



Penn Dutch Pacers Volksmarch Club • Lancaster, Pa



the pacer pulse

June, July, August 2016

June 18th Mount Joy Walk

On Saturday, Jun 18th, 2016, the Penn Dutch Pacers will host an all new volkwalk in Mount Joy. There will be a 10K and 6K option. The start point is at Cove Outlook Park. The Cove in Mount Joy was a favorite picnic spot as early as the 1860's, when a group of picnickers was said to encounter a 'beast' in a cave here. The township developed it as Cove Outlook Park in 2009. It has a soccer field, volleyball court, horseshoes, picnic pavilions, wooded trails, and restrooms. We'll be in Pavilion #1.



was simply a corn field. The trail will use a new greenbelt built in recent years for dog walking. The greenbelt ambles along scenic Little Chiques Creek for a time.

The trail emerges from the greenbelt and creek area



to turn right on Main Street

in Mount Joy. You'll walk down historic Main Street passing *Harvey's Main Street BBQ* (a great place to eat) and *Higher Ground Coffee* (a great place to get a pick-me-up) as well as the post office with its American flag, various shops and churches. Turning left off Main Street, the trail hits quiet Memorial Park with its veteran memorials and shaded benches. The checkpoint is down a country lane at the Holmes' farm, where you may get a chance to say 'hello' to their cows Trueheart, Tinkerbell, and Bessy.

In the second part of the walk you'll visit Rotary Park. This 13 acre park, developed by the Rotary Club of Mount Joy, has a regulation soccer field, junior midget size baseball / girls' softball field overlapped with an under 10 soccer field and a Pee Wee baseball / girls' softball field. You'll then hit the last park, Mount Joy Grandview Park. This 12.3 acre property was purchased by Mount Joy Borough in February 2006. There are plans to develop a YMCA here.

A Brief History of Mount Joy

In order to understand the venues that we walk in it is often necessary to explore a little of the area's history. The history of Mount Joy is particularly telling and will give you good background on the area. It goes like this.... once upon a time, in 1685, when Catholic James II became King of England, and a Protestant parliament opposed him vigorously. In 1688, after several years of tension and turmoil, James II's Protestant daughter, Mary, and her husband, William of Orange, returned to the kingdom at the invitation of the disgruntled Parliament, causing James to abdicate and flee from England to France, and later to Ireland, which was a fortress of Catholicism. By 1689, Mary and William ruled Great Britain jointly. Meanwhile, in Ireland, James received the backing of the Irish Catholics, and, after taking Dublin, continued marching north. Eventually, in April 1689, the Jacobite army arrived at Londonderry in northern Ireland. The city was held by Scottish Presbyterians, whose slogan in the defense of Londonderry was "No Surrender." James and his army responded to that defiance by waging siege warfare against the citizens, who remained trapped inside the walled city for 105 days. By July 28, 1689, the besieged Scots were facing starvation, when three supply ships,

Continued on Page 2, Column 1,



After leaving Cove Outlook park, the 10K trail will go by Borough Park/Kunkle Field. The 5.28 acre Borough Park has been at its present location since 1935. This town was known for its macadam tennis courts located in this park. They were the first of their kind in the state! In later years, Bob Kunkle gave several thousands to improve the baseball field by adding new fences, bleachers and a refreshment house. An all new "Kid's Joyland" play area was built just last year.



Moving on, the trail passes through shaded residential streets on the way to Little Chiques Park. A gentleman

