

newsletter

June, July, August 2009

20 Years Later We're Back at the Start



This is our 20th Anniversary Patch showing the Covered Bridge in the Park

Mark Your Calendars Now for June 27th & 28th

20 years ago in April of 1989 the fledgling Penn Dutch Pacers Volksmarch club held their very first event in Lancaster County Central Park. We are revisiting that very same venue to celebrate that momentous occasion in Penn Dutch Pacer history. We are humbled by the hundreds, probably thousands of hours, contributed to the Penn Dutch Pacers by a myriad of volun-

teers over these two decades that produced 103 weekend events and countless YRE and seasonal walking opportunities. It is with the work of all these people in mind that we celebrate the past 20 years and look forward to many more. Please come out either Saturday, June 27th or Sunday, June 28th or both and walk with us to celebrate and then have a bit of celebratory cake. In these pages we try to give you some background of the area in which we will be walking so that you can understand the area over and above what you experience on the



This medal was awarded at PDP's very 1st event.

walk. So let's take a look at Lancaster County Central Park. Located on the southern edge of Lancaster City, if you have never been there, you might think it's just another city park. But don't let this park's proximity to Lancaster's urban center fool you. The 544-acre Central Park is Lancaster County's largest and given its name because of its central location.

It's also loaded with lots of interesting features including: the Rock Ford Plantation (the restored 1794 estate of Edward Hand, George Washington's adjutant general), a Native American burial ground and an area where inventor and county native Robert Fulton (whose birthplace is in Southern Lancaster County on route 222 just north of Wakefield) first experimented with the paddle-

wheel boat on the Conestoga River. The park contains numerous plant and animal habitats between Mill Creek and the Conestoga River. The park is broken down into many areas containing ball fields, basketball courts, a pool, playgrounds, pavilions, garden plots, and an environmental center.

Ironically the history of the Lancaster County Central Park is also intertwined with the Lancaster Area Refuse Authority which began in 1954 when the city of Lancaster and several surrounding municipalities formed the Authority, better known as LARA. During these years, LARA operat-



Garden of the Five Senses

Museum Walk America Do you Have Time to Finish?

As most of you know the Penn Dutch Pacers are sponsoring the AVA Special Walking Program – Museum Walk America. The short story is that you buy a Museum Walk America book and accumulate event stamps for 25 qualifying walks and you've completed the program. The program began on January 1st of this year and you have three years to fill your book at which time you submit your filled book and we return to you one of the prized Museum Walk America patches which is evidence that you completed the program.



We so far have over 300 walkers nationwide participating in this program with well over 800 qualifying events with more coming every day.

If you would like more information to get involved in the Museum Walk America program simply go to the Penn Dutch Paver website at www.penn dutch pacers.org and click on the Museum Walk America menu option at right. There you will find all the information on the program. Basically to get started simply send your \$10 to the address listed. You'll be sent a Museum Walk America book which you present at the finish table of qualifying walks and start collecting stamps. Remember you have three years to complete your book so that means you have to do eight and a third walks a year that qualify and most do since there are a lot of museums. For those that say three years is not enough time to complete the Museum Walk America program we have evidence to the contrary in the form of an envelope dated April 4, 2009 which contained the very first COMPLETED Museum Walk America book. That's right 25 qualifying events walked in 3 months and 9 days. And more already completed books followed shortly after that. So order your Museum Walk America book from Bob Cooney at the address listed on the website or purchase one at any PDP event.

Brownstown Walk Recap

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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Brownstown 2009	Award & Credit	Credit Only	Non IVV	Totals
5K	6	20	10	36
10K	33	83	24	140
Total	39	103	34	176



Our Start/Finish location in West Earl Park.



Kibitzing on Sunday near the end of the walk.



The Finish table is a busy place at the end of the day as folks get back.

Spectacular, Hot, Sunny, Unseasonably Warm, Uncharacteristic.... these are all adjectives that aptly describe the experience at our second walk of the year in Brownstown. If you are at all familiar with our Spring walks you know that all those adjectives are very un-typical of the weather that we experience at our annual Spring walk where you can usually use one word to describe the weather, monsoon.

We had wonderful, exceptional spring walking weather both Saturday and Sunday and on top of that we had a great startpoint in West Earl Park that is nestled along the Conestoga River.

The covered pavilion that we could close and lock Saturday night without tearing everything down offered both shelter and security and the perfect place to begin this first ever PDP walking exploration of Brownstown. The walk began on a trail in the park and ended on a trail in a park on the opposite side of the Conestoga River and Route 772.

The walk offered a comprehensive tour of both old and new residential and business areas of Brownstown and also gave those walking the 10k option a view of the local countryside as well.

Brownstown was a great start to the PDP Spring & Summer Walking season and wouldn't have been possible without the help of all the volunteers who worked the walk and all those behind the scenes that did everything that needed to be done in preparation many weeks and months before the event took place. A BIG THANK YOU to everyone who contributed in any way to the success of this event and particularly to the weatherman!

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. : Pete Byrne, Kitty Glass, George Resh, Sherry & Phil Allamong

June, July, August 2009 - 3

**CLUB MEMBERS
ACHIEVEMENT AWARDS**

EVENT MILESTONES

125 Events

Ralph Greenawalt

200 Events

**Donna Bashaw
Jeanne Schopf**

275 Events

Barb Weatherholtz

325 Events

Rose Grumbling

500 Events

Nancy Kiser

550 Events

**Ernie Kiser
Joan Simmers**

575 Events

Kitty Glass

750 Events

Janice Copenhaver

850 Events

Brian Grumbling

**Source: *American Wanderer*
April/May 2009
and June/July 2009
(Records as of May 25, 2009)**



All chefs wear BIG TALL hats and the Penn Dutch Pacers' Chef is no different. Here's a picture of Chef Roy (Simmers) at our Brownstown walk calling for reinforcements.

