

newsletter

September, October, November 2009

Walking on the Masonic Village Campus – Elizabethtown



September 19th & 20th we are back on the campus of the Masonic Village in Elizabethtown for a very different and exciting walking experience than our Christmas 2004 walk that started in a hall on the Masonic Village campus. Our 2004 walk was a walk in the borough of Elizabethtown with a start on the Masonic Village campus. This year's walk however starts on the Masonic Village campus and never leaves the campus.

Since the Masonic Village campus in Elizabethtown encompasses some 1400 acres we will be exploring only a portion of this vast site on paved trails, roadways, and natural surfaces. Several steps make the trails unacceptable to wheelchairs. Large wheel jogging-type strollers should be OK.

Since our startpoint is at the Masonic Village which was established by the Masons it is interesting to gather some information about those that established this Masonic retreat. Freemasonry is a fraternal organization that arose from obscure origins in the late 16th to early 17th century. Freemasonry now exists in various forms all over the world, with a membership estimated at around 5 million, including just under two million in the United States and around 480,000 in England, Scotland and Ireland. The various forms all share moral and metaphysical ideals, which include, in most cases, a constitutional declaration of belief in a Supreme Being.

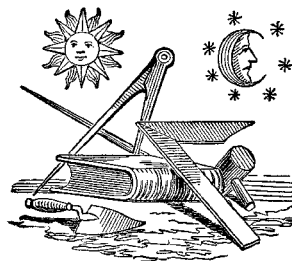
Freemasonry explicitly and openly states that it is neither a religion nor a substitute for one. "There is no separate Masonic God", nor a separate proper name for a deity in any branch of Freemasonry.

Regular Freemasonry requires that its candidates believe in a *Supreme Being*, but the interpretation of the term is subject to the conscience of the candidate. This means that men from a wide range of faiths, including (but not limited to) Christianity, Judaism, Islam, Buddhism, Sikhism, Hinduism, etc. can and have become Masons. Since the early 19th century, in the *irregular* Continental European tradition (meaning *irregular* to those Grand Lodges in amity with the United Grand Lodge of England), a very broad interpretation has been given to a (non-dogmatic) Supreme Being; in the tradition of Baruch Spinoza and Johann Wolfgang von Goethe – or views of The Ultimate Cosmic Oneness – along with Western atheistic idealism and agnosticism.

Freemasonry in Scandinavia, known as the Swedish Rite, on the other hand, accepts only Christians. In addition, some appendant bodies (or portions thereof) may have religious requirements. These have no bearing, however, on what occurs at the lodge level. The fraternity is administratively organized into Grand Lodges (or sometimes Orients), each of which governs its own jurisdiction, which consists of subordinate (or *constituent*) Lodges. Grand Lodges recognize each other through a process of landmarks and regularity. There are also appendant bodies, which are organizations related to the main branch of Freemasonry, but with their own independent administration.

Freemasonry uses the metaphors of operative stonemasons' tools and implements, against the allegorical backdrop of the building of King Solomon's Temple, to convey what has been described by both Masons and critics as "a system of morality veiled in allegory and illustrated by symbols."

The origins and early development of Freemasonry are a matter of some debate and conjecture. A poem known as the "Regius Manuscript" has been dated to approximately 1390 and is the oldest known Masonic text. There is evidence to suggest that there were Masonic lodges in existence in Scotland as early as the late sixteenth century (for exam-



Cont'd on Page 4, column 1

First Finisher Honored



Alice Eckardt from the Susquehanna Rovers (left above) was congratulated

and awarded her Museum Walk American Patch at the PDP Lancaster County Central Park walk by Bob Cooney (right), Museum Walk America coordinator. Alice was presented her award for being the first person to finish the required 25 Museum Walk America events in just 3 months and 9 days. Be sure to add your congratulations when you see Alice on the trail.

Back in Lititz in November

The Sunday after Thanksgiving the Penn Dutch Pacers are again following on the heels of the Susquehanna Rovers walk in Hershey with a walk on Sunday, November 29th in Lititz.

We will have a new startpoint and a new trail that we will tell about in immense detail in the next issue of this very newsletter or you can check it out on line at www.penn dutchpacers.org. Be sure to also pick up an event brochure at our Masonic Homes event later this month and at other Atlantic region events as



Lancaster County Central Park 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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County Park 2009	Award & Credit	Credit Only	Non IVV	Totals
5K	2	5	15	22
10K	43	119	41	203
Total	45	124	56	225



The Penn Dutch Pacers offered folks attending a chance to celebrate with us by partaking of a piece of our anniversary cake pictured above.



A packed pavilion with folks enjoying conversation and Marv Albert (front left) who is in charge of our sales table.



The PDP Food Concession was a very busy place that was capably handled by Barb Weatherholtz (left) & Kitty Glass (right) and Roy Simmers (not pictured) and others who volunteered their time.

It may have been the proper alignment of the planets or the fact that this event celebrated the 20th anniversary of the founding of the Penn Dutch Pacers or the fine weather or the great multi-faceted trails or the free cake or the wonderful food or fine startpoint or the fact that the AVA convention was going on or any number of things that combined and contributed to the wonderful response to the walk that the Penn Dutch Pacers offered in Lancaster County Park.

And although we didn't have the 900 plus people attend this walk as they did 20 years ago, the two hundred and twenty-five number (which you see in the attached chart) is the highest attendance that the Penn Dutch Pacers have had in recent memory and is a tribute to all the hard work that went into this celebration of PDP longevity.

As always it is through the work of our tireless volunteers that PDP walking events seem to come together so effortlessly. But as those of you know who do the work there is a lot of work, both mental and physical, and planning many months out from the actual events that make walks like this one in Lancaster County Central Park come off so smoothly.

