy walking with my husband, Jason and 14 yr. old daughter, Jess. I'm very interested in

American History and we have enjoyed the Gettysburg walks, walks in Valley Forge as well as walks in Charlottesville and Warrenton, Va. If you haven't done these walks in Va., I highly recommend them.

I'm really looking forward to my first year as President. David Barber, our trail master and Jane Holmes, our new Vice President, have been hard at work planning some great traditional walks for this year. We're planning a group walk on May 21 at 9 AM at Susquehannock State Park (our YRE). This is a great opportunity for you to get to know me, Jane, our new VP, and the rest of the members who help make the Penn Dutch Pacers tick. On June 18, we will be hosting a traditional walk in Mount Joy and on Sept. 17, we'll host a traditional walk at Camp Mack Boy Scout Camp in Newmantown. We are also hoping to have a traditional walk in Dec., TBA. Check out the PDP website for more information.

[[www.pennndutchpacers.org](http://www.pennndutchpacers.org)]

Don't forget about the Atlantic Region Conference March 18-20. There are 3 great walks -Hagerstown, MD, Antietam Battlefield and Shepherdstown, WV. The Shepherdstown Walk is different from the YRE walk that the KSVA currently offers. They are also looking

for items to be donated for the silent auction. If you have anything you would like to donate, let me know. I will be attending the conference and can take your items with me if you are not attending.

I would like to thank everyone who was involved in organizing our Fire & Ice Walk in Lititz on Feb. 13: David Barber, our Trail Master, for mapping a great route, making sure the trail was easy to follow and for running

around all day on Saturday to make sure volunteers and participants were safe and enjoying the walk. I'd also like to thank Carmie Keiser, our volunteer coordinator, for making sure we had enough volunteers to work the start/finish & checkpoints, Ginny Hunsberger for an excellent job of publicity for the walk and Phil Allamong for designing the brochure and the patch for the walk. Most importantly, thank you to all of the people who volunteered at the start, finish and checkpoints as well as everyone who braved the cold weather to participate in our walk. Without all of you, this walk would not have been possible. I appreciate all of your efforts and your support!

I'd like to invite all of you to come to our next meeting in March. Since I'm fairly new to the Penn Dutch Pacers, I'd like to get to know you, our members. Please see our website for the meeting date and time. I'd like to hear your ideas, suggestions for walks that you would like to do or anything else you would like to share. If you cannot make it to the meeting, feel free to contact me at

[Losgann10@comcast.net](mailto:Losgann10@comcast.net) or at 717-330-8751. Take care and Happy Walking!

Maria Roshon  
President, Penn Dutch Pacers



## MEMBERS & MILESTONES

### RENEWED FOOTPRINTS ON THE TRAILS

Barbara & Ronald Mable

Joan Simmers

Mike and Carol Quinlan

## EVENTS

**30 Events**

Maria Roshon

**125 Events**

Maura Barber

**650 Events**

Carolyn Quinlan

**950 Events**

Barry Hitchcock

**1700 Events**

Michael Quinlan

## DISTANCES

**1000 Km**

Tiernan Barber

**7500 Km**

Carolyn Quinlan



**Friday, Saturday, Sunday  
March 18-20, 2016**



# 2016 8th Biennial Atlantic Region Conference



3 Sanctioned walks  
Hagerstown, Antietam & Shepherdstown.  
Walks can be walked each day.  
"A" Awards; Conference Patch  
Sanctioned Swim Event at Hotel.

Friday Meet 'n Greet Buffet  
Saturday Night Buffet  
Workshops  
Regional Meeting  
General Session  
    State of the States  
    Regional Director Awards  
    Q&A  
Silent Auction

**Ramada Plaza**  
1718 Underpass Way  
Hagerstown, MD 21740  
301-797-2500.  
(Group Code CGVOLK)  
\$75 per night for King & Double.