**President's
Message**



All of our event dates are set for the rest of the year although admittedly not everything is done that needs to be done for each particular walk. Each is at a different stage of preparation and planning and each needs your help to come to fruition. These stages of preparation are what are reported on at our monthly meetings and where you can find out what you can do to help. We encourage everyone to come to the meetings of your organization to see what goes on behind the scenes and assist in making things happen.

Speaking of meetings, our Annual Picnic/Meeting is coming up in July (specific info is on page 10) where we picnic starting at about 5:30 and then hold our regular July meeting at 7:00 PM as usual. It's a great evening where you don't have to go home and cook, instead you bring what you cooked along so that we can share it.. So come out and join us, if you can.

Believe it or not we are talking about walks for 2010 already and we have some good candidates, but we'd like some more folks! Surely you've thought to yourself that the Penn Dutch Pacers should have a walk at _____, here's where you fill in the blank. Even though we have been around for 20 years now we haven't nearly exhausted all the walking possibilities in Lancaster County.

You know the area where you live best, so if you live in an area where you think we ought to have a walk let us know. Give us your ideas, remember all walks start with an idea.

- Phil

**2009 NEW FOOTPRINTS
ADDED TO THE TRAIL
Thomas & Karen Czapla
Douglas & Marlene Groover**

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

**RENEWED FOOTPRINTS
KEEP ON WALKING THE
TRAILS**

2010

**Miles & Rose Brooks
John & Cheryl Cooney
Kitty Glass
Mike & Susan Snyder
Sylvia Stack**

2011

**Ricky & Virginia Loose
Emily Schnader
Jim & Joanna Yuninger**

2012

**Phil & Sherry Allamong
David & Monica Daniel-Barber
Joe & Mary Ann Greiner
Bonnie Johnson & Bart
Eckhardt
Tanya Lefever
Angie & Chuck Moore
Annamarie & Ray Stern
Bob & Letty Zook**

**CLUB MEMBERS
ACHIEVEMENT AWARDS**

KILOMETER MILESTONES

3000 K

**Bob Cooney
Barb Weatherholtz**

5,500 K

Joan Simmers

Cont'd from Page 1 • 20 Years . . .

ed several landfills, one on the former Lancaster Brick Company site that is now being cleared so that they can relocate a rail yard. The other landfill was closed and capped in the late 1960s and now forms part of the Lancaster County Central Park.

Garden of Five Senses

Bordered by woods to the south and lawn to the north, the Garden of Five Senses sits on a hill overlooking the Conestoga River. The garden is open to the public all year round.



Rock Ford - The Home of General Edward Hand

As its name implies, this garden provides stimulation for all the senses. The garden is resplendent with color throughout the year, and during spring and summer, its flowers provide a bouquet of scents.

Also, visitors can test their sense of smell by trying to identify mystery scents at stops along the garden's path. Visitors can relax to the music of singing birds and the rippling of a human-formed water fountain, waterfall, and stream that runs through the garden.

Interpretive signs along the garden's meandering walkway explain how each of our senses works and how we and other animals use them to survive. These signs are also written in Braille. The garden's paved walkway easily accommodates strollers and wheelchairs.

This lush ornamental garden features a patio and gazebo, which are ideal for weddings, picnics, and other private group functions. The patio can accommodate fifty people, and the gazebo's surrounding lawn can accommodate over 100 hundred people.

The Kiwanis Area

This area of the park was donated by Mrs. Clara Williamson to Lancaster City in 1918, this 94-acre area includes a mature oak and beech forest along Mill Creek, with numerous hiking trails. The Kiwanis area is well-known for its restored covered bridge and an abundance of wildflowers.

Rock Ford Plantation

If history is your thing then Rock Ford Plantation stands on the wooded banks of the Conestoga River, 1 mile South of Lancaster smack in the middle of Lancaster County Central Park will be of interest.

Two centuries ago, no bridges spanned the nearby Conestoga River. Therefore, one forded the Conestoga at a spot with rock outcroppings. This location is the most likely origin of the name "Rock Ford".

Edward Hand purchased the "plantation tract of land" in two transactions: 160 acres in 1785, and 17 additional acres in 1792. The old term for a farm under cultivation was "plantation". Built circa 1794, the Georgian style brick mansion remains remarkably preserved and essentially unchanged architecturally. Rock Ford's spacious four floors conform to the same plan -- a center hall and four corner rooms -- typical of the period. Visitors walk the original 18th century floors and see original rails, shutters, doors, cupboards, paneling, and windowpanes.

While owned by the Hand family for the 25 years following 1785, the property was a tenant farm with fields, livestock, and extensive orchards. Edward Hand is remembered for introducing a type of plum, which subsequently bore his name. By the late 1790's, in addition to the mansion, the plantation boasted a tenant house, springhouse, two barns, and numerous outbuildings.