In every newsletter, in some context or another, we always talk about our volunteers since without dedicated people who have decided that supporting walking for health, fun and fitness is important enough to them to give the Penn Dutch Pacers one of their most valuable assets, their time.

To all those who gave their time and anything else that contributed to the success of our walk in Lancaster County Central Park, THANK YOU, THANK YOU, THANK YOU.

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, Bob Cooney, Barry Weatherholtz, George Resh, Sherry & Phil Allamong

President's Message



Now that we are working on our 21st year, more than ever we need to continue to reach out to new people and to let them know first and foremost that the Penn Dutch Pacers exist and secondly to let them know what we do which is to walk at our own pace on a measured trail for health, fun and fitness. It is amazing to me that the Penn Dutch Pacers have been around for 20 years, we have produced more than 100 weekend events, countless YRE and seasonal events and when striking up a conversation with people we've not previously met in Lancaster County and we inject Volksmarching and the Penn Dutch Pacers into the conversation that virtually everyone's eyebrows raise giving you the immediate answer to your unasked question about whether they have any knowledge of Volksmarching or the Penn Dutch Pacers.

So then we go into our well rehearsed spiel about what Volksmarching is and who the Penn Dutch Pacers are and we give them the club web address, i.e.

www.penndutchpacers.org and they seem to have interest and they agree that it all sounds wonderful and that they'll check it out but when we look back, hardly ever does all that conversation, effort and sharing of information face to face ever result in folks showing up once at a walk let alone becoming a contributing, valuable, volunteering member of the Penn Dutch Pacers. So what are we doing wrong? You may think when I pose that question that I have an answer, but I don't. I pose the question out of frustration. I think the Penn Dutch Pacers have a wonderful product. We produce walks for health, fun and fitness and provide our product to the public at less than what some bottles of water cost, essentially giving it away. The cost of any similar type event usually starts at \$15 and our events can be done by a person of any age at the person's own pace.

So what can we say or offer differently that will motivate people to participate? How can we phrase it, how can we explain it that will motivate people into action? I don't think I'm alone here feeling the frustration and I think it would be helpful to get some different views and ideas here from other folks who maybe are having more success than I at getting people to act on their apparent interest.

Cont'd in the next column

I encourage you to write down your ideas and forward successes that you have had via e-mail (my e-mail is in the left hand column of page 2) so that we can share them here so that when any of us get the opportunity to talk to folks that we can make a difference not only for the Penn Dutch Pacers but for the person that we are talking to as well.

It is only through our sustained outreach that we can continue to entice new people into the fold of valuable, contributing club members that we need to continue producing our one and only product, great walking experiences in and around Lancaster County.

Thanks in advance for your help.!!

- Phil

P.S. Most certainly this topic can be dis-

CLUB MEMBERS ACHIEVEMENT AWARDS

KILOMETER MILESTONES

2000 K

**Charlotte Haugh
Terry Haugh**

3,500 K

Rose Grumbling

9000 K

**Brian Grumbling
Barry Hitchcock**

EVENT MILESTONES

175 Events

**Charlotte Haugh
Terry Haugh**

200 Events

**Charlotte Haugh
Terry Haugh**

350 Events

Rose Grumbling

700 Events

Barry Hitchcock

750 Events

Leroy Copenhagen

Source: *American Wanderer*
August/September 2009

RENEWED FOOTPRINTS KEEP ON WALKING THE TRAILS

2010

**Bette & Bob Hershey
Carmelita Keiser
Sharon & Gerald Schauer
Carol & Steven Schell
Pat & Joe Strausbaugh**

2011

**Jere & Jeanne Heft
Mimi & Bruce Kegerize
Aubrey & Irene Steffy**

2012

**Valerie & Henry Cifuni
Muriel & Charles Halsey
Doug & Toni Hoey
Ron & Barbara Mable**

LIFE

Lew & Louise Corlew

Records as of August 22, 2009

Hold the Dates

March 2010						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

The AVA holds their annual convention every two years and in the off years in between the national convention the Atlantic Region holds a mini conference. In 2010 the Atlantic Region Conference will be March 19, 20 and 21 tentatively in Annapolis MD.

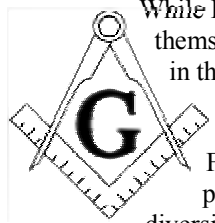
We will have more information in the next newsletter, just wanted to let you know now to hold the dates so that you can plan to attend.

Cont'd from Page 1 • 20 Years . . .

ple the Lodge at Kilwinning, Scotland, has records that date to the late 1500s, and is mentioned in the Second Schaw Statutes (1599). There are clear references to the existence of lodges in England by the mid-seventeenth century.

The first Grand Lodge, the Grand Lodge of England (GLE), was founded on 24 June 1717, when four existing London Lodges met for a joint dinner. This rapidly expanded into a regulatory body, which most English Lodges joined. However, a few lodges resented some of the modernizations that GLE endorsed, such as the creation of the Third Degree, and formed a rival Grand Lodge on 17 July 1751, which they called the "Antient Grand Lodge of England". The two competing Grand Lodges vied for supremacy – the "Moderns" (GLE) and the "Antients" (or "Ancients") – until they united 25 November 1813 to form the United Grand Lodge of England (UGLE).

The Grand Lodges of Ireland and Scotland were formed in 1725 and 1736 respectively. Freemasonry was exported to the British Colonies in North America by the 1730s – with both the "Antients" and the "Moderns" (as well as the Grand Lodges of Ireland and Scotland) chartering offspring ("daughter") Lodges, and organizing various Provincial Grand Lodges. After the American Revolution, independent U.S. Grand Lodges formed themselves within each State. Some thought was briefly given to organizing an overarching "Grand Lodge of the United States", with George Washington (who was a member of a Virginian lodge) as the first Grand Master, but the idea was short-lived. The various State Grand Lodges did not wish to diminish their own authority by agreeing to such a body.