# Short Walking Breaks Reduce the Dangers of Sitting Too Long



Do you need to remove all of the chairs from your office or home, or can you reduce the bad health effects of sitting for long periods by taking short walking breaks? There is good news for those of us who can't avoid long sitting spells, or who have pain when standing for long periods. Studies show that short walking breaks can reduce the cardiovascular and blood sugar effects of sitting too long.

## 5-Minute Walking Breaks Each Hour Maintain Blood Circulation

Sitting for long periods of time increases cardiovascular disease risks. A study published by Indiana University researchers in August, 2014 looked at the effects of sitting on blood flow in the legs, and whether taking walking breaks can help. Sitting for an hour can impair blood flow from the legs by as much as 50%

The study found that taking a five-minute walking break each hour restored blood flow from the superficial femoral artery. Their study participants were healthy but inactive young men in their 20's, just the sort of gamers and cubicle dwellers who sit too long at work and at play.

The walking breaks were at an easy walking pace of two miles per hour on a treadmill. It's a typical walking speed for a stroll down the hall or sidewalk. That may be all it takes to keep the blood flowing. The study did not look at the long-term health outcomes for taking walking breaks.

## 2-Minute Walking Breaks Every 20 Minutes Reduce Resting Blood Pressure

A 2014 study of middle-aged, overweight/obese adults found that 2-minute walking breaks every 20 minutes reduced their resting systolic and diastolic blood pressure.

The subjects sat for seven hours and the blood pressure effects of either a light-intensity walk or a moderate-intensity

brisk walk were measured. Walking breaks at either speed lowered blood pressure.

## 2-Minute Walk Breaks Improve Glucose Control and Insulin Response - But Standing Breaks Don't

A study published in 2012 found that breaking up sitting time with two-minute walk breaks every 20 minutes improved the body's response to a meal by 30%. Walking at light or moderate intensity for two minutes after each 20 minutes of sitting helped maintain glucose control and insulin response.

For those who think that a standing desk is the answer, think again.

A 2014 study compared two minutes of standing with two minutes of light-intensity walking every 20 minutes of sitting. The subjects had better glucose control response with walking, but there was no difference between taking a standing break or remaining seated.

## Sitting Time Alerts and Solutions

How can you remember to get up and move around? When you are deep into a project or absorbed in screen entertainment, you may want an alert.

- **Inactivity Apps and Devices:** You can use an app to alert you when you have been inactive too long. You can set the vibrating alarm on your Fitbit to remind you to move. Other activity monitors such as the Jawbone UP and the Nike+ FuelBand SE actually detect whether you have been active and alert you to move.

- If you watch commercial television, ad breaks are a good cue. Rather than using the fast-forward, get up and move around. If you circle the house or just march in place each ad break, you will never be sitting for too long at a time. Get up and create some leg muscle action to get the blood moving.

- Use a treadmill desk or deskcycle to keep your legs moving while you work or enjoy screen time.

Sitting might be killing you, even if you get in a daily dose of moderate or intense exercise. Research is mounting that hours of sitting is its own health-risk factor.

## Sitting Still Risks Found

Sitting Raises Risk of Type II Diabetes, Cardiovascular Disease, and Early Death: A compendium of studies published in 2012 found that sitting for long periods raised the relative risk of type II diabetes and cardiovascular disease over 100%; the association was strongest for diabetes. The studies found this effect regardless of whether the sitter got

# Fire & Ice • Lititz - Followup

February 13th was the first time that the Penn Dutch Pacers have walked in Lititz in February that anyone can remember and the reason was the 13th Annual Fire & Ice Festival whose purpose is to get everyone out in the middle of Winter.

With a weather forecast of highs in the teens and wind chills below zero coming into this event the 'Ice' was certainly going to have the advantage. At 8 AM on the 13th it was 16.7 degrees but with the a little over 7 miles per hour winds it felt like 7 degrees. In other words the 'Ice' at Fire and Ice wasn't going anywhere. The real question was were any of the walkers and the surprising answer given the extreme cold as you can see from the grid YES there were.

Sixty-five hearty and bundled-up folks braved the frigid temperatures and fierce winds to walk the Lititz Fire & Ice Trail with the majority, two to one, choosing to be outside in the weather for only six kilometers instead of ten.

