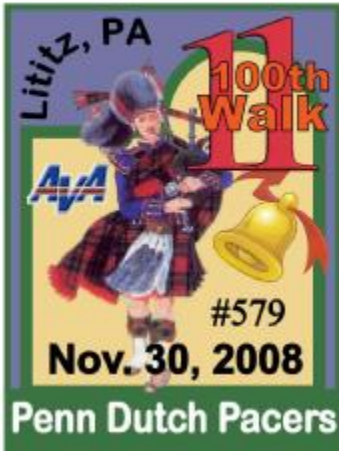




Penn Dutch Pacers Volksmarch Club • Lancaster, Pa

# newsletter

December 2008, January & February 2009



For our 100th Anniversary Walk the Penn Dutch Pacers are returning to what has been our all time favorite venue, Lititz (we have had 7 previous weekend events in Lititz and a total of 4 YRE events) and our all time favorite startpoint, the Lititz Rec Center (of course the Lititz Rec Center is also the startpoint for two of our popular YRE events as well). And we additionally are shaking things up a bit by having what has been billed as our

Christmas walk in previous years on the last Sunday, that's right Sunday, of November. So mark your calendars correctly. Remember it's a Sunday ONLY walk and it's the last Sunday in November, the 30th.

So besides being the Penn Dutch Pacers 100th walking event and that it's a rare Sunday only walk what else is special about this walk? Of course we have our traditional 'A' award embroidered patch that combines the fact that this is our 100th walk along with the 11th of our continuing series of Twelve Days of Christmas patches, i.e. 11 pipers piping.

In the case of this year's patch the piper is an appropriately walking bag piper in full colorful regalia on a tan background. This patch is sure to be a collector's item not only for the fact that it is our 100th walk but also an essential patch for those who have been collecting all of our Twelve Days of Christmas patch series. As always we have a limited supply of patches (although a larger supply than usual anticipating the additional walkers from what turns out to be a walking weekend) and when they are gone, they are gone. So if you want to be sure that you will have a patch, pre-register for the walk and reserve one today. You can preregister using the form in the Lititz walk brochure which you can get at area walks or download the brochure from the PDP website at [www.penn dutchpacers.org](http://www.penn dutchpacers.org). We do have a deadline for preregistration and depending on when this newsletter gets to your house the deadline will probably be looming very close so don't dally if you want a patch.

As always there are two trails, a 10K and a shorter 5K trail. The 10K trail is almost entirely within the borough of Lititz with a short section venturing into surrounding Warwick Township.

Rated 1 it is mostly on sidewalks and paved walking trails except for a very short section. This and several steps make the trail inaccessible to wheelchairs although it is probably fine for strollers.

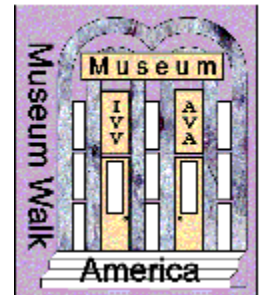
For the first 100 walkers we have a special sweet treat from Wilbur Chocolate that has been made especially for this Penn Dutch Pacer event. Wilbur has never before produced a



Cont'd on Page 4, column 1

## January 3rd Walk Launches PDP Museum Walk America Special Walking Program

We are out of the block early in 2009 with the first PDP walk just 2 days after the New Year on Saturday, January 3rd. The intention of this walk is to give everyone a jump start at the new PDP sponsored AVA Special Walking Program – Museum Walk America. This 10k walk will explore at least seven of Lancaster's Museums and in addition will qualify as a Special Walking Program bonanza qualifying for a total of at least 5 and maybe more (to be determined) Special Walking Programs. In addition to being the inaugural walk for the Museum Walk America program those of you participating in the Cemeteries, Railroads, Presidents, Veteran's Memorials, America's Artistic Heritage, Firehouses, America's Historic Churches and the Courthouse special walking programs will be glad to know that you will be getting stamps in your respective books for these programs as well.



Isaac's Restaurant at 25 N Queen St is our startpoint in downtown Lancaster and it will serve us well as we explore the history and of course the museums of Lancaster. The 10K trail, although it may travel some of the streets that are explored by PDP's two YRE events in Lancaster, will be exclusive to this event and visit areas that are not explored in the above mentioned YRE events. The trail is rated 1 + and is probably fine for strollers but wheelchairs may have difficulty since there may be curbs without curb cuts. Of course we are starting in Isaac's and we would encourage you to patronize them, if you wish. There are a lot of shops, restaurants and galleries on the trail that you will enjoy visiting.

So the Penn Dutch Pacers are sponsoring a Museum Walk America, a special walking program that recognizes and explores museums in the communities where we walk. What's it all about and how do I get involved. The Museum Walk America program is a three year special walking program that begins January 1, 2009 and ends December 31, 2011. This program requires 25 regular or YRE events that qualify.

Here are the actual rules for the program.

1. Walk must be a sanctioned AVA walk that passes directly by a Museum. Any participant that participates in and pays the regular AVA event fee is eligible to record the walk in their Museum Walk America Event Book.
2. A museum is defined as a building, place, or institution devoted to the acquisition, conservation, study, exhibition, and educational interpretation of objects having scientific, historical, or artistic value and/or a building or location that has a name on a sign that includes the word "Museum".
3. Only Museums in the United States may be listed for inclusion in this program.

Cont'd on Page 5, column 2

The folks listed below are the people that have stepped forward & give of their time & talents to make PDP work for you. An encouraging word & a Thank You occasionally is a small price to pay for what they do.

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\*Trailmaster

# Marietta Results

Many times in past years Penn Dutch Pacer Spring walks, our first walks of the new year, have been met with what can only be described as sometimes torrential rain. Unfortunately that pattern seems to have now have spread to other PDP walks and in particular our Marietta walk which was held on October 25th & 26th. Saturday's weather can pretty much be summarized by this graphic of the weather conditions throughout the day on Saturday.



As might be expected the walker participation on Saturday was equally dismal with just 34 intrepid walkers venturing out over the 7k and 11k courses.

This was certainly a Jekyll & Hyde weekend since Sunday broke though with abundant sunshine and mid-sixties temperatures to be perfect walking weather which was great for walking the historic streets of Marietta. The real evidence of this was the fact that 123 walkers showed up on Sunday to give our experience in Marietta a respectable number of 157 total walkers.