While Freemasonry has often been called a "secret society", Freemasons themselves argue that it is more correct to say that it is an esoteric society, in that certain aspects are private. The most common phrasing being that Freemasonry has, in the 21st century, become less a secret society and more of a "society with secrets". The private aspects of modern Freemasonry are the modes of recognition amongst members and particular elements within the ritual. Despite the organization's great diversity, Freemasonry's central preoccupations remain charitable work

within a local or wider community, moral uprightness (in most cases requiring a belief in a Supreme Being) as well as the development and maintenance of fraternal friendship – as James Anderson's Constitutions originally urged – amongst brethren.

Masons conduct their meetings using a ritualized format. There is no single Masonic ritual, and each Jurisdiction is free to set (or not set) its own ritual. However, there are similarities that exist among Jurisdictions. For example, all Masonic ritual makes use of the architectural symbolism of the tools of the medieval *operative* stonemason. Freemasons, as *speculative* masons (meaning philosophical building rather than actual building), use this symbolism to teach moral and ethical lessons of the principles of "Brotherly Love, Relief, and Truth" – or as related in France: "Liberty, Equality, Fraternity".

Two of the principal symbolic tools always found in a Lodge are the *square* and *compasses*. Some Lodges and rituals explain these tools as lessons in conduct: for example, that Masons should "square their actions by the square of virtue" and to learn to "circumscribe their desires and keep their passions within due bounds toward all mankind". However, as Freemasonry is non-dogmatic, there is no general interpretation for these tools (or any Masonic emblem) that is used by Freemasonry as a whole.

These moral lessons are communicated in performance of allegorical ritual. A candidate progresses through *degrees* gaining knowledge and understanding of himself, his relationship with others and his relationship with the Supreme Being (as per his own interpretation). While the philosophical aspects of Freemasonry tend to be discussed in Lodges of Instruction or Research, and sometimes informal groups, Freemasons, and others, frequently publish – to varying degrees of competence – studies that are available to the public. Any mason may speculate on the symbols and purpose of Freemasonry, and indeed all masons are required to some extent to speculate on masonic meaning as a condition of advancing through the degrees. There is no one accepted meaning and no one person "speaks" for the whole of Freemasonry.

The Penn Dutch Pacers are grateful for the hospitality and support the Masonic Village has offered to us for this the second time. We hope all of you can arrange to join us for this extensive walking tour of the Masonic Village Campus.

Most of the foregoing information on the Freemasonry was from Wikipedia.



Dates To Remember

Sunday, September 13th

Masonic Village Pre-walk from the Start-point at 1 PM

Thursday, September 17th

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

Saturday, September 19th &

Sunday, September 20th

PDP Walking Event :: Masonic Village • Elizabethtown - Start 8 AM until 1 PM - finish by 4