General Hand's own estate inventory was instrumental both in locating specific

Cont'd on Page 10, column 1



Thursday, June 18th

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

Sunday, June 21st

Lancaster County Central Park Pre-walk from the Startpoint at 9 AM

Saturday, June 27th &

Sunday, June 28th

PDP Walking Event • Lancaster County Central Park - Start 8 AM until 1 PM - finish by 4

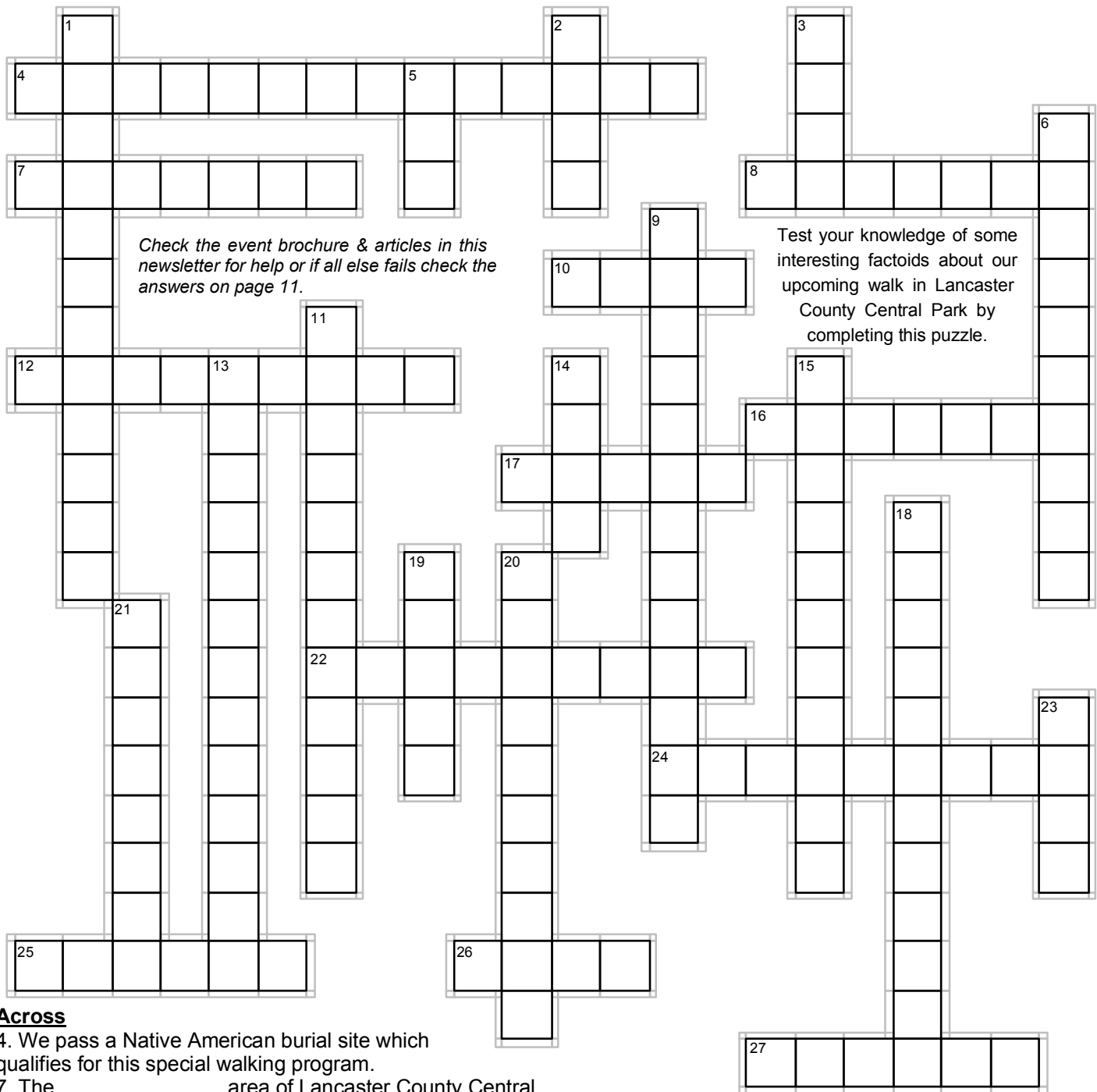
Thursday, July 16th

PDP Membership Meeting/Picnic - Picnic @ 5:30 :: Meeting @7 PM • Warwick Township Park • See article on page 10 for more info.

Cont'd from Page 5 • Crossword Clues . . .

9. Native Americans from what tribe once lived in the area encompassed by the park.
11. Lancaster County Central Park is located in what township?
13. The structure in Lancaster County Central Park that is dominant on our event patch is a _____.
14. An abbreviation for Lancaster County Central Park.
15. The type of propulsion for Robert Fulton's boat.
18. The guy's name who first experimented with his steam boat on this the section of the Conestoga River and was born in Southern Lancaster County.
19. The Conestoga _____ qualifies for the River Walk special walking program.
20. The _____ area of the Park is named after the person who donated 94 acres to the park.
21. The style of the mansion in which General Edward Hand resided.
23. A bird in the (general's name) is worth two in the bush.

LANCASTER COUNTY CENTRAL PARK



Check the event brochure & articles in this newsletter for help or if all else fails check the answers on page 11.

Test your knowledge of some interesting factoids about our upcoming walk in Lancaster County Central Park by completing this puzzle.

Across

- 4. We pass a Native American burial site which qualifies for this special walking program.
- 7. The _____ area of Lancaster County Central Park is named after a Fraternal Organization.
- 8. What rank did Edward Hand hold?
- 10. What color is the blue parlor at Rock Ford?
- 12. The name of a main tributary of the Conestoga River is _____.
- 16. Lancaster County Central Park holds this distinction over other county parks?
- 17. Lancaster County Central Park has 544 of these _____.
- 22. Lancaster County Central Park has 6 of these structures that have a roof that covers picnic tables.
- 24. The main entrance to the park is off of what Lancaster City Street?
- 25. A police officer that patrols a park is called a _____?