As always a PDP event is a group effort from the trail to startpoint to manning all the posts during the walk and couldn't happen without everyone who volunteered to help. Thanks go out to everyone who contributed in whatever capacity.



PHOTO BY MARIA ROSHON

Fire & Ice Lititz	Award & Credit	Credit Only	Non IVV	Totals
6k	11	23	8	42
10k	11	10	2	23
Totals	22	33	10	<b>65</b>

PHOTO BY INGE KOENIG

## Are you a frustrated wanna be shopkeeper?

Do we have the job for you! A volksmarch is an event that is many faceted.

Of course the star of the show is the walk itself. The trail has to be out-standing.

But the walk has a supporting cast since the walk can't exist on its own. The supporting cast consists of the venue, the award, the volunteers, i.e. the people, the food and the sales table.

Currently the Sales post is vacant so we are looking for an individual to be in charge of sales at each of



shopkeeper

our weekend events. That doesn't mean being there the whole time although you can if you want to. The rest of the time will be filled by other volunteers.

One essential item in 'your' store that every walker needs are event and distance books. You will also be in charge of un-sold past patches since folks may have walked a particular trail but did not at the time get a patch or they just like to buy patches.

At one time in the past the sales table was adorned with PDP merchandise and although that inventory has been depleted the right person maybe able to make that happen again.

This is not a difficult job and if you are looking for a way to get involved in your club it may be right for you. Please contact

President Maria Roshon or attend a meeting and make your desire to serve known. Thanks in advance for your consideration.

You want to know the difference between a master and a beginner? The master has failed more times than the beginner has ever tried.

Spirit Science



# YRE RECAP & ANALYSIS

2015	AT15/	1st Quarter			2nd Quarter			3rd Quarter			4th Quarter			TOTAL
		Paid	Free	Subtotal										
EPHRATA	Y0174	11	1	12	24	0	24	16	3	19	11	2	13	68
LANCASTER Downtown	Y0178	3	1	4	9	1	10	8	0	8	7	0	7	29
LANCASTER West	Y1117	1	0	1	25	1	26	6	0	6	6	0	6	39
LITITZ History	Y1283	10	0	10	25	4	29	20	0	20	22	3	25	84
LITITZ North	Y0123	4	0	4	8	0	8	8	0	8	8	2	10	30
MANHEIM	Y1929	10	0	10	13	0	13	13	0	13	7	0	7	43
MILLERSVILLE	Y1882	9	0	9	13	0	13	5	0	5	7	0	7	34
NEW HOLLAND	Y1372	8	0	8	8	0	8	9	0	9	5	0	5	30
SUSQUEHANNOCK	Y1284	0	0	0	30	4	34	15	2	17	7	0	7	58
2015 stats		56	2	58	155	10	165	100	5	105	80	7	87	415
2014 stats		128	3	131	117	4	121	118	9	127	86	13	99	478
2013 stats		111	7	118	179	9	188	141	5	146	111	10	121	573
2012 stats		197	17	214	124	13	137	176	6	182	123	7	130	663

As you can see from the actual results in the grid at the top of the page and the bar chart at the bottom which shows YRE results since 1998, YRE & Seasonal yearly results continue to go downhill even with the very mild fourth quarter that we experienced last year. And last year's participation in PDP YRE & Seasonal events was the lowest yearly figure EVER. And that coincides with overall walker participation at weekend events in the Atlantic Region down over 1500 walkers in 2015.

Participation dropped 13.18% from 2104, 27.57% from 2013 and 37.41% from 2012.

With declining participation comes declining income to offset the costs associated with producing these events.

