

newsletter

March, April, May 2009



Brownstown Walk – April 25th & 26th

It would almost seem as though we methodically planned to do walks along the Route 272 corridor north of Lancaster, but it really wasn't planned that way. In retrospect though, we are indeed taking a tour south along Route 272 from Ephrata. We walked in Ephrata first in 2001 from the Ephrata Rec Center and then again in 2006 from the Train Station/Visitor Center followed by the establishment of our Ephrata YRE from the Hampton Inn which is still available for your walking enjoyment. In April of 2008 we walked in Akron from the Lion's Building in Lloyd Roland Park and this April we will move to the next town south on Route 272. Brownstown is located on Route 772 which is also State St in Brownstown where we will be starting our walking tour in the Lion's Pavilion (the Lion's seem to be providing a number of our startpoints) in West Earl Community Park. In 1998 the park was purchased by the West Earl Township Supervisors. The park features a large pavilion, rest rooms, charcoal grills, a children's playground and a paved walking path.



Brownstown has a current population of slightly less than 1000 people and is part of West Earl Township which is one of 41 townships that are located in Lancaster County. The history of West Earl Township is interesting and will give you a good background to the area where we will be walking.

In 1681, King George II granted William Penn, a Quaker, a Charter and he proceeded to establish a government for the new colony. Penn appointed a Governor, Provincial Council and a General Assembly, which was to be elected by the freemen of the colony. There were three counties in Pennsylvania – Bucks, Philadelphia, and Chester, and three lower counties in what is now Delaware. These counties were established in 1682.

As settlers moved west and Chester County increased in numbers, additional townships were created by the Chester County Court. Sadsbury Township, which was an old township, was extended west of the Octorara Creek. In 1718, the settlers were clamoring

Cont'd on Page 8, column 1

Lancaster Forms Volksmarching Club

1989 was a very special year in the history of the Penn Dutch Pacers since it is the year of the very first Penn Dutch Pacer created and sponsored Volksmarch. In fact if you take a look at the graphic inserted below you'll see an image of the very first brochure for the very first Penn Dutch Pacer walk. This was PDP's 1st International Volksmarch.

Having just completed our 100th event as the last walk of 2008 it is good to review where we started which helps us to know where we've been and give us an idea of just how far we've come in our 20 year history.

Besides a copy of the event brochure and personal recollections of the event we have from our history archives (yes we have history archives) a very nice article from the Lancaster New Era was published on Tuesday, March 21, 1989. This as far as we know was the first exposure that the local public had to the Penn Dutch Pacers and was the kick off to two decades of walking for Health, Fun and Fitness in and around Lancaster County.

The Inaugural PDP walk was held Saturday and Sunday, April 22 & 23, 1989 in Lancaster County Central Park

and to commemorate this founding event we are celebrating with our 20th Anniversary Walk in that same Lancaster County Central Park venue on June 27th & 28th. Information on that event will be featured predominantly in the June, July, August edition of this newsletter.

The newspaper article indicated that the club already had signed up 90 members even before the first walk and that just the previous Thanksgiving the Susquehanna Rovers held an event in Hershey that had attracted over 2000 walkers (you read that right).

That event of course is still being held on an annual basis and is the one that we tagged on to this past Thanksgiving weekend and the one we hope to couple with in 2009 as well. The Lebanon Baloney Stompers had held a walk in Lititz in December of 1988 which attracted 938 walkers. The number of walkers 20 years ago was staggering compared to the numbers that we have today. Just as we did then, most of the walkers that we attract today are from the Mid-Atlantic area consisting of Pennsylvania, Virginia, Maryland and Delaware.

At the time of PDP's founding there were some 600 clubs that had sprung up across the country. According to the AVA website there are currently 320 Volksmarch Clubs in the US down

Cont'd on Page 8, column 2



Lititz Holiday 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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Lititz 2008	Award & Credit	Credit Only	Non IVV	Totals
5K	7	14	3	24
10K	27	26	6	79
Total	34	60	9	103

As most of you know this is the first year that we have produced our Holiday (Christmas) walk in conjunction with the Susquehanna Rovers Hershey Walk. Those of you who walked in Hershey know the weather Friday and Saturday was exceptional for late November with bright sunshine and moderately mild temperatures in the low 40's.

As exceptionally brilliant as the weather was for the Rovers walk Friday and Saturday the weather for the Penn Dutch Pacer Walk Sunday was that exceptionally dismal.

The beginning of the week the Sunday weather looked relatively promising, but as the weekend approached all the forecasts seemed to favor 100% rain with possible snow and freezing rain as well.



Folks enjoyed some great PDP food inside the Lititz Community Center where it was warm and dry which was a far cry from what it was like outside!

Sunday dawned with a cool drizzle the evolved

into almost a steady irritating cool/cold rain. But even with the dismally wet weather we had cadre of dedicated walkers that turned out to walk a quite exceptional trail. A number of the folks that walked had stayed over as we had anticipated after walking in Hershey the day or two previous.

Everyone realizes that the one thing that we don't have control over is the weather even so it can be disappointing to not have a gangbuster turnout considering the amount of work that everyone puts into producing a walk.

Thanks to everyone that contributed in any way especially all those who showed up to volunteer at the startpoint and all the checkpoints despite the weather.