- 26. What do you call the shallow part of the Conestoga River that you cross by wading?
- 27. This walk marks how many years for the Penn Dutch Pacers?

Down

- 1. Lancaster County Central Park is adjacent to what golf course?
- 2. A large rectangular body of water in Lancaster County Central Park is known as the County _____.
- 3. The Garden of _____ Senses.
- 5. How many Lancaster County Parks are there?
- 6. An old term for a farm under cultivation is a _____.

New Special Walking Programs for 2010

As a result of the February 27-28, 2009 National Executive Council Meeting there is a change in ending date for one Special Walking Program and the addition of three New Special Walking Programs which will come on line in January of 2010.

Phil Hait, Committee Chair of the AVA Special Walking programs reported that the Point of Contact for the American Authors and Literary Landmarks Special Event has requested a new end date. This was originally approved to start on July 1, 2006 with an end date of June 30, 2011 (5 years). A new end date is requested for December 31, 2010, six months earlier.

Carnegie Libraries

The Holy Family Walkers of Lawton, Oklahoma are proposing this Special Event. From the late 1800's to the early 1900's



This is the first Carnegie Library in Braddock PA

Andrew Carnegie donated money to create libraries in the US and other English speaking nations. In all, over 2500 Carnegie Libraries were established. 1400+ were in the US and 156 additional in Canada. Many of these remain active today, in small towns across the country. Examples exist in 47 states, thereby allowing for a national audience.

Qualifications are to participate in 20 events that pass by a Carnegie Library. The program is proposed to start on January 1, 2010 and end December 31, 2012.

Hillside Letters

The Black Hills Volkssport Association of Rapid City, South Dakota are proposing this Special Event. Giant capital letters adorn the hillsides near many towns and cities in the West. These

Cont'd in the next column



modern geoglyphs were well suited to this part of the country with many treeless hills and mountains. Hillside letters have a history dating back to 1905.

There are about 400 hillside letters still in existence. They continue to be the pride and joy of the school/community where they are located. The club will maintain a website listing the locations of all existing communities where

“hillside letters” exist. Currently AVA has walks in 13 states which would qualify for this special event .

The program requires 12 different sanctioned events. The program will start on January 1, 2010 and continue until December 31, 2012.

Cont'd in the next column

Start Date	2003	2004	2005	2006	2007
6/23/2003		Walking the USA - A - Z			
7/4/2004		US Presidents			
1/1/2005			Great Lakes		
1/1/2005			Europe in the USA		
1/1/2006				Pony Express	
1/1/2006				Riverwalk America	
1/1/2006				Railroad Heritage	
7/1/2006				American Authors	
7/1/2006				Cemetery Stroll	
1/1/2007					Courthouse
1/1/2007					State Parks
1/1/2007	<div style="border: 1px solid black; padding: 10px;"> <p>This chart was put together by Phil Hait who chairs the committee that oversees the Special Walking Programs and was submitted to the NEC on February 27th & 28th. We thought we'd share it here since it is the first time we have seen a comprehensive list of all the Special Walking Programs with their corresponding starting and ending dates. The next time you see Phil Hait thank him for putting this together.</p> </div>				
6/1/2007					
6/1/2007					
1/1/2009					
1/1/2009					
1/1/2009					
1/1/2009					
7/4/2009					
1/1/2009					
1/1/2009					
7/1/2009					
1/1/2010					
1/1/2010					
1/1/2010					
1/1/2010					

Honoring America's Law Enforcement

The Kitsap Volkssporters of Silverdale, Washington are proposing this Special Event. This will provide



an opportunity to honor America's law enforcement personnel. Any sanctioned AVA event in the U.S. that passes a building historically or currently functioning as a city, county, state or federal jail or prison or which houses a law enforcement body such as City Police, Sheriff, State Patrol, Texas Rangers, Border Patrol, etc., would qualify.

Cont'd in the next column

A New Way to Read the Newsletter

If you're reading these words now you are probably holding our printed newsletter that is mailed to you four times a year. The printing and distribution of this printed, typically 12 page, newsletter is a major cost to the club but to you is a benefit of your membership which keeps you up to date with what is happening with your club and with the Volksmarching Community as a whole. It is among the largest if not the largest Volksmarch Club Newsletter that is published by any club.

The gathering of information, writing of articles, layout, composition, editing and proofreading of this newsletter take countless hours and the result is hopefully a newsletter that is interesting as well as fun to read and something that you look forward to receiving and which you read from cover to cover once it arrives.

So did you know that this newsletter is archived on the PDP website at www.penndutchpacers.org.

That's right, past issues can be found on the Newsletter Page. You can get to the Newsletter Page by hovering your mouse over the Penn Dutch Pacer Home Page Menu option and then clicking PDP Newsletters or by scrolling to the bottom of the Home Page where you will see a link to the PDP Newsletter Archive. Either option gets you to the same place where you will see a list of available newsletters which go back to the June, July, August issue from 2006. These newsletters are PDF documents which means that you need Adobe Reader on your computer. Most likely it is already installed on your computer. If not there is an icon on the newsletter

2008	2009	2010	2011	2012	End Date
					none
					7/4/2009
					12/31/2009
					12/31/2009
					12/31/2010
					12/31/2010
					12/31/2010
					6/30/2011
					6/30/2010
					12/31/2009
					12/31/2009
	Covered Bridges				12/31/2011
	Native American Culture				12/31/2010
	Islands				12/31/2010
	Artistic Heritage				12/31/2011
	Museums				12/31/2011
	Veteran Memorials				12/31/2011
	Waterfalls				12/31/2011
	Americas Gardens				12/31/2011
	Liberty Bell				7/4/2012
	Historic Churches				12/31/2011
	Americas Firehouses				12/31/2011
	Hooray for Hollywood				6/30/2012
	Forts of the United States				12/31/2012
	Carnegie Libraries				12/31/2012
	Hillside Letters				12/31/2012
	Honoring America's Law Enforcement				12/31/2012

No August Meeting!