Thursday, October 15th

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

Thursday, November 19th

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

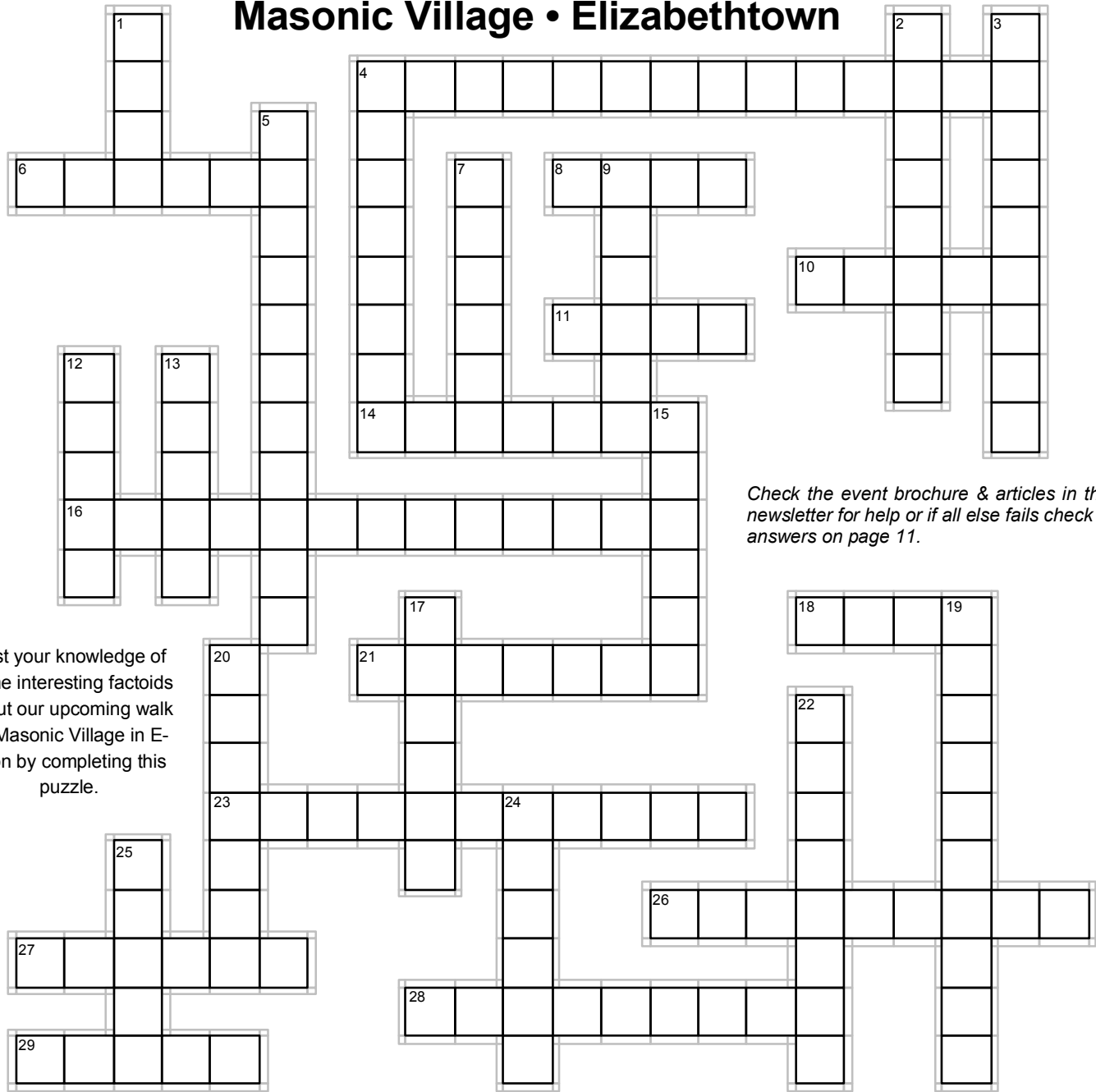
Sunday, November 29th

PDP Walking Event :: Freeze & Frizz • Litzitz - Start 8 AM until 1 PM - finish by 4

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

9. Name one of the months in which the Penn Dutch Pacers don't have a meeting.
12. The Masonic Village at Elizabethtown consists of 1400 of these _____.
13. Since the parking area at Masonic Village is located some distance from our startpoint that distance is included as part of the _____.
15. The name of the man who asked the Grand Lodge to establish a Masonic Home, also a game played with a racket, ball and a net.
17. The land that encompasses the Masonic Village is referred to as a _____.
19. Places in which people live can be referred to as _____.
20. The last name of the current president of KSVA (Keystone Volkssports Association)?
22. What a mason does when they touch up the mortar in an old brick building or what an Irish Setter is doing when they see game.
24. How many residents were there at Masonic Village in Elizabethtown in the beginning?
25. What kind of Lodge established the Masonic Home?

Masonic Village • Elizabethtown



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 @ Masonic Village in E-twon by completing this puzzle.

Across

4. This walk is entirely on the _____ campus.
6. How many pages are usually in the newsletter?
8. There is this kind of market close to our startpoint.
10. The Veteran's Memorial is located within a group of trees which could be described as a _____.
11. Name the month in which PDP holds it's picnic.
14. The last name of the current Atlantic Region Director who represents us at AVA?
16. The town where the Masonic Village is located is _____.
18. The PDP newsletter is published how many times a year?
21. There are formal _____ on the Masonic Village Campus that qualify for a Special Walking Program.
23. The country-side that you will see while walking at Masonic Village can be described as _____.
26. The Masons are what type of organization?
27. One of reasons that people walk?
28. The name of first drive that you are on once entering Masonic Village?
29. One of the governing bodies within Freemasonry is call the Grand _____.

Down

1. The Masons have a Mission of _____.
2. There is one of these stations that we will walk by to qualify for an AVA Special Walking program.
3. Those that reside at Masonic Village are called _____.
4. The image on our patch for the Masonic Village event depicts the Veteran's _____.
5. The _____ understood translation of Volksmarch is _____.
7. What is the tool called that a mason uses to apply mortar to bricks?

2009/2010 Atlantic Region Calendar

From the Atlantic Region website

September 2009

Date	Type	Sponsoring Club	Event Location	Contact Phone
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 Volksmarch Club	Fort Loudon PA (Cowans Gap State Park)	717-599-5033
12	W	Northern Virginia Volksmarchers	Vienna VA (Meadowlark Gardens Regional Park)	703-591-6579
12	W	Piedmont Pacers	Brookeville MD (Rachel Carson Conservation Park)	301-829-3685
14	NW	Northern Virginia Volksmarchers	Burke VA (Fairview Elementary School)	703-455-1878
15	NW	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-890-9220
▷ 17	M	Penn Dutch Pacer Membership Meeting :: Lancaster Health Campus :: 1st Floor Diagnostic Conference Room • 7 PM		
19	W	Gator Volksmarsch Club	Norfolk VA (Botanical Garden)	757-490-9324
19	W	Great Greenbelt Volksmarchers	College Park MD (College Park Airport)	301-937-3549
▷ 19-20	W	Penn-Dutch Pacers Volksmarch 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 Vagagonds	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
26	W	Liberty Bell Wanderers	Philadelphia PA (Pennypack Park)	215-322-5799
27	2W	Columbia Volksmarch Club	Ellicott City MD (Centennial Park)second walk	410-290-6510

October 2009

Date	Type	Sponsoring Club	Event Location	Contact Phone
02-03	W	Piedmont Pacers	Frederick MD (Frederick Fair Grounds)	410-795-7855
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	W	York White Rose Wanderers	Stewartstown PA (Naylor Wine Cellars)	717-843-0840
03-04	W	Fort Belvoir Outdoor Rec	Fort Belvoir VA	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	Baltimore Walking Club	Joppatowne MD (Redner's Warehouse Market)	410-638-7043
10	W	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
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	Penn Dutch Pacer Membership Meeting :: Lancaster Health Campus :: 1st Floor Diagnostic Conference Room • 7 PM		
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
24-25	W	First State Webfooters	Rehoboth Beach DE (Henlopen Hotel)	302-697-1191
25	W	Nittany Nomads	Clearfield PA (YMCA)	814-238-1741
31	W	Germanna Volkssport Associaiton	Fredericksburg VA (Motts Run Recreation Area)	540-786-6550