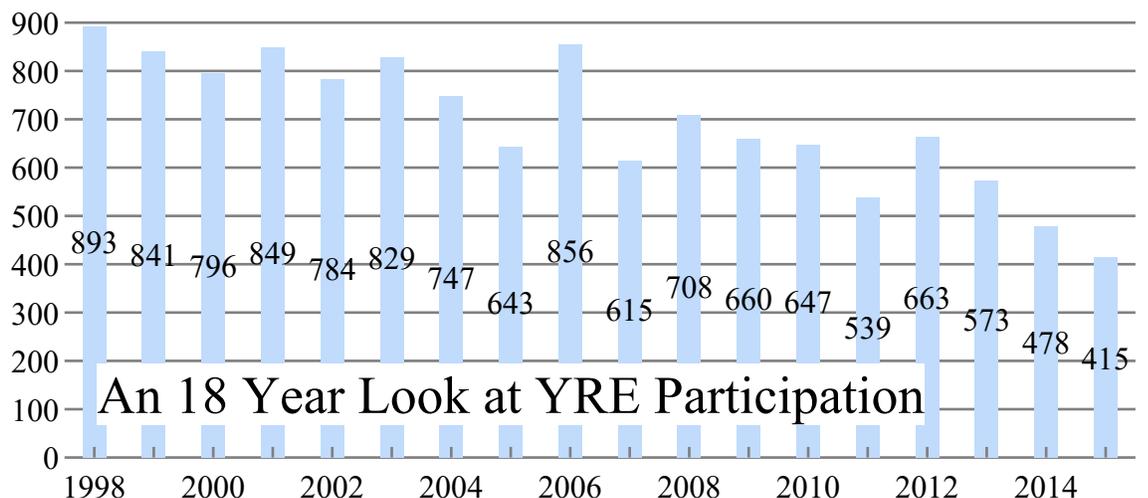
The chart in the middle of the page presents information on PDP's income and expenses regarding the YRE & Seasonal events that PDP produces.

As you can see with participation at current levels expenses are out pacing income which puts the entire PDP YRE & Seasonal program in the red.

Although supplementing the YRE & Seasonal events can certainly be done in the short term it is not a responsible long term policy and can not be sustained. This data along with other considerations will have to be taken into account by mid-year when these events need to be re-sanctioned or not or other YRE or Seasonal events are considered for sanctioning.

## Summary of 2015 YRE Income & Expenses

Description	Detail	Calculation	Total
Total Income	Total paid YRE participants x \$3.00	391 x \$3.00	\$1173.00
Expense	AVA Fees	391 X \$1.25	(\$488.75)
Expense	KSVA Fees	391 X \$.15	(\$58.65)
Expense	Sanction Fees	9 x \$25.00	(\$225.00)
Expense	Quarterly Reporting Fees	9 x \$20.00	(\$180.00)
Expense	KSVA YRE Booklets	Billed	(\$237.00)
Expense	Printing & Misc Costs - Conservatively Estimated	9 x \$7.50	(\$67.50)
		<b>Total</b>	<b>(\$83.90)</b>



*Cont'd from Page 5 – Short Walking Breaks...*

the recommended amount of moderate and vigorous intensity exercise the rest of the day.

**Sitting Slows Metabolism:** Dr. Marc T. Hamilton says research shows that fat-burning is slowed by prolonged sitting, so you burn less fat when you finally get up and exercise. "Sitting time and non-exercise activity have been linked in epidemiological studies to rates of metabolic syndrome, type 2 diabetes, obesity and cardiovascular disease," Dr. Hamilton concludes.

**Sitting Increases Diabetes Risk in Women:** A study found that the more sitting hours per day reported by women over age 40, the more their markers of insulin resistance and inflammation were increased. This points to an increased risk of developing type 2 diabetes. This was true whether or not they got moderate exercise each day.

- **Two-Minute Walk Breaks Improve Glucose Control and Insulin Response:** Breaking up sitting time with two-minute walk breaks every 20 minutes improved the body's response to a meal by 30% in a 2012 study. The study simulated an office environment with middle-aged, overweight people. Walking at light or moderate intensity for two minutes after each 20 minutes of sitting helped maintain glucose control and insulin response. There may be good benefits in developing habits of getting up more frequently during the workday and at home while video gaming, watching television or using the computer.