P D Pacer adorned the celebratory cake which was available for all participants in Lititz. December marked the 20 year Anniversary of the founding of the Penn Dutch Pacers.

Downtown Lancaster Followup

Lancaster 2009	Award & Credit	Credit Only	Non IVV	Totals
5K	1	7	6	14
10K	29	115	25	169
Total	30	122	31	183

Wahoo... we started the new year with a bang! On Saturday, January 3rd the Penn Dutch Pacers held a walk in downtown Lancaster debuting the PDP sponsored Museum Walk America Special Walking program.

Cont'd on Page 4, column 1

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, Bob Gast, Don Young, Sherry & Phil Allamong

**2009 NEW FOOTPRINTS
ADDED TO THE TRAIL**

**Treasa & Bill Gross
James & Linda Kreider**

**We are so pleased to add the above
NEW members to our roster.**

Thank you!

**RENEWED FOOTPRINTS
KEEP ON WALKING THE
TRAILS**

**2011
Jeanne Schopf**

**2012
Cora Seats**

**CLUB MEMBERS
ACHIEVEMENT AWARDS**

KILOMETER MILESTONES

**1500 K
Andrea Cacka
Peter Cacka**

**2000 K
Donna Bashaw**

**2500 K
David Barber**

**5,500 K
John Cooney**

**6500 K
Kitty Glass**

**7500 K
Janice Copenhaver
LeRoy Copenhaver**

**10,000 K
Paul (Roy) Simmers**

**CLUB MEMBERS
ACHIEVEMENT AWARDS**

EVENT MILESTONES

**10 Events
Maura Barber**

**30 Events
Tiernan Barber**

**125 Events
Andrea Cacka
Peter Cacka
Virginia Hunsberger**

**150 Events
Andrea Cacka
Peter Cacka**

**225 Events
David Barber
Monica Daniel-Barber**

**250 Events
Toni Hoey**

**275 Events
Robert Cooney**

**500 Events
John Cooney**

**525 Events
Kitty Glass**

**850 Events
Paul (Roy) Simmers**

**Source: *American Wanderer*
December 2008 /January 2009
and February/March 2009**

Records as of Feb. 1, 2009

**President's
Message**



One down and four to go.... As you can see on page 2 (Lancaster Follow up) we had a tremendously successful first walk of year with our inauguration of the PDP sponsored Museum Walk America special walking program with a walk in downtown Lancaster from Isaac's Restaurant on N Queen St.

As you can also see from the article on the front page our next walk will be in Brownstown which is a brand new venue for PDP. We'll be in a park and will need everyone's help with all the usual things like manning start and finish points, checkpoints, sales and food tables, etc. And since our startpoint is not secure over night that means tearing everything down, packing it up and carrying it out and doing it all again on Sunday. Don't forget to volunteer while you're thinking about it using our website site as described in the article on page 10.

You might be saying by now you started out by saying we are having five walks this year what are the other three? Well for our 20th Anniversary Walk we will be back in a very familiar setting for PDP celebratory walks, Lancaster County Central Park on Saturday and Sunday, June 27 & 28. We will have the brochures available for our Brownstown walk and will have complete information in the next Newsletter.

This Fall we will be back at a former Christmas venue that was extremely popular. The over 700 acres of the Masonic Village in Elizabethtown will be ablaze with color when we walk their expansive campus on September 19th & 20th.

We again are planning to be the second half of a walking weekend as we hopefully will have better weather for our planned walk in Lititz in 2009 from a NEW startpoint on Sunday, November 29th.

As you can see we have our work cut out for us for the rest of the year. We need help from everyone to make all our upcoming events a success. Thanks in advance.

- Phil

Lost & Found



The salt shaker and pepper mill above appeared at one of our walks and they need to return home. If these are yours please contact someone at the food table at the next walk!

Cont'd from Page 2 • Downtown. . .

We don't recall that we have ever had an event this early in the year and we'd have to say that the response to this one day event was phenomenal to say the least. Of course we had a lot of things going for us. The weather was perfect for Winter walking. It was bright and sunny but crisp with NO precipitation. We had a startpoint at Isaac's where they loved us for bringing them so many people and have already told us we can come back anytime. We had an awesome trail that included almost too many Special Programs to count. In fact it was reported that we stamped 16 Special Program books for one individual.

And we were in downtown Lancaster in the midst of a bustling Saturday where folks could take in Central Market or shop and eat at the myriad of restaurants that were available. What more could we asked.

Thanks to everyone who helped with the production of this event as well as all of you who joined us from all over to make this a whopping success!



Our wonderful hosts at Isaac's provided space for us opposite the Pickle Bar at the back of the restaurant



Thursday, March 19th

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

Thursday, April 16th

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

Sunday, April 19th

Brownstown Pre-walk from the Startpoint at 1 PM

Saturday, April 25th &

Sunday, April 26th
PDP Walking Event • Brownstown - Start 8 AM until 1 PM

Thursday, May 21st

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

Fran's Handiwork



One of the great things about volksmarching is the people you meet and how they will pitch in when asked and a lot of times without being asked as is the case here. We are always looking for ways to supplement our income to offset the costs of our walks other than the income that we derive from walking fees, selling food, etc.

At our November meeting Don Young announced that his wife Fran, who is very crafty, would like to donate a hand made glass bead jewelry set which included a necklace, bracelet and earring set to be raffled off at our November 30th walk. And in addition to the donation the goods themselves they would see that they were sent to the winners as well.