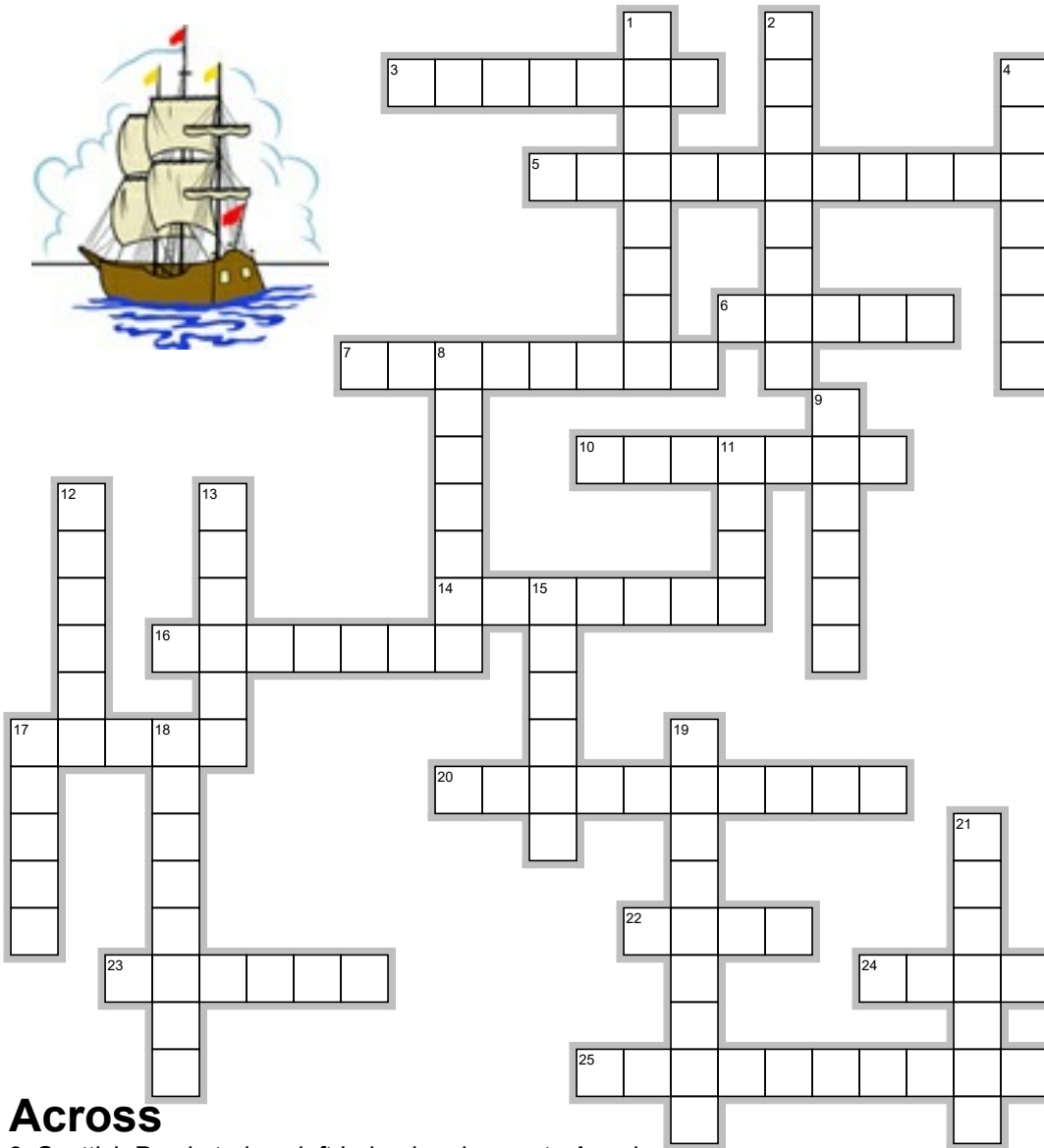
name Clarence Schock gave the Little Chiques School Playground to the Mount Joy School Board in 1947. It is said that no one actually called the park Little Chiques School Playground. Before that time, it

A short uphill stretch brings you to the Mount Joy Cemetery with its old grave markers and sweeping views of the surrounding countryside.

Please join us on Saturday, Jun 18th to enjoy this beautiful walk and support the Penn Dutch Pacers. Until then, happy trails!

Jane Holmes
PDP Vice President

MOUNT JOY 2016 WALK CROSSWORD



You will find all the answers for this crossword in the article on the Mount Joy Walk along with the discussion of the history of Mount Joy. Enjoy the Mount Joy walk by learning, before the walk, some of the things that you will see on the walk and also some of the history of the area in which you will be walking. Enjoy the crossword and if you get stuck you can find the answers at the bottom of page 5.

Down

1. The way to remember how Mount is spelled in Mount Joy is to remember that the Mount in Mount Joy is not a _____ but a ship.
2. The first vessel to ram the boom was the armed merchant ship _____.

Across

3. Scottish Presbyterians left Ireland and came to America, looking for religious _____.
5. The Phoenix and the Jerusalem were the names of the other two ships that brought supplies to _____.
6. Is it Mount or Mt. Joy?
7. The original plantations granted in this region by William Penn were divided into smaller parcels, after which three main villages were created. _____ was located in the western part.
10. The Mount Joy walk starts in Cove _____ Park.
14. The name Mount Joy originated in what country?
16. The first name of the BBQ restaurant on Main St is _____.
17. Another of the cow's names on the Holmes farm is _____.
20. A third Holme's cow is named _____.
22. Mount Joy besides being the name of a Lord was also the name of what type of vessel?
23. The trail ambles along _____ Chiques Creek.
24. One of the biggest Irish settlements in the New World was _____.
25. And the small village _____ to the north later became the Florin ward.

4. The Borough Park has a kid's play area called _____.
8. The trail goes through Little _____ Park.
9. A resident of Mount Joy is called a Mount _____.
11. _____ Mountjoy was sent to Ireland by English Queen Elizabeth.
12. The Borough Park has a baseball field named after Bob _____.
13. The Rotary Club of Mount Joy developed a park called _____ Park.
15. The coffee shop on Main Street is Higher _____ Coffee.
17. The Cove in Mount Joy was a favorite picnic spot as early as the 1860's, when a group of picnickers was said to encounter a _____ in a cave here.
18. Over about 30 years many _____ Presbyterians left Ireland and came to America.
19. One of the cow's names on the Holmes farm is _____.
21. Mary and William ruled Great Britain _____.