Marietta 2008	Award & Credit	Credit Only	Non IVV	Totals
7K	5	14	12	31
11K	29	80	17	126
<b>Total</b>	<b>34</b>	<b>94</b>	<b>29</b>	<b>157</b>

Thanks to George Resh for the Marietta result figures.



Photo by Inge Koenig

Trailmaster Don Young directing walkers at Checkpoint #1 close to the building which adorned our patch.



Photo by Inge Koenig

One of many times that our start location was packed to the gills on Sunday, not so Saturday though.



Photo by Inge Koenig

Manning Checkpoint #2 was actually somewhat pleasant on Sunday, it was mighty damp on Saturday.



Photo by Inge Koenig

It's good to see someone signing up to volunteer at our Lititz walk, if you haven't you can do so on the website.

## PENN DUTCH PACERS NEWSLETTER

The PDP Newsletter 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.

Editor.....Phil Allamong

Contributors.....: Dan Stoltz, Kitty Glass,

Bob Gast, George Resh, Sherry & Phil Allamong

**2008 NEW FOOTPRINTS ADDED TO THE TRAIL**

Amy Colm  
Sharon & Hoyt  
Doyle  
John Kramer

We are so pleased to add the above NEW members to our roster. Thank you!

**RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS**

2009  
Richard & Irene  
Anderson  
Dorothy Brought  
John & Cheryl  
Cooney  
Larry & Maritza  
Dagen  
Maryann &  
Edward French  
Mimi & Bruce  
Kegerize  
Byron & Leslie  
Miller  
Stephen & Carol  
Schell  
R. Michael &  
Susan Snyder  
Aubrey K. &  
Irene Steffy  
Judy Stevens  
Daniel, Patsy,  
Sarah, Jonathan  
& Josiah Stoltz

2010  
Rosalie & Mary  
E. Angeline  
Elaine Bornstein  
Cuppy & Jan  
Copenhaver  
Fran, Robert H.,  
Tara & Robert  
Patterson

2011  
Marvin & Dayle  
Albert

Charles & Audrey  
Bard  
Bill Beyer &  
Leslie Gorbey  
Terry, Charlotte  
& Brian Haugh  
Barbra Horst  
Virginia & David  
Hunsberger  
Barbara  
Kauffman

**LIFE MEMBERS**  
Timothea  
Kirchner

Records as of Nov  
1, 2008

*Please check your newsletter mailing label and if it shows **PAST DUE** or **PLEASE RENEW** – annual memberships were due June 1, 2008!*

**Daniel Stoltz  
Membership**

**CLUB MEMBERS ACHIEVEMENT AWARDS**

**KILOMETER MILESTONES**

**12,000 K**  
Letitia Zook  
Robert Zook

**6,500 K**  
Muriel Halsey  
Charles Halsey  
Jr.

**3,300 Events**  
Wayne Oak

**2,500**  
Toni Hoey

**1,500**  
Rebecca Sipe

**1,000 K**  
Ralph  
Greenawalt III

**700 Events**  
Leroy  
Copenhaver

**650 Events**  
Muriel Halsey  
Charles Halsey  
Jr.

**375 Events**  
Florence  
Bechtold

**250 Events**  
Robert Cooney

**175 Events**  
Jeanne Schopf

**150 Events**  
Jeanne Schopf  
Rebecca Sipe

**100 Events**  
Ralph  
Greenawalt III

**75 Events**  
Valerie Cifuni

**50 Events**  
Peter Byrre

**Source: American Wanderer – June/July 2008, August - September & October - November 2008**

**President's Message**



I am indeed proud to be involved with the Penn Dutch Pacers during a momentous event like our 100th walk. This celebration is a tribute to everyone who has ever been involved and anyone who is currently involved with the Penn Dutch Pacers. Everyone is to be congratulated for helping the club to reach this fabulous milestone in its history.

To move forward to walk 101 and beyond will take active support for all those interested in Walking for Health, Fun & Fitness which is what the Penn Dutch Pacers is all about after all.

2009 will be an exciting walking year for no other reason than that the Penn Dutch Pacers are celebrating our 20th year of producing exciting walking events in and around Lancaster County. We have some great walking venues coming up so look for information in this newsletter and future editions as well as online on the PDP website at [www.penndutchpacers.org](http://www.penndutchpacers.org) for complete information on these up coming events. Or better yet come to a meeting and get involved in making these events happen. It's really gratifying to see an event you helped with be enjoyed by so many people.

I just wanted to take this opportunity to wish everyone a wonderful holiday season and to thank everyone who continues to support the Penn Dutch Pacers in an active way. Just a reminder that a great way to help spread the word about PDP and give a unique gift at the same time is by giving PDP logo items to family and friends. Whether it's a t-shirt, sweatshirt or other item from the PDP sales table it will be a gift that will promote and benefit the Penn Dutch Pacers as well as give your recipient a one of a kind gift that they won't get from anyone else. Think about it and take advantage of the items that are offered at the sales table at our November 30th walk in Lititz. And thanks in advance for your support.

*Remember this is YOUR club, we need your volunteerism and active interest. See you on the trail.*

- Phil

**Membership - Why should I join in the first place and why should I renew?**

Even though PDP is non-profit and all volunteer there is still considerable expense involved in producing all of our walking events. If you believe in what PDP is all about which is "Health, fun and fitness through Walking" then the most important thing that you can do is to become a member. Where else can you get the value you get here for your \$10.00 annual membership? Your \$10.00 contribution helps to underwrite basic operating costs such as the club's post office box and storage space rental. You also get this newsletter 4 times a year which is worth your \$10.00 by itself. Without PDP you wouldn't get the opportunity to walk surveyed, marked and supervised trails in varied parts of Lancaster County while enjoying the great outdoors and improving your health at the same time.

Membership is an important first step for everyone that participates and takes PDP walks. Thanks for your support whether for the first time or as a renewal. The membership application is available here on page 12 and on the PDP website click join.

Wilbur Chocolate Sneaker but this unique, delicious chocolate sneaker on a stick will be given FREE to the first 100 walkers at our Lititz 100 Walk. In addition we will have a limited number of additional chocolate sneakers for sale for those who miss the first 100 and also for those who would like to take additional sneakers home for family and friends. So you're saying you have a great patch and couple of chocolaty giveaways but why the Sunday walk in November. The impetus for the date and day of the week change is to attempt to attract those walkers coming to the area for the Susquehanna Rovers Hershey walk that will be held on Friday and Saturday, November 28th & 29th. Hopefully we can encourage those that came a distance to stay in the



area and to join us for our 100th Anniversary Celebration in Lititz. So we have talked about all the plusses that you get by participating in this walk but we really haven't talked much about the venue. Even though we have walked many times in Lititz our trail masters have outdone themselves again to come up with a mostly different trail for your walking enjoyment. Walking in Lititz is a delightful experience and as you might guess it has a fascinating history.

