



The Rover Reporter



The Newsletter of the Susquehanna Rovers Volksmarch Club

August - September - October 2008 Edition

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938-3488

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Vacant

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The President's Message

Hi Folks -

We are excited about our up-coming event in Newport! Louise has again out done herself. She has some hills (not too bad), great views, and a covered bridge in the 11K. But she wanted everyone to be happy so she wanted to offer a 5K too so she wound up offering two different 5K trails, which if you did both of them would give you 10K. So now you have lots of options, but there is only one event stamp whichever trail or trails you take. She didn't want anyone that is working on a Covered Bridge Program to miss out so both the 5 and 10 and 11 go to the bridge. But she didn't want anyone that is working on a River Program to miss out either so the other 5K goes there, which means that the 10 or 11 also go there. She has worked her little fingers (or maybe her toes) to the bone to try to get you to come and enjoy the walk. She has the Oliver Grange making lunch. There are harness races going on at the Fairgrounds later in the day, just in case you would like to see them. Louise didn't schedule them, they just happened to already be scheduled.

When we did the Worker's Walk, we passed several large fields bursting with the color yellow. They were fields of sunflowers and were just beautiful! They probably won't be blooming when we hold the event, but you can never imagine what you may see on a Volksmarch. That is what is so great about them. It isn't just the exercise or the stamps in a book - it is about the adventure! Traveling to a new location, meeting new people and learning new things - it keeps you young! (well kind of)

Thinking of that - once Alice and Louise were walking at a year round - I forget where - but they saw some ladies standing along the street as if waiting for a bus. When asked, they said they were waiting for the elephants. Louise and Alice would never have guessed that answer and just shook their heads. But later on they saw the elephants too, it was a circus parade going through the town. Ask them about the lady selling potatoes if you see them. That is a good story too. They have a lot of adventures to talk about.

Although we love to find new trails and put on events, we also would like you to come and enjoy them. If you want on the email list, just send me a note at SusqRovers@verizon.net. Hope to see you on the trail soon!

Pat

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New Members

Leroy and Janice Copenhaver
Welcome!

Club Problems

We are having some financial problems so we are asking for help. No, not a donation, but on second thought that would be ok too. Instead, we need some suggestions, not just an off the head suggestion, but researched suggestions.

Newsletter: We spend a lot of money on our newsletter, both printing it and the mailing. We do send bulk, but we need 202 copies to mail that way. We only have about 143 families that are members. So currently, we send our newsletter out to clubs in surrounding states to make up for the 59 extra copies that need to be sent.

Paper cost is rising as is everything else. We have voted to raise our dues to \$10 a year, with a \$2 discount if renewed at the Walkfest. But that is not going to be enough help. We have about 9 to 12 people that come to our meetings and their suggestion is that we email to those that would like it that way, and then do general mailing of the rest at the \$.42 postage. We would need someone to keep the list of members and make labels so that we could get them ready for mailing at the meetings. If you would be interested in getting your newsletter by email, I would have to be contacted. I have some folks email addresses, because they are on the group walking list, but would not necessarily mean that they want their newsletter that way. Some of them only have email access at the library so they wouldn't want a newsletter by email.

Garage: We spend \$720 a year to rent a garage to store all of the club's signs, water jugs, and other equipment. Does anyone have an idea of how to save money in this area. We need a place to store this stuff - it is way too much stuff to put in several basements. We have been there and done that and will never do it again.

Hershey Recreation Center: We spend \$375 to rent the Hershey Recreation Center for two days for our Hershey Walkfest. Does anyone know of a cheaper place that is large enough and has enough parking. We have checked a couple of shops but have found that they are not safe enough for walkers during the Thanksgiving Shopping Weekend.

Officers: This isn't financial, but is important to the club. Our bylaws indicate that we are to have three vice presidents, but we currently only have one and that one has already been the president. My final term is over the end of 2009. We will need someone to come forward at that time or our club will be finished. If anyone would be interested in learning to be president, then let me know and volunteer to be a current vice president. It isn't that hard.