We'd like to take this public forum to thank Fran and Don for their generosity and dedication to the Penn Dutch Pacers and also congratulate Chris Lipson from Bedford Massachusetts as the lucky winner of Fran's handiwork.

News About the Millersville Year Round Walk

By Kitty Glass

As most Volkswalkers know, AVA promotes Special Events sponsored by various clubs. Event books can be purchased from the clubs for those who like to partake in such events. The Penn Dutch Pacers have just started the Museum Special Event under the direction of Bob Cooney. The time period for these events usually begins at the beginning of a new year. Several new special events began this year.

Upon checking on these events, I noticed two: "Veteran Memorial" and a "Walking America's Fire Houses." Since I am responsible for the Millersville Year Round walk, I realized that with a few changes here and there, the Millersville walk would qualify for these two new programs. The Millersville 10K walk already qualifies for the Cemetery and the River walk. I am in the process of changing the route so that the walk will go past the Millersville Fire House as well as the Veteran's Civil War monument in front of Ganser Library, Millersville University. The new special events that the Millersville YRE qualifies for are not listed in the "Starting Point 2009" put out by AVA or the Pennsylvania YRE book put out by KSVA. They will be listed on the Penn Dutch Pacer's website. A notice will also be placed in the directions for the 10K walk.

I apologize for not keeping abreast of these special events. I did want everyone to realize that Millersville has more to offer than just a pleasant walk through a University town.

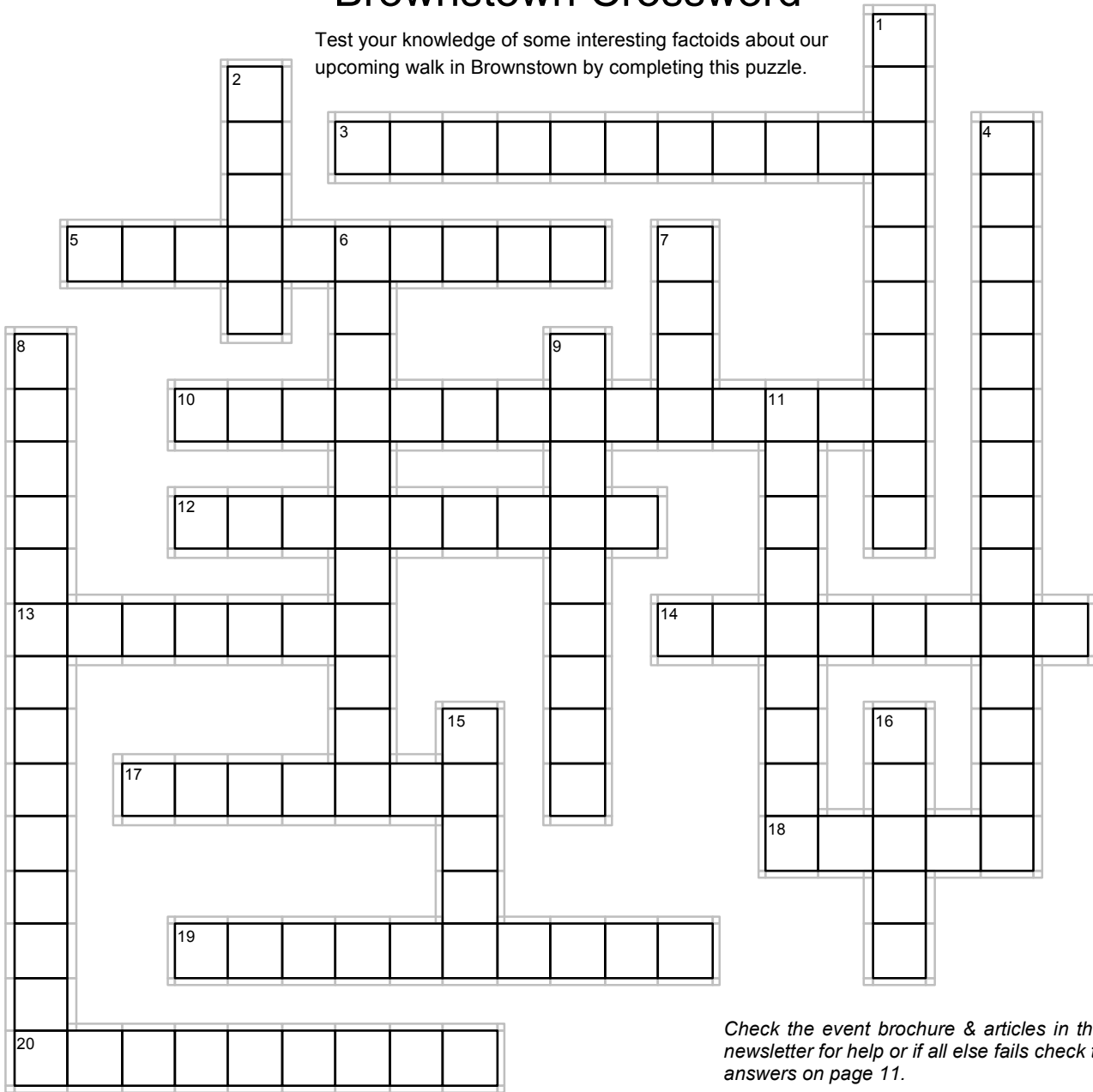
19 Attend Annual Dinner Meeting at Isaac's

Our January meetings, for many years now, have been designated dinner meetings, primarily since on even numbered years the January meeting is when we hold elections. This being 2009 we had a respite from elections and simply enjoyed the food and good service at Isaac's among friends. And then took care of normal PDP business following dinner.