Lititz is nestled in the heartland of rich farming country in Lancaster County. The earliest settlers were Swiss-German Mennonites in 1710 that fled religious persecution in Europe. They were quickly followed by the Moravians and Amish. They built old stone mills, wooden covered bridges and log homes. Many 18th Century town buildings have been wonderfully restored and can be enjoyed as you walk through town. Numerous local farms have been owned by the same families for 200 years.

Lancaster County has thrived over the years and now is home to people who speak over 26 different languages. A strong work ethic and a boundless spirit of generosity from individuals and community service organizations has maintained and strengthened the economy and ecology of Lititz.

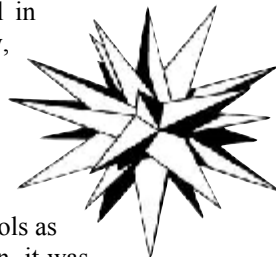
We've included a brief history below for you so you can further appreciate the

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wonderful town of Lititz in which you will be walking.

Lititz was founded by members of the Moravian Church in 1756, and was named after a castle (mentioned form of name is German; Czech name of this castle is Litice) in Bohemia near the village of Kunvald where the ancient Bohemian Brethren's Church had been founded in 1457. The roots of the Moravian Brethren's Church date back to the ancient Bohemian Brethren's Church. For a century, only Moravians were permitted to live in Lititz. All of life was formed by their Christian faith and there was no distinction between secular and sacred even in their daily activities. Until the middle of the 1800s, only members of the congregation could own houses; others were required to lease. The lease-system was abolished in 1855, just 5 years before the beginning of the Civil War. More information can be found in the book *A Brief History of Lititz Pennsylvania* by Mary Augusta Huevener, published in 1947.

The first Moravian star is known to have originated in the 1830's at the Moravian School in Niesky, Germany, most probably as a geometry lesson or project. Although the Star originated in the church's schools as a geometry lesson, it was soon adopted throughout the Moravian Church as a beloved Advent symbol.



There are many forms of Moravian stars, but the most commonly seen and most widely available is the 26-point form, composed of eighteen square and eight triangular cone shaped points. No matter how many points it has, a Moravian Star has a regular shape, based on polyhedrons.

During a part of the American Revolution, the Brethren's House, built in 1759, was used as a hospital. A number of soldiers died and were buried here.

Lititz is also home to Linden Hall School, the oldest all-girls boarding school in the United States. Located adjacent to the Moravian Church on 47 acres of land, Linden Hall School was founded by the Moravians in 1746, a decade before the borough was incorporated.

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**Thursday, November 20<sup>th</sup>**

PDP Membership Meeting - 7 PM • LGH Health Campus Wellness Center - 1st Diagnostic Conference Rm

**Sunday, Novmeber 23<sup>rd</sup>**

Lititz Pre-Walk for Workers Only from the Startpoint @ 1 PM

**Sunday, Novmeber 30<sup>th</sup>**

PDP 100th Walking Event • Lititz - Start 8 AM until 3 PM

**Sunday, December 28<sup>th</sup>**

Lancaster Pre-Walk for Workers Only from the Startpoint @ 1 PM

**Saturday, January 3<sup>rd</sup>**

PDP Walking Event • Downtown LANCASTER - Start 8 AM until 3 PM

**Thursday, January 15<sup>th</sup>**

PDP Membership/Dinner Meeting - 7 PM • Issac's - Manheim Pk • Meeting @ 7:00 PM dinner prior

**Thursday, February 19<sup>th</sup>**

PDP Membership Meeting - 7 PM • LGH Health Campus Wellness Center - 1st Diagnostic Conference Rm

Cont'd from Previous Column . . .

In 1850, Julius Sturgis ran a bread bakery in Lititz, Pennsylvania. Legend has it that a hobo who had hitched a ride on a train that ran behind the bakery followed the smell of freshly baked bread, looking for a



job and something to eat. Julius couldn't offer the man a job, but he extended his hospitality and invited the hobo to sit down at the family dinner table. In exchange for the

kindness, the hobo gave Julius a pretzel recipe.

Julius had never baked pretzels, so he decided to test the recipe on his wife and fourteen children. It was a hit, and Julius added pretzel baking to his business. In 1861, eleven years after he baked his first

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Cont'd from Previous Page. . . Lititz.

pretzel, Julius stopped making bread and established the first commercial pretzel bakery in America.

The present Wilbur Chocolate Company originated in 1865 with Mr. Henry Oscar Wilbur, in Philadelphia, PA and the Kendig



Chocolate Company, in Lititz, PA. Wilbur was and still is noted for its fine quality chocolate coatings. The manufacturing plants currently produce over 150 million pounds of chocolate products, and other various food ingredients each year. The products are manufactured and shipped to confectioners, dairies, bakers, and candy makers across the North America.

In modern days, Lititz is now recognized for having the longest continuous-running celebration of Independence Day, which has been a town

tradition since 1813. This celebration hosts a large volume of tourists and former Lititz residents who return for the Queen of Candles pageant and the yearly fireworks gala supporting Lititz Springs Park. The 4th of July parade is sponsored by Lititz Lions. Another large event in the summer is when the Lititz Rotary Club sponsors their art show and craft show which extend from the Lititz Springs Park out into Broad Street (PA-501) and Main Street (PA-772).

During 2006 a year long celebration was held commemorating the 250th anniversary of the naming of the town. Some of the major events included a service and commemoration ceremony in Lititz Springs Park on Sunday June 11th, the official naming ceremony on Monday June 12th, a fountain show in the park called "Symphonic Springs" during August 20th-26th, and a New Year's celebration.

Please come join us with family, friends and neighbors as we walk and enjoy Lititz, the extra perks, i.e. the chocolate sneakers and the cake and celebrate with all of us the 100th walking event produced by the Penn Dutch Pacers.



Cont'd from Page 1 • January 3rd . . .

4. Clubs must pre-register qualified museums and the walk sanction number from the AVA with the administrator for inclusion in this program.

5. Each museum may only be used once.

6. If an event includes 2 or more museums, a stamp may be awarded for each museum provided the event is walked a separate time for each stamp.