We do need your input to survive!

Pat at SusqRovers@verizon.net

New Meeting Time and Day

Club meetings are held on the last **Tuesday** of each month at **6:00** PM in the East Shore Library basement meeting room. The Library is located in back of the Colonial Park Mall. Please park by the steps in the Mall parking lot behind Boscovs. The steps will take you to the front of the Library. Everyone is welcome to attend! The next three meetings will be:

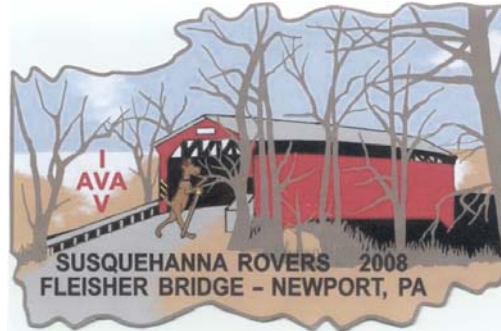
- August 26
- September 30
- October 22

AWARDS

Events	Distance
30	500
Susan Wheeler	Amy Trommer
75	1,000
Amy Trommer	Ralph Greenawalt
100	4,500
Ralph Greenawalt	Jane Snurr
125	5,000
Wilma Fleshman	Julie Geyer
475	6,500
Jane Snurr	Paula Bergstrasser
500	Rich Bergstrasser
Julie Geyer	14,000
700	Pat Eby
Paula Bergstrasser	19,000
Leroy Copenhaver	Alice Eckardt
750	20,000
Rich Bergstrasser	Fred Welch
1,000	Pat Welch
Lois Bucher	
1,400	
Pat Eby	
1,500	
Louise Clouser	
1,600	
Sandy Lynch	
1,700	
Fred Welch	
Pat Welch	

Great
Walking
Folks!

A FALL 10K/5K
COVERED BRIDGE
Walking Event



Newport, PA
Perry County
Saturday and Sunday
September 6-7, 2008

Trail Rating 2+ Sanction # 80528

Other Special Event Credit: Cemetery Stroll, Riverwalk America, Walking Europe in the USA

START/FINISH : Perry County Fairgrounds, 248 Fairgrounds Road, Newport, Pa. 17074

START TIME: 8AM to 1PM

FINISH TIME: All walkers must finish by 4PM

AWARD: The 'A' Award for the walk is a 3.5" full color embroidered patch of Rover at the Fleisher Covered Bridge. Award and credit is \$7 pre-registered and \$8 the day of the event. Only 50 awards will be available. There will be no reorders. IVV credit only is \$3.00. This event is FREE to those who wish to participate without IVV credit. IVV award books and New Walker packets will be available for \$5.00 each.

TRAIL: The 10K (6.2 miles) trail, rated 2+, will take a broad sweep through the countryside (with great views) on paved roads, natural surfaces and paved streets. There is a gradual incline, not a significant hill. Strollers may have some difficulty on the 10K if it is raining. Both trails will go to the covered bridge. A 5K trailed rated 2 is available.

CONDITIONS: Restrooms are available at the Start/Finish. The event is held rain or shine. Food service will be provided by Oliver Grange.

ADDITIONAL INFORMATION: call Louise: (717) 567- 9537 OR e-mail: laclouser@pa.net

DIRECTIONS

From US 22/322: take the Newport exit and follow Rte. 34 into Newport to Stop Sign at 4th St. Turn right onto 4th St. and go 1.2 miles to Fairgrounds Rd. Turn left onto Fairgrounds Rd and proceed to the Fairground entrance on the right.

From the South on Rte.15: take the Rte. 94 exit and follow it North to its intersection with Rte. 34. Follow Rte 34 through Mt. Holly Springs, Carlisle and New Bloomfield **coming into Newport on 4th St. At the Stop Sign on 4th St. continue straight for 1.4 miles to Fairgrounds Rd. Turn left onto Fairgrounds Rd and proceed to the Fairground entrance on the right.

From the South on I-81: take the Rte. 34 exit and follow it through Carlisle and New Bloomfield. Follow directions from **.