As with all PDP meetings our January dinner meeting is open to all those interested in PDP, members and non-members alike. If you didn't join us this year please consider doing so next January, it's really an enjoyable, no stress meal as those who attended can attest.

Brownstown Crossword

Test your knowledge of some interesting factoids about our upcoming walk in Brownstown by completing this puzzle.



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

Across

3. What is the person called who is in charge of the trails on which the Penn Dutch Pacers walk?
5. The town where our start point is located?
10. What is the name of the Indian tribe after which the Susquehanna River was named?
12. This special walking program involves bodies of flowing water and the Brownstown walk qualifies since the Conestoga flows between Talmage and Brownstown.
13. The closest Penn Dutch Pacer YRE walking event to Brownstown is located where?
14. Brownstown is located in what Lancaster County Township?
17. The town immediately adjacent to Brownstown?
18. Our closest recent weekend walk was just up Route 272 in _____.
19. The town in England that Lancaster was named after.
20. West Earl Community park was originally developed by what organization?

Down

1. The walk in Brownstown qualifies for a special walking program that involves usually red trucks.
2. The name of the family after which Brownstown was named?
4. The Indians that inhabited this area had no idea that they would qualify our walk in Brownstown for this Special Walking Program.
6. Into what river does the Conestoga River empty?
7. The deed to the land that the Brown Family acquired in Earl Township bore the surname of the founder of Pennsylvania which is.
8. Most of our walks qualify for the Special Walking Program which involves 'people that aren't going anywhere'. The original name of Talmage?
9. The name of the river that divides Talmage from Brownstown?
11. The name of the river that divides Talmage from Brownstown?
15. In what county are the headwaters of the Conestoga river?
16. The type of bird on our 'A' award patch?

2008 Atlantic Region Calendar

From the Atlantic Region website as of February 14, 2009

March 2009			
14	W	Baltimore Walking Club	Perry Hall, MD (Honeygo Run Regional Park) 410.668.1614
19	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Health Campus • 1st Diag Conf Rm #1 • 7 PM</i>	
21	W	Columbia Volksmarch Club	Marriottsville, MD (Patapsco Valley S. P.) 410.461.5758
28	W	Freestate Happy Wanderers	Laurel, MD (Comfort Suites) 410.437.2164
28	W	Virginia Vagabonds	Gloucester, VA () 757.766.3065
29	G	Baltimore Walking Club	Aberdeen, MD (Group Walk of Aberdeen YRE.) 410.668.1614
April 2009			
04	W	Annapolis Amblers	Annapolis, MD (A. A. Co. Library) 410.224.0907
04	W	Virginia Vagabonds	Poquoson, VA () 757.766.3065
05	G	Baltimore Walking Club	Baltimore, MD (Group Walk of Baltimore Mercy Hospital YRE.) 410.668.1614
11	W	Lee Lepus Volksverband	Blackstone, VA (TBD) 804.768.0055
16	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Health Campus • 1st Diag Conf Rm #1 • 7 PM</i>	
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 & 26	W	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Health Campus • 1st Diag Conf Rm #1 • 7 PM</i>	
25	W	Loudoun Walking & Volkssport Club	Brownstown PA (West Earl Community Park) 717.656.6873
25	W	Peninsula Pathfinders	Leesburg, VA (St. John's Parish Center) 703.737.2175
26	W	Baltimore Walking Club	Williamsburg, VA (Shelter #1, Waller Mill Park) 757.890.9220
26	B	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 Asso.	Fredericksburg, VA (Fredericksburg) 540.786.6550
09	G	Baltimore Walking Club	Baltimore, MD (Group Walk of Baltimore City YRE Y1833.) 410.668.1614
09	W	Peninsula Pathfinders	Newport News, VA (Playground Shelter at Riverview Farm Park) 757.890.9220
16	B	Maryland Volkssport Asso.	Poolesville, MD (White's Ferry) 717.337.1667
16	W	Maryland Volkssport Asso.	Poolesville, MD (White's Ferry) 717.337.1667
16	W	Gator Volksmarsch Club	Norfolk, VA (Lafayette Branch Library) 757.490.9324
21	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Health Campus • 1st Diag Conf Rm #1 • 7 PM</i>	
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
07	G	Baltimore Walking Club	Cockeysville, MD (Group Walk of Cockeysville NCR Parkton YRE) 410.668.1614
13	W	Gator Volksmarsch Club	Virginia Beach, VA (TBD) 757.490.9324
18	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Health Campus • 1st Diag Conf Rm #1 • 7 PM</i>	
20	W	Baltimore Walking Club	Northeast, MD (Northeast) 410.642.6514
27	W	Virginia Vagabonds	Hampton, VA () 757.766.3065
27 & 28	W	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Health Campus • 1st Diag Conf Rm #1 • 7 PM</i>	
July 2009			
05	W	Freestate Happy Wanderers	Severna Park, MD (Severna Park Elks Lodge) 410.437.2164
11	W	Seneca Valley Sugarloafers	Potomac, MD (Riley's Lock) 301-926-0915
16	M	<i>Penn Dutch Pacers • Monthly Membership Meeting • Lancaster Health Campus • 1st Diag Conf Rm #1 • 7 PM</i>	
25/26	W	York White Rose Wanderers	York, PA (Toyota Arena York Expo Center) 717.624.4808
25/26	W	York White Rose Wanderers	York, PA (Toyota Arena York Expo Center) 717.624.4808
August 2009			
01	W	Seneca Valley Sugarloafers	Rockville, MD () 301.294.1191
22	W	Piedmont Pacers	Hagerstown, MD (Augustoberfest FEST Tent) 410.795.7855