7. The IVV stamp must be used to record each complete museum walk. Handwritten entries are not allowed. This program is not retroactive. All events must be walked (or biked, if a bike event) after you register for the program. Insert cards may be used if you have forgotten your record book, however at least one event must be recorded in your record book.

8. For each event record the IVV stamp, date, location (closest town, state) and museum name.

The idea for this program (from Sherry Allamong) and the rules and the patch of course were all necessary for PDP to implement the program, but admittedly one of the most important components of this program was someone within PDP to implement it, i.e. to take the calls, answer the questions, take the orders for the books, send the books out, keep a current list of the qualifying events, fill out the reports that are required by AVA, etc. You get the idea, someone to do the work.

Fortunately for us the Penn Dutch Pacers has an individual who we'll describe as a Special Programs Aficionado. An aficionado is defined as "a person who likes, knows about, and appreciates a usually fervently pursued interest or activity". That person is our POC (point of contact) for our Museum Walk America Program and is as many of you already know Bob Coonney who is also our 2nd VP and Volunteer Coordinator. Bob has taken the Museum Walk America program by the horns and is ready for its launch on January 1st. The next time you see Bob at an event or on the trail a big THANK YOU would be in order.

Museum Walk America books will be available at all PDP events for \$10 and also by sending \$10 to Penn Dutch Pacers Volksmarch Club, Inc., Attn: Museum Walk America, PO Box 7445, Lancaster PA 17604-7445. Or you can contact Bob directly @ 717-625-3627 or e-mail [rdcwalk@ptd.net](mailto:rdcwalk@ptd.net)

## Tater Tours visits Lititz

By Kitty Glass

On October 16, a cloudy but warm day, twenty-two walkers on the Tater Tour's "U. S. Freedom Walk & More" began their trip by walking the Lititz History walk. It was the first time a Penn Dutch Pacer walk was included on one of Mary Ptacek's (Tater Tour's Director) trips.

Greeting the walkers were Kitty Glass, Joan and Roy Simmers, and two couples from the York Club - all are frequent Tater Tour participants.



Packets of Wilbur buds and wrapped Hammond's pretzels were given to the walkers.

The trip had an unfortunate delay in leaving Baltimore (starting point for many of the Tater Tour's trips.) George, the faithful and trusty bus driver, heard an air leak noise that sounded unusual. So he turned back to Baltimore – transferred everyone and his or her luggage to another bus and began the trip again. Instead of arriving at 9:15, the bus arrived around 10:30

Because of a previous commitment, I was unable to walk with the group. Joan and the York crew joined the walkers and pointed out the high points. Roy kept the bus driver occupied with all the happenings in Nottingham

The Penn Dutch Pacers appreciated the group's visit. The rest of the trip included walks in Harrisburg, Wheaton, Maryland, Washington D.C., Virginia, and West Virginia.

Being a frequent Tater Tours participant, I would encourage everyone to try a trip with Mary – she has some good trips planned for 2009. Brochures will be available at future walks.



# 2008 & 2009 Atlantic Region Calendar

From the Atlantic Region website as of October 3, 2008

## December 2008

05	W	Virginia Vagabonds	Newport News, VA (Red Star Tavern)	757.766.3065
06/07	W	Washington DC Area VM Club	Alexandria, VA (George Washington Masonic National Memorial)	301.449.6325
06/07	W	Washington DC Area VM Club	Alexandria, VA (George Washington Masonic National Memorial)	301.449.6325
12/13	NW	Peninsula Pathfinders	Williamsburg, VA (Four Points Sheraton)	757.766.3065
12/14	S	Peninsula Pathfinders	Williamsburg, VA (Four Points Sheraton)	757.766.3065
13	W	Annapolis Amblers	Annapolis, MD (Annapolis Athletic Club)	410.867.7511
13/14	W	Peninsula Pathfinders	Williamsburg, VA (Four Points Sheraton)	757.766.3065
14	G	Baltimore Walking Club	Baltimore, MD (Group walk of Hopkins Neighborhood Trail YRE)	410.668.1614
15	NW	Columbia Volksmarch Club	Columbia, MD (Stately Dye Mansion)	410.290.6510
21	W	N.Virginia Volksmarchers	Springfield, VA ( )	703.455.1878
27	W	Virginia Vagabonds	Hampton, VA ( )	757.766.3065
27/28	W	Baltimore Walking Club	Baltimore, MD (The Rotunda)	410.252.3165
31	W	Freestate Happy Wanderers	Columbia, MD (Owen Brown Community Center)	410.437.2164
31	W	Freestate Happy Wanderers	Columbia, MD (Owen Brown Community Center)	410.437.2164
31	W	Gator Volksmarsch Club	Smithfield, VA (Smithfield Station)	757.490.9324

## January 2009

01	W	Freestate Happy Wanderers	Columbia, MD (Owen Brown Community Center)	410.437.2164
01	W	Freestate Happy Wanderers	Columbia, MD (Owen Brown Community Center)	410.437.2164
01	W	Gator Volksmarsch Club	Smithfield, VA (Smithfield Station)	757.490.9324
▷ 03	W	<b>Penn Dutch Pacers</b>	<b>Lancaster PA (Isaac's Restaurant, Downtown Lancaster)</b>	
10	W	Baltimore Walking Club	Relay, MD (Catholic Community Center at Relay)	410.247.4524
▷ 15	M	<b>Penn Dutch Pacer Dinner Meeting • Isaac's Manheim Pike, Lancaster PA • Meeting @ 7 PM dinner prior</b>		
17	W	Seneca Valley Sugarloafers	Cabin John, MD (C&O Canal, Carderock Recreation Area)	301.926.8580
31/01	W	York White Rose Wanderers	York, PA (York City Ice Arena)	717.764.6150
31/01	W	York White Rose Wanderers	York, PA (York City Ice Arena)	717.764.6150

## February 2009

▷ 19	M	<b>Penn Dutch Pacer Monthly Membership Meeting</b>		
21	W	Freestate Happy Wanderers	Bowie, MD ( )	301.572.5574
28/01	W	Baltimore Walking Club	Baltimore, MD (DuBurns Arena)	410.592.3171

## March 2009

14	W	Baltimore Walking Club	Perry Hall, MD (Honeygo Run Regional Park)	410.668.1614
▷ 19	M	<b>Penn Dutch Pacer Monthly Membership Meeting</b>		
28	W	Virginia Vagabonds	Gloucester, VA ( )	757.766.3065