PRESIDENT'S COMMENTS

By Maria Roshon

Happy Summer Everyone!

After such a rainy spring, it's great to be able to get outside to enjoy the warm, sunny weather!

I am very excited to announce that we are planning to co-host a Susquehanna Rivertowns Weekend event in April 2017 with the York White Rose Wanderers and the Susquehanna Rovers. It will be a 2 day event with walks in Columbia, Marietta and Wrightsville. More info in the coming months.



There are so many great walking opportunities between the YREs hosted by our club and other clubs in the area, as well as upcoming events this summer including:

June 4-5 - Rockwood- a walk and bike hosted by the Penn Mary Walkers. This is a new club and Rockwood is their first Traditional Event. So if you're available, please support Penn Mary in their first walk!

June 11- Hanover-Codorus State Park- a walk hosted by York White Rose Wanderers. This walk is IN HONOR OF THE 40TH ANNIVERSARY OF VOLKSMARCHING IN THE U.S.

June 18 - Mount Joy- a walk hosted by PENN DUTCH PACERS- Join us for a walk that passes 5 parks, goes down Main Street with quaint shops and has wonderful views of the countryside. If you'd like to volunteer at the walk, please sign up on our website.

August 20 - East Berlin- a walk hosted by York White Rose Wanderers. This walk passes many historic buildings and the Historic Sweigart's Mill, which was built in the late 1700s.



August 27 - Quakertown – a walk and the Liberty Bell Wanderers Annual Picnic. All are welcome.

Please help support all of our clubs by getting out and walking! We are also working on replacing some of our current YRE's with some new walks for 2017. If you have ideas for new walks, please let me know as soon as possible.

Hope to see you on the trail!
~ Maria Roshon

The storage unit cleanup crew is shown above from left to right Maria Roshon, Monica Barber & Carmie Keiser and not in the picture but behind the camera Inge Koenig. The cleanup took place at 1 PM on May 15th as planned. Thanks to these volunteers the storage unit looks a whole lot better.

MEMBERS & MILESTONES

**RENEWED FOOTPRINTS
ON THE TRAILS**

No New Members

EVENTS

75 Events
Carmie Keiser

400 Events
Tresa Gross

425 Events
Tresa Gross

450 Events
Tresa Gross

750 Events
Carolyn Quinlan

1500 Events
Robert and Letitia Zook

DISTANCE

3500 KM
Monica Daniel-Barber
Tresa Gross

4000 KM
Tresa Gross

7 Ways To Make Your Walking Routine More Effective

by Brian Syuki

Walking has numerous physical and mental benefits. It reduces stress, controls blood sugar levels, boosts the immune system, burns fat and much more.

In fact, you can lose excess body fat and get in shape through walking alone. Unfortunately, most people walk every day to lose fat but never see the results they expect. And I know why this happens – folks follow the same workout routine over and over. This study shows that when we repeat an exercise for a long time, the body adapts to it and starts burning fewer calories than before. In this article, I will show you various tweaks you can add to your walking routine to make it fun and more effective.



But if your goal is to burn more calories, you need to walk at a fast pace.

Use a heart rate monitor to help you maintain a fast pace throughout. Aim to maintain 75 percent of your maximum heart rate. Keep on increasing your pace as you get fitter.

Increase arm movement
Swinging arms while walking will activate the upper body muscles and burn more calories. Swing the arms upward until chest level then swing them backwards past the hips.

Interval walks
You can incorporate the same approach used in HIIT (high

intensity interval training) in walking. Walk at high intensity for 30 seconds then walk moderately for the next 30 seconds and repeat.

Or use distance to determine your intervals. Walk at high intensity for 50 meters then walk steadily for the next 50 meters and repeat.

Count your steps

Use a pedometer to know the number of steps you take in a day. Research shows that the average person can burn up to 500 calories by walking 10,000 steps a day.

Now, don't try to walk 10,000 steps the first time. Start with a target of 5,000 steps then work your way up to 10,000 steps.

Find a walking buddy

Numerous studies show that people with workout partners lose more weight than those who train alone. A partner will make you walk even when you don't want to. And he/she will encourage you to push yourself.

If you can't find a walking partner – walking a dog can also work.

Frankly, there are numerous ways of getting in shape. But they only work if you stay consistent and keep progressing. So walk every day and make your walks challenging—and, of course, fun.

Wear a backpack

Wearing a backpack will help burn more calories and improve your cardiovascular health. Just fill a backpack with books to make it heavier and you're good to go. If you have a weighted vest, use it instead of the backpack. Start with light weight, then add more weight when the workouts become less challenging. Using heavy weights when you're out of shape can cause injury.

Lastly, don't wear backpacks heavier than 20 percent of your weight when walking. And don't wear weights on your ankles because they're known to cause injuries.