November 2009

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Germanna Volkssport Association	Fredericksburg VA (Motts Run Recreation Area)	540-786-6550
01	NW	Seneca Valley Sugarloafers	Gaithersburg MD (Seneca Creek State Park)	301-977-9547
07-08	W	Chesapeake Bay Country Wanderers	Gambrills MD (Maryland Sunrise Farm (Naval Academy Dairy Farm)	301-805-4278
13-14	W	York White Rose Wanderers	Gettysburg PA (1863 Inn of Gettysburg)	717-337-1667
14	W	York White Rose Wanderers	Gettysburg (Ortanna) PA (Adams County Winery)	717-337-1667
14	S	York White Rose Wanderers	Gettysburg PA (YWCA of Gettysburg)	717-337-1667
14	W	Seneca Valley Sugarloafers	Rockville MD (TBD)	301-926-0915
14	W	Seneca Valley Sugarloafers	Rockville MD (TBD)	301-946-5496
15	W	York White Rose Wanderers	Gettysburg PA (1863 Inn of Gettysburg)	717-337-1667
▷ 19	M	Penn Dutch Pacer Membership Meeting :: Lancaster Health Campus :: 1st Floor Diagnostic Conference Room • 7 PM		
27-28	4W	Susquehanna Rovers Volksmarch Club	Hershey PA (Hershey Recreation Center)	717-761-1338
▷ 29	W	Penn-Dutch Pacers Volksmarch Club	Lititz PA (Freeze & Frizz)	717-625-3533

Continued on the next page >

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

Decemeber 2009

Date	Type	Sponsoring Club	Event Location	Contact Phone
05	W	Washington DC Area Volksmarching Club	Alexandria VA (Barrett Branch Library)	703-765-3128
11-12	NW	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
12-13	W	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
11-13	S	Peninsula Pathfinders	Williamsburg VA (Four Points Sheraton)	757-766-3065
12	W	Annapolis Amblers	Eastport MD (Annapolis Athletic Club)	410-867-7511
16	NW	Great Greenbelt Volksmarchers	Greenbelt MD (Generous Joe's Deli)	301-937-3549
19	W	Baltimore Walking Club	Baltimore MD (Rotunda)	410-252-3165
19	NW	Germanna Volkssport Association	Fredericksburg VA (Fredericksburg Visitor Center)	540-786-6550
19	W	Virginia Volkssport Association	Washington DC	757-766-3065
19	NW	Virginia Volkssport Association	Washington DC	757-766-3065
20	W	Northern Virginia Volksmarchers	Springfield VA (Asian Grill)	703-455-1878
26	W	Virginia Vagabonds	Hampton VA	757-766-3065
31	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
31	2W	York White Rose Wanderers	York PA (York City Ice Arena)	717-764-6150
31	2W	Freestate Happy Wanderers	Columbia MD (Owen Brown Community Center)	410-437-2164

January 2010

Date	Type	Sponsoring Club	Event Location	Contact Phone
01	W	Gator Volksmarsch Club	Smithfield VA (Smithfield Station)	757-490-9324
01	2W	Freestate Happy Wanderers	Columbia MD (Owen Brown Community Center)	410-437-2164
∑ 09	W	Penn-Dutch Pacers Volksmarch Club	Lancaster PA (Isaac's Restaurant - Downtown)	717-625-3533
16	W	Seneca Valley Sugarloafers	Cabin John MD (C&O Canal Towpath)	301-385-0054
∑ 21	M	Penn Dutch Pacer Dinner/Membership Meeting :: Isaac's Restaurant, Manheim Pk, Lancaster • 7 PM		

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

Thoughts on Designing a Trail to Include Special Programs

Editors's Note: Here is an interesting perspective on how or why not to design trails to include special program requirements.

Bob Morrison sent out this perspective to NW (Northwest Region) clubs since it is increasingly difficult for clubs and trailmasters to respond to demands of walkers as to whether their event fulfills challenges (special programs) they many never have known existed.

While the national special event challenges are limited in number, various states and individual clubs have been expanding the number of challenges available. Unfortunately, this places a large burden on the clubs. While some have said that walkers are responsible for spotting these oddball sights, that's not what plays out at the finish table. They want to be able to list things they missed seeing, even if your club didn't know to look for it, either.

But the other side of the coin are events designed to pass by a site that fulfills a challenge, despite there being an ugly or unsafe route to it, and forgoing a much nicer route nearby that was pleasant and safe.

It has reached the point that if I see a long list of challenges a route fulfills, I think I'll skip the walk be-

cause it is bound to be ugly and/or dangerous. I'll choose instead a route or event I know is pleasant and safe, even if it means no volkssport credit. Clubs have simply tricked me once too often by sending me past a sewage plant or through a bad part of town to be able to score some challenge I don't participate in. And I am a forgiving, addicted volkssporter. What does it mean to send a new walker on such a route? They won't be back to volkssporting. We lose people when clubs choose an ugly trail to fulfill a challenge, especially new customers who won't be back.

If you have a Carnegie Library or a jail or a fort, please think not just twice but three times as to whether they are on a PLEASANT walking route. I know I get the heebie jeebies walking past all of the bail bonds shop fronts by our courthouse and jail as they let out the prisoners Sunday morning they don't have space to house more than overnight...

"It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself."

- Joyce Maynard

Don't Forget To Volunteer



We continue to provide you with opportunities to volunteer to help the Penn Dutch Pacers produce our walks. The absolutely easiest way of volunteering is to go to the volunteer page on the PDP website at www.penn Dutchpacers.org. It takes probably no more than a few minutes to provide the information we need to work you into the schedule during one of our walks. If you don't have access to the web there is a volunteer sheet at the start table where you can sign up to volunteer for the following walk or contact our volunteer coordinator, Bob Cooney (his number is on page 2) and make his job easier.