## April 2009

04	W	Virginia Vagabonds	Poquoson, VA ( )	757.766.3065
11	W	Lee Lepus Volksverband	Blackstone, VA (TBD)	804.768.0055
▷ 16	M	<b>Penn Dutch Pacer Monthly Membership Meeting</b>		
18	W	Piedmont Pacers	Damascus, MD (Damascus Regional Park)	301.829.3685
18	W	Loudoun Walking & Volkssport Club	Sterling, VA (TBD)	703.737.2175
25	W	Loudoun Walking & Volkssport Club	Leesburg, VA (St. John's Parish Center)	703.737.2175
25	W	Peninsula Pathfinders	Williamsburg, VA (Shelter #1, Waller Mill Park)	757.890.9220
26	W	Baltimore Walking Club	Stevensville, MD (Kentmorr Marina)	410.242.3982
26	B	Baltimore Walking Club	Stevensville, MD (Kentmorr Marina)	410.242.3982

## May 2009

02	W	Seneca Valley Sugarloafers	Kensington, MD (Kensington Safeway)	301.946.5496
02/03	W	York White Rose Wanderers	York, PA (John Rudy County Park)	717.337.1667
02/03	W	Germanna Volkssport Association	Fredericksburg, VA (Fredericksburg)	540.786.6550
09	W	Peninsula Pathfinders	Newport News, VA (Playground Shelter at Riverview Farm Park)	757.890.9220
16	W	Gator Volksmarsch Club	Norfolk, VA (Lafayette Branch Library)	757.490.9324
▷ 21	M	<b>Penn Dutch Pacer Monthly Membership Meeting</b>		

## June 2009

06	W	Chesapeake Bay Country Wanderers	Upper Marlboro, MD (TBD)	301.805.4278
06	W	Northern Virginia Volksmarchers	Fairfax, VA (Van Dyke Park Pavillion)	703.352.5135
06	W	Virginia Vagabonds	James City County, VA (Jamestown High School)	757.766.3065
06	W	Virginia Vagabonds	James City County, VA (Jamestown High School)	757.766.3065
06	W	Loudoun Walking & Volkssport Club	Sterling, VA (Claude Moore Park)	703.737.2175
13	W	Gator Volksmarsch Club	Virginia Beach, VA (TBD)	757.490.9324
▷ 18	M	<b>Penn Dutch Pacer Monthly Membership Meeting</b>		
27	W	Virginia Vagabonds	Hampton, VA ( )	757.766.3065

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

YRE and Seasonal events are what keeps us walking between scheduled weekend events. They are an opportunity to add events and K's to our books during the week if we care to. These events also provide a club some extra income if income from attendance exceeds the cost of sanctioning and quarterly report fees to AVA. The information in the chart below provided by Bob Gast gives you the total participation from the first three quarters of 2008 and at the bottom is a comparison with 2007 figures for the same period that speaks for itself. Thanks to all those that support our YRE and Seasonal events as well as those in PDP that help maintain them.

2008 YRE Results	1st Quarter			2nd Quarter			3rd Quarter		
	Paid	Free	Sub Total	Paid	Free	Sub Total	Paid	Free	Sub Total
Lancaster Downtown	32	0	32	46	9	55	13	0	13
Lancaster West	14	1	15	14	1	15	19	2	21
Lititz North	14	0	14	17	0	17	25	0	25
Lititz History	21	3	24	19	3	22	28	1	29
Millersville	21	0	21	13	0	13	18	6	24
Middle Creek Lake	20	1	21	11	0	11	6	2	8
Middle Creek Woods	0		0	11	0	11	17	0	17
New Holland East	14	0	14	5	1	6	14	1	15
New Holland West	12	2	14	6	0	6	10	0	10
Ephrata	9	0	9	31	0	31	24	0	24
	157	7		173	14		174	12	
Quarterly Sub-Totals 2008			164			187			186
Quarterly Sub-Totals 2007			176			222			268
2008 - 2007 Comparison			-12			-35			-82

### 10 Rules for Walking Partners

*Editor's Note: In the last issue we asked the question "Are you a bad walking partner?" and allowed you to explore that question with the use of a series of questions designed to get you thinking about some things that you might want to think about. This article follows up those questions and discusses the answers you should have chosen and why.*

#### Learn How to Be a Good Walking Partner By Wendy Bumgardner, About.com

Updated: August 15, 2008

A reader writes that she had been looking for a walking partner for a long time. Now that she has one, she realizes they just aren't compatible. She wonders if there are any rules for being a good walking partner that she should know about before she "fires" her own. Here, I share my rules for being a good walking partner.