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

New PDP Logo

The original PDP logo at right was used exclusively for about the first decade of PDP's existence and was used in the masthead of this very newsletter until this edition.



It is very German and resembles a hex sign. Inside there is a male figure in a German Alpine Hat and hiking boots with a walking staff. Given Volksmarching heritage and participation at the time it served the Penn Dutch Pacers well for many years.

There have been many discussions over the years about how to get more people involved in our sport. Does the name 'Volksmarch' turn people away? Should we be calling it simply a walk instead? So about 10 years ago the idea of using a new logo as a way of getting more people involved was discussed. It was thought that maybe people could relate more to a character that wore a baseball cap and sneakers (New Balance sneakers at the time since New Balance was AVA's national sponsor) thus P. D. Pacer was born. He has carried us proudly through the past decade on most of our apparel.



So here we are today with participation still decreasing and we are still having the same discussions about how to get NEW people walking and how to get the word out about the

Penn Dutch Pacers, who we are and what we do. Our logos up until now have been primarily designed for those already involved in our sport. Those who were involved and knew where Volksmarching came from could relate to our original German logo. Those involved understood who P. D. Pacer is and why he was wearing shoes with a big 'N' on them. The problem is that someone outside Volksmarching had no clue when looking at our previous logos who the Penn Dutch Pacers are and what we do. So with the advent of the bold NEW Penn Dutch Pacer logo which proudly says who we are, where we are and that we are about "Walking for Health, Fun & Fitness".

We are hopeful as we emblazon it on this newsletter, brochures, pamphlets, apparel and more that it will help us get

the word out about the Penn Dutch Pacers as we go into our third decade.

Wear it proudly and spread the word!



Walking to Health

Editor's Note: Obviously anyone reading this is probably already walking, but never the less the facts contained below are interesting and are something you could share with family and friends to encourage them to walk with you.

Did you know that it is estimated that a 150-pound person who walks 2.5 miles in an hour will burn approximately 210 calories?

Here are some tips to begin a healthy walking program:

Be sure to warm up.

Wear loose-fitting, comfortable clothing.

Wear a good pair of shoes -- choose shoes with a firm heel cup for stability and plenty of room for the toes, so they can spread out as they push off.

Walking Techniques:

Don't over stride. Let your steps fall naturally.

Stand tall.

Gently pull in your stomach muscles to keep your back from arching.

For more effective walking, bend your elbows at 90 degrees and swing.

Benefits:

Walking can help you lose weight.

Walking improves both muscle tone and strength.

Walking improves cardiovascular efficiency.

Walking reduces stress.

Walking improves bone density.

Walking protects against type 2 diabetes.

Walking is inexpensive.

Walking is an ideal exercise for consistent, lifelong aerobic conditioning.

Start walking today. Your health depends on it.

for constables to help keep the peace, so Conestoga Township was established consisting of the land west and north of the Octorara Creek. Other townships were formed, such as West Conestoga Township in 1720, which was north of the Pequea Creek this later became Donegal Township. Pequea Township was formed in 1721 where Caernarvon, Brecknock, and East Earl Township are now located.

Development of civilization and law enforcement in the older portions of Upland or Chester County drove lawbreakers and scoundrels west of the Octorara Creek. The settlers who moved along the Susquehanna River decided to petition Philadelphia to establish a new county. The reasons set forth in the petition were; too far from courts, lack of constables and other officers, general lack of law and order, lack of highways, and no bridges were built. On February 20, 1729 Governor Gordon announced the formation of a new county. The governor instructed John Taylor, a Chester County surveyor, to run the line as straight as practical from the main branch of the Octorara Creek north to the Schuylkill River to eliminate disputes. This southern border was to be the southern boundary of the Province. The new county was to include all that later become the western half of Berks County, and the land north and west of present-day Lancaster County. Governor Gordon officially proclaimed Lancaster County's existence on May 10, 1729. Lancaster County was formed out of an area that includes present-day York and Cumberland Counties and parts of Berks, Northumberland, and Lebanon Counties.

The original townships which were created in June of 1729 were; Caernarvon, Conestoga, Derry, Drumore, Earl, Hempfield, Lampester, Lancaster, Leacock, Lebanon, Manheim, Martic, Paxton, Sadsbury, Salisbury, and Warwick. Late in 1729 Cocalico was added. Earl is the Anglicization of Grof, the German equivalent of Earl, a nobleman of intermediate rank, usually spelled "Groff" by today's descendants. West Earl Township was formed from Earl Township in 1833, and East Earl Township was formed in 1851.