Fleisher Bridge was built in 1887 by Yohn and Ritter using the Burr truss design. It is 125 feet long and 17 feet wide with an interior height of 11'9" and spans Big Buffalo Creek. Fleisher Bridge was added to the National Register of Historic Places in 1980



Hershey Walkfest! November 28 & 29, 2008

Logan Burke, aged 14, remembered the antique car turnpike ride at Hershey Park and drew this patch with a green car for our Walkfest Award this year. There will only be 125 of these ordered, so be sure and pre-register. He is Pat Eby's grandson.

We again will have 4 walks plus our year round and seasonal bike to keep you busy. Lots of exercise to lose all of those calories that you consumed on Thanksgiving and a great way to enjoy those visitors in the out of doors. We will have a 30K for those that enjoy that distance - we have had about 33 do this walk both years that it has been offered. They get a special 30K pin for their

accomplishment. But we also have a 5K option and 10K option for all 4 of the walks. So you can get a lot of stamps if that pleases you, or you can get a lot of K's too.

One of the walks will of course take you to Candylane and Chocolate World area. Hershey is still charging to get into Candylane, but you may be able to get a discount on line if you go to their website: www.hersheypark.com and then go to seasonal events. There you can get the hours and prices of the park or other Christmas related activities in the Hershey area. We no longer require you to enter the park on our walk because of the fee, but you will go to the ticket booth area and Chocolate World is just across the parking lot.

A related walk will also be held on Sunday November 30th. The Penn Dutch Pacers are having their Christmas walk in Lititz. This is an extra way to get rid of the calories from the leftovers and the chocolate.

There will be more information in the next newsletter, but we wanted you to know about the Lititz walk and the Hershey website so you can plan for the holidays. Hope to see you there!

Mini-Vacations

We have walked a lot of group walks this year. It saves to car pool and it is fun. Unless of course, we didn't know you were coming and left without you. Then it wasn't much fun for you or for my guilty conscious.

Volksmarching has always been an adventure or as when I started, I thought of them as mini-vacations. I worked and couldn't get away for a real vacation, so my weekend vacations were all that I had. And they were great! Soon I found that I was getting up earlier on the weekends than I did during the week so that I could get out there and walk and enjoy my vacation surroundings. Now that I am retired, I never know whether it is the weekend or not - if I am walking it must be Saturday.

With this in mind, volksmarching is still an inexpensive way to have fun. Carpooling is much cheaper on gas. Some clubs are holding more than one event at a location so that you can get two stamps for the same price of gas. So speaking of that, There are some real mini-vacations yet to enjoy by the end of the year. The Nittany Nomads is holding a 4 event weekend plus their two year rounds at State College over the Columbus Day weekend (they also have a year round at Bellefonte). They have a special price for the hotel that can't be beat, \$47 for 1 to 4 people including a continental breakfast. Of course it is a non-football weekend so traffic will not be bad. For info call Vicky at 814-234-1368 or email vdroll@ariscorporation.com.

The US Freedom Walk Festival is October 17 through the 19 in Rosslyn VA. The Holiday Inn at Key Bridge is not as reasonable as the Super 8 in State College, but they are giving special rates. There are three events that start at the hotel and you can walk your feet off if you choose or do shorter routes or sightsee. You get to walk by as many as 7 embassies along the trails. So it will be educational as well as interesting. This event allows you to see the capital without getting your car into the traffic. Washington is always a fascinating place to walk!

Our walk is at Thanksgiving - 4 trails, plus a year round and seasonal bike. If you need a hotel, ours is the Best Western on Eisenhower Blvd. close to the East Mall at \$42 a night for up to four people with continental breakfast. Treat yourself and go stay the weekend and then go walking or shopping at the Hershey Outlets if that is your idea of fun.

If you haven't been to Williamsburg VA lately, there is a weekend of walks there December 12 thru the 15. We went there last year and had a very enjoyable time. Lots of walks and lots of sightseeing.