Walk uphill

Research shows that walking uphill engages the upper body more and burns more calories. So find a hilly terrain in your neighborhood and use it every time you walk.

Don't worry if there are no hills where you live.

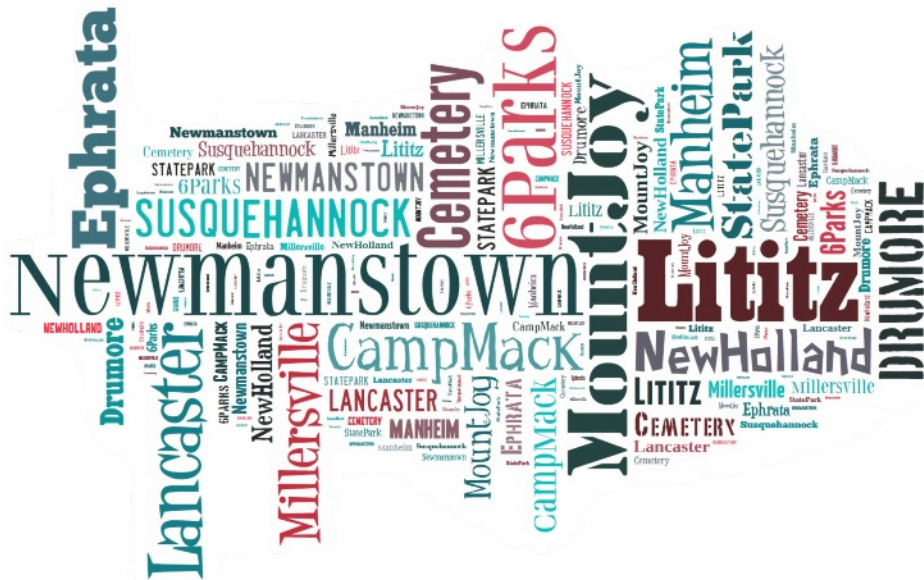
Walking on the sand or on the stairs burns more calories than walking on flat ground.

If you have back problems it's advisable to use a pole when walking up a hill.

Walk faster

Walking at a moderate pace is a great way to unwind.

Published on www.care2.com on March 2, 2016



Wow.. Look at all those locations and events! We've populated this word cloud with events and event locations of both weekend, YRE and seasonal events that the Penn Dutch Pacers are producing during 2016. It is true that a "picture is worth a thousand words" and even though this is a "picture" of words it serves the same purpose.

The purpose of course is to show everyone all of the walking opportunities that the Penn Dutch Pacers are providing you and everyone else in the Volksmarch Community for 2016. So on the face of it you have all these places to walk just from the efforts of the Penn Dutch Pacers. But if we look deeper beneath the words and under the cloud what we see can be hundreds of volunteer hours putting everything in place before the very first sanctioned footstep can hit any of these trails. It's mind-boggling when you think about it, how much time a few individuals or an individual spends to create safe and fun trails through varying venues in and around Lancaster County for others to enjoy. And really if you think about it the same amount of work needs to happen for ten or hundreds of people to walk a trail.

From the initial concept for a walk to fine tuning the trail to getting the final trail as close to 10k as possible and then generating a map and writing the trail directions, all this and more goes into getting a trail that is risk-free and fun at the same time. And although all this work sometimes is done by multiple people it is also sometimes done by one person who has an idea for a trail and then takes the bull by horns and does the job beginning to end. This may include, depending on the trail itself, a map and written directions and marking the trail prior to the walk. No matter the preparation before the walk the actual execution the day of walk is handled by a cadre of volunteers who man the start and finish points, checkpoints, food concession and more. It takes a lot of people to make a walk happen. Thus it's unfortunate that the number of people that get to experience the magnificently marvelous end results continues to dwindle no matter the number of hours spent honing a quality product. We can only hope that someone comes up with an answer to reverse not only the decreases in participation at Penn Dutch Pacer events but also events regional and nationwide as well. Maybe that someone is you!

Uses for Coffee Filters

You can buy coffee filters for somewhat less than a cent a piece depending on how many you buy. Even if you don't brew coffee, after reading this article it might be wise to go out and buy some once you see some of the suggested uses described here and think of some more on your own.

Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.

Protect china. Separate your good dishes by putting a coffee filter between each dish.

Protect a cast-iron skillet.

Place a coffee filter in the skillet to absorb moisture and prevent rust.

Apply shoe polish. Ball up a lint-free coffee filter.

Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.

Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.

Hold tacos. Coffee filters make convenient wrappers for messy foods.

Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from leaking through the drainage holes.