Qualifications are to participate in 24 events. The program will start on January 1, 2010 and end December 31, 2012.

Also at the same meeting a motion was made to modify the presentation time frames for new Special Events to the National Executive Council. The motion language was further modified to what was originally outlined in the Checkpoint. After considerable discussion the following language was approved: "new Special Event proposal presentation(s) are limited to the first NEC Meeting of the calendar year with a start date of no sooner than January 1 of the following year". The motion was approved.

If you use Google calendar and have added the Penn Dutch Pacer calendar which is available on the Penn Dutch Pacer website at <http://www.penndutchpacers.org> as one of your calendars you already can see that PDP does not have any meeting in August. For those who don't use Google calendar (you should) this is official notice that there is no PDP membership meeting August.

Many years ago after very few people showed up at August and December meetings it was decided simply not to have meetings during those two very busy months. So now you know.

2009 Atlantic Region Calendar

From the Atlantic Region website as of May 31, 2009

June	Type	Sponsoring Club	Event Location	Phone
05-06	W	Virginia Vagabonds	Gloucester VA (Gloucester High School)	804-693-1712
06	W	Chesapeake Bay Country Wanderers	Upper Marlboro MD (Selby's Landing, Patuxent River Park)	301-805-4278
06	W	Loudoun Walking & VM Club	Sterling VA (Claudine Moore Park)	703-737-2175
06	W	Northern Virginia Volksmarchers	Fairfax VA (Van Dyke Park)	703-352-5132
06	W	Liberty Bell Wanderers	Huntingdon Valley (Pennypack Ecological Trust)	215-317-3326
06	W	Virginia Vagabonds	Gloucester VA (Gloucester High School)	804-693-1712
08	NW	Northern Virginia Volksmarchers	Burke VA (Fairview Elementary School)	703-455-1878
13	W	Gator Volksmarsch Club	Chesapeake VA	757-490-9324
13	W	Columbia Volksmarsch Club	Columbia MD (Oakland Mills Village Center)	410-290-6510
13	W	Washington DC Area VM Club	Alexandria VA (Beatley Branch Library)	703-765-3128
▷ 18	M	<i>Penn Dutch Pacer Monthly Meeting • Lancaster Heath Campus • 1st Floor Conference Rm • 7:00 PM</i>		
20	W	Baltimore Walking Club	Northeast MD (Northeast Town Park)	410-642-6514
▷ 27-28	W	Penn-Dutch Pacers Volksmarsch Club	Lancaster PA (Lancaster County Park)	717-625-3533
July				
05	W	Freestate Happy Wanderers	Severna Park MD (Severna Park Elks Lodge)	410-437-2164
11	W	Seneca Valley Sugarloafers	Poolesville MD (C&O Canal & Greenway Trails)	301-926-0915
▷ 16	M	<i>Penn Dutch Pacer Monthly Meeting/Picnic • Warwick Municipal Park Pavilion • 7:00 PM</i>		
18	W	Susquehanna Rovers Volksmarsch Club	Harrisburg PA (Wildwood Lake Sanctuary, Olewine Nature Center)	717-599-5033
18	W	Columbia Volksmarsch Club	Columbia MD (Harpers Choice Village)	410-290-6510
21	NW	Washington DC Area VM Club	Alexandria VA (Barrett Branch Library)	703-765-3128
25-26	2W	York White Rose Wanderers	York PA (Toyota Arena York Expo Center)	717-624-4808
August				
01	W	Seneca Valley Sugarloafers	Rockville MD (Lake Frank)	301-294-1191
08	W	Finger Lakes Volkssports Club	Montrose PA (Montrose Village Green)	607-754-1979
12	W	Piedmont Pacers	Brookeville MD (Rachel Carson Conservation Park)	301-829-3685
15	W	Columbia Volksmarsch Club	Columbia MD (Lakeside Coffee & Cafe)	410-290-6510
18	NW	Washington DC Area VM Club	Alexandria VA (Barrett Branch Library)	703-765-3128
22	W	Piedmont Pacers	Hagerstown MD (Augustoberfest Fest Tent)	410-795-7855
29	W	Annapolis Amblers	Eastport MD (Annapolis Athletic Club)	410-960-6226
September				
11	W	Freestate Happy Wanderers	Laurel MD (Montpelier Art Center)	301-717-3604
12	W	Peninsula Pathfinders	Newport News VA (Riverview Farm Park)	757-722-5637
12	W	Susquehanna Rovers Volksmarsch Club	Fort Loudon PA (Cowans Gap State Park)	717-599-5033
14	NW	Northern Virginia Volksmarchers	Burke VA (Fairview Elementary School)	703-455-1878
15	NW	Washington DC Area VM Club	Alexandria VA (Barrett Branch Library)	703-890-9220
▷ 17	M	<i>Penn Dutch Pacer Monthly Meeting • Lancaster Heath Campus • 1st Floor Conference Rm • 7:00 PM</i>		
19	W	Gator Volksmarsch Club	Norfolk VA (Botanical Garden)	757-490-9324
19	W	Piedmont Pacers	Brookeville MD (Rachel Carson Conservation Park)	301-829-3685
19	W	Great Greenbelt Volksmarchers	College Park MD (College Park Airport)	301-937-3549
▷ 19-20	W	Penn-Dutch Pacers Volksmarsch Club	Elizabethtown PA (Masonic Village)	717-625-3533
20	W	Liberty Bell Wanderers	New Britain PA (Lake Galena, Peace Valley Park)	215-317-3326
26	W	Virginia Vagabonds	Norfolk VA (San Antonio Sam's)	757-490-9324
26	W	Freestate Happy Wanderers	New Market MD (The Grange on the South Alley)	410-531-3873
26	W	Loudoun Walking & Volkssport Club	Lovettsville VA (Game Preservation Association Hall)	703-737-2175
27	2W	Columbia Volksmarsch Club	Ellicott City MD (Centennial Park)	410-290-6510
October				
03	W	Peninsula Pathfinders	Newport News VA (Newport News Park)	757-890-9220
03	W	Gator Volksmarsch Club	Newport News VA (Newport News Park)	757-490-9324
03	W	York White Rose Wanderers	Stewartstown PA (Naylor Wine Cellars)	717-843-0840
03-04	W	Fort Belvoir Outdoor Rec	Fort Belvoir VA (Freemont Field (P2), Oktoberfest Site)	703-805-1488
03-04	W	Piedmont Pacers	Frederick MD (Frederick Fair Grounds)	410-795-7855
04	W	Annapolis Amblers	Annapolis MD (Annapolis Oktoberfest)	410-224-0907
04	W	Liberty Bell Wanderers	Perkasie PA (Menlo Park)	215-529-5686
10	W	Lee Lepus Volksverband	Midlothian, VA (Sunday Park)	804-768-0055
10	W	Piedmont Pacers	Brookeville MD (Rachel Carson Conservation Park)	301-829-3685
10	W	Baltimore Walking Club	Joppatowne MD (Redner's Warehouse Market)	410-638-7043
10-11	2W	Baloney Stompers	Colebrook PA (Rail-Trail Pavilion)	717-272-0655
11	W	Seneca Valley Sugarloafers	Gaithersburg MD (TBD)	301-926-8580
▷ 15	M	<i>Penn Dutch Pacer Monthly Meeting • Lancaster Heath Campus • 1st Floor Conference Rm • 7:00 PM</i>		
15	W	Gator Volksmarsch Club	Norfolk VA (402 Pembroke Ave)	757-490-9324
16	W	US FreedomWalk Festival Club	Arlington VA	703-583-5006
17	W	US FreedomWalk Festival Club	Arlington VA	703-583-5006
18	W	US FreedomWalk Festival Club	Arlington VA	703-583-5006
23	W	Liberty Bell Wanderers	Indiana PA (Indiana Ice Center)	215-699-9246
24	W	Loudoun Walking & Volkssport Club	Lucketts VA (Tarara Winery)	703-737-2175
24	W	Liberty Bell Wanderers	Punxsutawney PA (Barklay Square Park)	215-699-9246
24	W	Nittany Nomads	Clarion PA (Area Chamber of Business & Industry)	724-482-5034
25	W	Nittany Nomads	Clearfield PA (YMCA)	814-238-1741
31	W	Germanna Volkssport Associaiton	Fredericksburg VA (Motts Run Recreation Area)	540-786-6550