- **Screen Time Is a Health Risk:** Two hours a day of sitting in front of the TV or computer may double your risk of a heart attack or other cardiac event. Four hours a day of screen time increases your risk of death by any cause by 50%, according to findings of a study of more than 4,500 middle-aged men in Scotland.

- **Sit More-Die Younger:** The American Cancer Society's Cancer II study of more than 100,000 healthy people tracked since 1992 found that women who sit for more than six hours during their leisure time each day had a 37% greater chance of death than women who sat for three hours or less. Men had an 18% greater chance of death. This finding was independent of whether the people got in a good dose of exercise each day. However, the good news is that those who also got exercise had a lower risk of death than those who didn't—just not enough to overcome the presumed effects of the sitting hours.

- **Sounding the Alarm About Sitting:** An editorial in the British Journal of Sports Medicine concluded that "recent observational studies have suggested that prolonged bouts of sitting time and lack of whole-body muscular movement are strongly associated with obesity, abnormal glucose metabolism, diabetes, metabolic syndrome, cardiovascular disease risk and cancer, as well as total mortality independent of moderate to vigorous-intensity physical activity," say the authors.

*Continued in the next column*



**Thursday, March 16, 2016 • 7 PM**  
Monthly meeting of PDP at the Lancaster Health Campus

**Thursday, April 20, 2016 • 7 PM**  
Monthly meeting of PDP at the Lancaster Health Campus

**Thursday, May 18, 2016 • 7 PM**  
Monthly meeting of PDP at the Lancaster Health Campus

**Saturday, May 21, 2016 • 9 AM**  
Group walk at Suquehannock State Park, Drumore PA

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*Cont'd from previous column*

**Six Ways You Can Decrease Sitting Time**  
Decrease the amount of time you sit still throughout the day by using these tactics:

- **Wear a pedometer:** Aim not only to increase your total daily steps gradually to 10,000 steps per day, but also to log 500 steps per hour to ensure you are not sitting still for long periods of time. If you carry your phone with you all day, you may only need a pedometer app.
- **Activity monitors and apps with sitting time alerts:** Some activity monitors and apps can be set to alert you when you've been inactive too long.
- **Screen Alerts:** Those with computer-based jobs may want to install a program, such as RSIGuard, that pops up to alert them to move around each hour. For those tied to the cubicle, this can mean standing and walking in place, desk stretches, pacing while on the phone, etc.
- **Treadmill Desk:** Build or buy a treadmill desk so you can walk slowly while working on the computer, reading, gaming or watching videos.
- **Switch to Active Video Games:** Rather than play sitting-based computer games, switch to a Wii or other gaming device that includes active games that have you standing and moving.
- **Walk on Your Breaks:** Use your break and lunch times to get in a brisk walk.

*Originally posted on walking.about.com and last updated on September 18, 2014.*

Tips for Volkssporters

## Volkssport On!

© 2015, Robert C. Wright and Suzanne L. Wright, RN

The Surgeon General's report released on September 9<sup>th</sup> said clearly, "Promote walking."

What are you going to do?

Take a page from Dr. Murthy's playbook? Come up with a clever personal solution?

Whatever you do, you'll do yourself a world of good and set an example for others.

### Walk More

If you already walk (we know you do), step it up; Dr. Murthy said to walk more.

You probably do 5, 10, or more kilometers on your volkswalks, maybe several a week. What's more to do? Well, if you don't already,...

- Take the stairs at the mall or in your office building.
- Don't park next to the store; park a little farther away and get more steps.
- Increase your volkswalking from one to two a week and/or from 5 to 10 km (or 10 to 20 km).

### Walk with Friends and Colleagues

Maybe you do already. If so, great! Invite them to join your volkssport club. (No club? Start one—the AVA can help.)

If not, get some friends to walk with you. (Then recruit them.)

And don't forget the office. Your colleagues make good walking partners too. This adds lunchtime strolls or stair-walking together to your options.

You know some of the benefits—positive reinforcement, motivation when you need it, safety in numbers.