Answers to crossword on Page 2

- | | |
|--|--|
| <p>Down</p> <p>1. MOUNTAIN
2. MOUNTJOY
3. FREEDOM
4. JOYLAND
8. CHIQUES
9. JOYIAN
11. LORD
12. KUNKLE
13. ROTARY
15. GROUND
17. BESSY
18. SCOTTISH
19. TRUE HEART
21. JOINTLY</p> | <p>Across</p> <p>5. LONDONDERRY
6. MOUNT
7. RICHLAND
10. OUTLOOK
14. ENGLAND
16. HARVEYS
17. BESSY
20. TINKERBELL
22. SHIP
23. LITTLE
24. DONEGAL
25. SPRINGVILLE</p> |
|--|--|

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

June 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
04	W&B	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
05	GB	Penn Mary Walkers	Rockwood PA	717-677-6511
11	W	Germanna Volkssport Association	Fredericksburg VA	540-455-0772
11	W	Freestate Happy Wanderers	Laurel MD	301-717-3604
11	W	York White Rose Wanderers	Hanover PA	717-624-5627
15	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
15	NW	Great Greenbelt Volksmarchers	Greenbelt MD	301-431-6668
18	W	Penn Dutch Pacers	Mount Joy PA	760-496-8610
27	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

July 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
09	W	Virginia Vagabonds	Smithfield VA	757-814-1417
20	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
20	NW	Great Greenbelt Volksmarchers	Greenbelt MD	301-431-6668
30	W	Columbia Volksmarch Club	Columbia MD	410-290-6510

August 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
13	W	Baltimore Walking Club	Bel Air MD	410-638-7043
17	NW	Great Greenbelt Volksmarchers	Greebelt MD	301-431-6668
20	W	Columbia Volksmarch Club	Ellicott City MD	410-290-6510
20	W	York White Rose Wanderers	East Berlin PA	717-259-7362
22	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
27	W	Liberty Bell Wanderers	Quakertown PA	610-906-6252
27	W	Great Greenbelt Volksmarchers	Greenbelt MD	301-431-6668

September 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
03	W	Virginia Volkssport Assn.	Pulaski County VA	757-814-1417
04	W	Virginia Volkssport Assn.	Botetourt County VA	757-814-1417
05	W	Virginia Volkssport Assn.	Bedford County VA	757-814-1417
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	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
23-25	4W	Nittany Nomads	State College PA	814-238-1741
24	W	Loudon Walking & Volkssport Club	Lovettsville VA	703-737-2175
26	NW	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808

October 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Seneca Sugarloafers	Frederick MD	301-385-0054
01-02	W	Ft. Belvoir - DFMWR	Alexandria VA	703-805-2394
08	W	Lee Lepus Volksverband	Victoria VA	804-731-2863
08-09	W	Susquehanna Rovers	Carlisle PA	717-379-8945
14	W	US Freedom Walk Freedom Club	Arlington VA	703-209-0174
14-16	S	US Freedom Walk Freedom Club	Arlington VA	703-209-0174
15-16	W	US Freedom Walk Freedom Club	Arlington VA	703-209-0174
15	W	Baltimore Walking Club	Havre De Grace MD	410-272-2654
19	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
29	W	Gator Volksmarch Club	Virginia Beach VA	757-576-0966
29-30	W&B	First State Webfooters	Rehobeth Beach DE	302-388-5740

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, XSk = Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe
M=Meeting

}} = Penn Dutch Pacer Event

2016 - 2017 Atlantic Region Calendar, cont'd

November 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
11	W	Loudon Walking & Volkssport Club	Leesburg VA	703-737-2175
12	W	Columbia Volksmarch Club	Savage MD	410-290-6510
12	NW	Seneca Valley Sugarloafers	Gaithersburg MD	301-385-0054
16	M	PDP Monthly Meeting :: Wellness Library, Conf. Rm. #1 :: Lancaster Health Campus, Harrisburg Pk, Lanc.		
19	W	Baltimore Walking Club	Darlington MD	410-638-7043

December 2016

Date	Type	Sponsoring Club	Event Location	Contact Phone
03	W	Washington DC Area Volksmarch Club	Alexandria VA	571-405-4808
09-10	NW	Peninsula Pathfinders	Williamsburg VA	757-814-1417
09-11	S	Peninsula Pathfinders	Williamsburg VA	757-814-1417
10-11	W	Peninsula Pathfinders	Williamsburg VA	757-814-1417
31	W	Gator Volksmarch Club	Smithfield VA	757-576-0966
31	W	Freestate Happy Wanderers	Savage MD	410-437-2164

January 2017

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Gator Volksmarch Club	Smithfield VA	757-576-0966
01	W	Freestate Happy Wanderers	Savage MD	410-437-2164
14	W	Seneca Valley Sugarloafers	Cabin John MD	301-385-0054

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, XSk = Cross Country Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe
M=Meeting
} = Penn Dutch Pacer Event

Cont'd from Page 1 – Mount Joy History...

protected by the frigate Dartmouth, sent by King William, sailed up the River Foyle, headed directly for the “boom” (a floating barrier of tree trunks, chains and assorted debris) that blocked access to the city. The first vessel to ram the boom was the armed merchant ship “Mountjoy,” loaded with provisions for the starving people of Londonderry. The Phoenix and the Jerusalem followed with more supplies, and the city was liberated.