There are events added all the time, please check the AVA website for up to the minute walk information!

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

WALKING EXPERIENCES

By Kitty Glass



On April 4, 2009 I (along with 35,000) other runners/walkers participated in the 32nd annual 10K Cooper River Bridge Run in Charleston, South Carolina. My older granddaughters are both located in that area and are runners. Knowing that I am an experienced 10K walker and that my older daughter also likes to walk, they suggested that we make the trip to Charleston to participate in this famous event. Not one to refuse a walking trip, I agreed to fly to historic Charleston. I did the Volksmarch in Charleston the day before the Bridge Run. This is a great walk – one of the best Volksmarches. The run/walk began at 8:00 a.m. We ventured into the city at 4:30 a.m. to make sure we caught the buses that were shuttling everyone to the starting point which was near the bridge. Considering there were 35,000 people involved from all over the country, the crowd was enormous. Traffic was not allowed on the bridge for the event. The runners were at the front of the pack – walkers behind. The wait till 8:00 was tiring but finally we heard the shot – the mass of humanity started moving and we were off. It was a beautiful morning and the sight from the top of the bridge was spectacular. My granddaughters did well in their age groups and my daughter and I finished the 10K in an hour and a half. We were treated to all kinds of treats at the end – bagels, bananas, apples, drinks, etc. This is an event that one has to see to believe. Never did I see so many runners/walkers in one place. Somehow or other everyone managed to be where they were supposed to be at such an early hour in the morning. Too

Id#	LName	LName	City	State	Div	Age	Sex	ChroTime	ClockTime	Overall	Score	DivPl
38385	CATHERINE C	GLASS	MILLERSVILLE	PA	F7570	78	F	1:44:46	1:57:17	26197	13951	4

We grabbed Kitty's official finish results off the Cooper River Bridge Run Website. Great Job Kitty!!

bad it did not qualify for a Volksmarch walk – still I did well as I came in fourth in the 75 – 80 age group. The Bridge Run is held every year around the beginning of April. I am sure other walkers would enjoy this experience- plan to join me next year!