What a lot of people do is volunteer either before or after they plan to walk. You can volunteer for as little as an hour and we have people that will volunteer from several hours to all day to both days.

We realize you're busy. We all are. But it is only through all of us sharing the volunteer load that we can continue to provide walking opportunities

By the way don't forget to say thank you to all those people you see at the start and finish tables and at the checkpoints and at the food and sales tables. They are the ones that have stepped forward and given of their time to make your walking experience possible.

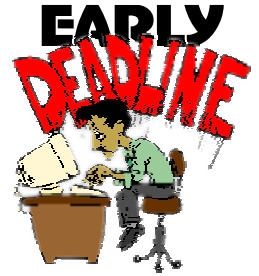
YRE Trails Update

By Barry Weatherholtz

Going, going, going, where is the time going? Summer is almost gone and we are already well into the second half of the 2009 walking season. As of July 1st the "+" has been removed from all YRE's and each trail may be walked again for credit as an event as well as distance. Nothing new there, all volkswalkers know that!!! But did you know that 2 trails have been revamped completely and are now new and IMPROVED.?

Due to construction at the Warwick High School, the Historical walk has been changed by removing the section around the athletic field and adding the rail-trail towards the Warwick Township Building. Of course the section along Main St. remains intact as the Historical high point of this trail.

The other walk that has been modified is Ephrata due to the removal of the bridge on Old Mill Rd. A lot of the original trail has been maintained with a reversal along Cocalico Creek and the addition of the new rail-trail which is almost 1 mile long. I really think this a nicer walk than before. There has been nothing changed on the New Holland West walk except the instructions. It seems the original trail had said, "at the bench turn right and pick up the walking path...." Well-----it seems that Garden Spot Village removed the bench????? Instructions now say, "at the small parking area, turn right onto the path...." I hope that's better! Let's all, Keep on Walkin.



The next edition of this newsletter will be coming out early primarily so that we can include extensive information on our next walk which is November 29th. Because of that our deadline to have articles included in the December, January, February 2010 Edition will be October 15th. To contribute an article please forward your article/picture/etc. as native e-mail or as an attachment to phil@solanco.com or if you prefer mail to the club address at PO Box 7445, Lancaster Pa 17604-7445 Please take the time to contribute an article, it's your newsletter..

Event Rule Change Effective Immediately

At the Annual Convention in June there was an IVV rule change announced – "Effective immediately, there is a change in IVV rules regarding the use of the Event Stamp. From now on, participants at events which are held on more than one day may pay a fee, complete the event, and receive an event stamp ON EACH DAY OF THE EVENT.

New Regional Director Elected June 14th

On June 14th the Atlantic Region elected a new Regional Director who represents the region before the AVA. When you see Sam Tollett you can congratulate him and now also you know who is the new voice for you from the Atlantic Region.

"I wish to personally thank all the clubs which attended or sent proxy votes to the Atlantic Region Meeting on June 14, 2009 in Bethesda, Maryland.

I was elected as the new Atlantic Region Director and a member of the National Executive Board for the next two years. I will support the American Volkssport Association, the Atlantic Region, our State Associations, and Regional Membership Clubs to the best of my abilities.

I may be contacted with any problem concerning volkssporting. All I ask is that if you have a state association president you contact them first with your problem."

Sam Tollett
3 Delmont Court
Hampton, Virginia 23666
(H) 757-766-3065
(C) 757-814-1058
runsbears@yahoo.com Note: this is my home email address

Ending Date Extended



For any of you who may be participating in The Great Lakes Special Walking Event Program you'll be glad to know that it has been extended for one year now through December 31, 2010.



Wayne Holloway, AVA VP has asked for several volksmarchers to work with him on the AVA Awards Committee. This is an opportunity for you to help the AVA recognize our dedicated workers at all levels of our sport. By volunteering, you will assist in improving our national recognition program. If you wish to serve on the AVA Awards Committee, please email Joan Lampart (contact info on Page 2) with your name, address, and phone number.

Some ideas on Reaching Out to New Walkers

Cont'd from Previous Column . . .

Editor's Note: It seems that no matter where you are in the country Volksmarch Clubs like the Penn Dutch Pacers are always wondering how to get new people not only walking our walks but how to get them to be active participating members as well.

There was a discussion about 'reaching out to new walkers' on the volksmarching e-mail list 'Walklist' the end of June where several people shared their ideas and concerns about this very subject. The discussion was interesting and may spark some ideas amongst PDP members about how they can better get the message out to perspective walkers.

“At the AVA convention, there was a chart in the reports book showing overall participation numbers. The graphs showed a declining trend.

Here in Michigan, we have had first hand knowledge of that decline, and we are looking at the hard reality that none of our 13 year-round walks may even pay for the AVA sanction and processing fees this year. Our club has picked 5 walks to close for the second half of the year if we don't get any grants or donations to keep them open.

It makes it harder to attract new walkers with fewer walks around to give them some variety.

I attended the workshop by Jane Holmes about electronic registration and there learned about meetup.com, a website that will take an organizer's info about an event and automatically send the info to other folks that have the same interests in a large geographic area and it will also send reminders for you! I really think this website will produce good numbers of new walkers, as it has done for Jane. Organizers need to pay a subscription fee.

I am looking for a club that has enjoyed large numbers of walkers at their events in the past that has the cushion to give my club a grant to keep our walks open and to allow us

to get going on meetup.com.

Please contact me soon if you think your club will help.”