Over the next 30 years, many of these same Scottish Presbyterians left Ireland and came to America, looking for religious freedom and land of their own. One of the largest settlements was Donegal, in Lancaster County, and the Scot-Irish settlers commemorated important events and individuals in the names of their new towns and villages. Of particular meaning and reverence was Mountjoy, for the reasons cited, and there, again, is the 300-year-old story of how we got our name.

Mount Joy’s physical creation out of the frontier wilderness is the other part of our deep history.

In the early 1800s, the original plantations granted in this region by William Penn were divided into smaller parcels, after which three main villages emerged. Mountjoy was the eastern section of today’s borough. Richland occupied the western part, and Springville, laid out in 1812, became the Florin Ward. Four other small parcels developed between and around the three original villages: Wallickstown, Mountjoy Continued, Richland Extended, and Richland and Mount Joy Connected. Now that’s a lot of names to remember, but fortunately, the confusion was all sorted out when, in 1851, the two main villages of Mount Joy and Richland, plus the other smaller hamlets, incorporated to form the Borough of Mount Joy. It took another hundred years to annex Florin, but in 1963, the Borough of today was complete.

In conclusion, Mount Joy is not a mountain and it is not written, as in “Mt. Joy.” Mount Joy is an aristocratic English name, formerly one word (Mountjoy), but now two (Mount Joy). This explains the ship on the main street of a land-locked town, and the Irish names in the middle of Pennsylvania Dutch country. Mount Joy has a distinct and distinguished heritage—one that every Mount Joyian, past, present and future can claim.*

**The Mount Joy history was provided by the Mount Joy Historical Society website.*

1st Quarter YRE Results

2016	1st Quarter			
	AT16/ Paid	Free	Subtotal	
EPHRATA	Y0174	9	0	9
LANCASTER Downtown	Y0178	6	0	6
LANCASTER West	Y1117	4	0	4
LITITZ History	Y1283	7	0	7
LITITZ North	Y0123	7	0	7
MANHEIM	Y1929	15	0	15
MILLERSVILLE	Y1882	11	0	11
NEW HOLLAND	Y1372	3	0	3
SUSQUEHANNOCK	Y1284	0	0	0
2016 stats		62	0	62
2015 stats		56	2	58
2014 stats		128	3	131
2013 stats		111	7	118
2012 stats		197	17	214

After the dismal results we had to report at the end of 2015 it’s nice to be able to report something positive in regards to the YREs. Although participation in the first quarter rose only from 58 to 62 it is a 6.9% increase. The first increase we

can report in a long time. It remains to be seen whether this trend will continue through out the year, so stay turned. We should mention also that the Susquehannock Park walk shows zero because it didn’t open until April 1st.

How to Contribute An Article

We are always asking for member and other interested party contributions to *The Pacer Pulse*. People like to read about other people's experiences walking throughout the US and the world and it's a great way to find out about walks that you maybe didn't know about and might consider doing in the future. And having said that, contributions don't have to be just about walks either. Maybe you want you to contribute a recipe or have a differing opinion about an article you saw in *The Pacer Pulse* or you have an idea about how to make the Volkssporting experience a better one for everyone. The take away here is that the type of contributions can be quite varied as long as they relate somehow to Volkssporting or just walking in general. Writing is not everyone's cup of tea and we know that. So be assured that we are completely capable of taking an article full of information and/or ideas and editing and polishing it for the newsletter. We'll even send you an edited copy to approve if you like. So don't let the fact that writing may not be your forte deter you from sharing your experience or opinion with others. Speaking of writing we wanted to let you know about two FREE ways to have access to a word processing program to make your writing not only easy but also sharable so that you can get your article to us, or anyone else for that matter, to include in the newsletter.

Let's look at the Cloud first. The easiest way to understand the Cloud is to think of it as a utility, like electricity. When you plug a device into a wall outlet, electricity flows. You didn't generate the electricity yourself. In fact, you probably have no idea where the electricity was generated. It's just there when you want it. All you care about is that your device works.

Cloud computing works on the same principle. Through an Internet connection (the equivalent of an electrical outlet), you can access whatever applications, files, or data you have opted to store in the cloud--anytime, anywhere, from any device. How it gets to you and where it's stored are not your concern.

Ever hear of Google, dumb question right. It's the place you go to search for things on the web. It's also the place you can go for Cloud computing for FREE.

Continued in the next column



Thursday, June 15, 2016 • 7 PM

Monthly meeting of PDP at the Lancaster Health Campus

Saturday, June 18, 2016 • 7 PM

Walk from Cove Outlook Park, Mount Joy starting – 8 AM til 1 PM (see front page article)

Thursday, July 20, 2016 • 7 PM

Monthly meeting of PDP at the Lancaster Health Campus

NO Meeting in August

Saturday, September 17, 2016 • 9 AM

Eagle Rock Walk @ Camp Mack, Newmanstown

Thursday, September 21, 2016 • 7 PM

Monthly meeting of PDP at the Lancaster Health Campus

Cont'd from previous column

You first and foremost must have a Google account which is FREE. If you have a Google account simply go to Google and sign in. If you don't have a Google account look for the place to sign up for a new account. The location to click to sign up for a new account varies depending on which pages you are on. Once logged into Google you will see a black menu bar at the top of the page that looks like this.