Then several weeks later I did the York Volkswalks in the park and the apple orchard. Part of the park walk was along the Heritage Trail. Walking on this trail is always pleasant. Coming back the next day with my daughter, I thought the orchard walk sounded like a challenge. Driving to the orchard it was raining rather heavily. Not to be daunted by a little rain, we tackled the orchard trail. Unfortunately the blossoms on the trees were about over and the beauty of the orchard was hidden in the rain. I must admit it was one of the most unusual Volkswalks I have done out of my 575 events. The rain made walking difficult as the grass was high and uncut between the trails in the orchard. The groundhog holes were also prevalent and we had to watch the ground at all times. After weaving in and out of the trees in the orchard for some time, we gave up at 5K and decided to give our soaking feet a break and return home. Of course this is the fun of being a Volksmarcher – one never knows what one will experience in the next walk!

page that you can click to install it on your system.

PDF formatted documents are great since anyone with the reader, which is free, can view the document exactly the way it was created no matter what software it was created with. So if you look at the PDF version of this newsletter you will see each page exactly the way you are seeing this printed version. The slight problem with the PDF version of this newsletter is that it is presented as individual 8 ½" x 11" pages even though the newsletter is actually printed on 17" x 11" pages so that when you read it and open it you actually have two pages side by side except when you are reading the front or back pages. It would be really great if there was a way for you to read and see the newsletter on your computer screen just like the printed version, single front and back pages and two pages side by side for inner pages and further it would be great if you could flip the image of the page just as if you were flipping the paper page.

Well as you might have guessed we have found a way to do it and it's a wonderful way to enjoy reading this newsletter. At this point if you go the main page of the website (www.penndutchpacers.org) and scroll to the bottom on the left side of the page you will see a small version of the newsletter with actively flipping pages. Simply click on the icon and a new browser window will open and you will see the newsletter and you will be able to flip through it just like you can the paper version. You will see a menu bar at the top of the page which is self explanatory and as you move your cursor off the right or left edge of the page a bar appears with an arrow that al-

Cont'd on Page 11, column 2

articles from his residency and in furnishing the rooms. Archaeological excavations in the surrounding grounds have unearthed well preserved artifacts, in addition to foundations of outbuildings mentioned in tax records. Built after Hand's return from the Revolutionary War, Rock Ford Plantation remains an authentic example of refined country living as it existed during the early years of the Republic.

After being sold from the Hand estate in 1810, the property was operated as a tenant farm into the 20th century. By the 1950's, it was owned by the Lancaster Area Refuse Authority, and the mansion was threatened by demolition. In 1957, the house with adjacent acreage was bought by the Junior League of Lancaster. In May, 1958, the Rock Ford Foundation, Inc., was established to restore and maintain the property.

The house was opened to the public in 1960, and the restoration of the wooden piazzas was completed in 1964. Today, Rock Ford is one of the most important examples of Georgian domestic architecture surviving in Pennsylvania and the most intact building predating 1800 in Lancaster County. The living-history programming of the museum includes hands-on activities for children and open-hearth cooking demonstrations in addition to regular guided tours.

Rock Ford Plantation is open to the public and will be open during our walk both Saturday and Sunday from 11:00am to 3:00pm. There is a small fee for admission.

General Edward Hand :: (1744 - 1802)

Born December 31, 1744 in Clydruff, Ireland. Following medical training at Trinity College, Dublin, he was enlisted as Surgeon's Mate with the 18th Royal Irish Regiment of Foot and sent to garrison Fort Pitt in America. He resigned from British service in 1774, and came to Lancaster to practice medicine.



In July 1775, Hand joined the Continental Army as Lt. Colonel of the 1st Battalion of Pennsylvania Riflemen. He led troops at Boston, Long Island, White Plains and Trenton, becoming Adjutant General to Washington in 1781. At War's end Hand returned to Lancaster and entered politics as a Federalist. He served Congress, State General Assembly, and was elected Burgess of Lancaster. He moved to Rock Ford in 1794 where he died September 3, 1802.

A Not to Miss PDP Walking Event

So as you can see our Lancaster County Central Park venue is loaded with history, varied terrain (read lots of hills) and of course memories from previous PDP walking adventures including the Penn Dutch Pacers inaugural walk that seems like a short 20 years ago. Please make it a point to join us.

Information here in was gathered from the Rock Ford Plantation website at www.rockfordplantation.org and the Lancaster County Central Park website at <http://www.co.lancaster.pa.us/parks>.



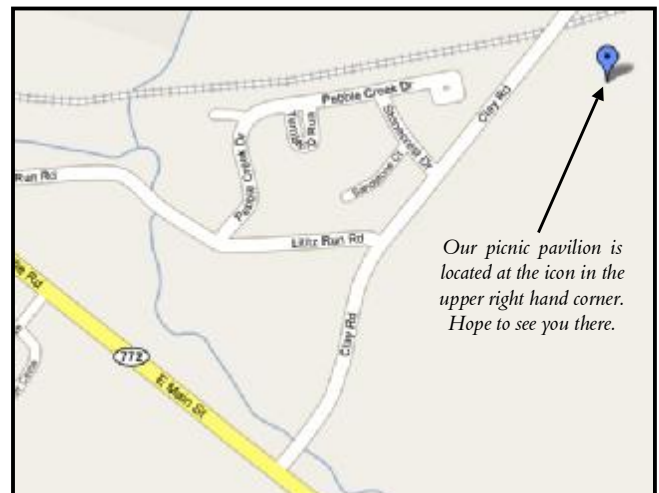
It's hard to believe, but it is picnic time again. For the past few years we have incorporated our annual picnic and our July Membership meeting into one event and this year will be the same with an exact repeat of last year's picnic meeting in the pavilion beside the Warwick Township building in the Warwick Township Municipal Campus Park at 315 Clay Road, Lititz.

Please bring two selections of food to share. You could bring a salad and a dessert or a casserole and a salad. You get the idea. If you'd like please also bring copies of your recipe to share with others. We can also share favorite recipes in future issues of the newsletter as well.