John McCoy is running a bus trip to West Point NY, Mystic CT, New Hope and Philly PA in early November. You can check with him for info if you are interested. He runs a great and fun trip! 717-843-08402 or grandmacs@comcast.net
Just get out there and Volksmarch!

Louise's Cabbage Lasagna Correction

1 large head green cabbage (about 4 pounds)
1/4 C salad oil
3/4 tsp salt
1 pound ground beef
1 small onion, minced
1 32 oz jar spaghetti sauce (I dare you to find that size these days!)
1 C water
1/3 C regular long-grain rice
1 8 oz package of Mozzarella cheese, coarsely shredded

With knife, cut off and discard tough ribs from cabbage leaves.

In a 5 qt Dutch oven, over medium heat, in hot salad oil, cook cabbage and salt until very tender, stirring occasionally.

Meanwhile, prepare meat sauce: In 12 inch skillet over high heat, cook ground beef and onion until pan juices evaporate and meat is well-browned, stirring occasionally. Add spaghetti sauce, water and rice; heat to boiling. Reduce heat to low; cover and simmer 20 minutes until rice is tender, stirring occasionally.

Preheat oven to 350. Into 13" x 9" baking dish, spoon 1/2 cup meat sauce. Top with one-half of cabbage, one-half meat sauce, and one-half of cheese. Repeat the layer. Bake 20 minutes or until heated through. Makes 8 servings, 400 calories per serving.

It is delish! (As Rachel Ray would say)

Sorry Louise that I can't copy things without forgetting stuff - Pat

News Alert

October 26, 2008 is the closing date for Tunkhannock. If you haven't gotten there yet, you may want to put it on the calendar. We are not running the event for next year.

New special programs starting in January:

Museums, America's Artistic Heritage, Celebrate America's Gardens, Veteran Memorials, Firehouses, Historic Churches, Liberty Bells, and Walkin' Waterfalls

Programs that are closing the end of 2008:

American Revolution Walks, Lighthouses, and College Campus

Other program closing dates:

US Presidents closes July 4, 2009.

Closing end of January 2009; Walking Europe in the US

(but you must have bought the book by end of 2008),

Closing end of 2009: State Parks, Islands, Great Lakes, and Walking Courthouses

Meeting for October is

Wednesday October 22, 2008

Canadian Convention

Louise Clouser, Alice Eckardt, Sharon and Lester Miller, and I attended the Canadian Convention in May of this year. It was based in Wolfville, Nova Scotia. Sharon and Lester did a larger trip than we did and visited other provinces while they were in the area. You know how Volksmarchers are - if you are within a couple of hours from an other walk, it is doable.

We first went to Boston on a Sunday afternoon. I highly recommend that time of day as the traffic is not so overwhelming. We were able to get to Old North Church before it closed, so we were able to go in and hear of some of its history. Then we walked in an area and saw some new officers being commissioned. As we walked back over some of the dock areas, one of the sidewalks started to move and a small boat was going to go through the lock. Timing was everything that day; we were lucky. We even got out of town before it got dark and not a single problem doing it.

Next day we headed for New Brunswick traveling up I-95 in Maine. We saw lots of "Caution Moose" signs, but did not see a single moose. What we did see crossing the highway was a large dog, but I didn't see a "Caution Dog" sign. We arrived just in time to sign up for the Hartland walk. We thought we had another hour to get to the start point, but we forgot that there is a time change when you enter Canada. The highlight of that walk is that you cross and re-cross the world's longest covered bridge; it is over 1080 ft long. The next day when we got into Nova Scotia, we headed north to Cape Benton. It is beautiful country but the weather was not great for sightseeing. We did half the walk at Baddeck and then did the other half the next morning. We had run out of daylight the night before, but we had to endure a really, really bad rain storm to finish the walk. But you do that if you are that far from home. We then drove the Cabot Trail that circles the island. I hadn't planned well, so we had to do some praying that we would find a gas station along the way. We did! And when we got over the mountains to the western part of the island, the sun was out and the sky was blue and the scenery was just out of this world.