Click the Drive menu option and you will be taken to a page where you create and manage all

your Google documents. Since this is the first time you're using it there won't be a list of documents yet. If you want to start a new text document in which to type your contribution to *The Pacer Pulse*, click the red CREATE button, then select Document and a blank word processing document opens and you can start

Continued on Page 9, Column 1,

typing. The document is saved every few seconds but don't forget to name it by clicking on Untitled Document and renaming it something meaningful like My Pacer Pulse Article. You have most of the options of a full fledged word processing program and you can access it from any computer in the world that is connected to the Internet.

There are number of ways to share it. First you could click anywhere in the text you have written and then click CTRL A to select everything and click CTRL C to copy everything to the clipboard. Then open your e-mail client and address your e-mail to editor of the newsletter. Input PDP Newsletter Article in the subject line and then click in the body of the e-mail and click CTRL V to paste all the selected text into the e-mail. Then click send.

The second way you can share what you have just written is to click the blue Share button in the upper right hand corner of the Google document screen. At the bottom on the Share window that opens input the e-mail address of the person that you want to share your article with where it prompts you to Add People. In the first case our newsletter editor will receive an e-mail containing your contribution and in the second example they will receive an e-mail which will indicate that you are sharing your Google document. Now that we've covered the Cloud lets look at some FREE software that you can download to your computer. We've all heard of Microsoft Office but most of us don't need nor can justify the cost of this program particularly when OpenOffice which is an open-source office software suite and is FREE to

download and use does exactly the same thing that Microsoft Office does.

OpenOffice is the program that is used to compose most the articles for *The Pacer Pulse*. To get OpenOffice which includes Write – a word processor, Calc – a

powerful spreadsheet, Impress – a simple way to create multi-media presentation (think PowerPoint), Draw – simple drawings to dynamic 3D illustrations, Base – a database program and Math – lets you create mathematical equations using a graphical user

Cont'd in the next column

interface simply Google OpenOffice or use this link – <http://www.openoffice.org/download/index.html>. Once downloaded and installed open OpenOffice and click on Text Document and start typing. You will want to save your document by clicking on the File menu and selecting Save. In the next window navigate to where you want to save your document on your hard drive (you'll need to know where you saved it when you want to attach it to your e-mail in the next step) and then input a name for your document and click save. To submit your article for inclusion in *The Pacer Pulse* open your e-mail client and address your e-mail to the editor of the newsletter. Input “PDP Newsletter Article” in the subject line and then go to and click on Attach (it's different places

depending on your e-mail client). You want to attach the document that you just created to your e-mail. Find the document that you just saved and click on it. You will then return to you e-mail. Write what you care to in the body of the e-mail and click send. And that's all there is to it.

So now you have two FREE options for writing an article and anything else for that matter that you want to write or anyone else in the family wants to write. So no excuses.

We welcome and look forward to your next *Pacer Pulse* contribution – Thanks in advance.



Walking is Getting More Dangerous

By: Ann Pietrangelo
March 14, 2016

Some of us walk for the exercise. Some walk to save a little money or out of concern for the environment, or because it's the most convenient option. Whatever the reason, walking seems to be in fashion.

It's also getting more dangerous.

According to Governors Highway Safety Association (GHSA) estimates, there was about a 10 percent increase in the number of pedestrians killed in traffic crashes in 2015 when compared with 2014.

About 15 percent of all vehicle crash-related deaths are pedestrians. A decade earlier, pedestrians

accounted for about 11 percent.

The GHSA Spotlight on Highway Safety Report bases its findings on data from all 50 states and the District of Columbia.

"We are projecting the largest year-to-year increase in pedestrian fatalities since national records have been kept, and therefore we are quite alarmed," one of the report's authors, Richard Retting said in a statement. "Pedestrian safety is clearly a growing problem across the country. It is important to understand the data underlying these crashes so states and localities can apply the right mix of engineering, education and enforcement to counteract this troubling trend."

Interestingly, a National Highway Traffic Safety Administration (NHTSA) report showed that in 2012, 89 percent of pedestrian fatalities happened during clear weather, when it wasn't raining, snowy, or foggy.

In addition to fatalities, pedestrians are also at risk of serious injuries. According to the Centers for Disease Control and Prevention (CDC), about 445 people visit an emergency room for traffic-related pedestrian injuries every day.

Why Is Walking Getting More Dangerous?

There are probably multiple contributing factors. One reason mentioned in the GHSA report is there may be more vehicle traffic due to lower gas prices. Another reason may be that cars are getting safer, so more drivers and passengers are surviving crashes. The same can't be said of pedestrians. Walking may be popular, but many communities lack adequate sidewalks or pedestrian walkways.