### Walk with (Grand)Children

Some partners are very close to home. You may have started volkswalking as a child with your parents.

Continue that tradition with yours.

If you've got grandchildren, grow another generation of volkswalkers. (Children are never too busy, even if they play sports.)

- Employ some of the "Walk More" techniques.
- Give them a "birthday present" of a walk with you. Ask for a walk with the family for your birthday present. (My grandchildren have given me walks for my birthday! Very thoughtful.)
- Walk the sidelines with the younger ones while older siblings play.

### Promote Walking and Volkssports

Talk it up—the fun you have, the fitness benefits you

*Cont'd in the next column*

## Thanks for Your Service

At our January meeting we held our bi-annual elections and since Pete Byrne had already served two consecutive terms as president he could not be re-elected.



By the way these last four years were not Pete's first stint as president since he had served before in this capacity. He was also doing the publicity in the interim until Virginia Hunsberger stepped forward to take over publicity in addition to her role as YRE Coordinator. George Resh also stepped down as 1st Vice President a position he has had on and off over the years when he wasn't taking his stint as President. George and Chris are also handing all the Start/Finish items over to the new 1st Vice President and although not stepping out of the picture totally are winding back a bit as they will be relocating soon to a near-by retirement community.

We'd like to take the opportunity here to thank Pete, George and Chris for their service to the Penn Dutch Pacers for without folks like them that step up and say, "Yes, I'll do that" your club could not continue.

*Cont'd from previous column*

reap, your club's activities and events.

Take others with you to IVV events, both weekend and year-round/seasonal versions.

### Do More Than Walk

The Surgeon General focused on walking because it's easy, simple, and needs no special equipment. But our other volkssports offer similar aerobic health benefits.

- Bicycling reduces weight on your knee joints yet gives the pumping leg motion.
- Swimming displaces your weight in the water while your strokes and kicks provide the workout.
- Cross-country skiing gets you outdoors in the winter, and adds pole-walking benefits for your upper body muscles. As you glide along you don't have to lift your feet as high too.
- In-line and ice-skating offer the gliding of cross-country skiing, and with poles the added upper body workout.

These are just a few ways to do your part to answer the Surgeon General's call to action. We'll share more ways in future Tips columns.

To contact us with a comment or a column topic @ 43224 Cardston Place, Leesburg, VA 20176 or

# 2016 - 2017 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)

## March 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
05	2W	Baltimore Walking Club	Baltimore MD	410-592-3171
16	M	<b>PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.</b>		
18-20	S/W	Maryland Volkssport Association	Hagerstown MD	410-960-6226
26	W	Virginia Vagabonds	Newport News VA	757-814-1417

## April 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
02	W	Virginia Vagabonds	Glouster VA	757-814-1417
09	W	Lee Lepus Volksverband	Palmyra VA	804-731-2863
16	W	Peninsula Pathfinders of Virginia	Hampton VA	757-357-5355
17	GB	York White Rose Wanderers	Shippensburg PA	717-677-6511
17	W	Princeton Area Walkers	Princeton NJ	609-658-7724
20	M	<b>PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.</b>		
23	2W/B	Susquehanna Rovers	Colebrook PA	717-805-9540
23	GW	Liberty Bell Wanderers	Huntington Valley PA	610-906-6562
23	W	Seneca Valley Sugarloafers	Gaithersburg MD	301-385-0054
23	W	Cavalier Volkssporting Club	Charlottesville VA	434-924-3791
30	W	Gator Volksmarch Club	Chesapeake VA	757-576-0966
30	W	Freestate Happy Wanderers	Laurel MD	301-490-7338

## May 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Princeton Area Walkers	Westfield NJ	908-309-8398
14	W/B	Liberty Bell Wanderers	Easton PA	610-703-9747
14	W	Columbia Volksmarch Club	Ellicott City MD	410-290-6510
14	W	Northern Virginia Volksmarchers	Fall Church VA	703-971-6468
18	M	<b>PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.</b>		
21	GW	Penn Dutch Pacers	Drumore PA	717-626-6103
21	W	Annapolis Amblers	Odenton MD	410-695-1031
21	W	Peninsula Pathfinders of Virginia	Newport News VA	757-357-5355