We headed for Wolfville that is in the Annapolis Valley of Nova Scotia. It is beautiful rolling farm land. We stayed at the Acadia University which was situated on a steep hill in downtown Wolfville. You all must know how I love hills, Not! But the town was quaint and interesting and we loved it. We did a group walk in Windsor - the little town of big firsts - one first is that hockey started there (but other towns also say that it started in their town). The Canadians tend to walk a little faster than we do, but we managed.

All of our group, but me received certificates that they had joined "'L' Ordre de Bon Temps" - the Order of the Good Time. This organization was formed in November 1606 at the beginning of the second winter at Port Royal. Champlain felt that in order to raise moral (lowered by winter harshness, death by scurvy and mental depression from boredom), they needed a social club. Although the original order numbered 15 members, there are now membership certificates adorning walls in almost every country of the world. There is only one requirement for membership, you must have visited Nova Scotia for at least three days and then you are asked to have a good time, to remember the area fondly, to speak of them kindly and to come back to visit again. What an honor!

We did the two convention walks (one going to Grande Pre) and also some year rounds - Bible Hill, Annapolis Royal (founded in 1605), Blomidon Provincial Park and we stayed to do the Cape Split Trail which is a 14K over lots of roots and through the woods to a high point above the Bay of Fundy. We had taken a lunch so it was neat to picnic up there.

It is so funny to drive past a boat that is sitting in mud with a dock 20 to 30 feet above it and then when you go by at another time it is floating at the dock. When the tides are out, you look out and see mud shaped as waves, but a couple of hours later, people are sailing boats in the same area. It is awesome.

On our return to the states, we were again on I-95 in Maine heading south along the many signs that say "Caution Moose" and once again we did not see moose, but instead saw a family of geese with 4 goslings waddling across the highway. Maine just can't get their signs to match the wildlife.

Next year the Canadian Convention will be held in North Bay, Ontario on May 22-23-24. They call it the Blue Sky Region. It is about 2 1/2 to 4 hours from Toronto depending on who is telling you. They will be holding the convention walks and a 6 day post convention tour to walk in the footsteps of the voyageurs if you are interested. The contact person is Michelle Michael, rmichael@vianet.ca or the convention website is www.gatewaywalkers.ca. Other seasonal walks that will be created can be viewed at the CVF/FCV website: www.walks.ca next year.

Visit our neighbors to the north by attending a Canadian Convention, they are interesting!