Chelane Priller

President, Great Lakes Amblers

Hi Chelane,

”My wife and I have participated in volkssporting since 1999. I don't remember how we found out about

it, but over those years whenever I've spoken to anyone that was not already involved in volkssporting by far the majority of those people had not heard of it and/or didn't know anything about it. Also, we've participated in a number of regular events where we were stopped by people wanting to know what we were doing. They did not know there was an event being held and consequently, why all these strangers were walking by their homes carrying a sheet of directions. When told why we were there they then fell into the former category of not knowing anything about volkssporting. My question, do host clubs advertise, or otherwise promote an event? I'm not sure how a potential new walker finds out about it. Is it usually by word-of-mouth?

Also, probably like many others, we've participated in fewer events recently. Obviously, some of that is economy, just doesn't make sense to drive 200 miles for an event even if you can afford the gas. But the distance in and of itself is a factor. I don't really have a good solution, but when you have to take into account how long a trip, whether we're going to have to stay overnight, and can we get there before the 12:00 PM registration deadline, all of these and others mean that at minimum you need to plan ahead for a lot of the events, and happening more often now, we just decide not to bother. Many can't be attended on a last minute whim. I've gotten the impression, maybe an incorrect one, that these events are not planned with out-of-towners in mind. In the past I've occasionally asked a host contact person about local accommodations when deciding on whether to attend their event, and I've gotten mixed responses. Maybe adding some of that kind of info to the event description would help. Some of the better events we've attended were those where the host club had worked out a deal with a local motel/hotel, or at least provided some info about the area. It was especially nice when the hotel and starting point were the same.”

George Lewis



As part of the Penn Dutch Pacers attempt to get the word out there, we now have a page on Facebook, the fabulously popular networking site. So if you're into networking and Facebook become a fan and join us on the web.

Cont'd in the next column

Club Tips by Bob Wright

Editor's Note: Bob offers some great tips that we can all use to get new people involved. The next time you have the chances give some of Bob's suggestions as try.

Bob shares 33+ years of experience, research, and insights about building stronger volkssport clubs, better IVV events, and greater participation.

Engage Your Members

Once you involve members as volunteers, take them to the next level—engagement.

Agree on a Job

With interview information and your needs in hand, find a match. A perfect match is ideal. Otherwise look for the next best match. Work with your volunteer to find a good enough match—maybe their second choice, but something you both agree needs to be done.

If your volunteer has a passion, pursue it, even if not one of your needs. Adding something new to the club's program is good. What have you got to lose? The volunteer if you don't satisfy that passion!

Steering a volunteer toward your needs is an option, but beware. If the volunteer doesn't grow into the job, you'll have to succeed a problem. Watch for signs of trouble, and make a change if necessary to keep your volunteer engaged.

Explain the Job

When the volunteer starts the job, initially sit down and explain it. They may have their own ideas, and everyone puts their own imprint on a job, but the objective(s) should be agreed. As Yogi Berra said, "If you don't know where you're going, you'll end up somewhere else." Don't let that happen. Answer questions; agree on answers. In the end, agreement is imperative.

Set Expectations

Make part of that initial meeting about expectations. What outcome do you expect? A report by a certain date, weekly news releases, a web site with a specific look and content, written directions for a 10-km walking trail through a park, checking a year-round walk box monthly? If there is a schedule, spell it out. Come to agreement on expectations too.

Mentor and Monitor

Now turn the volunteer loose to do the job you agreed to. Sort of. All volunteers need mentoring. Pair them up with knowledgeable club members, perhaps an officer, their committee chair, or someone familiar with the job. Less knowledgeable volunteers need more help initially than those with previous experience in the job or a similar one. Tailor the amount accordingly. Take all the time you need.

Periodically follow up. Check progress, especially if there are milestones along the way. Course correction is easiest when there is not too much time between status checks. Wait too long and the volunteer may stray far from agreed expectations. If you see problems, address them with the volunteer promptly. You want the volunteer to succeed.

Don't micro-manage or stifle your volunteer (that's overdoing it), rather ensure your agreement is on track. Agree on what your volunteers will do, and stick to it; all will be pleased with the results.

Food for Elizabethtown

If you remember the last time we had a walk that started on the campus of Masonic Village in 2004 our start was in a spacious, elegant hall and we were not able to provide food for our walkers.



This time however we will be

starting in a pavilion and can provide our full spread of delicious food. And since this walk is entirely on the Masonic Village campus there are no other opportunities for folks to get food or drink during the walk.

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.
- 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 page 8)
- 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 Elizabethtown on the Masonic Village campus so 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

So What's Happening with the Newsletter

The last newsletter had an article that indicated that there was a new way to read the newsletter on the PDP website and asked for feedback regarding getting the newsletter electronically as opposed to getting it printed and mailed.

We did get some feedback with two opposing views as follows:

- Responding to the column in your latest newsletter. I would prefer to receive the newsletter electronically. If you don't want to actually send it out as an attachment to an e-mail, perhaps you could e-mail recipients with a hot link, or a notice, each time you post a new one on your web site.

- Please don't eliminate the paper edition of the Newsletter. We are 2 of the membership who enjoy reading the issue & refer to it often -- and we are not computer literate. Thank you for the great job you do & all the hours you devote to putting out this valuable information. We appreciate it --and you.

Obviously it would save the club a good deal of money if we could deliver the newsletter electronically instead of having it printed and mailed. Not only would we save money but we would also save resources in the form of paper, ink and energy that is used for every issue that we distribute. Just so you know it costs \$464.67 to print and mail the last issue of this newsletter so if you take that figure times 4 you can see that the newsletter represents a substantial chunk of change to print and distribute over a years time. That figure obviously doesn't include the actual writing, layout and pub-

Cont'd in the next column

lishing since that is all donated. If we had to pay for those services the cost would be even higher.