So be sure to join us as we walk for the first time in Brownstown. Keep in mind that even though we are predominantly still in a relatively rural part of Lancaster County that this walk still qualifies for a number of Special Walking Programs which include Walking America's Firehouses, Cemetery Stroll, Native American Culture and Riverwalk America. If you like to participate in any of these programs please be sure to bring your books or order your books now so that you can have them in time for this event.

Our walking trail takes us through the small, quiet village of Brownstown, on several park walking paths and along the rural roads of West Earl Township. The trail features numerous views of the scenic Conestoga River. We also will explore several developments, including "School Lane Farms" and "Westgate".

Our award for this event is a full color embroidered patch depicting a Great Blue Heron. These majestic water birds are frequently seen along the Conestoga River.

Although our start point pavilion does not have a kitchen, there are an adequate number of electrical outlets and water is available (see the article on page 10 about food for Brownstown). Our club food service experts, known for their adaptability, should have no problem serving up the usual delicious table that walkers have come to expect at our events. Don't miss this next walking event as we "spring forward" in Brownstown! See you there.



by almost half from PDP's start 20 years ago.

The newspaper article talked about the fact that even though the numbers that the American Volksmarch Club were getting 20 years ago paled in comparison to Germany where Volksmarching was born. It wasn't unusual for up to 6000 to turn out for a weekend walk which of course included a huge social gathering after the event which included food and drink. Because of the number of volksmarch clubs each club was limited to just one event a year. Can you imagine the work that would go into producing a walk for 6000 people? You'd need a year to prepare. Think about it, they're lucky to get even close to a 1000 walkers at the AVA convention walks.

Both Lew Corlew who was the first president of the Penn Dutch Pacers and Barry Hitchcock were mentioned and quoted in the article. Barry indicated that he got hooked when stationed in Heidelberg and when he got back to Lancaster County he had already walked 6000 KM. We're not quite sure where Lew Corlew is at present but you can see Barry Hitchcock in his Alpine hat at PDP events still racking up the K's after all these years. There are other current and active Penn Dutch Pacers who were around at the beginning like Pete Byne, immediate past president and Don Young, trailmaster.

We hope you'll join us in June to help us celebrate 20 years of walking with the Penn Dutch Pacers and if you see any of the folks mentioned here, please thank them for without their initiative there would be no Penn Dutch Pacers today.



June 22nd thru the 26th are the dates and Richardson Texas is the location of the 16th AVA Biennial Convention. The theme of the 2009 AVA Convention is "Focus on Growth", a theme that encompasses personal growth as well as growth in our clubs and our events.

Seminars include:

- Team Building
- How To Put Fun In Clubs
- Designing Quality Events
- Using GPS While Developing Trails
- Creating Effective Publicity

And much more.

Several social activities are planned during the convention including a Tuesday evening welcome and Thursday night western-style barbeque and dance.

Plus we will honor those who give so much to AVA at the Friday evening Farewell Banquet.

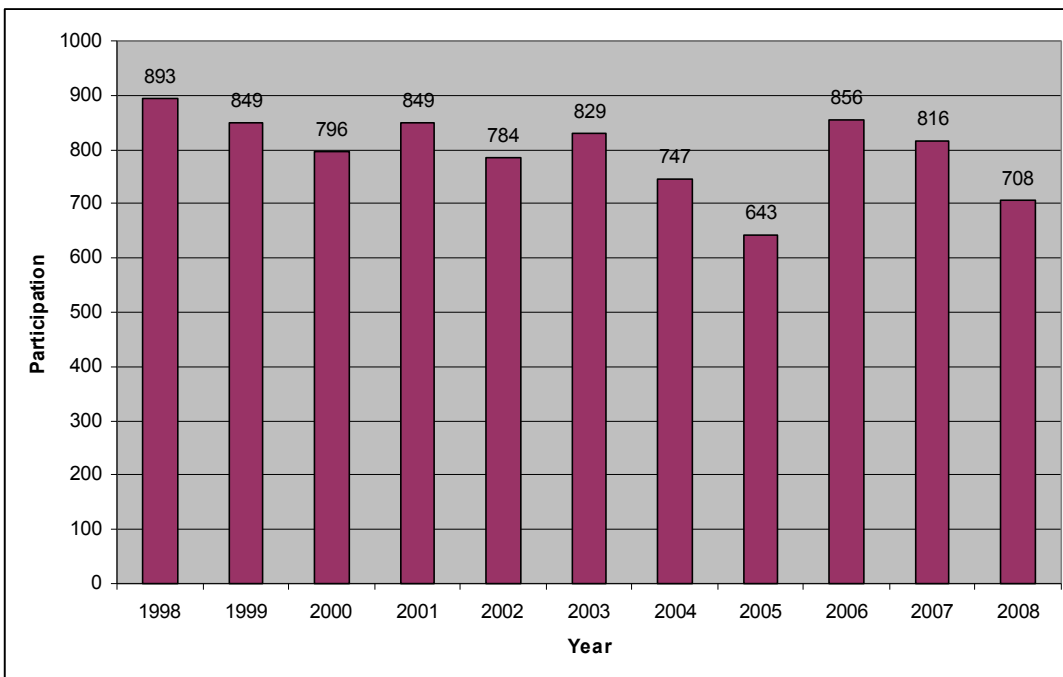
There are ten walks scheduled plus over 30 YRE's in the North Texas Area.