Pat Eby

2008 ATLANTIC REGION CALENDAR of EVENTS

<u>Date</u>	<u>Type</u>	<u>Sponsoring Club</u>	<u>Event Location</u>	<u>Contact Phone</u>
August				
26	M	Susquehanna Rovers	East Shore Library 6:00	717-761-1338
September				
6-7	W	Susquehanna Rovers	Newport PA (Perry County Fairgrounds)	717-567-9537
11	W	Freestate Happy Wanderers	Laurel MD (Montpelier Culture & Arts Ctr)	301-317-0639
13	W	Baltimore Walking Club	Kingsville MD (Timber Creek Restaurant)	410-592-3171
14	W	Washington DC Area	Clarksburg MD (Little Bennett Reg. Pk)	301-588-1913
15	NW	Northern VA Volksmarchers	Fairfax Station VA (Fairview Elem Sch)	703-455-1878
16	NW	Washington DC Area	Alexandria VA (Kate Waller Barrett Lib)	443-292-4650
20	2W/B	Air Force Global	Upper Marlboro MD (Patuxent Park)	703-216-3463
20	W	Princeton Area Walkers	Franklin Twp NJ (Colonial Park)	732-828-3616
20-21	2W	York White Rose Wanderers	Hanover PA (Codorus State Park)	717-244-3259
27	W	Piedmont Pacers	Frederick MD (Frederick Oktoberfest)	301-829-3685
27	W	Virginia Vagabonds	Gloucester VA (Crystal's Café)	757-766-3065
27	GW	Liberty Bell Wanderers	Philadelphia PA (Pennypack Park)	215-663-1328
28	W	Loudoun Walking & V Club	Lovettsville VA (Game Preservation Assn)	703-737-2175
30	M	Susquehanna Rovers	East Shore Library 6:00	717-761-1338
October				
4	W	Liberty Bell Wanderers	Philadelphia PA (German Society)	215-699-9246
4	W	Piedmont Pacers	Westminster MD	301-829-3685
4-5	W	Ft Belvoir/DMWR	Alexandria VA (Freemont Field)	703-805-9472
5	W	Garden State Wanderers	Pt. Pleasant NJ (Cattus Island Cty Pk)	609-587-5251
5	W	Annapolis Amblers	Annapolis MD (Octoberfest)	410-224-0907
10-12	4W	Nittany Nomads	State College PA (Super 8 Motel)	814-234-1368
11	W	Lee Lepus Volksverband	Hopewell VA	804-768-0055
11-12	2W	Baloney Stompers	Colebrook PA (Rail Trail at Colebrook)	717-272-0655
12	W	Baltimore Walking Club	Arbutus MD (Amer. Legion Post 109)	410-247-4524
17-19	W	US Freedom Walk Festival	Arlington VA (Holiday Inn at Key Bridge)	703-583-5006
17-19	W	US Freedom Walk Festival	Washington DC (Holiday Inn at Key Bridge)	703-583-5006
18	W	US Freedom Walk Festival	Arlington VA (Holiday Inn at Key Bridge)	703-583-5006
18	W	Seneca Valley Sugarloafers	Glen Echo MD (Clara Barton Park)	301-926-8580
19	W	US Freedom Walk Festival	Arlington VA (Holiday Inn at Key Bridge)	703-583-5006
22	M	Susquehanna Rovers	East Shore Library 6:00	717-761-1338
25	W	Peninsula Pathfinders	Lanexa VA (Haven's Italian & Mex Rest.)	757-483-4175
25	W	Annapolis Amblers	Annapolis MD (Annapolis Octoberfest)	410-224-0907
25	W	CV Lead Foot Club	Greencastle (Tayamentaxachita Cntr)	717-263-6688
25	W	Diamond State Trekkers	Milford DE (Pavilion at Bicentennial Park)	302-697-3008
25	W	Loudoun Walking & V Club	Lucketts VA (Tarara Winery)	703-737-2175
25	W	Piedmont Pacers	Sykesville MD (Morgan Run Env Area)	410-795-7855
25-26	W	Penn Dutch Pacers	Marietta PA (Transport for Christ)	717-624-3533
25-26	W	First State Webfooters	Rehoboth Beach DE (Rehoboth Hotel)	302-697-1191
26	W	Virginia Vagabonds	Chicoteague VA (McDonalds Restaurant)	757-766-3065
November				
1	W	Piedmont Pacers	Sykesville MD (Piney Run Nature Ctr)	410-795-7855
1	W	Gator Volksmarch Club	Newport News VA (City Park)	757-490-9324
2	W	Columbia Volksmarch Club	Elkridge MD (Patapsco State Park)	757-490-9324
8	W	Baltimore Walking Club	Dundalk MD (Dundalk Renaissance Corp)	410-252-3165
8-9	W	Germanna Volkssport Assn	Fredericksburg VA (Hart Comm. Ctr)	540-972-2147
15	W	Seneca Valley Sugarloafers	Gaithersburg MD (Seneca Creek St Pk)	301-977-9547
15-16	W	Chespeke Bay Ctry Wanderers	Upper Marlboro MD (Watkins Ntr Ctr)	301-805-4278
25	M	Susquehanna Rovers	East Shore Library 6:00	717-761-1338
28-29	4W	Susquehanna Rovers	Hershey PA (Hershey Rec Center)	717-761-1338
30	W	Penn Dutch Pacers	Lititz PA (Community Center)	717-624-3533

Legend: W=Walk, GW=Guided Walk, GNW=Guided Night Walk, NW=Night Walk, B=Bike, S=Swim, Sk=Ski, IS=Ice Skate, RS=Roller Skate, SS=Snowshoe, M=Meeting **=New PA County