## June 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
04	W	Penn Mary Walkers	Rockwood PA	915-471-1134
04	W	Seneca Valley Sugarloafers	Germantown MD	240-273-2141
04	W	Loudon Walking & Volkssport Club	Sterling VA	703-737-2175
11	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
11	W	Freestate Happy Wanderers	Laurel MD	301-717-3604
15	M	<b>PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.</b>		

## July 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
09	W	Virginia Vagabonds	Smithfield VA	757-814-1417
20	M	<b>PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.</b>		

## August 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
27	W	Liberty Bell Wanderers	Quakertown PA	610-906-6252

## September 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
10	W	Liberty Bell Wanderers	Kennett Square PA	610-906-6252
17	W	Penn Dutch Pacers	Newmanstown PA	717-626-6103
17	W	Northern Virginia Volksmarchers	Burke VA	703-644-0189
18	W	Princeton Area Walkers	Princeton NJ	609-658-7724
21	M	<b>PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.</b>		
23-25	4W	Nittany Nomads	State College PA	814-238-1741
24	W	Loudon Walking & Volkssport Club	Lovettsville VA	703-737-2175

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

}} = Penn Dutch Pacer Event

# SOFT COCONUT OIL MOLASSES COOKIES

The folks listed below are the people that have stepped forward & give their time & talents to make PDP work for you.

## Club Office Holders

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## Soft Coconut Oil Molasses Cookies

Serves 20-24 – cookies

Prep time – 10 minutes

Cook time – 8 minutes

Total time – 18 minutes

### Ingredients

- \* 1 1/4 cup white whole wheat flour
- \* 1 cup white flour
- \* 1 teaspoon baking powder
- \* 2 teaspoons cinnamon
- \* 1/2 teaspoon nutmeg
- \* 1/2 teaspoon ground ginger
- \* 1/4 teaspoon salt
- \* 1/2 cup brown sugar (or coconut sugar)
- \* 1/2 cup coconut oil, melted and cooled
- \* 1/3 cup molasses
- \* 1 egg, or flax egg
- \* granulated sugar for rolling



### Directions:

Step 1. Preheat the oven to 350 degrees. Line baking sheets with parchment paper and set aside.

Step 2. In a large bowl, mix together dry ingredients: flours, baking soda, spices, and salt. In a separate bowl, use a hand mixer or a stand mixer to beat the sugar, coconut oil, and molasses together. Add in the egg and beat for another minute.

Slowly add in the dry ingredients and continue to mix on medium-low speed. The dough should be pretty thick and just a little sticky when combined.

Step 3. Roll the dough into 1 inch balls, then roll the balls in granulated sugar. Place onto the cookie sheet and flatten them a little with your palm. Bake for 8-9 minutes, or until cookies are still soft to the touch but firm on the edges. Cool for 1-2 minutes on the baking sheet then transfer to a cooling rack.

### 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..... Maria Roshon,  
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**Penn Dutch Pacers Volksmarch Club, Inc.**  
**PO Box 7445**  
**Lancaster PA 17604-7445**  
*Time Dated Material -- Please Deliver Immediately*



**Return Service Requested!**

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Check us out at [www.penndutchpacers.org](http://www.penndutchpacers.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.*

Membership with virtual delivery of the newsletter -  \$10.00 • 1 year  \$18.00 • 2 years  \$25.00 • 3 years  
 Premium Membership with USPS delivery of the newsletter -  \$18.00 • 1 year  \$34.00 • 2 years  \$49.00 • 3 years  
 For *current lifetime members only* - USPS Delivery of the newsletter -  \$8.00 • 1 year  16.00 • 2 years  \$24.00 • 3 years

CHECKS TO: PENN DUTCH PACERS VOLKSMARCH CLUB, INC. ATTN.: MEMBERSHIP  
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