There are many reasons why we can't currently go to an exclusively electronic edition of the newsletter. Chief among them is the fact that there are still quite a few folks that would not have access to an electronic edition primarily for lack of a computer or computer expertise. And we obviously don't want to exclude any members from receiving the newsletter since it is one of the BIG benefits of membership.

As far as transitioning to an all electronic edition that also becomes a problem when you consider that we need to mail at least 200 newsletters to mail them using a mail permit which gives us a discount on postage. If we drop below 200 then we no longer are getting the best price for printing or postage and our cost goes up per copy and we are paying more instead of less which doesn't make sense at all.

So we have a conundrum and at this point the only real option is to continue what we are doing which is mailing one newsletter to every household who holds a membership in PDP and to provide the electronic edition on the website for those who would like to read it electronically on their computer screen or print it out and read it for that matter.

Currently though the electronic edition is not posted on the website archive until several weeks after the particular edition is mailed after all the newsletter is a benefit of membership so it's the members who

Cont'd in the next column

Spicy Carrot Salad



Ground flax seed acts as a thickener for the dressing while providing healthy Omega-3 fatty acids.

2 teaspoons ground flax seeds

2 tablespoons hot water

1/4 cup orange juice

2 tablespoons fruit vinegar (I used pear vinegar, but apple cider or white wine vinegar will do)

1/2 teaspoon spicy Spanish paprika (or 1/4 teas. paprika plus 1/4 tsp. cayenne)

1/4 teaspoon cumin

4 cups grated carrots (about 4 large carrots)

4 clementines (small seedless oranges), peeled and sectioned

2 tablespoons walnuts (optional)

Put the ground flax seeds in a small bowl and add the hot water. Stir and allow to sit until thickened, about 5-10 minutes. The add orange juice, vinegar, paprika, and cumin.

Grate the carrots. Put them in a bowl and immediately add the dressing and mix well. Fold in the clementine sections and sprinkle with walnuts. Serve cold or at room temperature.

should be able to get the information that the newsletter contains in a timely manner. So to summarize... we will continue for the foreseeable future to publish, print and mail the newsletter to all members and then to make an electronic edition available on the PDP website at www.penndutchpacers.org a short while after it has been received in the mail.

We will continue to keep a close watch on the possibilities and as things change we will continue to evaluate the options we have to continue to get the newsletter to members and reduce costs at the same time.

Crossword Puzzle Answers

4. MASONICVILLAGE — This walk is entirely on the campus.
6. TWELVE — How many pages are usually in the newsletter?
8. FARM — There is this kind of market close to our start-point.
10. GROVE — The Veteran's Memorial is located within a group of trees which could be described as a picnic.
11. JULY — Name the month in which PDP holds its picnic.
14. TOLLETT — The last name of the current Atlantic Region Director who represents us at AVA?
16. ELIZABETHTOWN — The town where the Masonic Village is located is
18. FOUR — The PDP newsletter is published how many times a years?
21. GARDENS — There are formal _____ on the Masonic Village Campus that qualify for a Special Walking Program.
23. PICTURESQUE — The country-side that you will see while walking at Masonic Village can be described as
26. PATERNAL — The Masons are what type of organization?
27. HEALTH — One of reasons that people walk?
28. FREEMASON — The name of first drive that you are on once entering Masonic Village?
29. LODGE — One of the governing bodies within Freemasonry is call the Grand
- Down
1. LOVE — The Masons have a Mission of _____.
2. RAILROAD — There is one of these stations that we will walk by to qualify for an AVA Special Walking program.
3. RESIDENTS — Those that reside at Masonic Village are called
4. MONUMENT — The image on our patch for the Masonic Village event depicts the Veteran's
5. PEOPLESWALK — The understood translation of Volksmarch is
7. TROWEL — What is the tool called that a mason uses to apply mortar to bricks?
9. AUGUST — Name one of the months in which the Penn Dutch Pacers don't have a meeting.
12. ACRES — The Masonic Village at Elizabethtown consists of 1400 of these
13. TRAIL — Since the parking area at Masonic Village is located some distance from our startpoint that distance is included as part of the
15. TENNIS — The name of the man who asked the Grand Lodge to establish a Masonic Home, also a game played with a racket, ball and a net.
17. CAMPUUS — The land that encompasses the Masonic Village is referred to as a _____
19. RESIDENCES — Places in which people live can be referred to as _____
20. LAMPART — The last name of the current president of KSAVA (Kaysions Volkssports Association)?
22. POINTNING — What a mason does when they touch up the mortar in an old brick building or what an Irish Setter is doing when they see game.
24. ELEVEN — How many residents at Masonic Village In Elizabethtown in the beginning?
25. GRAND — What kind of Lodge establish the Masonic Home?

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Contents

- Walking on the Masonic Village ...
- First Finisher Honored
- Back in Lititz in November
^ page 1
- LCCP Walk Recap
^ Page 2
- President's Message
- Footprints & Achievement Awards
- Hold the Dates
^ Page 3
- Dates to Remember
^ page 4
- Masonic Village Crossword Puzzle
^ page 5
- 2009/2010 Atlantic Region Calendar
^ page 6
- Thoughts on Designing a Trail ...
^ Page 7
- Don't Forget to Volunteer
- Ending Date Extended
- AVA Awards Committee
- YRE Trails Update
- Early Deadline
- Event Rule Change
- New Regional Director ...
^ Page 8
- Some Idea on Reaching Out ...
^ Page 9
- Club Tips by Bob Wright
- Food for Elizabethtown
^ Page 10
- So What's Happening to ...
- Spicy Carrot Salad
^ Page 11

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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