Any of those who have attended AVA conventions can tell you what a great time they are. For more information and registration go to:

www.ava.org/clubs/ava2009convention

2008 YRE Results	1st Quarter			2nd Quarter			3rd Quarter			4th Quarter			Individual Event Totals
	Paid	Free	Sub Total	Paid	Free	Sub Total	Paid	Free	Sub Total	Paid	Free	Sub Total	
Lancaster Downtown	32	0	32	46	9	55	13	0	13	22	2	24	124
Lancaster West	14	1	15	14	1	15	19	2	21	14	2	16	67
Lititz North	14	0	14	17	0	17	25	0	25	15	2	17	73
Lititz History	21	3	24	19	3	22	28	1	29	39	5	44	119
Millersville	21	0	21	13	0	13	18	6	24	18	3	21	79
Middle Creek Lake	20	1	21	11	0	11	6	2	8	Closed			40
Middle Creek Woods	Closed			11	0	11	17	0	17	6	3	9	37
New Holland East	14	0	14	5	1	6	14	1	15	12	1	13	48
New Holland West	12	2	14	6	0	6	10	0	10	8	1	9	39
Ephrata	9	0	9	31	0	3	24	0	24	16	5	21	85
	157	7		173	14		174	12		150	24		708
Quarterly Sub-Totals			164			187			186			174	8

Graphic Comparison of the Last 11 Years of PDP YRE Event Participation



We like to keep everyone up to date on how we're doing on our YRE and Seasonal events and courtesy of figures compiled by Bob Gast, we have the 2008 figures displayed in the chart above. In the bar chart at left you can see the participation in our YRE & Seasonal events over the last decade.

Our average yearly participation since 1998 is 797 walkers so 2008 participation is about 11% below our average which isn't too bad considering the economy in general and the very high fuel prices for the greater part of the year.

Thanks to everyone who supported any of our YRE and Seasonal events.



Food for Brownstown

We've had a one walk respite from doing food at our walks since our January Lancaster walk started from a restaurant but come April and Brownstown we will be back to work providing our walkers with delicious food. This service is especially important since our Brownstown walk is in a rural area and there are not many choices for nourishment.

As a reminder about our food activities at our walks here are some of the highlights

- Providing food is a service that we provide to walkers in addition to a great location and trail is another reason for people to attend Penn Dutch Pacer walks.
- Food gives us a way to cover the cost of the Startpoint.
- There are walks where we can not sell food, fortunately we can sell food at our Brownstown 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. Please use the Volunteer form on the Volunteer Page on the PDP website. (see Volunteer article on this page)
- 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/or 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 Brownstown, 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 or Kitty Glass at 717-872-7743 or e-mail kittyglass@yahoo.com

The Penn Dutch Pacers are fortunate to have many folks that come forward to volunteer to help at our events. As we've said many times here, without volunteers we could not have our events. Thank you to all those who step up when asked. And special thanks to those who step up without being asked.

At this point we can hear you thinking, "I could volunteer to help at an event without being asked. How can I sign up?" Well we're glad you asked. In the "old" day we had a sign up sheet which you may still see occasionally at meetings and events but with the web we have gone high tech so it's easy for you to volunteer anytime from home or work.

Simply go to the Penn Dutch Pacers website at www.penn dutchpacers.org and then click Volunteers on the right hand menu. On the Volunteer Page you will see a link that says "Click Here to Volunteer" [walk name and dates]. If you go to the website before April 25th (which of course we would encourage you to do) which is the first day of our Brownstown walk you should see "Click Here to Volunteer for our Brownstown-Walk :: April 25th & 26th". Once you click the link you will be taken to a questionnaire which will take just a few minutes to fill out which will give us all the information we need to schedule you on the day, at the time and at the job that suits you.

What could be easier! So take a minute or two the next time you're in front of your computer and sign up to volunteer and you can do the walk either before or after your volunteer stint. Thanks in advance for your help. The Penn Dutch Pacers and everyone who comes to enjoy the walk appreciates your help.

"Wait," you say. "It's only March!" I know, but by the time you get your June-July-August newsletter you'll only have a few days to get your membership renewal in the mail. Why not renew now, while you're thinking about it? A one-year renewal for the entire family is only \$10. A two-year renewal is only \$18. Your best value, however, is a three-year renewal for only \$25. That's only \$8.33 a year . . . less than the cost of two lattes at Starbucks!



Your newsletter mailing label shows the date your membership will expire. Annual memberships which expire 6/1/2009 must be renewed by June 1. If your membership is not renewed you will not receive the August newsletter! Use the membership application form on the last page of this newsletter. Do it now, while the form is in your hand!! Don't make me send that dreaded "You've Expired!" letter.

Pete Byrne

A to Z Program Change of Address

If anyone has a completed book for the A to Z Program that is ready to mail in for their award please note that as of January 1, 2009, the program is being administered by AVA Headquarters.