We all know drunk driving is a problem, but drunk walking? Yes. Among pedestrians involved in deadly accidents in 2012, 34 percent had a blood alcohol level of at least .08. Among the drivers involved in those accidents,

only 14 percent had a blood alcohol level of .08 or higher, according to NHTSA.

Then there's the problem of distraction. Both drivers and walkers are wearing headphones, texting, talking, and even taking selfies when they should be navigating their surroundings and focusing on the real task at hand.

As pedestrians, we owe it to ourselves to walk in safe places whenever possible. That means

walking on sidewalks and using the crosswalks or crossing at intersections. It's a mistake to assume that drivers see us — or are even paying attention. We need make sure we can be seen, especially after dark. And like drivers, we should "pull over" when we need to use a mobile device.

The Many Health Benefits of Walking

Despite all that, walking is an incredibly healthy and satisfying way to get around. According to the Mayo Clinic, regular brisk walking can help you:

- * improve your mood
- * prevent or manage a variety of health problems such as type 2 diabetes, high blood pressure, heart disease
- * strengthen your bones
- * improve balance and coordination
- * manage your weight

The Mayo Clinic also recommends that you walk with your head up, looking forward rather than down. You should also keep your neck, shoulders, and back relaxed and swing your arms freely — none of which you can do if you're distracted with a handheld device.

The GHSA report is bad news, but if we walk smart, walking is still one of the healthiest exercises there is.

Read more: <http://www.care2.com/greenliving/walking-is-getting-more-dangerous.html#ixzz42zHmJk5t>

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SIMPLE BLACK BEAN SALAD

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

Club Office Holders

Maria Roshon President
330-8751
losgann10@comcast.net

...
Jane Holmes, 1st VP
760 496 8610
jensenholmesPA@gmail.com

...
Carmie Keiser, 2nd VP
Volunteer Coordinator
898-1959
tk_ck@verizon.net

...
Inge Koenig, Sec
664-7650
lekohen@aol.com

...
Kitty Glass, Treas.
872-7743
kittyglass@yahoo.com

...
Trailmaster
David Barber
626-6103
dmtmbarber@comcast.net

...
Membership & Registrar
Monica Daniel-Barber
626-6103
dmtmbarber@comcast.net

...
Special Programs
Bob Coonney
682-2559
rdcwalk@ptd.net

...
Historian
Chris Resh
397-1906
col_resh@hotmail.com

...
Webmeister
Phil Allamong
786-7118
phil@solanco.com

...
YRE Coordinator & Publicity
Virginia Hunsberger
361-7464
vmhuns@embarqmail.com

...
KSVA President
Joan Lampart
(215) 529-5686
jmlampart@verizon.net

...
Atlantic Region Director
Tom Jackson
1827 Shippensburg Rd
Biglerville PA 17307
(717) 677-6511
thomasiackson@embarqmail.com

...
Trailmaster
David Barber
626-6103
dmtmbarber@comcast.net

...
Membership & Registrar
Monica Daniel-Barber
626-6103
dmtmbarber@comcast.net

...
Special Programs
Bob Coonney
682-2559
rdcwalk@ptd.net

...
Historian
Chris Resh
397-1906
col_resh@hotmail.com

...
Webmeister
Phil Allamong
786-7118
phil@solanco.com

...
YRE Coordinator & Publicity
Virginia Hunsberger
361-7464
vmhuns@embarqmail.com

...
KSVA President
Joan Lampart
(215) 529-5686
jmlampart@verizon.net

...
Atlantic Region Director
Tom Jackson
1827 Shippensburg Rd
Biglerville PA 17307
(717) 677-6511
thomasiackson@embarqmail.com



This is one of those Summer recipes that could become a favorite. Something you could make for every picnic or family gathering that would be a sure hit. It uses ingredients that you are likely to have around the house which means you can whip this up at a moments notice. Inexpensive and easy to make and yummy to boot. What more could you ask for, right? Here what you need to put this delicious Summer Black Bean Salad together.

Ingredients:

- * 2 cans of black beans, drained and rinsed well
- * 1 can fire roasted, diced tomatoes
- * 1 package of frozen corn (16 oz.), thawed by running under warm water in drainer
- * 1/2 purple onion, diced
- * 1 can of water chestnuts, drained and rinsed
- * bunch cilantro, chopped
- * juice and zest from 1/2 lime
- * 3+ Tbsps. balsamic vinegar, to suite your taste
- * Salt and garlic powder, to your taste

Combine all ingredients in large bowl and serve. Taste even better after a few hours (or next day) after marinating in refrigerator.

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,
Inge Koenig, Monica & David Barber, Ginny Hunsberger, Sherry & Phil Allamong

Penn Dutch Pacers Volksmarch Club, Inc.
PO Box 7445
Lancaster PA 17604-7445
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DATE _____ SIGNATURE _____

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