You will also need to bring your plates, utensils, cups and serving utensils for your food contributions. Drinks along with Dogs by Don and/or Weiners by Wetherholtz (we're not quite sure who yet) will be provided. There is electricity in the pavilion if you need electricity for a crock pot, electric fry pan, roaster, etc.

An evening picnic will spare us from the heat of the day, allow us the camaraderie of a picnic and allow us to take care of business at the same time. We hope that you will plan to join us on July 16th.

Our picnic, like all our meetings is open to all our members and this is your personal invitation to attend our picnic even if you don't regularly attend our other meetings. Please come and join us!





There are a lot of folks that put a lot of work into our YRE and seasonal walks

and it's nice when we can pass along a very nice note that a walker from West Virginia sent along with their start card after they walked our Lancaster West walk which includes Wheatland and School Lane Hills. "The description of your VM (volksmarch) needs to emphasize that it does not merely go through a residential area, which is usually 1960's tract housing, but one of the most pleasant residential areas in the country."

What a nice note and a nice thing to say. We can take a lesson from this person. So when we experience a particularly awesome walk or something or someone on a walk positively impacts us, take a few seconds and include a note with your thoughts along with your start card when you deposit it in the start box or mail it back to the club.

allows you to flip forward or backward a page depending if you are on the right or left page or if you go to the top and click the arrow with the line you'll go to the first or last page. If you click on the page you'll get an enlarged page and moving the mouse will move the page without depressing any mouse buttons.

Currently we are only posting the current version of the newsletter a week or so after it's been mailed. We'd appreciate any feedback you might have on the digital flippable version of the newsletter. Would you like us to continue to supply the current edition of the newsletter digital flippable format? Would this format be something you would be satisfied with to replace the paper version that you now receive? Please take the time to forward an e-mail to

Cont'd in the next column

phil@solanco.com with your comments. Keep in mind that we re-



serve the right to use your comments in a future edition of this newsletter and we will honor your request to withhold your name if you ask us to do so.

Crossword Puzzle Answers

- 23. HAND — A bird in the (general's name) is worth two in the bush.
- 21. GEORGIAN — The style of the mansion in which General Edward Hand resided.
- 20. WILLIAMSON — The area of the Park is named after the person who donated 94 acres to the park.
- 19. RIVER — The Conestoga qualifies for the River Walk special walking program.
- 18. ROBERTFULLTON — The guy's name who first experimented with his steam boat on this section of the Conestoga River and was born in Southern Lancaster County.
- 15. PADDLEWHEEL — The type of propulsion for Robert Fullton's boat.
- 14. LCCP — An abbreviation for Lancaster County Central Park.
- 13. COVEREDBRIDGE — The structure in Lancaster Park is located in what township?
- 11. WESTLAMPETER — Lancaster County Central Park is located in the area encompassed by the what tribe once lived in the area?
- 9. SUSQUEHANNOCK — Native Americans from what tribe once lived in the area?
- 6. PLANTATION — An old term for a farm under cultivation is a _____.
- 5. SIX — How many Lancaster County Parks are there?
- 3. FIVE — The Garden of _____ Senses.
- 2. POOL — A large rectangular body of water in Lancaster County Central Park is known as the County Pool.
- 1. MEDIAHEIGHTS — Lancaster County Central Park is adjacent to what golf course?
- 27. TWENTY — This walk marks how many years for the Penn Dutch Pacers?
- 26. FORD — What do you call the shallow part of the Conestoga River that you cross by wading?
- 25. RANGER — A police officer that patrols a park is called a _____?
- 24. CONESTOGA — The main entrance to the park is off of what Lancaster City Street?
- 22. PAVILIONS — Lancaster County Central Park has 6 of these structures that have a roof that covers picnic tables.
- 17. ACRES — Lancaster County Central Park has 544 of these _____.
- 16. LARGEST — Lancaster County Central Park holds this distinction over other county parks?
- 12. MILLCREEK — The name of a main tributary of the Conestoga River is _____.
- 10. BLUE — What color is the blue parlor at Rockford?
- 8. GENERAL — What rank did Edward Hand hold?
- 7. KIWANIS — The area of Lancaster County Central Park is named after a Fraternal Organization.
- 4. CEMETARYSTROLL — We pass a Native American burial site which qualifies for this special walking program.

Spring Orzo Salad Recipe

INGREDIENTS

- o 1 Tbsp lemon zest
- o 1/2 cup each lemon juice and water
- o 1/4 cup olive oil
- o 2 tsp sugar
- o 1/2 tsp salt
- o 1/4 tsp pepper
- o 1/2 cup thinly sliced red onion
- o 1 lb orzo pasta
- o 8 oz asparagus, ends trimmed, cut into 1-in. pieces
- o 2 cups bagged shredded carrots
- o 1/2 cup chopped fresh mint, dill or parsley



PREPARATION

- Planning Tip: Do steps 1, 2 and 3 a day before serving. Store dressing and pasta-vegetable mixture separately; refrigerate. Do step 4 up to 4 hours before serving.
1. Whisk lemon zest, juice, water, oil, sugar, salt and pepper in a large bowl until blended. Add onions and let stand while pasta cooks.
 2. Bring a large pot of lightly salted water to a boil. Add pasta, return to a boil and cook as package directs; stir in asparagus and carrots 3 minutes before pasta will be done.
 3. Cook until pasta and vegetables are just firm-tender. Drain and rinse under cold running water; drain again.
 4. Put in bowl with dressing. Add mint and toss to mix and coat.

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Return Service Requested!



Check us out at www.penndutchpacers.org

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