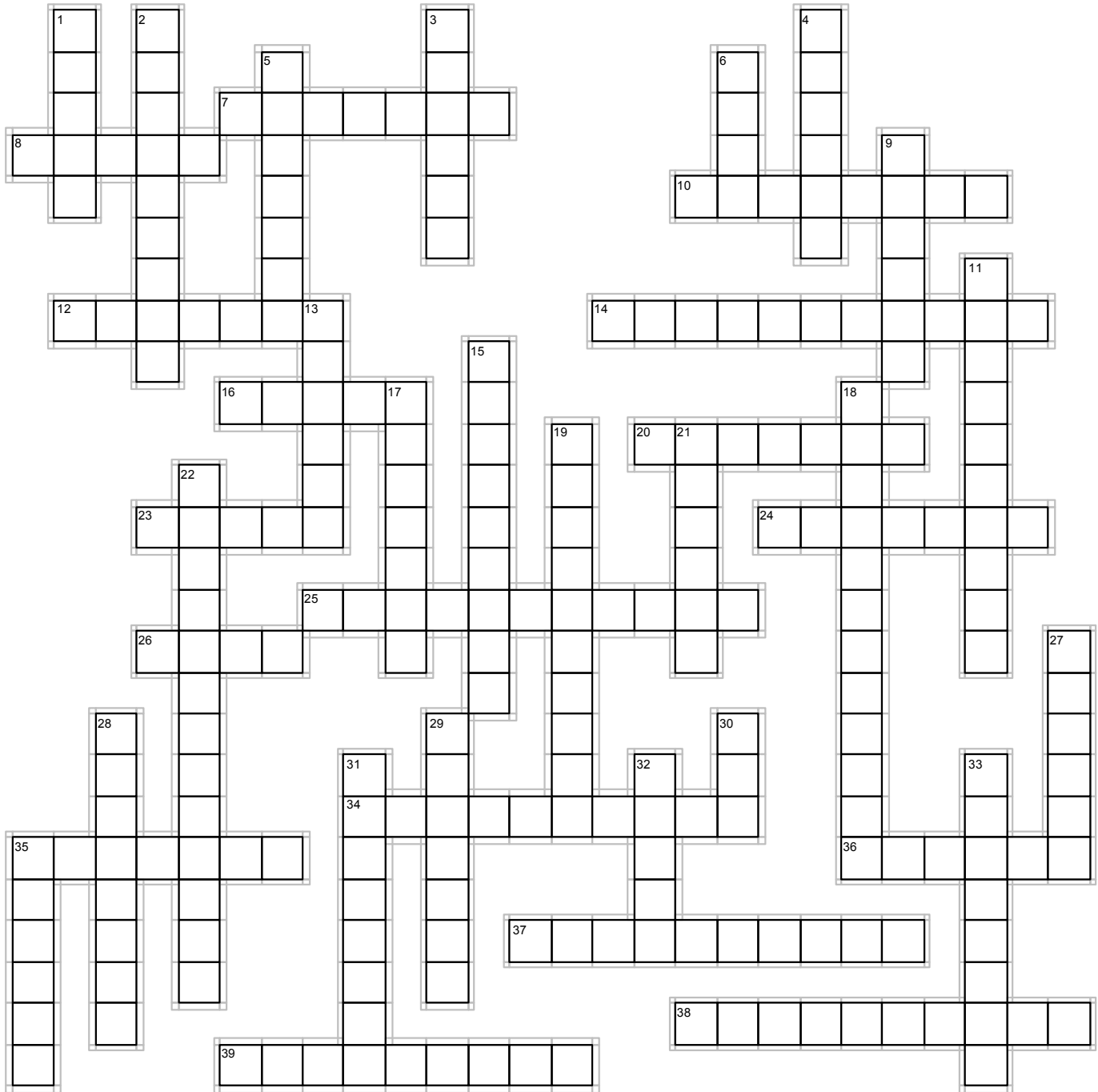
#### Wendy's Rules For Walking Partners

- 1. Don't Stand Up Your Partner:** If you've agreed to a time and place to meet to walk, keep that date except in cases of true emergencies. Notify your walking partner of any no-shows as far in advance as you can. If your life is so chaotic that emergencies happen more often than not, you shouldn't schedule anything with a walking partner.
- 2. Be on Time:** If you are always late, it may cut into your walking partner's day or shorten your walking time. If you are late once in awhile, call your walking partner before you are actually late to let her know you are still coming and your estimated arrival time.
- 3. Agree on Speed and Hills:** Are you going to walk together and match pace? You will need to see if your speed is compatible. You may be good for each other in all other ways, but if your speeds are too different, you won't be able to actually walk together. If your partner hates hills and you love the challenge, discuss this and adjust your routes as needed.
- 4. Mind Your Conversation Topics:** Keep your conversation on the same level as polite dinner conversation. Don't talk religion or politics until you are sure such topics are welcome. Don't unload all of your personal problems onto your walking partner. Don't assume she is happy to share all of the details of your problems with your spouse, money, or medical ills.



*"Many wise words are spoken in jest, but they don't compare with the number of stupid words spoken in earnest."*

# Lititz 100th Anniversary Walk Crossword Puzzle



## Across

7. What agricultural conglomerate currently owns the Wilbur Chocolate factory in Lititz?
8. What did Julius Sturgis bake before he baked pretzels?
10. Lititz was founded by members of what church?
12. Every year of July 4th Lititz holds a Queen of \_\_\_\_\_ pageant.
14. What did the first settlers in Lititz flee from in Europe?
16. Our 'A' award for the Lititz walk is a \_\_\_\_\_.
20. In what country was the first Moravian star known to have originated?
23. The figure that is on the Lititz patch is a \_\_\_\_\_.
24. Lititz is known as the location of the first \_\_\_\_\_ bakery in the US.
25. When you sign up for a walk in advance so that you guarantee yourself a patch you \_\_\_\_\_.
26. One of the most recognized symbols of Advent of the Moravians is the Moravian \_\_\_\_\_.
34. The Lititz Walk makes how many walks that the Penn Dutch Pacers have sponsored?
35. The name of the school district and the high school which is located beside the Lititz startpoint is \_\_\_\_\_.
36. What continent did the first settlers in Lititz come from?
37. What is the name of the oldest all-girls school in the US located in Lititz?
38. Moravian Stars are what kind of geometric shape?

39. The most common form of the Moravian star has how many points?

## Down

1. The first name of Mr. Wilbur who founded the Wilbur Chocolate Company is \_\_\_\_\_.
2. For a century only what people were allowed to live in Lititz.
3. The first name of Mr. Sturgis who opened the first pretzel bakery in the US is \_\_\_\_\_.
4. Our Lititz walk is what day of the week?
5. The piper on our Lititz patch is playing a \_\_\_\_\_.
6. Who gave Julius Sturgis the pretzel recipe?
9. The town in which we are holding our 100th Walking Event.
11. On how many acres of land does the Linden Hall School stand?
13. The famous Lititz General buried in Lititz who has an inn named after him.
15. What is the name of the house that was used as a hospital during the American Revolution?
17. The Lititz walk is immediately preceded by a walk sponsored by the Susquehanna Rovers in \_\_\_\_\_.
18. Lititz is recognized as having the longest running celebration of what day?
19. What revolutionary General ordered the use of the Brethren's House as a hospital?
21. Of the series of Twelve Days of Christmas patches this is what year?
22. What is the name of the park in downtown Lititz?
27. The Czech name of the castle that Lititz was named after is \_\_\_\_\_.
28. How many children did Julius Sturgis have?
29. The first 100 walkers will receive a chocolate \_\_\_\_\_.
30. Hershey's has their 'kiss' and Wilbur's has their \_\_\_\_\_.
31. What water feature is located in the center square in Lititz?
32. Route 501 which runs North & South through Lititz is known as what street?
33. Moravian Stars were most likely created in Moravian schools as what kind of lesson?
35. Mr. Ed's owners first name and a name of a chocolate factory in Lititz?