Please send your books to:
 American Volkssport Association
 1001 Pat Booker Road
 Suite 101
 Universal City, TX 78148

Wayne Oak Recovery Update

By Don Young



Good News! After an extended hospital/rehabilitation period, club member Wayne Oak has returned to his Waynesville, NC home. Wayne will continue his rehabilitation and recovery from the effects of Temporal Arteritis under the loving care of wife Myrna and daughter Kathleen. Although Wayne is somewhat immobile at this time, his goal is to "get back on the trail". Wayne is a charter member of the Penn Dutch Pacers, was its first treasurer and also served as trailmaster. Upon moving to North Carolina, Wayne took over the reigns of the "Greenway Walkers" and is an active member of the "Ashville Amblers".

Wayne can be contacted at his home address:

Wayne L. Oak
20 Bumblebee Lane
Waynesville, NC 28786
wlomno249@yahoo.com

Top 10 Walks in the USA for 2008

Editor's Note: Wendy Bumgardner moderates the About.com Walking pages and each year she solicits votes for the Top Ten YRE events in the US. We thought we'd share the results here so that when you travel you can be sure to include these exceptional walks in your plans. Keep in mind this is just the list. Check out walking.about.com for event numbers and more detailed descriptions of all of these wonderful walks.

The clubs of the American Volkssport Association host more than 1,700 self-guided trails in the United States. The walks go through a wide variety of areas, from National Parks to quaint towns to exciting cities. I polled a select group of the association's members to learn their favorite walks of 2008. The results are as varied as the trails and the walkers themselves.

1. Point Lobos, Carmel, California
2. St. Augustine, Florida
3. Silver Falls, Oregon
4. New York City, New York
5. Montgomery, Alabama
6. Celebration, Florida
7. Washington, DC
8. C&O Canal, Maryland
9. Golden, Colorado

PDP Apparel

Beginning hopefully by the time you read this (if not shortly thereafter) not only will you be able to buy new PDP Logo apparel at PDP walks from the sales table but you will also be able to go to the PDP website at www.penndutchpacers.org and then to the **Join/Apparel** tab and order just about any wearable you can think of with the new PDP Logo (see article on page 7).

We are excited about being able to offer everyone a huge selection of apparel emblazoned with the new PDP Logo. Marv Albert who takes care of the PDP store has taken the lead in setting up a relationship with a premier retailer of customized apparel. We supply our new logo that they put on just about anything. Here's a snippet of the broad spectrum of items that you can order:

- T-Shirts & Pocket T's (men's & women's)
- Polo Shirts (men's & women's)
- Luxury Sweatshirts
- Pocket Polo Shirts
- Caps
- Work Shirts
- All Purpose Eco Tote
- Full Zip Polar Fleece
- Shorts
- Baby bibs
- Hoodies



Crossword Puzzle Answers

- Down
1. FIREHOUSES—The walk in Brownstown qualifies for a special walking program that involves usually red trucks.
 2. BROWN—The name of the family after which Brownstown was named?
 4. NATIVEAMERICAN—The Indians that inhabited this area had no idea that they would qualify our walk in Brownstown for this Special Walking Program.
 6. SUSQUEHANNA—Into what river does the Conestoga River empty?
 7. PENN—The deed to the land that the Brown Family acquired in East Township bore the surname of the founder of Pennsylvania which is.
 8. CEMETERYSTROLL—Most of our walks qualify for the Special Walking Program which involves people that aren't going anywhere.
 9. EARLVILLE—The original name of Talmage?
 11. CONESTOGA—The name of the river that divides Talmage from Brownstown?
 15. BERKS—In what county are the headwaters of the Conestoga river?
 16. HERON—The type of bird on our 'A' award patch?
- Across
3. TRAILMASTER—What is the person called who is in charge of the trails on which the Penn Dutch Pacers walk?
 5. BROWNSTOWN—The town where our start point is located?
 10. SUSQUEHANNOCKS—What is the name of the Indian tribe after which the Susquehanna River was named?
 12. RIVERWALK—This special walking program involves bodies of flowing water and the Brownstown qualifies since the Conestoga flows between Talmage and Brownstown.
 13. EPHRATA—The closest Penn Dutch Pacer YRE walking event to Brownstown is located where?
 14. WESTEARL—Brownstown is located in what Lancaster County Township?
 17. TALMAGE—The town immediately adjacent to Brownstown?
 18. AKRON—Our closest recent weekend walk was just up Route 272 in England that Lancaster was named after.
 19. LANCASTERSHIRE—The town in England that Lancaster was named after.
 20. LIONSCLUB—West East Community park was originally developed by what organization?

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.

Penn Dutch Pacers Volksmarch Club, Inc.
PO Box 7445
Lancaster PA 17604-7445
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Contents

- Brownstown Walk
- Lancaster Forms Volksmarch Club
^ *page 1*
- Lititz Holiday Walk Recap
- Downtown Lancaster Followup
^ *Page 2*
- Footprints & Achievement Awards
- President's Message
^ *Page 3*
- Dates to Remember
- Fran's Handiwork
- News About Millersville YRE
- 19 Attend Annual Dinner
^ *page 4*
- Brownstown Crossword Puzzle
^ *page 5*
- Atlantic Region Calendar
^ *page 6*
- New PDP Logo
- Walking to Health
^ *Page 7*
- 2008 YRE Wrap up
^ *Page 9*
- Volunteer
- Renew
- Food for Brownstown
^ *Page 10*
- Wayne Oak Recovery Update
- Top 10 Walks in the USA for 2008
- Broccoli with Cashews
^ *Page 11*

Return Service Requested!



Check us out at www.penn dutchpacers.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