## Food for Lititz

The Lititz Rec Center is a great startpoint for many reasons. One of the reasons is that we are able to provide our walkers with a good selection of great food. Since the walk is Sunday some of the food locations that would normally be open during the week are not open which is all the more reason that providing food is necessary as a service to folks that participate in our walks. We have talked about food at our walks every which way in previous issues of this publication so here are some of the highlights in case you've forgotten:

- Providing food is a service that we provide to walkers in addition to a great location and trail and is another reason for people to attend Penn Dutch Pacer walks.



Cont'd in the next column

**5. Share Important, Relevant Medical Information:** If you have a chronic condition that might require medical attention while walking, let your walking partner know about it and any drugs you carry to counter it. Asthma, angina, epilepsy, diabetes, and allergic reactions to bee stings might require your walking partner to help you or call for medical help. You don't have to make this a common part of your conversation, but let your partner know up front if these problems might occur and what she should do.

**6. Ask Before Bringing a Friend or Dog:** Adding a dog adds complexity to walking with somebody else. Ask first. Give your walking partner warning if you are bringing somebody else along, too. This is the same courtesy as if you were showing up for dinner for two with a third person.

**7. Agree on Stops:** If you need a restroom every hour, let your walking partner know that this will be a recurring stop. If you like to stop at the coffee shop in the middle of the walk, discuss this.

**8. Agree on MP3 Players or Silent Times:** Some walking partners like to listen to music and walk together for safety and to maintain pace, but not for conversation. Others may want to limit their conversation when they are getting tired or tackling a hill. Discuss this in advance so your partner can bring her own MP3 player -- or not be hurt that you aren't talking to her.

**9. Limit Phone Calls:** Don't break off your conversation with your walking partner to take non-emergency phone calls while walking together. Imagine this is a family dinner and inform your usual callers that you won't be available during this time.

**10. Don't Whine:** If your feet hurt or you're uncomfortable because it is extraordinarily hot or cold outside, it's likely that your walking partner is feeling the same thing. Hearing about it, however, makes the miles go slower.

*So there you have it, go out and find some one to walk with and use the information from the foregoing discussion to adjust your behavior so that you and your partner get the most out the experience.*

Cont'd from Previous Column . . .

- Food gives us a way to cover the cost of the Startpoint which in the case of Lititz is \$100 for the day.
- There are walks where we can not sell food, fortunately we can sell food at our Lititz Walk.
- We rely on both food that the club purchases for sale and donations of food from members and others.
- Food preparation and sales are done by volunteers, if you can help for even just an hour or so that would be great. Consider volunteering before or after you walk.
- Food donations can be hot food like chili, barbeque, soup, etc. or baked goods. If you are contributing baked goods we ask that they are packaged and wrapped in individual servings. Thus if you are contributing a cake, please slice it and wrap each piece. Put several cookies in a zip lock bag, etc.
- We have great success at our walks with vegetarian and vegan menu options. If you contribute food that contains no animal products, please mark the food accordingly or let us know so that we can let our customer's know.

So to summarize, we'll be selling food in Lititz, please contribute if you care to and please volunteer if you can. Questions concerning food can be addressed to Barb Weatherholtz at 717-625-3533 or e-mail [barrynbarb@dejazzd.com](mailto:barrynbarb@dejazzd.com) or Kitty Glass at 717-872-7743 or e-mail [kittyglass@yahoo.com](mailto:kittyglass@yahoo.com)

## Annual January Dinner Meeting

Every year in January our club family has gathered for a meal that takes place in conjunction with our January Member Meeting on our regular 3rd Thursday meeting night which in 2009 will be January 15th.



We will be meeting at the same venue as last year where we had a relaxing and enjoyable meal and meeting. That venue is Issac's Restaurant on the Manheim Pike. As you probably recall the reason we are meeting at the Manheim Pike location is that it is the only Issac's location in the Lancaster area that has a meeting room. To get to Issac's go out the Manheim Pike and Issac's is located in the strip center right beyond Granite Run Drive. The restaurant itself sits sort of behind Chili's and Greystone Bank. If you need specific directions please contact one of the officers.

Everyone should already know this but we'll say it here anyhow, all meetings of the Penn Dutch Pacers are open to all members and interested parties and this is the case with this annual dinner meeting as well.

As in the past our meeting will be at 7:00 PM which means that you need to arrive in enough time in advance of the meeting to order your meal and eat it in a relaxed manner before the meeting. We suggest arriving to order and eat your meal anytime after 5:00 PM. Simply indicate to the host/hostess that you are with the Penn Dutch Pacers and indicate that you would like to be seated in the meeting room. You will be ordering your own meal from the menu as you arrive and paying for it along with the typical gratuity when you are done. The meeting portion of the evening will start promptly at 7:00 PM. Since we only hold elections in even years the dinner meeting will not include elections, but we will be deciding and finalizing walking events for 2009. Please come and join us.

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*"It is better to stay silent and be thought a fool, than to open one's mouth and remove all doubt."*

## 20 Years and Counting

All of us remember the bombing of Pan Am Flight 103 over Lockerbie, Scotland in December of 1988, but do you remember the other thing that happened in December of 1988 that continues to affect us all today? That was the month and year that is the reason you are reading this newsletter to begin with. December 1988 was the founding month and year of the Penn Dutch Pacers which means, as those of you who are doing quick math in your head, that the your local volksmarch club will be celebrating their 20th year beginning in December.

That means that one of our walks, which is actually yet to be determined as of this writing, will celebrate the club's 20th Birthday. In the past we have celebrated occasions such as this by going back to Lancaster County Park, but our last experience there with the county parks department sort of soured things. We are still investigating the possibility though.

We are also working to gather information on the founding history of PDP which you will see in a future issue of this publication so if you have been a round for a long time and can provide stories, pictures, etc. that we can use to recount information regarding PDP's founding we would appreciate your contributions. Thanks in advance for your help.

Watch for a comprehensive history of the Penn Dutch Pacers in a future 2009 issue of this newsletter.

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## 100 Walks and Still Going...

The Penn Dutch Pacers are reaching an enviable milestone among volksmarch clubs with the presentation of our walk from the Lititz Rec Center on November 30th. This walk represents the 100th weekend walking event that the Penn Dutch Pacers have produced since their founding in December of 1988. Like most organizations who rely solely on volunteers we are indebted to those who have shared their time and talents with us. 100 walks represents a lot of dedication on the part of the all the volunteers that have contributed to the success of these walks as well as a lot of vision on the part of those that have taken leadership roles within the club during all these

*Cont'd in the next column*

*Cont'd from Previous Column . . .*

years. We take this opportunity to salute all of you who have contributed in any way to get PDP to this moment in its history.

We also would like to take this opportunity to encourage everyone who values the walking experiences that the Penn Dutch Pacers have provided, and will continue to provide in the future, to get involved in helping in any way they can. Each of us has unique talents that we can contribute. Each of us although we are busy can find some time to contribute to help even in a small way to make PDP events something that people look forward to.

If you would like to contribute but don't know where to start ask any of the officers, they can help. We have a great core of people that will take you under their wing and show you the ropes. It will only be with your help that the Penn Dutch Pacers will continue into the future as we work on walk 101 and beyond.

.....Do something!

---

*"It is impossible to walk rapidly and be unhappy."*

-- Dr. Howard Murphy

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## Walnuts Can Help You Sleep

*by Victoria*

If you are suffering from insomnia, you may be dealing with hormonal problems, and they need to be addressed. In the meantime, you can use this all-natural remedy to help with insomnia.

Walnuts are the richest dietary source of serotonin.



Serotonin works on the brain and promotes feelings of relaxation, well-being, and also works on satiety which keeps you from feeling so hungry. Walnuts will also help lower cholesterol, fight depression and help you to sleep better.

Have one serving of walnuts (1 oz) before going to bed to help you sleep.

# Thanks Dan!!

All of us who call ourselves Penn Dutch Pacers are very lucky to be members of a very caring group of dedicated people who if asked to contribute will. One of those contributing folks is Dan Stoltz who has capably handled the membership roles of the Penn Dutch Pacers since the defection (not really) of the Russ and Flo Bechtold to Colorado.

If we recollect the Bechold's departure correctly it has been some six plus years that Dan has managed the reins of membership which involves keeping the membership rolls up to date, distributing membership cards and new member information to members, generating a mailing list which is forwarded to the folks that print our newsletter every three months and also he provides the Footprints and Milestones sections that appear in our newsletters by perusing the event and distance statistics in *The American Wanderer* and extracting information on our members that appears there and probably lots of other little things that add up to a fair amount of work. Dan has also guided us through a transition from dedicated membership software, which was used originally to keep the membership roles but eventually failed to run on one of the newer PC operating systems, to the more generally available and widely used Excel spreadsheet and Access database software.

Dan and his wife and kids were always seen at PDP walks and could be counted on to increase our numbers. Several years ago though Dan and his family moved to Lewisberry, but Dan being the great Penn Dutch Pacer that he is continued to handle his membership duties.

Life has a way of changing and complicating things and as time went on Dan's responsibilities and duties at work increased and family obligations also consumed more and more time. This gets us to the point of this whole article which is that with Dan's current hectic schedule and life it is with sadness and great gratitude that we bid Dan farewell as Membership Chair and Registrar of the Penn Dutch Pacers. It is only with dedication from folks like Dan Stoltz that the Penn Dutch Pacers continues to exist. We'd like to use this public forum to thank Dan for his many years of service to the Penn Dutch Pacers and wish him well wherever his life takes him. And hopefully he'll find time to join fellow Penn Dutch Pacers on the trail once in a while.

Thanks Dan for all your hard work, it was appreciated and will be missed!

*"To avoid situations in which you might make mistakes may be the biggest mistake of all."*

27. LITICE—The Czech name of the castle that Litzitz in downtown Litzitz?
22. LITZSPRINGS—What is the name of the park Christmas patches this is what year?
21. ELEVEN—Of the series of Twelve Days of hospital?
19. WASHINGTON—What revolutionary General ing the longest running celebration of what day?
18. INDEPENDENCE—Litzitz is recognized as having in the town of the Brethren's House as a hospital?
17. HERSHEY—The Litzitz walk is immediately preceded by a walk sponsored by the Susquehanna Revolution?
15. BRETHRENS—What is the name of the house that was used as a hospital during the American Revolution?
13. SUTTER—The famous Litzitz General buried in Litzitz who has an inn named after him.
11. FORTSEVEN—On how many acres of land does the Linden Hall School stand?
9. LITZITZ—The town in which we are holding our 100th Walking Event?
6. HOBO—Who gave Julius Sturgis the pretzel recipe?
5. BAGPIPE—The pipe on our Litzitz patch is playing a
4. SUNDAY—Our Litzitz walk is what day of the week?
3. JULIUS—The first name of Mr. Sturgis who opened the first pretzel bakery in the US where allowed to live in Litzitz?
2. MORAVIANS—For a century only what people founded the Wilbur Chocolate Company is HENRY—The first name of Mr. Wilbur who founded the Wilbur Chocolate Company is

DOWN

39. TWENTYSIX—The most common form of the Moravian star has how many points?
38. POLYHEDRON—Moravian Stars are what kind of geometric shape?
37. LINDENHALL—What is the name of the oldest all-girls school in the US located in Litzitz?
36. EUROPE—What continent did the first settlers in Litzitz come from?
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16. PATCH—Our 'A' award for the Litzitz walk is a Litzitz flee from in Europe?
14. PERSECUTION—What did the first settlers in Queen of
12. CANDLES—Every year of July 4th Litzitz holds a what church?
10. MORAVIAN—Litzitz was founded by members of bakers?
8. BREAD—What did Julius Sturgis bake before he recently owns the Wilbur Chocolate factory in Litzitz?
7. CARGILL—What agricultural conglomerate cur-

ACROSS

## Broccoli with Cashews

This broccoli recipe was originally in Today's Diet & Nutrition magazine and called for the broccoli to be blanched. The ingredients looked good and inviting and we decided to make it raw. It's delicious and easy.

Makes 6 servings

- 1 large bunch broccoli (cut or pulled into smallish pieces)
- 1/3 cup vegan mayonnaise
- 3 table spoons red wine vinegar
- 2 tablespoons brown sugar
- 1/2 medium red onion, very thinly sliced
- 1/2 cup raw cashews
- 1/4 cup raisins (or dried cranberries or mix raisins and cranberries)
- [maybe be soaked, if you wish]
- salt and freshly ground pepper to taste

Mix everything in a bowl and refrigerate. Flavors will mix if eaten the next day but this is great right away as well. Enjoy.

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**Return Service Requested!**



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### MEMBERSHIP APPLICATION

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 *All membership fees are renewable in June.*

\$10.00 • 1 year  \$18.00 • 2 years  \$25.00 • 3 years

LIFE (individual) Under age 30 - \$200 30-49 - \$150 50-69 - \$100 70 or over - \$50

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